

# EXPOSE Beliefs

Core beliefs develop over time, beginning with the initial programming in childhood (0-7 years old),

Core beliefs are strongly held, rigid and inflexible beliefs that are maintained by the tendency to focus on information that supports the belief and ignoring evidence that contradicts it.

Core beliefs are often hard to spot and require some “peeling”, expert guidance & the extra eyes of community. We can find them hiding in plain sight (when you know how to look) hiding behind our pain/upsets, often the “thing” we’ve spent a lifetime protecting. We need look no further than our unwanted experiences, the problems as we see them.

Discovering our core beliefs, dismantling the negative ones and writing a new program is where it’s at! We MUST do this work if REAL joy is what we want for ourselves OR those we are close to!

On the following pages are some examples to “dive” into the rabbit hole and start exploring YOU!

Whilst the contents of the unconscious are easy to spot with this work, the deepening of awareness comes with consistent inquiry & you will expose deeper beliefs the more you inquire...

I won’t pretend this doesn’t “sting” a little (only at first when you discover the horrible record that’s been playing you). Remember that freedom is on the other side! We’re simply seeing the illusory nature of that which we’ve believed & VERY quickly it becomes fun because the reward is Peace & it’s instant. Choose to do this with a sense of curiosity & the KNOWING that this WILL set you free...

Take the position of observer, the witness so to speak & BE gentle & light with yourself. You’re ONLY exposing the ‘lie’ for one reason, NOT to believe it but release it. This is NOT about blame, it’s about taking back your power through deepening your personal awareness, it’s a cause for celebration!

Welcome to the journey of Transcending humanness, YOU can do this & the truth that is yours to discover is the revelation of your eternal worthiness in union with JUST love, with the Divine Mind!

Here are just some of the typical negative core beliefs to help you DO your work. These will guide you to understand your “ego/shadow” and help you identify behaviours & restore the Divine Operating system built on the Invulnerable & Incorruptible Truth of Oneness & Expansive Love...

## 1. Not good enough (I am not safe)

- I’m unprotected
- I’m vulnerable
- I’m afraid
- I’m helpless

## **Supporting beliefs and predictions**

Nobody will protect me

*Linked Issues:* Safety; Security; Peace; harmony; vulnerability; protection

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## 2. Not good enough (I don't belong)

- I am unwelcome
- I don't fit in anywhere
- I can't help myself
- I am lost
- I am all alone
- I am unwanted
- I should not be here at all

### **Supporting beliefs and predictions**

Nobody wants to know about me

*Linked Issues: Belonging; Connection; self-nurturing*

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## 3. Not good enough (I have no value, I am worthless)

- I am disposable
- I am not worthy anything
- I am no good
- I am unworthy
- I am not interesting
- I never come first
- I'm not valuable
- I am unimportant
- I am not anybody
- I'm nothing
- I always come second
- I am uninteresting

### **Supporting beliefs and predictions**

Nobody values me; Nobody cares about me; People who say nice things to me don't mean them

*Linked Issues: Self worth; Loyalty, Difficulty giving or receiving gifts, congratulations, love or appreciation*

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## 4. Not good enough (I am powerless)

- I am incompetent
- I am not any good
- I am unsuccessful
- I am inferior
- I can't control anything
- I am unworthy
- I can't achieve
- I can't change
- There is no way out for me
- I am disposable
- I will fail

### **Supporting beliefs and predictions**

Other people manipulate me and control my life; I am trapped and cannot escape

*Linked Issues: Achievement; Boundaries; Standards; Structure; Success; Goals, Results; Being organised, Self empowerment; ability to make changes; bonding patterns; self-protection; avoiding manipulation*

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## 5. Not good enough (I am wrong, I am unsure)

- I don't know
- I am always wrong
- I can't understand
- I am uncertain
- I can't make myself clear
- I always get it wrong
- I am confused
- I'm not understood
- I am mistaken
- I am not trustworthy
- I can't be sure
- I am in the wrong place
- I am a mistake
- I am unaware

### **Supporting beliefs and predictions**

It isn't fair; I won't get justice; I can't trust people; People don't trust me

*Linked Issues: Truth; Right-wrong; Justice; Fairness; Openness and honesty; Trust and Trustworthiness; Integrity; Understanding*

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## 6. Not good enough (My life is out of balance)

- I am unbalanced
- I can't be moderate
- Nothing works for me
- I am a klutz
- Everything I do goes wrong
- I am in the wrong place
- I can't fix it
- I am out of control
- I always get it wrong
- I have ruined my whole life
- I can't fix it
- I attract trouble
- I can't get it right
- I can't make it work
- I'll never be able to fix it
- I stuff up everything I do

### **Supporting beliefs and predictions**

Other people have to fix my life for me; Wherever I am I don't like it. I need to move

*Linked Issues: Success; Fixing problems; Solutions; Achievement;*

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## 7. Not good enough (I don't exist, I am nothing)

- I'm worthless
- I don't exist
- I'm not anybody
- I am not enough
- I am invisible
- I am nothing
- I'm insignificant
- I am not recognised

### **Supporting beliefs and predictions**

People cannot see me

*Linked Issues: Recognition; Being who I really am; My history; My knowledge; My experience; Self-awareness; My doings are not my beings (Who I am is not what I do)*

# EXPOSE Beliefs

## 8. Not good enough (I am defective)

- |                  |                 |                                    |                                   |
|------------------|-----------------|------------------------------------|-----------------------------------|
| ■ It's my fault  | ■ I am ugly     | ■ I don't deserve to be loved      | ■ I am dirty                      |
| ■ I am bad       | ■ I am shameful | ■ I don't deserve anything         | ■ I am fat                        |
| ■ I am imperfect | ■ I am useless  | ■ I am guilty                      | ■ I am a reject                   |
| ■ I am flawed    | ■ I am crazy    | ■ I am not whole                   | ■ I am unbalanced                 |
| ■ I can't be me  | ■ I will fail   | ■ I am unattractive                | ■ I am a failure                  |
| ■ I am awkward   | ■ I am a loser  | ■ I am stupid                      | ■ I will lose                     |
| ■ It's not true  | ■ I am hopeless | ■ There is something wrong with me | ■ I don't deserve to be cared for |
|                  |                 |                                    | ■ I am slow                       |

### **Supporting beliefs and predictions**

People can tell there is something wrong with me

*Linked Issues: Integrity; Reason; Balancing giving and receiving; Emotional age; Growth; Avoiding "flips" between opposite positions*

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## 9. Not good enough (I am not real)

- |                   |                             |                                |
|-------------------|-----------------------------|--------------------------------|
| ■ I am a fake     | ■ I don't know what it real | ■ I don't know who I really am |
| ■ I am unsuitable | ■ I am not true             |                                |

### **Supporting beliefs and predictions**

People will find out that I am a fake

*Linked Issues: Freedom; Autonomy; Individuality; intimacy; self-protection; Balancing my personal and impersonal energies*

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## 10. Not good enough (I am unlovable; unwanted)

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|------------------------|---------------------|---------------------------|
| ■ I am not loveable    | ■ I am unsuitable   | ■ I am alone              |
| ■ I am always left out | ■ I am unimportant  | ■ I don't fit in anywhere |
| ■ I am not special     | ■ I am unacceptable | ■ I am uninteresting      |
| ■ I don't matter       | ■ I don't matter    | ■ I am plain and dull     |
| ■ I am unwelcome       | ■ I am not wanted   |                           |

### **Supporting beliefs and predictions**

Nobody loves me; Nobody wants me

*Linked Issues: Caring; Sharing; Unconditional loving; Balancing my giving and receiving;*

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## 11. Not good enough (I am defective)

- I am no good
- I am emotionally crippled
- I cannot be healed
- I am crazy
- I have a mental problem
- I am going to die early
- I am unfixable, unrepairable
- I am bad
- I am mentalled defective
- I am broken
- I am emotionally defective
- I am doomed
- I am damaged (goods)

### **Supporting beliefs and predictions**

I am hurting, in pain; People can see that I am defective; Someone else will heal, fix or repair me; Unless you heal me I will never get better; Nobody can heal my pain

*Linked Issues: Self healing, defects; perfection, pain*

## 12. Not good enough (I have lost my spirit)

- I am not whole
- I have no integrity
- Nothing good ever happens to me
- I have no hope
- I feel hopeless
- I am sinful
- I have lost my spirit
- I am evil
- I cant grow
- I am a bad person

### **Supporting beliefs and predictions**

There is nothing to hope for; I must not get my hopes up

*Linked Issues: Integrity; Balance Wholeness; Spirit; Self-actualisation; Spirit and spirituality; Personal Growth*

## Quick Reference Common Beliefs Hiding The Real Cause...

- I'm Powerless (a.k.a I'm Small and Weak, I'm Helpless, I'm Not Big Enough)
- I'm Invisible (a.k.a I'm Not Seen, I Don't Exist)
- I'm a Failure (a.k.a I'm a Mess, I'm a Screw-up)
- I'm Not Enough
- I'm Different (a.k.a I'm a Freak, I'm Weird)
- I'm Alone (a.k.a I'm on my Own)
- I Don't Belong (a.k.a I'm Lost)
- I'm Not Loveable)
- I Don't Have (a.k.a I'm Poor, I'm Deprived, I'm Impoverished)
- I Don't Matter
- I'm Not Important (a.k.a I'm Not Heard)
- I'm Not Wanted
- I'm Inferior (a.k.a I'm Not as Beautiful as..., I'm Not as Smart as.. etc)
- I'm Not Safe
- I'm Worthless (a.k.a I'm Not Valuable, I'm Disposable, I'm Not Special)
- I'm a Burden (a.k.a I Don't Need Anyone, I'm Responsible)
- I'm Bad (a.k.a I'm Evil, I'm going to Get IN Trouble, I'm Selfish, It's My Fault, I'm a Dissapointment)
- I'm Crazy
- I'm Too Much
- I'm Unworthy (a.k.a I Don't Deserve)
- I'm Wrong (a.k.a I'm a Mistake)

# EXPOSE Beliefs

**Hiding Below The 'Common Beliefs' Above Are Several Deeper Beliefs That Become 'Obvious' Through Consistent Inquiry Practice Which Have The Single Purpose Of Keeping The ONLY Problem (Belief) Hidden...**

## THE BELIEF IN SEPARATION FROM SOURCE/GOD

All misidentification (& thus suffering/limitation) comes from the belief in being something that you are not BECAUSE you believe you are no longer Whole & One with Love & so you've been searching, & continue to search, for that which appears to be missing...

The Core belief in being separate from God is like having signed a contract which commenced a program, a cycle of agreements which conform to the contract which include:

1. Sin is real...
2. Guilt is required...
3. Fear is guaranteed...
4. Punishment proves the case...
5. Death seals the deal/contract...
6. Reincarnation - rinse & repeat for all eternity...

You will see this cycle of punishment clearly playing out in every experience in your life...

Taking this 'pivot' on life with our upsets is HOW we restore Divine Operation. Upsets represent the most obvious example of our limited mindset being breached. We were never meant to believe our upset, they're simply clues as to our sleeping dream state, a clue to the game if you will!

The fundamental purpose of our work here together is to raise the illusion into the light of 'conscious' awareness so THAT you can exercise your Divine Power of Choice...

Beliefs represent choices that have been made & stay dominant UNTIL you decide anew...

You are NONE of what you expose, these are simply ideas based on beliefs which make real but NOT TRUE. NOW you have the Power to Choose again in alignment with what you REALLY want not what was nothing more than a program of inherent limitation...

As the Child of Creation (as are we all), your worth was already established by your Creator: the Creator of Life (not mum & dad)...

YOU are Whole, Perfect, Complete, Invulnerable, Incorruptible, Infinite, Limitless, LOVE...

*The O'THER road you can choose when you let the 'human' perspective GO is the Mind Aligned with the God of Love in CO-Creation, no 'human' interference in the way of Divine Success!*