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Mickelson Muse

From our state of deep thought or dreamy abstraction.

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SHOE | Chris Cassatt



Just a little humor to start this newsletter.... We'll start his one by recapping what we discussed in the August Muse... we talked about bringing abundance into your life – however you define abundance – by using the Laws of the Universe. All the information was probably not new... you probably kept saying, “Well I know that and that and that.” What we (again probably) have never done is to put all the laws together into one place, put all the puzzle pieces together and have them act in tandem *together* to manifest all our hopes and dreams. We put together the following practice exercise which you can cut, copy into a word document, and use as a template. The next topic following that is Core Beliefs... this is rather lengthy, but so many of you have been asking about this, that we felt a need to explore this area in some detail. Get into something comfortable, get yourself some refreshments, and find a comfy space to relax.... Here goes.....

Practice (exercises) for Attracting Desires

So if energy attracts like energy...if your energetic frequency is not in harmony with another energy, you simply will not experience it, but you can change that frequency to match whatever it is you desire and thus literally attract circumstances, people and even stuff by bringing your vibrational frequency into alignment with whatever it is that your desire. This is much different from needing something. Needing implies that you don't have something. If this is your predominant vibration, then what you are attracting into your experience is more needing... more lack of whatever it is that you desire. The trick is to imagine sending out a vibration that you already have something and to be able to feel that on as many sensory levels as possible.

Exercise:

1. Find a quiet place. Find a place where you can be by yourself for a short amount of time without any outside interferences. You don't have to build an addition to your house or get a larger apartment or room. All you need is to find a place where you are comfortable and where you won't have to answer the phone or focus on activities that need your attention. Sometimes taking a walk could be considered a quiet place. It doesn't have to be a special place, just a place where you could enjoy five or ten minutes of quiet. There are folks who have no need to find any special place to be quiet, but they are able to create a place of quiet in their minds and are able to go there anytime they want to.
2. Breathe. Breathe in and out slowly and deeply for about 30 seconds to about one minute. There is magic involved in this exercise. There are no rituals. You do not have to breathe in for the count of eight or ten or whatever. If you feel comfortable in doing so, however, go right ahead. Just know that it is not necessary. Just pick whatever is comfortable for you. When you take slow, deep breaths, you become calmer and more relaxed. The aim is to become relaxed and calm in this quiet place. It is in the quietness and stillness that you'll find the answers you are looking for.
3. Quiet the voices in your head. You could use a mantra, a prayer, a meditation, just silence, or have something like "white noise" in the background. Anything that works for you. Wherever we are, whatever we are doing, there are always voices in our heads. These voices are of our own and they carry on a continuous conversation. If we pay attention, we could hear these voices arguing with themselves. We all carry on endless conversations with ourselves. This, of itself, is really not a problem. What happens, however, is this self-talk generally boils down to meaningless babble. If we've been facing some very difficult problems, we may become afraid and our self-talk would then focus on the problem in such a way that we could become paralyzed by fear. It is our habit, when we are frightened by the enormity of a problem to examine the problem from all angles trying to come up with a solution. Sometimes we try so hard to solve the problem that we make the problem even worse by conjuring up some of the direct outcomes that could occur. That's like watering your garden and standing on the hose. We want to water our garden, but by standing on the hose we cut off the very flow of water that we desire. So step #3 is to quiet the voices in our head-tone down the endless conversations for a short while. The aim of becoming quiet is to help us break our focus from the things that are bothering us. Being quiet helps us to tune in to the very rhythms of the universe. By doing this, we are able to hear a bit more clearly with our inner ear and see a bit more clearly with our inner sight (or insight).

Steps 1,2,3 are designed to help get you to a place of quiet, not only physically, but mentally as well. It's only when we are attuned to the rhythms of nature that we can hear the universe gently calling us and reminding us that we are safe and that all the answers to our most vexing situations exist right now. So use whatever methods you can think of to lower the

volume of voices and endless conversations in your mind. The universe is like a broadcasting beacon. There are billions and billions of frequencies that are being broadcasted simultaneously and we have to be tuned in to our own private frequency to receive the messages that have to do with our personal lives and our personal world.

4. Imagine whatever you are desiring has happened. Let your mind wander a bit to a pleasant experience of what you are desiring happening. If you can't do this, then explore the pathways of memories until you come upon a pleasant experience of the past (it could be a photo of you happy, etc). Then hold the memory and relive the experience in your mind. How did you feel when you were going through the experience? There was probably a good degree of excitement blended with joy, hope and all good things. Remember, it is supposed to be a pleasant experience. Don't choose an unpleasant or difficult memory to revisit. It could be the first time you fell in love, or perhaps, you may have been awarded first prize for something you did. It could be a trip that turned out to be one of the best you ever took. It may be the time you and some friends enjoyed a great weekend. Whatever it was, just bring it to your mind again. Just remember, you have the power of choice, so you can remember any experience you choose to remember. Just pick the one that was very enjoyable. Now, why do we want to remember and use our imagination to re-experience a memory (or make up what it would feel like to have your desire)? It is because of a very subtle and important, psychological reason. You see, the subconscious mind cannot tell the difference between something that is happening right now and something that's vividly imagined. Your imagination is a gateway to the possible and a bridge to your unconscious mind. The subconscious doesn't deal with past and future; it only deals with the present. And it's impressed by deep feelings and repetition. So pleasant experience of the past (or a made up situation that you just imagined), the subconscious mind – that part of us that helps us to get what we want – starts working to bring situations to you that would duplicate the joy of the past (or made up) experience. This might seem a bit mystical to you, but don't let that be a barrier to the process. When visualizing your desire, engage your imagination by activating all of your senses. Imagine not just the visual images, but the sounds, smells, textures and tastes of your dreams. Even more importantly, imagine the feelings of the outcome you seek as these hold the most powerful magnetic force for attracting your desires. How you feel about what you imagine will determine whether you will successfully attract it or not. Feeling is the language that speaks to the universe. Feel as though your goal is accomplished. If you visualize your dream car yet are filled with feelings of frustration for not having it, doubt about ever manifesting it, guilt about deserving it or jealousy at your friend for already having it, you will activate the law of attraction against you rather than for you and re-enforce the absence rather than existence of that car in your life. Your feelings are powerful indicators of what's going on internally and point to beliefs and attitudes that may need changing or aligning. Your feelings are integral to successful manifestation. They are the language of your unconscious mind and the energetic conductors that give shape to your experience, actively attracting, repelling and creating the substance of life that is your

reality. Desire breathes life into your dreams and fuels your imagination and expectation. When you get in touch with your desire, your imagination, along with all the positive thoughts and feeling about your goal, are ignited. To get in touch with the desire you have for your goal, simply ask yourself “Why do I want this?” As you answer the whys, your passions and emotions stir and your imagination flows. Asking why also assists you in getting clear on the intent behind your goal and how true your goal is for you, as well as what the higher purposes and desired outcomes of your goal are (what you wish your goal to give you.) It can be a revealing exercise. Just go on to the next part, which is to let go of the memory and repeat the breathing exercise given to you in step 2. That’s right, let go of the pleasant remembering and take some deep breaths, hold and breathe out.

5. This step is a bit similar to step 4, but with a few major differences. Come back to your present situation and in your mind take a quick glance at what you are trying to bring into your life. It doesn’t matter what it is. The idea is to look at it for a few seconds – maybe 20 seconds, but no more. The previous steps have brought you to a somewhat beautifully relaxed state. If you think too long, too much and too hard about what you are doing, it will only serve to make yourself a bit tense and we want to avoid that. That’s why you only look at it for 20 seconds. Don’t get immersed in the details and don’t over-analyze or over-evaluate. The idea in this step is to get you to look briefly at what you are “desiring” and then imagine that a number of days, week or months have gone by and you have obtained what you desired. The imagination is called the “scissors and glue” of the mind. You are cutting out and pasting into your mind what you desire. It is also what is called future causation. Time and space are an illusion. The future you desire already exists. Essentially, time and space are an illusion. The future you desire already exists.... Go there and experience it. It is an extremely powerful faculty of your mind and could change things rapidly. You are leaving the matter of how it happens to the universe.

Examples: Let’s say the situation you are currently facing is money.. you are wondering where you’ll get the money to pay the overdue mortgage or rent. Just think of the amount you need, but go beyond that. Think a little differently. Think that six months have gone by and the mortgage or rent you were worried about in the past has been taken care of in ways that you couldn’t have guessed. At first, you might have a little difficulty doing this, but with a little bit of practice, you will be able to do this. Thinking a bit differently is not difficult at all. Many of us exercise our physical muscles, but never give a hoot about exercising our “mind muscles” (brain). What about relationships. Let’s say you are longing for a true love. Let’s also say you’ve had countless relationships that all have ended. And furthermore, after all those ended relationships, you are beginning to think that you’re never going to find someone who really loves and understand you. Think slightly differently approach from a different perspective. Think that time has moved on and it is three to six months from now. You look back to today and wonder why you were so concerned about relationships. Sometime, a few month from now, the most wonderful relationship came into

your life and you are filled with joy, peace and endorphins are flowing all over the place. For those of you who say that you have no money problems and no relationship challenges, let's say you are dealing with an issue about health. Go ahead in time a few months and imagine yourself doing the things that you'd be doing if your health problem had disappeared. This could go on and on and on... bring whatever you desire into your life, imagine you having this "whatever" in the future.

6. The sixth step is very simple, but not always easy.. Again, like anything else, a little practice will make it as easy as it is simple. Let go of everything you have just done. Take some keep breaths and say to yourself that you are not attached to the outcomes. Accept that you know the solution, the best solution is there for you and that you'll see it soon. You deserve it... Hear that? **YOU DESERVE IT!!!!**
7. At this point, you can leave your quiet place and go back to your normal activities. The last and final step is to be aware of thoughts that seem to come from nowhere into your mind. Throughout your normal working day, just be gently aware of your thoughts, of hunches and feeling, of things you hear or see. Then act wherever and whenever and however your hunches, etc tell you to.

Information is coming to you all the time the universe is whispering to you all the time. Don't worry about where the answers will come from. Come, they surely will. The "where and how" isn't really anything you have to give much conscious thought to. Don't even try to figure what avenues will be used to bring you the answer. The answer could come as a stray thought or a dream or a message in a movie or book... it could be a few words over-heard in a conversation between other people... Just pay attention. The problem is that we are often too busy or preoccupied to listen for the messages. Be prepared to take action and follow your dream, make that call, write that book or whatever you are guided to do.

We believe that each and every one of us has an invisible "Ways and Means' committee. The job of this committee is to scan your entire reality and find the best way to bring you the solution to your "desire". We must not interfere with the workings of this committee or we'll delay the speed at which the solution will appear. Our job is to make choices and then let the "Ways and Means" committee bring us the solutions that will fulfill the deepest desire of our hearts. At this point you are probably wondering how long it would take to get the answers to your "desires". Who knows?

Bringing your desires:

1. **Find a quiet place.**

2. **Breathe deeply a few times.**
3. **Quiet the voices in your head.**
4. **Fully and in detail, remember a pleasant experience or imagine what it would be like if you had what you desire.**
5. **Imagine that time has passed and it is now weeks or months in the future and you have what you desire.**
6. **Let go of the desire.**
7. **Go about your daily life be aware of hunches and ideas you receive.. and act on them.**

Desire vs Attachment

Someone asked me yesterday about the words *want* and *need* in in last month's Muse.... Remember it is really all semantics so it is how YOU interpret them.... The way we presented them was as Loren and I use them.... *Want* to us (now don't get all dictionary on me... remember this is how WE interpret them) is a desire... could be a dream... when we make lists of all we choose to bring into our lives; we probably will list them under "wants". A *want* will bring you happiness (again, this word will mean totally different things to different people)... a *need*, on the other hand, comes from fear... we need such and such or so and so in order to whatever. You get to interpret these words however you want to, just keep the desire fearbaseless (a made up word meaning not out of fear).

Topic: Distinction: Desire For or Want vs. Attachment To (distinctions are subtleties of language that, when gotten, cause a shift in a belief, behavior, value or attitude).

What do you have a desire for... and easy question to answer, isn't it? You probably had several desires come quickly to mind. That is because to have a desire (want) for something is natural and easy; it is part of your wiring.

The key is what you think about your desires or wants. When you get what you desire, are you a lesser or better person? If you believe that Who You Are is determined by getting or not getting what you desire, then there is an attachment to the outcome.

Attachment to is a no-win game. It's living for, and in, the future where you believe things will be better. There is no better. There is only the NOW. Now is. Desire springs from your Now. Act on your desires; just don't be attached to getting them.

Core Beliefs

So what is going on if you are still having problems? Why aren't you bringing into your world what you want? Sometimes the effects you see in your life from using these "universal principles" are not what you expected. Most folks think that after they start applying these principles, their lives will change into something extraordinary overnight. They think that now that they've gone "spiritual", all they'll see from now on is birds flying and singing, flowers blossoming, sun shining, just one big bed of roses, cakes and ale. Sure, for some people it does happen like this, but for many people, what do you think appears to happen right after they start to **TRULY** put all the principles we discussed into practice? All flippin' hell seems to break loose into their lives!!!! Great upheaval and turmoil come to them. And, of course, this is not what you'd expect, right?

So how come this happens? You've heard this before, but (again), life is a mirror. Life puts the aspects of yourself right in your face that are still holding you back from whatever it is that you desired. Instead of disrupting your efforts, "life" is actually handing you a gift this way. It shows you **EXACTLY** what you still need to work on to make your desires a reality. You just need to recognize it as such. Only aspects of yourself that you'd rather not face can cause you discomfort. Attend to these aspects and your life changes radically.

"A belief is assuming something to be true, to be a fact. A belief is not caused, it is created by choice. A belief about a thing's existence is not the same as its existence." (Bruce Di Marsico) Beliefs are not the truth, just an accepted perception of such. What is great about beliefs is that you can change them and choose those that support your visions and dreams and the truth of who you are. Clearing limiting beliefs and installing empowering ones is essential for creating a life aligned to your heart's desires. Beliefs are primary components and building blocks of reality. They are formed during childhood and at other key times in your life. They can be shaped by and influenced by family, peers, society, media, and so on, and there may be a great many that you are not even conscious of. Your beliefs affect your thoughts, feelings, attitudes and actions, and literally shaped and dictate your reality at a very fundamental level. They are the blueprints and literal constructs of your world.

Harnessing the power of belief will profoundly change your life. You can re-invent yourself and your reality so that it reflects all that you wish to be, do and have. To successfully manifest the life you desire it is essential that your beliefs are congruent with the outcomes you seek. If, for example, you want a happy loving relationship but hold negative beliefs about men/women, yourself, relationships, intimacy, commitment, or love itself for that matter, you'll create counter results. Your beliefs are the foundations of your dreams, and you can't build a dream on faulty foundations. Trying to engage the law of attracting at the level of thought and feeling without first addressing the level of belief simply won't work. You might experience temporary short-term results which may be reassuring, but these will not be long lived if your beliefs run counter to them. It's your beliefs that ultimately win the day and hold the reigns on the boundaries of your experience. Further, it is your beliefs that fuel and direct your thoughts and feelings, so attempting to think "against the grain" is not only useless, but ultimately futile.

So this is a good place to start, yes? Where beliefs started.... From the ages of 0-5 you were like a sponge, absorbing and accepting the information around you without question at an unconscious level. You were essentially being programmed by your world and the people in it. Patterns were

created and programs formed. Many of these patterns exist as neurological pathways with which you experience and create your world, and are with you still today. Those first 5 years were critical to the formulation of beliefs that exist today for several reasons. At that age you couldn't evaluate for yourself. You didn't have the ability to logically rationalize or question anything. You had no way of knowing whether what you were about to believe was really true or not. Further, as a child you thought the world revolves around you. If there is disharmony, neglect or dysfunction, in whatever form that manifests, you think that the problem is because of you. You think that it is because you are bad, wrong or not good enough in some way. So if your family was anything like the norm (i.e. not very normal) you would have grown up feeling like it was your fault and there was something wrong with you. Any pain you experienced, from punishment directly (verbal abuse, criticism, spanking) or indirectly (such as withholding affection) became stamped into your consciousness in the form of a belief. It became internalized. You may have come to believe that love equals pain, or that who you are is not good enough, unlovable or unloving. Your belief was fused with feelings of pain, hurt, sadness, rejection, and so on. You were a blank slate colored by these experiences. The more intense the experience, the bigger the impact and the more defining and powerful the beliefs and programs that were created – programs that continue to play out in your life today. Your beliefs do not diminish over time.

With a foundation such as “love equals pain”, for example, or “I’m unlovable”, it can be hard to create an oasis of love in your life. (We are in no way criticizing your parents; we are just trying to come up with examples). No matter how hard you try, the change doesn't seem to happen. “Trying” in itself indicates that you lack belief or expectation in attaining love (or whatever you are trying to attain) or else there would be no effort and simply a receiving and allowing it. You are dictated by beliefs and scripts from a young age that are shaping your experience and it's a catch 22. Your beliefs create more of the same which further compounds those very beliefs. The patterns get repeated again and again.

So now what? It starts with awareness and then choice. You can become aware of the limited beliefs that are running as patterns and programs in your life and choose new beliefs that serve you and reflect who you are and your heart's desires. You can create a whole new world. We know that many of you have spent a lot of time identifying your negative beliefs... you have listed them, burnt them, made new beliefs, but somehow something is still missing... why are things still mucked up? You may ask, “Why aren't things going my way? I have worked so hard... I have spent so much money... I'm tired, in fact sick and tired of all of this crap” But it seems as if we have all done the easy, obvious work.... The conscious work.... The belief systems that “seem” to be the “problem children”... but.....

Your darkest soul-beliefs remain unconscious because they are many times too painful to face.

These beliefs are not the truth of who you are, but you may deny, bury, or cover them over, for fear they are true.

What you try to prove to the world can be a sign of the opposite belief you are defending against.

If you are always trying to be good, are a ‘people pleaser’, helping everyone but perhaps deep down you believe you are bad, wrong or not good enough.

If you are overly independent and strive to do everything yourself, perhaps you are defending against a needy dependent self you inwardly perceive as weak or deficient.

If you are a perfectionist perhaps you are compensating for shame and inadequacy.

If you are a control freak perhaps you are compensating for totally (deep inside of yourself) not being in control - shame and guilt.

If you are always boasting how smart you are, probably inside you really believe you are stupid and dumb.. for some this is buried pretty deep.

On the other hand you may believe you are dumb, unintelligent and act in this way when you have a hidden belief that you are smart, intelligent but feel guilty for some reason about it... ego?

It is the beliefs we are least conscious of that are also those we are most likely to project onto others. We may bring these hidden belief characteristic into our lives by bringing folks who have these hidden (to us) characteristics to mirror them to us. We always hear of the mirroring stuff, but have we ever really looked at them this way?

Another way to identify hidden self-beliefs is to ask yourself what you most fear people will think or believe about you. This fear can point to the very beliefs you secretly hold about yourself.

So we get back to the “mirrors” we get thrown into our faces... perhaps they are a gift... perhaps we have been looking at it all wrong, maybe just maybe they aren't what they seem. Now I will get a bit personal... we both will tell you our “stories”.. My (Diane) mom died when I was four – looking back (as I have done literally hundreds of times trying to figure this out) I figured that my negative beliefs centered around abandonment..not worthy, aloneness, deserted, betrayal, etc. I forgave, re-forgave, redid, and again redid my negative beliefs (Level 2 of our work centers around past beliefs, not this lifetime beliefs – so they were taken care of in that level)... but “what the heck” why am I still “shooting myself in the foot” all the time? So, I began to wrestle with unconscious beliefs, the ones I probably had, but evidently wasn't bringing forward to be examined.... I wasn't sure how to get there, so I started from the beginning... started asking more questions of both the “real” and “otherworldly” folks... when my mom was pregnant with me, she was diagnosed with a brain tumor... it was the mid 40s and they didn't do much for her. It was located in her short term memory part of the brain, so not only didn't she remember she was pregnant, but when I was born, she had no memory of it or me... so I came – and no one “claimed me”. I wasn't abandoned... I didn't even exist. Dad was certainly concerned with mom, my three siblings, bringing in an income, etc. so I didn't have a space... I was unclaimed... when she died when I was four – I had an aunt (I am certain out of grief) told me that is was my fault – the mid1940's at its best, huh? So there I was, unclaimed (I am certain that folks took care of my needs – I was a baby – who can resist a baby?) but..four years old, no mom and being told I didn't have one because I caused her death... I remember vividly praying to “god” not to “make” me die, I'd promise and promise and promise to be good, if only he wouldn't “make” me die. Hey, I was four.... As I was growing up, if I ever did well in school, it wasn't noticed or if I ever “won” in a game with my older brothers, they'd feel obligated to beat the crap out of me... when I was in high school, I couldn't do better grade wise than my boy friend, or he wouldn't love me, etc. Finally all my other beliefs about myself suddenly made more sense... no wonder I am a people pleasure... no

wonder I have little or no self esteem, no wonder I think I am always wrong, no wonder I try to control my environment, no wonder I feared folks would go out of my life, etc.

Loren on the other hand... he is the youngest of 5 children – a change of life baby (his siblings were almost grownup)... born to a mom who told no one she was pregnant (she was a little round lady) not even Loren's dad. At the same time, his mom's little brother's wife was pregnant with their first... "golden" and much anticipated first child. This golden one (Lorna Diane) was born July 7 with all the fanfare you can imagine... then his mom sprung Loren to the world on July 16... not only that she named him Loren Duane... She asked the mother of the "golden" child to be his godmother and have him baptized the same day. He was paraded around as a "gottcha" baby... and reminded of this daily nearly his whole life... never equal to, never measuring up, but put up with. The family was a farm family at the time, but moved to the city when he was in 6th grade, the time when all farm kids are dumb and immediately put into remedial classes. He had a beautiful extremely high tenor voice as a very young child and was asked to sing often... when he did, his siblings made fun of him.. although he continued to sing, he has never felt like he or his voice was good enough. When he was principal of an elementary school, his folks kept asking him when he was going to get a "real" job like his brother the truck driver. When he received his first masters (MBA), his mom said, "A degree in art? For heaven's sake, why?" Getting the idea... used as a "gottcha" then having no place... didn't fit in anywhere...not valued, feeling dumb, this has lead him to open up the unconscious and bring it into the conscious and is well on his way to getting to his original "wrong" belief.

You all have "stories"... this is where it all started... bring them forward from the sub/unconscious, or perhaps you already have the pieces.... Now what? First of all remember these beliefs are not the truth!!! Seek to unveil your beliefs so you can forgive yourself for believing them in the first place, release them and form true beliefs about yourself. So where to start, huh?

So having thoughts like "I'm scared." "I don't know how." "I've never been able to do this before. What makes this time so different?" "Who am I to think I can have everything I want in life?" "What if I don't make it?" "What if I make a mistake?" "What if I waste all this time and effort and nothing happens?" "What if I fail?" Look back over your life up to now and notice all the times and all the situations or things that didn't work out the way you wanted. Notice the areas in which you struggle and then associate the thoughts and feelings that come up for you around those events. What do you notice? Are the thoughts and feelings positive or negative? Most likely, the thoughts and feelings are negative; fearful, sad, angry, frustrated, hopeless, upsetting, or simply resigned. Now, think back over your life to areas that have always seems to come easily to you or times when you were happy. What were the thoughts and feeling associated with those times? You are probably noticing it felt easy, effortless, exciting, fun, pleasant, joyful, loving, peaceful, natural or maybe even just a non-issue. This all points to the Universal law of Attraction: Whatever you think about and the *emotions* behind those thoughts are what you are flowing to you in your life. When you are identifying any belief that you have, look also at the emotion that comes with the belief.

So, now the exercises:

(When identifying and writing down the limiting beliefs, look for statements that have meaning and significance to you, that elicit an emotional response or have impact in some way.)

Write your beliefs as a short sentence – anything from around 3 to 7 words, though it may be more. Work with your belief statement until it feels like it “hits the spot” and you’ve pin-pointed the limiting belief as specifically or accurately as possible. Your feelings are a good gage for this as they are the language of the unconscious mind and a great way to communicate with it. Keep a separate piece of paper handy titled “Limiting Beliefs” to keep track of the beliefs you uncover.

1. Your Life as a Mirror

Your reality is a reflection of the beliefs you hold about yourself, others and the world. (how many times have we gone over this,... well, yet again). In this sense it is a mirror of your beliefs and a great ally in helping you identify them. With a problem area in mind, look at the challenges or blocks are you experiencing in your life and ask yourself the question, “What must I believe for this to be the case?” Write down the answer. You can repeat this for problem areas, key life area or goals you are working on.

2. Thoughts and Feelings as your Guide

Your feelings are a great tool for uncovering and exploring your beliefs, as are the thoughts that accompany them. For example, if you want to manifest more money yet every time you think of money you feel lack, frustration, anger or pain, explore these feelings further to examine and identify the thoughts and beliefs that lie behind them. These may include anything from “I can’t succeed”, “I am a failure”, “I don’t deserve”, “There’s not enough money to go around”, “Money doesn’t grow on trees”, “I never have any money”, “Money is hard to get”, “I’m not good enough”, “Money doesn’t like me”, “I’m always deprived”, “Money is bad/wrong”, etc. Some of the thoughts and feelings that surface may not appear to be specifically related to the area you’re working on but may affect your relationship with it and experience of it. As you witness these thoughts be aware of those that trigger or generate a strong emotional charge with you, ‘hit a nerve’ or resonate inside. These are the key ones to address whether you’ve heard yourself say them many times before, or whether you are surprised to discover them as they’ve yet been consciously acknowledged. Take time to examine your thoughts and feelings as they will point to the beliefs you hold. Become more conscious in your day-to-day life of any recurring thoughts and feelings that you have.

3. Inner and Outer Dialogue

What do you keep telling yourself about life, yourself or others? What kind of statements do you hear yourself making both internally and externally? What are the thoughts and conversations that run like tape-loops in your mind – the ones you wouldn’t want anyone else to hear? The ones you wish you could shut out and stop but seem to come out of nowhere and repeat themselves, whether you like it or not. Allow a new self-awareness to emerge as you observe your thoughts and feelings as well as statements and aphorisms (original thoughts) you make pertaining to ‘the way life is’. Begin to do this on a daily basis. Keep a journal (Oh, bad word – I know, I know I hate this step, but skipping it proved to actually hinder the process). Record and note down your internal and external dialogue. How do you talk to yourself about yourself? And how do you talk to friends, family and associates about yourself and areas of your life? Perhaps you hear yourself saying the same phrases or comments your parents used to make when you were young. What do beliefs do these point to? Perhaps you hear similar stories and patterns repeating themselves in your life. Make a list of these statements about how life is, how people behave, why the world is the way it is repeated statements you tend to make about yourself, others and the world.

4. Journaling

With a life area in mind that you wish to improve, write down in a free-flow all your thoughts and feelings about that area in an open, unencumbered way. Don't hold back or analyze the process, just free-associate and let your thoughts and feelings spill onto the page. Do this for around 20 minutes. You'll be surprised at what it can reveal. Hidden thoughts, feelings, beliefs and agendas can surface. Before you begin your free-association with pen and paper ready, you may wish to relax a little, perhaps with some deep breathing, a brief meditation or relaxation technique of your choice, or just with the intention to relax itself which will change your state, allowing a few moments for the adjustment. This can allow the veil between your conscious and unconscious mind to shift and loosen. Once you have written your free-association, and only after, review your notes and the stream of consciousness on the pages before you. See if you can delineate any beliefs. Look at recurring thoughts, feelings, patterns and statements. See yourself as a detective on the hunt for beliefs. Pick out any hidden nuggets that are the ones you wish to discard from your consciousness and write those down on the separate piece of paper that lists your potential limiting beliefs.

5. The "I AM: Exercise: Blame and Judgment as Indicators

Anytime you are blaming or judging someone it is worth examining what beliefs are at play. Blame in and of itself means you are holding a belief that your world is separate from you and that you are not responsible for your experience which is a disempowering position. You create your reality with your thoughts, feelings, beliefs, attitudes, choices and decisions consciously or unconsciously. What's great is that you can change these, but you first need to be aware of what they are. Taking responsibility for your life spurs you into examining and acknowledging your internal processes so that you can change, let go, heal, or align them in a way that serves you and the realities you wish to create. You have the freedom and ability to change your beliefs and doing so hold the key to the successes you desire. It starts with awareness. Taking responsibility for your life without judgment or condemnation for your "failings" is both liberating and empowering. From responsibility can come new and brighter choices. Blame and judgment of others can point to unconscious negative beliefs you hold about others and the world, as well as about yourself that you may be projecting onto another (mirror).

a) Identifying Shadow Self-Beliefs

(This is a somewhat "in your face" exercise)

Think about the traits or behaviors in others that tend to consistently aggravate you, or tend to repeatedly press your buttons and/or provoke a strong emotional response and write them down. Then, next to each, replace the name of the person who displays that behavior in your reality with "I am".

Examples

Michael is pushy and aggressive.... I am pushy and aggressive.

Jane is so arrogant... I am so arrogant.

Clare is selfish and mean... I am selfish and mean.

Grant is cold and unresponsive... I am cold and unresponsive.

You may find that when you write out the "I am" statement that memories or situations come to mind when you have, either to yourself or another, acted or thought in a way that corresponds with the trait, behavior or attitude you are observing in the other. This may be to a lesser and more diluted extent to the person with whom you perceive has that trait in your world. They act like a

mirror magnifying the quality that may be denied within so that is brought to light for you to acknowledge, forgive and change. You may dislike people that are judgmental to others, yet you may be judgmental to yourself. If you have contempt for people who lie, is there an area of your life where you are not being wholly authentic or honest with yourself or another? This exercise is a way of working with your “shadow”; repressed beliefs and negative self-concepts you may hold about yourself that are hidden from conscious awareness and projected out onto the world. It does not mean you are these qualities. Don’t make the mistake of identifying with your shadow and feeling guilt, self-attack or judgment/condemnation. The more we love and accept ourselves, the less we are likely to adhere to these negative beliefs and act out the behaviors that come from them, and the more compassionate we become towards ourselves and others.

b) Identifying Shadow “Other-Beliefs

If the above exercise didn’t feel comfortable for you in relation to some or any of the judgments you have, extend it to examine beliefs you may hold about others or the world in general. For example, taking the judgments you hold and explored in the exercise (the traits or behaviors in others that you particularly dislike, tend to consistently aggravate you, or repeatedly press on your buttons and provoke a strong emotional response), next to each one choose a prefix that is more general and beyond the specific name of the person involved. The person in your reality is reflecting a belief and it is these your are trying to reveal and get to the heart of. The person and behavior are the form and the form may change in your world, the function (the belief itself) will remain the same if it is not addressed and resides behind the reflection of your world. This is why you’ll find yourself attracting the same pattern, traits and characteristic in others until your address, heal and change the beliefs that lie at their root.

Examples:

Michael is pushy and aggressive... bosses are pushy and aggressive

Jane is so arrogant...people are so arrogant

Clare is selfish and mean... rich people are selfish and mean

Grant is cold and unresponsive...men are cold and unresponsive

For each judgment that did not feel right when translated into an “I am” belief statement in exercise a, see if you can come up with a more generalized statement that resonates with you that may reveal a belief you hold about others and the world reflected by that judgment.

6. Ask Your Unconscious Mind

Another way to discover your limiting beliefs is to ask your unconscious mind or Higher Self. This may seem like a simple technique, yet it can be highly effective. Relax deeply with meditation, music, a hot bath, counting backwards, imaging beautiful images, self-hypnosis or whatever works for you. When you are in a relaxed, peaceful state of mind, think of the area you are working on and ask yourself the questions, “What limiting beliefs do I hold in this area?” See what comes to mind. Or ... “if I did know what my limiting beliefs were in this area they would be....” And see what comes to mind... which ever works for you...This can help pin point beliefs that need to be worked on that may be influencing the successful manifestation of your goal in mind.

7. Identifying Clusters

Once you’ve found one belief it may lead you to others. Beliefs can be connected and as such exist in clusters and groups. When you have found a belief, experience and explore the thoughts and feelings surrounding that belief. Write them down in a free-flow fashion and see if they lead to other beliefs that are related or connected in some way.

8. Get to the Core

You want to identify the most fundamental limiting beliefs as these are the ones that will be having the most impact on your life and holding in place other beliefs (remember how we said it is under or beneath what you think – or maybe we haven't said that yet, if not... we will now... this is getting so long I forget what I want to say... sometimes channeling sucks). When you release core beliefs, other beliefs surrounding them will lose their grip and become redundant. It's rather like pulling a weed out at this roots rather than cutting its shoots, and in this way the whole plant can die. One way to help yourself recognize which of the beliefs you have identified are most fundamental is by the feeling they trigger when you read them, say them out loud, or think about them. You will know when you've hit a biggy by the internal dial of your senses. If you don't have any emotional or intuitive responses, look at your life to identify which ones most typify the results you have been experiencing in your life so far. (Mirror)

9. X Marks the Spot

When something happens that causes you to react or acts as a trigger for strong emotions, look at the "button" that is being pressed internally. What is the hot spot of emotion at the heart of your reaction? If you could describe in a few words what it is that is really bugging/hurting/frustrating/enraging/scaring you, what would it be? Write it down. And what is the story or theme at play? Is it a familiar or recurring pattern? Has a similar situation happened before? Seek to identify the hot spots and common threads that lie beneath and between these scenarios and events in your life, as these will help to reveal the beliefs. Observe yourself in everyday life and notice where your reactions are. Seek to define them. Become an inspector to your emotional and mental self; a detective unearthing rogue beliefs.

10. Compensations as Clues

If you have a negative self-concept or belief it is very possible this will be covered over or compensated for with potentially the opposite behavior. These compensations can be strategies you adopt in order to survive or cope. They are essentially what you feel you must do or how you believe you must behave in order to succeed given your underlying belief and assumption. (This was my biggest clue in finding my unconscious belief). As these strategies are sourced in the limiting belief, they ultimately only serve to compound it, and create more of the same in terms of the experience that belief generates. These strategies are created as a way to survive, yet are self-defeating because they are founded on limited assumptions. You may be unaware of these strategies and the beliefs that lie beneath them. With your darkest self-beliefs, you remain unconscious because they are too painful to face. Of course, these beliefs are too painful to face. Of course, these beliefs are not the truth of who you are, but you may deny, bury, or cover them over, for fear they are true. Again, what you try to prove to the world can be a sign of the opposite belief you are defending against. You may be bringing in lots of examples into your life, mirroring what you fear most.... (As we stated before, if you are always trying to be good, are a "people pleaser", helping everyone, perhaps deep down you believe you are bad, wrong or not good enough.

11. The Power of Questions

Another way to identify limiting beliefs is to ask some pertinent questions. Ask yourself the following questions in relation to a goal you haven't yet manifested or an area of your life you'd like to improve that isn't working as well as you'd desire.

1. Why do you think you have not manifested this goal already?
2. What beliefs do you think you hold that stand in the way of this goal?

3. What do you think your main blocks to achieving this goal are?
4. When you think of this goal what thoughts surface (positive and negative)?
5. When you think of this goal, what emotions do you feel (positive and negative)?
6. When you think of this goal, do you feel any resistance to creating it? If so, what comes to mind?
7. a) On a scale of 1-10, how deserving of this goal do you feel?
b) If the answer to the above question was less than a 10, why do you think that is?
8. a) On a scale of 1-10, how much do you truly desire this goal?
b) If the answer to the above question was less than a 10, why is that?
9. a) On a scale of 1-10, how committed are you to this goal?
b) If your commitment is less than a 10, why is that?
10. What are your main fears about achieving this goal?
11. How or in what way would you and your life be different if you achieved this goal?
12. Are you comfortable with all of the above changes or do any of changes feel uncomfortable to you? If so, which ones and why?

Look at your answers to the questions above. You'll find they'll be quite revealing and point not only to limiting beliefs but to resistances, blocks and hidden agendas that you may not have been previously aware of.

You can harness your blockages and transform potential pitfalls into allies by using them to identifying any beliefs and assumptions that lie behind them.

First of all FEAR: Fear is a natural human emotion and serves the function of protecting you from harm. We all have fears, on physical, mental, emotional and spiritual levels – everything from fear of death, to the fear of humiliation, loneliness or rejection. It is important to face your fears and learn from them. Befriend them rather than run away from them. They will not disappear if you ignore them and will subconsciously show up in your life, so you may as well have a look at them, listen to them and discover what they are telling you about the beliefs you hold. (Many of you have done quite a bit of “fear” work, but sometimes revisiting this issue may bring you new insights). You (as many of you have discovered) have been able to release them and let them go. It is what we resist that persists. When you fear something you give it focus and attention and keep it more alive as a possibility. The more you fear something the more you are telling yourself it is likely to happen.

So what do you fear and why do you fear it? What are the beliefs that trigger these fears? Examples: If you have a strong fear about being burglarized, mugged or robbed, perhaps you believe “the world is not a safe place.” If you fear making a mistake or being wrong, perhaps you believe that “who you are - is not enough” and strive for perfectionism to prove your worth. If you fear loneliness, it is that you believe you are alone, that you do not yet understand that you are never alone and are every connected to the loving source of creation, loved in every moment, totally and unconditionally? Sometimes you fear loneliness because you are disconnected from yourself. It is the very absence of yourself that creates the vacuous, empty feeling that is loneliness. Since you, yourself, are not present, when not one else is there, you feel lonely, rather like the saying, “the lights are on but nobody’s home.” Solitude conversely is a very different and positive experience. If you fear betrayal, what beliefs do you hold around betrayal? Look to your past experiences for they will give you clues.

Of the many fears we experience in life, there are two core ones: One is the fear of not being good enough/loveable enough, and all the feared consequences around that (rejection, abandonment, humiliation, etc.) and second is the fear of loss (which can be connected to the first fear).

When you fear what other people think about you, you are actually afraid of what you may secretly believe about yourself. So, to reduce your fear in what other people think about you, face your own self-judgments, face your shadows, accept and forgive yourself for any perceived faults or “darkness” and realize they are not who you are. You are not your negative self-concepts, beliefs, failings or mistakes. The truth of who you are is wholly innocent. You are born of love, returning to love.

Next is CONTROL. When we try to control our reality or manipulate people or circumstances, we are simply signaling to our subconscious mind that we do not believe we can have it our way, for if we believed we could create and receive our desires, we would not attempt to control, instead we would joyously open to receive and trust the enfoldment of events with the juice of positive expectation. Control, born out of fear, is used to protect ourselves from hurt or loss or to attain something we desire yet feel we can’t receive, do not expect or believe to receive, or deep down feel we do not deserve. Control points to beliefs that need changing and aligning. To relinquish control, take a look at why it is you feel you need to control. What is the fear or need that lurks underneath your control? What is it you are trying to get/avoid/protect yourself from, and what are the beliefs behind that? Work on your beliefs, then engage your expectation and trust. Control can be disguised in many forms. It is not necessarily the pushy “in your face” behavior some think it is. It can be more subtle than that. In fact, withholding can be a form of control, as can be guilt trips, not taking risks, avoiding responsibility, playing victim and so on. Behind control there is an issue of scarcity; an area where you feel you cannot get what it is you truly desire or feel you need. Of course, the first port of call is to give yourself that which you are seeking to get from “out there”. Surrender your control and instead open yourself to receive.

Jealousy and envy are born of a sense of deprivation. They come from a belief that there is not enough to around and stem from childhood experiences where we were deprived or denied that which we desired. Jealousy and envy are not only painful and unpleasant to experience; they compound beliefs in scarcity and stand in the way of you attracting your desires. When you feel jealous you are telling your subconscious mind that you cannot have that which you desire. Jealousy and envy can be seen as a kind of unhealthy admiration. You see what you desire, what you wish to be, do or have, yet instead of feeling excited, inspired or enthused to create it, you feel denied and deprived and unable to attain it. Use jealousy and envy as a sign post to beliefs that stand in the way of what it is your wish to experience, create or become in your life.

The Core Four: Your negative ego has an investment in these beliefs. It will interpret life’s events to feed you the lie of these beliefs. If you have any of the “core four” below, it will attempt to push you into the dark recesses of these beliefs. The “core four” are: 1. I’m not good enough 2. I’m bad 3. I’m wrong 4. I’m nothing. Have a look at the above four and see if any hit a chord or strike a nerve within you. Do you think you hold any or some of these four beliefs? If so, changing these beliefs will change your entire life radically. In addition to the “core four”, there are some other categories in which you may hold negative beliefs that will also have a profound impact on your happiness and experience of life. These are beliefs around love (being loved, loving and loveable), belonging, mattering and significance, as well as beliefs around your value and deserving, all of

which will greatly impact your sense of worth, and can be connected or spring forth from any of the core four beliefs. If you believe “I am nothing” for example, you will also feel insignificant, and may even have a belief around being invisible (or perpetuate a myth around visibility such that you create the experience of feeling invisible or of not being seen or noticed). For this reason, check for any limiting beliefs you may hold around these latter mentioned categories, such as “I am unlovable”, “I do not belong”, “I do not deserve”, “Nobody loves me”, “I am unworthy”, etc.

Each of the above limiting beliefs will have their own twist, story and flavor. They may exist in clusters and can also share similar symptoms to a greater or lesser extent. These symptoms can include any of the following:

- Feeling “less than” everybody
- Always feeling like a failure
- Feeling like a misfit
- Feeling unwanted
- Seeking approval and recognition but not feeling it
- Feeling ashamed and worthless
- Craving love
- Cynical of love
- Distrusting
- Abandoning self or others
- Being abandoned or betrayed
- Striving perfectionism
- Putting other’s needs above your own
- Playing the “nice guy/gal” or “bad guy/gal”
- Scared of making mistakes
- Self-punishing
- Feeling flawed at your core
- Being a victim or abuser
- Being ignored or over-looked
- Feeling depressed
- Feeling invisible
- Feeling guilty for no apparent reason
- Living in scarcity
- Hopelessness
- Resignation
- Blaming yourself or others
- Feeling ashamed without knowing why
- Recklessness/lack of care and respect of self/others
- Being blind to positives
- Being critical and judgmental

Now, getting the idea? WE are trying to give you a springboard to launch yourself into your own self-discovery... we have gone on at length not just to talk airy fairy, but to give you some concrete starting points. Obviously, these symptoms will vary depending on the other ingredients of the mix of your consciousness, upbringing and beliefs, but it is worth pointing them out to show just how painful and destructive living with any of these core four beliefs can be. Think about what straggles these limiting beliefs may cause you to adopt (i.e. what you feel you must do, or how you feel you should behave to succeed given your belief). These might be people pleasing, trying to prove your

worth, acting aloof and nonchalant, withdrawing, being pessimistic, acting over-confident, creating drama or being antagonistic to get attention – getting the idea? These strategies are self-defeating and only perpetuate the belief that lies at their cause. Many times the belief is under the belief. Look beyond the obvious. Being conscious of this is one step on the road to freedom.

So the “What To Do About It?” Actually this is the easier part.... Finding out what the belief(s) is/are is probably one of the hardest things we have ever done.. although, perhaps we chose the hard way – who knows....

1. *List your limiting beliefs...* you should be well on your way.... You may wish to put them into life areas or categories or maybe focus on one primary one.
2. *Draw a line down the center of a piece of paper*, and at the top of the left hand side write the heading “Old Belief” and list the limiting beliefs you have identified in the exercises that you have done throughout this newsletter. On the right side of the page write the heading “New Belief”. Now next to each of the limiting beliefs on the left hand side, write a new positive belief on the right hand side. Make your new positive belief as near a match to the opposite of the limiting one you are wishing to change, using similar syntax/sentence structure. Also do not use negatives. For example, you might replace the belief, “I am ugly” with the new belief “I am beautiful”. You wouldn’t use the negative “I am not ugly.” (Others: It is hard to make money to It is easy to make money; I never succeed to I always succeed. I never have enough time to I always have enough time; Love hurts to Love heals. Do not skip this step; doing it in your head is very temporary.... Write it down!!!
3. *Belief Buster Meditation*
When you have identified the limiting beliefs you wish to change and the new positive ones to replace them, find a quiet place, go into any kind of a meditative state which works for you (if music works for you then use it, if chanting works – use it; if quiet walking works – use it, and so on.) Working with the meditative state enables profound changes to take place. As you quiet your mind... now go into your mind called the “chamber of beliefs” – don’t question whether you actually have the “correct” place, just know you have the right to access this place. Your subconscious mind will direct you there... if you need to visualize something then create in your mind entering an underground cave-like opening deep in the earth where you will meet one of your guides. Both of you will enter through a door into your subconscious mind (cave). Your guide will take you to the chamber of beliefs. You have many guides and helpers there that are present to assist you. The guide that comes to you at the gateway is the one that will direct you to the belief you are trying to “bust”. Relax and go to the chamber.... The guide will take you directly to that belief... you see it and re-write it. If you don’t visualize, then just imagine you actually re-writing the belief to your new one. You now “see” the new belief in your mind... now spend a few moments feeling the feeling that comes with the new belief... really “feel” it.... Bask for a bit in this new feeling. Now breathe and come out of your meditative time however you normally do.
4. *Create a Vision Template*
For each new belief you are working on, create an image associated with that belief, something that will serve as a visual synopsis for that belief, and a template to help you anchor it and access it. Make this vision template a single static picture or scene that for you epitomizes this new belief. Perhaps it is a picture of you in a state of peace, joy and serenely or in the arms of a lover or confidently speaking in front of a large crowd or laughing joyously with friends or looking gleefully at your bank statement or standing free in a

beautiful place in nature and so on. You can use this vision template to serve as an anchor for your new belief and to help you strengthen it and access it when you desire.

5. *Feel Your Beliefs*

Your feelings will consistently help to embed your new belief into unconscious mind. Spend time regularly getting in touch with the feelings of your new belief. Before sleep and on waking are useful times as you are more relaxed and open and the veil between your conscious and unconscious mind is thinner.

6. *Belief Cards*

You can write your new beliefs onto index cards and place them in prominent places in your home. Everytime you see your belief card, say it out loud. It only takes a second, yet it is a powerful technique for embedding the belief in your unconscious and affirming it in your life.

7. *Evidence Journal*

Start collecting evidence to support your new beliefs. Like new shoots sprouting, they are strengthened with the support of your attention and acknowledgement. Look at how your new belief is reflected in your life. You may also find that there is plenty of evidence that affirms this positive belief that existed before you changed it consciously, but you were too blinded to notice it or disregarded it as your belief discounted its existence. Evidence can include: whispers, signs, conversations overheard, film, songs on the radio, dreams, pointer, nudges, random emails, feelings, thoughts, vision, hope, new people, contact and friends mirroring your new beliefs. As well as present evidence for your new belief reflected in your world, write down the future evidence this new belief would create. How and in what way will you and your world be different with this new belief? Envision this new life daily on waking after reading your belief statements. If you are still collecting evidence to support your old belief then you have some resistance or agenda to letting it go. Perhaps there is a payoff for having that belief. Perhaps it serves you in a way you are not conscious of so a part of your mind is reluctant to give it up....If so, this is the time to re-evaluate what you want to bring into your life.... you get to choose you know.

8. *Belief Trigger*

You can create a trigger for you new belief to strengthen and activate it in your consciousness. To do this, enter a relaxed state of mind and begin thinking about your new belief. As you bring this new positive belief to mind, start to feel all the positive feelings associated with this new belief. Really immerse yourself in the wonderful feelings, and intensify them. Let them become more and more vivid and real. In this heightened, wonderful peak state, saturated in the positive feelings of your new belief, make a physical gesture. Keep this gesture fairly discreet and simple, so you can repeat it easily and in a public place if desired. Your gesture could be anything from pressing your thumb and index finger together, touching your ear lobe, holding your wrist with the opposite hand, touching your heart, tapping your forearm, etc. When performing this gesture be specific and remember which fingers or body parts you use and from which side of the body. This gesture is your trigger. Make your gesture when you feel as good as you can and are fully immersed in your new belief and the emotions that accompany it. You may wish to repeat the process a few times to fully anchor in this trigger. Your trigger will help to consolidate your new belief unconsciously, so at any future time when you want to invoke your new belief more powerfully or strengthen it in your life, you can use the gesture to do so. For example, if you are in an environment or situation in which you feel vulnerable or susceptible to your old belief system then use your belief trigger.

9. *Burn your Past and Negative Thoughts*

Write a list of everything that bugs you in your world; all your grievances, resentments, hurts, angers, regrets, rejections, mistakes, failures, humiliations, etc. Write down everything that still hold a negative charge for you, essentially everything you've yet to forgive yourself or others for. Really let yourself express your feelings onto paper. You may be surprised at what comes up. Perhaps it is that six year old kid that bullied you at school that you are still mad at or that person that laughed at you years ago or that boss that never gave you praise. And, of course, it may be deeper, more personal issues. Don't censor anything, just let it free flow. When you are done, draw an X through the whole list and write VOID. Then rip them up into little pieces. Be enthusiastic and put your heart into it. You are freeing yourself from the negativity. Really get in touch with the gusto of emotion. Then burn the paper. Really feel the release and freedom as you do so. This will help to create the space for a new you to emerge. It's time.

Perhaps we need to end this.... See you next month

Oh, keep pondering "What would you be or who would you be without any excuses?"

Loren and Diane

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