

## Ep #132: Changing Beliefs



### Full Episode Transcript

With Your Host

**Kim Guillory**

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## Ep #132: Changing Beliefs

Welcome to *More Than Mindset*, the only podcast that bridges the gap between spirituality and success. Go beyond the mind with clarity and confidence Coach Kim Guillory and learn how to integrate your passion to serve with your skills and experience to create a business you love. Let's get started.

Hey, my friends, and welcome back to the show. I survived, I've completely recovered from Covid. Thanks for all the beautiful messages and the get well wishes. I really appreciate it. Like it was nice to read and to hear from you guys. I feel supported, I feel connected. What else is there? I feel satisfied.

I have been talking a lot about satisfaction with our clients in E school and also with the Self Healing Masters. We're talking about success. What exactly is success to you?

And I'll just give you my take on it. For me, feeling satisfied, feeling calm, clear, and courageously confident. That's pretty much everything in a nutshell that I go for every single day.

So I start my morning off with meditation, I do transcendental meditation, sometimes I will bring in an integrative mind body meditation. Which if you guys are interested in those, we have an actual library of meditations that I've done. Guided meditations and even silent meditations, where we just kind of lead you into the experience, and then bring you back on board.

So through my morning, I'll say my morning ritual, if there were such a thing, I'm not really a ritualistic person. It's finding that state of mindfulness, of awareness, of really dialing in to this calm essence. Because when I am in this state of calm, everything is easy. I don't know if you guys have experienced that. But so that is what success is to me.

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And so as I was asking this question to several of my clients, what is success to them? The one thing that I did not hear is I want to make and do what everyone else is doing. I thought that's pretty powerful, right? Because I think we're finally coming around to understanding that the satisfaction and success is personal, that is bio individuality. It's different for all of us.

For some people it's just having a connected family. It's having children that they can train up and a way that they can contribute to the world by raising amazing little humans. For some people it's creating a product that's going to help serve the masses, to improve their life's experience.

It's so personal. And, of course you can do whatever you believe you can do. I truly believe that. Matter of fact, that's what I'm going to talk about today, I'm going to be telling you guys about Belief Boot Camp, and how you can get involved how you can participate and how you can change your beliefs.

So Belief Boot Camp is a five day virtual retreat experience. I'm going to help you identify and change your beliefs so that you can change your reality. In other words, change the way you perceive and achieve things.

When we can change our belief system to align with our sole essence, and take the actionable steps in belief, that's the secret. You have to take the actionable steps being in the feeling of the end results ahead of time.

So let me explain that again. So the Belief Boot Camp is a five day virtual retreat where I'm going to take you through the exact step by step process of how to change your beliefs. How to change your reality, your identity, your perception, and also how you achieve things.

Like instead of what we typically do, I'm just talking about the normal standard human being, is we think about what we don't want. And then we

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don't understand why we stay in the same circumstances. And it's because we're giving our time and devoted attention to focus on what we don't want. And what we focus on is what grows.

So I'm going to teach you the process in this five day virtual retreat experience. I'm calling it that because you will be part of a Facebook community, a private group. And I will come into that group every morning, Monday through Friday. And we are going to move through the steps of how to create a new identity. An identity that is living the life that you want to experience.

And it is a practical, experiential process. So it's not something that I would put on a PDF or throw modules up. If you want that you can get the Flaw of Attraction, I talk about a lot of this stuff in that. If you just research it on Facebook it should come up. There's ads that go to it, or you can just go to my vault and get it directly there.

But that's not what this is. This is helping you, helping every individual who is in the virtual retreat, that is signed up for this, to go through the process so that you can have the visceral experience. And you can imprint the end game, the way that it will feel once you achieve it.

So imagine this, let's just guess at maybe for you making \$50,000 in your business, in your coaching business this year. Your first 50,000 is what you're going for. You would imagine what it would feel like if you were already doing that. Which is not easy, right? Because our mind is so convinced and committed to focusing on what we don't want and what we can't have, that it's not an easy switch to move over to that.

So I'm going to show you how to do it. It doesn't matter what your endgame is. It can be a variety, we're not going for anything specific. I just want to help you change your beliefs.

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Now, we also did a series called The Believe Better series where I interviewed several clients who were in Self Healing Masters and some that were in coach training that told their story of their transformation. And how doing this work completely revamped their life. The way that they believe, the way that they perceive, and the way that they achieve.

I'm not trying to run like Dr. Seuss, by the way. It's just that it is all of that. So we know that the thoughts are super powerful. And you can change those at any moment. Okay, we got that.

Here's the problem. When you've thought the same thoughts over and over and over, and you have an emotion attached to the thought, it has now become a belief. That is not as easy to change. Because you're trying to tell yourself something that you don't believe, that's not true to you. And that's why it doesn't work.

So Belief Boot Camp is an actual weeklong experience where we do the work, check in, do the work, check in, get support. And you continue to navigate until you create. That's the secret. You guys know the Punch Line Approach, right?

First presence, this is the life I'm living right now. This is what it looks like. These are the facts. This is the story, right? You're just like getting present. Like I am now noticing that I am not being aware. That I'm not living in presence. That I am doing a lot of buffering and doing a lot of things to distract me so I don't feel and so that I don't follow through with the things that I really want to do.

So coming to presence is recognizing that. It's just seeing it, that's it. It's just stop, drop into the body, breathe. Super simple. And continue to practice that, like all day. It's not a onetime event. You have to continue to bring yourself back into your body, continue to breathe, and then begin to notice.

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The second step is to unveil so that you can understand because here's the secret, you can change what you understand. You are in control once you understand why you do the things you do. Why you're not getting what you want because of the old habits and behaviors.

This is what puts you in the driver's seat. This is what I was arguing with Louise Hay about, that I could not just change my thoughts because I didn't believe the new thought. Because I had this unconscious belief system, this unconscious theory about not being good enough, not being worthy enough, feeling guilt, worrying about other people and what they thought of me.

And like all of the things that I had been told were my truth. I was living out the truth of the conditioning. I had taken on those labels, that's the rules of life, the way I thought it was, because of the way that I was taught. So you have to begin questioning all of that. Unpack it so that you can understand and not to beat yourself up.

But to actually have compassion for yourself, gentleness, grace, and just recognize, "I thought that was true. That's what I understood. That's what someone told me. These are the things that I believed or how the world worked. According to the environment that I was in, that was my truth. And now I know that truth changes.

Our truth changes all the time. It's only true in the times that it's true for you. And then you'll get more experience and learn more information. And you'll process something else that you didn't understand. And then suddenly, your truth changes.

So there are so many things that I thought was true. And I had to do a lot of work on the second step of unpacking all of that, so that I could understand what was happening. So I could understand why it was okay for some

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people and not other people to be successful, or to achieve, or to be happy, or to get what they want.

It would just break my brain, I didn't understand. I thought I was doing everything right according to the rules of the book that I had been handed. Now I know, that's not the only rule book. What?

Anyway, that's what I want to teach you about. So the first step is recognizing the difference between the story that you tell yourself and actual facts. The second step is to unpack and unravel so that you can understand so that you can take the third step. Which is to navigate.

Now listen, you're going to take this really lightly and think, "Yeah, yeah, yeah. It's just the same old thing." Guys, it is not, I promise you. So many of my clients get caught up in the P and the U and they don't freaking navigate.

What does that mean, they don't navigate? It means they keep thinking about it. And they keep trying to get rid of blocks. And they keep trying to intellectualize the process. But they don't take the aligned action to give them the results that they want. So they don't create the vision. That's what I mean.

So it's the same story with like, when you're in the habit of eating the Oreos at 8:30 at night. And you're like, "Yeah, I'm aware. I see myself do it, but I do it anyway." Okay, well then you're not navigating. You're not navigating if you do it anyway.

So if you're aware, why aren't you being responsible? Why aren't you making the decision for yourself? Why are you continuing to do the thing that you don't want to do, or you say you don't want to do?

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Because you're not participating fully in the actual experience. You're intellectualizing it. You're just thinking about it, but you're not actually doing it. You're not making the decision. You're not following through with the commandment. You're not cultivating as if it already happened. You're not creating that imprint so that you can become that newer version.

And in order to do that, you've got to let the old version of yourself go. But we are so stinking attached. We would rather be miserable and know what to expect, than to be free and surprised at what else could come.

Isn't that crazy? We would rather be locked up in our own belief system and our own story that we know doesn't work for us, because we know what to expect, it's familiar. Than to actually make the change and to be willing. Willing, that's the word, to trust life and experience what you really want.

You've got to be willing to give up the old attachments and the familiarity. And step into the unknown so that you can experience something new and different. Otherwise, you keep re-experiencing the old story.

Anyway, we're gonna go through all of this in Belief Boot Camp. So you can register just by using the link below. I know this is time sensitive, so if you are listening once it's already done you have two options.

Number one, we will do another. So this one is at 10 o'clock in the morning. The next one will be in the afternoon. So I plan on doing a few of these and they will also be available, so this whole series, will be available in Self Healing Masters. So you could just join Self Healing Masters and have access to it there. And also get weekly coaching with me.

I'm there every week. I do Q&A's, I do personal coaching, we do business coaching. Anything that you need coaching on, you can get in Self Healing Masters.

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So if you happen to be listening to this after and it's not being available right now, if you click on the link, we're going to use the same link. So no matter what the date is, later on in time you should still be able to catch the next time it's available.

I highly recommend it. If you have been listening to the Law of Attraction, you study Abraham Hicks, you've done all of the Hay House authors, learned all about manifesting and abundance and money and all of these things. If you've done all of that already and your life has not changed, I highly recommend that you sign up for this.

Belief Boot Camp is a signature offer that I've done a few years ago, and have repeated. And a lot of my work is coming from the concepts of this. So if you have already purchased the Flaw of Attraction, then you have an idea of where I'm going with this. But this is taking it a little bit deeper. No, it's taking a lot deeper.

But I want you to come ready. Ready for change, ready to release, ready to let go of the attachment of what is familiar so that you can move into experiencing something brand new. Something that is exciting, like something that is new and different. Are you willing to give up what is familiar in order to step into something new? In order to –

This is the way I'm thinking about it, how old are you? And how many more years do you think you have left? This is it. This is the time you have right now. And as scary as it sounds, and I know because I've been there. Several times I've been there and it is very hard to let go of the familiar.

Especially when it's a familiar environment, or friendships, or work relationships. Whatever it is that you are so attached to, and you're so afraid to be alone. And that's for all of us. We are tribally driven. It is all about the experience that you're participating in and the world that you are creating according to the beliefs that you subscribe to.

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Would you like to change the beliefs that you subscribe to, so that you can have a new and different experience? That's what I'm going to ask you. So this episode is all about letting you know what we're doing in Belief Boot camp. You're welcome to come over to the More Than Mindset group, which is a free group.

But if you really want to do this work and you want to get the most out of what I'm teaching and what I'm sharing, and do this work with a community of high minded, conscious driven people, then you've got to come over and check out Self Healing Master, that's where it's at.

All right, that's what I have for you this week, I just wanted to tell you about Belief Boot Camp because I'm super excited. And I love doing challenges. I love doing workshops and retreats, and just getting in a place with other people who want to create change and transformation. That's my jam, guys.

So again, thank you for the well wishes from recovery of Covid. I hope all of you are doing well. I have a handful of pharmacists and Self Healing Masters that I've asked if they would come on and do a show with me that talks about just their experience with vaccination. And what do they think are the best protocols to keep yourself safe either way. And really just opening a conversation of being able to listen to a few different points of view.

If that's something that you want to hear, send me an email, [kim@kinguillory.com](mailto:kim@kinguillory.com). Send me an email and let me know we definitely want to hear the voice of sound and reason. Like, can we be in a room and question things without getting defensive, without fighting? Because I'm curious myself.

I'm not sure what to do at this point because I have tested and I'm not sure. I am by no means an anti-vaxxer. I'm completely vaccinated, my children

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are, my grandchildren are. So I can't say I'm on either side, I'm actually just an observer right now and I'm not real sure. And I want to open the floor and a space for others to have the conversation who are not sure also.

This is something we've done in Self Healing Masters. We've done extra calls where everyone was allowed to come on and just express what their concerns and fears were. And we just allowed those feelings to move through the body. Help them get to a really neutral place so that they can make the best decision for themselves.

So I think right now there's just a lot of people who are still in the research phase. Still asking questions and still wanting to know. And it doesn't mean that they're being dangerous. I'm at home by myself, I'm not around anyone else. I'm not harming or hurting anyone.

And that's something that I think we forget to look at, is a lot of people that I have talked to on either side of the fence. Because I have friends right now, personally, who have been vaccinated who have also tested positive for COVID.

I am not saying that anything about that. I'm just saying that is a fact. Those are facts. I'm telling you that's for sure the truth. And a couple of them have had it twice. And so I don't think we know. Statistic wise there might be some numbers and reports or whatever. But I would like to hear from those who are experienced and educated and want to share their message.

So if that happens to be you, send me an email and say I would love to come on and talk about what I know. Because this is something that happened during the election. I happen to be someone who does not get caught up in all that, I will completely just bow out because I'm not going there.

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And I don't want all this bias opinion. I really just want facts and to make decisions for myself. But I really couldn't find anybody who was able to just do that. And so I'm finding it's kind of the same thing even in this.

Sorry, I know I'm almost on a tangent at the end of the show here. But I would love to know if that's something that you guys would like me to bring on to hear more about. You know, having both sides, people who are being reasonable and rational and really just want to share and express what they have experienced and learned. So let me know. Send me an email.

Okay, until next week, my friends.

Thanks for listening to this episode of *More Than Mindset*.