

# Lesson 5: Naked Core

## AUDIO LESSON TRANSCRIPT

Hello ladies and gents. It's Tamra here for Lesson Five of *Remarkable Relationships*. So hopefully you've had some fun this past week, removing your limiting beliefs. Going by the emails and conversations I've had with a few of you, you all seem to have started to get some deep insights and realisations, which is what will create the shift you're after.

I know a lot of your egos have surfaced – this is normal when you start growth in such a rapid way – hence why I created the extra audio explaining more about the ego – so make sure you listen to that a few times. And don't let your ego keep you too busy to listen to it! Any resistance, fear, feelings you're not getting it quick enough, are your ego.

You're all doing really well – much better than when I started doing these kinds of clearings – my ego had me in a complete shambles – questioning EVERYTHING. Know that this is like learning to ride a bike, you might fall off the first couple of times, but with practise it WILL get easier, and before you know it you'll be removing beliefs every morning with ease.

Removing limiting beliefs is a *life* skill. If you continue to use this skill everyday, your life will become so much easier. This is not something you want to toss aside at the end of this course. I remove limiting beliefs every day. Whenever a challenge comes up, I tune in to see what beliefs are stopping me from getting the results I want.

Unfortunately what I see a lot, is people abandon these tools when they start to go through a challenging time. Yet it's during our most challenging times that we need these skills the most. What's going on in our life, is a direct reflection of the beliefs we hold. Clear the belief, and just watch how quickly the external drama resolves itself. So if you're experiencing crisis and struggle in your life, you need to up the time you spend clearing beliefs.

Remember to *always* use the Love Wrap before you start removing limiting beliefs to put you in that calm clear space that's required. If you've got even a little bit of negativity going on, you're more likely to pick up on *that*, as opposed to what your True Self is saying; so you'll be listening to your *gunk's* voice, rather than your *clear* guiding voice, if you're not in that loving space to begin with.

Now the biggest thing that came up for people during the week was *doubting* themselves and questioning the answers they got. When it comes to self-belief – the best way to boost your self-belief, and thus eliminate the self-doubt, is to clear beliefs. Limiting beliefs are what cause us to doubt ourself. So simply trust EVERYTHING you get – the first answer that comes to you is what you're looking for. And if you do start to question what you're getting, re-do your Love Wrap.

The more time you put in, the more your confidence will grow and the easier it will be to get the answers you need to shift the beliefs. So stick with it, because clearing beliefs is CRUCIAL to helping you create your goal. That's why we're spending so many sessions on it.

Now I know a few of you have been experiencing this lack of self-belief in your goal, maybe even some fear of failing, or not achieving. The truth is, fear is nothing more than **False... Evidence... Appearing... Real**. You'll see that on page three of your playsheet. Through life you will oscillate in and out of your base state of love and your ego space of fear – that's simply part of the growth. That's where you simply need to commit to returning to your openhearted space – Your True Self.

It's also this fear, or false evidence that keeps us in our comfort zone. And we tend to like our comfort zone because it feels *safe*. Ultimately though, it's our comfort zone that keeps us small. Hence why I decided to *relabel* the comfort zone.

I now liken the comfort zone to Small Zone. Why? Quite simply, because if you stay in your comfort zone you're not growing, and when you're not doing anything different, nothing changes. *Do the same thing, get the same result*. Most of the people in today's society fall into this group. They keep going to work, doing a job they don't enjoy for a paycheque that only just gets them by. Why do they keep

doing something that makes them unhappy? Because they fear *change*. They fear the *unknown*.

The thing is, it's only when you step out of small zone, or comfort zone as you've known it up until today, that you're able to create your goal. To make changes. I've now learnt to embrace the fear and know that it's a sign that I'm stepping up into Big Zone. Because at the end of the day, I'd prefer to play with the big fish in Big Zone. They're the ones creating all the metaphorical waves.

So as you take action each week on your goal, it's important you don't allow this fear to paralyse you. And if it does, you need to book in for your one-on-one session with me, or take a look at the beliefs that are causing that fear. Remember that what you focus on is what you get. So *if* you're focusing on NOT achieving your goal because of the fear, that's what you'll create. So it's really important to nip the fear in the bud.

And this week, as you'll see on your playsheet, we'll be looking at some of the core beliefs that pull us out of self-belief and self-love and into self-doubt and fear. It's these core beliefs that are extremely common in our society, that create a myriad of more superficial beliefs. You see, if you go deep and remove these core beliefs, you knock out a heap of the *surface* beliefs we've formed as a *bi-product* of these original beliefs. So instead of removing say 10 beliefs, you can remove one core belief, and like a domino effect, it knocks out the 10 beliefs that it was under-pinning.

As you'll see on your playsheet, there is a list of common core beliefs; beliefs that are prevalent in today's world. So this week I want you to go through them, and work out which ones apply to you, and then start removing them. You'll know this is a belief of yours if it brings up *any* emotion at all, even just a teensy bit, OR is a statement you hear your internal tape-recorder playing when you're not in the loving space of your Love Wrap, OR if you believe it to be true.

If we take a look at the **common** core beliefs – beliefs that undermine our belief in ourself and keep us experiencing a limited life...

**I'm not good enough** Around 99% of people have this belief – it's usually one of the first beliefs I will remove with my one-on-one clients, because it's so critical to our life. If you don't feel you're good enough, you'll either pass up opportunities believing you're not good enough for them... or you'll work your butt off to *prove* that you *are* good enough. Problem is, if you're programmed with this belief, it doesn't matter what you achieve in your life or how impressive your resume, you'll never feel good enough, because that's your programming.

**I'm not worthy** and **I'm not deserving** are too biggies as well. If you have a belief of I'm not deserving, then if something comes into our lives – love, success, happiness – which seems like it would be suited to a *deserving* person, your subconscious mind concludes it can't possibly be for you. And so you sabotage it. You're unable to accept what you consciously *want* into your life, because it doesn't match who you 'think' you are at the unconscious level.

**I'm not of value** or **I don't value myself**. If you don't value yourself you might put others needs ahead of your own, or you may have trouble getting a promotion at work or getting paid what your worth. If you don't value yourself, then others won't value you either – because other people simply reflect back to us, what we've got going on at the subconscious level. Not feeling valued is often one of the beliefs that underpins money struggles.

**I'm alone** This often plays out for a person by keeping you single and alone in a romantic sense, or even if you *are* in a relationship – has you *feeling* alone, no matter what company you keep. It can even lead to you feeling unsupported, like you have no one to lean on, or it can trigger off jealousy or dependency, or addictions like binge eating.

**I'm a failure** is a really common core belief. Often as a child if we get a bad mark at school or don't get the result we want in sport or music, if we're met with some kind of criticism from friends or teachers or parents, this can set up the belief of 'I'm a failure'.

**I can't accept myself** or **I reject myself**

**I can't trust** or **I don't trust myself** If you tend to doubt yourself – chances are this is one of your beliefs. If you don't trust *other* people – this is ultimately a reflection of you not trusting yourself.

**I'm not pretty** or **I'm not good looking** With all the media attention on what it is to be pretty, it's no wonder us ladies start to compare ourselves to those air-brushed size 6 models we see in magazines.

magazines. And the men feel they need a built physique to be adored. It's this public image that leads to self-loathing and feelings of not being pretty or good looking enough.

The belief **I'm not complete** keeps us seeking things and people outside of ourself in order to feel complete. As soon as we realise that we are complete just as we are, and feel it right to our core, then the house, the fancy car, the perfect partner; they're no longer necessities, they're simply added bonuses.

**I'm not loveable, I'm broken, I'm a mistake, I'm a burden or inconvenience, I'm inferior** - all beliefs that take us away from self-love and into self-loathing.

We live in a very performance-based society where high grades and good results are valued more than enjoying the task at hand. This creates in us a need to compare ourselves with others - to go into competition. We are led to assess our own value based on comparison to others and this causes separation and disconnection from people. We start coming from a fear space or needing to be better than other people to feel good about ourself, when in actual fact, that is a fear-induced need - ego! All we really want in life is connection and love. Comparison and competition take us away from love. We start to believe we're not deserving and thus begins this vulgar cycle of lack, scarcity, self-doubt and limitation.

Beliefs like **Life's hard, Life's a struggle** and **There isn't enough to go round** cement their way into our subconscious. If you believe life is a struggle, then that is what your experience of life will be.

Some people even have a belief that **they can't have it all**: You know, have the great job AND the great relationship. Or they can't have great health while at the same time enjoying life to the fullest. It's beliefs like 'I can't have it all' which has us settling for less. So really take time out this week, to feel into whether this is true for you. Do you feel that if you have it great in one or more areas of your life, that you can't have it great in another area of your life?

If you think of yourself as an idiot, you will act like an idiot, because your thoughts create your reality. If you think of yourself as loving, beautiful, intelligent, capable and available to experience deep happiness, you will act in those ways.

So let's choose one of those core beliefs from the list now - the one that appears the strongest for you. Just take a moment to look through and see which one stands out. Go through and identify the belief that rings the most true for you right now and write that one down on page four of your playsheet, under the common beliefs area. I'll give you a moment to do that now. Don't think too hard about it, just go with the one that jumps out at you.

Now with the belief identified, close your eyes, take a deep breath in, and breathe out, and simply allow yourself to notice where you feel that belief in your body. Notice where the emotion sits.

Letting that emotion evaporate now, simply do your Love Wrap and go into your heart space, connecting in with your True Self, as you have been doing all week. So I'll give you a moment now, to tune into your heart.

Now in that heart space, ask to be taken back to the root cause of this belief. These limiting beliefs have developed over thousands of years as a result of our fear-based reality and may have been passed from generation to generation in the womb, from mother to foetus. So be open to being taken back to an event that was generational or even a past life. You want to get the root cause, as it will create a domino effect and knock out all the negativity through the years that has led to you being how you are today.

For this reason we are NOT relying on our memory to take us back to that event - you may not remember the event where the belief was installed. Simply trust your True Self to take you back to the event, wherever that may be. We do NOT use our memory for belief clearing. We let our True Self guide us. So simply ask your True Self to take you back to the root cause of this belief.

And once there, ask for the positive learnings. Find out what the truth is, writing it down as the messages comes through. Simply allowing the information to flow onto the page. Remember we're not 'trying', we're 'allowing'. You'll see a few different questions on your playsheet that you can ask to gather those learnings, or be an investigator and ask your own questions that you feel would help you get the learnings needed to remove the belief. I'll give you a few minutes to do that now.

Once you feel you have all the learnings needed, drop down inside that event, and check to see if the emotion is still there. That's right, simply floating down inside that event, and checking on that emotion - is it still there, or has it gone? Just check in to see if you can still feel that original negative emotion.

If the emotion is gone, great! If not, if you need to go further on this one to create that shift, continue asking for learnings. So simply do that now. Find out whatever it is you need to know to move forward, free of this belief. If you felt the shift already, simply spend this full minute reflecting on your learnings.

With those learnings now fresh, simply ask: What is the replacement belief? And write down the replacement belief as it comes to you.

Then ask your heart to save in the new belief, and repeat this new belief until it's saved. You'll feel the shift when it saves in. It may simply be a *knowing* feeling that the belief has gone in, or you may feel it physically. Whatever you experience is perfect. Simply spend 60 seconds here feeling into this new belief and what it's like to live life with this new belief.

Now if you feel as though it went in easily, great. If not, go through this process in your own time, straight after this session, in order to get it locked in. You may need to spend half an hour gathering the learnings to feel that shift. If that's the case - that's fine - give yourself that time. You may need to remove another belief first, in order for this one to save in. If that's the case, simply ask: Is there another belief I need to remove *first*, in order to remove this one?

We have two choices in life: We can play the victim and blame our parents for not telling us we were beautiful, which will further support the feeling of victimisation, or... we can acknowledge this is what happened, and the value of knowing this, is that I am now clearer about why I don't have an easy time letting anyone else tell me I am beautiful, and I understand why I haven't developed the habit of saying it to others. Once we have that awareness then we can change the pattern. Whatever that pattern may be.

Another thing that holds people back is that dreaded word, *procrastination*. Now, this is something I personally, have never experienced, but I see it daily with my clients and my friends. So don't worry, I'm an exception to the rule with procrastination. MOST people procrastinate. And it has the ability to bring people unstuck, to stop them moving forward with their goals. Ultimately, procrastination disables you.

Procrastination stops you from doing the tasks you *know* need doing in order to achieve your goal. You might *think* about doing that same thing ten times, yet you keep putting off doing it, or you simply forget. My husband has this beautiful way of procrastinating, which is sort of like chasing butterflies. If you imagine - you're doing one thing, then a butterfly steals your attention and your focus becomes the butterfly, until another butterfly distracts you and you chase that butterfly, and then another one, and so forth. The butterflies constantly taking you away from the task at hand.

One thing that may be helpful to get around this, to avoid procrastination, is: as soon as you have a thought about something that needs to be done, do it, there and then. If you're in the middle of something else, put it on a list. And once you've finished the task at hand, do the next thing on your list, so you don't forget.

Having a 'to-do' list might just be the thing you need to help get things done. Then whenever you have some spare time, get out your to-do list and do the thing that is the most urgent. If none of them are urgent, simply work your way down from the top, to the bottom. You'll feel so much more productive if you get into the habit of taking action. So that is a method for *consciously* removing procrastination.

To *subconsciously* remove procrastination, you need to knock out the associated beliefs. Procrastination is a *learned* behaviour that keeps us small. When you procrastinate you are staying in Small Zone and no one wants to play in Small Zone! As we discussed, Small Zone keeps you getting the same results you've always got.

So let's take a look at the common core beliefs that can lead to **procrastination** or stop us growing and doing the inner work needed to create the change we're after...

**I can't change** is a really prevalent disabler for people and if you've been stuck in a negative pattern for some time, then this belief may be one you need to look at. The longer you stay stuck in a certain behaviour or circumstance - the more this belief is validated, that you *can't* in fact change.

Another really common one is **Change takes time**. Who says? Why should change take time. Just because you've had an issue for twenty years, doesn't mean it will take just as long to get rid of it. Getting rid of a belief, creates *instant* change. So if you have either of these two beliefs, **Change Takes Time** or **I Can't Change**, please make sure you work on those ones first, because these beliefs will also make the belief clearing process difficult or take a lot of time.

**I'm stuck** I'm sure a few of you feel stuck or have heard that voice in your head at certain times in your life! You go into complete overwhelm and feel totally stuck and just don't know how to get out of your current problem. What you need to understand about feeling stuck, is that while it's certainly a belief you can clear, it is your continual focus on being stuck that keeps you stuck. When you feel stuck you're focusing on the *problem* as opposed to being open to seeing the *solution*. You may also feel this stuckness by way of a belief : **I can't move** or **I'm immobile**.

A pretty big doozy, is the belief: **I'm fine just the way I am** This may be the case. Or, it may be your gunk trying to convince you that you're fine in order to stop you from growing. A good way to check this, is by simply asking yourself: *Am I really happy in every area of my life, or could it be better?*

**I can't help the way I am** is a really disabling belief. People who experience pain, lack, struggle and a limited life often have this belief. If you find yourself believing you are the way you are - you are essentially arguing against growth. Just because you know yourself as shy, out-spoken, introverted, extraverted, aggressive, plain - these things are symptomatic of your beliefs. They're not who you truly are. These are labels you've been wearing. You cannot label 'love' - who you are at your core. At a deeper level you're *choosing* this personality trait - this label. And just as you've chosen it, so can you choose *not* to have it.

Next on the list is: **I inherited who I am**. Yes, yes you did inherit who you 'think' you are right now, by way of taking on your parent's *beliefs*. 'You're just like your mum - she's so clumsy and so are you', 'Your dad was never good at spelling either - it runs in the family.' It's these kinds of sentiments that help us perpetuate the big lie.

You see, it's the *beliefs* that create clumsiness or the inability to spell. Therefore it's these *beliefs* that run in the family - not some unchangeable gene. The limitations you have inherited come from beliefs, NOT from genes. DNA is belief-driven - anything physical, is belief driven. Change the belief and the physical manifestation changes too.

**I'm right** Now that one comes up a lot in relationships. How many times do you try to prove to your partner, friend or family, that 'You're Right'. If you need to convince another person that you're right, it's a sign that you feel you need validation. Once you clear this, then you have no need to prove yourself to another person.

**I know it all** I'm sure you've come across people who claim to know it all. Perhaps you're one of them! But in a world as massive as ours with so much knowledge and wisdom, can you really know it all? What most people find, is the more they learn, the more they realise there *is* to learn! So I really encourage you, if you have moments where you think you know it all, to tune in and do a little clearing around this belief.

**I'm my own worst enemy** We do tend to self-sabotage when we have negative beliefs which can lead to us believing that we're our own worst enemy.

**I have no control over my future** Many people believe their future is set - they have no control over their outcomes. We absolutely do - *if* we get our mindset healthy. *If* we do the *inner* work.

And finally, **I'll believe it when I see it**. How many times do you hear people say this one? Problem is, we see what we believe. Our thoughts create our physical reality. So if you have a belief of needing to see it to believe it, chances are, you'll be waiting a very long long time.

There are so many popular beliefs in our society such as **I have a slow metabolism**. Well of course you do because that's what you're choosing to believe right now. Another one is **Depression is a chemical imbalance**. If you have a chemical imbalance in your brain, it's your beliefs that have caused the chemical imbalance. So as you change your beliefs, the chemicals will balance out, because beliefs cause physical changes in the body.

Being poor is a set of beliefs that gets reinforced when we shift from blaming life circumstances for the condition of poverty. If money is a problem area for you, take half an hour to write down all the

things you believe about money – because it will be those beliefs that are keeping you in the struggle cycle. Once you start clearing those beliefs – **Money doesn't grow on trees, you can't trust the rich, I need money to survive**, and so forth – then you clear the way for money to start flowing into your life.

So just like before, let's get rid of one of the beliefs from this second list. Have a look through the list, and see which one applies best to you. Which one brings up the most emotion? And I'm really going to encourage you to choose one of the top two if they happen to apply to you, because getting rid of those two doozies will make this whole course come together so much quicker and much more easily for you. So just write down the belief you'll be clearing today at it down on page six, of your playsheet.

Now simply close your eyes and take a deep breath in... and letting the breath go when you're ready... and again just notice where in your body you feel that belief. Where in the body is that emotion being stored. Just notice it now.

Letting go of that emotion now, simply connect into your heart. That's right, just get into that calm state that allows you the peace and clarity required to receive clear answers. If you need to do the Love Wrap again, do it now. If you're still in that loving space, that's great too. So simply enter that safe space now.

And when you're ready, ask to be taken back to when this belief was first installed. And once there ask for the positive lessons. So do that now, travel back to the root cause of that belief, simply gathering the lessons, and find out what the truth.

And once you have those lessons and insights you need, float down inside that event, and once again, check on the emotion. Is it still there – or has it disappeared now? Just check in.

If the negative emotion is still in your body, even just a teensy bit – you'll need to ask for additional information. When you get to this part, be a real investigator. You might like to ask: What action can I take now to clear this belief? What do I need to know about myself to let this go? What do I have to gain from letting this go?

The more questions you ask, the more clarity you'll get, so simply ask for that extra information now. Or any *other* questions you feel will help you get the shift you're after. For those who have already got the learnings they're after, simply take a minute to reflect on those learnings, allowing any other insights to come into your awareness.

Next I want everyone to ask: What is the replacement belief? And write it down. Often this will be the opposite of what the limiting belief was. So if for example the belief was 'I can't change', the replacement belief might be 'I can change' or 'Change happens easily'. So just writing that replacement belief down now.

Then ask your heart to save in the new belief, and repeat this new belief until it's saved. Simply allow yourself to feel the shift in whichever way it happens for you. Sit in the feeling of this new belief until it feels nice and strong.

Now if you feel as though it went in easily, fantastic! If not, that's ok, simply go through this process in your own time, in order to get it locked in. And if you really do find this difficult, book in for your 45-minute session with me so we can get you removing beliefs ASAP. This skill – removing limiting beliefs – really is a vital part of the process; so if at any time you struggle, email me immediately. Even if you're just not sure what beliefs need clearing, email me and I can point you in the right direction.

Now if you've got any questions on anything we've just discussed, now's your opportunity. So just press \*2 to raise your hand. Or if anyone would like to share some of their learnings or insights.

### [TAMRA ANSWERS QUESTIONS/TAKES SHARINGS]

Once we're working on clearing out our gunk, it makes sense that we start to become more connected to our True Self. The person we are at our core; the person without all that childhood programming. But the problem is, we've spent so long wearing this gunk, living our life operating from these limiting beliefs, thinking they are *who* we are, that we may have no idea about who we *truly* are.

And this had led us to take on **labels**. The society we live in loves to label people. We go to the doctor and we're told we are 'Depressed' or we have 'Acne'. Perhaps when you look in the mirror you label

yourself as 'Fat' or 'Ugly'. Some of you probably subscribe to being 'Poor' or 'Prone to catching colds'. For those of you not in a relationship with someone else, do you find yourself calling yourself 'Single' or 'Alone' or 'Sad'.

Pay attention to the types of labels you're putting on yourself, as these labels we adopt only reinforce the limiting beliefs *creating* the label. Any sort of negative result you're getting, be it a health ailment or an inability to find 'The One', is simply a host of beliefs, which, when removed, allow you to have the positive result you're after.

So this is where I really encourage you to start to become aware of the labels you're unconsciously choosing to wear, and question their relevance in your life. As you'll read in the chapter from my first book *The Upside of Down*, which I've included at the bottom of your playsheet this week: Me taking on the label of 'Depression' only served as an excuse to not take responsibility for my life.

So I'd just like you to tune in now, and ask your True Self: What labels do I need to let go of? This is exercise 3 on page seven. So just give yourself a moment to return to your Love Wrap if you need to, and ask: What labels do I need to let go of? And just allow all of the labels you're currently wearing - all the labels keeping you small - to fall out onto the page. And be open to what labels might come through.

Now who would like to share what labels they got? Just press \*2 to share.

### [PARTICIPANTS SHARE LABELS]

These labels, like I said, are just made up of limiting beliefs. The more beliefs you remove, the less power you give to these labels. So my suggestion this week, is to really get stuck into these core beliefs, and when you notice that you're labelling yourself, catch yourself, and don't give it the attention and belief you once did.

We are constantly being guided by our limiting beliefs. So if you believe that you have to work hard for your money, that's what you'll set out to do in life. And perhaps you'll label yourself as a 'Hard worker'. Your True Self knows that this isn't the case, but you're not listening to that part of you that knows the *truth*, that part that knows how to earn money *easily*. You're listening to that part of you that is not you at all. It is someone else's *gunk*. Someone else's *beliefs*.

It's these beliefs that cause us to doubt ourself. And self-doubt only gets in the way of us living as our True Self, so lets now look at the importance of self-belief, and how we get more of it!

**Self-belief** is the ability to know you have it within yourself to achieve all you desire in *all* areas of your life. You may be familiar with my favourite quote: '**Believe, for it is belief that breathes life into your dreams.**' Now I work with a lot of mental health cases, helping them overcome depression. The most powerful tool in their recovery is the belief that they can in fact get rid of the mental illness for good.

You see, we are only limited, by our belief in ourself. If you truly believe you can achieve something, you will. I'm sure you're familiar with the quote: '**If you think you can, you will, if you think you can't, you won't.**' That quote couldn't be more spot on. Whatever you think, is a bi-product of those beliefs. So that's why you want to get in there and clean up any nasty beliefs that are stopping you having a life you absolutely LOVE!

So *how* do you get this self-belief? Firstly you want to remove any limiting beliefs that are stopping you having full self-belief and that is part of your homeplay this week. Sometimes taking *action* steps can help lock in that self-belief. For example, if you're looking to move into a new career, but don't have the necessary skills, maybe doing a course in that field would help build your belief in yourself, or maybe it's simply a case of doing more research through reading books, or looking online.

Maybe you're looking for your ideal partner to share your life with. What could you do to boost your self-belief? Maybe you need to look in the mirror and do some work on you. Perhaps you need to learn to communicate better, maybe you need to have a good shave! Perhaps just cleaning yourself up a bit, buying a new outfit, will give you that little bit of confidence to instil the belief that finding your Prince or Princess *is* actually achievable.

Combine action steps, with removing limiting beliefs, and you'll start to see a *big* difference in your

levels of self-belief. So we're going to do a visualisation now to really pump up your self-belief so you can head into this week confident of achieving your goal:

So simply relaxing now.. just allow your eyes to close.. as you get wonderfully comfy.. and relax into where you're sitting.. and tonight.. we're really going to focus on your breathing.. so as you inhale.. I want you to imagine yourself sucking oxygen all the way down into your stomach.. and as you exhale.. just allow the carbon dioxide to simply exit your body.. easily and effortlessly..

And I invite you to continue to inhale.. all the way down to the pit of your stomach.. and exhale.. simply allowing the air to filter out of your body.. that's it.. gently inhaling.. and exhaling.. finding your own steady rhythm.. that's it.. inhaling and exhaling..

And on your next inhalation I want you to imagine you are putting on an oxygen mask.. that's it.. simply slipping the oxygen mask onto your face.. and adjusting the elastic at the back.. so it's 100 percent comfortable.. that's it.. just notice how safe and secure you feel.. having this mask on your face.. now..

You might like to imagine you're going on a dive.. and this mask is giving you the oxygen you need to keep breathing.. as you enter the water.. because you know.. the deeper you go.. the more important your supply is.. it will keep you safe.. it will keep you calm and relaxed.. as you explore all the ocean has to offer.. plus so much more..

As you dive in.. you start swimming among the fish.. gradually getting deeper and deeper.. Excitement surges through your veins as the experience fills you up with this incredible vitality.. The deeper you swim.. the more you see.. and soon you realise.. the further you swim out of your comfort zone.. the more colourful the scenery..

You start to realise that when you try new things.. that you become richer.. richer from the experience.. richer by the growth of doing something new.. richer in your own self-belief.. and suddenly you realise.. that this oxygen you've been breathing in.. through your mask.. has been mixed with some very potent self belief..

That's right.. now with every breath you take.. you're sucking in more than just oxygen.. you're inhaling heavy doses of self-belief.. the more breaths you take.. the more your self-belief grows.. so on your next inhalation.. just imagine all the self belief that's pouring into your lungs.. filling them up.. and how as you exhale.. any self-doubt is simply pushed out of the body alongside the carbon dioxide..

Simply inhaling large pockets of self-belief.. and exhaling any self-doubt that's been residing in your body.. that's it.. inhaling self-belief.. and exhaling self doubt.. and the self-belief may take on a particular shape or colour.. and as you imagine that colour now.. you see that colour spreading through your body..

Just as your lungs send oxygen into the bloodstream.. so too.. is it sending self-belief into your veins and arteries.. filling them with this undeniable self belief.. a self belief so strong.. you feel it radiate through your entire being.. it's pulsing through.. this self-belief is pulsing through your veins and arteries..

And with each circulation of the blood through your body.. that self-belief intensifies.. getting stronger and stronger.. growing into this powerhouse of complete and total self-belief.. the belief you now have in yourself is solid.. robust.. and it's continuing to grow.. to expand.. to intensify..

Self-belief is pulsating through you.. topping you up until you know.. that's right.. you know.. without a doubt.. that you have the power to create whatever you want in your life.. that you can swim through any ocean.. finding treasure at every coral.. your world is now a sea of opportunities.. filled with abundance.. filled with joy and adventure..

You now know.. that every time you step out of your comfort zone.. you have the self-belief required to turn up every pearl in every oyster.. and you know that before long.. you will have enough pearls to form the necklace you have been working towards.. that's right.. your necklace.. your goal.. is within your grasp.. and this excites you..

You feel a wave of intense joy wash over your body.. as you realise that living with this kind of self-belief.. is the key to success.. in all oceans of life.. believe in your goals.. believe in your future.. and most importantly.. believe in YOU..

You feel a tug on your line.. and you realise it's time to leave the water for today.. As you float back

up to the surface of the ocean.. you have this strong sense.. this ingrained knowing.. that even when you leave the water and you take off your oxygen mask.. that the self-belief will stay..

That self-belief.. that was pumping through your body.. is in you.. it's trapped inside you.. constantly growing stronger and stronger.. with every heart beat.. self-belief is now a part of you.. it's who you are at your core.. it's how you operate your life.. with complete and total self-belief..

Your head reaches the surface now.. splashing through the water.. You look around.. and as you take in one last deep breath of self-belief.. you open your eyes.. fully awake.. and ready to live your life.. in a state of complete and total.. self-belief..

Once you have a strong self-belief, everything around you changes. You start interacting with people differently, because you hold yourself in a much more positive and confident way. You start to exude a new energy. It's that energy; that self-belief, that attracts people to you. It's also that energy and self-belief that helps you see the opportunities that will set the stage for you to reach your goal.

We are surrounded by opportunities every minute of every day. It's our negative belief systems that stop us from seeing and acting on those opportunities.

So let's take a look at your **homeplay**: Start knocking out some of the core beliefs that underpin our self-belief. The beliefs I've listed on your playsheet are big doozies and just removing these ones, you will see a HUGE shift. I really want you to get in the habit of removing beliefs EVERY DAY, because removing beliefs really is the fastest way to reach your goal. And if you're struggling at any point, send me an email and we can book you in your 45-minute session so we don't waste anytime in getting you closer to your goal.

Sometimes when we clear a belief, it's only then, that we're able to go deeper and clear more beliefs that may also hold us back in that area. So just keep that in mind when clearing beliefs. It can sometimes be a bit like peeling back an onion, going deeper and deeper with each one.

If you remove a belief of 'I'm not worthy', that can change your interactions with others, people will start treating you as the worthy person you now believe yourself to be. Removing this belief, can also change your financial position. Suddenly you're offered a pay rise, because you now believe you're worthy of earning that much money. Even those with depression can benefit; to believe that you're worthy of happiness is a huge realisation. To operate without this list of core beliefs is where the true magic is.

So your main focus this week is removing beliefs - and continue tuning in each day. But if there are any other actions steps that need to be taken to get you closer to you goal, put those on the to-do list also. And do use your *Homeplay Ideas* sheet as inspiration. Exercises like the Mirror Laughing can be extremely powerful and deepening your relationship with you and building self-belief.

And finally, the visualisation you'll be listening to this week is called *Dive into your Self-Belief*. It's the visualisation I took you through earlier and a really great way to help you connect in with that self belief. So this is to be listened every day until we next speak.

Next week, we'll be looking at developing your relationship with YOU and what's required to accept and love yourself unconditionally. The reason this is so important, is because when you have a super strong relationship with yourself; and by that, I mean full self-love and full self-belief, it affects *all* areas of your life. But before I go, does anyone have any questions? If so, just press \*2 to raise your line. Or if you'd like to share your best bit, please press \*2.

[A PARTICIPANT SHARES BEST BIT]

Please know that these unflattering stories we've been telling ourselves up until now, are NOT true. Yes, you may have believed these stories in the past, taking them on as fact, but they only serve as limitations and encourage us to play small. The more beliefs you remove, the less power these stories have over you. So have fun removing beliefs this week. I look forward to hearing how you all go. Today, I'll leave you with this quote from Winston Churchill: **'A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.'** Thank you and goodnight.