

# ***BELIEF CHANGE***

## **THE SWISH PATTERN TO ELIMINATE OLD NEGATIVE BELIEFS AND CREATE A SOLID BELIEF OF WORTHINESS**

Take a nice deep breath and let your body begin to relax, let go of any tension or tightness in your neck or your shoulders. Notice the way your eyes feel and let your eyelids begin to get heavy loose, and limp and relaxed... knowing that right now there's absolutely nothing for you to do... nowhere for you to be... nobody wanting anything from you.

This is your time to explore and discover something about yourself... to create new behaviors and new attitudes or abilities to allow you to be abundant.

In the next few moments you're going to do something to replace an old behavior, or a limitation, or an old belief with a new and positive and empowering belief.

So right now imagine... simply having a movie screen or a television screen or even a blank frame in front of you with nothing in it.

And on that frame or in that screen you're going to put a behavior... or a feeling... or a fear or a limitation that you have that has been preventing you from being successful.

Perhaps it is that you don't have the confidence to speak to people easily, or that you get nervous or afraid when you're around other people. Perhaps it is your limitation about picking up the phone and making the phone calls you need to make.

Or perhaps it's simply that feeling you have that you just don't deserve to have money, you don't deserve to have wealth.

Or maybe it's a belief that you would make mistakes if you had money, that you'd do the wrong things with the money.

So right now... as you just focus on that blank square or screen in front of you... find what it is that is one of your negative beliefs or behaviors that has been holding you back and stopping you from having wealth.

Perhaps it's just that you don't believe in yourself.

Now put an image of yourself onto that screen.

If you see it that's fine... and even if you don't see it just imagine it to be there.

Notice the look on your face... or something that shows your disappointment about the feeling you have about that block or that negative feeling.

And as much as you can, access that bad feeling as real as you can make it, and put it there on that screen.

Any of the other elements of it... perhaps past failures... or other times when you've proven to yourself that you didn't have what it takes... put those thoughts onto that screen as well.

Any other limitations that are imposed by yourself about that behavior... or perhaps that others have imposed on you... even back as far as childhood... a teacher or parent or someone else who may have reinforced for you that you don't have what it takes to be successful or wealthy.

Place that on the screen. Maybe it is a voice, or a sound.

Or something you remember that you saw or experienced.

And on that screen put all of the sadness that goes with it, the disappointment, the feeling of failure or the fear.

Put all of those things there on the screen and notice how you feel about all of those things that have come together to hold you back and limit you and prevent you from being successful or wealthy.

Let yourself get very clear on what it looks like to feel that disappointment.

That inner belief that you've had that has prevented you from having what you want.

And as you listen to my voice you may notice that your subconscious mind places even more feelings or thoughts or events or memories that support that negative feeling or belief... and puts them right up there on that screen. Now you can create another blank screen. Take the one that is there in front of you and move it over to the left... just move it off to the left.

Now create another blank screen right there in front of you.

On this one I'd like you to place an image of yourself that represents you being able to truly have what you want, if you had released that limitation or that fear or that belief you had about yourself.

Whatever it is that you imagine yourself to be if you were able to be abundant or wealthy... or have the confidence or the strength... or know that you absolutely deserve to do well... to feel secure and have the freedom to have choices. Notice the feeling... as you put an image of yourself with the look on your face... with the posture and the happiness and the sparkle in your eyes... and the joy that tells you that you truly deserve to have this kind of success.

Notice the way that your body is healthy and strong... and the look of confidence in your eyes... and notice what it is that shows you, that proves to you, that you have achieved that level of success.

Find something that proves to you that you have released the fear, or the limitation or the negative belief that you used to have.

And then notice what it is that is so different about you in that picture. Notice what it is that is just so real, and so right. There are more things that your subconscious mind may place on the screen... perhaps benefits that you didn't even know about... things you weren't even aware of as a successful and abundant person.

And now... what you're going to do is to take this picture of abundance... deserving to be wealthy and abundant... to shrink it down into a little tiny square.

Just shrink it down right now.

That old picture, the one that is of fear and limitation... bring that one back from where it was over to your left, bring it back so it's in front of you.

Now take the little tiny abundance picture and place it inside of the old picture in the lower left corner.

So now in front of you, you have a big frame that's a picture of the limitations or fears... the old picture... and in the lower left corner is that tiny little square of a picture of your abundance picture.

Now when I count to three, these two pictures are going to trade places. The little tiny one in the lower left corner of abundance is going to become very big and it's going to grow and cover the old picture.

At the same time, the old one is going to shrink down into a little tiny square in the lower left corner.

They're going to trade places.

And you're going to do this several times so your mind will get very very good at this.

On the count of three let them switch 1, 2, 3 (snap) switchhhhhhh, and now the abundance picture should be very big and bright and bold in front of you and in the lower left corner of that one should be the old picture in a tiny square.

Now I'd like you to reset them to the original setting.

Every time I ask you to reset them I want you to let something happen that makes everything neutral, so the picture is completely gone... you can either let a curtain come over them and

cover them completely or you could let a color just wash over and it all becomes blue just for a moment or whatever you want to make it completely blank.

Now reset it to the old setting.

And the old setting is that the old limitation picture is big and in front of you and in the lower left corner of that one is the new abundance picture, a little tiny square. Reset it now to that setting.

This time I want you to put yourself into the old picture, feeling the pain, perhaps the anger, or the disappointment, or the sadness that's there. This time when I count to three those pictures will again switch places, while you are inside of the old picture.

1, 2, 3, (snap) there you go switchhhhhhhh.

Good, now you're looking at yourself in that abundance image.

Let it get just a little bit brighter as you look at yourself there in that picture.

A little bit more clear, the details a little more crisp.

Now reset it to the old setting... let it become blank... then reset it to the old setting and put yourself in the old picture... with the sadness... the disappointment... the fear or the belief that you won't succeed or don't have what it takes, put yourself in there... and let yourself feel it.

Now I want you to drain all of the color out of this picture.

Drain all of the color out so it's just black and white and shades of gray and you're still in that picture... but there's no color.

It is all black and white.

On the count of three let them switch again, this time I want you to hear this sound "SWISHHHHH" as they change places.

1, 2, 3, (snap) SWISHHHH. Good.

Now you should be looking at yourself in that new abundance picture and in the lower left corner is that old picture, a little tiny square.

Let the colors in the abundance picture get even brighter now, beautiful, sparkling, twinkling.

And now blank it out and reset it to the old setting.

Put yourself back in that old picture, it's in black and white.

And I want you to let any sounds from that old picture to get very fuzzy and muted, very hard to hear those old sounds becoming distant, and faint and the entire picture is black and white.

Now on the count of three let them switch.

1, 2, 3, (snap) SWISHHHH. Good.

And there you're looking at yourself in that new picture... the sounds are more musical... more magical... a wonderful harmonious sound coming from that picture... and the sound of your own voice saying "Yeah., this feel so good".

Now blank out the entire screen.

Reset it to the old setting... put yourself in that picture.

It's black and white... the sounds are very muted.

Now I want you to let the reception get bad as if like the antenna on a TV that has gone out, or the cable's gone out.

I want you to let it be full of static with bad reception.

You are in that picture, it's crackley, it's snowy, you can actually hear that little crackley sound that's kind of annoying.

On the count of three they are going to switch again.

1, 2, 3, (snap) SWISHHHH. Good.

Now you are looking at yourself in this new image.

In the abundance picture the colors are bright, the sounds are musical, and magical, it's wonderful there's even fragrant smells in this new image. You feel good... you can see the joy in your eyes.

Your body is strong and confident.

Your voice is clear and confident.

Now blank the entire thing out, reset it to the old setting one more time. Put yourself in the old picture.

It's crackley, snowy, black and white, very, very hard to hear or see anything... and now on the count of three let them switch again.

1, 2, 3, (snap) SWISHHHH. Good.

Look at yourself in that new picture... beautiful, bright... so much joy... notice what it is about... you just deserve to have good things... you deserve to have excellent opportunities... the colors are clear and crisp... the detail is precise... the sounds are magical and musical... everything is there.

You want to be in that picture.

You want to be there.

When I count to three you're going to step into that picture and feel it as real as real can be.

You're going to feel the colors, hear the sound... you're going to experience the joy... and the belief of knowing that you absolutely deserve to be wealthy.

So when I count to three you're going to step into it... you're going to be in it... experiencing it... knowing it... living it... everything will be just real as real can be.

Now... really want it.

Look at it and understand why you want that.

Notice why it is so right for you now.

And on the count of three, step in.

1, 2, 3 (snap) step right into it.

Really feel it. You are becoming so alive, so aware, and so at peace with this feeling.

You deserve to feel this good.

Everything is new.

As you look around you notice that you really do deserve to have this kind of happiness... this kind of health... this kind of wisdom... and this kind of financial abundance.

You notice how easy it is for you... almost effortless... to be doing what you love.

You deserve to make money doing what you love.

Notice if there are other people around or if you're in a peaceful moment by yourself.

Notice where you live... what you do... the things that are evidence of your success and your abundance.

And notice something about yourself... what it means about you to be abundant.

The colors are even brighter now, you're healthy, you are strong, you are confident.

Notice what it means about you now... and discover something that you never imagined, something so good, that feels so right for you.

Notice that now. You are so at peace.

You deserve this.

And now you know what it feels like to be worthy.

You can explore even more... you can be curious about what else there is to discover.

And just discover that now.

Everything is so perfect, so right, so interesting.

You feel so alive and so happy.

Life has challenges and you meet them with a wonderful intuition and a wonderful wisdom that allows you to grow and learn and become stronger, wiser.

You're easily able to accept the gifts, the abundance and the opportunities that are brought to you.

You are completely at peace ... with your abundance ... and your confidence ... and your peace of mind.

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Now, place into that ball, the wisdom that will guide you and help you to know the correct path to take... or to allow you to see the opportunity that's presented to you.

Maybe it is your ability to be intuitive, or guided... peacefully and faithfully.

Place that into that ball and watch it swirling around, notice the sound increasing... the feel and the vibration in your hands... as it may actually be getting bigger and stronger in your hands.

Now place into that ball your right to be wealthy.

Release any negative feelings about having money and put into that ball your right to be wealthy.

Whatever way that looks for you let it float into that ball of energy, increase the sound, the strength and the intensity.

Now place into that ball the opportunity that you would like to have come to you,... that will allow you to do the work that you love... that allows you to have a lifestyle that is the lifestyle you're passionate about... where work doesn't seem like work at all.

You are truly in a space of loving what you do.

And whatever way that looks for you, place that into that ball of energy. Feel it swirling, getting stronger having even more movement.

Hear the sound of that energy becoming stronger.

Feel the pressure... the pulse of it in your hands.

And now into that ball of energy, place the one quality or personality trait that perhaps you don't have yet, that you could use in order to allow you to be successful and abundant.

Find that quality that you know that would benefit you... to help you to be abundant. Perhaps it is confidence, or perhaps it is creativity, or perhaps it is self discipline or the ability to be organized.

Whatever it is for you... that one personal thing for you that you need and want... that would allow you to be more abundant ... and place that into the ball ... watch it swirling, getting stronger, and having more vibration and more intensity. Gooooo.

And feel that ball moving, swirling... getting stronger with every breath you breathe... and now I want you to begin to slowly open your hands and send that ball of energy out into the universe. See the color, the little sparkles... the twinkles as it begins to disperse in little tiny particles out into the universe.

Every little particle carries information, each molecule carries this intention and includes all of the things that you placed into that ball of energy.

Each one of those little particles... and there are thousands or millions or billions of them... reaches out in a positive and dedicated way into all of the possibilities and potential situations, people, and experiences in the universe that will allow you to have what you truly want.

Watch the stream of energy reaching out there; see those twinkles and sparkles reaching out.

And as they do you feel confident, and sure that you are able to manifest whatever you need, whatever you want and whatever you desire.

So now you allow the universe to bring back to you whatever opportunity, whatever people, whatever intuition, or skills or knowledge that you need to be abundant.

You expect and allow everything to be brought to you that will allow you to have the abundance, the health, the peace of mind, the strength and the confidence that allows you to deserve to have wealth and abundance.

Now, as you manifest abundance you understand it is your right to be abundantly wealthy.

You release any limitations, fears or anything you may have been holding back on... that has prevented you from being wealthy and abundant. You allow and expect the universe to bring you every opportunity, every person, every lesson, every learning, every teaching, every piece of information, all wisdom and all knowledge that you need and desire to achieve your outcomes.

You deserve to be abundant, healthy and have peace of mind.

