

# THE PRACTICE :: DEPROGRAM YOUR SELF

State your belief:

1. Is it true?
2. What is possible if it's not true?
3. Do I now see an unflattering personality trait or behavior pattern that has been creating a false reality? (For example, if the belief that "I can't make good money" isn't true, is it possible that I'm lazy?)
4. If this belief isn't true, what must I now do? (Be specific. Don't just say "Make money." Say "Email 25 people per day and tell them about my business offering.")

## ACTION STEPS

#2 is your reprogramming affirmation to incorporate into your meditation.

#3 is what to look out for in yourself. (Nothing to control or to “fix” here; just be aware.)

- Write down an opposite word that inspires you. (For example, the opposite of lazy could be unstoppable.)
- Ask in prayer that the personality trait or behavior pattern be removed.
- Replace the old pattern with #4.

#4 is your action plan.

## MEDITATION

- Close your eyes and take three deep, slow breaths into your belly. Establish your sincere intent to let go of old thought patterns and behaviors and to absorb your #2 reprogramming affirmation into your consciousness.
- 1–5 minutes: breathe naturally, mouth closed and through your nose, focusing on the narrow breath just beneath your nostrils.
- Now repeat #2 for as long as you wish. Allow any resistance to come up and pass through you. Allow any images to bubble up naturally into your mind. If no images come up, that’s okay.
- Finish the meditation when you feel ready. Repeat as often as you’d like.
- IMPORTANT: As you move through the day, apply your reprogramming affirmation constantly.