



## Lesson 4 – Activity

### Shifting Your Beliefs

#### **Shifting your beliefs by taking action.**

This lesson is about shifting your beliefs. It is about choosing with awareness how you want to craft the story of your life.

With a sheet of paper, or your online journal, sit down and write a list.

You will be writing a list of ten beliefs. These ten beliefs will be about a story that is occurring in your life that you do not enjoy. Write down the beliefs you hold about this story that are causing you suffering. Do not hold back. Do not sugarcoat it. No one else ever has to read this but you.

Next, I would like you to read your list. Read this list of beliefs you have written about yourself, another person or a situation. Be aware of how your beliefs feel to you. Notice how the thoughts you have about what you are reading are making you feel.

Now, I want you to take a second sheet of paper or create a new entry in your online journal. I want you to re-write your list. I want you to take each line of your list and turn it around. Take each line and re-write it. Re-write each line to be what you wish to experience now.

Here is an example:

#### Old List:

I am too fat to be loved.

#### New List:

I love myself unconditionally no matter what my weight is.

Write a list that you enjoy, and that describes how you would like to be able to see yourself, the other person, or the situation you wrote about. Write a list that holds the ten beliefs you want to experience. Even if the new list you write does not feel true to you, continue to write it. All of your current beliefs are still in support of your old list. So, for now your old list may still feel true, and you may feel somewhat ambivalent. Do not worry about this. Do not focus your attention on the discrepancy between what you are reading and what you are still believing.

Now, sit and read your new list. Be aware of how your new beliefs feel to you. Notice how all the thoughts you have about what you are reading are making you feel.

You have two completely different points of view, and they both belong to you. Notice how challenging it can be to come up with beliefs that you enjoy about this subject. You have given your current beliefs power and you have built them strong to keep you in a place of suffering. You have crafted them and reinforced them in your mind to be as strong as they are. These new beliefs are completely available to you now. Imagine your new beliefs being truth to you, and the possibility becomes a reality. You have opened a door for this new story to exist in your life. You have now created a possibility for your beliefs to change, for your new story to be your reality, and to become your experience.

Now take your old list and destroy it in some way. Tear it to pieces, shred it, burn it, or throw it in the garbage. In some way dispose of it and eradicate it physically from your life. Now take your new list and place it somewhere safe but available where you can re-read it each day. Soon you will find that a similar story is being created not only within you but outside of you as well.

By focusing your attention on your new story you slowly begin to shift beliefs all of the old beliefs within you. You react to this situation from an entirely new place and in a new way. Slowly the situation will shift around you. When you begin your new way of seeing the beliefs that used to cause you suffering, you will see they no longer hold the power they used to. The stronger your new beliefs become, the more they will shift until they can actually bring you joy. You will completely transform ten things that used to be feared, rejected or even hated into ten things that enhance your life and may even be eagerly sought after. You can then start another list or just start seeing things anywhere in your life you wish to change. Use your awareness to find what beliefs are preventing you from living your life authentically.

This process may be gradual or instantaneous. It can be painful or exhilarating. It all depends on the strength or depth of the beliefs and the strength or depth of your desire to change them. They are your beliefs. You own them and have full control of them. Have faith in yourself. Strengthen your will, and choose the life you desire.