



Lesson 4 - Shifting Beliefs

## Module 2: Energy Planning System

### Lesson 4–Shifting Beliefs

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#### NOTES

The chapters in this guide use a mix of American English and international rules for quote marks. This mix is a bow to both the birthplace of the system in the United States, and the people it meets in its ongoing travels around the globe.



#### Lesson 4 - Shifting Beliefs

## Recap of Module 1

So far in Module 1, you learned the following concepts (refer to the “Key Concepts” sections of the lesson referenced for explanations):

- (Lesson 1) vibrational output, vibrational scale, moving along the vibrational scale, mastermind group, energy grid, inner and outer intentions, holding an intention
- (Lesson 2) Spirit, connecting to Spirit, sacred space, inner guidance, partnering with spirit, Divine Team, inner coach, empowerment

You also began working – on both intellectual and energetic level – with:

- (Lesson 1) setting inner and outer intentions
- (Lesson 1) connecting to the energy grid
- (Lesson 1) holding intentions
- (Lesson 2) connecting to Spirit and partnering with Spirit
- (Lesson 2) creating an inner team
- (Lesson 2) scripting your day
- (Lesson 2) noticing positive evidences (PEs)
- (Lesson 3) shifting energy on–the–fly (PSPs) & cultivating a positive focus (5–QF)

At this point you are refining your skill with the daily energy management tools. You are finding your energy is becoming easier to shift and you are increasingly sensitive to even small shifts. Your attention is more finely tuned to noticing all of the PEs that show up. You are beginning to expect things to work out and collecting more and more PEs as they show up. You are beginning to make peace with wherever you are in the moment and beginning to realize and trust that you have the skill to move yourself up the vibrational scale. You may also be noticing that things that would have triggered you a few weeks ago have less of a charge to them; your brain has started automatically activating different neural pathways in response to those things.



#### Lesson 4 - Shifting Beliefs

Lesson 4 introduces the first 2 tools in Module 2, **The Energy Blueprint (EB)** tool and **the Progressive Belief (PB)** tool. You will use these tools to gradually shift beliefs.

The EB is an extremely effective tool that gives you an overall perspective of what makes up your beliefs and your patterns and what you currently have activated in your life vis a vis a particular action that you want to take.

The PB is most commonly used in the first part of the energy planning process, when you create an Energy Blueprint (EB). The tool helps take a belief that is not serving you and formulate a belief you **want** to hold instead. The PB tool is used on its own as well, and this will be illustrated later in the lesson.

## Shifting Beliefs Around a Personal/Business Goal

We all have beliefs about everything, some of which serve us and some of which do not. So what do we do with beliefs that don't serve us? Most of us have taken more than one stab at trying to "get rid" of a negative belief only to have it pop up and say hello at a later date – this is known as a dominant belief i.e. "I'm always being taken advantage of" (original negative belief) which has at its root the dominant belief of "I'm not worthy of love and respect". We end up in a kind of uneasy swing between delight when we get some sign the belief is gone, and despair when we bump into it again. When we talk about our beliefs in general, we usually head first towards the negative ones, and we usually discuss them in heavy terms; we talk about them blocking or sabotaging us, preventing us from accomplishing what we want to accomplish. Can you feel the energy around all of that?

This program views negative beliefs as ones that once served us (we created them for a reason), and no longer do. We acknowledge them simply as that. We don't waste any energy berating ourselves for having them or feeling ashamed to admit we hold them, even to ourselves. We acknowledge and honour that their original intention was to serve us in some way, and then focus our attention on activating and amplifying beliefs that serve us better.

### The belief shifting process step-by-step



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The belief shifting process uses two tools:

The Energy Blueprint (EB) and the Progressive Belief (PB)

The EB helps you identify the beliefs– both the ones serving you and the ones not serving you– that you are holding around a goal. It helps you detangle the energies you are carrying around accomplishing that goal.

The PB tool helps you take a belief that is not serving you and formulate a belief you **want** to hold instead. You shift a belief by taking the PB that you created and moving it up the vibrational scale using the daily PB shifting process.

The following are the steps in the belief shifting process:

1. Create an EB for your goal.
2. Review the beliefs **not** serving you in that EB, pick the one that triggers you the most and create a PB for it.
3. Add that PB to your daily PB belief shifting process.
4. When that PB has shifted into a belief that **does** serve you, return to the EB and repeat steps 2 & 3 until all of the beliefs you hold around a goal are ones that serve you. One-by-one you shift each of the beliefs not serving you into ones that do serve you. Can you feel what happens to the energy around a goal/activity when the only beliefs you hold around it are ones that serve you?

The rest of this section describes each of these steps in more detail. You may want to refer to the example in Appendix A as you read through it.

#### **Step 1: Create an EB for your goal/activity**

**You create an EB as follows:**

- Write down your goal. Remember that a goal can be an activity, project or desired outcome.
- Identify the beliefs, patterns, behaviours and PEs that **are** serving you around this goal. These are energies you want to acknowledge and amplify!

Acknowledge everything that **is** working well and supporting you in accomplishing your goal **before** you look at things that are not supporting you so well. You want



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to move yourself up the vibrational scale so you can explore beliefs that are not serving you as well from a higher vibrational place.

- Identify the beliefs, patterns, behaviours that are **not** serving you (as) well around the goal. What comes up? What gets activated when you think about this goal? Let whatever comes up be okay; these are beliefs you are going to shift.

#### **Step 2: Create a PB for the one belief that triggers you most**

Most of us have experienced trying to change a belief by using an affirmation that states the belief we **do** want to hold. The problem is that we don't really believe the affirmation (if we did we wouldn't need it!). We end up trying to convince ourselves to believe something that deep down our gut tells us isn't true.

A PB is a belief that is true for you right now, that you want to progressively shift into a belief you would like to hold. It is a statement you believe right now, in this moment, not one you hope you can one day believe. You are never trying to convince yourself of anything in a PB.

For example, say you hold the belief "I'm not good at giving gifts". If you try to jump to "I'm a really good gift giver", your gut goes "yeah, right". But if you go from "I'm not good at giving gifts" to the PB "I want to believe that it is possible for me to be good at giving gifts", you get closer to something that is true for you right now. You may have to tweak that belief even further to get a PB that you believe in this moment.

You create a PB as follows. Refer to Appendix A for an example of creating a PB.

- Explore the belief you want to shift and identify the fear underlying it (why does it have such a charge for you?).
- Identify the **feelings** you have around the belief, and name the emotion that best captures that feeling.
- Formulate the belief you would like to hold.
- Create the PB. You do this by taking the belief you would like to hold, and tweaking it with qualifiers until it becomes something that is true for you right now.
- One way to start is by saying "I want to believe" followed by the belief. For example, in Appendix A, this becomes "I want to believe that when people pay me for my



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services I can feel good about the whole experience”. You then check in and see if that is true for you in this moment.

- One technique for testing whether it is true is to notice if, after you say it, you have a “yeah, but...” response to it. If you do, it’s not true for you yet. You need to step it down a bit further. The following are statements you can start with to step the belief down to one that is true for you right now. The statements are in sequence. If you get a “yeah but” after the first one, move to the next, then to the next until you find one you can say “yeah, that’s true”.
  - I want to believe...
  - I want to believe that I CAN believe...
  - I want to believe that I can believe that IT’S POSSIBLE to believe...

#### **Step 3: Anchor Your PB with supporting evidence & visualization**

Once you’ve created your Progressive Belief, you want to anchor or amplify the energy shift that you’ve created.

- **Past:** Think of a time in the past when you had emotions similar to the triggered feelings, and yet things worked out well. It may or may not be related to the same kind of circumstance in which you find yourself, and it can be from **any** aspect of your life. So if you are working on a business-related goal, this may or may not be something related to business. Sometimes the most powerful experiences to use are major events we found difficult to get through (divorces, loss of a child, relationship breakups, physical trauma, etc.). The key here is that you feel there is a resonance between it and the energy you are feeling around the PB. You are remembering something that was once, and no longer is, an issue for you.
- **Present:** Next, think of something in the present that adds positive energy, no matter how small, around the PB. It might be a PE, something that happened that was a positive sign. It can be as simple as “I’m shifting this belief” or “I’m holding the intention for this belief to shift”.
- **Future:** And the last step – **Please do not skip this!** You now want to activate the energy of the shifted belief. You see yourself in the future as already holding that belief and imagine what it feels like to **be** that person. This can be as simple as “I’m excited for the day when this is true for me”.

#### **Step 4: Add the PB to a daily belief shifting session**



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In the daily PB shifting process, you always work with a statement you **believe** right now, in this moment. You are never trying to convince yourself of anything. Since you are usually working on several goals at the same time, you usually have several PBs you are working on simultaneously (one PB for each EB). In the daily PB shifting process, you review all of your PBs to see if any have shifted.

Every day, you review each PB as follows:

- If you are working with a PB for the first time, write down the following:

<b>DATE</b>	• Today's Date
<b>GOAL</b>	• Your goal from your EB
<b>PB</b>	• The PB
<b>TRIGGERED FEELING</b>	• The one or two words you identified that capture the feeling you have around the belief not serving you
<b>PAST</b>	From Step 3
<b>PRESENT</b>	From Step 3
<b>FUTURE</b>	From Step 3



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- Read the PB aloud to yourself, see what it feels like, then change a couple of words to move it up the vibrational scale and see what that feels like. The following are some qualifiers you might try to see if the PB has shifted:
  - I kinda believe...
  - I'm kinda starting to believe...
  - I sorta believe...
  - I'm starting to believe more and more...
  - I'm starting to believe a tiny bit...
  - I'm starting to believe a bit more...

If it shifted, write the shifted PB. If it feels like too much of a stretch, leave the PB as is and come back to it the next day. If it did shift, celebrate it! You can try moving it further up the vibrational scale if you are so led but never push it. Be fine with exactly where the PB is today, regardless of whether it shifted a little, a lot, or not at all. Just be curious to see what happens!

- Review the remaining elements of the PB and jot down anything new about that element (e.g. does another experience come up from the Past? some new PEs for Present?).
- Repeat the above steps for each of your other PBs.

After you complete your PB shifting session, you remain on the lookout for PEs of your beliefs shifting. These become things you add to the Present section of your PBs the following day!





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## Examples of EBs

### An EB around a relationship

<b>GOAL</b>	<ul style="list-style-type: none"> <li>• Have a satisfying relationship with E where I feel completely relaxed, authentic, and *heard*.</li> </ul>
<b>BELIEFS SERVING</b>	<ul style="list-style-type: none"> <li>• I am an honest and caring person.</li> <li>• I articulated how I felt around being late for the call.</li> <li>• I'm not looking to be right; just to respect my own experience *and* hers.</li> </ul>
<b>BELIEFS NOT SERVING</b>	<ul style="list-style-type: none"> <li>• I don't initiate contact; don't feel drawn to initiating it</li> <li>• I'm not really present in the relationship</li> <li>• <b>I don't know if I *do* want the relationship. That's the painful part. What I've been trying to hide even from myself.</b> (The belief that triggers most)</li> </ul>

### Creating a PB for the goal above

<b>DATE</b>	<ul style="list-style-type: none"> <li>• 25 August 2009</li> </ul>
<b>GOAL</b>	<ul style="list-style-type: none"> <li>• Have a satisfying relationship with E where I feel completely relaxed, authentic, and *heard*.</li> </ul>
<b>PB</b>	<ul style="list-style-type: none"> <li>• I want to believe I can have a strong, solid, low, balanced position</li> </ul>
<b>Triggered Feeling</b>	<ul style="list-style-type: none"> <li>• timid, uncertain, shaky</li> </ul>
<b>PAST</b>	<ul style="list-style-type: none"> <li>• learning to drive with A+D</li> </ul>
<b>PRESENT</b>	<ul style="list-style-type: none"> <li>• I'm doing this shifting process.</li> </ul>
<b>FUTURE</b>	<ul style="list-style-type: none"> <li>• I'm looking forward to the day when I'm confidently rollerblading on the different terrain of the paths I use</li> </ul>



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**An EB around money**

<b>GOAL</b>	<ul style="list-style-type: none"> <li>To feel relaxed and confident around discussing compensation for any work I do for someone.</li> </ul>
<b>BELIEFS SERVING</b>	<ul style="list-style-type: none"> <li>I can "hold" money without needing to spend it.</li> <li>I've always had enough money to live.</li> <li>I don't stress about it as long as I have enough to live.</li> <li>I feel like my approach is coming from a higher dimension.</li> <li>I feel like there is a new relationship coming with money.</li> <li>I'm loving money, paying more attention to the pleasures it bestows on me.</li> </ul>
<b>BELIEFS NOT SERVING</b>	<ul style="list-style-type: none"> <li>I'm afraid I might ask for too much.</li> <li>I'm afraid they might choose someone else</li> <li><b>I'm afraid they won't think I'm worth it.</b></li> <li>I'm afraid they'll think I have a higher opinion of myself than they do.</li> <li>I feel like I can't articulate why I'm worth a certain amount of money.</li> <li>I don't pay enough attention to money to really know what I am worth.</li> <li>I feel uncomfortable around asking for monetary compensation.</li> </ul>

**Creating a PB for the goal above**

<b>DATE</b>	<ul style="list-style-type: none"> <li>5 August 2011</li> </ul>
<b>GOAL</b>	<ul style="list-style-type: none"> <li>To feel relaxed and confident around discussing compensation for any work I do for someone.</li> </ul>
<b>PB</b>	<ul style="list-style-type: none"> <li>I want to believe I can add value to others.</li> </ul>
<b>TRIGGERED FEELING</b>	<ul style="list-style-type: none"> <li>scared, incompetent</li> </ul>
<b>PAST</b>	<ul style="list-style-type: none"> <li>teaching yoga class</li> </ul>
<b>PRESENT</b>	<ul style="list-style-type: none"> <li>I am doing work and supporting people and getting paid. I am hearing thank you, you've made a difference.</li> </ul>
<b>FUTURE</b>	<ul style="list-style-type: none"> <li>At SW's party, in October, laughing and reminiscing and I feel good and carry myself well and look amazing and now I drive VW rabbit all paid for with money I earned doing work I love. I am computer savvy, better than some of my friends. I am dancing every day.</li> </ul>



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**An EB around ideal weight**

<b>GOAL</b>	<ul style="list-style-type: none"> <li>To feel vibrantly healthy, slim, toned, sexy and looking 20 years younger than my biological age.</li> </ul>
<b>BELIEFS SERVING</b>	<ul style="list-style-type: none"> <li>I have all the knowledge I need to get there again.</li> <li>I know what fuels my body with energy.</li> <li>I know taking my body today will be easier than later.</li> <li>I feel good when I take care of my body.</li> <li>I'm loving the feeling of fitting comfortably in my clothes.</li> </ul>
<b>BELIEFS NOT SERVING</b>	<ul style="list-style-type: none"> <li><b>I am afraid it is going to take too long and be too much work.</b></li> <li>I believe I am too old to change.</li> <li>I don't have the same willpower anymore.</li> <li>I hate to exercise.</li> <li>I hate to follow other people's dogma.</li> <li>I hate being in workout clothes.</li> </ul>

**Creating a PB for the goal above**

<b>DATE</b>	<ul style="list-style-type: none"> <li>5 August 2011</li> </ul>
<b>GOAL</b>	<ul style="list-style-type: none"> <li>To feel vibrantly healthy, slim, toned, sexy and looking 20 years younger than my biological age.</li> </ul>
<b>PB</b>	<ul style="list-style-type: none"> <li>I want to believe that I could find a way, a little step, to help me embrace the process, have fun doing it and enjoying it.</li> </ul>
<b>TRIGGERED FEELING</b>	<ul style="list-style-type: none"> <li>discouraged</li> </ul>
<b>PAST</b>	<ul style="list-style-type: none"> <li>party for my mother</li> </ul>
<b>PRESENT</b>	<ul style="list-style-type: none"> <li>I am doing this and I am more open</li> </ul>
<b>FUTURE</b>	<ul style="list-style-type: none"> <li>At a party, at the beach at sunset, nice hotel, dancing, I am standing celebrating with a glass of champagne, I'm smiling, there's a sparkle in my eyes and I say to my friends: "We did it, each of us."</li> </ul>



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### Important points on belief shifting

#### Important points on EBs

- Be sure to state the goal as an affirmative statement; for example, you would say “I have...” or “I am”, not “I want to...”.
- Be sure to set a clear goal. The more clearly defined the goal, the easier it is to identify the beliefs you hold around it, and the more likely it is to shift quickly. For example, feel the difference between the following two goals: “I want to generate X amount of money in the next three months” and “I want to attract more financial wealth”. In the first case you have drawn a sharp picture of what you want and have a way to determine when you reach it. You also probably find it much easier to identify specific beliefs you have around it (e.g. “I’ve never ever made that much money”, “I’d have to work over 100 hours a week to earn that”). In the second, you have no clear measure for “financial wealth” so it becomes difficult to know when you’ve accomplished the goal. And the beliefs you hold around it become much more general (e.g. “I don’t deserve financial wealth”, “I’m always making less than I spend”) and more time-consuming to shift.
- Chunk large goals if necessary to make them feel manageable. For example, you might chunk “I make a \$100,000 dollars this coming calendar year” into “I make \$20,000 in the first quarter of this coming calendar year”. This gives a clearer sense of what the larger goal implies and helps make the goal feel closer in time to being realized.
- It often helps make a goal more real to set a timeframe for accomplishing it (“I want to be ten pounds lighter by June 10th of this year”). If setting a date for something creates uncomfortable pressure around the goal, play with extending the timeline or simply don’t set a date at all.
- Create goals that leave options open as much as possible. For example, instead of “I find a perfect repair person to fix my old bike” you might write “I own a bike that is in perfect running condition by the end of this week”. The first is just one possibility included in the second. Perhaps in a conversation you learn about a bike shop offering a deal on trade-ins. Perhaps someone has a bike to give away. Perhaps a friend drops by and the repair you thought you needed turns out to be a minor problem they fixed in a couple of minutes.
- There is no right or wrong way to set a goal.



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- When you identify beliefs, as much as possible word them as ones that start with “I” (e.g. “I always...”, “I never...”, “I am...”, “I can’t”). These are the most powerful beliefs we hold.
- Create only one PB at a time for a given EB. When you shift one belief, you are activating a new perception that can have an impact on the other beliefs not serving you in your EB. Oftentimes, you find you are left with fewer beliefs to shift.
- An EB is a living thing; if you find other beliefs surfacing as you work on it, add them to it and address them in turn.
- When all PBs in an EB have shifted, the goal itself usually shifts. For example, if the goal was originally to make \$3,000 a month in net income, once that is accomplished it may become to make \$5,000 a month in net income.

#### **Important points on creating PBs**

- Read the PB you create out loud – this helps you more easily identify if you have any hesitation or “yeah but” around the PB.
- You must **believe** a PB in order for it to shift, so don’t push the energy by trying to make a bigger jump than you believe.
- You are the only one who can tell if you believe a PB, and the only one who can know how you know you believe it. For some it might be a little physical sensation, for others, just a sense of “yeah, that’s true”.
- The belief not serving you and the one you want to activate exist on a continuum. The initial PB you create places you on the continuum, and the daily PB shifting process moves you along it.
- **You create a PB around the belief not serving you in the EB, not around the goal for which you created the EB.**

#### **Important points on the daily PB shifting session**

- The Past, Present and Future elements of the PB are energy anchors. Energy anchors are energetic experiences that help the belief shift and in turn the PB shift. The anchors are not just ideas you are writing down; their power comes from the energy you feel around them. They activate the experience of the shifted belief at a cellular level.
- If you have a “yeah but...” around an energy anchor, don’t use it; find another.



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- You can use the same Past energy anchor every day for a PB. You do not need to change it, although you can if you feel led to do so. The process is effective as long as you **have** a Past energy anchor.
- The intensity of the emotion in the Past energy anchor does not need to match that of what you are experiencing. As long as the emotion matches, the anchor is effective. The more intense the emotion of the Past energy anchor, the more quickly the belief shifts. Regardless though, the belief will shift and it is important to keep the energy around creating anchors easy and light.
- Keep a shortlist of some of your most intense Past anchors for easy reference.
- Particularly when you are first working with PBs, It is often useful to choose Past energy anchors that are unrelated to the area of the belief you are shifting so you don't introduce any "yeah but" energy into the anchor. As you shift beliefs and build confidence that the process works, this becomes less of an issue.
- The Present energy anchor may also stay the same over a few days. Since you are on the lookout for PEs of your belief shifting, it is unlikely it stays the same for very long.
- Keep things simple. Use acronyms and shorthand when you do your daily PB shifting.
- Know that you can never go backwards on a belief. If you acknowledged it one day, you made the energetic shift. You may not feel as strongly about it, but you **made** the energy shift.
- The PB shifting session is itself activating the belief that beliefs shift!
- Each time you work with a PB you re-pattern neural pathways and you activate a new belief. Writing the PB down further engages the neuromuscular system in the re-patterning.
- When a PB shifts completely and you find you no longer need any qualifiers on "I believe", celebrate! Amp up the energy! Each belief you shift is cumulative and the more beliefs you shift, the more beliefs you believe you **can** shift, and the more easily they become to shift.



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### Common contrasts with belief shifting

#### My belief isn't shifting!

Most of our beliefs have been with us a long time and it is rare to change a 40-year old belief overnight. The PB shifting process is a gradual one. Be patient. Also know that the more you work with the process, the faster beliefs can shift. As you build a history of success in shifting beliefs, you re-pattern your brain to **expect** shifts to occur.

That said, if you are having this contrast you may want to re-examine your goal and ensure it is one you can clearly recognize when you achieve it (see the section "Important points on EBs" in this chapter for more on setting a goal).

#### Rewriting everything takes too much time!

The daily PB shifting process should not take a lot of time. Sharon says she is typically working with about 20 beliefs and her PB shifting session takes about 10 minutes.

If you are having this contrast, look at how you can simplify the amount of writing required. Sharon uses lots of acronyms and shorthand to cut down the time required for her PB shifting session. The following are a sampling of some of hers. Refer to Appendix A to see some of these acronyms in use in a PB.

- **wtb** = I want to believe
- **stb** = I'm starting to believe
- **stb em** = I'm starting to believe even more
- **kb** = I kinda believe
- **ksb** = I'm kinda starting to believe
- **ltd** = looking to the day
- **efd** = excited for the day

Make up your own! Change them as you go. There are no rules on writing out PBs! Have fun! Sharon has another one she sometimes uses as an energy anchor for the past: stg es, which means "surrender to God, expect solutions". While that may not feel strong when you first begin working with PBs, the more PBs you see shift, the more aligned with the energy of stg es you may feel!



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## When To Use PB vs PSP

Use the PSP when you are triggered by a negative incident/ issue or person i.e. I lost all my files on my laptop; My daughter has, once again, left the house and not told me how to reach her.

Use the EB and PB before you take action to complete a project/activity/significant conversation. Determine where you are energetically and identify any beliefs that are patterns or re-occurring behavior i.e. original negative belief: “I can never stay on my diet” which could really be the underlying dominant belief: “I don’t have self respect” or “I don’t deserve to take care of myself”.

## Getting and Staying Organized

Keeping a record of your EBs and PBs lets you see the progress you are making in the program and helps you amplify the positive feelings around it. It can be quite surprising to look back and see the beliefs you once held and no longer do.

The following are suggestions for keeping your EBs and PBs organized. Use them or not, as you feel led, or create your own way of organizing and working with your EBs and PBs. The important thing is to **do** EBs and PBs!

### Offline suggestions.

- Create two more sections in your binder, one for EBs and one for PBs. Have a separate page for each EB and each PB. When you complete an EB or a PB, you can just fold the corner of the page down to indicate it is complete. Remember when you are working with PBs every day, use shorthand to keep it quick and simple!
- Include the PBs at the end of your daily scripting.

### Online suggestions

- **Single file for all EBs.** Create a file to hold all EBs. In it, make two sections; the first (at the top of the file) is for current EBs and the second (separated from the first by line or row of characters or whatever separator you want to use) is for completed EBs. Be sure to have a clear heading for each separate EB so you can quickly and easily





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distinguish one from the other (bumping up the font size of, bolding, or changing the colour of the heading are a few ways to do this). The heading might include a category for the EB, for example “EB: Losing weight”. Cut and paste completed EBs at the bottom of the file.

- **Separate file for each EB.** Create a separate file for each EB. You might want to adopt a naming convention for the files so you can easily identify that they are EBs. For example, you might have each filename start with “EB\_” (e.g. EB\_weight, EB\_house\_sale, etc.) so when you sort them they all appear together.
- **Single file for PBs.** Since you review all PBs in a PB shifting session, it makes sense to keep them all in a single file that you open for that session. You can adopt the same strategy as given above for keeping all EBs in a single file. Create two sections, the one at the top of the file for current PBs and the one underneath it for PBs you’ve shifted. Separate the two sections by a line or other separator. Again, be sure to use font size, colour, or style on the heading for each PB so you can quickly and easily distinguish one from the other. As for EBs, you might want to give it a category as well. Cut and paste shifted PBs at the bottom of the file.
- **Mail files.** You can use any of the above online strategies using mail files. You could create a mail folder for EBs (call it EBs!), have a separate message file for each EB, and a rule that places, for example, all messages that start with “EB\_” in that folder. For PBs, again since you review them all in one shot, it makes sense to have a single message file for all PBs (although you may choose to have a separate message file to hold shifted PBs).

## Suggested Process for Integrating the Tools

The following is the same process offered in the previous lesson, with the addition of the EB and the PB shifting process.

### Every morning

- Connect with Spirit.
- Set general inner and outer intentions for the day.
- Script.



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- Ask Spirit or your Divine Team, or individual members of your team for help on anything that came up as you scripted.
- Review your PBs and see if any shifts have occurred.

#### **During the day**

- Maintain connection with Spirit.
- Notice PEs.
- Use the PSP and 5-QF as necessary.
- Create an EB and PB for each goal you have, and add the PB to your daily PB shifting session.

#### **During the week**

- Review the Living An Empowered Life lessons as you feel drawn to do so.
- Attend any supplemental classes offered as you feel guided.

## **Mastering the Material**

- Continue developing your skill with the Module 1 tools (scripting daily, noticing PEs, using the PSP and 5-QF).
- Create an EB for a goal, then create a PB for one of the beliefs not serving you around that goal, and start a daily PB shifting process for it.
- Continue moving energy through the grid by sharing experiences, and posting any questions or requests in the comment section following a particular week's lesson.

#### **Reminders**

- make peace with where you are right now; you are always right where you need to be
- play! keep the energy light!
- the energetic is deeper and often newer than the conceptual and takes time to integrate
- you can always review material by listening to the recording of classes
- you are part of a powerful energy grid that is holding the highest vision of yourself and more for you



Lesson 4 - Shifting Beliefs

## APPENDIX A: Example of Shifting a Belief

This appendix presents an example of shifting one of the beliefs in an EB. The belief that held the highest charge is highlighted in purple.

### EB on improving my relationship with my daughter

<b>GOAL</b>	<ul style="list-style-type: none"> <li>• I have a mutually respectful relationship with my daughter and we enjoy spending one on one time together talking and doing things we both like.</li> </ul>
<b>BELIEFS SERVING</b>	<ul style="list-style-type: none"> <li>• I adore my daughter</li> <li>• I know she loves me too</li> <li>• I am thrilled to see her growth and development</li> <li>• I have enjoyed interactions with her before</li> <li>• I know this is what I want to do</li> <li>• I know she wants to be close to me too</li> </ul>
<b>BELIEFS NOT SERVING</b>	<ul style="list-style-type: none"> <li>• I am tired of being the accomodating one in relationships</li> <li>• I am not a good mother</li> <li>• I am trapped and don't know how to relate to her issues and wants</li> <li>• I'm desperately afraid that our relationship will never be good – just like the relationship I had with my mom</li> <li>• <b>I feel very uncomfortable telling my daughter how I feel and what I want</b></li> </ul>

### PB for the most highly charged belief

The most highly charged belief needed a little exploration to uncover the fear underlying it and articulate the emotions around it.

**Fear:** Why is there discomfort? what is the fear? are you afraid that, as a mother, you always have to cater to your child’s needs first? she would not love you anymore? wouldn’t understand that you have needs? In the example above, It became clear that the real belief is that the person feels obligated to fulfill whatever expectations her daughter held. The fear was that she might not meet her daughter’s expectations, and worse, wouldn’t be able to do anything about it.



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**Feelings:** The emotions were very deep and strong around that, and the images were of a few incidents from early childhood, perhaps from an experience with own mother. The person realized “if I don’t meet her expectations, I feel desperate, trapped, I become preoccupied with how I can appease her”. The feeling words chosen were “desperate, trapped”.

The belief you do want to hold is “when I interact with my daughter, we both feel joy and warmth”, and the PB that feels true might be “I want to believe that when my daughter and I are around each other I can feel good about the whole experience”.

**The daily PB shifting session**

This section presents the initial PB followed by the stages it went through as it shifted.

<b>DATE</b>	• 25 September 2009
<b>GOAL</b>	• I have a mutually respectful relationship with my daughter and we enjoy spending one on one time together talking and doing things we both like.
<b>PB</b>	• <b>I want to believe that when my daughter and I are around each other I can feel good about the whole experience</b>
<b>TRIGGERED FEELING</b>	• desperate, trapped
<b>PAST</b>	• Aunt asking me to keep a secret from my uncle and mother. Able to mitigate empowering discussions.
<b>PRESENT</b>	• I'm doing this shifting process.
<b>FUTURE</b>	• I'm looking forward to the day when my daughter and I enjoy a family gathering together, laughing, hugging and participating in family activities together.

**Next belief from the EB**

Once that belief shifts, you want to review your EB for the next belief to shift. You may notice during the review that **you no longer hold the belief** that “ I would not feel comfortable telling my daughter how I really feel and what I want”.

**NOTE:** Sometimes the process of shifting one PB reveals a new PB automatically and you don’t need to return to the EB to find another belief to shift.



Lesson 4 - Shifting Beliefs

## APPENDIX B: Templates for EBs and PBs

You can create your own templates or use the ones suggested here.

### Energy Blueprint Template

GOAL	
BELIEFS SERVING	
BELIEFS NOT SERVING	

### Progressive Belief Template

DATE	
GOAL	
PB	
TRIGGERED FEELING PAST	
PRESENT	
FUTURE	