



Clear Your Beliefs Guidebook

Welcome!

We're happy you've taken this leap forward! It takes courage and determination to transform your own beliefs (which is why so few people engage in it). You've taken the first step. Congratulations.

This Guidebook offers you a **step-by-step plan** for going through the *Clear Your Beliefs* course. It's a *suggested* structure – take it as good advice from a wise friend, rather than instructions from a stern teacher. We know you're already serious about making changes in your life. There's no reason to make it more serious! Remember: "*enlightenment*" means "*to lighten up!*"

Have fun with this course – it's exciting and transformational, yet it's a playful approach to shifting the subconscious mind. The reason it's designed this way is because the subconscious itself is playful. When you dream at night, your subconscious mind offers pictures, metaphors, puns, and rapid shifts in perspective. We use this natural playfulness as a way for you to communicate directly with your subconscious mind – which is why the process works so well.

Make this program work for you, and for your life. There are no grades, and no final exam. However, you'll see results with each step you take, and each process you go through. That's one of the great things about *Clear Your Beliefs*. You don't have to wait for results. You'll see changes immediately in how you show up, what you're able to do, and how you relate to others.

When you build a new skill (such as learning to ski, or playing chess, tennis, or piano...), it's uncomfortable at first. You don't know what you're doing. You make mistakes. With each step forward, and with each practice, the "doing" get a little easier. As you build the basic skills, you can begin concentrating on higher-level thought, even strategic thinking. Once you've practiced playing scales, or doing the basics, and you've moved them into automatic responses, you can begin to focus on your goals (such as playing Bach, or

skiing effortlessly, or winning a match). In this case, you'll be able to focus on creating your life the way you want it to be.

The first skill to build here is **the ability to identify beliefs that are holding you back, or interfering with your life, then deleting them, one by one**. You don't have to worry about where they came from. You picked them up somewhere along the way, and they don't serve you anymore. They're interfering with your life, and it's now time to clear them out. It's like cleaning out a crowded closet. It's an unpleasant task at first, but once you get into it, it feels great to get rid of that accumulated junk!

Our thesis is that your beliefs create (and shape) your experiences. If this proposition is true, then you should be able to **change any experience you're having** simply by changing your beliefs! And this turns out to be true. Don't believe it... you'll have a direct experience of it during the program.

For a moment, before we begin, think about how you would like your life to look. How would you like your life to feel? Go ahead – right now – picture what your ideal life would be like.

- What would you be doing?
- Who would you be doing it with?
- What struggles would be gone?
- How you would feel if life were exactly like that?

It feels good to imagine a fulfilled life, doesn't it?

Now, think about what's in the way. What is it that's standing in the way, between you, right now, and that vision? It could include:

- Internal blocks and resistance that prevent you from moving forward
- External barriers and circumstances that you can't overcome
- How the world is, and how it prevents you from having what you want
- Internal voices that berate you or criticize you, causing you to collapse

Here's the amazing thing: **All of that stuff, whether internal or external, can be shifted by changing your beliefs.**

Are you ready to begin?

First, a few logistics:

These resources will be available to you for one year. We recommend downloading them to your own computer so you can keep them as long as you wish, and use them at your convenience. Whenever you come back to the Resource Library, use the Password you created when you first purchased the product. (If you can't remember your Password, write to support @ClearYourBeliefs.com and we'll remind you.)

You are welcome to share these materials with your partner or spouse, but do not share them with anyone else. These are copyrighted and proprietary work materials.

They are for your use only. This is how we make a living, so please don't share your Password or any of the materials with others. Please direct others to www.ClearYourBeliefs.com so they can purchase the program. We appreciate your referrals very much.

We recommend listening to one session each week, but you're free to listen to the next session anytime you wish.

The process is quite powerful, and it takes a while to integrate the changes that occur inside your psyche. If you want to go faster, we recommend one session every two or three days. For most people, one session per week is a good pace. Listen to your inner wisdom. If you're hungry for the next step, go ahead and take it!

Add Coaching to Your Clear Your Beliefs Experience

If you're not working with a Clear Your Beliefs Coach, you can add personalized coaching to help you through the process at any point in the program. Our coaches are trained as professional guides along this path. A CYB Coach will work with you directly, one-on-one, by phone or Skype. He or she will help you clear whatever's in the way, and open new possibilities for your life. You can upgrade by purchasing either seven half-hour sessions (3.5 hours total), or seven one-hour sessions (7 hours total). Click this link to upgrade **anytime** during the course: www.ClearYourBeliefs.com/coaching

Here's your plan for your *Clear Your Beliefs Program*

Week 1

When you begin Spring-cleaning, the first step is that dreaded moment when you open the door to your closet, and realize that **you have to take everything out in order to begin the sorting process**, before you can decide what to keep and what to toss. In this first session, you'll examine your old beliefs, and determine which beliefs no longer serve you.

You'll get your first in-depth experience with the *BeliefCloset Process* and discover that you can permanently delete a belief from your past – even beliefs that have been annoying you for decades. You'll feel more open, empowered and free to choose your beliefs and the way you live your life.

Step 1: Listen to the Audio: *Session 1: Pull All the Old Junk Out of Your BeliefCloset*

Step 2: Actions To Take and Additional Study

Download the multimedia eBook “Transform Your Beliefs.” Read it, and watch the initial video and listen to the audio clips. Then do the exercise at the end of the book, “Belief Self-Diagnosis.” Alternatively, Download the Belief Self-Diagnosis Exercise from the Resource Library (it comes in two parts – download both and do them in order).

Download the PDF transcript of Session 1, and print it out. Use it to follow along with the audio, or read it later to refresh and reinforce your learning. Some people get more out of reading than listening to audio recordings, so do both if you can. When you’re using the PDF, highlight passages, mark it up, and use it as a place to write down any questions that come up.

Week 2

***Who You Are* is determined ONLY by your *beliefs* about who you are. You accumulated these beliefs as you were growing up (mostly when you were young).** By bringing these beliefs up to the surface for examination, you can change any aspect of yourself that you’re not 100% happy with.

In this second module, you’ll focus on issues and problems that have kept you from being happy and joyful.

What do you believe about yourself?

Your idea of “Who I am” is based on beliefs and programming you got as a child. What messages did your parents, caregivers, and siblings plant in your child brain that still affect you?

Inside the BeliefCloset, keeping your old beliefs about *who you are* is like keeping all of the clothes you ever wore as an infant and a toddler (including those smelly diapers!) stored inside your clothes closet. It’s time to haul them out, and toss them out! You don’t need them anymore.

If you hear critical inner voices berating you, don’t miss this session. Rid yourself of those pesky critical voices along with the diapers!

Step 1: Listen to the Audio: Session 2: Clear Your Negative Beliefs About Who You Are

Step 2: Actions To Take and Additional Study

If you haven’t yet completed the ***Belief Self-Diagnosis***, this is a good time to do so. The more time you spend bringing subconscious beliefs up to conscious awareness, the more efficient the Clear Your Beliefs program will be. Focus especially on beliefs that begin with “*I am...*” You can download the ***Belief Self-Diagnosis*** exercise from the Bonus Materials section in the Resource Library (Part 1 and Part 2).

Consider adding coaching to your program to deepen your inner work and make it more efficient. View the details of our coaching program at www.ClearYourBeliefs.com/coaching.

Week 3

Your abilities are limited only by your beliefs.

If someone else has ever done something, you can, too, if you dedicate yourself to it. Skills are built by study and practice. There's simply no other way to gain them.

When you hone a skill, by practicing it, over and over, you continue to get better and better.

However, most people are stopped by internal beliefs like "I can't do it." "I'll never learn this." "This is too hard." What's in your way isn't the skill, and it isn't you – it's your old beliefs.

What are you capable of? If your answer is "Anything..." you don't need this session. But most of us think too small. Our *will* has been weakened from lack of use – like a muscle that shrinks when it's not exercised.

We let our negative beliefs stop us. You may hear internal voices say, "What's the use?" "You'll fail anyway." "You don't deserve happiness." "Look who thinks he's a big-shot!" We were shamed into thinking that we were less than others. We even learned that we should compare ourselves to others – and we always lose that contest.

Clear out the apparent "limitations" you've taken on, and find your true power to create what you want. You can do whatever you need to do in order to achieve your vision. Do you have beliefs that stop you from dreaming big, or following through? Do you procrastinate or get distracted? In this session, you'll eliminate those beliefs and relieve yourself of those symptoms. You're already a master manifestor – you're just manifesting your old programs!

Step 1: Listen to the Audio: Session 3: Clear Your Limiting Beliefs About Your Capabilities

Step 2: Actions To Take and Additional Study

Watch the movie, "*Jiro Dreams of Sushi*." It's available on Amazon and Netflix.
http://www.amazon.com/Jiro-Dreams-Sushi-HD-Ono/dp/B008ODZNLG/ref=sr_1_1

This documentary is about the top sushi chef in the world. It offers a profound understanding of how a skill can be developed over a long period of time (75 years in the

case of Jiro Ono, the subject of the movie). The traditional Japanese culture had an understanding about apprenticeship, skill building, and character that we've mostly lost in the West. It's a philosophy worth remembering! This film is a rich meditative experience that will give you hope and perspective about your own ability to do anything you set your mind to.

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Week 4

If you're married, are you happy and secure? Or are you anxious about the future? If you're not in a relationship, what's holding you back from finding your ideal mate?

In this session, you'll delete beliefs that interfere with your personal relationships. Humans are social creatures – we must relate to others to survive. At our core, we want security and safety, but we also want passion and romance.

You learned “*what love is*” from your parents – so it's no wonder that you're confused!

Most of us repeat patterns we learned during our early childhood. We watched our parents interact, and Mom and Dad's relationship became our model of what a relationship is *supposed* to look like. For many of us, our parents' love was contaminated with disdain, contempt, withdrawal, or abuse.

We were programmed to repeat their patterns, even if we tried to rebel against them. This session looks at early infant bonding patterns and how those patterns get reproduced in our adult relationships unconsciously – until we change them by deleting our old beliefs about love.

Step 1: Listen to the Audio: *Session 4: Clear Your Outdated Beliefs About Love & Relationship*

Step 2: Actions To Take and Additional Study

Download and listen to the Bonus Recording with Carista Luminare, Ph.D. Carista is an expert on early childhood bonding. Her breakthrough book, “*Parenting Begins Before Conception*,” was one of the first practical books on the subject of healthy love in child rearing. As you listen, take note of any unusual experiences or memories that come up. Ask yourself, “*What do I believe about that?*” and write your beliefs down. Take them into the BeliefCloset Process and clear them.

Take the LoveStyle Profile Quiz. This 5-minute quiz will reveal your childhood bonding patterns, and educate you about the 5 LoveStyles. If you can, have your partner, spouse or close friend also take the Quiz, and then compare results. (This Quiz is our free gift to the world – you are welcome to pass this link on to others:

www.ConfusedAboutLove.com/the-lovestyles-profile/). As you take the Quiz, take note of any memories or experiences that may inform you about early childhood feelings and beliefs. Write them down, and take them into the BeliefCloset Process to clear them.

Consider adding coaching to your program to deepen your inner work and make it more efficient. View the details of our coaching program at www.ClearYourBeliefs.com/coaching.

Week 5

What do you believe about earning a living in today's economy? Is money really the root of all evil?

In this session, you'll focus on money, wealth and abundance – or the lack thereof!

If you want to experience true abundance, you have to eliminate the belief that money is bad – or a problem. Your current financial state is a reflection of the beliefs you inherited from your family, religion, and culture. Can you see their influence?

Step 1: Listen to the Audio: Session 5: Clear Your Old Beliefs About Money and Work

Step 2: Actions To Take and Additional Study

Money and work are about manifesting what you want in life. Beliefs are crucial to the manifestation process. Listen to the **Bonus Recording with Anodea Judith, Ph.D.**, author of more than ten best-selling books on the Chakra system. In her book with Lion Goodman, "Creating On Purpose: The Spiritual Technology of Manifesting Through the Chakras," they discuss with clarity the step-by-step process of manifesting *anything* and bringing any idea into reality.

Find out more about Creating on Purpose, and download the first two chapters of the book (PDF in the Resource Library). For more information about the book and additional resources, visit www.CreatingOnPurpose.net.

Consider adding coaching to your program to deepen your inner work and make it more efficient. View the details of our coaching program at www.ClearYourBeliefs.com/coaching.

Week 6

In this session, you'll focus on issues and problems with your health – whether they appear in your physical body, your emotions, your mind, or your spiritual self.

Ill health (dis-ease) is often the result of beliefs that were indoctrinated into you during your early childhood, or conclusions you came to when you found yourself in a difficult situation.

What do you believe and perceive about:

- Your body?
- Your health?
- Your age?
- Your vitality?
- Your ability to heal?
- The future of your health?

You'll identify old beliefs that stand between you and vibrant health, and recognize beliefs that could be making you vulnerable to disease and injury. When you dissolve old beliefs that are at the root of illness, bad habits and lifestyle stress, health emerges naturally.

People who have more self-compassion are generally healthier because they take care of themselves naturally. (Self-compassion doesn't involve judgment or evaluation – it's akin to self-love, responding to one's own suffering with kindness, caring, understanding, and concern.)

Imagine the healthy, vibrant body you want, and create it consciously with new beliefs

Step 1: Listen to the Audio: Session 6: Clear Uncomfortable Beliefs About Your Body and Health

Step 2: Actions To Take and Additional Study

Take the 360° Holistic Health Assessment to see where your health is good, and where you could use some improvement. Based on the Integral model of Ken Wilber, this is an excellent holistic view of physical, intellectual, emotional, spiritual, social and environmental factors. <http://www.360medicine.com/pdf/HealthAssessment.pdf> (We have no connection with Dr. Canfield, the creator. We just like his assessment.)

Do One Thing: Pick one area in which you would like to improve your health – something you have control over, such as diet, exercise, yoga, or meditation. Make a commitment to doing one thing about it every day for the next two weeks, until the course is finished. For example, commit to meditating for 20 minutes minimum every day, except for one day per week when you don't feel like it. Make it fairly easy to succeed, and also stretch yourself a

little. Write your commitment down, share it with a friend (it makes it less likely that you'll stop doing it), and keep track of your activity in writing every day (which makes it less likely that you'll lie to yourself about it). As you confront doing that one thing every day, listen to your inner voices, and write down what they're saying to you. This is the gold – finding out what old beliefs are operating inside you, preventing you from moving your life forward. Take those beliefs and voices into the BeliefCloset, and dis-create them, one by one.

Consider adding coaching, even at this stage of the Clear Your Beliefs program. You can work at much deeper levels now, because you're practiced with the process. Visit www.ClearYourBeliefs.com/coaching.

Week 7

In this final session, you'll examine any remaining issues or challenges in your life, and learn how to use the BeliefCloset Process to eliminate them, one belief at a time.

You'll learn additional techniques for eliminating uncomfortable sensations and feelings, and open opportunities to experience the miracles of life.

When you know that your feelings, perceptions, and circumstances are all created by your beliefs, and when you have a tool for identifying them and then eliminating them, you will have the power of any Creator – the power to shape the world as you decide. You can create a better place for yourself, and for those you love.

Step 1: Listen to the Audio: *Session 7: Clear Out The Rest Of The Junk In Your BeliefCloset!*

Step 2: Actions To Take and Additional Study

You've reached the last step on this path. There is a saying in Chinese: *"When you get to the top of the mountain... keep going!"* This step is actually a beginning. You've learned a basic skill – now go use it. Practice, practice, and practice it some more.

Whatever you want to accomplish in your life requires **intention** (desire and vision) and **attention** (focus and energy). As you've learned, blocks, barriers, and resistance will NATURALLY come up, regardless of what you choose to create. Your work is to *identify the beliefs* that are behind that resistance, and that create the blocks, and *simply remove them, one by one.*

Keep track of the voices you hear in your head, and the beliefs that crop up whenever you press forward, and take them into the BeliefCloset. Create new beliefs that spur you

forward, and make your path bright and fulfilling. **You have a magic wand in your hands. How will you apply it?**

We've seen people use the Clear Your Beliefs program to heal illnesses, build companies, create soulful partnerships, buy ideal houses, take exciting vacations, and improve family relations. What will you do? If there were no limitations, what would you want to accomplish with your life?

Here's the secret sauce: All limitations are created by your beliefs. Now you know that beliefs can be changed. So any limitation can be eliminated. Thus, the truth is, **you're actually unlimited**. The only limitations you have are the ones you choose NOT to remove.

Buy the book, "**Creating On Purpose**" if you want guidance on creating something big, or important. (www.CreatingOnPurpose.net) Use it as a step-by-step cookbook. It will guide you along the path of creating what you want. And... engage one of our brilliant Clear Your Beliefs Coaches to help you along the way. You're important, so invest your money wisely, by investing in yourself. Take the plunge with a coach by visiting www.ClearYourBeliefs.com/coaching. It's all about you, and what you want in your life. You can make it happen. Yes... YOU.

You have our best wishes for your new life ahead. We are happy that our paths crossed. For us, this is a beginning. We hope you stay in touch, and let us know how the program worked (or didn't work) for you. Please write to us and let us know: support@clearyourbeliefs.com.

If you want to speak with Lion Goodman, the creator of the Clear Your Beliefs program, you are welcome to write to him at lion@clearyourbeliefs.com. He gets hundreds of emails every day, and he tries to respond personally to every email within two weeks. If you don't get an answer within three weeks, please re-send your email with URGENT in the Subject line. That gets his attention!

Welcome to your new life! Now go out and create some magic.

Warmly,

The Clear Your Beliefs Team