

THE 10 STEP PROCESS OF BELIEF CHANGE

From Galexis' Seminar "Change Your Beliefs, Change Your Reality"

- 1. Find the limitation you wish to lift/clear/remove (Level One, social conscious-subconscious Level)** Where do you get stuck? Where do you most wish to expand into success with love, money, health, etc."
- 2. Figure out the limiting belief that would best fit this scenario or chronic limiting situation. (Level One)** How many situations use this same limiting belief? Are fear & anger attached? Note any ego rationales too.
- 3. Make a sentence with the limiting belief, & what it keeps you from. The limiting belief of (*limiting belief*) keeps me (holds me back) from experiencing (*what I want.*)** Write it down.
- 4. Identify the level 2 core belief underneath this belief. (Subconscious to Unconscious Mind)** What does your reality reflect that is wrong with you? Are you not good enough, smart enough, lovable enough? Undeserving, worthless, don't count, don't matter, flawed, inadequate, or insufficient? What's the darkest? That's the core.
- 5. Look at level 3 and 4 and summarize. (Genetics, DNA, tradition, minority experience, other lifetimes)** Explore parents' patterns. Did you inherit your identity or beliefs through culture/tradition, generations? Write down the level 2 limiting core belief and its positive core. Write down the new level 1 (social) positive belief you choose that will bring you your goal.
- 6. Recognize and Acknowledge Your Beliefs, both limiting and expansive.** So how has the limiting belief impacted your life? What could your life have been if you'd held your positive belief instead? What could be the positive effect on the rest of your life with this new positive belief?
- 7. Create your positive expanding belief sentence.** It can be in the same format as your limiting belief statement in Step 3. Keep the same goal in the sentence or update it. Keep it simple.
- 8. Dream the Deeper Levels**
Destiny; Imagine what would your life be like if you had chosen this positive belief in your Destiny path this life? And if other lifetimes are aligned with it?
Collective; What would your life had been like if you'd inherited this positive belief through generations of your family and felt it was natural and normal for you? What would your world be like if everyone held this belief?
- 9. Do the ritual to change beliefs and install new ones.**
- 10. Reinforce your positive belief every day.** Monitor your Mind Talk. Detach from it. Stop the automatic old beliefs, narratives by choosing the new.