

CHANGING BELIEFS

God's Response

The "Top Ten" Voices Of the False Self

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|---|---|
| 1. I am not good enough. | 1. In my human experience, there are always levels of comparison – better than, not as good as. But, God, you show up as me. In my essence, I am whole and complete. That is where I choose to focus. |
| 2. I am so stupid. | 2. My human self does not know everything, but the God within knows all. |
| 3. I'm boring / dull. | 3. Boring and dull is a perception. I have an interesting inner life and this becomes manifest as I let the Holy Spirit heal my old belief system. |
| 4. I don't fit in. | 4. I am part of the WHOLE and fit perfectly. In the fourth dimension, everything is in divine order. But everything in the human world may seem not to fit; the more self is released, the more I fit and live with ease. |
| 5. I am a weak person. | 5. This is the talk of the false self. I am able to accomplish what I want to do as I allow the strength of God to flow. |
| 6. I could never learn that. | 6. Wisdom is my heritage, for God lives in me. I am able to learn anything I want to. |
| 7. I'm afraid to do and say what I would like to. | 7. God wants to express through me. I share who I am with confidence. |
| 8. I don't make enough money. | 8. I live in God who is Substance. I am perfectly supplied as I get rid of old ideas. |
| 9. I do not matter. | 9. I live in God. As part of God, I am important. |
| 10. I am never included. | 10. People may not include me but I am always part of God. |
| 11. I am not as smart as _____. | 11. I know everything I need to know. I must listen to the voice within and trust that any information I need is given to me. |
| 12. I want to be like _____. | 12. I am an individual expression of God. I am unique. |
| 13. I never change. | 13. God grows me through the effort I make. My choice is self or God. |
| 14. I should know better. | 14. I know everything there is to know in my God self. In silence, I listen. |
| 15. I hate life / this situation / God. | 15. I love life. It is a great gift. My challenge is my opportunity to awaken to God's Presence. |
| 16. I hate this. | 16. I love this. Everything is in divine order. This is an opportunity to release unloving mind energy—the false beliefs that are really the problem. |
| 17. I hate myself. | 17. God is my life, my essence. I love myself. I am a somebody in my essence. |
| 18. There is nothing I can do. | 18. I can wake up to the God within. That is the purpose of this work. |
| 19. Nobody notices me. | 19. I am made out of God. God sees me and notices my every breath. |

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| 20. Nobody understands me. | 20. Life understands me perfectly. This is wonderful. The right things happen for my growth. |
| 21. I'm trapped. | 21. My real life is in God. As I release my false self, more of the God force flows into my experience. I am free to move, to grow, to change, to enjoy, to say NO. |
| 22. They should help me. | 22. No human power can fix me. I help myself by allowing Rukha to remove negative beliefs. Then Power can flow. |
| 23. They should respect me. | 23. I must respect my being because God is my essence. When I respect myself because I know who I am, others respect me too. |
| 24. They should love me. | 24. I am made out of LVOE. As I experience that truth, I realize my task is to let the love flow from inside me to you. Then all is well. |
| 25. They always forget me. | 25. Maybe people forget me, but I live in the MIND of God. God sees me always. |
| 26. They owe me. | 26. As I wake up, I see I am part of God and I am complete. As the false self is healed, I see that God is my Source. |
| 27. He / she is cruel / cold / stupid / selfish / arrogant / lying. | 27. He / she is perfect in his / her essence. |
| 28. This will never change. | 28. Everything changes as I do the healing work. I surrender and let God heal me. |
| 29. Nothing ever changes no matter what I do. | 29. Everything changes when I surrender to the Power. I ask the Holy Spirit to heal me of my old mind energy and it is done. |
| 30. Nothing ever works out right. | 30. There is no right / wrong way for things to work out. Life is for waking up. |
| 31. Nobody loves me. | 31. God is Love. God loves me. As this becomes my reality, I draw loving experiences to me. |
| 32. It's not fair. | 32. If I could see the big picture, I would realize that life is absolutely fair. My energy draws me to the experiences I need in a particular situation so I become aware of what is truly holding me back. |
| 33. I resist life. | 33. God is Life and God is everything. I accept what is and do the work of healing so GOOD can flow. I love the way it is. |
| 34. Life should be different. | 34. Life is perfect. God is everything and life is for waking up. People trigger my stuff and I have an opportunity to heal. |

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Appendix

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| 1. If I am good, my life will be great. | 1. Life works from the inside out. (p. 164) I focus on God showing up as me and make an effort to think, speak and act accordingly. |
| 2. I have to do things perfectly. | 2. Doing things perfectly is an illusion. Only God is perfect. God uses my mistakes and imperfection to show me that I am loved – not because of what I do but because of who I am. |
| 3. I am unworthy. | 3. This is the voice of the false self. Of course, in my human experience I can feel unworthy. But I must re-focus to my essence—I am whole and complete because God shows up as me. |
| 4. I am an idiot. | 4. God—my life—is all wisdom, all intelligence. I listen for guidance. The false self is the idiot voice. |
| 5. I am fat. | 5. This is just a perception, the voice of the false self. I focus on my essence and see the beauty that is you, God, showing up as me. |
| 6. If I were skinny, I would be happy. | 6. Happiness is a choice, not dependant on anything outside. I choose to be happy, waking up to your Presence, God. |
| 7. I have to do everything myself. Nobody defends me. | 7. Nobody can fix my life. I am totally responsible for my choices. I have to be right with You, God, (p. 164 and then my life flows as it should. |
| 8. I am not special. | 8. This surely is a deception. In the human world, I may not be seen as special. But You, God, show up as me. To You, I am special. |
| 9. Nobody cares. | 9. My job is to learn to care for myself because God is my life. When I care for myself, my energy changes and hence my experience improves. |
| 10. I will always be alone. | 10. God, you are everywhere. It is not possible that I am alone. Wherever I am, You are. |
| 11. I lack _____. | 11. God is my Source. Everything is within me and flows from within as I let it. "The Spider Knows." |
| 12. My job is to take care of _____. S/he needs me. | 12. God lives in each person. Each of us is here to wake up. I am responsible for the choices I make for my life and so is each person. Fixing is enabling crippling. |

MY EXPERIENCE OF LIFE TODAY

- A.
1. Situation in my life today _____.
 2. **Seemingly** this causes me to feel _____, but I know a situation can never be the cause.
 - a) What has really caused my unhappiness? The triggering of the false beliefs in my unconscious.
 - b) Remember the spiritual axiom—If I am disturbed, I am the one in error (the one who has to change).
I have made something on the outside more important than my relationship with God.
 - c) The false beliefs that were triggered:
 - i) _____
 - ii) _____

- B. I remind myself of my goal, my purpose for being on the planet

GOALS INFLUENCE PERCEPTION

i.e. If my goal is growth in God consciousness, an experience will look one way. I will see value in everything I experience.
If my goal is getting someone to take care of me, an experience will have an entirely different feel.

- C.
1. I am now ready to get right with God.
 2. I reprogram the beliefs that come from the false self.
 - i) _____
 - ii) _____
 3. I ask the Holy Spirit to clean out my unconscious.
Please remove the part of the false belief that was triggered by this situation. I am willing to **be changed**.
 4. I see the Light of God showing up in you, As you, _____. At the level of essence we are one.

Thank you, God
