

Foundational Beliefs

Foundational beliefs are beliefs about *beliefs themselves*, beliefs about *creating reality* and beliefs about *your ability to create your reality and/or change your beliefs*.

Foundational beliefs are beliefs that will sabotage your belief changing work and ultimately your entire dream. Foundational beliefs are beliefs such as:

It is impossible to create my own reality.

If you hold that belief, no matter how many books you read or how much work you do to create your world, ***that belief will make it impossible!***

These beliefs *must* be changed before any other beliefs, in order to successfully and easily move forward.

I have broken down these “mothers of all beliefs” into categories to make them easier to identify.

It is not possible/easy:

We don't really create our own realities.

I cannot create my reality.

I cannot change my beliefs.

It is difficult to create my reality.

It is hard to change beliefs.

I cannot easily discover my subconscious beliefs.

I cannot change my beliefs about _____ (money, love, men, health, work, other people, etc...)

It works for everyone else but me:

Even if I “change my beliefs” my world will not change.

Nothing ever works for me.

I do not have what it takes to change my beliefs, and thus my life.

I do not have the power or ability to create my world.

It is hard to create what I want.

I am not powerful enough to change my beliefs.

It is wrong/unspiritual to create my reality:

It is wrong to change my beliefs.

I will be punished if I change my beliefs.

Only God can change my beliefs.

*It is unspiritual to change my beliefs.
Only God can create my reality.
It is blasphemous to believe I can create my own reality.*

I'm not ready:

*I am not ready to change my beliefs about _____ (money, love, men, health, work, other people, etc....)
I am not ready for the success that will happen when I change my beliefs.
I can have the realities I desire after I clear out all my blockages.
I am not healed enough to create my reality.
If I successfully create my own reality the responsibility of that would be too much for me to handle.
I am not (old, young, wise, capable, seasoned, experienced, smart, etc.) enough to create my own reality.*

It's not safe:

*My success that happens as a result of changing my beliefs will make people I care about feel badly about their own life.
If I change my beliefs about _____ (money, love, men, health, work, other people, etc....) and my world changes, someone I care about (or use an actual name) will be hurt.
Something bad will happen if I change my beliefs.
It is not safe to create all that I want.
If I believe in this information others will ridicule me.*

Can you understand how debilitating these beliefs would be? How they would stop you from moving forward before you even got started?

You may be asking, "But how do I tell if a belief is mine?" I know—I have asked that question myself, and for a long time my only answers were:

*"If it is reflected in your world, it is yours," and...
"Use your gut to determine if it's yours."*

But sometimes it isn't that easy to tell. So I teach a form of applied kinesiology to determine whether someone holds a belief. This method works very well, *if you are centered and calm and believe it will work.*

If you suspect you might *not* let this work, before anything, change these beliefs:

*Applied kinesiology will not work for me to determine my beliefs.
It is not safe to use applied kinesiology to determine my beliefs.*

How to let your body tell you if you have a belief

Applied kinesiology is also called “muscle testing”. It allows the body to give a yes or no response when asked a question. The reason applied kinesiology works, is that the body is essentially an electrical circuit. Energy is always flowing within that circuitry.

When your energy is flowing smoothly, your body works the way it is supposed to. When the flow of energy is blocked, the body shows that blockage because the muscles don’t work as well as when they are not blocked.

What causes the blockage? Anything that is *not true* will cause an energy blockage. This is why we can use it to show which beliefs are true for us.

Here is how to use a form of muscle testing to test *your* beliefs:

1. Become calm and centered.
2. Stand up straight, with your feet shoulder width apart.
3. Clear your energy field by tapping lightly on your chest, throat, and forehead.
4. First practice how the true/untrue or yes/no answers show themselves in your body. Close your eyes and say, *“My name is (and say your name).”*

Your body will remain solid and strong. It will not be difficult to stand without swaying.

Next, with your eyes still closed, say, *“My name is (and make up a name or say someone else’s name).”*

You will notice your body will either fall back, or fall forward, or otherwise become wobbly. It does this because the “untruth” of saying the name that isn’t yours interferes with the energy flow of your body, causing your body to sway.

5. Repeat this “name game” a few times until you feel good about the difference between true and untrue in your body.
6. Now say, *“Does any part of me hold the belief: (And say the belief you suspect you hold.)”*

If you *do* hold that belief, your body will hold strong and solid. If you *do not* hold the belief, your body will falter. Basically: strong = yes, wobbly = no.

I have found it's best to test a few beliefs at a time with this method. Then rest for a while and test a few more.

I suggest using this method along with the other methods of determining beliefs:

1. Asking yourself if your reality reflects the belief and
2. Asking yourself whether it feels accurate to you in your gut

While there is no harm in changing a belief you don't really hold, there is also no benefit to it. You only have so many hours in a day, and you may as well use them effectively.

Who should test for foundational beliefs?

Everyone should test for foundational beliefs. Because even if you are creating *some* success, there may be a part of you that doesn't believe you are powerful, create it all, that beliefs can be easily changed or holds another foundational belief that if changed, could make your work so much easier.

Life should be a joy. And this work should be a joy. This is one important way to accomplish that.

The corresponding positive foundational beliefs:

It is not possible/easy:

~~We don't really create our own realities.~~

We do really create our own realities.

~~I cannot create my reality.~~

I can create my reality.

~~I cannot change my beliefs.~~

I can change my beliefs.

~~It is difficult to create my reality.~~

It is easy to create my reality.

~~It is hard to change beliefs.~~

It is easy to change beliefs.

~~I cannot easily discover my subconscious beliefs.~~

I can easily discover my subconscious beliefs.

~~I cannot change my beliefs about _____ (money, love, men, health, work, other people, etc....)~~
 I can change my beliefs about _____ (money, love, men, health, work, other people, etc....)

It works for everyone else but me:

~~Even if I "change my beliefs" my world will not change.~~
 As soon as I change my beliefs my world will change.

~~Nothing ever works for me.~~
 Everything always works for me.

~~I do not have what it takes to change my beliefs, and thus my life.~~
 I do have what it takes to change my beliefs, and thus my life.

~~I do not have the power or ability to create my world.~~
 I do have the power or ability to create my world.

~~It is hard to create what I want.~~
 It is easy to create what I want.

~~I am not powerful enough to change my beliefs.~~
 I am powerful enough to change my beliefs.

It is wrong/unspiritual to create my reality:

~~It is wrong to change my beliefs.~~
 It is right (or good) to change my beliefs.

~~I will be punished if I change my beliefs.~~
 I will be rewarded if I change my beliefs.

~~Only God can change my beliefs.~~
 Only I can change my beliefs.

~~It is unspiritual to change my beliefs.~~
 It is spiritual to change my beliefs.

~~Only God can create my reality.~~
 Only I can create my reality.

~~It is blasphemous to believe I can create my own reality.~~

It is loving to believe I can create my own reality.

I'm not ready:

~~*I am not ready to change my beliefs about _____ (money, love, men, health, work, other people, etc....)*~~

I am ready to change my beliefs about _____ (money, love, men, health, work, other people, etc....)

~~*I am not ready for the success that will happen when I change my beliefs.*~~

I am ready for the success that will happen when I change my beliefs.

~~*I can have the realities I desire after I clear out all my blockages.*~~

I can have the realities I desire and clear any blockages at the same time. Or,

I can have the realities I desire once I am willing to receive them.

~~*I am not healed enough to create my reality.*~~

I am healed enough to create my reality.

~~*If I successfully create my dreams the responsibility of maintaining it would be too much for me to handle.*~~

When I successfully create my dreams the responsibility of maintaining it will be easy for me to handle.

~~*I am not (old, young, wise, capable, seasoned, experienced, smart, etc.) enough to create my own reality.*~~

I am (old, young, wise, capable, seasoned, experienced, smart, etc.) enough to create my own reality.

It's not safe:

~~*The success that happens as a result of changing my beliefs will make people I care about feel badly about their own life.*~~

The success that happens as a result of changing my beliefs will make people I care about be inspired to create their own dream.

~~*If I change my beliefs about _____ (money, love, men, health, work, other people, etc....) and my world changes, someone I care about (or use an actual name) will be hurt.*~~

If I change my beliefs about _____ (money, love, men, health, work, other people, etc....) and my world changes, someone I care about (or use an actual name) will be helped.

~~*Something bad will happen if I change my beliefs.*~~

Something great will happen when I change my beliefs.

*It is not safe to create all that I want.
It is totally safe to create all that I want.*

*~~If I believe in this information others will ridicule me.~~
If I believe in this information others will support me.*

About applied kinesiology:

*~~Applied kinesiology will not work for me to determine my beliefs.~~
Applied kinesiology will work for me to determine my beliefs.*

*~~It is not safe to use applied kinesiology to determine my beliefs.~~
It is safe to use applied kinesiology to determine my beliefs.*