

Session 2



7

Beliefs, Perception & Health



8

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

9

What are your limiting beliefs?

How do I limit myself?	What do I say to myself to explain these limitations?
I do things to please others whose attention I want	I need recognition from other people
I start projects well, but I never finish them	I don't have enough time
I never have enough money	I'm not meant to be wealthy Money is evil
My relationships are always difficult	I'm not good enough There's no good people left

13

Collapsing Unwanted Beliefs

Questions are your friend, your guiding force.
They control your life and build your beliefs...

But only if you ask the right questions:



14

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

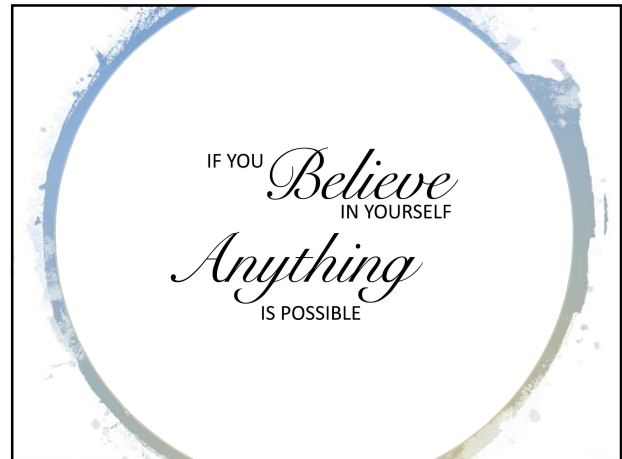
- Is it really true?
- What if the opposite was true?
- What's a more empowering belief to have?

15

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

16



17

Alta Ego Learning

- The principle is that you adopt an identity appropriate for the thing you want to learn, eg a language. Embrace that alta –ego and learning becomes 5x to 10x faster and far more enjoyable.
- Feel what it would be like to be the person you want to be

18

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!



19

The ‘ideal’ you

- Describe the person you want to be
- What qualities would you need to have in order to function in a way that makes you feel great?

20

One Simple Change...

Exercise:

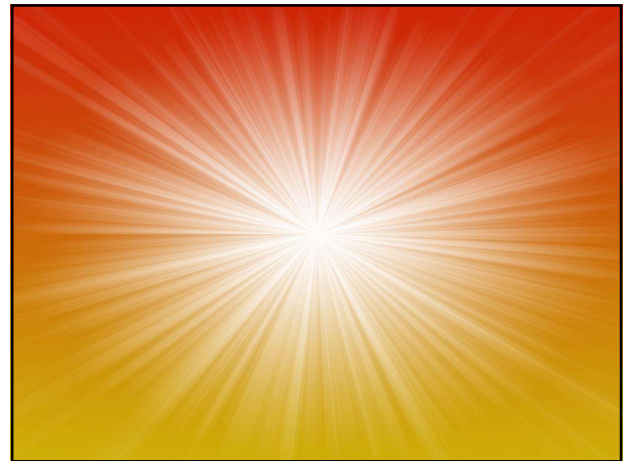
- Ask yourself : if I changed a particular behaviour that I've been avoiding doing, what would I look like in 10 years time?
- Raising your standards

21

**Power of Decisions and
what they are feeding**

Do you think as a master
or as a victim?

22



23