

Foundational Beliefs

One - You are important. Plain and simple. You matter because you are *a piece* of the One Divine Source that created all (God, Universe...). You are no more nor less important than any other human on this planet, any other Soul in the entire existence of the universe.

Two - You are good. Fundamentally, at your core, you are good. No matter what you have *done* - those are just actions. Actions can be harmful, but you yourself are not harmful. You are not bad. You are not selfish, greedy, unloving, cruel, or any other label you might have placed on yourself over the years. By extension of this truth, your desires & dreams can be trusted. They are important. They come from your Soul. When aligned, they will never cause harm. When you are connected to your Soul, connected to your truth, connected to the Source from which we all came, you are *incapable* of causing harm. Remember, you are a piece of the Divine, and the Divine can do nothing but love. And you get to *be* that love in your own unique way on this planet.

Three - You are needed. Your spark of Divinity is needed. The unique expression of Source that you are is needed. There are things only *you* can do & bring to this reality. Perspectives only *you* have. Energy only *you* contain. People that need you specifically.

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Four - You are worthy & deserving, simply because you exist. Your worth cannot be earned nor lost in the eyes of the Universe. Other humans may tell you otherwise, but their opinions cannot change your Truth. Your worth is a given.

Five - Everything is always working out for you. You are either experiencing more and more of what you *do* want, or you are experiencing the contrast (the opposite of what you want) so that you can shift your vibration, attention, and focus. Thereby getting back on track to what you *actually* want. By extension, you can choose to live by the phrase "it's always this or something better" - you're either experiencing what you want or you are on your way to what is better for you. This goes for manifestations as well. If an exact one that you are focused upon is *not* coming through, that means the Universe is trying to guide you to what is actually better.

Six - The Universe is taking care of you. You are taken care of & loved - always. This frees your mind from worries and stress. This opens you to receive guidance and explore this life. This allows you to naturally serve others how you want to. You do not have to worry about taking care of *only* you. You know the Universe has you so you can spread what you have to others - your resources, energy, love, etc. You get to focus on you and others at the exact same time.

Seven - You are responsible for *your own* vibration. No one else's. You can offer love, support, help, services, etc. to others - *but their experience is their own*. You must detach. Allow them to have their experience. The most powerful and loving thing you can do is be the example and inspiration. Tell others how you do what you do, how you have created the life that you are living, and so on. Then, allow them to make decisions for themselves. Remember that a raising in your own vibration can raise another's, simply by them being around you.

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Eight - Everything is energy and everything responds to vibration. Your thoughts, beliefs, mindset, and actions all hold certain vibrations. These vibrations represent your unique energetic signature with which you are living your life. This energetic vibration is what dictates your experiences (who you are, what you do, what you have) in this reality.

Nine - Abundance is infinite. The Universe is infinitely abundant. The reason we do not "see" evidence of this everywhere on the planet is because not everyone knows nor believes this to be true. Some believe that others can and are taking resources away from them (and, some humans *do* have the intention of taking - they're not connected to their Truth nor the Truth of Who We All Are). Others are placing their power for abundance in the hands of other humans, not realizing the immense amount of control they hold. Really, that power is within *all* of us. When we partner with the Universe, there is no limit to the abundance we can have in our experience. The Universe always provides. The definition of abundance is up to you - it need not only refer to money.

Ten - Just as *you* are good, fundamentally, at your core, so are all your fellow humans. You and all are good. Pure. For we are pure Souls. The "bad" we see in the world is the result of forgetting our Truth and the Truth of reality, the result of disconnecting from God. A wandering of sorts. When we come home to the Truth of ourselves, we step into the Truth of our goodness. From this place, you nor anyone else will ever bring about anything that harms another. While learning to adopt manifestation as a way of life, you are freer to explore Who You Are, as a Soul. In this process you connect more to your Truth. Connecting to more of your Truth is connecting to God. As you do this, you help others to do the same - by being an example and being able to tell them what you are doing. The most powerful thing we can do for the world is help others reconnect to Who They Truly Are and to the Source from which we all came.

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Eleven - You are an eternal Soul, an eternal Soul embarking on an adventure in a human body for just a short while. There is no timeline you *must* follow, no rush to complete anything. You could never experience the totality of your Soul's many facets, all of your Soul's many possible missions, all of your souls many desires and dreams in this one human lifetime - so you don't even have to try! Just choose what feels right and in alignment, each and every moment. Choose and flow, choose and flow - over and over until you go back Home. Then, guess what? You'll go somewhere else (on another vacation) and get to keep learning more about your Soul, getting to express in different and uniquely magical ways once again. You will never end the Soul expression journey. Take it slow & enjoy the journey.

Twelve - You do not have to choose between changing the world and living your dreams. Both can happen at the exact same time. When you decide to go after your dreams, you are connecting with your Soul and with Source. This tapping back into who you are leads you to the exact kind of service that is aligned for you each moment. Living your dreams also produces energies such as joy, bliss, peace, excitement, and more. Those energies raise the vibrations of all around you, the whole planet, and the whole universe. You *are* that powerful. You also get to be the powerful example to others as to what is possible. And lastly, since abundance is infinite, you living your dreams does not diminish the possibility of anyone else having an amazing life. In fact, it only *increases* that possibility.

Thirteen - Effort and energy toward something does not mean that thing is *hard*. We've been taught that having anything amazing in life or having our dreams become reality means "hard work" and "suffering." The creation/manifestation process will involve effort and energy on your part, but when it's in alignment? You *want* to put forth that energy and effort. It flows. It's fun. It's not the same energy and effort that comes from *forcing* something in the 3D. You might feel exhausted sometimes, but it's the same kind of exhaustion you may feel after a long day out on the beach in the sun - exhaustion and bliss combined. You *want* to go at it again. You *want* to be a part of the process. And when you partner with the Universe, when you allow God to do God's part and then show you your next right step, you do *exactly* what you need to do. It's not all up to you. It's a dance with the Universe.

Another Way to Health

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Fourteen - You can collapse timelines with your alignment. (Timelines/realities are simply *where you are now*, where you want to be, as well as all the other possibilities in between.) As Abraham Hicks says, "It doesn't take time, it just takes alignment." What you may believe *has* to take a long time or follow a certain process/path is not *automatically* true. *Everything* responds to your belief. If you believe something *has* to take a long time, it will. If you believe something *must* follow a certain process, it will. If you hold these beliefs, when a faster, simpler, easier, different way presents itself, you will energetically (or maybe even consciously) push it away because you don't believe it can be so. You may say, "Too good to be true." But remember, *anything* is possible. You could discover & show a new way.

Fifteen - Anything is possible. Literally anything. Things you can imagine and things you cannot imagine. Infinite possibilities. Infinite realities. Never limit your dreaming. All manifestation is about matching the energy of what you want to call in from the field of infinite possibilities (the quantum field).

Sixteen - Beliefs are just thoughts that have been repeated over and over and over. They have been repeated in your brain so much that you have adopted them as truth. But a change in belief is as simple as a change in thinking. You *can* rewire your brain.

Seventeen - No one knows your Truth, your story, your Soul. Therefore, no one can tell you what trajectory your life should follow nor what you should be doing on a daily basis. No one knows what is best for you except for you. This is for you to figure out, as you discover your Soul Identity & Core Truth. You are the author of your own human story and you have *all* the power. Your reality is yours to create as you step into more and more alignment with your Soul, each and every moment in each and every day. You came here to be a creator - don't give that power away to others. You don't need permission to follow the calls of your Soul. No one's thoughts and opinions can truly change nor harm You.

Questionnaire

Were there any beliefs that immediately jumped out at you as a trigger, that you automatically had a resistant reaction to? No worries! Just write them out and explain in as much detail *why* you think that might be.

Questionnaire

Rank these beliefs in order (1-17) from "Yep! 100%" to "No way. Absolutely no way." Here they are again, shortened, to help you with that!

- You are important
- You are good
- You are needed
- You are worthy & deserving
- Everything is always working out for you/"It's always this or something better."
- The Universe is taking care of you
- You are responsible for your own vibration & reality - no one else's
 - Everything is energy and everything responds to vibration
 - Abundance is infinite
 - All other humans are fundamentally good, just as you are
 - You are eternal and there is no timeline you must follow
- You do not have to choose between living your dreams and changing the world
- Putting forth energy and effort into something does not mean it has to be hard
 - Timelines can be collapsed with alignment
 - Anything is possible - there are infinite possibilities
- Beliefs are just repeated thoughts and any of them can be changed
 - No one else has power over you

Questionnaire

Do you see any patterns in the beliefs that you ranked high and low?

After ranking these beliefs, which ones jump out at you as to the ones you would like to get started on first? Write down your top 3.

If you were to implement these beliefs right now, how would your life look different in 6 months - 1 year?

Questionnaire

What are the potential blocks that you imagine could need to be addressed in this process of changing your beliefs? These could be your upbringing, the beliefs your family currently holds, the beliefs your friends and those closest to you currently hold, etc. Just list out any obstacle you might encounter on the journey. Gotta be prepared, right? Prepared with no fear - because you've got this.

What are the biggest fears you feel around adopting a new belief set and thereby a new way of life? What do you feel afraid may happen or that you may lose?

By not going forward with changing your beliefs and making deliberate manifestation your lifestyle, what will you be giving up?

Questionnaire

Use this entire page and the next (or your own journal if that's what you've been using!) to write in as much detail as you can currently muster...what is your ideal reality? No rules. No limits. Even if you have not yet fully adopted the belief that anything is possible, let it be 100% true for this imagination game. See, there's no consequences here! None of those fears that you wrote about on the previous page can apply here. This is a space where there are no rules, no blocks, no fears. There is also no disappointment because anything is possible. Now, with all that being said...I'll ask again...

What is your ideal reality?

Questionnaire