

# Lesson 4: Naked Belief

## AUDIO LESSON TRANSCRIPT

Hi ladies and gents, it's Tamra here if you've just joined us. Welcome to Lesson Four of *Remarkable Relationships*. Before I teach you how to remove your *Naked Beliefs*, I'd like to check in with how you went tuning into your True Self? Did you find out some cool stuff? Did you struggle to create that connection? What happened for you? I'd love to hear your experiences and answer any questions you might have thus far, because what we're doing today, *builds* on all we've done so far. So who would like to go first, please just press \*2 to raise your hand.

### [A PARTICIPANT SHARES THEIR EXPERIENCE]

So this week is about *Naked Beliefs*. Tonight we want to focus on stripping back the layers to reveal what's stopping you achieving your goal. And these things, are your **limiting beliefs**. Now, we did talk in depth about limiting beliefs in Lesson Two, and the role they play in creating our reality, so hopefully you may have noticed some negative statements you tell yourself on a regular basis, because once we have this awareness of what our beliefs actually are, the next step is learning to *remove* them, and *replace* them with a positive belief that will actually *support* you in reaching your goal.

If you consider that at our core we are pure unconditional love. That's how we were when we were conceived: complete, whole and pure. We are *love* at our centre, but as we grow, we come into contact with people, situations, messages and the like, that make us think otherwise. Fear, guilt, anger - all those negative emotions creep into our life, and we start to lose connection to the love that we are.

So my mission in this course is teaching YOU how to identify the gunk that's led you astray, that's pushed you away from who you *really* are, so you can return to living in that loving state. You'll notice that when you come from a place of *love* you're able to make decisions from a clearer space; no longer do you make decisions based out of *fear* or *need*. You make decisions that are in your highest good and are coming from a place of inner *knowing* as opposed to inner *needing*.

We ALL know deep down what's in our best interests, it's simply baggage from the past that clouds our vision of who we really are, and what's really possible. Start listening to that part of you that's operating from pure love, and your inner resolve and results will be much more confident and fruitful. This is where we get to return to our *natural* state of being.

What you will learn tonight will be one of the most powerful techniques to create long-term change in your life and get you easily operating from that loving space. You would have experienced that state, every time you did the Love Wrap. The more gunk you unload - so the more time you spend removing limiting beliefs - the easier it is to stay *in* that loving state, without having to do the Love Wrap a ka-zillion times a day.

Firstly though - you need to understand - that your subconscious beliefs and your physical reality are the **same**. Whatever reality you experience is based 100% on your belief systems. The beautiful thing is, once you change the belief internally, your physical reality changes, to mirror the internal belief system.

I've used this technique across *all* areas of my life - to help clear my skin from adult acne, to overcome health ailments such as depression and MS, to break negative relationship patterns with family members, to welcome in a healthy and loving romantic relationship and help it stay loving as challenges arise, not to mention removing the blocks that were stopping *money* from flowing into my life and publishing my first book, starting a company - I used belief clearing to clear the way or all of those things to come into my life, and continue to use it daily.

How we see ourselves *internally* gets reflected out there in the real world. The more limiting beliefs you release, the rosier your physical life becomes. I've had clients both in the course and from one-on-one sessions create amazing changes, simply by removing beliefs.

One of the girls who did this course lost 27 kilos, another overcame depression in eight weeks. I've

had couples on the verge of divorce save their marriage and return it to a more loving and connected partnership, simply by removing beliefs. So *anything* is possible, when you identify those subconscious beliefs that have been holding you back.

Bullying at school, in the workplace or at home, is the first sign of you holding some pretty nasty beliefs about yourself. If you consider, people only project onto you, what you have going on internally, then any bullying you receive from an outside source, is simply a *reflection* of the beliefs you hold about yourself. If you've been bullied, I'm pretty sure, you had some *internal* beat-up going on at that time.

You see, we've made up stories about ourselves that we're 'not good enough', 'people don't take me seriously', 'life wasn't meant to be easy', 'money's hard to come by', and we've adopted these beliefs in error. We actually went through life thinking they are who we are, when they're not. So we've been carrying them round as if they were the *truth*. And they do get worse than that!

Know that these conclusions were made in error, when we were young and didn't have the facts. And this has led to us making decisions based on things that were made in error. And they lead us up the garden path. They block us from seeing how incredible we really are. If you're not tapping into your potential - in any area of your life - you can be pretty sure, limiting beliefs are to blame. So this is what *Naked Therapy* is about, stripping off the layers that are holding us back - stopping us seeing our True Self.

Now this can be quite confronting - to believe that who you *think* you are, is not the truth. Many people swear black and blue that what they believe is true. Well, you do have all this evidence to prove it! So it's completely understandable. The interesting thing is, that we don't have the belief because of this evidence we've gathered. It's the reverse. We have the *evidence* because we had the *belief*. The belief came *before* the evidence. It's twisted us to think that this negativity is the truth, when it couldn't be further from it.

Tonight we're going to go right into the subconscious mind, identify the limiting belief and remove it through learning the truth about it - which in itself, is healing. And so you know how this works, I'll take a volunteer through this process, so you can all hear it for yourselves. Once we've finished with the volunteer, we'll do our Love Wrap again, which you should be getting fairly comfy with by now, and that will put you in the optimum space for clearing beliefs.

Ironically perhaps, the first belief we're going to clear is whatever belief it is, that is stopping you from clearing your beliefs. Then we'll look at the beliefs that are standing in the way of reaching your goal. So, can I have a volunteer? Simply press \*2 to raise your hand if you'd like me to take you through this belief clearing exercise. That's \*2.

#### [TAMRA HELPS A PARTICIPANT REMOVE A LIMITING BELIEF]

Now because we are working with the subconscious mind for this process, we don't need to try and find the information. The insights and learnings are already there. So don't try and *think* about the answers, simply *allow* the answers to come to you, as you began doing with tuning into your True Self. So when I ask you a question, I want you to go with the first thing that pops into your head - don't question it - ok?

And I just want to take this opportunity to explain that a belief is a short statement. It is not a fear - such as a fear of failure. The fear of failure is the side effect of the belief: I am a failure. To give you another example, if what comes up as your belief is something like: I'm no good at relationships and therefore I can't find a good man. Then the actual belief is: 'I'm not good enough.' The more you go to the *direct* belief, as opposed to the fluff, or the 'story', the better the results you'll have because you'll be able to go deeper into your belief. And if you need clarification on this during the week, just email me. And I will get you to email me all the beliefs you're clearing a well. So make sure you send those in.

Before we go any further, does anyone have any questions about what we just did. Just press \*2 if you do. If not, we'll get straight into removing beliefs and you can ask questions afterwards. So just press \*2 if you have a question. I want to make sure you feel comfy going through this process now - so please raise your hand if there's anything you want clarity on. Simply press \*2.

## [TAMRA ANSWERS PARTICIPANTS QUESTIONS]

So to begin with, we'll all do the Love Wrap exercise together. The purpose of putting yourself in a loving space, is to help connect with your True Self and ensure no doubt or fear or any other negative chatter is at play. In the materialistic world we live in, we have become so reliant on our *brain's* intelligence that we've lost touch with our heart. Many of us are guided through our *thoughts* instead of our *feelings*. When decision making, we take a logical approach.

Why is that a problem? Because this logical approach is often driven by limiting beliefs. When we act from our head, our *thinking* brain, if it hasn't come under the influence of our heart, then we are acting on our subconscious beliefs. When we connect into our heart, the place that knows all the answers, knows what's best for us, we're able to *feel* our way through life, *knowing* that we're being guided, not from a place of fear or limitation, but from a place of inner knowing. A place of love.

Anytime you go into self beat-up, you know that is head-based, and not coming from your heart. Please understand, that self-beat-up is the biggest disabler around. If you're not happy with something you did, don't beat yourself up, instead gather the learnings from it and stay positive, so you can create a new outcome.

We'll go into a lot more detail on this, but for the moment, all you need to know, is that **love** is the polar opposite of **fear**. To operate and make decisions from this place is where you'll experience a lot more clarity, and feel calm and safe and confident in making those important decisions. This is also the space that's needed to remove beliefs.

So, in order to put ourselves in this loving state, so we can rise above our limiting beliefs and find out what the truth is, we need to begin by doing the Love Wrap that I taught you in week 2. Hopefully you've had some time to practise it, and become familiar with it. And because we'll be going straight into the belief, make sure you're on page 4 of your playsheet. Turning to page 4 now.

*So simply close your eyes.. take a deep breath in.. and breath out.. then another deep breath in.. and out.. and when you're ready.. simply imagine the souls of your feet.. bringing your conscious awareness to your feet now.. and simply notice how there are roots growing down from the souls of your feet.. right to the core of this earth.. and when they get to the core of the earth.. they start drinking from the expansive pool of unconditional love..*

*So watch now.. how the unconditional love travels up that root system.. reaching your feet first.. filling your feet with the pure source of unconditional love.. and notice how that love streams up your body.. up through your legs.. into the trunk of your body.. spilling out into your arms.. and then finally streaming through your neck, face and head.. And just allow yourself to drink it up.. feeling that vibrational energy.. feel an inner smile come over you..*

*And once you feel that unconditional love pulsing through your entire body.. simply imagine a blanket of love starting at your feet.. and it's wrapping around you.. sealing you into this cocoon of love.. and this cocoon has its own intelligence.. it's own energy field that protects you.. And just allow it to wrap up your entire body now..*

*And once that is complete.. imagine a bright white golden light of self-belief above your head.. and notice how it pours down its healing energy onto you.. coating you in this loving bath of self-belief.. And simply allow it to stream over your entire body.. until you feel encased by it.. sealed into this energy..*

*And now feeling completely calm and clear and centred.. allowing that inner smile to be felt throughout your body and blossom onto your face now.. I invite you to enter your heart space.. so simply focus on your heart now.. allow yourself to breathe into it..*

*You're able to connect into that heart space.. simply by setting the intention to do so.. so connect in now.. and simply allow yourself to be with your heart.. smile into your heart space.. simply focusing on your physical heart first and then sinking into it deeper..*

And it's from this place we will access your beliefs. So you'll see space on your playsheet on page 4 to write down your answers. And I always encourage you to do your belief work with a pen and paper as it takes you away from 'thinking' your answers and gets you into the flow of just 'allowing' words to fall out

onto your paper before they have a chance to be analysed. It's also great to reflect on your insights at a later date.

So in this loving space, connected into your heart, I invite you to ask your True Self the first question: What limiting belief is holding me back from clearing my beliefs? Just *allow* the answer to come to you. No effort is required here. So ask: What limiting belief is holding me back from clearing my beliefs? And write down your answer.

Once you have the belief, breathe into it. Notice where in the body that particular belief brings up the most emotion. Just be present to it.

Letting that negative emotion dissolve now, tune into your heart, really focus in on the heart and the warm feeling of its presence. And ask your True Self to take you back to when it was installed? To the root cause of this belief. Know that these beliefs were usually installed as a child, some people may be taken back to past lives if that's what you believe in, but often it will be as a young child, sometimes in the womb or during birth. Wherever you get shown to travel back to, simply allow yourself to float back there now. We're not trying to *remember* the event - we're simply allowing our True Self to take over and guide us to where we need to go.

Once there, simply notice what's going on. As you're hovering above that event, taking an objective viewpoint, ask: What are the positive lessons I need to gather from this event, in order to move forward? If you're not sure, simply breathe into that event, and pose the question again. You may just get a word, a picture or a phrase. Whatever you get is perfect. And keep asking: What *other* lessons do I need to gather? What is the truth? So keep asking until you feel as though you have *all* the lessons. I'll give you a couple of minutes to do that now. If at any time you start doubting your answers, re-do the Love Wrap and ask again: What do I need to learn from this event?

Once you have all the learnings, that may be enough to feel the shift in you. You'll be able to check, by dropping down inside that event. So simply imagine yourself dropping down inside the event you were taken back to - looking through your own eyes - and notice if there are any negative emotions. If there *is*, then we need to go a little deeper, if not, if you feel that shift and feel good, then the belief work is done and you can take a break for the moment. Simply reflecting on your learnings - while staying in that loving space.

For those who need to go deeper - those who felt even a teensy bit of emotion when you dropped down into the event - simply let go of that picture now - letting it float from your mind easily and effortlessly - and continue asking for the lessons. You'll see some example questions that you can use to help you go deeper into the belief. So simply ask those questions now. And write down your learnings as they come to you.

Once done - simply ask: What is the replacement belief? Now for those who felt the shift earlier on, this is where you want to join us again. So this is for everyone on the call - simply ask: Is there a replacement belief I need and if so, what is it? And just write that down on your playsheet. You want to make sure that this new belief is positive - so what you *want* to experience as opposed to what you're getting away from.

Once you have that belief, save it into your heart. You do this by simply setting the intention to save it in. Repeating the new belief in your mind - feeling it in your body. You'll know it's saved in when it feels solid. So do that now, really allowing yourself to feel what it's like to live with this new belief.

Once done, you may feel a little lighter, or you may not feel it until you're faced with a situation where you would have, in the past, acted one way, but now with your new belief, you act a different way. Everyone is different in how these beliefs integrate - so don't compare your experiences to *other* people's experiences.

Ladies and gents, you've removed your first limiting belief. Congratulations! If you did struggle, that's ok cause we're about to do it again. We'll go through and check if there are any *other* limiting beliefs stopping you from clearing your limiting beliefs. For some of you there may not be, for others there will be. If you didn't quite get this first belief to shift - which is completely normal - just repeat this process on that original belief you identified.

So making sure you feel nice and connected into your heart, and please note, if you do feel

negativity or doubt coming in at any point during this process, simply do the Love Wrap again. It's not unusual for you to fall out of that loving space when you first start this belief-work. So don't be hard on yourself, simply do the Love Wrap again, and join back in. Beating yourself up about not being able to do it, will only feed the negative beliefs. So be *kind* to yourself. That should be the mantra for this course: **Be kind to yourself.**

The first question is: Are there any *other* beliefs holding me back from clearing my limiting beliefs? Ask that question now: Are there any other beliefs holding me back from clearing my limiting beliefs? And see what you get. Just *allowing* the answer to come to you.

If you got a 'No', then you might like to start on Exercise 2, which you will see on your playsheet. If you got a 'Yes', then ask: What is the limiting belief holding me back from clearing my limiting beliefs, and wait for your answer to be delivered to you. Simply writing it down as it comes to you.

Once you have your limiting belief, *feel* into it. Breathe into it. Notice if it brings up any emotion in your body. And simply be aware of that emotion. Notice where in the body you *feel* it.

Once again, let go of that yukky feeling - letting it dissolve into nothingness. Then tuning into your heart space, into that safe, loving space of inner knowing, ask: Take me to the root cause of this limiting belief, when it was installed. And simply allow your heart to guide you back to the origin of this belief. You may see pictures, get a feeling or see words. Whatever you experience is perfect for you.

Once you're there, just hover above that event, looking down upon that picture or feeling or the words, whatever came up for you. Even if you just see blackness, that's fine. Ask that thing or lack of thing: What lessons do I need to gather from this? What is the truth of all of this? Know that if you get a blank, that's fine. Simply ask the blank - what do you want to tell me? What is the *truth* about you? Have a conversation with the blank. So do that now, gather your lessons, writing them down on your playsheet. Just keep asking: What else can I learn from this?

Once you have all the lessons, all the insights - and when you do this on your own, if you need ten minutes or an hour to gather all the learnings, that's absolutely ok. I'm taking you through this process at a rapid pace - so chances are you'll need to allow more time here when you do this on your own. Once you have your lessons, drop down inside that event or that blackness or that feeling; whatever came up for you, and check if there is any emotion attached to it. Can you feel any of that initial emotion in your body now? Just check in.

If so, continue asking for the learnings. Be an investigator until you feel that shift, asking whatever questions you need to get resolution. If you didn't feel any negative emotion - if it was gone - you can have a rest, using this time to reflect on your learnings. So for those of you who still had some of that yucky emotion going on, just continue to ask for more learnings.

Then, once you know you have all the awareness you need, you feel that shift, simply ask: What is the replacement belief? And write it down.

And once you have that belief, then save it in, setting the intention to do so. Repeating that new positive belief in your head. You may like to breathe that belief into your entire body, feeling it right to your core. Right into your heart. You'll know when it's saved in. So simply do that now. And when you're ready, simply opening your eyes.

Great work everyone. Know that whatever you experienced was perfect. Also know that, just like learning to walk, you will often need to fall over quite a few times before you feel steady enough to walk unaided. So don't be hard on yourself. Practise, and then practise some more, and this will soon become second nature.

I've been doing this for years, so it comes easily to me now - that said, it has only become easy, because I *practised*. And I practised *lots*. I spent hours each day practising this. I'm not saying you have to spend hours each day - but you do need to spend time EVERY day practising this. So start simple, by setting aside time every day to tune into your heart space, and clearing limiting beliefs from your subconscious mind.

Do realise that some beliefs will take longer than others to remove, depending on how deep they go - how long you've been operating with them. I've been known to spend up to an hour on really ingrained beliefs and then a couple of minutes on the not so nasty ones. The trick is to commit to the

process and give it as long as it takes – simply continuing to gather the learnings. And if you don't succeed in a first sitting, come back to it later.

So, if you have any questions on what we just did or would like to share what you experienced, please press \*2 to raise your hand. If there's anything at all that you need clarity on, please ask now, because I want you removing beliefs every day until we chat again. So you **MUST** feel comfortable doing this. So just press \*2 if you have a question or would like to share what happened for you.

### [TAMRA ANSWERS QUESTIONS]

What you have learnt tonight is the greatest tool required to overcome obstacles and challenges in your life. The more beliefs you remove, the easier and more fulfilling your life will become, which brings me to this week's **homeplay**:

I want you to continue tuning in each day, asking the same questions and any other questions you wish to ask. And on this week's sheet you'll see that I've added a question: *What limiting beliefs can I remove today that will get me closer to my goal?* Please add this to your daily tune in. Find out the belief, and then using this process, **remove** it. And I want you to practise this technique **EVERY DAY**. And I want you to send those beliefs in ahead of next week's session. Just send the limiting beliefs themselves – you don't need to include the learnings.

And as I mentioned in the email we sent out this week, I want you to start **TONIGHT!** As soon as you hang up from this call, I want you to remove your first belief on your own. As you'll see on your playsheet, this is Exercise 2: What belief is stopping me from achieving my goal? Don't leave it until tomorrow, I want you to do this while it's fresh, and you're still in that loving space.

Now until you get comfy tuning into your True Self for your beliefs, you can keep a mind-chatter journal if you choose. Simply start to notice during your day what your internal tape-recorder is saying. What are those thoughts that you tell yourself? Some might be positive, some might be negative.

When you try something for the first time you might go into self-doubt and start telling yourself things like, 'I'm not good enough', or 'I'm stupid'. Start noticing the negative ones and jotting them down. Then when you do your next tune in, you can clear that belief so it no longer enters your mind. We don't want to give airtime to self-criticism. It's the negative thoughts that play over and over like a broken record that got you to stop believing in yourself in the first place. Now it's time to take the needle off the record, and flip the focus to the positive.

Please understand, that beliefs stay powerful only as long as we refuse to look at them. So if you don't start setting time aside everyday to clear beliefs – and yes, that means making **YOU** a priority – then you **WON'T** get results. Just listening to this lesson is not going to get you the results you want. It's something you really need to understand. These audio lessons are designed to *teach* you the skills, so you can start incorporating them into your life, *outside* of the course.

This week's visualisation track, *Ready, Set, Smile*, which you're to listen to every day, will help loosen your beliefs. It runs for under ten minutes, so there are no excuses for not taking the time to listen to it each day. Even if you want to set it playing as you head to bed. If you fall asleep the words will *still* sink into your subconscious mind, and work their magic. Know that, committing to this exercise will make your belief clearing so much easier.

So your *mandatory* homeplay is removing these beliefs and listening to the visualisation track. *IF* you have time, jot down a few action steps you need to take in order to reach your goal as well. But the focus this week is removing limiting beliefs. Make tuning in and belief removal your *priority*. If you've been struggling to do all your homeplay, I want you to explore the limiting beliefs that are stopping you from doing that, and clear *those* immediately. It could be as simple as 'I'm not deserving', and because of this belief you sabotage yourself, because you don't believe you don't deserve to have your goal.

And if, after giving it a go on your own, you're still struggling with removing beliefs, please email me ASAP so I can book in your 45-minute troubleshooting session, so I can help you get comfy with removing beliefs. I don't want you getting to the next session and feeling as though you can't remove your beliefs. So give it a go, and if you're struggling, book in that session straight away. As you know, the more you put in, the more you get out.

So that's it for tonight. Next week I'll take you through the common core beliefs that hold many people back and how to remove those. But, before we go, would anyone like to share their Best Bit of tonight's session? Just press \*2 to raise your hand.

*[A PARTICIPANT SHARES BEST BIT]*

You're all doing so so well. Know that wherever you are at is perfect - it's all part of your journey - and together we are creating the magic needed for you to heal your own life. So have fun going in and investigating and exploring your subconscious, and I'll leave you with this quote from Oscar Wilde: **'I can believe anything provided it is incredible.'** Thank you and goodnight.