

***Men often become what they believe themselves to be.  
If I believe I cannot do something, it makes me incapable of  
doing it. But when I believe I can, then I acquire the ability  
to do it even if I didn't have it in the beginning.***

- Mahatma Gandhi

## Introduction

Beliefs create reality. So, if there is something in my reality that I wish to change, I try to consider what I believe to make this an aspect of my reality. Then, I can install a new belief. It is as if you had one computer for your whole life. Beliefs are the programs we run which create our reality. When you see something, the information gets translated through the programs and we act or react according to their interpretation. Since you can't just get a new computer, it is a good idea to update, uninstall and add new programs from time to time. Noticing you aren't happy with some aspect of your life is a good indicator that it's time to do some belief maintenance.

I never understand it when people do things the long way. Which way is the fastest and most fun? When it comes to growing consciousness, I decided to find a more direct route to getting to the root of my damaging patterns and resetting the belief that lies behind the destructive or limiting action I am engaging in. Once my consciousness grew to a point that I could see a lot of my damaging habits and weaknesses, I couldn't stand it. I wanted immediate relief! I began exploring methods of changing beliefs and had a great adventure. There are many ways of going about this process and I've tried several to find the best fit for me.

Many years ago, my Dad gave me What the Bleep Do We Know!? which was my first knowledge of quantum physics. After reading it, I realized the limitless possibilities that I tossed away around the age of 5 or 6. From there, I stumbled

upon the Theosophical Society's New York City headquarters and their great bookstore which was across the street from the building I started working in. There I picked up The Power of Now and I Am Me, I Am Free. I could tell it was time for change in my life. A lot had happened for me that year. I got divorced; fell in love, and started listening to interviews and reading books by people on the frontier of thought. My beliefs began to change. Years later, I decided I wanted to learn about energy healing, and began a training program at The McKay Method School of Energy Healing.

I have learned so much about myself in these past few years and I've started to ask more questions. Why am I having money problems? Why is my house always a mess? Why is my relationship less than ideal? Why is it hard for me to consistently eat healthy and exercise regularly? Why do I feel guilty when I put myself first? Well, an understanding of energy types (characterology) certainly helps. What more can I do about changing my beliefs? I knew from all of my reading and listening that there are ways to go directly to the source of the belief. Our life is run by our subconscious. Although I've studied and gone to school for 3 years, applying it all to my daily life was where I was getting stuck. I chose to survey different techniques for working with my beliefs, to get unstuck at the deepest level.

## **Brain Sync**

I was introduced to Kelly Howell's work several years ago. I started listening to some of her Brain Sync tracks and loved using them. She has put together audio

tracks to help train your brain for certain activities. When you combine binaural beats to get into a desired state, subliminal reprogramming, and repetition, you can change your subconscious programming. I'm actually listening to the "Increase Creativity" track now. It utilizes both alpha and theta waves to balance the brain and I used this particular track to clean up my house and get organized when packing and moving to Montana. I don't have the best spatial relations, so packing has always been a challenge for me. When listening to this track while I packed, I was much more creative with my uses of materials and it was even fun! This technology uses alpha, theta, delta, and gamma waves to put you in the state desired for the activity you're doing. For instance, by listening to the creativity track, I am hearing alpha and theta waves with meditation music and my brain is in its' optimal state for creating. Over time, the brain adapts to these patterns and the audio is no longer needed. While this doesn't work directly with belief changing, getting the brain in an optimal state for the activity you're doing helps keep the brain balanced and healthy. In these states it is easier to identify self-sabotaging beliefs and in a calm state the brain will act less rashly. Another track that I used before and during my move is "The Secret Universal Mind Meditation". This track is best listened to while falling asleep and uses theta and delta waves to put one into a deep, relaxed sleep. It uses guiding words and subliminal messages concerning the law of attraction. Listening to subliminal messages until the subconscious starts to believe them is a common way to train the brain. The time it takes to instill a new belief depends on the person and the belief. Most of the programming we are operating from has been with us since early childhood, so it can take some time to reverse the

effects. Another of my favorite tracks during the tumultuous times of divorce, a high stress work environment and moving, was the “Brain Massage”. I worked at a huge law firm (where patience was unheard of and there was gossip galore), and at the end of the day I would squeeze into the subway train. On my way home I would close my eyes and get a “Brain Massage” while rocking gently to the speeding train. This 30-minute escape would soothe my mind and bring me back to a sane reality. I could think again without anxiety or hurry. A smile would creep back onto my face and I could enjoy the view of Manhattan and the sunset and remember the joys of living in such a crowded, bustling city. I was able to find a still point that I wouldn’t have been able to reach without the brain entrainment. These Brain Sync tracks were great and helped me realize I was ready for more self-awareness and greater change in my life.

## **Enneagram Transformations**

I was introduced to Enneagram Transformations in 2009. This is an ideology by Don Richard Riso that groups people into 9 categories based on beliefs. The idea is to become aware of your personality and therefore after time, recognize your patterns and choose something different. I picked my two categories and then was supposed to read a series of releases and affirmations based on the type. I am a “Helper” and my wing is “Reformer”. There are a combination of twenty-five

releases and affirmations for each type. It is suggested to read your type, wing and the directions of integration and disintegration. This will help you understand yourself most fully. Reading these aloud, first thing in the morning or before bed is said to be helpful. Well, I lasted about two weeks before giving up. I am not very good at routine and I'm a visual person. "The Helper" relates to my gardener nature and I did learn to accept more of my belief patterns associated with this. What I gained was a much broader awareness of my beliefs and therefore behaviors. I became conscious of these behaviors and they shifted. If I had continued saying the releases and affirmations everyday, I probably would have seen bigger results. I stayed with it until I saw results, and then moved on. It's not something I'd want to do for a long period of time. This would be an interesting long-term study to see how the integration and disintegration relates to characterology and if the patterns are the same or similar. I got involved in other things and soon forgot about the Enneagrams.

## **Unlimited Abundance Journey**

Last year, a friend sent me an invitation to a money belief clearing session on the Internet. This was my introduction to Christie Marie Sheldon and her approach to clearing limiting beliefs through energy healing. I was thrilled with the web session and was filled with feelings of confidence, love, and peace afterwards. She led a distance energy healing session for the group, removing blocks from our fields when she found a belief that was blocking at least 70% of the audience. To

determine which blocks to clear, she asked questions to see what came to the surface. I loved the fact that there was an interaction with an energy healer going on and that the beliefs were lifting off. I purchased her “Unlimited Abundance Journey” course, which consists of 24 audio clearing sessions and tools to clean up financial health. This program is a combination of clearing limiting beliefs and learning to think differently about your relationship with money. I diligently listened to these sessions multiple times but did not do much of the homework. I made my vision board and said a few clearing statements almost everyday, but I am still not finished with several assignments. I’m still processing all of these clearings and new knowledge. Listening to her enthusiastic voice and visualizing the exercises were great. This program brought awareness and new knowledge to me of conscious manifesting. This method was more interactive but still seems like a lot of work. Is there an easier way to clear beliefs?

## **The Root Change Program**

In “Root Change”, Sylvia Nibley uses her Psych-K training to change beliefs in a group setting. Psych-K is a modality that utilizes the idea of getting the whole brain involved and instilling new beliefs while the subconscious is engaged. This is normally done in a one on one setting, first identifying the limiting beliefs of the client, and then reprogramming the subconscious with more productive ones. What Sylvia has done is identify beliefs that most of us have, and utilizes the power of the

group dynamic to amplify the effects. She starts out with two foundation sessions of universal beliefs and you can choose to take more specific sessions such as “Healthy Relationships”. Since going through this process in the spring, I feel more confident and trust myself more. I’d like to do the foundation sessions again. I feel like a few layers have been peeled off of these beliefs and I’m ready to go deeper. The process was great and it took about two hours each session. The best part was- no homework! It was also very affordable. My part in the process was picking out a couple of beliefs on a worksheet that I thought would test weak, and read them for muscle testing before the clearing. Then, I would repeat the affirmations after the practitioner while I was in a body position that connects the whole brain. Afterwards, I was muscle tested again and I tested strong on all the affirmations we instilled. Each session was strengthening over eighty positive beliefs. This seemed almost too easy, so I decided to try one more program.

### **Mind Movies “Matrix”**

Mind Movies “Matrix” is a law of attraction system that utilizes multiple senses. They brought in Morry Zelcovitch to add brain wave therapy to their Mind Movies to form this new program. There are four different areas of focus, and they suggest you do one at a time. The categories are Money, Health, Relationships and Perfect Partner. In the morning you watch a 3-minute video with brain wave therapy and at before bedtime you watch the same video with a subliminal message soundtrack. To speed things up, you can listen to a brain optimizing track



throughout the day. Then, there is a “Guided Sleep Meditation” to listen to as you fall asleep. I have been using the sleep meditation every night for a couple of months now and usually watch the mind movie at least once a day. It requires remembering to do something at about the same time every day for a few months. For me, this is a challenge. I have been able to listen to the sleep meditation 9 out of 10 nights for the last four months. It helps me unwind as I’m falling asleep. I have not been very regular with the videos. I wake up and go to sleep at very different hours and don’t always make time in the morning to watch.

## **Conclusion**

Have my beliefs changed since I’ve been doing this work? Yes. What has changed them? Have these programs been a waste of money? No, I don’t think so. Each piece has taught me something. By incorporating small pieces of each program, I am able to change. My ego feels threatened and is so fearful of changing my paradigm. How do I shift the paradigm with such resistance? For me it works if I just shift beliefs a little at a time. There is a two-year old girl inside of me that says no to anything I suggest. Awareness brings answers. I know that I don’t have the answer to changing belief structures but awareness is the key. Ninety-seven percent of our thoughts are unconscious and the unconscious controls our actions.

Have I made progress? I’ve been focusing on this belief-changing task solidly for about 6 months now. Am I different? I think I am different on some level, but I still need to go a lot deeper. Beliefs that have shifted: It is safe to be seen. I love

myself. It is okay to make mistakes. I am worthy. I am capable. It's okay and good to be imperfect.

There is not one right answer to this question or any other. What I have learned at The McKay Method these past three years is the perfect container for my life of spiritual growth and fulfillment, a discernment that will take me along this path of healing and teaching. Just like my religious beliefs draw on many faiths, my growth and learning come from many modalities and teachers. Blocks are related to negative beliefs so I thought if I could get rid of all these beliefs and change them to helpful beliefs, I could jump start my consciousness expansion. Though I have countless lives to work on increasing my consciousness, I feel a pressure to do whatever I can now to move along quickly. I certainly don't know for sure what is happening cosmically right now, but I'd like to be ready for whatever change is occurring. Is femininity taking back the reins? Is the world ending? Will the planet split in two? Is it Armageddon? The apocalypse? The rapture? A golden age? Will the human race divide and the ones who chose not to evolve become extinct? Will the earth give birth? The poles switch? Is it another ice age? Or, will nothing change at all? What is this pursuit of consciousness for? Consciousness is not happiness. How many beliefs make up a paradigm? Which paradigms do you have to shift before you become enlightened? As I expanded my consciousness, I became aware of limiting beliefs and patterns that I hold and didn't know what to do about it. I always like shortcuts, or finding the fastest way from A to B. (The scenic route is for the way home..) I learned that accelerating the pace of your growth/evolution

will naturally increase the level of discomfort associated with this growth. So choose your pace accordingly.

Belief changing is one of the many approaches to increase consciousness. A balanced “diet” of receiving sessions, giving sessions, reading expansive books, and employing belief-changing techniques will work synergistically to increase your consciousness. This in turn will enhance your life, increase your effectiveness as a healer, and help you not get so bent out of shape when life happens!