

Others have taught you their truth; let go of their lies and discover your own truth!

You have a thought and know that it is a belief

- ★ *Remind yourself that all beliefs are lies. Decide that you want to let it go. You can choose to keep a belief if you want to, but your True Self has no beliefs.*
- ★ *Look for an emotion (or pain, sensation, or symptom) in the body, and observe it as a witness. If you do not have one, think of the statement that is the opposite of the thought, and the feeling will often arise.*
- ★ *Remind yourself that the emotion is the dark goddess speaking to you, and she is saying the thought is a belief or lie and to let it go.*
- ★ *Acknowledge that the emotion is there only because of the belief; and the belief is not true. When something doesn't feel clear and peaceful, it is a lie.*
- ★ *Remember that a lie has no power of its own; and when you no longer see it as true, it will disappear. It cannot survive without your energetic attention.*
- ★ *Witness the emotion until it disappears. You may have to remind yourself that the feeling is the result of the lie more than once.*
- ★ *You are finished when the emotion is gone or you have an insight that is true.*

You have a strong emotion but no related thought

- ★ *Focus your attention on the emotion (or pain, sensation, or symptom) and witness it as an observer.*
- ★ *Follow the emotion if it moves around with your attention.*
- ★ *While following the emotion, notice any thought that comes into your mind. It is a belief because it arose out of the feeling. The dark goddess is exposing it.*
- ★ *The thought will probably appear to be very true. However, it is reality, not the truth. Acknowledge that it is a lie because it is the cause of the feeling; and let it go. You can't err because you can't let go of something that is true.*
- ★ *Make the choice to let it go or to keep it. But remember the true Self has no beliefs.*
- ★ *Continue to remind yourself that it is a lie until the emotion is gone.*
- ★ *If the emotion returns, repeat the process. Eventually, you won't even remember you had this belief, symptom, or problem.*