

The Power of Beliefs



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Appreciation: The Greatest Power

“The day you trade expectation for appreciation, you become wealthy”

Have appreciation for... (fill in with what you want to have/experience/achieve, etc) as if you already have it!

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Realize that what you believe about **‘your self’** is so important.

When you believe in yourself, the magic starts to happen.



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Aim of this course

- Realise the power of beliefs
- Recognise what beliefs you have
- Learn simple and creative ways of adopting positive empowering beliefs
- Feel more confident and in control

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Session 1

Introduction to Beliefs
Mindsets
Perceptions and beliefs
Effect on your health, prosperity, etc
Thought power

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Sessions 2

Beliefs, values and purpose
Identity
Goals and Affirmations
Beliefs Success Formula

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The power of YET!

I can't meditate....yet
I can't stop my mind...yet
I can't tolerate criticism.....yet
etc

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What Are Beliefs?

- Memories: The hidden programs behind all you do
- **What you accept and assume**
- What you keep thinking and feeling

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Where Do Beliefs Come From?

- Adopted in the womb
- **Acquired from parents, elders, etc.**
- Your self talk

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Effect of Your Beliefs

- Dictate your life experience
- **Determine your self image**
- Revealed through your attitude: opportunity/problem

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Beliefs, Perception & Health



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Beliefs and genes

“A person’s perception, not genetic programming, is what spurs all action in the body: It’s actually our beliefs that select our genes, that select our behaviour.”

Bruce Lipton

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When you install new, empowering beliefs, everything shifts

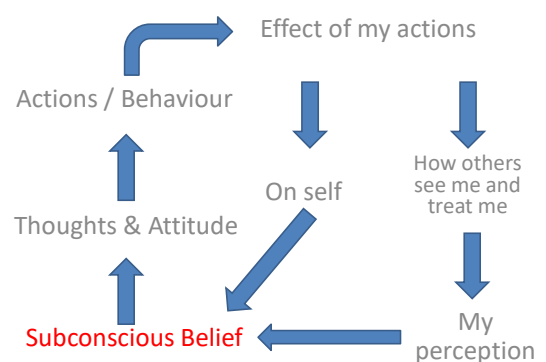
- **your attitude, posture, demeanor, ability to express yourself, and the way you interact**
- You can free yourself from suffering
- **Anything becomes possible!**

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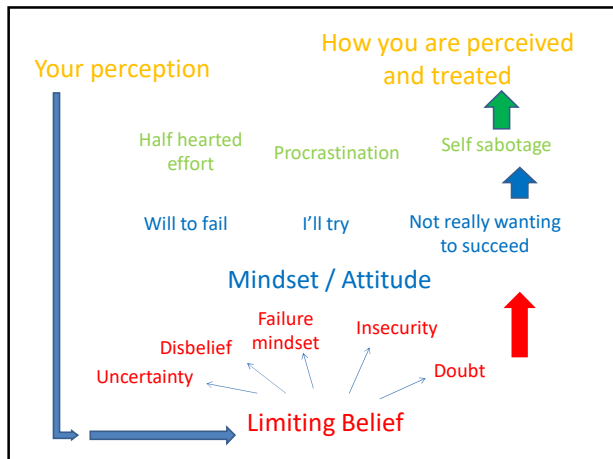
Compassionate Awareness



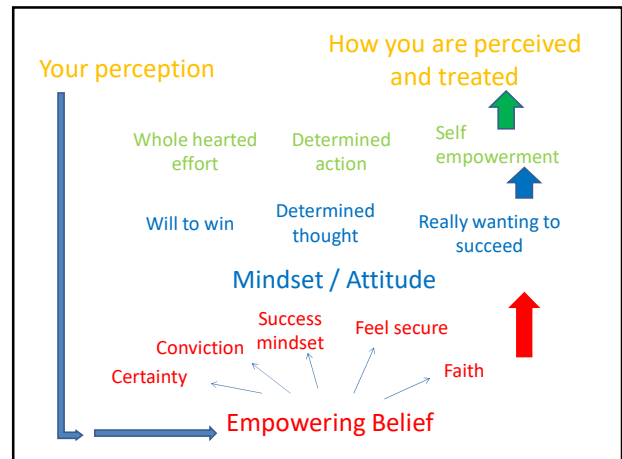
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What are your limiting beliefs?

How do I limit myself?	How do I justify these limitations?
I do things to please others whose attention I want	I need to be recognised I must be liked
I start projects well, but I never finish them	I don't have enough time It won't work anyway
I never have enough money	I'm not meant to be wealthy Money is evil/bad
My relationships are always difficult	I'm not good enough Everyone has problems

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Discovering your Core Beliefs

Core beliefs start with "I..."

- I am...
- I always...
- I can't...
- I never...

Can you think of a few that apply to you?

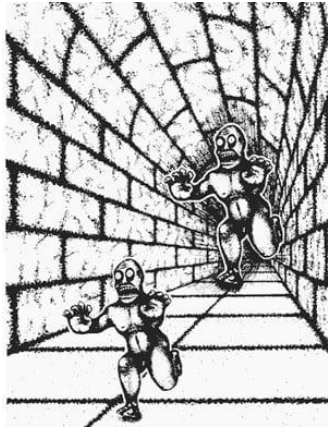
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Some Common Core Beliefs

- I always hurt people
- I always hurt myself
- I have no hope
- I am evil/sinful
- I am unwanted
- I am invisible
- I am a mistake
- I am helpless
- I am ugly
- I am shameful
- I am uninteresting
- I will die alone
- I am unlovable
- I am bad
- I am stupid
- I am worthless
- I am a loser
- I don't deserve good things
- I am a failure
- I am weak
- I am not enough
- I don't matter
- I am boring
- I am crazy and unstable
- I can't be fixed

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Perception and Beliefs



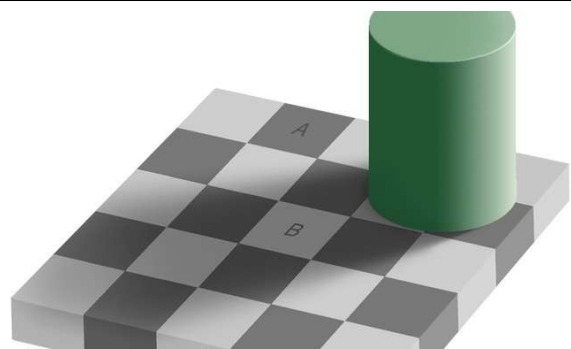
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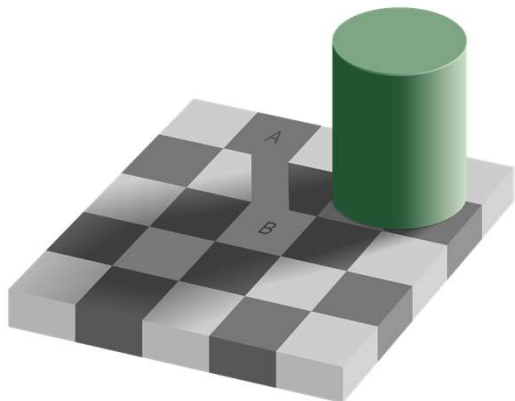
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The Power of Questions

- What questions do you ask yourself?
- What STORY do you keep telling yourself?
- Your FOCUS is controlled by your questions



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See your list of 'Limiting Beliefs'.
Now question one of them:

- Is it really true?
- What if the opposite was true?
- What's a more empowering belief to have?

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Adopting new beliefs

Limiting belief:	A new empowering belief:
I don't have enough time	There's always enough time for what I need to do, I just need to prioritise.
I'm not meant to be wealthy Money is evil	Money is an energy; I now accept that I deserve wealth and I welcome it
My relationships are always difficult	I love and trust myself and I am willing to love and trust others

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Power of NOW

"With the power of thought you can really 'be' whoever you wish to be, but only NOW."

Time to choose
'who'
you want to be!



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The 'ideal' you

Describe the person you want to be

What qualities would you need to have in order to feel complete?



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Invoking your Vision and Purpose

What kind of:

Thoughts
Words
Actions
Awareness



.....do you need to embrace, to make it a reality

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One Simple Change...

Exercise:

- Ask yourself : if I changed one particular behaviour that I've been avoiding doing, what would I look like in 10 years time?
- Raising your standards

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Where is your energy going?

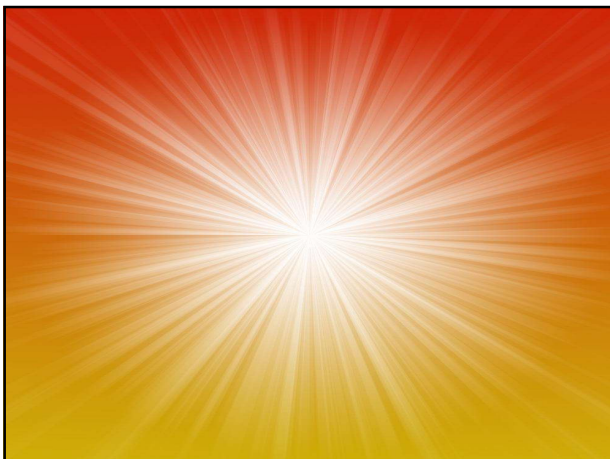
Dealing with the symptom
Or
The cause

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Power of Decisions and what they are feeding

Do you think as a master
or as a victim?

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Researching hidden beliefs

Think of something that you have always really wanted to do, but never have.

List the reasons why you haven't. Write in the form:

I haven't / I can't / It's too difficult
BECAUSE,

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Cyclic Pattern of Thoughts & Beliefs

Awareness leads to
Beliefs leads to
Attitude leads to
Vision leads to
Action leads to
Character leads to
Destiny leads to
Your life



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Trying Hard to Make Changes



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But Something's Stopping You



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