

Exploring Beliefs and Changing Reality

1. BRIEFLY STATE THE PROBLEM OR SITUATION YOU'D LIKE TO CHANGE:
2. WHEN YOU THINK ABOUT THE SITUATION HOW DO YOU FEEL?
3. WHEN DID YOU FIRST HAVE THAT FEELING? (HOW FAR BACK CAN YOU TRACE THE FEELING?)
4. WHAT BELIEF DID YOU TAKE IN AS A RESULT OF THE EXPERIENCE THAT FIRST CAUSED THAT FEELING?
5. WHAT BELIEF ARE YOU CURRENTLY HOLDING ABOUT IT?
6. DID YOU CHOOSE THE BELIEF DELIBERATELY? _____ OR BY DEFAULT (from parents, school, church, society, friends)?
7. DOES THE BELIEF STILL SERVE YOU?
8. WHAT NEW BELIEF WOULD CREATE THE REALITY YOU PREFER?

YOU CAN USE THIS PROCESS WITH AS MANY BELIEFS AS YOU CHOOSE TO EXPLORE.
MAKE THIS AN ON-GOING PROJECT OF SELF EXPLORATION AND TRANSFORMATION.

Release Process Number Two

Identify your negative belief. Understand you have this belief because you believe it serves you and when you think of letting go of this belief your fear is triggered. This fear expresses itself in one of three ways that bind us to our negative beliefs and make it difficult for us to let go. Under closer examination our fears boil down to one of the following three needs.

- (1) The need for approval.
- (2) The need for control.
- (3) The need for safety and security.

Each of these needs is fear in disguise. Which of the three needs does this belief satisfy?

Are you attached to it because it satisfies your desire for approval?

Does it help you feel like you are in control? _____

Or does this belief satisfy your desire for safety and security?

Now, ask yourself...

"Would I let go of the old belief if I could?" (Yes or no?)

"Can I?" (Yes or no?)

"When?"

When you can answer "yes" to the first question proceed to the second question. When you can answer "yes" to the second, proceed to the third. Keep asking "when" until you can honestly answer, "Now!" With that answer you'll be able to release the old belief as easily as your hand is able to release its grip on a pen or pencil or any object that you've been holding on to...and you'll gain great freedom with the release of that old, negative belief.

Beliefs and Affirmations Worksheet

State your new belief and design an affirmation to help you create the reality you prefer.

NEW BELIEF: _____

AFFIRMATION: _____

Exploring Resistance

(Own it...Feel it...Release it)

1. Pick a recurring issue.
2. Ask yourself, in a very deep way, what part of this issue am I resisting?
3. What part of this issue am I responsible for?
4. Feel the feeling. This may be very difficult for you, as it may be one of the unpopular feelings such shame or guilt. Do your best to identify and stay with the feeling.
5. What do you fear this says about you? Stay with it, and write a few sentences.
6. Now, is this true...or is this a story? Continue to think about this until you can feel a shift.

Abundance Exercise

The following exercise is a quick way of moving from a narrow focus to a larger perspective. Close your eyes and think about the ways abundance is manifesting in your life right now. You have an abundance of the most vital ingredients for life itself. You have air to breathe, water to drink, probably even more than enough food to eat to keep you alive. How about beauty? Do you have beauty in abundance? How far would you need to travel to find beauty in your life? For some people it's merely outdoors to their garden. For others it may be a few blocks to a neighborhood park. No matter where you live, there's beauty to be found somewhere nearby if you learn to look for it. For starters, try looking up at the beautiful sky.

List four things you have plenty of:

1. _____
2. _____
3. _____
4. _____

List four things you want:

1. _____
2. _____
3. _____
4. _____

Did you remember to include things that can make the difference between thriving and withering, such as: air...water...food...shelter...beauty...loving relationships...friends?

Now, alternate your attention between your two lists...giving at least equal attention to each.

If you think about what you want while focusing on the areas in which you are abundant, you can move from scarcity to anticipation and open yourself up to trusting and allowing more things to flow into your life.

Gratitude List

1. At the beginning of the day, spend a few moments thinking about the things that bring you joy...the things that fill you with gratitude.

List those things:

2. Refer to this list as many times as you can today (once an hour would not be too often). Focus on what you have.

3. At the end of the day, spend a few moments noticing how you felt today and what you experienced...especially in relationship to having had your attention on the things you're grateful for that brought you joy. Write about your experience:

Symbolic Sight

A series of questions that allow insights to emerge. Begin by asking:

1. What could this situation symbolize or represent?

2. What thoughts exist in my subconscious mind that are contributing to my creation of this experience?

3. What must I be thinking and believing to be having this experience?

4. What is my negative belief about myself in this circumstance?

5. What part of this experience am I resisting?

6. What is the gift?
