

# Module 4 Exercise

## Step Two: Overcoming Core False Beliefs

An excerpt from the book, *Conscious Creation*

Core false beliefs are at the root of unconscious creation. These beliefs lie deep in your unconscious or subconscious where they create the patterns that eventually limit you and keep you “small.” Core false beliefs are based on information that you received early in life. They can come through experiences of abuse or neglect that you, as a child, might have made sense of by blaming yourself. They can come through messages from your family or your community—even well-intentioned messages. Or they can be part of the core false beliefs of the larger culture, which come to us in movies, video games, schoolwork, and so on. Children learn from their environment, and their growing minds and bodies are trying to make sense of the things they see and experience. Too often though, the way children make sense of things is to cast themselves as broken or impaired in some way.

### Releasing Statement

*I let go of all beliefs that keep me feeling stuck.*

### Affirming Statement

*I love myself, exactly as I am.*

### Simple Meditation Practice

This module’s meditation is movement meditation. Choose a place where you can be alone. Find an inspirational or meditative song you enjoy. Start the song, close your eyes, and allow yourself to move freely with the music. If this feels odd to you, simply remind yourself that no one is watching. This is an opportunity to connect with yourself through movement. Once the song has ended, sit in silence for at least one minute, then write about your experience.

**What are Core False Beliefs? Exercise:** *“Core false beliefs are ideas about yourself that are held deeply in the unconscious. Deeper than thought, they are your primary filters, and they have become embedded in your body and even in your energy field. These beliefs are what have produced (and written, cast, directed, and filmed) the old movie you’re now trying to transform.”* (Conscious Creation, page 58)

Circle any of these beliefs that you are, on some level, holding or believing about yourself. (Feel free to add your own in the spaces provided.)

I'm not good enough

I'll never amount to anything

The world is an unsafe place

I'll never be happy

I don't deserve to be \_\_\_\_\_ (e.g., happy)

I am a loser

There isn't enough time, money, energy, etc.

I am stupid

I'm all alone in the world

I am not worthy

No one understands me

There's something wrong with me

I'm unlovable

Life is unfair

People are against me

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I'll never succeed

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Life is hard, life is a struggle

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Now, working with one of those core false beliefs, please answer the following questions:

- From where did this belief originate?

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- When does it arise/what triggers it?

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- What do you experience when you believe the thought?

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- What would the "movie" of your life be like/feel like if you could be free of the core false belief?

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**Key 1: Identifying the Shadow:** *“It’s the shadow self, the self underneath the surface, the self we are frightened to face or to express to others. It is the part of the self we are sometimes ashamed of or the part of our self we often deny. Our shadow is a collection of attributes we’ve been avoiding and hiding. The things that seem unacceptable and unlovable.”* (Conscious Creation, page 67)

Reflecting on this, please answer the following questions:

- What have you hidden in your shadow?

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- What is the deepest, darkest thing you are hiding from the world?

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- Do you have any guilt or shame about this? (Guilt is "I've done something wrong." Shame is "I am wrong.") Please briefly write about this:

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- In what ways could you look at it through a different lens?

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- How might you begin the process of bringing the unconscious into conscious awareness, and what might that create in your life?

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**Key 2. Self-Parenting:** For this exercise, we want to recommend that you only do this if you feel like you are in a stable place in your life, and that you have a great support system. This process is inviting you to go deeply into a situation from your past, so please choose one that you feel safe enough to explore.

Please think of a situation from your childhood that was painful. Spend a few minutes in the silence, with your eyes closed, imagining the situation. Picture what was happening all around you. See if you can *really* get in touch with the feelings and thoughts you were having at the time. Now, imagine the younger you and what he/she really needed but did not get at the time. Imagine your adult self sitting there next to your child self. You might picture yourself hugging or holding your inner child. Now say these three things to your child self:

*You're safe now. It's OK to feel this way now. I'm here for you now.*

You might want to repeat these three things numerous times. Notice what happens to the emotions. Now, let your inner child know that you are getting the help you need to be able to care for her/him. Notice if your inner child believes you. If not, you can repeat the three phrases again:

*You're safe now. It's OK to feel this way now. I'm here for you now.*

See if there is a shift. Next, let your child know that you are going to come back to present time, but will not be abandoning him/her. Spend a few moments imagining yourself comforting your inner child. Now slowly bring your awareness back into the room and open your eyes.

This can be a very powerful process to repeat in times of emotional distress. Simply pause and imagine the part within yourself that is feeling "wounded" and then practice the self-parenting exercise. Over time, you may start to instinctively soothe the inner child with the three phrases: *You're safe now. It's OK to feel this way now. I'm here for you now.*



**Key 3: Integrating the Shadow:** *“As each element of your shadow self comes into the light, you begin to integrate it into your whole being by first allowing it to be, just as it is, and accepting it. Then you can come to understand it—in the same way you would have understanding and compassion for a small, innocent child who has made a mistake.”* (Conscious Creation, page 68)

- What stands out to you in this excerpt?

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Go back to what you wrote for Key 1 from this section, Identifying the Shadow. (“What is the deepest, darkest thing you are hiding from the world?”)

- What happens if you just sit with what you wrote for a moment, without judging it, or trying to change it?

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- What was it like for you to do that?

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- What came up for you?

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- What did you notice in your body?

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- How might you treat yourself with compassion and self-love, like a small innocent child who has made a mistake?

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- Does it change anything? If so, in what ways?

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- By practicing acceptance and nonjudgment, how might you understand what occurred from a different perspective?

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**Key 4: Unlearning:** Going back to this list of core false beliefs from the first exercise in this section, "What are Core False Beliefs? Exercise," try rewording the belief in a more realistic or positive way (e.g. "I'll never succeed" could be reworded to acknowledge successes you've already had; "I've been successful many times before.") Use the spaces on the right-hand column to rewrite the core false belief. Ask someone for help if you have trouble with this.

I'm not good enough

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I'll never amount to anything

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The world is an unsafe place

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I'll never be happy

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I don't deserve to be \_\_\_\_\_ (e.g., happy)

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I am a loser

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There isn't enough time, money, energy, etc.

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I am stupid

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I'm all alone in the world

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I am not worthy

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No one understands me

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There's something wrong with me

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I'm unlovable

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Life is unfair

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People are against me

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I'll never succeed

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Life is hard, life is a struggle

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- Notice if the rewording these beliefs changed your perspective on them. Please spend some time writing about this:

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**Key 5: Becoming the Observer:** This can be a very powerful process. Imagine a situation in your life that feels unresolved. Notice the feelings that arise when you think of it. See if you can notice the story you are creating about it. Now, see if you can imagine yourself as the observer of the situation, almost like you are watching it in a movie.

- What do you notice now?

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- How did the feelings change?

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- In what ways did your experience of the story change?

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Questions for journaling and further reflection:

1. "We come into the world as whole and perfect beings, one with source and deeply connected to our true nature." What does this quote mean to you?
2. In what ways have you disconnected from this essence?
3. What impact has that had on the way you view yourself and your life?
4. What would happen if you could reconnect with this essence?
5. How would your life be different?
6. There are three different detrimental attachment styles: avoidant, anxious, or anxious-avoidant. With which one of these do you most relate?
7. What core false beliefs are at the root of this style?
8. How might you move toward a more authentic attachment style?
9. Some of us got the message growing up that certain emotions are allowed and others are unacceptable. In what ways did you receive those types of messages?
10. What impact has that had on you?
11. If you look at emotions from the perspective that they are sensations helping us recognize that something needs our attention, what does that shift for you?
12. *"Our core false beliefs are false. They are not now, and never were, the truth of who we are. They are the by-product of forgetting our true identity."* (Conscious Creation, page 72.) What does this quote mean to you?
13. What triggers you in other people?
14. Oftentimes, we will project onto others what we refuse to accept or even recognize in ourselves. In what ways might you do this?
15. In what ways are you still stuck in an outdated pattern of thinking, feeling, and behaving?

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