

## The Power of Beliefs



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Realize that what you believe about 'you' is so important.

When you believe in yourself, everything starts to change for the better.



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## Compassionate Awareness



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## What Are Beliefs

- Memories that dictate outlook, expectations, productivity, possibility, etc
- **Acceptance that something exists or is true**
- Assumptions
- ***What you keep thinking and feeling***

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## Effect of Your Beliefs

- Beliefs dictate your life experience
- **Determine your self image**
- Are revealed through your attitude
- **How you see things: opportunity/problem**

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## Where Do Beliefs Come From?

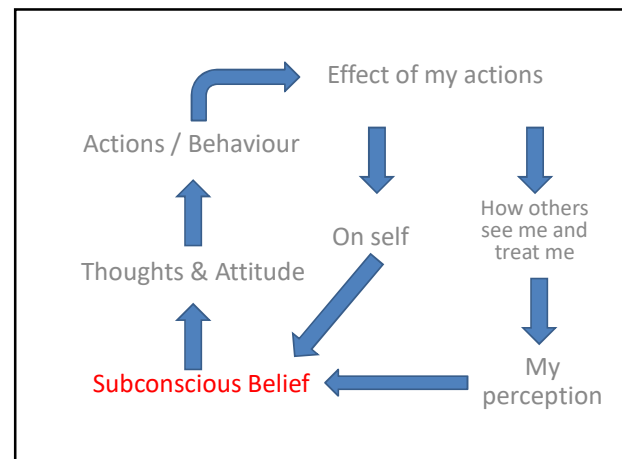
- Adopted in the womb
- **Acquired from parents, elders, etc.**
- Your self talk
- **From your own conclusions about yourself and the world**

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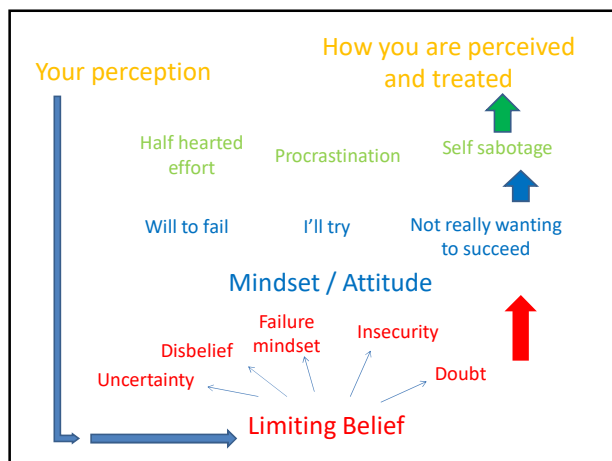
## Effect of Empowering Beliefs

- **Your attitude, posture, demeanor and ability to express yourself and interact with others all changes**
- **Relieve your own suffering.**
- **Feel really positive about yourself and life**

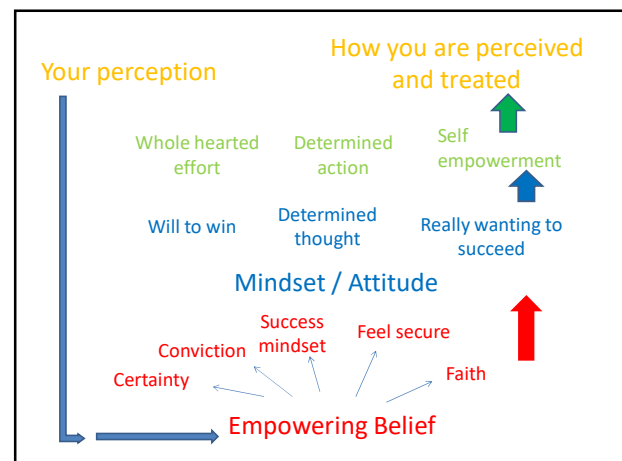
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## Power of NOW

“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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