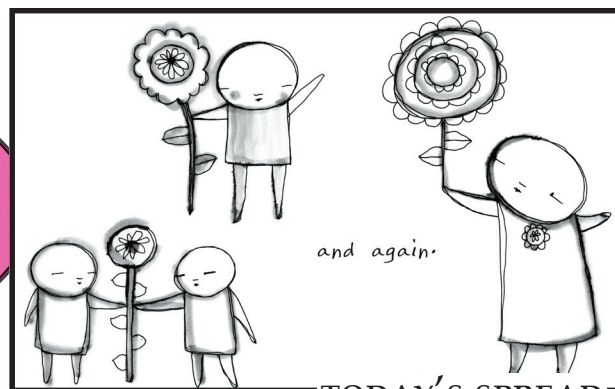


# Playing with your beliefs



TODAY'S SPREAD  
from *i see peace*

Take one of the *underlying beliefs* you wrote down on your **Seeing and Understanding Beliefs** worksheet on page 43 (Day 9) and write it in the column for *Beliefs Going Bye Bye* on the **Playing with Your Beliefs** worksheet on the right.

**For example, a belief to transform:**

"I don't have the education to create a children's book."

To help break up your original belief and explore what new belief you might want, write down its opposite in the next column.

**For example, opposite belief:**

"I know everything I need to create my children's book."

In the third column write a completely different replacement belief entirely.

**For example, different belief:**

"I am free to fulfill my dreams!"

Now in the last column write the most loving, unlimited, peace filled belief you can imagine.

**For example, most loving unlimited peace-filled belief:**

"I am a strong creative person and I effortlessly attract everything I need to create my children's book."

Which of these beliefs do you want to create?



# Playing with your Beliefs

to create the most AWESOME  
CONSCIOUS BELIEFS  
ever!

Belief  
going Bye-Bye

Opposite  
Belief

Different  
Belief

Most Loving, Unlimited  
Peace filled Belief

①

②

③

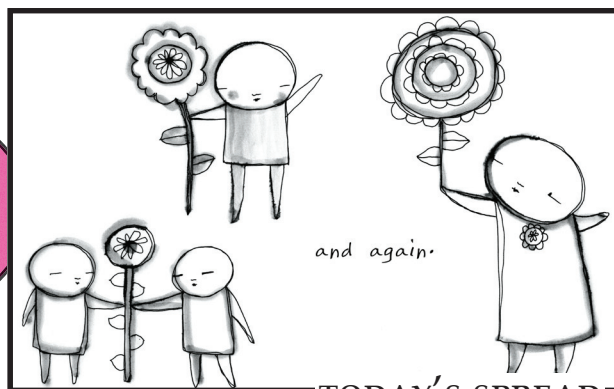
④

⑤

Believing Is Seeing



# Transforming beliefs



TODAY'S SPREAD  
from *i See peace*

Use the following page to begin transforming your beliefs

**One-Inner Self/Peace:** always check in with your inner self and peace first. Listen to yourself and acknowledge any insight that rises.

**Two-Beliefs:** choose the belief you want to create from the *Playing with Your Beliefs* worksheet from the previous page and write it down in the space provided.

**Three-Emotions:** list any emotions that may need to flow in order for your beliefs to transform effectively.

- ⊙ You can show in your drawing where these emotions are in your body and how they can flow
- ⊙ Feelings are neither good or bad-let them all flow freely
- ⊙ Remember peace is always your core
- ⊙ Go slow, pay attention, relax!

**Four-Expectations:** this is the last step before the drawing and is very important. Open your heart and your creative flow. **What are you excited about experiencing by creating this new belief?**

**Five-Drawing:** create! You can draw yourself experiencing your new belief, or show any stuck feelings flowing, or receiving what you are expecting or your inner self and peace supporting you or ALL OF THE ABOVE!

The act of drawing is a powerful way to come into direct contact with your creative force and get that unique feel of your creative style.



# three emotions

List emotions that may need to FLOW to TRANSFORM Belief:

	(emotion)
<input type="checkbox"/>	
<input checked="" type="checkbox"/>	
<input type="checkbox"/>	
<input checked="" type="checkbox"/>	
<input type="checkbox"/>	
<input checked="" type="checkbox"/>	
<input type="checkbox"/>	

- You can show in your drawing where these emotions are in your body + how they can Flow
- Feelings are neither good or bad - let them ALL flow freely
- Remember Peace is always Your Core
- Go slow, Pay attention, Relax
- You Rock!

State Belief you are creating:

## TWO BELIEFS



## one Inner Self Peace

check in here first INSIGHT

five create!

DRAWING



Believing is Seeing  
I believe, I see

FOUR expectations  
this is the Last IMPORTANT Step  
open your heart, your creative flow ~ what are you excited about experiencing from this?

# TRANSFORMING BELIEFS