

# **RELEASING THE OLD BELIEFS AND IDEAS YOU DON'T WANT**

**Your Magic Wanda Network**

**<http://www.yourmagicwanda.com>**

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# Releasing The Old Beliefs and Ideas That You DON'T Want!



Do you sometimes feel like this is what you're doing?

The first thing I want you to understand is that releasing your old beliefs that really don't support you, can be done by no one except you. I can give you ideas and techniques that may help, but YOU must actually do the work yourself.

The second thing I want you to understand is that you must take responsibility for changing your mind. There is a part of your mind that has

been totally AGAINST you making any changes or rising above where you are now. Releasing old beliefs is not one of your ego's goals. That's really hard to believe isn't it?

Your EGO is that part of your brain that wants you to cling to what you already know. It is a force that has an insatiable need for security. It tells you in so many words that it is “protecting” you, because *“remember what happened the last time you tried something new, and it was not a pleasant experience.”*

If you follow the voice of your ego, you will only get your existing beliefs confirmed. When you come across new ideas that might conflict with or go beyond your existing beliefs, your ego will tell you that they are false, or they will lead you astray or will not work. Your ego likes to be right, and your mind is powerful enough to create experiences that prove to you what you believe.

Your ego can be a loud voice playing on your fear of looking or sounding stupid. Or it may be a very subtle and persuasive voice that wants you to believe that you don't have to question your old beliefs. It will give you all sorts of reasons why you already know all you need to know or that your beliefs are just fine. Its message really means it wants you to stay under its control.

Therefore, it is necessary for you to do some self-examination to find out what beliefs are limiting what you really want. Of course you're going to hear from your ego—it will come up with some reactions to what you find. Your ego will always resist your growth.

Fear is a very good tactic that works to use to control people.

You have another force within you that will always seek to inspire you to look beyond your current understanding and the mental box that the ego has you in. This is the voice of **Your Own Magic Wanda**. By being willing to examine the old beliefs that are causing lack in your life, you can ask Your Own Magic Wanda for clues and she will lead you towards finding the blocks.

The energy of your past thoughts about what happened in your life is still stuck in your mind and if you try to fit every new insight into the framework of those beliefs, then you will be your own worst enemy, going back and forth, and never finding the true answers you want.

Your old beliefs are familiar and your ego tells you they are safe or that you have to continue resenting or hating the things that happened in your life. What happened in the past is what happened. **What you think about it** is what is causing the problem. You are never upset for the reason you think.

So it is the energy of your thoughts that must be changed.

Here is a very simple technique that you can use to change the energy of those thoughts, whether they are conscious or not.

It is called Ho'o pono pono . It is Hawaiian and means to make right, to correct. It is about cleansing yourself of toxic ideas, thoughts, words and deeds.

It is a simple “prayer” that allows for a new space for the healing power of your true divine thoughts. It restores balance to you.

Memorize the words and repeat them often.

**I am sorry**

**Please forgive me**

**Thank You**

**I love you**

You are actually saying this to your own self, because you are thinking incorrectly. It means that you are **SORRY** for thinking the way you're thinking. You are asking **FORGIVENESS** from your own divine self. You are **THANKING** your divine self for assisting you, and you are **LOVING** your divine self for who you truly are.

This is from Dr. Hew Len of Hawaii who worked with the criminally mentally ill. He never saw them personally. When he began working at the hospital, the patients were sedated and even shackled. The staff hated their jobs and often called in sick.

Dr Len turned all that around. He never even saw any of the patients, only their charts. He would look at their file and then look within himself trying to clean what was in HIM, using the Ho'oponopono prayer many times for each patient.

Dr. Len says that everything in your life is created from within you. When you change **you**—your outer world changes, and we are all connected at a higher level.

So Dr. Len did his inner work, saying the prayer I gave you, and in a few months, patients began to improve. Even the staff morale began to improve.

After two years, ALL of the patients improved to the point that they were released and the hospital was closed.

NOW, **here is a new concept**, what is your ego telling you about this? That it won't work, that it's too simple? That there is no way that could have happened, and you're not going to do it, because it's ridiculous?

What excuses are coming up for you about this? Write down your thoughts about trying this. Writing down your objections is one way to release them.

This is a very powerful releasing technique and if you aren't even willing to try it for a month, you may always be under the control of your ego and locked in your mental box that limits you.

Here it is once more:

**I am sorry**

**Please forgive me**

**Thank you**

**I love you**

Remember, it is to YOU, yourself, that you are speaking. Forgiving and loving yourself will release the blocks that are keeping you from having what you want.

Here's another idea to help you release fears or blocks. Because it is so simple, you may find it the hardest to do. You don't have to solve them all today. Just look at the one block that is bugging you today. There is fear everywhere, but you can walk right thru it, because it isn't real. It may look and feel like a block wall or solid partition.

Did you see the movie "Ghost"? When Sam Wheat became a ghost, he had to go through the door. He put his hand through and you could see that he was very anxious about it. When he realized that it wasn't solid, he was able to go through very easily.

This is the exact thing with all our fears. We have built them up in our minds to be solid and threatening. They are just an illusion that we can walk right through.

The technique for walking through them is to say, I have this fear of \_\_\_\_\_, but I'm going to move forward anyway. Focus not on the problem, the fear, but on moving forward despite the problem.

The Law of Attraction wants you to focus your attention where you desire to be, so you don't replay your block, your fear, you just say, I'm releasing that and going to move forward anyway.

I know, it sounds too easy. That's what makes it so hard, because the ego does NOT want you to release it. The ego will come up with more ideas and reasons why you should not move forward. It will bring up the fear again and again.

Every time, just say, I know, I have this, but I've released it and I'm going to move forward anyway. And then do just that!

You will not be able to imagine the freedom you feel when you realize that it was all just an illusion. You could go ahead anyway, even feeling the anxious feelings. Do it. It is amazing that you have been holding onto this fear for so long, and it is nothing but smoke and mirrors.

You get confidence from experience. Do it once or twice and you'll realize that you can move through any of your fears.

Ask your own Magic Wanda to assist you, if you're still unsure. Ask her to show you what you need to do to walk through the illusion. Ask her for a download of information to correct the situation.

Just like the little download icon on your computer that goes, 10%, 30%, 50%, 80%, 100%--and then the video or program uploads, ask your Magic Wanda for a download and in your mind watch the numbers change.

If you don't get to 100%, let it be okay. You may not be ready for the full download. If you get a partial number, ask Your Magic Wanda for a

download of understanding and forgiveness about the number. Is it a block, do you need to release that block first?

Let it be okay, whatever you get. Take what you're ready for. It doesn't have to be 100%. You will get whatever your energy level is ready for.

Look at this report on [Allowing](#).

Don't try to do everything all at once. You don't open your computer and try to run 20 programs all at the same time. Let it be okay whatever the feelings you have and go with it anyway. With Your Magic Wanda, the information comes from the spiritual realm, and they know what is best for you. Just ask for the next step, and take action on that.

Abundant blessings to you,

*Mareen Robinson*