

*The Power to Change Your Life Class #4*  
**Building New Beliefs**

In the last class we talked about how unconscious and unquestioned beliefs can limit our experience of life and constrict our happiness. By looking at certain behaviors we can begin to extract some of our hidden beliefs. Beliefs are the way we structure our world and make sense of it. Our primary thoughts are the building blocks that give meaning to our world. It's as if we each have constructed a house through our thoughts and beliefs. This house is how we situate ourselves in our environment and how we relate to the world. We each look out into the world through this structure that may be limiting and isolating, or expansive and open. Our structure may be a defended fortress that tries to protect us from the world, or it may be a center for interaction with the world. It may feel familiar but drab, or new yet charming. It may be inviting and welcoming, warm, and cozy or cold and sparse, devoid of pleasure and beauty.

The main house through which you view the world is the belief you have about yourself in relationship to the world. How you see yourself, what you believe about yourself, has everything to do with how you experience life and whether that is a positive experience. How you feel about yourself colors everything! It has taken many, many years to build your primary house. You have taken beliefs from others as the very cornerstones. Some of these beliefs have served you, and other beliefs have been self-defeating or have left you settling for less. The beliefs about yourself are often painful to examine, but the beliefs that no longer serve you can begin to be replaced. How can you change something that is so ingrained within you? How can you change a fortress into an enchanted garden?

We change our beliefs by energizing new beliefs. We change our beliefs by focusing our energy on other thoughts, rather than thinking the same old thoughts that keep our old structure in place. We begin to introduce new thoughts that have energy for us.

Last class we spoke about choosing beliefs that make us feel good rather than trying to determine if a belief is right or wrong. We need to notice how the belief feels. Does the thought make me feel better about myself? Does the belief about myself make me feel insignificant and useless, or does it make me feel valuable and free?

Let's look at some of the familiar yet toxic beliefs. I am not enough. I have nothing to offer. My life is a mess. I am not worthy. I am not lovable. If anyone really knew me, he or she would discover that I am flawed and worthless. I am bad. I am no good. I am a wimp. I am needy. I am dirty. I am ugly. My life is useless. I have no purpose. No one wants me. Compared to anyone else I am nothing. I am alone. I am not safe. I am disconnected from everyone and everything. I am powerless. There is

nothing I can change. I screw everything up. I can't forgive myself. No one cares about me. I am not worth loving.

What happens when your house is built with any of these self-destructive beliefs? How do any of those toxic beliefs feel when you hear them, when you try them on? Do they feel bad but familiar? Do they make you feel small and insignificant? Are they a large part of your house, or hardly present at all? Do they only show themselves when something "bad" happens?

What if you started to build a new room with some new beliefs about yourself? You could start with the foundational beliefs such as: I am loved. I am worthy of love. I am enough. I have always been enough. I have something unique to offer in the world that only I can offer. My spiritual imprint is unique and invaluable. I am accepted by the Divine as I am. I never have to earn love. Love is a gift of my being. I don't have to be perfect to be loved. I am perfect as I am. I am good. I am free. I am able to choose and because of that I am powerful. I can change my life. I have purpose. I have value. Life has the meaning I give it. I am known. I am seen and appreciated. I am safe. I am good. I am eternal. All is well.

Which set of beliefs is the "right" one? Which set of beliefs is true? The right and true beliefs are the ones you choose to believe. You make them true or not! So which beliefs about yourself bring you closer to how you want to feel and what you want to experience in life?

As you focus upon the area you want to change in your life and identify new behaviors and beliefs that are related to this change, it is also important to identify the beliefs about yourself that can hinder or help this change to take place. It is not enough to just say new beliefs aloud. You need to try them on and actually feel how they would feel if you actually believed them! So, you may say to yourself "I am loved as I am" and then step into this belief like a new piece of clothing. How does it feel as I let this new thought sink into me? Does it resonate with my inner being? Does it feel in alignment with my inner river or true self? As I let myself feel into the reality of this belief, I activate its power.

Meditation #4 that follows, "Feeling Good About Myself", can help you energize and activate those positive beliefs about yourself, allowing you to build a more expansive and loving way of being in the world. The better you feel about yourself, the easier it will be to make the change you want in your life.