

Stage One Outline

1. Get really BIG in Love

State: "I am setting the intention of finding the trauma or series of traumas that started my unloving belief - (state belief)"

2. Get really BIG in Love

Say: Please show me where the trauma or series of traumas is that started my belief - (state belief)"

Allow yourself some time to remember the trauma or traumas.

If needed, think of the kind of trauma that you would need to experience to develop a belief like the one you are working on.

As soon as you remember the trauma, open yourself to feel the pain of it. Once you have felt it completely, (this should not take more than three or four minutes, sometimes more and sometimes less) pull yourself back out and

3. Get really BIG in Love

Give yourself the time you need to feel totally in Love

Once there, ask yourself, "Is the belief true?"

Then put your new truth into words. State your new truth!

4. **Take some time to glean what strengths and gifts you have acquired by pushing up against the old belief all your life. Write them in your journal if convenient.**
5. **Then take the time to change the story if you choose.**
6. **Get really BIG in Love**

Release the pain out of your body. State out loud: I am setting the intention to release the pain that the old belief has been holding in my body. Then, just let the energy come out however it chooses to, being careful not to let your body get hurt. Hopefully you can do this in a place in which you are free to make sounds that will not interfere with other people around you.

7. Get really BIG in Love

Once finished, congratulations! You have just finished a Stage One. Write down your experience in your journal and remember to thank your Guides for their help.