



A FIELD GUIDE FROM THE SHIFT

How to *Believe.*

Belief comes before everything you have ever done. This is how you get it when there is no evidence yet.

Not better beliefs stuck on top of where you are. The capacity to believe, and how to use it.



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Belief from *scratch*.

I grew up on a council estate in Gorton, Manchester, an area of poverty. I had very little as a child. I wanted to act, and there was no evidence it could happen. No one like it, no one who'd done it, no example anywhere that said it could be me.

But I had an inner belief, and that alone was enough.

Then EastEnders. Then Twilight, Maleficent, Heroes Reborn, Foundation.

It was only through acting that I understood what I'd done, and how.

Acting is the capacity to believe you're the character. If you believe it, it doesn't matter how you say the lines. If you don't, you can do all the work you want and no one will believe you. I believe I'm this person so much that I make you believe I'm this person.

It works the same way in real life.

We're not going to change all your bad beliefs and insert good ones. *I'm going to show you how to believe.*

Sticking a good affirmation on top of where you are is why it hasn't worked before. This guide goes underneath.

Judi

What belief *does*.

Belief is the central point. It decides whether you try, how long you keep going, and what you can see while you're doing it.

1 It comes in an order

Faith first. Then belief. Then knowing. Then reality. That's the order, and you can't start at the end of it.

2 It spreads

For years nobody had run a mile in under four minutes. In 1954 Roger Bannister did, and others soon followed. Once one person had done it, other people could believe they could.

3 It shows you what's already there

When you believe, you see the opportunities that are already in front of you. You can feel it, and you have confidence. When you don't, you walk straight past them.

4 It's what you were raised around

If every woman you grew up with had a horrendous man, it's very hard to believe you'd have someone better. What you grew up around sets what you think is possible. And because it's about belief, it can be worked on.

PART TWO

Triggers are beliefs *firing*.

You get triggered because you believe something bad could happen. You believe they could take this from you. You believe you could lose that. You believe they could leave you.

If you didn't believe it, there would be nothing to get triggered by. A trigger hits your belief system directly.

It all connects. It's *Survival to Sovereignty*.

01 • TRIGGERED

You still have old beliefs trapped in you. Triggering is what puts you into Survival Mode.

02 • SOVEREIGN

You live from the new belief you have created. Belief is what puts you, and keeps you, in Sovereign State.

Life works one way. Belief first, then it manifests. *Not reality first, then belief.*

Detriggering takes away the meaning you've attached, so the old belief stops firing. Learning to believe is what you put in the space it leaves.

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*Belief magnetises circumstance.
When you believe, circumstance
comes to meet you.*

JUDITH SHEKONI

Skip the *repetitions*.

People picture the thing they want over and over. You've got the boat, you've got the boat, you've got the boat. The only reason for all those repetitions is to get you to believe it. You can save yourself the time and go straight to the belief.

1 Go quiet

Lie in your bed. Nothing to do, nowhere to be.

2 Decide

Decide something you're going to believe.

3 Stay in believing it

Slowly work at believing it. Stay in believing it, even if you don't believe it yet. Believing it, believing it, believing it.

4 Find it in you

Find the energy of belief in you. What colour is it? What size, what shape? Where is it in your body? Find it and breathe into it. Expand it. Let it grow in depth, and let it intensify.

5 Watch

Belief pulls in ideas, pictures, theories and reasons why it could be true. Let them come. As they pull through, they pull opportunities through with them.

And when you believe, *it happens*.

PART FOUR

You can borrow *belief*.

Someone can give you belief, and you can piggyback on top of theirs.

If I believe what's possible for you, what you can do and what you could have, and you spend time with me, my belief gets into yours. You stand on the shoulders of my belief. You start to feel it through me. Then you feel it yourself.

Someone can believe for you, and you can believe for a while, and stretch it out.

Find and follow people who are doing what you want to do. Find and follow people with extraordinary belief. Belief is transferable. You can stand on someone's belief in you until you've anchored it enough to do it yourself.

Equally, keep yourself away from people who don't believe in you. It's a lot harder to believe when someone in the same room has none for you. **Protect your space and your power.**

WHAT I SAY TO THE WOMEN I WORK WITH

"Everyone on this earth is put here for a reason. Most people bury it under just surviving and getting by. But I will hold that belief for you. There's enough of my belief to hold it for you."

I'd *decided*.

I once spent my last \$500 on a weekend course in Anaheim. On it, I decided I was going to live in the Palazzo, one of the most luxurious residences in LA. The likelihood was low.

On the Wednesday I was sitting in the Coffee Bean on Melrose, waiting for my car to come out of the car wash opposite. Someone I vaguely knew, Amanda, walked by. Chatting, she mentioned she'd just taken a penthouse in the Palazzo. She had a spare room.

I was staying there a night later.

I hadn't worked out how. I'd decided, and I believed it.

Belief magnetises circumstance. *Play around until you believe it.*

Hope to see you live.

Judi

WHERE THIS GOES NEXT

Keep *going*.

1 Do it live

Each month Judi runs the free Detriggering Workshop.

theshift.one/workshop

2 Get a kit

Tools to use in the moment, starting with the Detrigger Kit.

theshift.one/kits

3 Join The Court

The monthly membership, where we work on all of this every other week.

theshift.one/thecourt

4 Visit the Library

Go to the Library for another booklet like it.

theshift.one/library

The Shift is personal development and education, not therapy or medical treatment. If you are living with serious trauma or struggling with your mental health, work alongside a qualified professional and speak to your GP. In the UK you can call Samaritans free, at any time, on 116 123.