

Be Your Own Hero Handbook

Book One

# BELIEFS

Preface:

The first book I read that gave me a clue that I could THINK differently, and that would allow me to feel differently, was **Codependent No More** by Melody Beattie. I was shocked to learn I was a stereotype and even more amazed that I could learn to be different than I currently was.

I grew up hearing my dad often saying, “God made me like this!” to explain his violent irrational anger.

Next, when my sons were young, I somehow ended up with a copy of *Seven Habits of Highly Effective People* by Stephen Covey. This book I read in small bits daily for two years- it was slow going as I had never met anyone who used principles as a way to think. I didn’t know anyone who wasn’t reactive! I found principle based thinking to be a fascinating concept and the amazing results in my personal life and relationships encouraged me to learn more. I devoured parenting books, creating a challenging AND joyous time of being a proactive, principle thinking mom to growing sons. For 8 years I was also blessed to work with the children in my home child care business. (Meaning I had the gift of lots and lots of opportunity to practice implementing a different way of thinking and acting, consciously changing what I had experienced as a child with the adults in my life.)

Long before I understood what channeling was, I became obsessed with learning from channeled teachings of Orin, Seth, and then Abraham. They offered a way out of limitation and I had plenty at the time, financial scarcity, physical pain, and lots of fear.

Bottom line, what you think (literally the cause) is how you experience (effect) your life.

Change your thoughts and you’ll eventually change your beliefs. Change your beliefs and your personal experience of life changes in the most wonderful ways! **Tangible** ways like better health, more money, happiness. That is what sold me and led me into being a teacher of vibrational law.

Here’s the handbook \*for changing beliefs that I created for my students. My intention is to keep this handbook clear and concise (a challenge as I love to explain, excessively!) The larger amount of writing will actually be your own!

Here’s to you being the Hero of your own life!

Your beliefs become your thoughts,  
Your thoughts become your words,  
Your words become your actions,  
Your actions become your habits,  
Your habits become your values,  
Your values become your destiny.

— Mahatma Gandhi

\*Handbook: a small book that gives information about a subject or instructions about how to use something.

First, let's begin with a look at what beliefs are, using a few different sources:

# belief

*noun* / be·lief

## Full Definition of *belief*

1. *1* : a state or habit of mind in which trust or confidence is placed in some person or thing
2. *2* : something [believed](#); *especially* : a tenet or body of tenets held by a group
3. *3* : conviction of the truth of some statement or the reality of some being or phenomenon especially when based on examination of evidence

## Legal Definition of *belief*

1. : a degree of conviction of the truth of something especially based on a consideration or examination of the evidence — compare [knowledge](#), [suspicion](#)

From: <http://www.merriam-webster.com/dictionary/belief>

## **A belief is only a thought I keep thinking.**

A belief is only a thought that I continue to think.

A belief is only my habit of thought.

It's only a practiced thought.

A belief is only a thought that I think a lot.

-*Abraham* from Esther Hicks book,

The Vortex: Where the Law of Attraction Assembles All Cooperative Relationships.

## **Your beliefs create your reality.**

You can experience many positive changes when you transform your beliefs.

-- *Orin* from *Creating Money: Clearing Beliefs and Old Programs* by Sanaya Roma

## Your beliefs always change to some extent.

As an adult you perform many activities that you believed you could not as a child. For instance; you may at age 3 have believed it was dangerous to cross a street. By thirty, hopefully, you have dismissed such a belief, though it fit in very well and was necessary to you in your childhood. If your mother reinforced this belief telepathically and verbally through dire pictures of the potential danger involved in street crossing, however, then you would also carry within you that emotional fear and perhaps entertain imaginative considerations of possible accident.

Your emotions and your imagination both follow your belief. When the belief vanishes then the same emotional context is no longer entertained, and your imagination turns in other directions. Beliefs automatically mobilize your emotional and imaginative powers.

Few beliefs are intellectual alone. When examining the contents of your conscious mind, you must learn or recognize, the emotional and imaginative connotations that are connected with a given idea. There are various ways of altering the belief by substituting its opposite.

The process of imagining will also bring you face to face with other subsidiary ideas that may momentarily bring you up short. You may see where you held two quite conflicting ideas simultaneously, and with equal vigor. In such a case, you stalemated yourself.

*Parts from Session 622, page 63 - Seth from The Nature of Personal Reality by Jane Roberts*



Seth gives a process to change beliefs, as do all teachings of using thought to change your reality. The mechanism I've discovered that helps people with this is, pointing out how on Earth it is a truth, that how you create success in anything is how you create success in everything. *So I'll include comments on examples and how the formula exists in ways you're familiar with in italicized form so you can easily discern the difference.* Without clarity of the process, working with beliefs feels overwhelming and difficult, as though it's elusive and hard to pin down in a tangible way.

A belief is most easily recognized when you access the feeling attached to it. Think of Pro-Choice vs Pro-Life discussions, people usually have intense emotion attached to their perceptions (belief) of truth.

Some people believe there is only their version of God and will kill others for believing differently. Not logical, although it seems so to the believer.

We experience our realities ONLY through our belief systems. It is always personal to us.

*Two people can watch the same movie, hear the same teacher, see the same accident, or eat the same food and their personal experience of the shared reality is intimately tied to their filters- their beliefs and memories and personalities. Think of reviews on items or places, they all vary greatly and certain amounts of money mean different things to different people.*

Even more interesting, Change your beliefs and you will find yourself in a new 'reality' that matches your beliefs. Think of beliefs about relationships, money, health, spirituality, schooling, work and know you can change what you experience here on earth!

*We greatly admire people who accept great challenge and show up powerfully through it, think famous athletes, survivors, successful business owners, popular authors, great leaders. They all hold success as a belief against outrageous odds.*

Most of us want to wait for the new reality to feel differently- THIS doesn't work!! Even if you get the result first, you'll feel good for a short time and then you'll end back up in the old reality.

*Think of people who end up in same type of painful relationship (with romance or business) even when they keep changing the people in their life. Or think of people's relationship with money. Most people have a set point of what they will allow in, all based on beliefs that will not allow for increased financial ease. Think lotto winners or inheritances that dwindle away. Also think of people who lose everything and rebuild it all.*

The trickiest part for me was uncovering the beliefs that were running so consistently in the background that I wasn't aware of them. I would scream at Seth in my mind as I studied his teachings- "No, it isn't easy to see my beliefs!" I knew there were old beliefs, as I was not living in happiness and ease yet.

Teaching a workshop on beliefs recently, I realized it would be helpful to have a formula to follow.

I will lay out the steps here.

Be sure to research too, Google beliefs on specific topics to help you find what's holding you back from the best experience of you! Note: Search EFT for money, weight loss, self-love, etc. to find a plethora of beliefs to release.

Here's where you answer:

Research done on lists of beliefs on specific topic, done: Yes / No

Write some that zing you and/or resonate with your desire here:

## Step One Find the Belief

Belief- Thought and emotion together create a belief.

1. When you first created the belief can make this tricky sometimes. When you were a child, often emotion can create beliefs you may not have yet put into words. *Think of how certain smells or sounds make you feel good (or bad) without any specific thought. Or how you can feel unworthy or guilty and not know why. Or your immediate like or dislike of a person with no evident reason why.*

Thoughts are there somewhere. Beliefs created in big emotion can literally expand into many limiting beliefs.

2. Thoughts that seem evident- this is when our analytical minds allow concrete thoughts in because you see 'facts' that the thought is true. Tough to go against logic. (- until you understand vibrational law is very logical-different handbook.)

*Think of these thoughts: "This always happens." "I ate that and lost/gained weight." "I got cold and then sick."*

Until you prove to yourself that your decision to change a belief creates a new and better reality, it's all just theory. Go in with the energy of proving it and give it a fair chance by following the formula and all steps, you'll be happy you did!

3. To change a habit of feeling is tricky: it's incredibly hard to 'feel' healthy when you're sick. Incredibly hard to 'feel' safe with money when you're struggling to pay for things you need – or desire. Seemingly impossible to feel slim when you're overweight.

I find that a serious commitment to a process helps change belief. And although it will always take time, effort and commitment, it gets easier when you know it does work consistently. Clarity on the process creates success more quickly.

4. The brain is set up to trigger a specific cocktail of chemistry from each established thought and then the next thought is triggered by the cascading emotions in your body. A loop that is exactly what you desire to rewire!

There is an interval of time involved to get the brain to change its pattern of response to old situations or new beliefs. (This is where most people just give up, or spend a lot of time going back and forth vs full forward into positive change) *In regard to time: one client was very angry that his pain came back when he totally got it that his mind was running his life experience. It is not just an understanding of beliefs and our minds; it's also being here on Earth- where form takes time, effort, consistency and action to change. Think, if you weighed 300 pounds more than your ideal weight, even if you knew all beliefs and changed those that used to keep you there, you still wouldn't restore your physical size in a day or a month or one year. It would be a process. It's always a process here on earth to create lasting change with anything, money, health, happiness, etc.*

Note: With memory, (the past) three things happen separately:

- **Physical**, the literal physical event (*pain from being hit*)
- **Emotional Response**, the feelings at the time of that event (*fear of impact, knowing it's coming, feeling powerless, bad, guilty, scared of anger*)
- **Thought** (seemingly logical) about what happened at the time of that event (*"I must be careful, do what they want to be safe." "They are right so I was wrong again." "The person with anger, with power, is scary and mean."*)

A wonderful tool in personal and spiritual growth is to go back into the memories and change whatever was your logical reasoning at the time of the event. Use a larger perspective, for example, seeing that my father's violence wasn't about me at all. I chose to see the truth that I didn't deserve or cause it in any way. That's an adult perspective to replace the child's logical reasoning that she is bad, must be different and isn't safe with anger, ever!

*Think of the other beliefs I may have created that affected me in different areas: Financially, to be successful means powerful, which means scary and mean. Spiritually, God, the ultimate authority figure is out to get me, punish me, trick me, and betray me. I'm not safe wanting to feel good or doing what I desire. Physically, I'm guilty, often wrong without understanding why, so I must deserve pain. Relationships, I am most comfortable with emotionally immature men. Love is supposed to be a little good and lots of confusion and pain. Communication, I should*



*never be angry or try to understand or explain, it just makes things worse. If I can scare my children then I am a loving parent (NOT logical), yet this is how beliefs form and then play out.*

## **Step Two**

### **Reprocess the past from a different paradigm.**

#### **Expand your perspective.**

Undoing old beliefs involves four parts (and research on your own of how to accomplish all four parts):

1. **Thought** - change the thoughts of what happened, tell a different version of the story where you are NOT a victim, utilize forgiveness to set yourself free.
2. **Feeling** - think about it, use visualization to change feelings in memory
3. **Actions or reactions**- change your response in memory by utilizing visualization, replay memory and show up differently. I once visualized being a child and pushing my dad hard as I yelled- ‘snap out of it, you’re being crazy!’ I got to the point where it made me laugh- that means I took my power BACK! All in my own experience through using only my mind- never mentioned anything to my dad....
4. **Paradigm or perspective of when belief was created** – play it back and see a bigger paradigm, I got to see my dad’s childhood influences, his anger at his inadequacy to parent with confidence. Seeing his pain and limits gave me freedom from holding mine.

#### **Thought**

*1. Some resources I used: I did numerous Radical Forgiveness Worksheets. (Radical Forgiveness by Colin Tipping) I Studied forgiveness, prayed about it, tapped on it and wrote out forgiveness statements. I also studied what victim consciousness was and what isn’t! Real Love series by Greg Baer very clear on that!*

#### **Feeling**

*2. I used guided meditations to play in my memories to change feelings. I studied emotions and learned about them. My favorite books on emotions: *The Language of Emotions: What Your Feelings Are Trying to Tell You* by Karla McLaren and *The Secret Language of Feelings A Rational Approach to Emotional Mastery* by Calvin D. Banyan.*

## Action

3. *I practiced NOT yelling when I was furious. I practiced being patient when I was in a hurry. Don't Sweat the Small Stuff by Richard Carlson, PH.D. really helped me in the beginning as did Covey's 7 Habits.*

## Perspective

4. *I kept studying channeled work for a much larger perspective on life, people and spirituality.*

## Step Three

### Create new beliefs on purpose with purpose!

#### A Three Part Process to create new belief:

1. Thought
2. Feeling
3. Action

1. Think a new thought (affirmation) over and over and then add feeling to it. To do this powerfully, take the time to figure out where you are now and what beliefs create your experience today. Then choose the opposite belief- or a belief that would match what you want to experience.

#### **You must change your state of being to match your new affirmation.**

Practice speaking it, thinking it in front of a mirror. Scream it, vow it, speak it to a trusted friend or coach until your state of being, your posture, tone, and facial expression aligns to it.

*Think about the fact that people that are good with money, health, relationships, meditation, exercise, career, etc., have vastly different beliefs than people who struggle with the same.*

2. Practice feeling the way you will when you align to your belief in reality –

Practice the thoughts that allow you to create the feeling of happiness or confidence; of what you will feel when you are living your desire. Feel like you have what you want in the present moment. Use meditation and vision boards, and write out how it will be, as though you are already living it, until you can align emotion with the new belief in your own mind and body. (Yes this is difficult until you get skilled with it!)

3. Take right action

To physically align to the desired evidence of the new belief you MUST ask and then follow through on what EARTH actions can you take to begin living in vibrational match to what you want right now!

First right action- research!!!

\$\$\$ : Literally, how much time will you spend on studying the laws of money; spiritual laws and earth laws? To be aligned to money, ACT wealthy (without creating debt) by thinking and speaking of money with respect and gratitude, saving, tithing and exploring how to feel with money by taking the action to learn skills that change how you feel! With money it's usually begins with paying off debt in a different frequency of gratitude and empowerment. (Yes, this is hard at first, yet stay the course and your money situation will change) .

Here is where you answer that question- what time will you commit to? \_\_\_\_\_  
How much money will you invest to educate yourself through books, classes, coaching \_\_\_\_\_.



To be free of anger, work on forgiveness (how much time will you research and invest in understanding forgiveness – through books, workshops, activities, learning new ways to think, until you feel free from victim consciousness?)

Here is where you answer that question- what time will you commit to? \_\_\_\_\_  
How much money will you commit to educate yourself through books, classes,  
therapy or workshops? \_\_\_\_\_

*Radical Forgiveness, book and worksheets, the book The Shack, and The Grief Handbook- book and groups are all powerful tools. Research will lead you to the right information to support your desires.*



To be slim, act as much as possible as someone who is slim acts- exercise, rest, vitamins, walks, and healthy food choices. How much time and effort will you invest in learning about diet, exercise, emotional reasons for storing excessive weight?

Here is where you answer that question- what time will you commit to? \_\_\_\_\_  
How much money will you commit to educate yourself about nutrition, particular diets, beliefs, coaching, or hypnosis, etc? \_\_\_\_\_

*There are many books on metaphysical concepts of creating positive relationship with food. There are countless diets, finding one that fits your lifestyle and personality at any given time is one way to set yourself up for success. Food Combining worked for me for 8 plus years. Now I find intermittent fasting the key to health and balanced weight.*



To be healthy, act as much as possible as someone who is healthy in mind and body- be active in meditation, contribution, engaged with life, work that is fulfilling, exercise, life balance, clarity on goals, integrity, etc. How much time and effort will you invest in learning about good communication, prioritizing, planning health for all aspects of your life?

Here is where you answer that question- what time will you commit to? \_\_\_\_\_  
How much money will you commit to educate yourself in books, workshops, biofeedback, yoga, meditation, life coaching for balance, fulfillment, goal setting, or hypnosis, etc? \_\_\_\_\_

One broad overview is Brendon Burchard 's book: *The Charge: Activating the 10 Human Drives that Make You Feel Alive*. A great online resource is Mindvalley.



To enjoy good relationships, act as much as possible as someone who is a good partner, independent and interdependent. Being self-sufficient and good at loving AND good at being loved. How much time and effort will you invest in learning about good communication, what a loving relationship looks like and consists of?

Here is where you answer that question- what time will you commit to? \_\_\_\_\_  
How much money will you commit to educate yourself through books, workshops, or coaching, etc? \_\_\_\_\_

*My favorite teacher of relationships is Alison Armstrong and her company PAX. How many teachers of healthy empowering love can you name? How many have you seriously studied?*

Getting the idea? You are wasting a lot of valuable time if you are not choosing BOTH to follow through in:

1. Earth action – this is literally physical movement and time, measureable and tangible effort in education, books, workshops, teachers, etc.

**And**

2. Spiritual action – thought, feeling, prayer, meditation, EFT, journaling, vision boards, affirmations, etc. using books or audios to help you.

**Without both, you will not go all the way.**

On your topic of choice to create positive change.

Here is where you answer - What time will you commit to:? \_\_\_\_\_

How much money, effort will you commit to, to educate yourself? \_\_\_\_\_

If you cannot reasonably think of committing time and money and effort then you will simply loop in the:

*all or nothing* hell of wanting and not getting.

Reasonably means- be REALISTIC- how far from your desire are you today? Consider the time involved and choices necessary to get your mind, emotions and body in alignment with what you are seeking.

*Consider what have you previously committed to for a hobby, work advancement or spiritual growth? Don't we expect to invest time, thought and money to advance in any area? College commitment is 2 or 4 or 8 or 10 years for a reason. Think of the 300 pound analogy. When I learned about prosperity consciousness, I was so far from it that I just told myself go for it and expect ten years to really change it. Choosing the decade kept me out of impatience. With pain, I thought after 13 years it would be a long haul too, surprisingly it was only a couple of years- those days still felt long, but not in hindsight compared with 15 years total!*

KNOW- you must seek outside of yourself as your human mind can only give you what you already know.

If you're telling yourself, I'm trying, I'm visualizing - be honest, can you really visualize something well that doesn't yet exist in your life without researching and learning what all is involved? When people tell me they are 'trying' to be happy, I simply ask how much time and effort have you put into studying what happiness is and how it happens for humans?

Trying means nothing.

Learning, doing and following though means results!

*Think: if you have never seen a beautiful loving relationship why would you be able to create one? If you don't learn the skills of good relationships then you will simply repeat the patterns you have experienced. I learned how to parent differently- not from my memory banks but from people who found out what worked and put the info into books for me to learn from.*

Think of this, here is the part of me explaining, in a way, that you will get that it's all the same on Earth.

**How you create success in anything is how you create success in everything:**

If someone were planning a wedding they think and think of the perfect wedding in their mind, imagining it over and over, creating all that they will feel when it's perfect. Then they plan, using calendars and to do lists to take right action for all the details to make the wedding real on earth. If it's just a daydream no real wedding happens. If there is no thought or imagination invested in it then it's just a wedding with no unique personality. (Think: Vegas with preset chapels for spur of the moment)

**How you create success in anything is how you create success in everything:**

If someone wants to open a business, they think and think of the perfect business situation in their mind, imagining it over and over; passionate about all that they will feel when it's successful. Then they plan, research supply and demand , location and then using calendars and to do lists take right action for all the details to make the business open and exist as real on earth. If it's just a daydream no real business opens. Success is created through learning in numerous arenas, legalities, money, systems, technology, employees, real estate locations, marketing, signage, etc. It takes the emotion of desire, the understanding of success and the follow through (grunt work is my term) in real time to bring into form any new creation.

**How you create success in anything is how you create success in everything:**

*A pie, a chair, a business, a new state of consciousness, or anything else here on earth, it all takes the same steps: desire, thought, information, physical action, dealing with setbacks, delays and changes (including learning more as you go), and then suddenly you have created something that did not previously exist!*

**How you create success in anything is how you create success in everything:**

Also consider- if the wedding planner or the future business owner only speaks of all that can go wrong, will they get what they desire or will fear shut them down? If they create first in their mind what they desire in a way that feels good, then they can deal with all the challenges of actions on earth that make creation difficult- delays, setbacks, surprises etc.

Are you prepared to deal with the delays, setbacks, surprises on your journey of managing your own mind? If not, get a good coach or teacher to help you stay the course.

**How you create success in anything is how you create success in everything:**

Extra note: do not reinvent the wheel, access teachers through books, workshops, audios and blogs that have already created what you desire!

Write out logical steps of educating yourself on how to think, feel and act to get what you desire. Done: Yes / No.

Add in how you will measure success and set up a way to track your progress. Done: Yes / No.

*The hell of 'all or nothing' shows up when you cannot see progress. Charts of any kind will help avoid self-pity and impatience- both of which slow you down!*

Worksheet, YOU write here- accountability- if you can't write it, you aren't committed! Go ahead: address each aspect of the formula:

Where are you now in relation to what you desire?

What resources are necessary to live what you desire?



What beliefs do people who are living it have?

What beliefs do you want to change? Into what?

How much education do you need to get in alignment?

What right action steps would help you align?

What goals, what to do list is necessary to get you from where you are to where you want to be? How do you get the most accurate list?

What emotions, thoughts and affirmations would help you align?

What is in your way?

What is the solution to what is in your way?

What is a reasonable time period to become the person who is a match for your desires?

Create a chart to see your progress over time: Done: Yes / No.

You are the hero of your life. Choosing to learn and grow and co-create powerfully makes you that hero! Develop your skill in working with beliefs and you will continue, go further, in being your OWN HERO. When you can literally write out the answers to these you will be closer to creating your life on purpose with purpose!