



The **BeliefCloset** Process™

Transforming Lives – One Belief at a Time

Clear Your Beliefs

Session 7

Clear Your Entire BeliefCloset of the Rest of That Junk

Lion: Welcome everybody. I'm very happy to have you here on Week 7 of seven classes. This is the wrap up pitch. They have that wrap up pitch in baseball where it's the final pitch of the game. This is it.

However, what I've noticed is that in this work in consciousness, whenever you think you're done, you hit another layer and there's more. We're going to be talking today kind of a wrapping up a lot of the concepts that we've gone over in the past six weeks, talk about going deeper. I want to talk first about the Body Wisdom Process that we used last week.

I really consider this to be a first aid kit for the mind. Feel free to study the process. Practice it. Use it with your friends and family and loved ones. Even strangers who are in trouble, you can use this process and help them through any crisis. Just follow the steps. It's best if you practice with a partner back and forth. If you used it, let me know how it works for you.

Here's the link: [The-BodyWisdom-Process](#). It will give you access to that document. Please feel free to use it. It is part of, and integrated into, the BeliefCloset Training. It is a way to get to beliefs and a way to clear what's in the way. It's just a very efficient methodology for clearing with the stuff that you may find yourself stuck in.

That brings up the Practitioner Training. If you found this process useful, imagine helping others with it. I don't want to give a long sales pitch, but more than 400 people have taken this training. All of them have found it extraordinarily useful, especially people who are change agents, healers, coaches and therapists.

In the practice, in the training. You'll be working on yourself. You'll actually be using the process and have another person to practice with. You'll learn to use it on yourself as well as other people. You get a 70-page manual and 12 hours of training from me plus another 12 hours of practice. So it's a commitment.

After that program, you will be a BeliefCloset Practitioner. You can use the process to earn money, and add it to your other processes and practices that you use in your life. It's quite powerful. Even if you're not a therapist or a coach or a healer, you can become a professional BeliefCloset Practitioner, help people, and make money, if that's appealing to you. For information, visit www.ClearBeliefs.com.

My feeling, opinion and belief is that when you do you work in consciousness, you're actually improving the world – especially your personal universe. It affects you of course, but it affects the people that you're around, your family, your friends, your relatives, other people you interact with everyday. That ripples out and impacts other people. Everything you do to clean up and promote your consciousness has a bigger effect in the world. When you do work on yourself, you're doing work on the world.

The more work you do on this, the more benefits you accrue. Do the practice. There are also a number of great additional articles on the course page. They're there for you as resources.

They're like a tool set, ready to be used. We're handing you the tools. You're now an official carpenter of your own life. You can use these tools to craft your own life.

Hopefully what you've noticed is that working in your consciousness is fantastic. There's something about going into the subconscious mind and communicating with it directly that is an amazing experience. Almost everybody who tries the BeliefCloset Process finds it amazing in one way or another. It's because consciousness is infinite.

We have tens of thousands of beliefs that have accumulated in our lifetime. There are probably only a few big clusters in the way of your full expression, your magnificence, your creation of the life you want. Those clusters are tough. They've been with you a long time. Each cluster's made up of five or 10 beliefs that kind of cluster together.

It takes some work. There are probably only a few dozen really interfering beliefs and maybe a couple of hundred beliefs that interfere when you're creating something new. There's always something that comes up. We're talking about maybe a couple hundred beliefs.

I told the story in one of the earlier classes about one of my clients who took the process, went off himself and discredited 200 beliefs in two months. When I asked him "How was it?" he says, "I don't recognize myself." A guy who could barely pay the rent is now involved in multi-million dollar deals.

You can really clear up whatever's in the way if you do the practice, if you work through and clear the clusters and the big negative things that are in your way. This isn't a magic bullet. You have to do the work. It doesn't happen by itself, but it is the tool that works if you work it.

You can free yourself completely or at least mostly so you're not held back anymore. You can actually manifest your life purpose and manifest a good life and manifest whatever the heck you want. That's my pitch to you, is to keep going, keep using the tool on your own, listen to the classes over again, and work it. It's a tool that works, so you might as well create a great life – since you have a choice.

There's an uncomfortable feeling or a set of feelings that come up at any ending, whatever is ending. When your kids go off to college, for example, as my partner's daughter is doing. She's just finished high school. When you sell a house or have to move, when a job ends or a relationship ends, endings are tough.

There are a lot of strategies for not feeling the feelings of an ending. You can either not go to the last call or you can do something else. Or you can choose to move forward. Or you can ignore the feelings. Or you can just get distracted. Eventually, you come to the end. You come to an ending.

I want to talk about endings a bit because we have a lot of beliefs about endings and about death. In Hinduism, there are three major gods. They call them the triune god, kind of like the Trinity in Christianity. Those three gods are Brahma, Vishnu and Shiva. They represent birth, life and death – or the creator, the sustainer / preserver and the destroyer. All three are important aspects of life.

In the West, in Judeo-Christian cultures, we don't like destruction. We try to avoid it. We don't like death. Death is a taboo subject. When someone dies, we don't really know quite how to handle it. People get depressed. They go into mourning. We have gotten better, but death used to be a hush-hush subject.

I want to talk about it just right up front because we have a lot of beliefs about death. Like "death is bad" or "death is wrong" or "we should hold off death." In the medical profession, 80% of the expenses spent on medical technology is spent in the last few weeks or months of a person's life. We go to extraordinary lengths to keep someone alive for another week or day or month, almost to the point of being ridiculous.

To the Hindus, death or destruction is part of life. It's what creates something new. In the BeliefCloset, we use this principle. We discreate a belief when we say, "I don't need that anymore. I'm going to destroy you. I'm going to put you in the fire and send you back to its original nothingness." That is the act of destruction.

I want to raise that up to your consciousness so that you know that that's a good thing, that endings are good. When something is no longer useful, get rid of it. Leaves fall off before winter and they re-grow in the spring. One generation dies in order to make way for a new generation.

By the way, every one of those three gods has a goddess, a consort or a spouse. There's a feminine side of creation, which is Saraswati, Lord Brahma's wife. She is the patroness of art, music, and literature. She was also the creator of the Sanskrit language, which is a holy language.

Lord Vishnu's wife is Lakshmi, the goddess of luck and prosperity. She's also called Sita and Radha. Then Lord Shiva's wife is Parvati in the benevolent aspect. There's also a destructive or awesome aspect, Durga or Kali, who's kind of hostile. She looks very mean, but really she's destroying ignorance.

These are archetypical forces. Archetypes are basically big parts of the subconscious. They're represented not only by every god and goddess in the religions of the past but also by astrological signs, by symbols, by alchemical processes and all the mystical traditions. You have these archetypes inside of you.

You have an inner Warrior. You have an inner Queen or King – actually both. You have a Teacher. You have the Student. You have the Rebel. You have the Hurt Child and the Tyrannical Child. These are parts of you.

In the BeliefCloset, you can go in and contact these larger forces. The good thing is that these forces are there to support your life. If you don't have contact with these deep archetypical forces, you may not be as effective as you can be. You see some people who are representing that force in life, such as the Tyrant. If you've met a boss or had a boss who is a tyrant, they're powerful. They're also destructive. They have a lot of power. Some people have reacted to other people's power and said, "I'm never going to be like that." That's a belief, right? "I'm not going to be like that." Then they reduce their own power and they become ineffective.

You can contact these larger forces through the BeliefCloset Process. I want to take you inside and show you how.

Close your eyes. Get yourself comfortable. This is going to be a fairly quick journey into the BeliefCloset Process.

Close your eyes, feet on the ground, take a few breaths. Make your way to your BeliefCloset, to your ideal home, through the house, into your master bedroom, into your BeliefCloset. Take a look around when you reach your BeliefCloset, notice where everything is. Approach your mirror.

When you walk up to the mirror, just notice what you're wearing at this time. It may look like normal clothing or it may look like something else. It's just another belief, just the one you happen to have on at the moment. Go ahead and take this belief outfit off and set it to the side.

Close your imaginal eyes. We're going to try on different archetypes. See what they look like. See what they feel like. Begin with your eyes closed. Your imaginal eyes are closed. Feel what it feels like to hold the belief, and you may want to say this out loud, "I am Aphrodite, Goddess of love."

Just feel what that declaration feels like. Let the energy, the larger energy of Aphrodite, the Goddess of Love, come in to you and fill you up. Feel your heart warm, and that lover energy moving through you. If you don't want to use Aphrodite, you could just say, "I am the Lover."

When you're ready, when you really feel that lover energy, that beautiful, seductive, sexy, soft, yummy energy, go ahead and open your imaginal eyes. See what outfit you have on to represent this archetypal energy. Move around. Move your body. Feel how good it feels to be the lover, to be the Goddess or God of love.

Really enjoy it, because it is hot. It's sexy. It's lovely, warm. It exudes love. Look at yourself in the mirror. Get a feeling for this outfit. Recognize that this is an outfit you can put on at anytime, at any appropriate time. You can decide when to put it on and when to take it off.

For right now, go ahead and take this outfit off. Hang it in your closet or fold it up and put it in a drawer for a time when it's appropriate, when you want to bring it out. When you've done that, come back to the mirror and close your imaginal eyes again. Now we're going to try on another archetypal energy.

Feel what it feels like to hold the belief, and you may want to say this out loud, "I am a warrior." Whatever warrior means to you let that come in to your body. You might feel like a Samurai or Roman soldier or you might feel like an Amazon warrior. Notice if it's uncomfortable for you to wear the energy of the warrior.

If you can't fight for what you believe in, you're not effective politically. You can't fight for your own boundaries. People will violate you. You can't fight for your children and protect them. They might be harmed.

Be willing to try on this warrior energy. Feel the strength and power that comes through your body. If you're still uncomfortable, you might try "I am a warrior of the light." Feel the power moving through you. Feel how you can protect and defend those who are weak or who are threatened.

Feel the power of fighting injustice, bringing peace to the land. This energy is often misused. That doesn't mean that you need to misuse it. It doesn't mean that power is wrong. It's just how it's used.

Feel yourself as a warrior of love and light and truth and right. If you're ready, open your eyes and see what outfit has appeared. Give yourself some great appreciation for opening to this energy. Feel what you would do if someone threatened those whom you love.

This is another energy that you have access to through the archetypes. When you're ready, take this outfit off. Walk over and hang it in your closet or put it in a drawer ready for when you need it, available to you. Return to the mirror.

Now close your imaginal eyes. We're going to try another archetype. Feel what it feels like to hold the belief "I am the Queen," or "I am the King." Either one, whether you're male or female. Try on either one that feels comfortable. Feel what it feels like to invoke the energy of the queen or the king. In particular, the honorable king or queen, the one who is benevolent.

Again, king and queen energy has been misused by many people throughout history. It doesn't mean that energy is bad. It's just been badly used for aggrandizement or power. You can be the good king, the good queen.

Feel what it feels like to hold the authority that is endowed in that archetype, the ability and the wisdom to discern, and to use your power wisely for the benefit of the entire community, the entire kingdom. Open to the prosperity that comes naturally to the king and the queen. The honor that's bestowed upon them because of the authority they hold, because of the goodness that they provide.

You might think of King Solomon who was a benevolent and a wise king, Nefertiti, a benevolent and wise queen. Feel that energy. When you're ready, open your eyes. See what outfit has been created to represent this archetype. Walk around proudly with your heart open and your thoughts of the community, of the kingdom. What can we do to make it a more peaceful, prosperous kingdom?

When you're ready, take this outfit off. Hang it in your closet or put it in a drawer, ready to be used at any time. Come back to the mirror. Close your eyes. Feel what it feels like to hold the belief "I am me." Your full self, your magnificent self. Who you are and who you came to be on this earth, all of your abilities and

capacities, your amazing creative nature, your ability to create anything you want, whenever you want.

Your very humanness, the beliefs that you took on that are in the way, that you now have the ability to move aside. Your hopes, your dreams, your troubles, difficulties, the fullness of you, you are an amazingly complex being and an amazingly resourceful one.

Give some appreciation to Source, "Thank you, Source, for making me, me. I accept this assignment. I will do my best with what I've got and what's given to me. I will create a better world." Turn those thoughts into your own thoughts in whatever way that's right for you.

When you're ready, come all the way back to your body where you're listening to my voice, sitting in a chair. Feel all those archetypal energies around you. Recognize that you have access to them along with being yourself fully. Welcome back.

I want to run through a few other ideas then we'll get to individual work. One of the reasons why it's useful to tap into these archetypal energies is because we are doing good battle with our reality.

Reality is the generalized beliefs that are out there in society, the ones that most people accept. Things like "we live in a democracy," "money has value" and "your car reflects your status." These are societal beliefs. These structures are also larger than us. We live and work and play within them.

One of my favorite sayings that I made up is "We are honed on the whetstone of our experiences." You may know that knives get sharpened on a whetstone. This is a stone that's harder than a knife. You have to press the knife, the metal, up against the stone in order to sharpen it.

We are pushed up against our experiences to hone ourselves, to sharpen ourselves. When you practice something, you are pushing yourself up against something that's hard, to sharpen your edge. For example, when you practice yoga or you practice meditation and you get up and do it even though you'd rather be sleeping, those are ways to sharpen yourself and to push yourself up against what's hard.

Returning to the discussion about death and the biggest reality we face, the biggest whetstone is death itself. It's a taboo subject. We don't talk about it very much. Every plant and animal is born, lives and dies. Everything that's alive dies eventually, including you.

There have been many books written about this subject. If you read the Don Juan books by Carlos Castaneda, Don Juan said, "If you keep death over your left

shoulder, you will live an impeccable life." What he's saying is that if you know you're going to die then you will live more impeccably. You'll live with integrity. You'll live well.

Buddhists also face death directly. Hindus sit on the ashes of burned people. They do all kinds of things like that. If you can't accept death, then you can't live fully. There's a really interesting thing in biology called apoptosis, which is cell death, or programmed cell death. It's part of life.

Every adult has 50 to 70 billion cells die every day. This is a good thing because it's just like leaves in fall. You have to get rid of the things that are dying and create new things. The body can actually kill itself by having the wrong beliefs. You want to make sure that your beliefs are positive about your body.

For example, "I'm going to live a long healthy life," will stimulate your biological machine to align on that intention. Or "All my cells are healthy. They're born at the right time. They live and function in a healthy way. They die just when they're supposed to." That enables you to be a process where some things are being born and some things are dying.

Bob Dylan wrote a song in which he says, "Those who aren't busy being born are busy dying." You have to do both.

This is also a reminder from past weeks. Beliefs are tools. Don't believe everything you think. Don't believe everything you feel. Instead, ask the question: "Will this belief that I have get me what I want? Will this belief support me in my creation of a better life?"

If not, change the belief and it will change your thoughts. It will change your actions, and your behavior, and your relationships, and eventually your reality. Also remember that to manifest something, beliefs aren't the only thing required. They're just the first thing required.

To engage in a physical world in which your body exists, and material objects exist and relationships exist, you need to take actions. This is the missing piece in the affirmations and Law of Attraction world. You can attract circumstances and fortune and luck, but anything physical requires physical input, and physical care, and actions. What are you not doing? If you're not doing certain things, that will lead to *not having*.

If you change your beliefs, you can move toward the *doing*, which turns into *having*. Of course, the most powerful belief is: "I will do whatever it takes to have what I want," or "to have my ideal job" or "my ideal relationship" or "financial condition." If you want to install a powerful belief, use the phrase "I will do whatever it takes to create my [fill in the blank]."

One of the resources we gave you in the homepage is the first two chapters of my book, "***Creating on Purpose***." I want to strongly recommend that you get that, and read it. Then go to the website, www.creatingonpurpose.net, and buy the book – because it's really a powerful step-by-step manifestation process. It's a workbook, a guidebook. Take a look at that if you want to learn more about manifestation.

We talked last week about physical health. There's also, of course, emotional health and spiritual health and intellectual health. When you ask the question, "How do you keep yourself healthy?" every system, every ecosystem has inputs and outputs. In the physical world, our inputs are food. Our intellectual inputs are news, advertising and ideas.

Our emotional inputs are other people's emotions, our own emotions and complaints and upsets and that kind of thing. Spiritual inputs are your values, and virtues, and religious beliefs, and thoughts, and gratitude. Watch your inputs. If you're not getting the right kinds of inputs, change them.

If you eat bad food, you're going to get fat, or die. If you hang around with complaining people, you will end up being a complaining person yourself. We become like those we hang out with because we take on their beliefs. We've always wanted to belong.

We wanted to belong to our family so we took on their beliefs. We wanted to belong to our friends so we took on their beliefs. We wanted to belong to the clique or the group and we took on their beliefs. The church, the synagogue... and we took on their beliefs.

If you question your beliefs, if you look at them and say, "Is this getting me what I want?" and it is, good for you. Keep it. If it's not, change it. Even if you've changed it and it's not quite right, it's fine because you can change it later. If you find a belief that you took on is not working as you intended, you can change it.

A very quick story: a friend of my wife's learned about affirmation. She decided she wanted to marry a rich man. She started doing affirmations. "I will marry a rich man. I will marry a rich man. I will marry a rich man."

She put it up on her mirror. She said it 20 times a day. It was her constant refrain. "I will marry a rich man. I will marry a rich man." Sure enough, a year later, we attended her wedding. Now, the guy she was getting married to wasn't wealthy, but his name was Rich.

Her affirmation did, in fact, work. She just used the wrong affirmation. Be really careful when you're making affirmations. Think of all the possible ways it could go wrong – because it might.

That's probably enough for now. I want to get to your questions and do individual work with you.

Okay. I just want to say, to wrap up those thoughts, is the patron saint for this work, for the BeliefCloset Process, is the Blue Medicine Buddha. Some of you may have heard of this being. It comes from Tibetan Buddhist culture. The Blue Medicine Buddha is the healing Buddha.

He provides relief from previous karma, any forces in the past that are affecting the present. If you want to read a great book about karma and business, how to do business with karmic principles, there's a great book called "*The Diamond Cutter*" by Geshe Michael Roach. That's the archetype that I have invoked to create the BeliefCloset Process.

I want to answer your questions, do work with you. First I want to go to anyone who has not had a chance to work one-on-one either with me or in a support call. Let's see. [Participant], you had a question. Go ahead.

Participant: I have a question, Lion. Can a belief talk to you in a way that encourages you to discreate it?

Lion: Can you just say that in a little more detail?

Participant: Well in my experiences in the Closet, I had one belief that told me to discreate it after it had communicated its message.

Lion: Great.

Participant: I just found that my experiences are not only fantastic, wonderful, uplifting, fun, and enlightening, they're very surprising.

Lion: Yes, that's what I love about the BeliefCloset Process – it's constantly surprising. If you become a Practitioner, you will be constantly surprised and delighted. It's wonderful. This is the subconscious' way of letting you know that that belief has completed its course.

It's like I mentioned when there's a messenger at the door, knocking on your door to deliver a message, and you ignore it. It starts knocking louder. You ignore it some more. It starts ringing the doorbell and pounding on the door. You ignore it some more, and tell it to go away. Now it's pounding on the whole house.

Finally, you go to answer the door and you say, "**What?**" It says, "I've got this message for you." "Oh, okay, I'll take the message." It says, "Thank you! Bye-bye." And it's gone.

This was a belief or an aspect of self that had a message for you. Once it was done delivering message, it was ready to go. We send beliefs into the incinerator. You could also send them into the sun, or wash them away with water. It doesn't really matter. We just happen to use the incinerator metaphor.

We are basically sending it back into nothingness. There are other people who prefer to send it into the light. It doesn't matter. What matters is that you acknowledged its presence then you let it go. Well done.

Participant: Okay, thanks.

Lion: Thank you. Now I will call on [Participant]. Thanks for calling. What can I help you with?

Participant: The questions you asked today are all one and the same answer: headache. That's what I wanted to do this work for, other than I'm interested in inner growth. That's a big issue. I was wondering if you could help me. I have not been able to move this. I have done an enormous amount of work also the last few weeks with this process.

Lion: Good. Have you noticed any change whatsoever in your headaches in this time, during this time?

Participant: No, no. Sorry.

Lion: No, no, that's okay. We'd like the truth here. It's not a disappointment for me. It's just interesting. I take it that you've looked at this medically also, right? You've looked at all the medical things.

Participant: Oh, yes. We're talking of something that I've had since I was seven years old. It's gotten severe, on a daily basis for the last 10 years.

Lion: Okay, good. It started at seven. What was happening at seven before it started?

Participant: I know it was seven because we changed homes. It could have been before that, but definitely that was a stressful time in my life.

Lion: Okay, you changed homes. Did your family situation change at all, new baby or parents leaving or anything?

Participant: No.

Lion: Did you change cities as well?

Participant: No, just neighborhood.

Lion: Okay, did you change schools?

Participant: Yes.

Lion: Okay. All of the friends you had made got left behind?

Participant: Yes, that's true. I didn't get to make new ones.

Lion: Why was that?

Participant: The black sheep thing.

Lion: Right. You came into an environment where all the kids were already friends with each other. It was difficult to move into their already closed friendship groups, right?

Participant: Yeah, worse than that. I was basically not accepted.

Lion: Okay, good. We have a real stress caused by that move and the beginning of headaches.

Participant: From what I remember.

Lion: Yes. Well it makes sense. Makes sense to understand this. Would you be willing to go to your BeliefCloset?

Participant: Yes.

Lion: Okay. Go ahead and go to your BeliefCloset with your eyes closed. Let me know when you're there.

Participant: I'm there.

Lion: Okay. What I would like you to do is to reproduce your headaches exactly how you get them, exactly what they feel like. Dive right into the headache that you usually get.

Participant: Okay.

Lion: Are you reproducing it well inside of yourself?

Participant: Yes.

Lion: Okay. Just describe the size and shape to me.

Participant: Okay. It's black. It's dark. It's square in my forehead. It's like ropes in the back of my head. It's like cotton around my ears. My eyes on one hand, is pushing out and on one hand, pushing in.

Lion: That's sounds very uncomfortable. What I would like you to do first is to see this as a costume. See this as an outfit of clothing. As if you had just taken it on and put it on your head. Okay. With your eyes closed, with your imaginal eyes closed, picture it, feel it. Picture it as a kind of a torture device that's doing all those things to your head.

Participant: Yeah.

Lion: Okay. Walk over to the mirror and open your eyes. See what this torture device looks like.

Participant: Okay. It's made of iron. It's got holes in it. Yeah. It's a metal. It's a heavy metal. It has something like pointed things like thorns sticking out and in. It's a helmet with things that are sticking on the inside into my skin, into my body, into my head. It's long. It goes over my shoulders where it puts weight on my shoulders.

Lion: Thank you. What I'd like you to do now is to create a special platform for it in front of you. To take it off and to put it on the platform in front of you so it's facing you. Tell me when you've done that.

Participant: Okay. I'll take it off.

Lion: Now we're going to have a dialogue with it just to find out what it is and what it knows. First of all say to it, "Thank you for being here."

Participant: Thank you for being here.

Lion: "You're very familiar to me. I know you well."

Participant: You're very familiar to me. I know you well. I have a lot of hate feelings coming up.

Lion: Yes, I know. What I'd like you to do is to say to it, "I have a lot of hate feelings coming up for you because you've caused me so much pain."

Participant: I have a lot of hate feelings coming up to you because you've caused me so much pain.

Lion: "I also know that I created you."

Participant: I also know that I created you.

Lion: "So I want to get to know you a little bit."

Participant: So I want to get to know you a little bit.

Lion: Just see if it responds at all to what you said. It may speak. It may move. It may change in some way.

Participant: What I'm getting is it's pointing at me, it's finger.

Lion: Pointing a finger at you, okay. Just ask it with as much compassion as you can muster, just say, "Tell me what are you saying to me?"

Participant: Well it says, "Yeah, since you hate me, I hate you too."

Lion: Just let it know "I understand that. That makes sense to me."

Participant: Okay.

Lion: Now ask it "What is your noble purpose?"

Participant: To keep you in pain so you won't wake up.

Lion: Keep you from waking up. Okay. Just say thank you to it for telling you.

Participant: Thank you.

Lion: "What would happen if I woke up?"

Participant: Great lightning.

Lion: Lightning. Now ask it "Are you protecting me from the feelings of being rejected and alone?"

Participant: I'm getting no.

Lion: Getting a no. Okay. "What are you protecting me from?"

Participant: I want to keep you busy so you have your hands full.

Lion: "If my hands weren't full and if I wasn't busy, what would I feel or experience?"

Participant: Freedom, growth, happiness.

Lion: "What would be the bad thing that would happen if that happened?"

Participant: Stick your head out. It gets chopped off.

Lion: Okay. Well thank it for protecting you from sticking your head out so it didn't get chopped off. It's been of service to you. It kept you safe.

Participant: Yeah.

Lion: Can you feel some appreciation for it?

Participant: I feel a lot of sadness.

Lion: Yeah. A lot of missed opportunities in your life I bet.

Participant: Like this great misunderstanding.

Lion: Yeah. Just let it know that you understand that it took on a job when you were seven to the best of its ability. It did what it could to keep you from being hurt. It did it by hurting you in a different way. By giving you a pain to focus on, it kept you from feeling the other pains. It kept you from having your head chopped off. It really, really, really tried to serve you. Just thank it for having served you.

Participant: Yeah. Yeah. I did.

Lion: How is it responding to that?

Participant: "Sorry, I didn't do a good job."

Lion: Oh. Well just say, "You did the best you could. I was only seven when you came in. You did the best thing you could think of at the time and it worked. Your job was successful. You prevented me from being harmed by those other people, by the world. You did the best you could, but I don't need you anymore to do that job because I'm a grown up now."

Participant: Yeah.

Lion: Ask it whether it would be willing to do a different job now.

Participant: Yeah. It's willing to do that.

Lion: Wonderful. Tell it that you will get back to it. You will talk to it in a little while, another time about a new job. Just ask it to stop doing that job now while you come up with a better job for it to do. Let it know that this new job will be like a promotion. It doesn't have to do that job. It's going to become something even more important in your life. It will protect you in a much bigger and better way. That you will get back to it with details. See if it's willing to stop doing its old job in the meantime.

Participant: Yeah. It seems that it doesn't know how to stop.

Lion: Oh, okay. Tell it to create pain right now in the way that it always has. That knows how to do that, right?

Participant: Yeah.

Lion: Okay. Now just say, "Now just stop doing that."

Participant: Okay.

Lion: Did it stop?

Participant: It didn't.

Lion: It didn't?

Participant: No, it brought it on. It's still there.

Lion: Okay. Now just instruct it. Just show it that you're feeling pain. Just say, "Now reverse what you just did." Did it do it? Did it reverse it?

Participant: Oh, God. I feel bad to say it, but it is still there.

Lion: Okay. Well, that's okay. We're just trying to educate this aspect for it may not know how to stop. We're just trying to teach it. I need you to be its teacher now. It was serving you. Now you need to serve it. Just ask it "How do you create the pain?"

Participant: It says, "I push."

Lion: Push. Okay. Now say to it, "Try pulling instead." See what happens.

Participant: Okay. It's pulling. It's not saying that. I'm feeling it.

Lion: Yeah. Does that feel better or different?

Participant: It's just different.

Lion: Different. Okay. Good. Now say, "Stop pulling." Now "Stop pushing." Did the pain go away or change or is it the same?

Participant: There are changes.

Lion: It has changed.

Participant: Things are moving. That's the word.

Lion: Good. Okay. Good. [Participant], I would like to work with you individually to finish this. Thank this part. Thank this helmet for being there and for talking to you. Tell it that you will come back to it as soon as you can. You'll get some more help to help it.

Participant: Thank you very much.

Lion: Yeah. You're very welcome. Thank you for going through this with me. I have a lot of hope for you. I think that we just need to help it find a way to not do what it knows how to do.

Participant: Yeah. Yeah. Well it's a very creative way to communicate.

Lion: Indeed, indeed. Okay. Thank you, [Participant]. Just email me and we will set up a time to talk.

Participant: Thank you.

Lion: Okay. Thank you. All right. Let's go now to another person. How about [Participant]? [Participant], are you there?

Lion: Tell me what did you bring to the party? What would you like to work on?

Participant: Well the one question that you asked is what problem continues to persist. I mean like you said, there are lots of beliefs I still have to work on. This one here, I don't know what the belief is. It's not allowing me to sleep. I have huge problems sleeping through the night.

I wake up many times. I don't ever feel refreshed or I don't feel like I've had a good night sleep even if I go to bed like at 9:00 to get up at 5 in the morning. I'm trying to find out what's my belief that might be in the way of me getting a good night sleep. I've tried to ask questions.

Lion: Good. Good. Have you looked at this medically?

Participant: Yes, I have. I think that I have looked at it medically. There is possibly some sleep apnea but no real conclusion on that either.

Lion: Have you tried a CPAP machine?

Participant: No, I haven't.

Lion: You might want to go to a sleep apnea lab because if you're diagnosed with sleep apnea, they give you this machine. This is basically a positive pressure that keeps

your airway open. You get a lot better night sleep. That's on the physical side. That has a physical cause.

As we get older, our tongue and larynx kind of collapses down. It gets in the way of air movement. Your brain will naturally wake up if it doesn't have enough oxygen. It is possible that a CPAP machine will help. I would like you to pursue that as well because some things are physical. We need to pursue physical answers to that. Do you wake up with any particular thought or feeling?

Participant: Yes. Sometimes I wake up and there is increased negativity. I don't know if it's the frustration of not being able to sleep that triggers that. I'll try and see the positive aspect of whatever thought might come up because I have recurring dreams that are like trying to get to some place and I never seem to get there. Or I'm there and then I leave and can't get back to where I want to go. It's the same kind of dream throughout my sleep.

Lion: Yes. The dream may be telling you that you're trying to get into the delta state, a deep sleep state. Which is also, if you do have sleep apnea, when your body relaxes the most. And then, if you're not getting enough oxygen, you wake up. It's quite possible that what your subconscious is telling you is that "I'm trying to get to that deep rest. I'm not able to get there."

Do check that out. I have a friend who has been suffering from lack of sleep for years and has finally found a Qigong master. She has tried lots of different things. The Qigong seems to be helping her.

This may be a physical thing. It sounds like it probably is. Let me invite you to call me and talk to me separately about it rather than take time on the call here. Just email me. We'll pick a time. We'll have a conversation about it offline.

Participant: Thank you, Lion. Appreciate it. It was very confusing if it was a belief or a physical thing. Thank you. I will do that.

Lion: You're very welcome. Thanks. For everybody, there are physical causes and there are physical issues. They have to be handled physically. Beliefs can impact them, but if it's something like sleep apnea and your air passageway, that's not something beliefs can change.

I tried changing my hip pain for two years, trying everything including physical therapy and Rolfing and belief work. It just didn't get any better. Finally I had to have a hip replacement. Thank God for modern medicine. The pain went away.

Just like there is death, there is also physical disability. As we get older, our bodies fall apart and we need help. Fortunately there is real medicine, mechanical medicine that can help us with the mechanics of our body. Beliefs

aren't the answer to everything. They're just the answer to things that beliefs create.

Thanks, [Participant]. Appreciate that. Let's go to [Participant]. What did you bring today?

Participant: Hi. I like help with, the jealousy aspect from my mother. I had this relationship where it's at a subconscious level. In the conscious level it comes in competition with other women. It's very subtle. It manifests itself in all relationships. I'm really, really, really tired of it. I don't like it. It has been weighing heavy on me. I just want to do this with support.

Lion: Beautiful. When do you first remember being jealous of your mother or was she jealous of you?

Participant: No. I believe we have been carrying this relationship since I was little. It started with my father. I was always jealous of my mother spending time with my father. I believe my father was the one that instigated in some kind of a joking form that I'd remember looking back, ever since I was seven maybe or five.

Lion: How old are your siblings, [Participant]? How old are your siblings, brothers and sisters?

Participant: I am the oldest. I am 52. The youngest is like 40, 42.

Lion: You're the oldest of how many?

Participant: Of five.

Lion: You were how old when your next sibling was born?

Participant: I was two.

Lion: Okay. You had two years of mom then your sibling was born. Was it a sister or brother?

Participant: Sister.

Lion: Sister, right. Your sister came along and all of a sudden your mother's attention went to your sister. Now this is quite common. We have our mother's attention when we're little then it goes away. It may have gone to your father. It may have gone to your sister. Somehow her attention and love went off of you and on to someone else.

Two years old is a prime time for beliefs to come in. The question is "What did you believe when that occurred?" I remember when it occurred for me. I was the

second born. I remember when my brother was born. I remember looking down at him as an infant and just thinking "You took Mommy away from me."

I was pissed off. It's quite common. Attention is love to a child. Children don't just need quality time. They need quantity time. At some early age, you took on the belief that that other person has taken Mommy away and I'm pissed. Because jealousy really is the belief that "They're getting something I'm not."

I'd like you to go into your BeliefCloset. Let me know when you're there.

Participant: Okay.

Lion: Interestingly, you said that you were jealous of women, didn't you?

Participant: Yes.

Lion: I suspect that it's not about your father as much as about your sister. Have you thought of that?

Participant: No. I always thought it had to do with mother and my relationship, that I always felt almost like if I were his wife, my father's wife.

Lion: Yeah. It's also possible, [Participant], that this is a past life thing. We often come into relationships with people we've been in relationships before. It wouldn't surprise me if in the past life you were the wife of that person.

Participant: I was. I know that much. I also know that I was violated at two when my mother had my second sister. There was incest from my father. I know that much.

Lion: All right. The story gets more complex. Okay, go into your BeliefCloset. Let me know when you're there. While you're going there, I just want to say to our listeners, first of all, thank you so much for hanging in there. My heart is with each of you always. Feel free to contact me by email if you'd like private work. Call any of the practitioners if you'd like private work with them.

I honor your participation these whole seven weeks. I thank you for being here as part of this program. Hang in there as long as you can. Watch the work. Feel free to do your own work inside yourself while we're doing work out here.

[Participant], are you in your BeliefCloset?

Participant: Yes.

Lion: Okay. I would like you to close your eyes. Feel yourself as two years old. Just feel this precious little girl who was born into a family, a mother and father. That she chose this family because she knew as a soul that she would be able to work out

past karma and would learn the lessons necessary to fulfill her divine purpose, her soul purpose.

It's a perfect place to be born. Everything that was to happen was exactly necessary for the adult woman, [Participant], to fulfill her life purpose. Just feel the soul's wisdom and being born into a circumstance in which you would be the first born daughter. You have two years of bliss. Then a sister came along.

The father, whose wife and lover was taken away as she took care of this baby, put his attention on the two-year old you. For whatever reason, it was inappropriate. He crossed boundaries that shouldn't have been crossed. He committed incest, started relating to you as a little woman.

Feel two things at once. This is a very confusing thing for a two-year old. First, you're getting attention from daddy. That feels good. The second thing is that the attention you're getting from daddy feels wrong somehow. It's not right.

There's something about it that isn't right, that sets up a battle inside of you. It's good and I want it. It's bad and I don't want it. Tell me if you can feel that.

Participant: Yes, it's very familiar.

Lion: Just sit with it for a minute. Just feel the dual nature of that relationship, of that experience. Very confusing, feels good and bad at the same time. Mother comes along. She takes that attention away from you, your daddy's attention. That provides even more confusion.

Sister comes along and takes daddy and mommy's attention away. That provides even more confusion. If each of these feelings is a force, it has a direction like a pressure. A vector has a direction and a weight to it. Just feel the weight of these different feelings going in different directions. Feel that?

Participant: Yes.

Lion: Can you describe it to me?

Participant: It's in my shoulders. It's like it's stuck in my shoulders. That where I feel it the most if I was to describe what I was feeling.

Lion: Is that a familiar feeling in your body?

Participant: Then the confusion in my head. It's mental, more mental than anything else.

Lion: Yes. Just feel this shoulder sensation and the confusion in your head. Feel it as if it's an outfit of clothing that you've put on. Now, although it was created by

these circumstances, remember that you decided to be born into this family. In a sense you took it on. You created it by being born in that circumstance.

Since you took it on, you can take it off. Like an outfit of clothing, go ahead and take this off. Take it out of your head. Pull it out of your head. Let it fall to the floor.

Take it off your shoulders. Let it fall to the floor. Pull it out of your eyes. You're pulling it out of the two-year-old's brain as well as your own. Tell me when it's all out of you. There's nothing remaining inside of you.

Participant: Okay.

Lion: Good. Now what I'd like you to do is to imagine you as a two-year-old standing next to you. You are her big sister or her true mother. Pick her up in your arms. Tell me when she's in your arms.

Participant: My God. Okay. Yeah.

Lion: Okay. Just hold her and say, "I've got you and you're safe here."

Participant: I've got you and you're safe here.

Lion: "I am going to protect you from harm."

Participant: I am protecting you and will protect you from harm.

Lion: "I love you and I will only do what is loving."

Participant: I love you and I will always do what is loving.

Lion: "I'm going to get rid of this confusion you've had."

Participant: I'm going to get rid of this confusion you've had.

Lion: "And send it back to the nothingness from which it came."

Participant: And send it back to the nothingness from which it came.

Lion: Now ask "Is that okay with you?"

Participant: Is that okay with you? I see her nodding yes.

Lion: Good. Tell her "We're going to make something wonderful instead."

Participant: We are going to make something wonderful instead.

Lion: Now with her, pick up all that stuff that came out of you, that confusion and those feelings in the body. Say to it "Thank you for having served us in our life."

Participant: Thank you for having served us in our life.

Lion: "We have outgrown you and we don't need you anymore."

Participant: We have outgrown you. We don't need you anymore.

Lion: "Your job is done."

Participant: Your job is done.

Lion: "We're now sending you back to the nothingness from which you came."

Participant: We are sending you now back to the nothingness from which you came.

Lion: Is there anything else you or the two-year-old wants to say to it?

Participant: "We're glad to return you back to the nothingness which you came."

Lion: Okay. Good. Walk over to your incinerator. With the two-year-old in your arms, put it in the fire. Watch it burn until it's completely gone so that she can see it's gone as well, never to return. Tell me when it's gone.

Participant: I could feel it. When I took it off, it was taken off like if it were an outfit that was pulled out completely with a hanger from up above me. Then it remained there throughout the whole processes, the expressions that we were doing. I was trying to have it back in my hands, but it was difficult to do it.

Lion: Is it still hanging there or is something still hanging there?

Participant: Well in the releasing of it, it sort of kind of moved.

Lion: Did it move into the fire or is it still there in your BeliefCloset?

Participant: What I do is dissolve into nothingness. I don't use the fire.

Lion: Okay, did it dissolve or is it still there?

Participant: It's kind of like there is a shadow that's still there, hanging there.

Lion: Okay, good. That's just a related belief. It's fine. Whenever something remains after discreation, it's always another belief. Go up to that shadowy thing and say to it, "What belief are you?"

Participant: What belief are you? It's resisting.

Lion: It's resisting answering?

Participant: Yes.

Lion: Okay. Ask it, "Are you the connection I have to my mother or my father?"

Participant: Are you the connection that I have to my mother or my father? To my mother, oh, my God, the connection I have to my mother because I feel a softening there.

Lion: Yeah. Just say, "Thank you for being here and I honor your presence."

Participant: Thank you for being here and I honor your presence.

Lion: You have a choice at this point, [Participant]. What would be the best thing to happen for you and your connection to your mother? Is this a negative aspect that you need to let go or is it something you want to honor and keep?

Participant: Something that I want to let go, this sentiment, sentiment thing that I had.

Lion: Is it sentiment or is it actually the connection of love?

Participant: Connection of love.

Lion: Okay. This is something that you may not want to discreate. Ask it, "How do you serve me?"

Participant: When I said "connection of love," I had in mind there has always been this competition with my mother's male relationships and my jealousy for it. That's the way it came out.

Lion: Okay, that's what it is. Is it something you want to let go of?

Participant: Yes.

Lion: Okay, it's good. Sort of grab it from wherever it's hanging and hold it in your hands. Tell me when you've got it.

Participant: Okay. Yes, I have it.

Lion: Keep the two-year-old in your arms because it's hers, too. Say, "Thank you for having served me in my life."

Participant: Thank you for having served me in my life.

Lion: "You kept me connected to my mother."

Participant: You kept me connected to my mother.

Lion: "But I've outgrown you and I don't need you anymore."

Participant: But I've outgrown you and I don't need you anymore.

Lion: "I can have a healthy and loving connection to my mother."

Participant: I can have a healthy and loving connection with my mother.

Lion: "And I'm going to create that connection after I let you go."

Participant: And I am going to create that connection after I let you go. Wow. It's disintegrating as I speak. I love it. Thank you.

Lion: You're welcome.

Participant: Thank you so much. Oh, my Gosh.

Lion: Okay, tell me when it's completely gone.

Participant: Oh, my Gosh. Thank you. It's gone.

Lion: Okay, good. Now create your mother in the BeliefCloset. Just bring her in front of you. Is she still alive or is she dead?

Participant: Yes, she is alive.

Lion: Okay, good. Just bring her image in front of you. Bring the best of her in front of you, the best parts of her.

Participant: Yes.

Lion: You get to now create this loving connection. Feel your heart open with great compassion for her and her life, the difficulties of her life. She did the best she could. You got what remained. You got some of the best of her and you got some of the worst of her. That's to be expected. Just open your heart and love her for who she is.

Participant: Yes.

Lion: Just your heart to her heart, let there be a golden glow, a golden light that connects your two hearts. Let this represent the healthiest, most loving

connection you could possibly imagine. Love each other, support each other, honor each other, tell the truth to each other, help each other, and the ability to rest in each other's presence.

Also connect her heart to the two-year-old's heart in the same way, your heart to the two-year-old's heart. The three of you are connected through a golden cord of light and love.

Participant: Wow. Oh, my Gosh. I feel the rejoicing in my heart. Thank you. This two year-old... Oh, my goodness. Thank you so much.

Lion: You're so welcome, [Participant]. You can stay in that as long as you wish. When you're ready, come out knowing that it's there. It's true. It's real. You can have it for the rest of your life.

Participant: Thank you, Lion. Thank you for all your wonderful work.

Lion: You're very welcome, happy to work with you.

Who's next? Let's go to back to [Participant]. Would you like to do some work?

Participant: I was just enjoying listening.

Lion: Yeah. It's pretty wonderful, isn't it?

Participant: Oh, you are absolutely amazing. The wisdom that flows out of you is fantastic. I would like to quickly say something. I brought it about, of course, we attract everything. I missed so much of this whole course. I had been looking forward to it so much, but I was in the first two sessions and then something happened at my company.

I mean all the people who work for the company, I had to let them go and so I was on my own. I never got home between 10:00 or 12:00 midnight every day. I had to get up at 6:00 in the morning. I've not been able to be in any support groups except last Monday. I don't know. I feel very sad that I missed it all.

Lion: Well the wonderful thing, [Participant], is that all of the sessions were recorded. You could listen to them one by one on your own time. You can join one of the support groups, one of the committed support groups that are coming up that works for you-

Participant: Wonderful.

Lion: What country are you in [Participant]?

Participant: Well I am living in the United States. I was born in Germany and lived in Switzerland and England, also at a young age in California. Right now, I'm in Texas.

Lion: Okay. Good. That's a foreign country here.

Participant: In Texas. Yes.

Lion: They speak a different language. We don't understand them.

Participant: The funny thing is that when I thought, well you know, I had been living in the United States for five and a half years before, off and on, but in California. When I came to Texas, I experienced just what you said.

Lion: Tell me what the issue is that you would like to work on if you had 15 minutes with me, which you do. What is it that you'd like to work on?

Participant: Okay. The little bit that I have been able to work on, there were two issues that came up. Well actually more than that. I mean you talked about cluster issues. One was to step back into my power, which I'm doing right now. I'm in the process of doing that.

That has something to do also with the fact that I have been married for 29 years. I just lost my husband. Things have happened during that period. My husband was a very powerful guy.

Lion: He died?

Participant: Yes. He just died in January.

Lion: Very recently.

Participant: Yes. Through the marriage, I mean even though I knew very much not to step into that. I used to be among other things a therapist myself. Yet, over time, it did happen. I feel very strongly that I am stepping back into my power also probably attracted that myself even though consciously I didn't do anything along the lines.

Money issues, my husband has left me with a lot of debts that I need to clean up. I need to really, really step into the power and the knowledge that I can create money that not only I need, but that I want to live a comfortable life, so that I can do what I want to do, go on cruises, travel.

Lion: Let me ask you a couple of questions just to narrow this down. You married a powerful guy. At some point, you gave up some of your power. Did I understand that correctly?

Participant: Yeah. I think it just crept in. Yeah. I really thought about it in the beginning. It just started to happen over time.

Lion: Okay. Well let's just do something quickly because it's a complex issue. It might be better to work one on one for a longer period because you know that this is a complex situation. It requires some complexity. It requires some clarity and some process work.

Let's just go and explore one thing. Go into your BeliefCloset. Are you comfortable doing that? Do you know how to do that?

Participant: Oh, yes.

Lion: Okay. Good. Go into your BeliefCloset. Let me know when you're there.

Participant: I'm already there.

Lion: Okay. Good. I'd like you to walk up to the mirror. Tell me what you're wearing right now.

Participant: I'm wearing a pantsuit.

Lion: A pantsuit. Okay. Is it kind of a powerful pantsuit or is it more casual?

Participant: Oh, it is pretty powerful. Powerful, but not black. It has some royal blue in it.

Lion: Okay. Good. Ask it "What belief are you?" Listen to what it says.

Participant: What belief are you? That belief is actually not bad. It says, "You're radiating assertiveness and beauty."

Lion: Good.

Participant: It's actually not bad. It feels pretty good.

Lion: Yes. I know it's a good belief. That's a good belief. Go ahead and take this belief outfit off. Just hang it up for a moment.

Participant: Okay. I have hung it up.

Lion: Good. Okay, now close your imaginal eyes.

Participant: Yeah.

Lion: Feel what it feels like to hold the belief "I am powerless."

Participant: Oh, it feels terrible.

Lion: Yes. Just let that feeling come in.

Participant: Oh, it feels like a wilting flower.

Lion: Just let the wilting feeling come over you to really take over. Give yourself the willingness to really feel it. "I am powerless."

Participant: You know I never really felt that though.

Lion: I know.

Participant: During all the years, I did not feel that.

Lion: I understand. We're exploring something more archetypal here.

Participant: Okay. Archetypal, fine. Yes. Okay.

Lion: Just feel what it feels like to hold the belief "I am powerless."

Participant: Oh, my goodness. That's awful. That's like death.

Lion: Yes. Notice that all of the things you've done to be powerful in your life have been a way of not feeling this.

Participant: Yes. Yes, that's very true, very true. Because already as a child, I had to prove that even though I was female that I could do anything. Okay. I had to prove that to my father because my father was very old-fashioned. As a girl, oh, I wasn't supposed to do this and I wasn't supposed to do that. Why? Because I was a female. Poppycock! I proved to him that no, not so.

Participant: Right. Now just feel the fact that all of that proving was a way of not being powerless. It was a push against that feeling to make sure you weren't like that.

Participant: Yes, that's right.

Lion: Anything that we resist, persists in our life.

Participant: Yes, exactly, exactly.

Lion: Including the sense, this belief, the old belief that you pushed down in the subconscious, "I am powerless."

Participant: Yes, so I pushed this back.

Lion: Yes, that's right. Just feel what it feels like to hold the belief "I am powerless." When you're ready, open your imaginal eyes. See what outfit has been produced to represent this belief.

Participant: Oh, goodness. Okay. What outfit might that be? Let me just see. Nothing comes up automatically this time.

Lion: That's okay. Just allow whatever is there to be there, including nothing.

Participant: Actually this is right. I'm naked.

Lion: Okay. Good. You're naked. You have no clothes. You have no power.

Participant: I have no clothes on, exactly.

Lion: Yeah. Just feel that. Just feel that powerlessness is, we equate it with weakness but that it also is a very receptive and open kind of space. If you see it as positive, it is receptive.

Participant: Wow. That's a good turn. Very good, I will do that.

Lion: Just feel it. Just feel it as an open receptive state.

Participant: Okay.

Lion: Know that the powerlessness has a positive aspect as well as a negative aspect.

Participant: Like everything, yes. Okay.

Lion: That you pushed against the negative aspect, but it also pushed away the positive aspect of being open and receptive.

Participant: Right. I feel that.

Lion: Good. Okay. See if the outfit has changed with this open, receptive feeling to it.

Participant: Okay.

Lion: Still naked or is there something there?

Participant: No, it has become a dress.

Lion: Describe it.

Participant: It's a dress that is of very fine fabric, a light, silky, flowing fabric covering my arms but being flowing. It feels very, very nice. It goes knee length, flowing, very pretty.

Lion: Yeah. It sounds very feminine to me.

Participant: It is feminine. It's pastel color.

Lion: Just feel the beauty of this open, vulnerable and receptive quality. Just know that you can balance your power needs with your feeling of open and receptive.

Participant: Yes.

Lion: Is this an outfit you'd like to keep?

Participant: Yes, definitely.

Lion: Good. Take this one off and hang it up next to the power suit.

Participant: Okay. Good.

Lion: Just know that they're both available to you.

Participant: Yes.

Lion: Depending on the circumstances. Sometimes one is more appropriate, sometimes the other. Like you wouldn't wear an evening gown to bed and you wouldn't wear pajamas to a business meeting.

Participant: Oh, it is. Yeah.

Lion: But you have both available to you now without any resistance.

Participant: Right. Good.

Lion: How does that feel?

Participant: It feels great.

Lion: Good.

Participant: That is this principle of all possibilities, according to your choice. You point it out with all the archetypical possibilities of feelings. It's wonderful. Thank you very much.

Lion: Good. You're very welcome. Just come out of the BeliefCloset and know that you have access to those outfits anytime you wish.

Participant: Wonderful. Wonderful. This is a wonderful concept, yes. Thank you so much. Thank you so much.

Lion: You're so welcome. Feel free to contact me if you'd like to work more deeply with me.

Participant: Yes. Yes, I'll be in touch. Thank you so much.

Lion: Okay. Thank you. Take care Bye-bye. All right. Well that was wonderful.

We'll go for one more person. There are three more people with their hand raised. I'm sorry I can't get to all of you. Let's see, I will choose, [Participant]. [Participant], you're the last person I'll work with tonight. For those of you who have your hands raised, feel free to contact me, or any of the practitioners, to go further.

Participant: Great.

Lion: Hi, [Participant].

Participant: Hi, Lion. Thank you so much. I was hoping, hoping that you'll take me. I was working alongside I think with [Participant] with her issue. One of my main issues or belief is that I'm not good enough. It's one of the other core belief that is a secret and a shame belief. This can probably be really emotional.

Lion: Okay. It's all right there.

Participant: Yeah. Well what's interesting is I followed along when you were working with [Participant] because I also experienced incest and an abuse situation when I was probably about six, seven years old. It was abuse by a very close family friend of ours who is a priest and who is very close to our family and then an incestuous family relationship. I think that was not necessarily back to back but within a couple of years of each other.

One of my huge beliefs I think that just keeps coming up in some of my work is the protection. It's a secret still in terms of last year. I was able to deal with some of it but in terms of telling my mom, my dad has been actually deceased for quite awhile about 20 years, but it's something that I can't to this point find a way to talk to her about it.

When I come to the Closet and I'm ready to get rid of some of these surrounding beliefs, one of it I was a mummy - in the last outfit. It was tight. I'm trying to pull

it out of my mouth because I feel a lot of it is in my throat. I can't get rid of it. It's like that scarf trick, like a magician. It just never stops.

In my mind I kind of said, "Okay, there's a ball there at the end. I've got to get it out." The one thing that was really hard, when you were following with [Participant], you came to the part at the end where she had this shadow of her belief. I didn't really have that.

I was trying to go with what she was experienced in. It was something that you touched so with her, like she was talking about the connection with her mom. I totally disconnected. I was like, "This is the thing I need to work with, but I can't." Whatever that was that she was able to do, it wasn't the right line of questioning for me.

Lion: I got it.

Participant: Yeah, okay.

Lion: Let's explore. First of all, are you willing to say who in your family was the incestor or not?

Participant: Yeah, it was my oldest brother who's seven years older than I am.

Lion: Okay, give me a moment. Okay. Go into your BeliefCloset. Let me know when you're there.

Participant: I'm there.

Lion: Okay. I would like you to bring your seven-year-old or about how old you were when the priest started touching you.

Participant: Okay.

Lion: Just bring her in and invite her in. Create a very safe container. Like put cement or a sphere around the BeliefCloset so she knows that nothing can get in without her permission. Let her know that you're making this completely safe for her. You can explain to her that there are other people that can hear, but nobody can get into the BeliefCloset with you.

Participant: Okay.

Lion: Invite her to go sit in your lap. Just say, "I'm here to just love you exactly as you are." Just hold her and hold her tight. Let her know that she's safe and that she's loved. Tell her, "I am your new mommy."

Participant: I'm your new mom. Okay.

Lion: "And I am going to love you and protect you."

Participant: I'm going to love you and protect you.

Lion: "The way that your other mommy couldn't."

Participant: In the way that your other mom couldn't.

Lion: "That your daddy couldn't."

Participant: Your dad couldn't.

Lion: "I'm going to protect you from harm."

Participant: I'm going to protect you from harm.

Lion: "From bad things that happened."

Participant: From bad things that happened.

Lion: Let her feel your commitment to her. Let her feel your love. Just appreciate and love her for exactly who she is including all the hard parts, even the parts that she doesn't like about herself.

Just love her up. Just overwhelm her with love. Fill her up with love so she knows she is loved. Tell me when she feels comfortable knowing that she's loved, protected.

Participant: Okay.

Lion: Now tell her that you'd like to talk to her about some things that happened so that you can help her and protect her. That some of the things are bad things, are hurtful things, uncomfortable things. Ask her if that's okay with her to talk about them.

Participant: In my mind and in my Closet I'm saying, "We can talk about these things and you can talk to me too. It's okay for you to talk to me. I am here to listen to you. You just tell me whatever you need to tell me. I'm here."

Lion: Good. Does she understand that?

Participant: Yeah.

Lion: Okay, good. Say to her, "There was the priest, our family friend, who touched you in a way that wasn't good. Do you remember that?"

Participant: Yes.

Lion: "It confused you. It was uncomfortable. It might have even hurt. You might have known that it was wrong or bad." Give me any feedback, any way she's responding.

Participant: Part of it is I should have known it was bad, but I didn't know. I just didn't know. I didn't know. He was someone I trusted." So there's some shame still there like "I should have known that was bad. I should have known."

Lion: Yes. Let her know that "You couldn't have known. You didn't know. You were only seven."

Participant: Okay.

Lion: "It's okay. You didn't know. It's okay to not know things. You were only seven." Ask her, "Did he make you promise not to talk about it? Did he tell you not to tell to tell anyone?"

Participant: She doesn't remember.

Lion: Just let her memory go back. Just very gently let her memory go back. See whether there is something like that. It might have been spoken. It might have been unspoken.

If there's some agreement that she made not to talk about it, sometimes there is, sometimes there isn't. Whichever is true is what we're looking for. He might have said something like "This is our little secret."

Participant: It's so gross. It was more like kissing and not necessarily touching. It's a nuance. I think it was more of, in her words, "There was never words said like that, but more it was something kind of secret and special." Something that was just between the two of us.

Lion: Let her know that you understand. You understand that it felt good. It was special. It was secret. It was just between the two of them.

Participant: Okay.

Lion: Let her know that that's okay with you that that happened. That you don't judge her, that you love her no matter what happened.

Participant: That's really hard.

Lion: Yeah, there is some judgment. Just face it. Just face it if you have any judgment of her for that happening. Go look inside yourself what's there.

Participant: So many other things that had come up like giving responsibility too young, expectations too young and that feeling, again, like the should-have-known-better kind of thing.

Lion: Just notice that this is your adult judging a seven-year-old. It's really your adult judging yourself. Just notice that what you're doing is you're judging up a part of you that didn't know any better, couldn't have known any better. Where is that judgment coming from?

Participant: I think that was outside of me. I think that was any number of adults. I was the youngest of three. I was the only girl. I don't really remember feeling that pressure. I think there was, I was a really good student, I was smart, I was always responsible, and that kind of message of "You know better" or "We expect you to know what to do," even if I didn't. I really don't know if I can name that, if it was just part of being a younger sibling with seven five-year-older brothers and myself, a little bit older parents or not, because I was a great kid.

Lion: Just feel the expectations that you were supposed to know better, that they came from the adults around you, the older siblings and the parents who were expecting you to be an adult, to have an adult discernment and wisdom as they had it.

Participant: Right.

Lion: Here you are a young girl looking around at all these older people. They've got something you don't, but they expect you to have it. Feel the pressure of that. Were you raised Catholic?

Participant: Yes. How did you know?

Lion: Yeah. Just feel and remember the church's admonitions. What they told you about bad things, about doing bad things and going to hell. How if you did something bad, you'd go to hell. Here was a priest, a representative of that church doing something that was uncomfortable and weird. He is the authority, but he was also doing something bad. This is one big fucking mess, frankly.

Participant: Yeah.

Lion: You have church authorities telling you that you should know better. You have your parents and siblings telling you, you should know better. You should know how to handle these things. You should be an adult about them. If you make a mistake, you're going to go to hell. Here is an authority of the church doing things to you that look and feel like a mistake causing you to go to hell.

Participant: I feel better just having you say that.

Lion: It's breaking apart the belief cluster. It's like, "Oh, my God. I was put in an impossible situation, all these different forces on me. They were expecting me to be an adult. I wasn't an adult. They were telling me I'd go to hell if I did something wrong or bad. The priest, who is a representative, is doing something wrong or bad, making me go to hell. I should know better because that's what they said."

Participant: Yeah. I think that's echoed itself in some other things in my life with the authority person having the final say. I know it hasn't been an expectation. It hasn't been realistic. Still feeling like maybe not going to hell, but having to pay a very heavy price. It all feels like I'm the sole responsible person even though that probably wasn't true.

Lion: Feel the weight on the seven-year-old, the weight of expectations of other people, the impossible beliefs she was forced into and all of that pressure on her. She is doing the best she can, but there's a feeling inside "I did something wrong. I should have known better. I'm going to hell. My God, maybe if I'm perfect, I'll escape hell. Maybe I'll be forgiven by the priest. Oh, wait a minute. The priest is what made me do that." He really screwed with you.

Hold her in your arms. Explain to her that there's no way she could have known better, that she did the best she could, that she survived, that she did really, really well in every area of her life, became a superstar. She became you, a wonderful, wonderful woman with great abilities and skills and intelligence and wisdom.

That she can let go now of those bad feelings because you're there to hold her and tell her that she's okay. She's a good person. She is not going to hell. In fact, she is totally loved, by God and by Jesus. There are no bad marks. That's a myth. There is only love, God's love. There's your love. There's her love. It washes away anything that is dark. She can relax.

Participant: I can feel her wanting to get up and jump off my lap and go play.

Lion: All right. Well, let her go play. Say it's okay, go play now. That's what you're supposed to do as a child. That's your job. Your job is to play and have a really good time. Know that life is wonderful, that you're loved. Nothing is wrong.

Participant: Thank you.

Lion: Has she gone off to play?

Participant: She has, yeah.

Lion: Now I'd like you to turn your attention to yourself. Give yourself that same love, the same messages. Let them go right into your heart. Know that you're a good person. You did nothing wrong. You didn't know. You just made a mistake because you didn't know. That's okay, that's how we learn.

We learn from making mistakes. You learned a good lesson. Now you can live your life in love and in light. Let all of that go into the past where it belongs. It was just a mistake. There is no hell except the hell we create for ourselves. Why not make heaven out of it? Make your life a heaven. You deserve it.

Participant: I so appreciate your time. The other thing that's still hard for me in this process is after working a lot with myself and then just looking at other things that happened in my life, and saying I know that happened for that reason, but it's an echo back of all of that. How do I just put it in the past? And just not think that it's going to repeat itself in a sense.

Lion: Well it's not going to repeat itself because you learned a lesson. The way to clear it from the past is through forgiveness. You have some forgiveness work to do, forgiveness of the priest, and your older brother and also yourself, those people who violated you. Forgiveness is the healing balm that will let it go into the past where it belongs. If you'd like to work some more on this, feel free to give me a call, but you're well on your way.

Participant: Okay. I really appreciate your time and just taking extra time. I really do thank you.

Lion: Thank you to you. Thank you to everyone who's been on the call. Thank you for your presence. Thank you for your attention. Thank you for your care and your healing.

I really appreciate and love you all. I'm always here for you. It's been a pleasure to be your guide on this long journey. I'm just going to open the phone lines so we can say hello and goodbye. See you down the road. The lines are open. Thank you everybody.

Participants: Thank you, Lion. / We love you! / Goodnight. / Etc.

Lion: Thank you all. Have a good night. Feel free to be in touch. Bye-bye!