

4 Level Belief Work

Quite amazingly, 88% of our beliefs lie in the realm of the sub/unconscious, and only 12% are of the conscious mind. This means that we are basically projecting our sub/unconscious beliefs into the world to create our reality.

We have billions of beliefs. Some serve us in ways that support our evolution in easier, caring and nourishing ways. These do not need to be changed. It's the ones that hold our fears, anger, hatred, prejudices, and emotionally-sabotaging beliefs as well as ancient contracts, oaths, and vows that need to be given a new 'outlook' that fully serves each individual in the highest and best way in moving forward.

The Four Level Belief Work accelerates the changing of beliefs. For a particular issue, the beliefs can often be cleared quickly within one session... or it can be a process depending on the complexity of the experience and how conscious it is to the mind.

My work is as witness or facilitator to this process, not the healer, 'replacer' or 'reprogrammer'. Creator-of-All—the Unconditional love energy--is what changes the beliefs and is the healer.

Energy testing methods (which can be done remotely over the phone or online) are used to test the client's responses through the body so that there is verification and a physical demonstration of which beliefs one believes are true. The client must be well hydrated. This testing will be indicated through the four levels.

The **Core Beliefs** come from this lifetime--from fetal memory to Now time--and are cancelled and replaced in the frontal lobe of the brain. Sometimes the core beliefs "layer" down into the **Genetic lineages**---what our parents and ancestors believed. At this level, through our genes and their morphogenetic field (emotional field around genes), both the emotional and somatic patterns along with conditions and diseases, can be cancelled or resolved and replaced.

Going deeper, misaligned beliefs, programs, obligations, and commitments can also be found on the **history level**--"past life" or simultaneous existence (group conscious) level-- and are able to be resolved.

Even our **souls** have taken on lessons/feelings that are able to be changed. (e.g. "Life is a struggle" when the soul could easily learn from fun and adventure)

I use my communication skills and inner awareness connected to Source-of-All in listening intuitively to what the client's experiences are about in his/her life story and what beliefs lie hidden underneath. I glean the words of the belief statements and programs using inquiry to quickly support the deeper revealing to the Key beliefs.

Oftentimes, deeply embedded feelings and unconscious memories surface for release. Once the Key beliefs are discovered, permission is asked if the client would like them changed by the Creator's replacement.

There are also very quick 'Creator's teachings'--what a concept feels like and how to work with it which the client may not have as part of their awareness. Some people have never known unconditional love, financial abundance or how to live without being criticized. These teachings, and many similar according to the client's needs, can easily be witnessed moving through the client

The big questions at the bottom of changing Key belief/s is how does the situation really serve the client, what good have they gotten out of the situation, what has the client learned, what virtues have been gained through these experiences. We explore this so the obligation of the lesson can be recognized and released.

It has been reported that releasing and reprogramming of these emotional belief levels has resulted in changes in physical and emotional health and rebalancing the body.

Sessions are scheduled for a minimum of an hour. There are many areas of beliefs that clients have chosen to change, some of which include beliefs about love, acceptance, self-esteem, self respect, connection to Creator-All-That-IS, creativity, money, relationships, health, weight, worthiness, careers, life purpose, grief or loss, boundaries, discernment, self-sabotage/abusive patterns, empowerment and trauma.

Through this deep and insightful work, it can be recognized where we limit ourselves, how to be accountable in new ways, to create a meaningful life, to shift out of the victim role, to evolve ourselves, our family and the world in the Highest and Best for all.

Life becomes an adventure. We become the co-creators with the Creator-All-That-IS to shift in Love, to transform the old paradigms, and to enjoy and play in the journey of life.

This amazing work is taught in the Foundational level—Basic DNA 1-2, the Advanced, and Dig Deeper workshops. Each course level of ThetaHealing® Technique is created to clear our beliefs at a deeper level for faster spiritual evolution.

With care and love,
Judy