

## The Personal Law

*The personal law is your most dominant negative consciousness factor.*

This thought or core belief is the culprit of the mind and is the underlying cause of life's difficulties. It is the major block to feeling happy and fully alive.

Getting in touch with your personal law:

My most negative thought about myself  
is \_\_\_\_\_

The personal law is the cornerstone of the ego (collection of limited thoughts you have about yourself). It has been present from the beginning -- since or before birth. This thought is an accepted part of the individual bio-computer program and it replays itself over and over again as proof of itself. It is based on the principle that

***“What you believe to be true, you will create.”***

Example: If your thought is “I am not good enough,” you will constantly and unconsciously set up situations in which will not look good enough. You will go after these situations and create them, you will come out looking and feeling not good enough, and then you will say, “This proves I am not good enough.”

## Common core beliefs

I am not safe.

My feelings are wrong or bad.

I can't get enough \_\_\_\_\_.

I am unloved / unlovable.

I am alone in the world. - There is no one here for me.

I don't deserve \_\_\_\_\_.

I am bad / wrong. - There is something wrong with me.