*Relief From Belief*



A Course In Examining   
Your Beliefs Workbook

By Master Teacher Toni Elizabeth Sar’h

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**Lesson One: Five Basic Beliefs That Rule Your Life**

**Examining Your Beliefs:**

What are the concepts you have about the following:

**Yourself**

**Your Parents and Raising**

**Your Present Relationships**

**How You Should Perform**

**Your Hopes For The Future**

**Lesson Two: How Do Your Beliefs Expand and Enhance Your Life?**

**Expansive Beliefs:**

Go back to the beliefs you listed in Lesson One and note which of these beliefs are expansive. How does each of these beliefs open your life to living with no limitations?

**Lesson Three: How Do Your Beliefs Limit Your Life?**

**Limiting Beliefs:**

Go back to the beliefs you listed in Lesson One and note below which of these beliefs are limiting. How does each of these beliefs limit your life through fear and doubt?

**Lesson Four: The Purpose of Beliefs**

**The Purpose Of Your Beliefs**

What is the purpose of the beliefs you have been working with in this course? Do they assist you in remaining in a coherent, harmonious state?

If not, why do you believe them?

**Lesson Five: The Purpose of Being Human**

**Remembering Your Purpose – Being I AM**

Write down the beliefs you hold that express you are divine.

**Lesson Six – Now What?**

**What Now?**

Sit down in a place where you know you will be alone. This is *your* place, a space of quiet, solitude and peace for you. It is the holy of holies of your sacred heart.

Make an appointment with yourself to spend at least 15 minutes in this space every day. Don't let yourself go without these precious moments of love and self-replenishment. Meet your divinity every day.

Make yourself very, very comfortable. Do whatever is necessary to allow yourself to feel how magical these moments are for you.

Think about and feel deeply how valuable you are as a human being, how your frequency of wavelength is unique to you. You are not only supported in your beingness, you are deeply, infinitely loved; feel this penetrating love for yourself as Source sourcing Itself.

All problems, issues or discomforts must stay away from your mind during this most sacred time. This is your sacred space. It is the voice of your soul yearning to feel the profound love of its creation – YOU.

Feel the love that those in your life have for you, as well. Know that you are supported, cared for and adored.

Your contributions within the hologram are unsurpassed in their glory because only you can make the specific contribution you are creating.

There is no one else like you. You are unique in your divinity.

Allow these feelings to become part of your inherent awareness in your blueprint, your divine expression of Source in form.

**Then, we will discuss where you are NOW in our course conversation.**