

Jacksonville Law of Attraction Meetup Group

What do you *Believe?*

“The Secret Formula”

Ask

Believe

Receive



February 17 2010

The Secret Formula

Step 1: Ask

Step 2: *Believe*

Step 3: Receive

Believe:

Three words that are intended to unlock the secret, which as most of the world now knows is the code name for the 'law of attraction'. The most significant challenge in this process is "believe."

From John Kehoe's "Changing Beliefs"

Beliefs are as necessary to us as our physical organs. We cannot exist without them. We need them as parameters to interpret what is happening in our life. One could never be without beliefs, nor would you want to be. What you do want, however, is to **consciously decide** the **beliefs you want** working for you. To **choose the lens you will view the world through**. And here your **choices are unlimited**.

You are not at the mercy of your past experiences, unless you believe that you are. With this new system **you are free** to break away from any past conditioning or limited circumstances **by simply changing your thoughts and beliefs**.

When you change these you change everything. **The future** that you will encounter in your life **is not preordained**, nor does it happen arbitrarily.

Your reality is forever being molded and created from your thoughts and beliefs. Your possible **future** - and there are literally thousands of possible futures - **is being formed** by what you think and believe

today. The present is the womb by which the future will be born. The future is dynamically alive within you now. **You hold within you your own destiny.** Change your thoughts and beliefs and you will change your future.

Once you fully recognize the power and influence beliefs have in your life, the next step becomes obvious. Change the beliefs that are limiting and holding you back, and **create powerful new beliefs** that serve and uplift you, beliefs **that will take you wherever you wish to go**.

There are three main methods for doing this, and all three should be employed. You can begin by using them individually or in combination with each other. Either way, you will eventually be working with all three.

Tips on How to Change Limiting Beliefs

By Deliese Eros

Check in with your emotions

Accept what you are feeling and the accompanying **belief without judgment** or trying to change it. This is you becoming the observer of you. This creates a space between you and that belief. **You are not that belief.** It is a thought that you have decided is a truth in your life.

Technique:

- (1) Write out on a piece of paper what that limiting belief is and how it feels.
- (2) Write out a new belief on a separate piece of paper; one that empowers and excites you.
- (3) After that, burn or shred the paper with the old limiting belief. Physically shredding or burning the paper is a powerful affirmation stating that you are no longer accepting this thought as "true"?
- (4) Take the new belief and read it aloud daily. Feel the excitement and pleasure it brings you. The key word is to feel it. These rich feelings will draw the things you desire into your life, now that the conflict is gone.

Release, Let go and Break the cycle

Challenge the limiting belief by asking these questions. Is this really true? Could I let this feeling go? (Are you capable of letting go)? Would you let it go? (Are you able to) and When? (Decide to do it now) Repeat this process until you feel relief about the limiting belief.

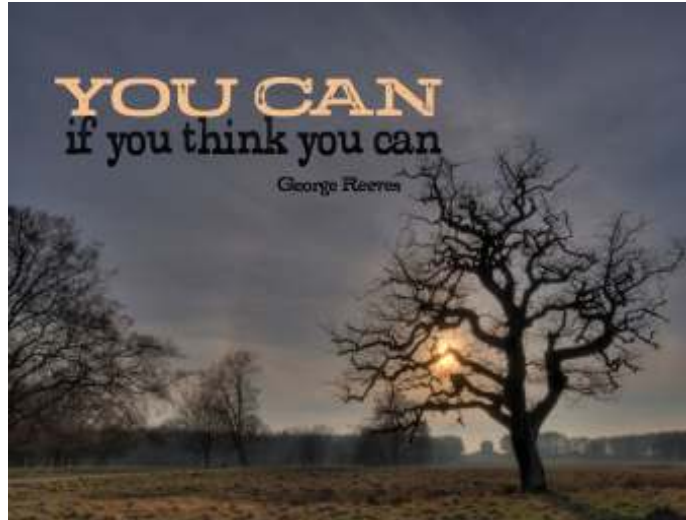
What We Believe We Achieve

Mike Dooley says, "**Thoughts become things.**" Have you ever noticed those who, no matter what the outward circumstances look like, always have a positive attitude? It seems that no matter what they are faced with, they come out on top? They understand that **life is full of Infinite Possibilities.**

Changing your thoughts and perceptions will **create change within your life.** It's the classic seeing the cup as half full vs. half empty view. **You have a choice** on how to look at it. These same people understand that there are principles at play in your life that can be identified, understood and harnessed.

Limiting beliefs are akin to a computer virus. They will undermine your success. They lead you to self-sabotaging behavior and actions. They limit you.

Identifying and acknowledging these beliefs is the first step in releasing them. As you change your limiting beliefs, your world will transform. You will **embark on the journey of a lifetime**, your lifetime. You will **experience joy, peace, love, fulfillment and freedom.**



For today's meeting we will discuss 3 processes to changing limiting beliefs and create a new belief system based:

1) Repattern Your Past

Don't spend time and energy looking back at your life to find out why you have a certain limiting belief. Why bother? To look backward in this way will only lead you into the habit of seeking negative examples that verify your old belief. **Your past has been distorted by the lens you have chosen to examine it through.** What is accomplished by searching the past with the same old lens, other than to further reinforce that limiting belief already held within you?

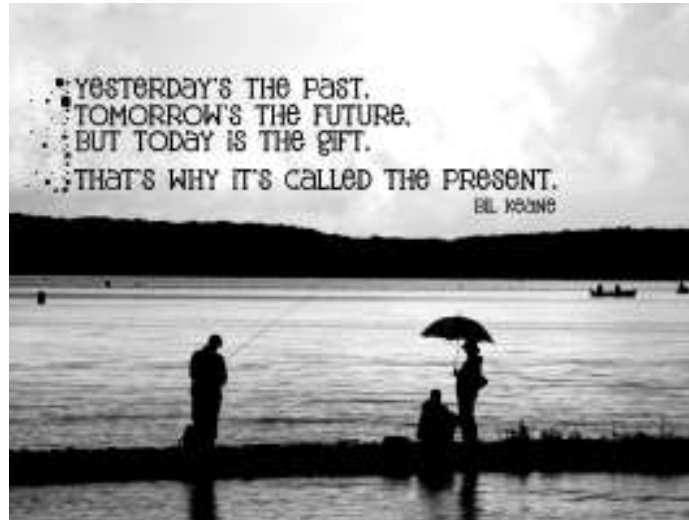
However you choose to view your life, through whatever lens you have constructed, this will structure and filter your memories, and you will always be able to justify your belief with "proof."

So in changing beliefs you must practice changing your lens. Look through your past in a new way, looking for new, forgotten or ignored truths. **If you lack confidence, for example, search your past for instances when you were confident.** If you are honest in this search you will find lots of examples of you performing tasks assuredly. But you must search with the lens, "I'm confident," not the "I lack confidence lens." Each lens will produce a different set of examples. There will be numerous examples of both. It all depends upon which you want to emphasize.

In almost all cases of present limitation you have programmed yourself to stress negative aspects relating to that part of your life. We all do it. **So to rid yourself of these restrictions, you repattern your past from the present.** Whatever your circumstances, use the past as a rich source of power, looking through it for long ignored successes. **Restructure your past. Reinvent it. Rediscover it.** It's like finding a bank account with money that you didn't know you possessed. **Whatever you want to become or create in your current life, you can find ample evidence of it already happening to you in the past if you will only change your lens.**

The Present is Your Point of Power

Stop for a moment and realize that the present is your point of power. When you are thinking about the past or imagining the future, both these actions happen in the present. When you act upon your life, it takes place in the present. In fact nothing you can do will ever happen outside of the present. So choosing in the present to reframe your past and future is incredibly powerful.



2) Imprinting

What is 6×6 ? , 7×5 ? , 9×9 ? How is it that you know these answers instantly, quicker than you can punch the numbers into a calculator? It is because you have imprinted the multiplication tables into your consciousness. Think back to when you were in school. Think of how many times these tables were repeated, written out and practiced, until eventually they became imprinted into your consciousness. And now they are firmly imprinted. You need not practice them or refresh yourself - they are there for life.

What you have done with the multiplication tables can also be done with new beliefs you wish to permanently imprint into your consciousness. The process is exactly the same, and the repetition equally important.

For five or ten minutes a day concentrate your attention as vividly as possible upon one simple statement. For example, if you wanted to imprint a belief about your subconscious that would help you to be successful you might use this one: "My subconscious mind is my partner in success." Having picked the statement you wish to use, begin to concentrate on it. Try to feel the statement in whatever way possible. Do not allow your mind to drift to other subjects. If it does, bring your attention back to your statement and refocus. **Feel the power and implication of what you are saying.** Let it become alive within you. Repeat it over and over, allowing your mind to absorb its message. If your mind insists on images, channel the images toward your declaration. Close yourself off to all other truths or realities, focusing solely upon the feeling and power of the statement.

The repetition, whether verbal or mental, is important because it activates neurological patterns. Do not strain. Do not question or doubt. **Enjoy the process.** Claim it absolutely within. Lose yourself as completely as you can in this one statement. Let it vibrate within you, letting you and it become one. Feel its power. Let it energize you.

When the exercise is finished, do not dwell upon it, second guess yourself, wonder if it's true. Put

if from your mind until the next day, when you will repeat the process. Realize you are using the present as a moment of power to insert new beliefs that will naturally be materialized. It will happen automatically.

You may want to experiment with the precise wording of your statement. Often it takes three or four revisions before the statement feels exactly right. Once you have it right then simply continue with it. You may experience spectacular results almost immediately. If you do, wonderful, but do not let this fool you into discontinuing the exercise. Often when people begin this process they do not realize how quickly results can be seen, and they become overexcited about the results achieved. In their excitement they forget to continue the exercise. If you want permanent results, you must fully imprint the new belief. A minimum of sixty to ninety days is necessary for a permanent imprint to take hold.

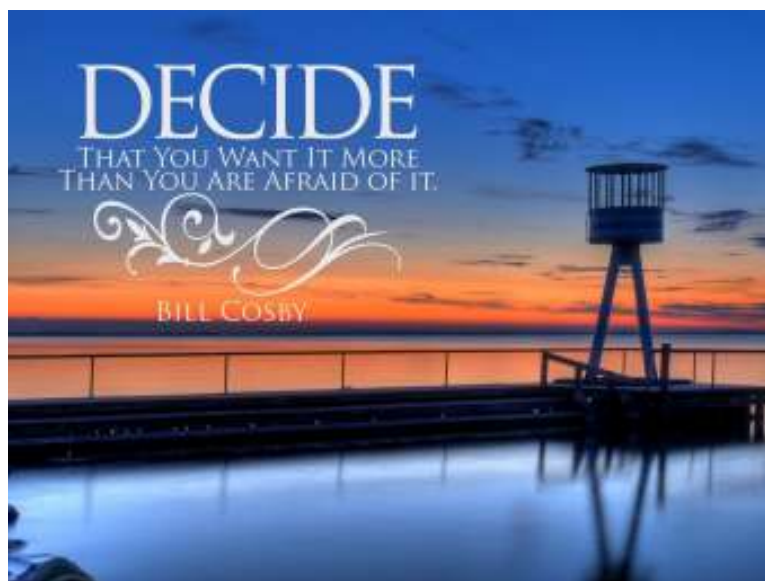
3) Action

The sooner you begin to act upon the new beliefs you are creating, the better. Otherwise you are not trusting and using the present. If you are poor and want to have more money and you're trying to establish a belief in abundance while still faced with your lack, then begin demonstrating abundance. In your outer reality take some symbolic action that shows you are changing. Maybe give some money (no matter how little) to charity. Indulge yourself somehow. A nice meal, a new article of clothing, a little gift to yourself.

Or if you're lacking confidence, you would first repattern your past, searching and finding past examples of you being confident and you would focus daily on these. You would also imprint new empowering beliefs supporting your confidence, and then finally you act as if it were true. **Bring action into the formula.** No matter how small or inconsequential the action may seem, it is a huge step. It is a manifestation in outer reality.

Responding to your new beliefs in this way is sending a strong signal to your subconscious that new realities are beginning to take hold, that you are willing to change, that you are cooperating with the process, that it is in fact already happening.

The initiative must come from you. Challenge yourself to find ways to demonstrate your changing reality.



Examine One Belief!

The moment you stop genuinely answering the questions and begin to justify or defend the statement - you are investigating. When you begin to justify or defend your position or go into a story, simply notice what you are doing, then return to the inquiry again. The mind's war with itself is the old way. If you can't stop the war within, you can't stop the war outside. Welcome to the new way. Welcome to peace.

Enter the belief that you would like to examine below and then question it in writing using the following questions and turn-around: (continue on a blank piece of paper if you need more room).

Belief: _____

1. Is this belief true for you – yes or no? _____
2. Can you absolutely know that it's true? _____
3. How do you react when you believe this thought? What happens?

Possible follow-up:

- A. Where does the feeling hit you, where do you feel it in your body when you believe that thought? Where does the feeling travel? Describe it?
- B. How have you treated others when you believe this thought?
- C. How do you treat yourself when you believe this thought? What addictions kick in (shopping, food, alcohol, credit cards, television, avoidance)?
- D. What thoughts of self-hatred may be involved when you believe this thought?
- E. How have you lived your life because you believed this thought? Be specific. Close your eyes and watch your past. What do you see?
- F. Where and when did this belief first occur to you?
- G. Who or what influenced this belief?
- H. Where does your mind travel when you believe that thought?
- I. Does this belief bring peace or stress into your life?

4. Who would you be without this belief?

Possible follow-up:

- A. How would you have lived life differently if you didn't hold this belief?
- B. What do you feel in your body without this belief?
- C. Who are you right now, sitting here without this belief?
- D. What changes for you when you no longer carry this belief?

Turn the belief around – After a review of all of the information that you have gathered through this exercise, what have you decided about this belief? (Does this belief still serve you – or is it no longer valid or true for you?)

Based on the information that you have written above, if you believe that this belief no longer serves your Highest Good – write a statement below to affirm that you are ready and willing to surrender this belief and let it go. Create a statement that asserts your change in this belief and create a new belief surrounding this issue. After doing so – sign and date this exercise.

... and so it is!

Date: _____

Signature: _____

It is Achievable! When you Believe!