

The Universe is a Dream Machine

*...but sometimes we don't believe it,
that's why our dreams can't come true!*



Linda Oliver

The Universe is a Dream Machine

What You Believe Is What You Get!

Discover a Universal Solution for Stress & Success: BELIEF

Oliver, Linda

The Universe Is A Dream Machine
*but sometimes we don't believe it,
that's why our dreams can't come true.*

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The Universe is a Dream Machine

*Dedicated to my children,
to all the children.*

Linda Oliver

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Foreword

In ***The Universe is a Dream Machine***, Lin Oliver has captured the essence of the sages: no action, thought, or feeling goes unnoticed in the universe. The rules of the universe are quite simple: what manifests in our world of experience is what we believe to be true. This is the true Law of Attraction. What shows up in your life may or may not be what you want, intend, or even consciously think. Never-the-less, if something shows up in your life the energy of your being has attracted it.

You are the center of your universe. If you want to change your life you must change how you look at and react to the things and people in your life. Forgiveness is an effective and gentle way to be kind to yourself and others, to let go of upsets, and to change your life.

Dr. Kurt Ebert
Developer of the Attractor Field Techniques
(AFT)



Find Your Freedom Path & Bring Your Dreams to Life

This book is designed to be a handbook for freedom; freedom from overwhelm, stress and limiting beliefs. Freedom to be who you were born to be.

To be free to unleash your genius, to contribute the gifts, skills, and talents you were born to share; to allow your light to shine and be luminous.

Billions of beliefs are blocking the expression of genius by billions of people.

It was a revelation for me to discover that our beliefs create our reality.

The Universe is a Dream Machine but sometimes we don't believe it that's why our dreams don't come true. *"What you believe is what you get!"*

I believe we are living in the midst of a universal love story. Are you aware of the powerful gift you have been given, the creative power within your mind?

My life has transformed completely as a result of changing my beliefs and I am forever grateful to Dr. Kurt Ebert for developing the Attractor Field Techniques. I am delighted to share this practical path to transformation with you.

May all your dreams come true.

Lin Oliver

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*"Beliefs
are the determinants
of what one experiences.*

*There are no
external 'causes.' "*

David R. Hawkins, MD, PhD.

I am eternally grateful to my parents for their guidance to *"question everything"* as I have spent thousands of hours researching many different topics in my quest to find an answer to this question:

If love is the answer, why is there so much suffering?

My heartfelt appreciation, love and gratitude to Marianne Williamson,
Dr. Kurt Ebert, Dr. David Hawkins and Bruce H. Lipton, Ph.D.

It was my study of their magnificent work that has allowed me to "connect-the-dots" and see a new picture of reality where "The Universe is a Dream Machine."

The book entitled "Christ Returns Reveals Startling Truth" is an astonishing book in which Christ says: *"All the problems of harsh existence lay within the thought processes of man himself!"*



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*“You do not need to heal your bodies
or try to make your lives better,
you need to heal your beliefs!”*

*Christ Returns:
Reveals Startling Truth*

The Universe Has Eyes

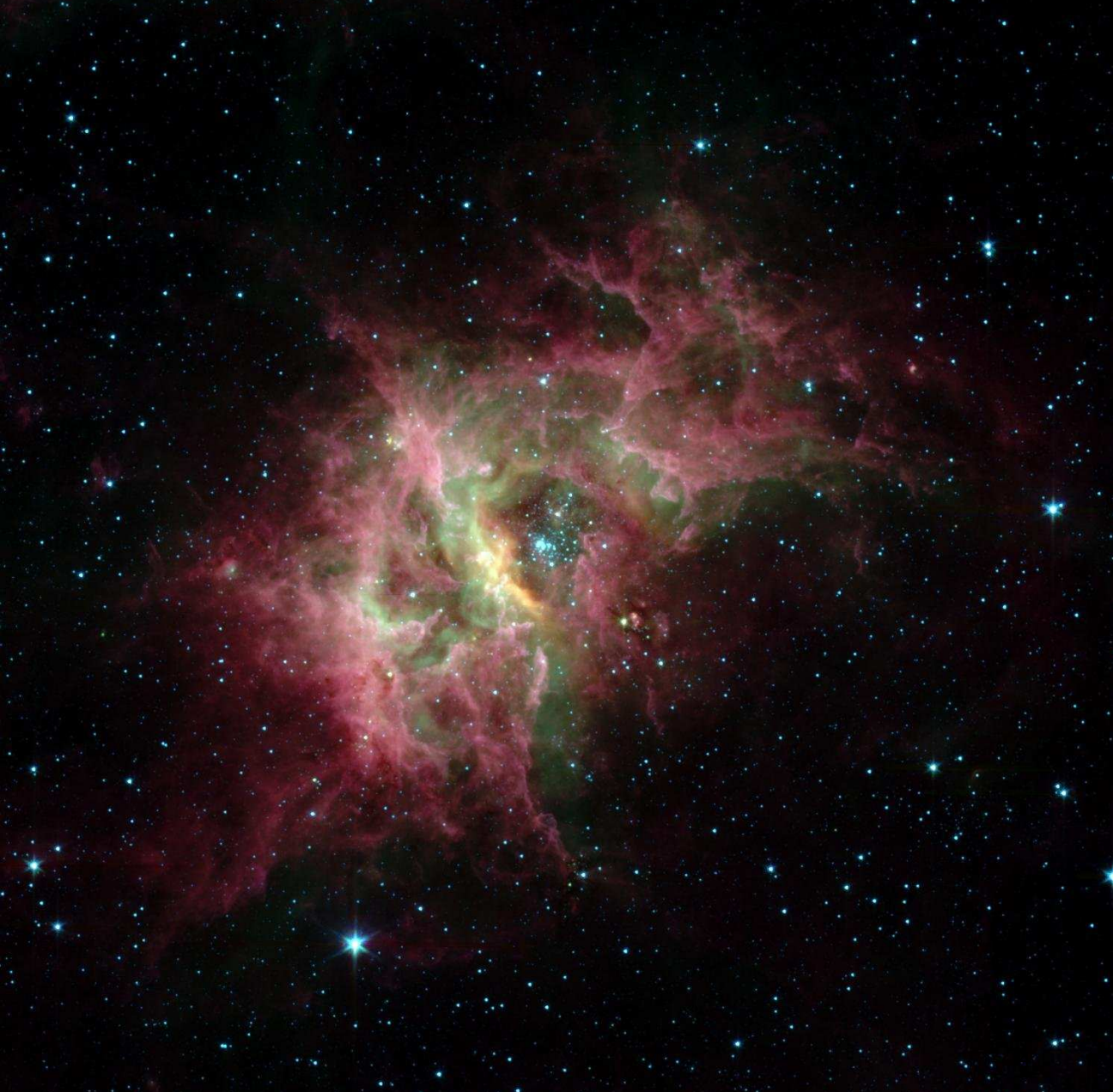
The Universe Has Eyes was the title of a chapter in a book that I picked up to browse many years ago; I dropped it quickly when I read “The Universe Has Eyes!!”

What if *THAT* is true?

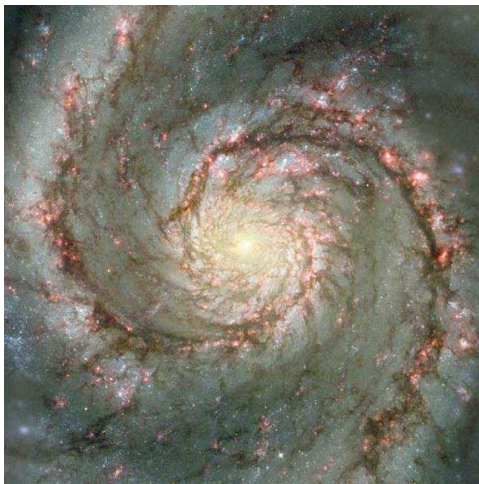
That was mind-blowing and life-altering for me.

The Universe Has Eyes -- you mean we are being observed, all the time, every moment of every day, no secrets, no hiding place, all thoughts, all actions, all visible for The Universe to see? Yes, we truly reap what we sow.

It may not come back to us directly but just like a Boomerang what we are sending out will return to us in the form of our life experience, it is Universal Law.



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"The 'self-image' is the key to human personality and human behavior.

*Change the self-image
and you change the personality
and the behavior."*

Dr. Maxwell Maltz

It's not that the universe has 'eyes' like we do but rather the energy that we send out is reflected back to us in the form of our life experiences. There are cosmic consequences to what we broadcast in our "personal energy signature".

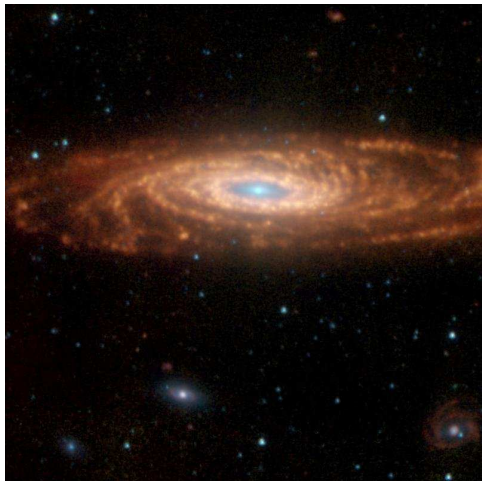
What do you mean "*personal energy signature*"? It's the energy broadcast that is made up of your thoughts, feelings, beliefs, intentions, expectations, attitudes, values; it's your consciousness that makes up the "You that is You" and you are broadcasting and receiving energy and information all the time. 24 x 7 x 365.

The Universe reflects back to you what you broadcast; you are a human antenna broadcasting and receiving energy and information every moment of every day.

In any moment you have the power to change the frequency, vibration or channel you are broadcasting and tuning in to.



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*"We are not human beings
having a spiritual experience.
We are spiritual beings
having a human experience."
Pierre Teilhard de Chardin*

This is a giving and receiving universe. What we give, we receive. There is tremendous love for us, the choices we make and the consequences we live with.

Why? Then I wanted to know Why?

Because we reap what we sow, very simple and so beautifully elegant.

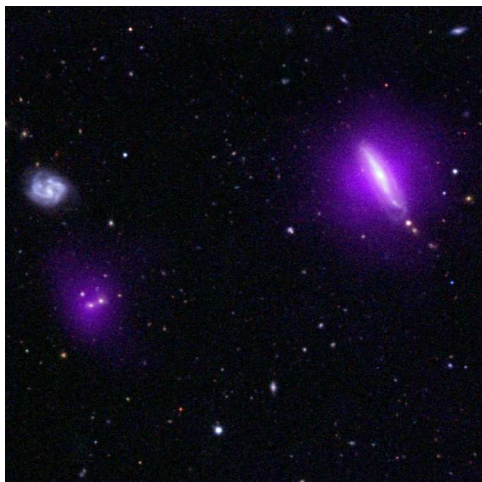
Life by design, our design. We choose what we send out and it comes back to us.

Giving and receiving. Choices and consequences.

BELIEF is a universal solution for stress and success because *"what you believe is what you get."* When you change what you believe, you change what you perceive and your experience in life.



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*“Have you ever wondered what
your subconscious mind looks like?
Simply look at your life and you are
seeing an exact physical reflection
of your subconscious Self.”*

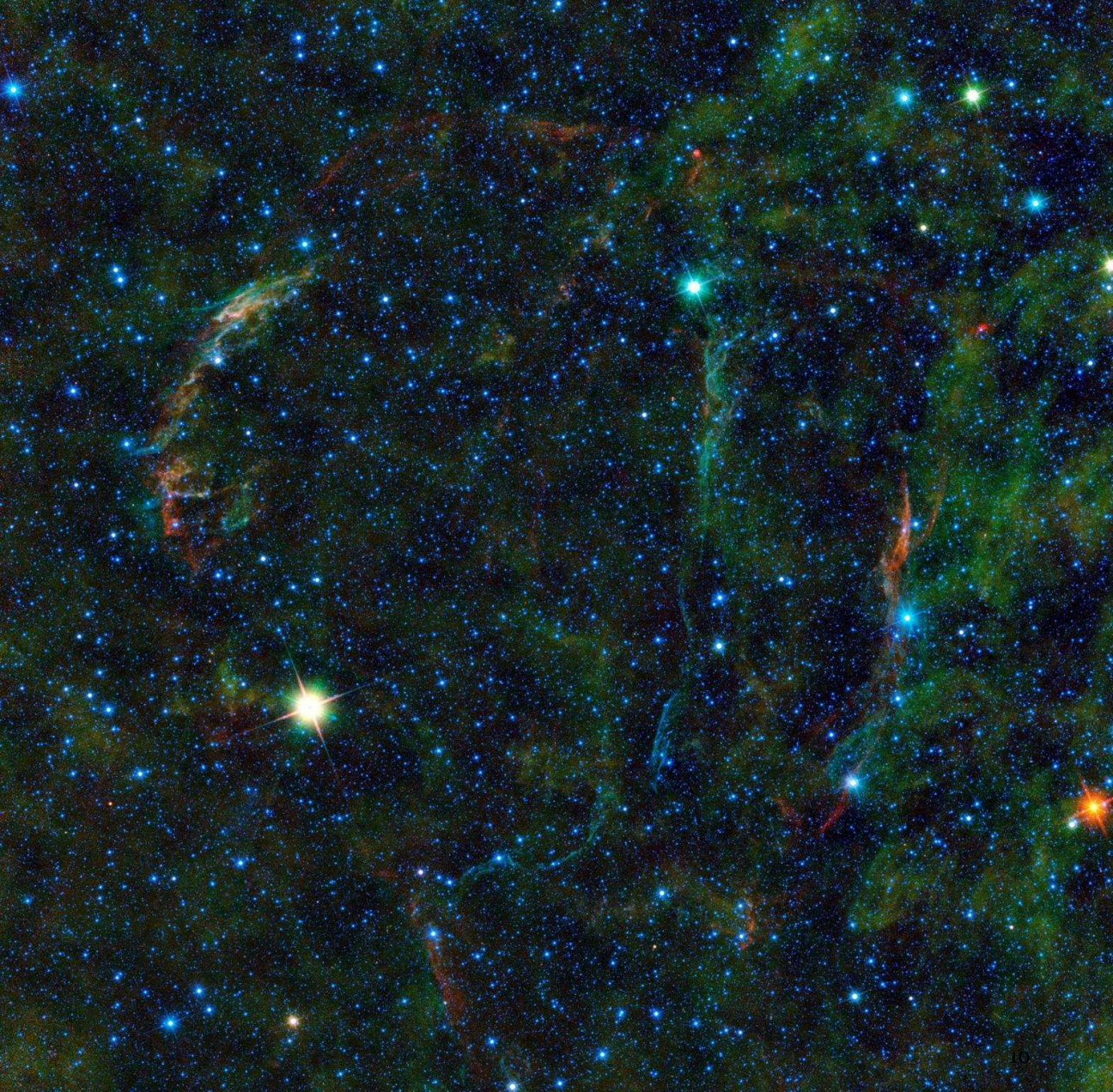
David Icke

“Your beliefs act like filters on a camera, changing how you see the world. And your biology adapts to those beliefs. When we truly recognize that our beliefs are that powerful, we hold the key to freedom. While we cannot readily change the codes of our genetic blueprint, we can change our minds.” Bruce H. Lipton, Ph.D. “The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles.”

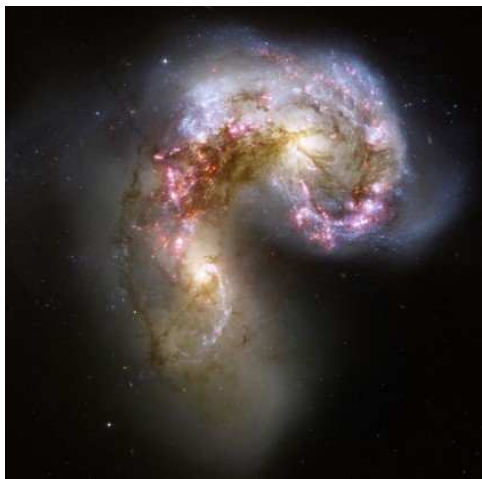
Energy Psychology, specifically "AFT: Attractor Field Techniques" is the system I have used to transform my limiting beliefs and my life.

AFT begins with the understanding that we are already divine enlightened beings but for a variety of reasons we have limited and limiting beliefs that cover up our own enlightened divinity.

AFT is a new way of using the ancient Chinese discovery of the meridian energy system, without using needles.



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*“The universe does not work
in the ways that we have
been taught.*

*It is time to awaken and
to learn the truth.”*

Dr. R.K. Ebert

AFT Belief Change Technology is part of the larger body of work known as the “Attractor Field Techniques” developed by Dr. Kurt Ebert. I have personally trained with Dr. Ebert and received my AFT Practitioner Certification in 2005.

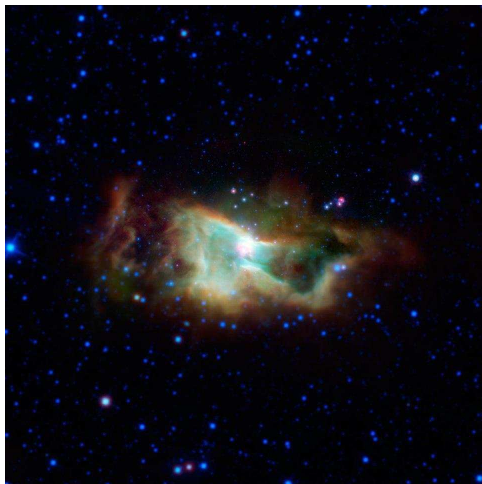
The Attractor Field Technique is an independent outgrowth of the work of David R. Hawkins, M.D., Ph.D., author of “Power vs Force: The Hidden Determinants of Human Behavior”. In this work, Dr. Hawkins presents the results of 25 years of historic research into human consciousness, and provides a wake up call to humanity.

Dr. Hawkins’ books and video tapes provide the background necessary to begin to understand attractor fields, and their influence in our lives.

Dr. R. K. Ebert is a licensed Clinical and Neuro Psychologist based in Bala Cynwyd, Pennsylvania, U.S.A. www.the-tree-of-life.com



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*“Our deepest fear
is not that we are inadequate.
Our deepest fear is that we are
powerful beyond measure.
It is our light, not our darkness
that most frightens us.”
Marianne Williamson*

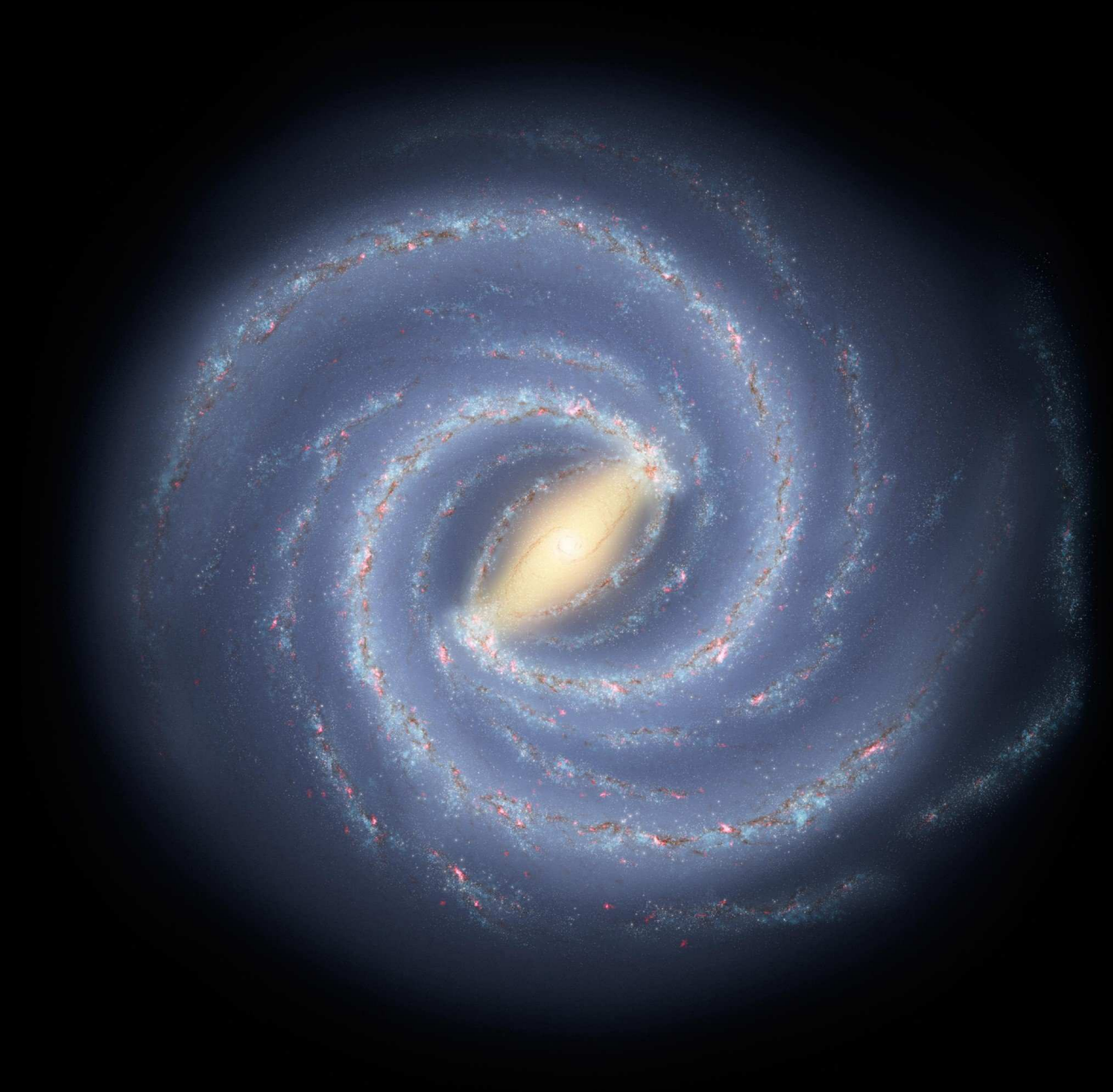
“Attractor Fields” are the energy fields generated by your attitudes, beliefs and ongoing thought stream, they are self-perpetuating. It is as a result of these energy fields that you view the world the way that you do, and why you have the attitudes and reactions toward life that you do.

You can't avoid creating attractor fields; they are the result of the process of thinking. You can only help by shifting your thought pattern away from negative thoughts:

Weak or negative attractor fields make us weak.

Powerful or positive attractor fields make us strong.

Our consciousness is like a pile of iron filings subjected to the influence of the “magnets” of our thoughts and feelings.



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*“The Field
is the sole
governing agency
of the particle.”
Albert Einstein*

It takes courage to accept responsibility for our lives, *“to accept what is”* and make amends. Transforming your limiting beliefs will help to reveal your courage.

When you SEE things differently, you will begin to ACT differently. When you change what you believe, you will change what you perceive and your experience in life.

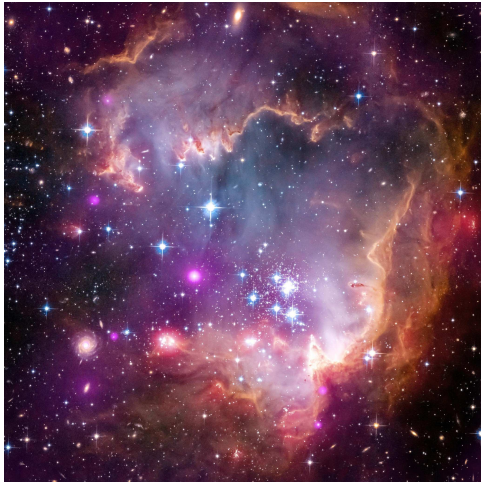
With your conscious mind you might decide: *I want to get fit, be successful, lose weight, have more love in my life, etc.*

If your decision is not in alignment with the beliefs or programs running in your subconscious mind, which “mind” do you think, will win?

The one that is running more than 95% of your life, your subconscious mind.



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*"The most important question
a person can ask is,
"Is the Universe
a friendly place?"
Albert Einstein*

More is unknown than known about our Universe. Visible light -- where we experience life -- is just a tiny slice of the electromagnetic spectrum.

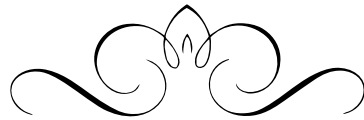
We live in an electromagnetic universe where nothing is solid, everything is information, energy or frequency and has a specific vibration. In this electromagnetic universe, thoughts are electric and feelings are magnetic. Your mindset + your emotional patterns are your creative tools.

One of Albert Einstein's great insights was to realize that matter and energy are different forms of the same thing. Matter can be turned into energy and energy into matter.

Quantum physics has given us a new lens through which we can view reality and see that the perspective of the observer "You" are the prime cause of what shows up in your life.







Why Change Beliefs?



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Why Change Beliefs?

What You Believe Is What You Get!

You create a blueprint for your life with your programming... your beliefs, thoughts, perceptions, expectations; your consciousness.

It's like a mould is created at an energetic or quantum level (*remember everything is energy and information*) and matter is “poured into” or attracted into the mould.

If you believe you are poor, that will be your experience in life.

If you believe life is a struggle, that will be your experience in life.

If you believe there's not enough, that will be your experience in life.

If you believe life is not fair, that will be your experience in life.

If you believe people are kind, that will be your experience in life

We are transforming the world from the inside-out, because what you experience as Your Life is an outpicturing of what you hold in your subconscious mind.

When you look at the different aspects of your life, ask yourself:

“What must I believe for that to be true?”

If you would like a different life experience or outcome, then transform your programs and limiting beliefs.

When you change what you believe, you will change what you perceive.

Are you ready to get out of the prison of your mind?

The vision of FREEDOM has huge appeal, whether you are locked in a prison cell or the prison of your own mind, your spirit wants to be free to Be who you were born to Be.

What is the prison of your mind?

The “prison of your mind” is a mixture of limiting beliefs and programs that you believe and may be running your life and yet may not serve you. Beliefs such as I am not worthy, I don’t deserve, I can’t do that... be that... have that.

Henry Ford once said:

“Whether you think you can or think you can’t you will always be right”.

Researchers have found that most people have more than 60,000 thoughts each day; many are a repeat of thoughts from the previous day and many are negative thoughts.

If you want the world to be a beautiful place, you must first make your mind a beautiful place. No matter how fleeting, each thought adds to the energy balance of your personal energy signature and level of consciousness.

The sum total of your thoughts, beliefs, attitudes, and actions results in who you are at the moment. We live inside our own energy field or energy bubble, some people call this the aura or luminous energy field.

The "Su Wen", a Chinese acupuncture text, describes Qi, or Life Energy:
*"That which from the beginning was in heaven is Qi;
on earth it becomes visible as form."*

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The Biology of Belief:

Unleashing the Power of Consciousness, Matter and Miracles.

Bruce H. Lipton, Ph.D. is a cellular biologist and author of “The Biology of Belief” in which he provides an understanding of the New Biology, the power of belief and the importance of our early childhood programming.

In "The Biology of Belief", Dr. Lipton says:

“For the first six years of its life, a child is unconsciously downloading other people’s behaviors and programming them as their own. Also during this hypnotic period, a child acquires beliefs about themselves that they hear from their parents. Who am I? Am I lovable? Do I deserve things? Am I capable? These assessments are directly recorded into the subconscious mind as the child’s self-identity. Here comes the big problem.

Neuroscience reveals that we only operate our life 5 percent of the time with our conscious creative mind, while we operate our life 95 percent of the time with the habits in our subconscious mind. So while we think we are running our lives, we are actually often creating life with invisible programs acquired from others. When we understand this, it changes life for all of us. We are all very powerful beings and have an opportunity to create a life filled with health, happiness and love.

You cannot change your genes, but you can change your programs. Knowledge is power. Knowledge of self is self-empowerment. We can rewrite our programs and take power over life. We can bring peace and harmony into our own lives and into the world. We can create heaven on Earth.”

That’s great news: We can rewrite our programs!

Dr. Lipton continues:

“Newer approaches promise to change our programming, recognizing that there is no use “reasoning” with the subconscious tape player. These methods capitalize on the findings of quantum physics that connect energy and thought. In fact, these modalities that reprogram previously learned behaviours can be collectively referred to as Energy Psychology, a burgeoning field based on the New Biology.”

Bruce H. Lipton, Ph.D., *The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles.*
Santa Rosa, CA: Mountain of Love/Elite, 2005
www.bruce-lipton.com

**permission granted by Bruce Lipton to use quotations from The Biology of Belief.*

Make Peace With The Past

In order to move forward, we need to make peace with the past so that the future is not a repeat of our past programming. Now it is possible to rewrite our childhood programs and begin again.

My goal in creating this book is to share a simple, practical way for you to transform your limiting beliefs and your life, *fast*.

I believe we are living in the midst of a universal love story. It's time to awaken to the possibilities for self-development, prosperity and joyful living. *Are you aware of the powerful gift you have been given; the creative power within your mind?*

In the next section you will discover how to transform your limiting beliefs with the “AFT Belief Change Technology”.

How to Transform Your Limiting Beliefs in 2 Steps:

Step 1. Tapping Specific Meridian Points

We begin by tapping on a series of specific meridian points – it's not the tapping but the pattern of taps that provides information to your system.

This tapping will activate your meridian system in such a way that it magnifies the power of the AFT Belief Change Affirmations.

Tapping locations:

SH = Side of Hand, from edge of palm up to little finger. Tap 60 times.

TH = Thumb on inside edge of nail, closest to your heart. Tap 60 times.

BH = Back of Hand between 3rd and little finger. Tap 225 times.

V = Vertex (crown) centered on top of head. Tap 60 times.

FH = Forehead 1 1/2" above end of eyebrow by nose. Tap 60 times.

V = Vertex (crown) centered on top of head. Tap 60 times.

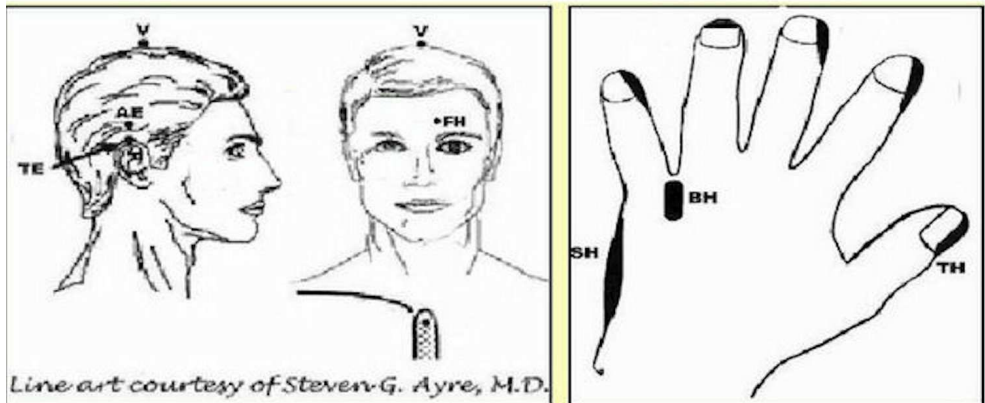
DT = Double Tap; simultaneously tap AE Above Ear & TE Top of Ear. Tap 60 times.

It does not matter which side of the body you use.

Note: The positive energetic effect of tapping the meridian points will last for 30 minutes, which means you can concentrate on saying the AFT Belief Change Affirmations for 30 minutes.

Step 1 Tapping sequence & number of taps:

SH=60 TH=60 BH=225 V=60 FH=60 V=60 DT=60



Step 2. AFT Belief Change Affirmations

The intention behind your words is an important factor in clearing your limiting beliefs. As you approach this work, please attempt to have a feeling of love and compassion for yourself. Use the same approach as if you were nurturing a small child tenderly, with great love and compassion.

On page 29 is a list of Beliefs to Transform, choose a Belief. After tapping the meridian points in Step 1, focus on the Belief that you intend to transform as you say the AFT Belief Change Affirmations out loud.

Each affirmation is to be spoken out loud 3 times, and has 3 versions which is a total of 9 affirmations for each Belief to be transformed.

To err is human, to forgive divine.

The AFT Belief Change Affirmations are always in the form of forgiving yourself for having a negative belief.

The limiting belief creates energy that creates suffering and you are paying the price.

Forgiveness is about acknowledging that we created the belief out of a limited perspective and relative ignorance.

Tapping the meridian points helps the power of forgiveness to be used by your energy system.

How often do I need to do the affirmations?

At least once a day for two weeks or until you have the desired results.

About the AFT Belief Change Formula:

I Forgive Myself... this calls on the Divinity within you.

On all Levels... this acknowledges you have different aspects to your personality and that you intend to forgive every aspect of yourself.

Even though consciously or unconsciously... the problem with unconscious beliefs is that they are unconscious and you don't know you have them.

I still believe... this deals with partial results.

I never stop believing... this is a paradox that deals with attachment to the goal of eliminating the problem as the source of your happiness, which is in fact part of the problem.

There are limiting beliefs that it seems much of humanity has agreed upon, such as: I am not worthy, I do not deserve, I am too old, I am too young, I am too poor, I am not enough, there's not enough time, there's not enough money, etc.

In the following pages you will find AFT Belief Change Affirmations for twenty-one limiting beliefs. Don't be deceived by the apparent simplicity of the beliefs, they can have far reaching consequences in your life.

Remember, What You Believe Is What You Get.

Twenty-One Limiting Beliefs to Transform:

I am not worthy.....	30
I do not deserve to be happy.....	31
I do not deserve to be successful.....	32
I am stupid.....	33
I am inadequate.....	34
I am powerless.....	35
I am a failure.....	36
I deny my own value.....	37
I am afraid of my own power.....	38
I am not enough.....	39
There's not enough time.....	40
There's not enough money.....	41
I cannot have abundance throughout my life.....	42
Money is the root of all evil.....	43
It takes money to make money.....	44
You can't be rich and spiritual.....	45
It matters what people think of me.....	46
I am not grateful for what I am receiving.....	47
Life is not fair.....	48
Life is hard.....	49
Life is a struggle.....	50

Belief: I am not worthy

I forgive myself on all levels even though consciously or unconsciously I believe I am not worthy.

I forgive myself on all levels even though consciously or unconsciously I believe I am not worthy.

I forgive myself on all levels even though consciously or unconsciously I believe I am not worthy.

I forgive myself on all levels even though consciously or unconsciously I still believe I am not worthy.

I forgive myself on all levels even though consciously or unconsciously I still believe I am not worthy.

I forgive myself on all levels even though consciously or unconsciously I still believe I am not worthy.

I forgive myself on all levels even though consciously or unconsciously I never stop believing I am not worthy.

I forgive myself on all levels even though consciously or unconsciously I never stop believing I am not worthy.

I forgive myself on all levels even though consciously or unconsciously I never stop believing I am not worthy.

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Belief: I do not deserve to be happy

I forgive myself on all levels even though consciously or unconsciously
I believe I do not deserve to be happy.

I forgive myself on all levels even though consciously or unconsciously
I believe I do not deserve to be happy.

I forgive myself on all levels even though consciously or unconsciously
I believe I do not deserve to be happy.

I forgive myself on all levels even though consciously or unconsciously
I still believe I do not deserve to be happy.

I forgive myself on all levels even though consciously or unconsciously
I still believe I do not deserve to be happy.

I forgive myself on all levels even though consciously or unconsciously
I still believe I do not deserve to be happy.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I do not deserve to be happy.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I do not deserve to be happy.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I do not deserve to be happy.

Belief: I do not deserve to be successful

I forgive myself on all levels even though consciously or unconsciously
I believe I do not deserve to be successful.

I forgive myself on all levels even though consciously or unconsciously
I believe I do not deserve to be successful.

I forgive myself on all levels even though consciously or unconsciously
I believe I do not deserve to be successful.

I forgive myself on all levels even though consciously or unconsciously
I still believe I do not deserve to be successful.

I forgive myself on all levels even though consciously or unconsciously
I still believe I do not deserve to be successful.

I forgive myself on all levels even though consciously or unconsciously
I still believe I do not deserve to be successful.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I do not deserve to be successful.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I do not deserve to be successful.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I do not deserve to be successful .

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Belief: I am stupid

I forgive myself on all levels even though consciously or unconsciously
I believe I am stupid.

I forgive myself on all levels even though consciously or unconsciously
I believe I am stupid.

I forgive myself on all levels even though consciously or unconsciously
I believe I am stupid.

I forgive myself on all levels even though consciously or unconsciously
I still believe I am stupid.

I forgive myself on all levels even though consciously or unconsciously
I still believe I am stupid.

I forgive myself on all levels even though consciously or unconsciously
I still believe I am stupid.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I am stupid.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I am stupid.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I am stupid.

Belief: I am inadequate

I forgive myself on all levels even though consciously or unconsciously
I believe I am inadequate.

I forgive myself on all levels even though consciously or unconsciously
I believe I am inadequate.

I forgive myself on all levels even though consciously or unconsciously
I believe I am inadequate.

I forgive myself on all levels even though consciously or unconsciously
I still believe I am inadequate.

I forgive myself on all levels even though consciously or unconsciously
I still believe I am inadequate.

I forgive myself on all levels even though consciously or unconsciously
I still believe I am inadequate.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I am inadequate.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I am inadequate.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I am inadequate.

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Belief: I am powerless

I forgive myself on all levels even though consciously or unconsciously
I believe I am powerless.

I forgive myself on all levels even though consciously or unconsciously
I believe I am powerless.

I forgive myself on all levels even though consciously or unconsciously
I believe I am powerless.

I forgive myself on all levels even though consciously or unconsciously
I still believe I am powerless.

I forgive myself on all levels even though consciously or unconsciously
I still believe I am powerless.

I forgive myself on all levels even though consciously or unconsciously
I still believe I am powerless.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I am powerless.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I am powerless.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I am powerless.

Belief: I am a failure

I forgive myself on all levels even though consciously or unconsciously
I believe I am a failure.

I forgive myself on all levels even though consciously or unconsciously
I believe I am a failure.

I forgive myself on all levels even though consciously or unconsciously
I believe I am a failure.

I forgive myself on all levels even though consciously or unconsciously
I still believe I am a failure.

I forgive myself on all levels even though consciously or unconsciously
I still believe I am a failure.

I forgive myself on all levels even though consciously or unconsciously
I still believe I am a failure.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I am a failure.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I am a failure.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I am a failure.

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Belief: I deny my own value

I forgive myself on all levels even though consciously or unconsciously
I deny my own value.

I forgive myself on all levels even though consciously or unconsciously
I deny my own value.

I forgive myself on all levels even though consciously or unconsciously
I deny my own value.

I forgive myself on all levels even though consciously or unconsciously
I still deny my own value.

I forgive myself on all levels even though consciously or unconsciously
I still deny my own value.

I forgive myself on all levels even though consciously or unconsciously
I still deny my own value.

I forgive myself on all levels even though consciously or unconsciously
I never stop denying my own value.

I forgive myself on all levels even though consciously or unconsciously
I never stop denying my own value.

I forgive myself on all levels even though consciously or unconsciously
I never stop denying my own value.

Belief: I am afraid of my own power

I forgive myself on all levels even though consciously or unconsciously
I am afraid of my own power.

I forgive myself on all levels even though consciously or unconsciously
I am afraid of my own power.

I forgive myself on all levels even though consciously or unconsciously
I am afraid of my own power.

I forgive myself on all levels even though consciously or unconsciously
I am still afraid of my own power.

I forgive myself on all levels even though consciously or unconsciously
I am still afraid of my own power.

I forgive myself on all levels even though consciously or unconsciously
I am still afraid of my own power.

I forgive myself on all levels even though consciously or unconsciously
I never stop being afraid of my own power.

I forgive myself on all levels even though consciously or unconsciously
I never stop being afraid of my own power.

I forgive myself on all levels even though consciously or unconsciously
I never stop being afraid of my own power.

The Universe is a Dream Machine

Belief: I am not enough

I forgive myself on all levels even though consciously or unconsciously
I believe I am not enough.

I forgive myself on all levels even though consciously or unconsciously
I believe I am not enough.

I forgive myself on all levels even though consciously or unconsciously
I believe I am not enough.

I forgive myself on all levels even though consciously or unconsciously
I still believe I am not enough.

I forgive myself on all levels even though consciously or unconsciously
I still believe I am not enough.

I forgive myself on all levels even though consciously or unconsciously
I still believe I am not enough.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I am not enough.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I am not enough.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I am not enough.

Belief: There's not enough time

I forgive myself on all levels even though consciously or unconsciously
I believe there's not enough time.

I forgive myself on all levels even though consciously or unconsciously
I believe there's not enough time.

I forgive myself on all levels even though consciously or unconsciously
I believe there's not enough time.

I forgive myself on all levels even though consciously or unconsciously
I still believe there's not enough time.

I forgive myself on all levels even though consciously or unconsciously
I still believe there's not enough time.

I forgive myself on all levels even though consciously or unconsciously
I still believe there's not enough time.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing there's not enough time.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing there's not enough time.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing there's not enough time.

The Universe is a Dream Machine

Belief: There's not enough money

I forgive myself on all levels even though consciously or unconsciously
I believe there's not enough money.

I forgive myself on all levels even though consciously or unconsciously
I believe there's not enough money.

I forgive myself on all levels even though consciously or unconsciously
I believe there's not enough money.

I forgive myself on all levels even though consciously or unconsciously
I still believe there's not enough money.

I forgive myself on all levels even though consciously or unconsciously
I still believe there's not enough money.

I forgive myself on all levels even though consciously or unconsciously
I still believe there's not enough money.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing there's not enough money.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing there's not enough money.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing there's not enough money.

Belief: I cannot have abundance throughout my life

I forgive myself on all levels even though consciously or unconsciously
I believe cannot have abundance throughout my life.

I forgive myself on all levels even though consciously or unconsciously
I believe cannot have abundance throughout my life.

I forgive myself on all levels even though consciously or unconsciously
I believe cannot have abundance throughout my life.

I forgive myself on all levels even though consciously or unconsciously
I still believe I cannot have abundance throughout my life.

I forgive myself on all levels even though consciously or unconsciously
I still believe I cannot have abundance throughout my life.

I forgive myself on all levels even though consciously or unconsciously
I still believe I cannot have abundance throughout my life.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I cannot have abundance throughout my life.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I cannot have abundance throughout my life.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I cannot have abundance throughout my life.

The Universe is a Dream Machine

Belief: Money is the root of all evil

I forgive myself on all levels even though consciously or unconsciously
I believe money is the root of all evil.

I forgive myself on all levels even though consciously or unconsciously
I believe money is the root of all evil.

I forgive myself on all levels even though consciously or unconsciously
I believe money is the root of all evil.

I forgive myself on all levels even though consciously or unconsciously
I still believe money is the root of all evil.

I forgive myself on all levels even though consciously or unconsciously
I still believe money is the root of all evil.

I forgive myself on all levels even though consciously or unconsciously
I still believe money is the root of all evil.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing money is the root of all evil.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing money is the root of all evil.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing money is the root of all evil.

Belief: It takes money to make money

I forgive myself on all levels even though consciously or unconsciously
I believe it takes money to make money.

I forgive myself on all levels even though consciously or unconsciously
I believe it takes money to make money.

I forgive myself on all levels even though consciously or unconsciously
I believe it takes money to make money.

I forgive myself on all levels even though consciously or unconsciously
I still believe it takes money to make money.

I forgive myself on all levels even though consciously or unconsciously
I still believe it takes money to make money.

I forgive myself on all levels even though consciously or unconsciously
I still believe it takes money to make money.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing it takes money to make money.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing it takes money to make money.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing it takes money to make money.

The Universe is a Dream Machine

Belief: I can't be rich and spiritual

I forgive myself on all levels even though consciously or unconsciously
I believe I can't be rich and spiritual.

I forgive myself on all levels even though consciously or unconsciously
I believe I can't be rich and spiritual.

I forgive myself on all levels even though consciously or unconsciously
I believe I can't be rich and spiritual.

I forgive myself on all levels even though consciously or unconsciously
I still believe I can't be rich and spiritual.

I forgive myself on all levels even though consciously or unconsciously
I still believe I can't be rich and spiritual.

I forgive myself on all levels even though consciously or unconsciously
I still believe I can't be rich and spiritual.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I can't be rich and spiritual.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I can't be rich and spiritual.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I can't be rich and spiritual.

Belief: It matters what people think of me

I forgive myself on all levels even though consciously or unconsciously
I believe it matters what people think of me.

I forgive myself on all levels even though consciously or unconsciously
I believe it matters what people think of me.

I forgive myself on all levels even though consciously or unconsciously
I believe it matters what people think of me.

I forgive myself on all levels even though consciously or unconsciously
I still believe it matters what people think of me.

I forgive myself on all levels even though consciously or unconsciously
I still believe it matters what people think of me.

I forgive myself on all levels even though consciously or unconsciously
I still believe it matters what people think of me.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing it matters what people think of me.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing it matters what people think of me.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing it matters what people think of me.

The Universe is a Dream Machine

Belief: I am not grateful for what I am receiving

I forgive myself on all levels even though consciously or unconsciously
I am not grateful for what I am receiving.

I forgive myself on all levels even though consciously or unconsciously
I am not grateful for what I am receiving.

I forgive myself on all levels even though consciously or unconsciously
I am not grateful for what I am receiving.

I forgive myself on all levels even though consciously or unconsciously
I am still not grateful for what I am receiving.

I forgive myself on all levels even though consciously or unconsciously
I am still not grateful for what I am receiving.

I forgive myself on all levels even though consciously or unconsciously
I am still not grateful for what I am receiving.

I forgive myself on all levels even though consciously or unconsciously
I am never grateful for what I am receiving.

I forgive myself on all levels even though consciously or unconsciously
I am never grateful for what I am receiving.

I forgive myself on all levels even though consciously or unconsciously
I am never grateful for what I am receiving.

Belief: Life is not fair

I forgive myself on all levels even though consciously or unconsciously
I believe life is not fair.

I forgive myself on all levels even though consciously or unconsciously
I believe life is not fair.

I forgive myself on all levels even though consciously or unconsciously
I believe life is not fair.

I forgive myself on all levels even though consciously or unconsciously
I still believe life is not fair.

I forgive myself on all levels even though consciously or unconsciously
I still believe life is not fair.

I forgive myself on all levels even though consciously or unconsciously
I still believe life is not fair.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing life is not fair.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing life is not fair.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing life is not fair.

The Universe is a Dream Machine

Belief: Life is hard

I forgive myself on all levels even though consciously or unconsciously
I believe life is hard.

I forgive myself on all levels even though consciously or unconsciously
I believe life is hard.

I forgive myself on all levels even though consciously or unconsciously
I believe life is hard.

I forgive myself on all levels even though consciously or unconsciously
I still believe life is hard.

I forgive myself on all levels even though consciously or unconsciously
I still believe life is hard.

I forgive myself on all levels even though consciously or unconsciously
I still believe life is hard.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing life is hard.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing life is hard.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing life is hard.

Belief: Life is a struggle

I forgive myself on all levels even though consciously or unconsciously
I believe life is a struggle.

I forgive myself on all levels even though consciously or unconsciously
I believe life is a struggle.

I forgive myself on all levels even though consciously or unconsciously
I believe life is a struggle.

I forgive myself on all levels even though consciously or unconsciously
I still believe life is a struggle.

I forgive myself on all levels even though consciously or unconsciously
I still believe life is a struggle.

I forgive myself on all levels even though consciously or unconsciously
I still believe life is a struggle.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing life is a struggle.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing life is a struggle.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing life is a struggle.

The Universe is a Dream Machine

Are there any blocks to changing beliefs?

Not everyone has all of these blocks, but many people have two of them.

Deserve:

There may be times when we are convinced we not deserve something:

I forgive myself on all levels even though consciously or unconsciously I believe I do not deserve _____.

Identity:

There may be times when we are convinced "*this is just the way it is*" and changing a belief may feel like a threat to our identity, for example:

I forgive myself on all levels even though consciously or unconsciously I believe I won't know who I am if I _____.

Safety:

There may be times when we are convinced that changing a belief may feel like a threat to our safety, for example:

I forgive myself on all levels even though consciously or unconsciously I believe I am not safe if I _____.

On the following pages you will find the AFT Belief Change Affirmations for Deserving, Identity and Safety.

Belief: I do not deserve _____ (Deserve)

I forgive myself on all levels even though consciously or unconsciously
I believe I do not deserve _____.

I forgive myself on all levels even though consciously or unconsciously
I believe I do not deserve _____.

I forgive myself on all levels even though consciously or unconsciously
I believe I do not deserve _____.

I forgive myself on all levels even though consciously or unconsciously
I still believe I do not deserve _____.

I forgive myself on all levels even though consciously or unconsciously
I still believe I do not deserve _____.

I forgive myself on all levels even though consciously or unconsciously
I still believe I do not deserve _____.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I do not deserve _____.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I do not deserve _____.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I do not deserve _____.

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Belief: I won't know who I am if I _____ (Identity)

I forgive myself on all levels even though consciously or unconsciously
I believe I won't know who I am if I _____.

I forgive myself on all levels even though consciously or unconsciously
I believe I won't know who I am if I _____.

I forgive myself on all levels even though consciously or unconsciously
I believe I won't know who I am if I _____.

I forgive myself on all levels even though consciously or unconsciously
I still believe I won't know who I am if I _____.

I forgive myself on all levels even though consciously or unconsciously
I still believe I won't know who I am if I _____.

I forgive myself on all levels even though consciously or unconsciously
I still believe I won't know who I am if I _____.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I won't know who I am if I _____.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I won't know who I am if I _____.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I won't know who I am if I _____.

Belief: I am not safe if I _____ (Safety)

I forgive myself on all levels even though consciously or unconsciously
I believe I am not safe if I _____.

I forgive myself on all levels even though consciously or unconsciously
I believe I am not safe if I _____.

I forgive myself on all levels even though consciously or unconsciously
I believe I am not safe if I _____.

I forgive myself on all levels even though consciously or unconsciously
I still believe I am not safe if I _____.

I forgive myself on all levels even though consciously or unconsciously
I still believe I am not safe if I _____.

I forgive myself on all levels even though consciously or unconsciously
I still believe I am not safe if I _____.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I am not safe if I _____.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I am not safe if I _____.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing I am not safe if I _____.

The Universe is a Dream Machine

We have reached the end of the AFT Belief Change Affirmations; the final thing I would like to share with you is how to create your own belief change formula.

If you are faced with a situation in your life that you would like to change, ask yourself

"What must I believe for that to be true"?

Whatever that is, can be turned into a belief change formula, please see the example on the next page.

To create your own belief change formula, substitute XXXX for your belief:

I forgive myself on all levels even though consciously or unconsciously
I believe XXXX.

I forgive myself on all levels even though consciously or unconsciously
I believe XXXX.

I forgive myself on all levels even though consciously or unconsciously
I believe XXXX.

I forgive myself on all levels even though consciously or unconsciously
I still believe XXXX.

I forgive myself on all levels even though consciously or unconsciously
I still believe XXXX.

I forgive myself on all levels even though consciously or unconsciously
I still believe XXXX.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing XXXX.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing XXXX.

I forgive myself on all levels even though consciously or unconsciously
I never stop believing XXXX.

The Universe is a Dream Machine

"Man is belief expressed." Dr. Joseph Murphy

*"Whatever the mind can conceive and believe, it can achieve."
~ Napoleon Hill*

"What a man can be, he must be." ~ Abraham Maslow

"As a man thinketh in his heart, so is he." ~ James Allen

*"If you do not bring forth what is within you,
what is within you will destroy you."
~ Jesus, The Gospel of Thomas*

*"When nature has work to be done, she creates a genius to do it."
~ Ralph Waldo Emerson*

*"Everyone has been made for some particular work,
and the desire for that work has been put into every heart." ~ Rumi*

*"This is the true joy in life, being used for a purpose recognized by yourself as a mighty one. Being a force of nature instead of a feverish, selfish little clod of ailments and grievances, complaining that the world will not devote itself to making you happy. I am of the opinion that my life belongs to the whole community and as long as I live, it is my privilege to do for it what I can."
~ George Bernard Shaw*

Bring Your Dreams To Life

You were born to bring your dreams to Life, the dreams given to you by Life. The need for self expression is a fundamental human need, just like breathing, eating and sleeping. *Is now the time to bring Your dreams to Life?*

I truly hope that you feel liberated by using this belief change system. The world needs your genius now, you are a genius at being your self, your true self.

I believe we live in a conscious universe where life is consciousness made visible, think of your body as clothing for your consciousness. Our world is designed for you to experience what you believe; what you believe is what you get.

My Vision: A world that works for all to THRIVE!

Imagine living a life you love?

Can you imagine a world where all people are well fed, all people are well clothed, and have the resources required to THRIVE? The big barrier is belief.

It starts with your vision and a dream. May all your dreams come true.

With Love,

Lin Oliver

Thank You

*With heartfelt appreciation, love and gratitude
to my husband for your unwavering support
to my children for the joy and privilege of being your mother
to all of my family, friends and colleagues
...this would not have been
possible without you.
Thank You.*

The Universe is a Dream Machine

Discover a Universal Solution for Stress & Success: BELIEF

The Universe is a Dream Machine

What You Believe Is What You Get!

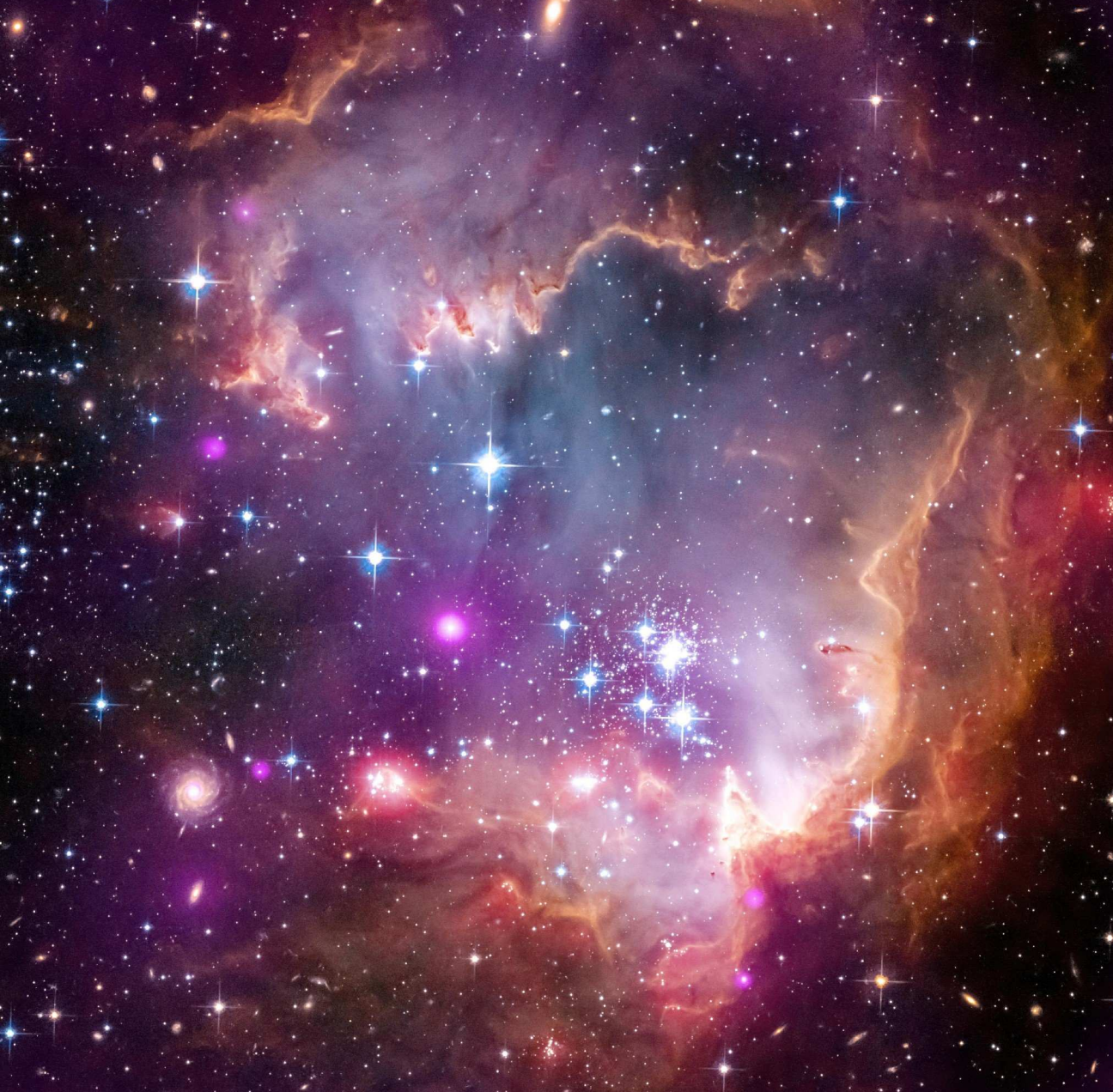
About the Author

Linda Oliver is a pioneering consciousness coach. Lin is committed to personal and planetary transformation; when we change, we change the world.
Visit: TheArtofLuminousLiving.com

A New Worldview:

What If... The Universe is a Dream Machine but sometimes we don't believe it that's why our dreams can't come true. "What You Believe Is What You Get!"

www.TheUniverseisaDreamMachine.com





www.TheArtofLuminousLiving.com



TheUniverseisaDreamMachine.com

"In The Universe is a Dream Machine, Lin Oliver has captured the essence of the sages: no action, thought, or feeling goes unnoticed in the universe. The rules of the universe are quite simple: what manifests in our world of experience is what we believe to be true."

R.K. Ebert, Ph.D. Developer of The Attractor Field Techniques

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