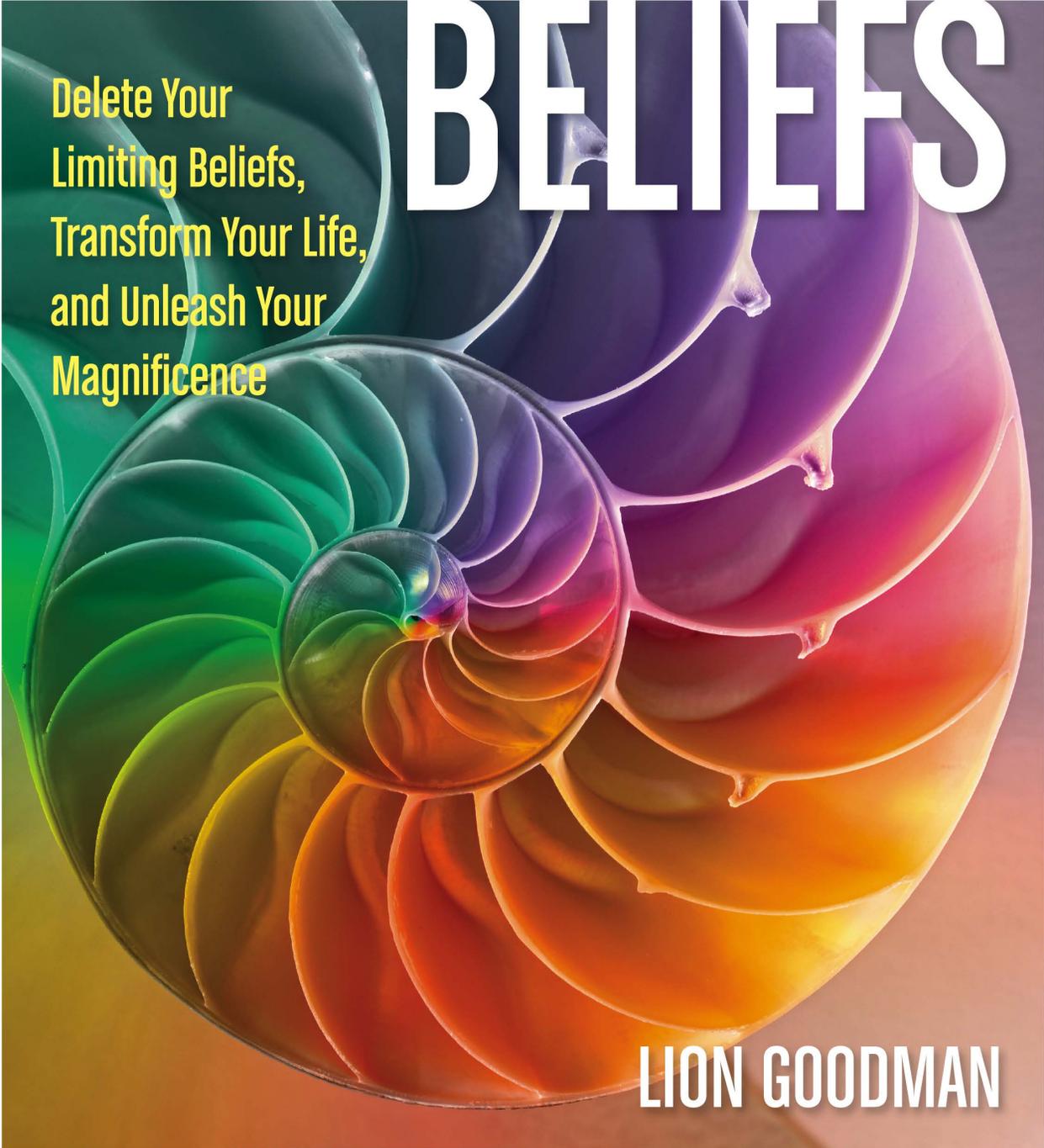


CLEAR YOUR BELIEFS

A close-up photograph of a nautilus shell, showing its intricate spiral structure. The shell is illuminated with a vibrant rainbow gradient, transitioning from deep green on the left to purple in the center, and finally to bright orange and yellow on the right. The lighting creates a sense of depth and highlights the smooth, glossy texture of the shell's surface.

Delete Your
Limiting Beliefs,
Transform Your Life,
and Unleash Your
Magnificence

LION GOODMAN

What has held you back from success and fulfillment?	Your beliefs.
What prevents you from being happy right now?	Your beliefs.
Why don't you do what you know you need to do?	Your beliefs.
What's the cause of much of your suffering?	Your beliefs.

With the *Clear Your Beliefs*™ program, you can delete negative and limiting beliefs from your life – permanently.



Welcome to *Clear Your Beliefs*, a powerful technology for personal growth, transformation and healing. I'm Lion Goodman, creator of the *Clear Beliefs Method*. I'm going to explain how your *limiting beliefs* affect every aspect of your life – and how easy it to transform your life by changing your beliefs, one at a time.

***The Clear Belief Method* is a technology for inner transformation. You can use it to change or improve any aspect of your life.**

Do you want more abundance and flow? Would you prefer to do a different kind of work? Do you crave more love and satisfaction in your relationship? Do you want to shift and eliminate bad moods and uncomfortable feelings?

If so, learn to clear your beliefs.

Changing your beliefs is now as easy as
changing your clothes.™



Beliefs Are At The Core Of Your Experience

You've probably heard this idea: *"Your beliefs create your reality."*

It turns out that this is *literally true* – although not in the way most people think about it. *Beliefs* are more than just thoughts or ideas about what's true. I'm using the word in this new way: **Beliefs are the building blocks of our experiences** – the internal *infrastructure* of who we are, how you show up, and how you interact with the world.

The *Clear Your Beliefs* program is a proven methodology for freeing yourself from unwanted experiences by dissolving the core beliefs that keep you stuck in repeated patterns you don't like.

The process we use in the *Clear Your Beliefs* program is called *The BeliefCloset Process*®. It came to me as an inspiration more than a decade ago. Since that time, I've helped thousands of people free themselves from inner blocks and barriers. It's been used to renew failing relationships, to change jobs and careers, to lose weight, to purchase houses, to open up to deeper love and inner peace, and more.

The process can be used in all these ways because it shifts your life at the causal level – where your experiences are caused. When you clear the beliefs that interfere with your life, the interference disappears.

I've trained hundreds of therapists, coaches, and healers around the world to use the *Clear Beliefs Method* in their practice, and we've received hundreds of testimonials like this one:

“I uncovered beliefs I didn't know I had, including, “I'm wretched, and ashamed,” and “I am unworthy of God.” It was an intense process! Each time I deleted an old belief, something shifted at my core. I then replaced each negative belief with a positive belief for my life. That old heavy weight around my heart just lifted off me. I've been in awe ever since. You've found a powerful way to access the deep subconscious mind!”

— Maria J. Garcia, Founder, Sacred Centers East

The *Clear Your Beliefs* program will help you remove whatever stands between you and your goals – and the greatest dreams you have for your life.



You're probably familiar with this experience: You decide to move forward in your life, to initiate something new, and you're immediately confronted by doubts, inner conflict, and critical voices in your head. You may feel blocked, or stopped in your tracks. You decide to give up because it's easier than fighting with them. You may think, *“That's probably true. I'll never succeed. Why bother trying?”*

You get excited by what's possible, then problems and issues appear. Your forward progress gets halted. You do something else instead.

The problem may appear to be external to you: You don't have the resources you need, or other people start interfering with your plans. You have to deal with uncooperative institutions, or regulations. Lawyers warn you about the risks, and accountants tell you that you can't afford to make the investment. It's as if the world has conspired to keep you stuck, preventing you from having what you really want.

Here's an important secret that I want everyone to know (I would teach it to every child in every school, if I could): **These blocks, barriers and resistance are *natural and automatic*. Everyone faces them. They're part of how the mind works.**

Here's another secret: The only difference between successful people and those who *aren't* successful is this: Successful people have ways and methods to deal with the normal and natural resistance, blocks, and barriers that come up automatically. *Unsuccessful people get stopped by them.*

Do you want an amazing life? Here's one key that will open many locks: Learn how to deal with the resistance, blocks, and reactions as natural phenomena. Learn how to change the beliefs that have caused them to appear. Then, simply delete them, one by one. With that skill, nothing can stand in your way (except other beliefs, which you can then eliminate, one by one...).

Every type of interference can be changed – both internal and external. When you clear the internal interference, the external world changes – including how other people respond to you!

This is the kind of feedback we get regularly:

The BeliefCloset Process is like a magic wand. I can easily and quickly change any aspect of my life by changing my beliefs. Not only inside myself, in my attitude and energy level, but other people are treating me differently. It's as if they are saying "Yes" to me, where they were saying "No" before.

— T. S., Business Owner, Yukon, Canada

If you're suffering from pain, hardships, or regrets from the past, you can use this process to let them go and move on. If you're worried about your future, you can use this process to free your energy, change your behavior, and alter your future. You can open the doors to new opportunities and adventures, and manifest your greatest dreams for your life.



Is this a magic pill that will suddenly make your problems disappear?

Sadly, no.

What we do offer, though, is a powerful set of tools – like a master carpenter's tool-set – that has everything you need to build whatever you wish.

Houses don't build themselves. You have to use your intelligence, will and physical power to move objects around and put them into the right place. You have to use the right tools, in the right way, one piece at a time. If you're looking for a magic formula that doesn't require any work on your part, this isn't that. However, if you're willing to dive in and do some redecorating, we've got the tools ready for you.

The *Clear Your Beliefs* program invites all aspects of you – mental, emotional, physical, and spiritual – to work together to transform your psychological set point: the inner structure of your personality.

Your basic personality was set into place during your first five or six years of life. It's now buried in the basement – in your subconscious mind. The *Clear Your Beliefs* program takes you by the hand and walks you down the stairs and guides you, one step at a time, to begin that overwhelming process of cleaning out the basement.



Human Experience is Multisensory and Multidimensional

When you turn your attention inward to examine your own experience, you can see that your experience is multisensory and multidimensional. (If you're not sure, spend a few minutes writing down a complete description of any single experience, leaving nothing out.)

Beliefs are also multidimensional and multisensory. They're made from the same experience-stuff.

Does it make sense that if you wanted to delete an old belief, you'd have to use a process that is also multisensory and multidimensional?

Many belief-change techniques use *conscious thoughts* to break beliefs apart. You can recognize the belief as *not true*, for example, but conscious thoughts rarely touch the subconscious mind, which is where your beliefs are stored.

If you cut a weed off at ground level, it just grows back. Beliefs are similar – they keep re-appearing over and over unless you pull them up by the roots, down underground in your subconscious mind.

During the *Clear Your Beliefs* program, we invite your subconscious mind to come out and play!

Consider this: when you sleep, your subconscious mind paints your dreams by playing with time, space, objects, people and even your identity. It uses pictures, scenes, memories, metaphors, and archetypes to create wild and unusual scenarios that constantly change and shift.

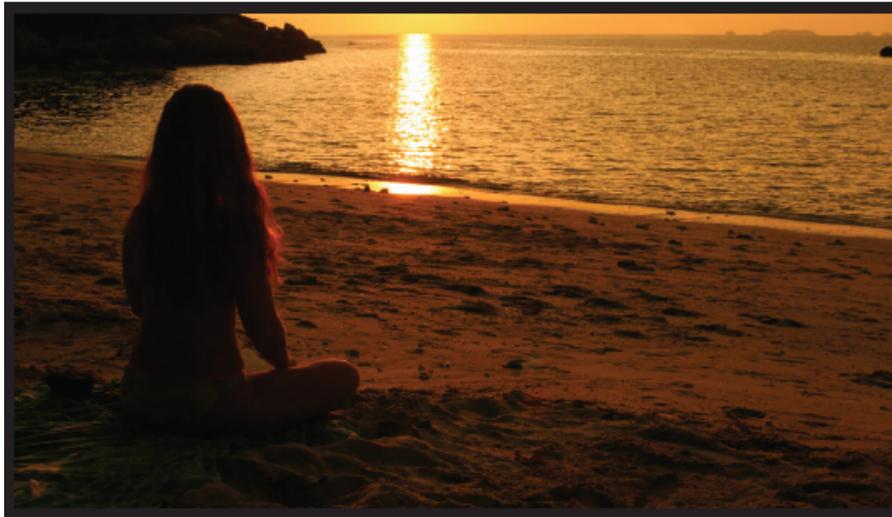
We use this natural tendency to our advantage. By gently inviting the **subconscious** to work *with* both the **conscious mind** *and* the **superconscious mind** (your Higher Self), you can unlock the tethers that have bound you to your negative and limiting beliefs throughout your life.

After you eliminate a belief from the core of your psyche, you're left in a spacious, hyper-aware state. **You recognize yourself as the Creator of your life.** From this space, you can plant a new belief in the garden of your mind. These new seeds grow the life, and experiences, you want to have.



I Love this Process! I have been able to make higher goals and really go for them. I'm getting things done that I've put off for YEARS. I feel like I'm experiencing life instead of standing on the sidelines. I have hope again about my Life. I know I can create whatever I want. I like all parts of myself without judging them. And I can see the whole picture instead of being on the inside with all the drama. In summary, I'm much happier & have more laugh-out-loud moments.

~ Julie O'Keefe, Minneapolis, Minnesota



Why Some Problems And Issues Keep Persisting

Why haven't you been able to change the deepest problems and issues of your life? There's a good reason: You haven't gotten to the *causal level* of your consciousness – the actual *cause* of the problems. To do that, you need to find the core beliefs that are shaping your view of yourself and the world.

Ask yourself these questions, based on where you are right now:

- 1. What do I want?** (This is your destination.)
- 2. How can I get it?** (This is your path.)
- 3. What's in my way?** (These are your obstacles.)

You want your life to be better – or different. You have a long list of needs, wants and desires. (We all do.) You can envision a better life where you have more of what you want – and less of what you don't want.

This desire motivates you to explore new territory. **You're a seeker.** All great discoveries come from this inner drive to change, improve, and make a better life.

What do you want *more of* in your life?

- More love?
- Fulfilling, purposeful work?
- Better relationships?
- More clients and better business results?
- Financial prosperity and abundance?

What do you want *less of* in your life?

- Stress and overwhelm from work and career?
- Financial difficulties and struggle?
- Difficulties in your relationships?
- Emotional upsets and drama?
- Blocks and barriers to your success?
- Pain, injuries, or disease in your body?

Some people have a strong will, and they can accomplish anything they set their mind to.

Most of us, however, run into blocks and barriers whenever we decide to change our life for the better. We're blocked from moving forward by what appears to be "reality:"

- I want a great relationship, but I can't find the right partner.
- I want a better job, but there aren't any good ones.
- I want to make more money, but the economy stinks.
- I want more clients, but I hate doing marketing.
- I want to lose weight, but I can't stay on my diet.
- I want to move my project forward, but I'm not taking action.

Circumstances appear to be out of your control. Opportunities seem to be limited, or non-existent.

Here's an uncomfortable truth: *Every limitation, block and barrier you experience is produced by a limiting belief inside of you.*

Here's some quick relief: *It's not your fault. Most of these beliefs were programmed into you by other people, who thought you needed them to survive.*

Beliefs were **indoctrinated into you** by your parents, teachers, friends, and culture.

In some cases, **you came to your own conclusions** about yourself, or about others, or about the world, based on some experiences you had (usually unpleasant ones). You adopted each belief for a very good reason at the time.

All beliefs *should* come with an expiration date. Different beliefs are needed at different times in our lives. For example, this is an excellent belief for a baby: “*If I cry and make a fuss, someone will take care of me.*” It’s *not* an appropriate belief for an adult, though (although most of us know of at least one adult who still behaves this way).

Regardless of their source, old beliefs have prevented you from living your life as a full expression of your True Self.



Four important facts about beliefs:

1. Beliefs operate like tiny reality-creation machines. Once a belief is created, it continues to operate – forever – in the background of your mind, until it is consciously eliminated.
2. Every belief creates a particular *feeling*, a unique set of sensations in your body.
3. Thousands of beliefs are stored in your subconscious mind. They operate like lenses in front of your eyes, shaping your experience of life and the world. They filter *out* aspects of the world that don’t agree with your beliefs, and filter *in* aspects of the world that agree with your beliefs. Thus, *beliefs are always self-verifying*.
4. Beliefs can be permanently eliminated and replaced – if you involve the conscious mind, the subconscious mind, and the superconscious mind in the deletion process.





Freedom Is Possible

What could you accomplish if you were free from the limitations, blocks, and barriers that now hold you back from expressing your true magnificence and your unique life purpose?

“I can now change any limiting belief into an empowering belief – as soon as I notice it. Since I can use the process to rapidly shift old beliefs that pop up, I know I can accomplish any goal. This is the life I’ve always wanted!”

~ M.M., international business consultant, Denver

If you want to change your **outer circumstances** (finances, relationships, work, etc.), you need to change your **internal state**.

Your subconscious beliefs are the primary determining factor in:

- How you usually feel
- What you usually think
- Your attitude toward your life and circumstances
- How you usually react to people
- Where you tend to place your attention
- The subtle signals you unconsciously put out to others

If you feel limited in any way, you have beliefs that are limiting you.

If you want to change any aspect of your life, you can do so by changing your beliefs.

Have you studied the *Law of Attraction*? It states that the circumstances you find yourself in (and the situations that happen to you) are created (or attracted to you) by *what you believe* about yourself and the world. Wouldn't it be a good idea to get in control of your thoughts and beliefs?



Know Thyself

The words *Know Thyself* were inscribed at the entrance to the ancient temple of Apollo at Delphi, in Greece. It's still good advice!

Human awareness and behavior have been studied for thousands of years, but there's a major problem: When you study the mind, you have to examine it with your mind. **You can only see your beliefs through the lens of your own beliefs.**

To get out of this conundrum, you must first study *the nature of beliefs themselves*. Then you can pick up each of your own beliefs and examine them objectively.

Beliefs are a component of Consciousness – a vast and infinite realm.

When you look into your own belief structure, it is an amazing opportunity for learning, growth, and discovery. There are also endless ways to go wrong. It's tricky territory. You need many wise guides to get you to your destination.

Becoming an investigator into your own beliefs is like the job of a jewel miner working underground, complete with hardhat and headlamp. As you dig deeper into your subconscious mind, you can find the reasons why you are the way you are, and why the same patterns keep repeating in your life. As you bring each rough crystal to the surface, you can cut and polish it, turning it into something shining and valuable.

This is a good analogy for what you'll be doing in the *Clear Your Beliefs* program: discovering old beliefs hidden underground, bringing them up to the light, and turning them into something valuable for your life. **When you do so, you become the master of your fate rather than a victim of it.**

When you discover a subconscious belief, you can examine it in detail, see where it came from, and feel how it has affected you throughout your life. You can then make a conscious decision whether to keep it or discard it.

You won't delete all your beliefs – only the ones that:

- Harm you
- Harm others
- Hold you back from expressing your magnificence
- Interfere with the manifestation of your Life Purpose
- Limit you, or your life, in any way

As you study your beliefs and how they affect your reality, your perspective gets broader and higher. New possibilities open.

It's as if you've spent your whole life with a local street map. One day, someone hands you an international atlas filled with maps of the world. Your point of view shifts. New worlds open. You can now see where you are, and decide where you want to go. New perspectives offer new freedoms.

You may be saying: “Okay, I get it. My beliefs create my reality. So how can I change my beliefs?”

Here’s a secret no one ever taught you: It’s easy.

All that’s required is to *delete* the beliefs that create what you *don’t want* in your life, and *replace them* with beliefs that create what you *do want*.

With each shift, your life turns more and more toward success, love, happiness, health and purposeful work.

But remember: you have hundreds, or thousands, of limiting beliefs programmed into you. So it takes some time and effort! The good news is that it can be fun...



Can you come out and play?

Do you remember how good it felt when a childhood friend knocked on your door and asked if you could come out and play? **Your subconscious mind is like a playful child. It enjoys make-believe, imagining and creating.** The *Clear Your Beliefs* program is fun, creative and playful. Come on out and play!





What Are Beliefs Anyway?

Most people think of beliefs as repeated thoughts, convictions, or mental constructs – a way to describe what’s true about the world.

But beliefs go much deeper than our thoughts, ideas, interpretations, or convictions.

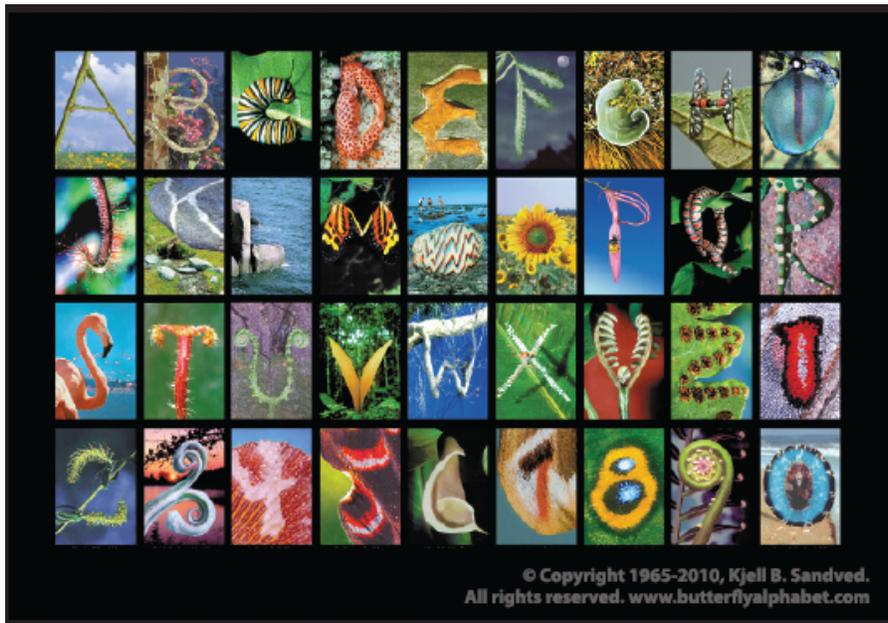
***Beliefs* are an essential building block of human experience.** They are like the Lego blocks we used to build things when we were kids. Beliefs are the construction material we use to build our thoughts, experiences, perceptions, and emotions.

We’re pointing to the wiring underneath the circuit board – this is the way the mind is structured. Beliefs actually *create* and *shape* our experiences.

Here’s a new definition:

Beliefs are the alphabet we use to create the language of our experience.

That’s how deep beliefs go. They go all the way to the bottom, the foundation, of consciousness and experience.



Beliefs are the alphabet we use to create the language of our experience.



I've got some good news and some bad news about your beliefs.

[Click here to hear the news.](#)

(An Internet connection is required to listen to this audio file.)





Where Beliefs Come From: Indoctrination and Socialization

The brain is first and foremost a pattern identification device. When a pattern of any kind is identified, it becomes something known, something familiar. The brain checks: *Is this pattern useful? Is it safe? Is it dangerous? Does it feel good? Is it something I need to survive?*

This built-in mechanism helps babies survive in a dangerous, uncertain world. At birth, we are dependent on the care of our parents and caregivers. Infants are biologically programmed to acquire the beliefs of their parents, caretakers, and elders, because the key to thriving in any social group is to become *like* those around you. If you do, you will be *liked*, and therefore more likely to be cared for. If you are *different* than those around you, you could be rejected or abandoned – which to a baby means certain death. We're not designed to survive alone.

At this biological level, it is a matter of life or death whether we take on the beliefs and behaviors of our elders, and those around us. The belief structure of the mind is an ancient tool for survival.

You began to accumulate beliefs while you were in the womb. Your body grew inside your mother's electromagnetic and electrochemical field. You knew, felt and sensed her emotional state. If she felt fear or stress, you were bathed in those chemical hormones, which gave you the same feelings.

You got your first sense of the world while still inside your mother's belly: "*I am safe. I am wanted.*" Or: "*I am not safe. I am not wanted.*" Of course, you didn't yet have words or language, so these "beliefs" were a rich mix of body-based sensations, reactions, and feelings.

After being pushed out of your safe womb-home into the bright and dangerous world, your only job was to survive. As an infant, you were like a tiny scientist trying to figure out how to navigate in a new world – where nothing is known or certain. So you observed your parents (or caregivers) carefully in order to get your needs met.

Your brain contains millions of *mirror neurons* that enable you to feel, mimic and copy what you see around you. Mommy smiled down at you, and you smiled back. She made sounds, and you tried to reproduce them.

Like any good scientist, you came to conclusions after making observations. “*When I cry, I get taken care of. When I laugh, I get attention and love.*” These early conclusions were some of your earliest beliefs. They came into your mind as somatic experiences that helped organize your behavior. You figured out the world, step by step, one belief at a time.

As soon as you joined your new family, your parents and caretakers began to load you up with their beliefs. “*What a darling little girl.*” “*Her name is Sandra.*” “*She is so cute!*” For the first four or five years, your subconscious mind operated as a recording device. Every belief was loaded directly into you, without resistance: “*I am a darling little girl. My name is Sandra. I am so cute!*”

Historically, babies were seen as empty containers to be filled (rather than complete, whole, growing human beings). Your parents wanted you to survive, so they taught you what they believed was right and wrong: “*Don’t put that in your mouth – it’s dirty!*” “*What a mess you’ve made!*” “*Good girl!*” “*Bad boy!*” “*Stop that!*” “*What’s wrong with you?*”

As you grew, you were taught, via rewards and punishments, how to perform to your parent’s expectations: “*Here’s how to do it.*” “*No, that’s wrong.*” “*What a good student you are!*” “*Don’t ever do that again!*”

Beliefs were poured into you from every direction.

Siblings may have treated you with love, or as an enemy who stole away mother’s attention. Images and messages from radio and TV (the beliefs of our culture) were fed to you along with your baby food. You eagerly sought to master language, learning to imitate speech, and to name objects. Every word, name and label was one more belief that got added to the pile.

What we call “learning” is more like “programming” – a flow of constant pressure to shape us to fit into the world of other people.

Everyone wanted to help you look, talk and be like them. They generously helped you fit in – programming you with their beliefs.

Then, you went to school. And another structured set of beliefs got laid in:

- “The doggie says ‘bow-wow.’”
- “If you don’t sit still, you’ll get in trouble.”
- “It’s better to be smart than dumb.”
- “Girls should be nice.”
- “If you want to speak, raise your hand.”
- “Some animals are dangerous.”
- “Pilgrims were good. Indians were dangerous.”
- “This is the right way to behave. That’s the wrong way.”

If your parents brought you to their church, mosque, or synagogue, you were told what to believe about God, the world, and life itself:

- “This is what God is.”
- “This is what’s true.”
- “You have original sin, and sinners go to Hell.”
- “You must follow these rules to be acceptable to God.”
- “This is what God wants.”

You were expected to accept religious beliefs on faith – and never question them. In the past (and even today), those who questioned religious authorities were ostracized, tortured or killed. People learned that questioning beliefs is dangerous – you can get pushed out of the group. To the ego, this is a fate worse than death. It takes great courage to question your religious programming.

You were indoctrinated by those who loved you. Your parents and caregivers wanted you to believe as they believed – and for good reason. They wanted you to survive, and thrive. Their beliefs had worked for *them*, so they believed that the same beliefs would work equally well for you. **From their point of view, their beliefs were simply: “What is true.”**





Indoctrination means that doctrines
(beliefs) are *poured into you*.

On top of all this early programming, you grew up inside an information-based culture. Advertisers programmed you with beliefs about every product they wanted you to buy. Television, radio, magazines, billboards, and computer screens have fed you new beliefs during every waking moment:

- *Buy this – and you'll be happy!*
- *Use this product, and people will like you.*
- *If you drive this car, others will see you as successful.*
- *Crime is rampant. Life is dangerous.*
- *Conflicts are solved with yelling, fists or guns.*
- *This pill will stop your pain and make everything okay.*

Beliefs can become strongly anchored through early childhood trauma.

Whether the trauma is sudden and shocking (as in punishment or injuries) or subtle and over a long period of time (such as a parent who doesn't respond to the child's needs), the consequences are severe. Beliefs get deeply embedded. .

Did you experience any of these traumas?

- I didn't get the love or care I needed.
- I was abandoned, ignored, or left alone at times.
- I experienced physical, emotional, or sexual domination or abuse.
- I suffered an injury or illness.
- I lost a beloved family member, friend, relative, or pet.
- I was physically or emotionally invaded.
- I experienced extensive or repeated pain.

If you experience trauma as a child, you tried to figure out what was happening, and why it was happening. You tried to figure out what to do to stop it. In order to make sense of it, you created beliefs and strategies that enabled you to cope.

Young children see their parents as their Creators. They aren't capable of recognizing that their parents are confused, dysfunctional, or psychologically damaged people. Consequently, when they have a series of bad experiences, most children conclude, *"There's something wrong with me,"* or *"I am not lovable."* **Children naturally blame themselves when bad things happen.** This is the source of much of our negative self-esteem.

Self-Indoctrination: Coming To Your Own (False) Conclusions

From time to time, you figured things out on your own. You came to your own conclusions about yourself, and the world, and you programmed yourself with your new beliefs:

- If I act just like those kids, I'll be popular.
- Nobody likes me.
- I don't belong.
- I'm all alone.
- It's better to be pretty than smart.
- I want to be famous and rich.
- I don't believe in an old man with a beard in the sky.

Although your conclusions made sense at the time, they were still beliefs, and they still limited you. **All beliefs are limiting, in that they define the world in one way, and limit your vision of the whole.** The world is far more complex than we can know, and it can be seen in thousands of different ways. *Any way of viewing the world is a limited view.*

Was it true that you were left alone as a child? Yes, some of the time, but not all the other times. Is it true that it's better to be famous and rich? Yes, for some people. For others, being rich and famous is a terrible burden that causes misery and unhappiness. **No matter the subject, it's never just one way. All beliefs are limiting beliefs.**



As you grew and developed, each belief created by your mind, and every belief you took on from someone else, was like a single snowflake in a snowstorm.

Tiny and unique, it landed in your subconscious, and began to clump together with other, similar beliefs. As you learned about the world, the older beliefs got pushed down into your subconscious mind by the new ones landing on top. Your belief-pile grew, stacking up higher and deeper.

Over your lifetime, you accumulated tens of thousands of beliefs. You live with the weight of this collection. You may feel it in your shoulders, your face, your attitude, or throughout your whole body.



Now, you see the world through your beliefs. Everything looks consistent, and it makes some kind of sense. You rarely question your fundamental beliefs because they are transparent to you. *“That’s just the way life is,”* you say to yourself. *“That’s just how I am.”*



A Message to Inner Explorers

You've already explored the inner realms. You've worked with therapists, practiced yoga and meditation, and attended transformational workshops. You already know that change is possible. You've moved yourself forward, step by step.

You've freed yourself from bad habits, created better relationships, and developed a healthier lifestyle. When you examine the progress you've made thus far, you may notice that your greatest growth involved changes in your old beliefs.

You may also recognize that some of your patterns *haven't* changed, in spite of all your efforts. Some of your bad habits still haunt you. You can fall into old ways of thinking and acting even though you know they're not good for you (or those around you).

Beliefs are deeply ingrained. They're sticky. Until they're permanently deleted, they continue to operate in the background. With the *Clear Your Beliefs* program, you can free yourself from those sticky old programs, and live the life you are meant to live.



Beliefs are the programs that make up your

Human Operating System...

and it's time for an upgrade!

"I've worked on removing my subconscious beliefs for the past 11 years, but no matter how many modalities I tried, one was stuck in place: "I'm not good enough." It was like a skipping record, a stinky skunk, a houseguest that wouldn't leave. In only one session with you, I realized why I put it there at the age of 14. I was suddenly able to communicate with it, and delete it. A week later, I feel different – like I can do anything, like I deserve everything."

~ Martha Brannen, Lake Forest, IL



Do we really create our own reality?

Most of us have heard this idea: *"You create your own reality."* If this is true, then if you don't like your reality, can you simply change it?

The answer is **"Yes!"** Emphatically, and enthusiastically, **Yes.**

Simply change your beliefs.

However, this principle applies only to your *Personal Universe* – the world of your experiences, feelings, responses, attitude, knowledge, and reactions.

You cannot control another person, because you're not in charge of THEIR personal universe. They are.

But you can *influence* them. Influence is a method of creation in the *Social Universe*, which includes you AND other people. Other methods of creation in the social universe include exchange (e.g., money and barter), dominance and control, negotiation, requests, promises, and agreements. Economics, politics, and the law are part of the social universe. So are the fields of Psychology and Sociology.

However, you can't negotiate a sculpture into existence. To create something physical, you have to employ creation methods designed for the *Physical Universe* – the world of objects, matter, and energy. This is where the laws of physics, chemistry, and biology enter the picture.

This world was created before we got here. We can't create matter, but we can shape it, cut it, join it, and decorate it. We can create art and architecture out of nature's already existing materials. And to do so requires some *Social Universe* exchange and negotiation. It begins with your unique vision in your *Personal Universe*.

Many people get confused when they hear, “You can create your own reality.” It's true in the Personal Universe. You can create any experience you want to have – in your mind, in your imagination, or in the real world. But to create something in the physical or social worlds, you also need to master the arts of creation in each of those distinct universes.



The Clear Your Beliefs program is a dynamic (and fun) way to change your beliefs, and thus change your day-to-day experience of reality.

When you change your beliefs, you change your view of the world. And when you change your perspective, new possibilities emerge.

Opportunities appear that you couldn't see before.

You may not change your circumstances (or the world itself) by changing your beliefs, because they involve other people. But you will certainly change your viewpoint – and doing so expands your options for dealing with your circumstances.

Yes, you can change your reality. First, learn how. Then, do the work.



A Hidden Secret – Revealed!

By studying consciousness itself, I learned exactly how we create our own reality – and how we can transform it.

[Click here to learn the secret.](#)

(You need to be connected to the Internet to listen to this audio file.)

Deleting your old limiting beliefs is easy with the *Clear Your Beliefs* program. But it's not a one-time process. It takes time – and consistent work – to process the thousands of negative and limiting beliefs you accumulated during your lifetime.





When Michelangelo was asked, “How do you carve those incredibly life-like sculptures out of marble?” He is reported to have replied, “*I simply remove whatever isn’t the sculpture, chip by chip.*”

This is what you will do inside your BeliefCloset – remove the stuff that’s not you – so your natural True Self can shine forth.

When you work with a *Clear Your Beliefs Coach*, he or she will guide you into your own subconscious storage area. You’ll examine your beliefs, decide which ones no longer serve you, and discard them, eliminating them permanently from your life.

“This process is tangible, easy, and powerful. Other techniques I’ve tried for discarding beliefs are really ‘out there.’ This one is very concrete. It works.”

— J.T., executive recruiter, Portland, Maine

A Few Words About Affirmations

Have you ever used affirmations? **Affirmations are positive belief statements that are spoken over and over to shift your reality and change your attitude.** You do feel better after you say them, but the effect doesn’t last very long. Saying an affirmation without first deleting the old negative belief is like putting whipped cream on top of moldy food to make it more palatable.

If you don’t clean out the old beliefs before you install new ones, you’re just adding to a messy pile of conflicting beliefs in your subconscious mind.

Instead, use the *Clear Your Beliefs* program to clean out negative beliefs first. Then, when you install positive beliefs that are right for you, the results will amaze you.



The Benefits of the *Clear Your Beliefs* Program

Clients have reported these breakthroughs from *Clear Your Beliefs* sessions:

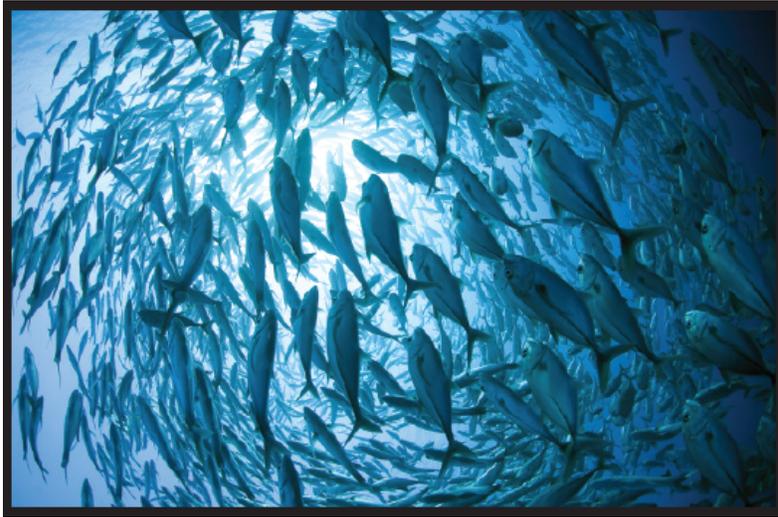
- My blocks and barriers simply dissolved.
- *What always felt like a heavy burden lightened up, then disappeared.*
- Feelings of happiness and joy bubbled up out of nowhere.
- *What seemed impossible before now looks possible – even easy.*
- The past doesn't drag me down anymore.
- *I'm free to be myself, and I feel more authentic.*
- My relationships improved naturally, without stress or processing.
- *I experienced states of expanded awareness.*
- It's easier for me to attract clients, make money and feel abundant.
- *I take better care of myself and my health. My vitality has increased.*
- My Life Purpose emerged and began to manifest in the world.
- *I am creating the life of my dreams.*



What would it be worth to you if you could get results like these?

And what does it cost you to NOT clear what's in your way?





Beliefs Beneath the Surface

If you study anything deeply enough and look for underlying principles, you'll find beliefs beneath the surface. Here are some intriguing thoughts about our collective and cultural beliefs:

[Click here to listen to the audio.](#)

(You need to be connected to the Internet.)



Can I really create the life I really want just by changing my beliefs?

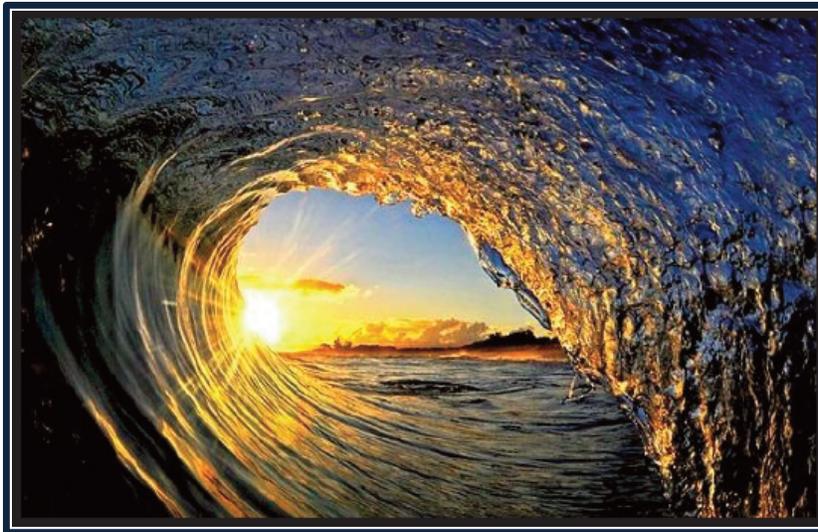
The simple answer is yes, but it requires some work. It's like shoveling thick snow that's accumulated from many snowstorms. There's a lot of work to do – but it can be done. **You can live the life of your dreams – if you're willing to do some shoveling.**

This isn't some kind of magical thinking, or new age nostrum. This is the integration of proven ideas by thousands of top thinkers and esoteric explorers throughout history.

Clear Your Beliefs technology is built on top of a strong foundation of the science of consciousness, including psychology, neurology and spiritual practices. It's simply a better methodology – one that works quickly, efficiently, and permanently.

To get anything accomplished, you have to engage in physical work. Changing the world requires taking action with personal power. It involves working in the Personal, Social, and Physical Universes simultaneously.

Clear Your Beliefs is an easy, fun, and effective process that helps you remove barriers that have held you back from doing what you need to do to become successful – with ease and grace.

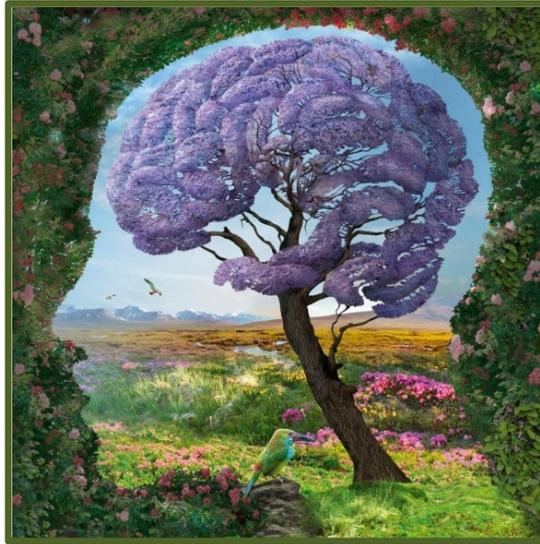


How Beliefs Create Your Feelings

In addition to creating your view of the world, beliefs also create your feelings, sensations, and emotions. Each belief creates its own unique energetic signature that you can feel in your body. The language spoken by the subconscious mind includes feelings, body sensations, and images. *The Clear Your Beliefs* program utilizes this natural language of the subconscious mind, tapping into its tremendous healing power.

Here's a way to quickly experience the profound connection between beliefs and feelings:

[Click here to listen.](#)
(An internet connection is required.)



The *Clear Your Beliefs* program operates at the mind's core, where your beliefs are stored. When you reprogram your consciousness here, changes in viewpoint and attitude are deep and permanent. They immediately impact your view of yourself, your life, and your ability to respond to your circumstances (your response-ability).

Here are the underlying steps of the *Clear Your Beliefs* program:

- 1. Try on one of your old beliefs, in the same way you would try on an outfit that's been in the back of your closet for years.**
- 2. Feel how it feels. Does it fit who you are now?**
- 3. If it's no longer right for you, discard it. Get rid of it. Create space for a something new.**
- 4. Choose a new belief that feels good, and is right for you – one that will serve you well – both now, and in the future.**
- 5. Install the new belief permanently. Enjoy how it makes you feel, and watch it open new possibilities.**

If you want to plant a garden, you first clear the ground of rocks and weeds. You turn the soil and amend it. *Then* you plant the flowers and vegetable seeds you want to grow. **Before planting a new belief, you have to clear out the old beliefs, and create space for planting something new.** Then, your new belief can grow in your life and produce the fruits you've always wanted.



In the *Clear Your Beliefs* program, this clearing-and-planting process happens easily, and joyfully. **When you master your beliefs, you become the creator of your own reality.**

All great spiritual masters have pointed to this extraordinary ability as a possibility, coming after years of practice. It is the power Neo demonstrated in the movie, *The Matrix*. It is the magic of the *Clear Your Beliefs* program.

Investigating Your Deepest Beliefs

Who am I? What can I do? What is my life purpose?

Your answer to the question, “*Who am I?*” is a description of the core beliefs you hold about yourself. These beliefs form your **self-view** – the way you see yourself. Is your self-view very positive? Very negative? Somewhere in between?

Your answer to the question, “*What can I do?*” is a description of the core beliefs you hold about your capabilities and your limitations. Your answer to the question, “*What do I deserve?*” describes your self-worth, and what you allow yourself to have.

For example, if you say, “*I’ll never learn to play the piano,*” you’re right. If you say, “*I can learn to play the piano,*” you’re right. Your belief in your limitation makes it so. **This is how your beliefs create your reality.**



If anything in your life is painful, or a problem, consider the experience as an invitation to examine your beliefs.

- What causes pain in your life? *Your beliefs.*
- What causes fear or doubt to show up? *Your beliefs.*
- What causes you to explode in anger at times? *Your beliefs.*
- What causes you to react to things when they go wrong? *Your beliefs.*
- What causes all the good stuff in your life to happen? *Your beliefs.*

Some of your beliefs are useful and are very good for you.

For example, the belief, “*I can do anything I put my mind to,*” is a very positive and empowering belief. It provides you with self-esteem. It removes limitations. It encourages you to persevere until your goals are achieved. This is a belief you want to keep – because it serves your life. Don’t throw away what works or what feels good! You are always at choice in the process. You decide what you *want* to believe.

When you change your beliefs, you alter your experience of the world. At the same time, you alter your view of yourself. You’ll say, “*I feel like a different person.*” And indeed, you are.

When you question your long-held beliefs, real transformation becomes possible. You open up to your essential, joyful nature. Each belief you delete frees a part of you from the crappy programming you received in the past. Whatever has stood in your way diminishes, and then disappears. Whatever comes up between *you* and *what you want* becomes manageable.

When you install new, empowering beliefs, everything shifts: your attitude, your posture, your demeanor, your ability to express yourself, and the way you interact with others.

Changing your core beliefs is a way to relieve your own suffering. You become a shining example of what is possible. You become a wiser, more loving, open-hearted person, which has a direct impact on others – it lightens their suffering, too.

As you work through the program, it dawns on you that every person has created their own reality through their beliefs. And since beliefs can be changed easily, your compassion for others expands. This is a direct method for improving the world – one belief at a time.



Are you ready to pop a few of your old beliefs?

Clearing your beliefs is easy, effective, and fun. Its impact is profound and permanent.

A Certified *Clear Beliefs Coach* will guide you through the process, and help you determine what beliefs are causing the problems and pain in your life. They will focus your sessions on you and your unique needs. After the series of 8 coaching sessions, you'll be able to use the process on your own, transforming your own life, one belief at a time.

If you're ready to jump in to the Clear Your Beliefs program, [CLICK HERE](#), and you'll be taken to the website with complete information about this customized coaching system for deep transformation.



“Clear Your Beliefs enabled me to look behind my issues and feelings, down to their roots. The issues I’ve had my whole life slowly dissolved with each session. Everything is easier to deal with now.”

— T. S., bookkeeper, Charlotte, North Carolina



You need to find out whether this program is right for you (and whether you're right for the program). So...

[Listen to a sample of the *Clear Your Beliefs* program.](#)

(Ten-minute audio clip. Listening requires an Internet connection.)

In this audio clip, you'll explore one of the most common (and pernicious) beliefs that most of us carry from our childhood: *"There's something wrong with me."*

What if you could completely eliminate this belief, and the feeling, from your life forever? What would you be capable of?

When you join the *Clear Your Beliefs* program, you'll have the opportunity to discard this belief, and many others like it.

How would you like to feel about yourself?

"My clients, who are in recovery from addictions, have limiting beliefs that keep them repeating self-sabotaging behaviors. Now I'm using the Clear Your Belief process to help them free themselves from those old patterns."

~ D.L., psychotherapist & addiction specialist, Columbus, Ohio

When you plant a new belief in your subconscious mind, it begins to operate just like your old belief did – automatically, as a reality-creating machine. You'll notice a subtle shift in your life. Something uncomfortable that used to be there is now gone. Something good has taken its place.

In each session of the recorded *Clear Your Beliefs* program, I take you through the BeliefCloset Process, where you'll learn to eliminate old beliefs, and replace them with new, empowering beliefs. You'll then work with a *Clear Beliefs Coach*, who will meet with you (by phone or Skype) after you listen to each recorded class. They'll take you deeper into the core of your own subconscious mind, and help you clear whatever's in your way.

The *Clear Your Beliefs* program includes seven recorded classes, 8 hours of professional transformational coaching, plus recorded Q&A sessions, two incredible bonus interviews, and a complete set of transcripts. Your coach will walk you through the program, one step at a time. [CLICK HERE](#) to learn more,



What's Next?

Whether you decide to participate in the *Clear Your Beliefs* program or not, we invite you to take another step forward in understanding your beliefs.

The following exercise, *Belief Self-Diagnosis*, will help you learn more about your own beliefs, especially the beliefs that interfere with your life. [Self-awareness is always the first step in transformation.](#)

After you've completed the exercise, you'll have a clearer picture of the work you have to do – either through the *Clear Your Belief* program, or through other methods of transformation. It's also great preparation for your work with me, or one of our brilliant Certified Clear Beliefs Coaches.

“I’ve been using the BeliefCloset Process for many years in my psychotherapy practice. It leads my clients to quick discoveries, insight, and change, often with lyricism and poignancy. Exploring one’s beliefs is gentle and profound, and it produces rich material for reflection. I am grateful for this process, and will continue to work with it both in my practice and in my own personal growth.”

~ Martha Bear, Psychotherapist, Auburn, Maine

Belief Self-Diagnosis

This exercise will help you expose your subconscious beliefs to your conscious mind. At the end of the exercise, you can choose the beliefs you want to change in the *Clear Your Beliefs* program.

Step 1: Uncover Your Beliefs

You'll need a pad of paper or journal. Contemplate each question below, and write down every belief you can think of in each category.

Begin by saying to yourself, “*What I believe about myself is...*” Let your thoughts flow and keep your pen moving. Don't judge your beliefs, argue with them, or censor them. Just allow whatever comes up to be written down. Write down all of them, even if they sound stupid, strange, or *not really mine*.

When your subconscious talks, it's a good time to listen. Give yourself a few minutes to write freely on each question.

Answer as many questions as you can in one sitting. Then, go on to Step 2. Come back later to explore your remaining beliefs.

The Belief Questions

What I believe about...

- Myself
- My body
- My health
- My work
- My financial situation
- My sexuality
- My abilities
- My limitations
- My attitudes
- My soul, spirit or spiritual self
- My circumstances
- God/Spirit/Source
- Money
- Handicaps, injuries, illnesses
- My family
- Other people
- My relationships
- My government
- The world
- Good and Evil
- Truth
- Life
- Death
- The past
- The future
- My beliefs

Step 2: Understand Your Beliefs

Next, review your beliefs, and ***circle the ones that have had the most negative impact on your life*** – those beliefs that really get in your way and keep you limited, small, and unhappy.

On another sheet of paper, write each of the beliefs you circled, then answer the following questions about each one:

1. Has this belief been *beneficial* or *detrimental* to me in my life?
2. Was this belief *indoctrinated* into me? If so, by whom? Did I ever consciously *choose to believe it*? If so, when? Why did I do so?
3. What has been the *advantage* of having this belief? How has it *served* me in my life? What did I *get or gain* by having this belief? What did I *avoid* by having this belief?
4. What would be different in my life if I held a different belief?
5. Would I be willing to try on a different belief? Who would I be without this belief?
6. What belief could I replace it with that would be more positive, beneficial, and empowering in my life?

When you meet with your Clear Beliefs Coach, he or she will use your answers to customize your sessions to you and your life.

Step 3: Create New Beliefs

Inside the program, you'll have the opportunity to completely eliminate old beliefs, and create new, empowering beliefs in their place.

You will work with your coach to refine your new beliefs so they fit and serve you in the best way possible. Creating new beliefs is a skill that improves with practice. **As your new beliefs begin to operate, your True Self and your full magnificence will shine forth in the world.**

Now, next to each old belief, write down a belief you would *prefer to have*. Then ask, “*Could I make it even better? Juicier? More empowering?*” See if you can improve it to the point where believing it would make you feel fantastic. **Continue to explore your beliefs as they come up in your life. Different circumstances and people stimulate different old beliefs to emerge. Write them down as you become aware of them, and bring your list to your Clear Beliefs sessions.**



Continue Your Transformation

Choose What's Right For You

If you'd like to learn more about the *Clear Your Beliefs* program, click this link: [ClearYourBeliefs](http://www.ClearYourBeliefs.com). It includes a 7-part recorded program, and weekly coaching sessions from a Certified Clear Beliefs Coach.

During the Clear Your Beliefs program, you'll pull out old beliefs hidden in the back of your *BeliefCloset*, try them on to see if they still fit your life, and discard the ones that hold you back from your greatness. Then, you'll replace them with snazzy new empowering beliefs that free your mind and heart, heal the past, and open new possibilities for your future.

Your life is created by the choices you make, moment by moment. You can close this eBook now and avoid the difficulty of changing your beliefs. Or, you can take action and move your life one step closer to your dreams. Which path will you choose? We hope you choose what's right for you.

If you received value from this eBook, feel free to share it with your friends, family members, and colleagues. Point them to this link, where they can register and get their own copy: www.ClearYourBeliefs.com.

The *Clear Your Beliefs* program is a coaching process, and a tool, you can use to create your own life from the inside out. Take the next step. **You'll see fast, permanent relief from old patterns, struggle, and pain, and you'll learn how easy it is to create more love, success, and happiness in your life.**

Thank you for reading this book. You have my support and my best wishes for your journey of discovery. Be sure to contact me if you have any questions. And please let me know of your progress. My contact information is below.

Warmly,



Lion Goodman, PCC
Creator of the Clear Beliefs Method

Travel well on your journey through the landscape of your beliefs!



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INWARD PRESS

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