



## Clearing Negative Beliefs & Choosing Love & Healing Instead

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In the world today, a war is being fought and it is the most dangerous war I believe that has ever been waged. It is a war for your mind. The good news is that you DO have control over your own destiny and when you choose to be a good steward for your mind, your thoughts, and especially your heart, you will be contributing untold goodness to the quantum pool of all thought.

In short, this is much bigger than you or me. We are all connected. We ARE all one and the thoughts, beliefs and actions we engage in will affect life everywhere – including Gaia – Mother Earth.

The purpose of this article then is to give you a glimpse of “the greater story,” and show you how you can play a powerful part in that story by choosing to become a good steward of your heart and your mind. I will introduce you to some of the best and most effective tools I’ve found to come from the heart and clear the mind of all that is non-productive so we can then fill our beings with only that which we wish to experience – for ourselves, for our loved ones, and for all human kind.

Read this through then take time to DO the exercises and practices shown here.

Begin to listen to the messages from your inner self, your soul – and especially your heart. Then pay attention.

Now for a bit of current events. Please note: This next part is not intended to contribute to the fear based energy out there. Quite the contrary. It is to alert you, to make you AWARE of what is happening, so you can turn up the volume in your own understanding and realize how powerful your thoughts and discernment are.

Since September one year ago (2008), our economy, market and world has undergone tremendous change – much of it extremely negative and fearful.

Turning on the TV even for a few moments is a guarantee that your mind will be filled with negative news and fear based predictions. The advertisements which appear every few minutes assure you of how many diseases you might get AND the side effects of the drugs you'll experience if you try to cure those diseases using western medical medicine.

The History Channel is replaying the fearful prophecies of Nostradamus and the 2012 cult is telling us that our world will end in destruction and chaos in that year. Meanwhile, some in the Christian movement are stating that Revelations is here and we are on the path of no return.

Fear mongers predict a pandemic with the H1N1 Swine Flu – one more serious than the flu in the early 1900's that wiped out millions! Really? As of October 16, 2009, only 4735 people have died from the Swine Flu worldwide.

Compare that to the information below and you can see how clearly we are being programmed for FEAR.

World War I claimed an estimated 16 million lives. The influenza epidemic that swept the world in 1918 killed an estimated 50 million people. One fifth of the world's population was attacked by this deadly virus. Within months, it had killed more people than any other illness in recorded history.

Now, you tell me how less than 5000 deaths can come close to 50 million – ONE FIFTH of the world's population? Therefore, I adamantly say "Be a good steward of your mind and your thoughts! DO NOT let in negative thoughts unbidden – REFUSE to let your mind be a toxic waste dump for the fear-based energy permeating the quantum pool.

### **So, On to Part One – How to be a Good Steward of Your Thoughts**

Take care of your mind and what you allow to enter into it. It IS a valuable (Divine) piece of software – PROTECT IT with your life. "Your mind is your most valuable piece of real estate." Joey Reiman (author, "Thinking for a Living")

Simple ideas and actions to take.

- Turn off the TV. If you're going to listen, TURN OFF the commercials. Choose to listen to motivational or inspirational programs only. Ask yourself: "Could I be doing something more valuable with my time than this?" Is this information that I want in the storehouse of my mind?
- Get into nature often. Nature is one of THE best teachers. Be quiet. Listen. Ask questions and listen for the answers. Nature heals and nature hugs.
- Choose uplifting and inspiring music. Baroque music activates both the left and right brain simultaneously and has been shown to increase IQ. It is called the "Mozart Effect," and has been used by governments and organizations worldwide to teach new languages and even train spies to learn at accelerated rates. Universities have documented that students learn faster and retain information longer when they study with the sound of baroque music in the background.
- Give back. Volunteer. Call a friend. Donate money. Even a few dollars can make a huge difference to someone else. Today I learned that you can buy one entire Thanksgiving meal for a family for less than \$2 in the Denver area!
- Become aware of what you are thinking, speaking, feeling. Learn to dialogue with your body and your heart. Ask then listen. Journal. Record the messages from your inner self. It is a very rewarding, healing and comforting feeling.
- Every day, every moment, view your world through the eyes of gratitude. Today my colleague told me a story about a young man who is in a transitional facility in Colorado. He has some disabilities to deal with, but he is optimistic.

This particular facility offers their residents individual apartments. Although small, they offer the great freedom of privacy and a feeling of being cared for. Now this young man, who has so many challenges in life says this about his new apartment, "I love it – it's like a castle to me!"

Guaranteed his natural gratitude will bring more blessings – he may be "down and out" in one area of his life – but in another, he has a very rich heart.

### **Now On to Part Two – How to Clean Out Negative Beliefs & Re-Program Yourself with Positive Ones**

At the very core of your existence and how you are able to create your "reality," are your belief systems.

Identifying and changing faulty belief systems is essential if you are to experience the kinds of successes you so desire.

(Note: You are never given a dream without also being given the ability to manifest it. So, if you have large dreams, you CAN make them real. If they aren't in your reality now, then it is probable that you have faulty belief systems blocking them.)

There are three types of beliefs and most of them are in your unconscious mind:

1. What you believe you deserve
2. What you believe is possible
3. What you believe you're capable of

To take inventory of your belief systems, look at the landscape of your life. Where do you live? How are your finances? What are your personal and romantic relationships like? How is your physical health? How often do you experience peace of mind? Are you living your dreams – or have you even identified them? (Write out this exercise in your belief journal)

Once you have taken inventory of your life, then you can ask "what belief system might have created this?" (Write this out in your journal. The act of writing, especially long hand, activates the deepest subconscious knowing in your brain.)

After you have identified the negative belief systems, then you can consciously CHOOSE, through affirmations, visualizations, and FEELINGS, to change them.

**What if you really don't believe you deserve better?**

One of my seminar attendees asked me "but what if I don't believe I'm worth having a good life, a good relationship, enough money?" **My answer to her was simple:** We are all Divine Beings, and it is our divine birthright to experience all the abundance this vast universe has to offer. God did not intend for us to "live small." That does not glorify the divine in us or the Divine Itself.

Remember the story in the Prayer of Jebez. A loving soul died and had crossed over where he met his guide in heaven. His guide took him to a large warehouse. Inside, there were shelves that went all the way to the ceiling and on those shelves were beautiful satin covered boxes, wrapped as though for a grand wedding.

The guide got up on the moving ladder, and brought down one of the white satin boxes. He opened it up and inside about halfway filled were what looked like party or wedding invitations. The soul asked his guide what they were and the guide responded, "Those are the blessings that were waiting for you that you didn't claim."

**Exercise:** Get into a relaxed state of mind and visualize that YOU are in your warehouse and your guide has taken down your blessing box. It is open. Reach in and one by one allow your inner self to show you what blessings are still waiting for you in this life. Now journal them immediately so you remember, and each day ask yourself, "What do I need to do to receive this blessing? Or these blessings?"

Do this exercise often. Your inner self, once it knows that you are ready to listen, will give you more information as you continue these kinds of mental journeys.

**Affirmations:**

I now live my life so that on the day that I stand in front of the God I believe in, I can say, "I used your blessings well."

I allow my greatest good now.

I am a Divine Being. I deserve a Divine Life filled with many blessings. I accept those blessings fully in every moment.

I AM a Divine Being. I AM from love. I AM loved. I love.

On the next page you will see an example of the belief exercise I spoke about earlier.

Life Circumstance	Possible Underlying Belief Systems	Upgraded Belief System - (Affirmations for each category: I deserve, It is possible, and I AM capable of having these things)
Never enough money	<p>I don't deserve to be rich. Rich people aren't nice.</p> <p>Money is the root of all evil.</p> <p>Someone will just take it away from me if I do get it.</p> <p>No one will like me for me – they'll only like me for my money</p>	<p>I am a Divine Being. I DESERVE financial abundance.</p> <p>Money can and does do a lot of good in the world. I could do a lot of good with more money.</p> <p>When I earn lots of money, I will take care to be sure it is invested wisely and safely.</p> <p>The people who are of a high vibration will like me for me – and I seek out only those kinds of people.</p>
Poor romantic relationships	<p>I don't deserve a good relationship. There are no good men left. Romance isn't all it is hyped to be. There aren't really any good relationships out there.</p> <p>Every relationship I've had has hurt me. I don't need any more hurt.</p>	<p>I am a Divine Being and I DESERVE a beautiful, nurturing, and honoring relationship. There are plenty of great men out there, and I intend to meet them. Romance is FABULOUS! I love being in love and I enjoy loving back.</p> <p>There are PLENTY of great relationships out there. I choose to see and notice those relationships and intend to have one of my own.</p> <p>The past DOES NOT equal the future. I can have a beautiful honoring relationship that does not wound. I CHOOSE to make better choices in the future.</p>

<p>Disappointed friends who invested money in my ideas or lent me money I could not pay back.</p>	<p>I don't deserve to have those people believe in me. I am not worthy of their praise. I'm a loser and they should have seen that.</p>	<p>I am a Divine Being and I DESERVE great friends. I also deserve friends who understand that I keep trying, even when it looks like I keep failing. Failure is only a benchmark of what doesn't work. I CAN find what does work and make it happen. It is possible. All people who birthed great ideas had many "failures" on the way. I intend to stay in the game and prove their faith in me right. I am a gutsy pioneer and I am capable of great things.</p>
<p>Overweight and out of shape</p>	<p>What difference does it make, anyway? My life is so messed up, why should I care about being physically fit? I just want to roll up in a ball and disappear.</p>	<p>I am a Divine Being and I DESERVE a fabulously healthy body. It is totally possible for me to have a perfectly healthy, fit and trim body and I am totally capable of getting into a good workout program and really honoring this fabulous body that I have been given. I can live like a champion – I CHOOSE to live like a champion.</p>

This woman used this affirmation table and the exercises in the attachment to completely change her reality very quickly. She is earning more money than she has in several years, she has set goals that will have her debt free (including the individuals who invested in her) in three years, she began a new workout program and has already come down two sizes, and she signed up on yahoo.com and is beginning to meet really nice men.

What she told me a few months later was that after she had written out her beliefs in this format, her logical mind said, "This is just silly. How could you possibly believe all this negative stuff? You say you're spiritual. Where's the God you say you believe in? Do you think that God would want you to think these things?"

So, again, DO THE EXERCISE. JOURNAL IT. Just the act of journaling will begin to change the neural pathways of your brain and re-program your subconscious mind (the software of your mind), to make more positive and affirming choices.

Also, understand that as you write the new programming out, you want to “set your intention” toward this new desired result.

### **Another Exercise.**

Make a list of at least 10 powerful affirmations. After you have written out the positive affirmations, convert them to 3X5 cards that you can carry with you, put on your desk, by your computer, on your bathroom mirror. Put them everywhere so your subconscious mind is taking them in often.

As you read the affirmations, get into the “feeling space” of already having attained them. Really FEEL them already done – because they are. Then go out in the world and “act as if” they are already done.

How would you act if you had more than enough money, the right relationships, excellent health, and an honoring relationship with everyone you knew?

ACT THAT WAY as you truly become it. The “ACT AS IF” exercise sets your intention and communicates to the quantum pool that you ARE ready for the life you deserve.

Make it a practice to look at your life often and ask yourself, “What belief system created that?” Then ask, “is that a belief system that honors me?” If it is not, change it consciously, and give it time to get into your subconscious mind.

Our minds are like software. They will put out what we program into them. If the results in your life are not what you desire, REPROGRAM your thoughts. It is that simple. And remember, repetition, repetition, repetition. Discipline = freedom.

Here is an affirmation to read before going to bed every night:

“The storehouse of my mind is now cleared of all negative, limiting and non-productive thoughts, memories and beliefs. Negative beliefs and thoughts now bounce off the force field of my mind and dissipate harmlessly into the atmosphere. As this clearing continues, the storehouse of my mind fills with thoughts of joy, love, and positive life affirming beliefs which assure me that I am a Divine Being and deserve all the goodness the Universe has to offer.”

## Part Three – Healing From the Heart

### Ho'oponopono

This is the modern day version of an ancient Hawaiian spiritual practice "Huna" which you can read about in the book *Zero Limits* which was co-authored by the individual renowned for it's practice: Dr. Ihaleakala Hew Len. Dr. Len healed 95% of mental patients in a mental hospital using Ho'oponono. He never met one of them! He just sat at his desk and did the exercise I'm going to share with you below.

Why did it work? Dr. Len believes that we are all one. Therefore, the illness of the mental patients was in some way also residing in him! If he could heal himself with this method, they would heal. It is very much the same principle used by Ernest Holme's Science of Mind treatment prayers. The practitioner speaks the word for the person he or she is praying for but states the prayer in the "I" form – because he/she is also treating themselves as part of the One.

The literal meaning of the word ho'oponono means "to make it right—with the ancestors... with the people with whom you have relationships...with God."

This teaching is founded on the idea that you and I are personally responsible for all that happens in our world.

Admittedly, that's a stretch for some people and, you may find the idea valuable and useful. Check it out. <http://www.hooponopono.org/article1.htm>

In Ho'Oponopono you are always "cleaning" whatever it is within you that has caused unwanted situations. The process is simple, although there are many variations on the theme. It's essentially a prayer you offer to the Divine or your choice for Higher Power.

It goes like this:

**I'm sorry.**  
**Please forgive me.**  
**Thank you.**  
**I love you.**

The "I'm sorry" and "Please forgive me" can be "in general" or about a specific situation or relationship you're dealing with. That could be negative thoughts you're having or a belief that doesn't serve you, an upset or any unwanted circumstance you're facing.

"Thank you." and "I love you" are pretty self-explanatory.

You can also direct "I'm sorry" and "Please forgive me" at others and to yourself as well. When you discover that you've got some unwanted mental judging thoughts or beliefs, "I'm sorry" and "Please forgive me" can help cleanse and heal those thoughts and your relationship with the other person and yourself.

"Thank you" and "I appreciate you" and "I am grateful for \_\_\_\_\_" are also powerful declarations that stop the draining energy of negative thinking and help you replace that with positive, energy-building thoughts and feelings.

## **I love you**

"I love you" is one of THE most formidable reprogramming power tools (and I'm using formidable with its "inspiring awe, admiration, or wonder" meaning) and it's the equivalent of a wonder drug of the mind.

Your ticket to living the life you desire (and more), is saying the phrase "I love you."

The pass that gets you peace beyond all understanding from healing to manifestation, is the simple phrase, "I love you." Saying it to the Divine cleans everything in you so you can experience the miracle of this moment.

**The idea is to love everything.** Love the extra fat, the addiction, the problem child or neighbor or spouse; love it all. Love transmutes the stuck energy and frees it. Saying, "I love you" is the same as saying, "open sesame" to the Divine.

There are some— and I'm one of them— who say that the universal life purpose of every human being on the planet is to learn to love and be loved. The idea that "God is love" is the one principle most widely shared by almost all of our world's religious and spiritual traditions.

**"Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you."  
— Matthew 5:38-44**

If ever there was an enemy that needs (as in desperately) to be made into a friend its negative thinking and our negative beliefs.

To love your unwanted, judgmental, destructive thoughts and to love your limiting, self sabotaging, disempowering beliefs is— to say the very least— challenging – but it transforms them into neutral beliefs. Bless them for trying to protect you, then release them and let them go.

Love is the only thing I know that can bring about this metamorphosis. The idea is to love everything. Love the extra fat, the addiction, the problem child or neighbor or spouse; love it all. Love your negative thoughts. Love your negative beliefs. Bring about their transformation with the power of love. Believe as in **be love**.

What the mind believes you will achieve— always and in all ways. **Believe in love.**

Montana Gray is the author of the forthcoming book, *"Hope = Healthy Opportunities Personally Engineered – A Guide to Creating Abundance and Joy When All Seems Lost."* A self-proclaimed "Guru of Change," Montana's mission is to help others who want to make a difference find and live their passion. A speaker, workshop trainer, and intuitive and marketing consultant, Montana helps you develop and market your BIG IDEA.

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