

NLP

SESSION 9 CHANGE OF BELIEFS

NLP

BELIEFS

NLP



AWAKE blessed CREATIVE love caring
 source energy grace powerful peace
 blissful eternal flowing kindness
 abundance allowing unlimited complete
 vitality giving

divine LIGHT **I AM** spirit worthy
 safe serene

exactly where I AM supposed to be playful focused
 appreciation vibration BEAUTIFUL unique
 well being harmony prosperous
 inspired precious illumined mystical
 guided grateful hopeful enlightened

I AM THAT I AM



THE EMOTIONAL GUIDANCE SCALE

UPWARD SPIRAL HPF

1. Joy / Knowledge
Empowerment
Freedom / Love
Appreciation

2. Passion

3. Enthusiasm

4. Positive Expectation
Belief

5. Optimism

6. Hopefulness

7. Contentment

DOWNWARD SPIRAL LNF

8. Boredom

10. Frustration /
Irritation / Impatience

12. Disappointment

14. Worry

16. Discouragement

18. Revenge

20. Jealousy

22. Fear / Grief / Depression
Powerlessness/
Victim

9. Pessimism

11. "Overwhelm"

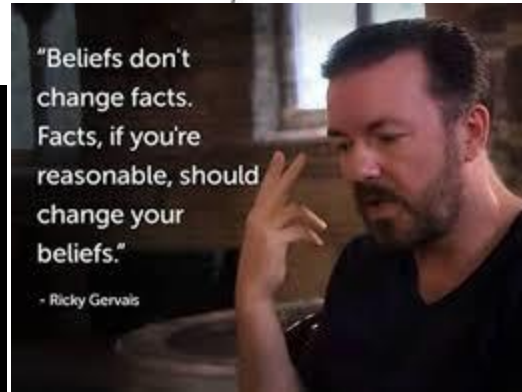
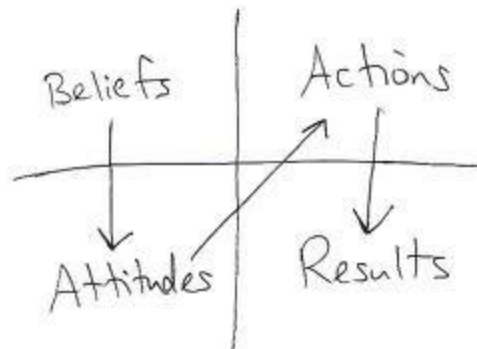
13. Doubt

15. Blame

17. Anger

19. Hatred / Rage

21. Insecurity / Guilt
Unworthiness



Changing Core Beliefs, Emotional Reactions and Behaviors

The first step in changing a core belief is to actually identify the agreement. What you will find when you look at an issue is that the mental agreements usually come in bundles. When you do a thorough job of identifying the package of beliefs you are more than halfway to changing them. This task can be a little challenging in the beginning but gets easier with practice. To finish the job you add a little bit of awareness and a shift in perspective outside the belief paradigm. Of all these steps it is the shift in point of view that is the most critical, and most often overlooked. If this sounds like a

difficult mind trick, don't worry. There are some very simple practical exercises to effectively do this.

Identify the Core Belief

Identifying a core belief is like solving a mystery of the illusions in your mind. You have to follow some clues to get down to the hidden beliefs in the unconscious. Let's use the example of fear of public speaking. Fear of public speaking isn't a core belief. It is an emotional reaction to a belief. The thought a person has is that, "They will think I'm a stupid idiot." This is the fear, but not the belief. Fears associated with what other people think of us are very common. This same dynamic can occur in the mind when asking for a raise, asking someone out on a date, or asking for what we want.

However the thought is not a core belief. One has to be careful here because they are often misleading. When solving a crime you follow the money. When finding core beliefs you follow the emotion. We have to keep questioning how the emotion of fear is created by the act of what someone else thinks.

If someone pointed at your hair, claimed it was green, and then started to laugh out loud at how silly you looked would you feel hurt? Probably not. (I'm assuming that your hair is a more natural color than green.) When you know your hair is not green you would know this person is just being silly, on drugs, or having problems with their vision. You know the issue is with their perception and not with you. Having someone make fun of you and laugh at you when you know it is their perception is not a problem is not a problem for you. What people think of you doesn't hurt you at all.

When you don't believe you look foolish you are not affected by what others think. Being aware that their mental image of you is not you gives you immunity to their opinion. With this understanding it is obvious that we can not be hurt emotionally by what others think and say about us. When people think we are an idiot it doesn't hurt at all. It only hurts if we believe we are an idiot. This is the real cause of pain that we fear behind the story of public speaking.

In essence the fear of public speaking isn't a fear of what others will think of us. It is a fear of the emotional pain that results from believing something negative about our self. What other people think would just be a trigger to activate our own negative core beliefs.

The point is that **to identify our core beliefs we have to look beyond the thoughts** we think.

There is one more layer here. We often don't really know what people are thinking. We usually make the assumption about what they think about us and then believe our assumption. There are a number of other beliefs bundled in this scenario.

First Core Belief: If someone else believes we are an idiot then it is true.

Second Core Belief: We believe we are a stupid idiot.

Third Belief is a corollary of the second: If someone believes we are smart then we are smart. This means that: Whatever someone believes about us is what we are.

Fourth False Belief is that what other people think of us can somehow hurt us emotionally.

This false assumption is what the mind uses to generate fear of emotional pain. It is not true because thoughts in another person's head don't determine our emotions. What we believe about ourselves determines how we feel. **The Fifth False Belief** is that we can accurately read other people's minds and know what they think about us.

These hidden assumptions are not apparent from the reaction or the thoughts. We have to get past the surface of thoughts and solve the mystery of our reaction to find the beliefs.

Steps to Changing Core Beliefs

Notice that the package of false beliefs and assumptions above starts to seem a bit unbelievable. We couldn't possibly be what other people conceptualize in their head? We probably don't have the power to accurately read other people's mind either. When you identify the core beliefs to this detail they begin to become ridiculous. This is often the case when we expose the whole bundle of agreements in the mind. When you fully identify a set of beliefs you instinctively divest your belief in them. These shifts happens just through your expanded awareness. Just by identifying your beliefs you facilitate change in your emotions and behavior without a lot of work.

Another aspect that can make change faster is that you don't have to change the whole bundle of agreements. Each agreement is like a link in a chain. If you just break one link then they all lose power.

Take a look at the third false belief for a moment. Our mind is quick to make this association and believe the opinions other people have about us. We often believe it without

realizing it. This starts to fall apart under some scrutiny. Different people will have different opinions about us. Their opinions are mental concepts in their mind. We are not equivalent to the mental concept in another person's mind. Some people might change their mental opinion about us during the day and yet we didn't change. We only feel a change when we change our belief about ourselves. Someone else's opinion is only a trigger to activate our different core beliefs. We might have an agreement buried in the mind that we are an idiot. We might also have mental agreements that we are smart. Our mind can flip back and forth between the two many times during the day, or even in an instant.

When you become aware that you are not a mental concept in somebody else's mind then the other beliefs start to fall apart as well. If you are not their mental concept then what they think doesn't matter as much and they can't hurt you emotionally. Changing your awareness of one belief affects the whole system of reactions.

Changing a core belief is surprisingly easy. You simply stop believing in them. It doesn't take much effort to not believe something. However it does take some effort to develop the awareness to identify them.

It sounds simple but does require some work. There is also one very important step in the process that is often missed. **You have to change your point of view in order to change a core belief.** Where you shift your point of view in your mind is critically important. Certain points of view will make it easy to dissolve a core belief and others will stop the process.

If you are judging the beliefs you find, or yourself for having them they become stuck. When in judgment you also create and believe a judgment story about your beliefs. When this happens you have built a layer of story and beliefs on top of the existing core belief. The new point of view you adopt must be free of judgment about the core beliefs you identify.

I teach you how to identify core beliefs, change them, and how to avoid the trap of judgment as well.

Changing Core Beliefs by Shifting Point of View

Some popular self help approaches like to use affirmations. In a related article I share why [self help doesn't work](#) very well in this area. A faster and easier way to change a belief is through shifting point of view. A new perspective allows you to have that epiphany of awareness that changes the way you see things.

Without this shift in perspective it is very difficult to change a belief. When you are within the paradigm of a false belief it appears completely true so you continue to believe in it. Like the person that believes the earth is flat. All contrary evidence is discounted until you shift your perspective. This is one of the problems with affirmations. From the point of view of our existing beliefs our affirmations look like a lie. We can end up feeling like a liar or a fraud trying to adopt new beliefs that go against our current paradigm.

A belief paradigm acts very much like a dream when you are asleep. When you are in a dream it seems completely real. You believe what is happening in the dream is really happening to you. You might feel like your life is in danger and feel the corresponding emotions of fear. But then you

wake up from the dream. You begin looking at the dream from the perspective of sitting up in your bed in an awakened state. With that shift in point of view you immediately drop your fear and the notion that you are in danger. With this shift in perspective the illusion of the dream no longer has power over your mind and emotions. Changing your point of view in this way allows you to quickly change beliefs.

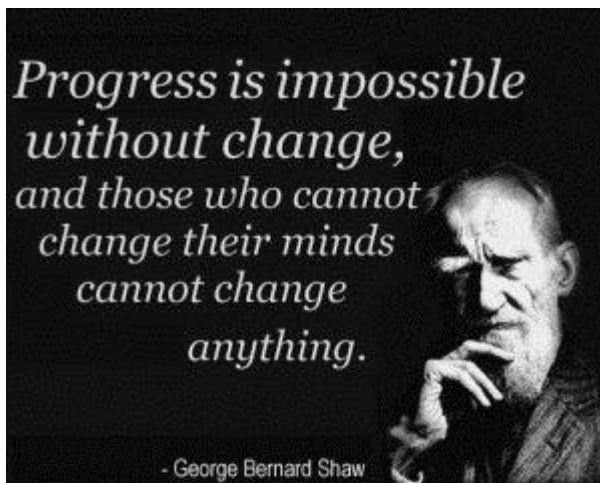
Our beliefs are so powerful that they literally create our reality. Our perceptions translate into our experiences. When we become aware of what we believe at our most basic and primal levels, we can understand with much greater clarity why our life experience is the way it is. Beliefs are nothing more than agreements about reality and they can be changed. They are the thoughts that we hold in our imagination and perceive to be real: consciously, subconsciously, and unconsciously. If we choose to create an empowered, loving, and expansive way of living, then our beliefs must match those frequencies. By refusing to acknowledge and integrate new information, we effectively hinder our growth and our chances for survival as a species. Therefore, it is vital that we take an honest look at our innermost beliefs about life and ourselves to determine if these really match up with our highest dreams and aspirations.

“Everyone has a bushel basketful of beliefs collected from many sources. Genetic inheritance, family proclivities, childhood experiences, social and cultural influences, and numerous impressions from other lifetimes are among some of the contributors to the invisible bundle of beliefs that

define your experience in 3-D reality. Beliefs are the thoughts that you hold most often without question, about yourself and the world at large.

These unnoticed thought-forms are birthed in your imagination and stored in your subconscious memory bank, qualifying your experiences in both the inner and outer worlds. Your beliefs set you up for success or failure. If your worldview is optimistic, you will generally be self-motivated with a positive attitude and engage life with joy and enthusiasm; however, if your worldview tends to lean toward pessimism and negative interpretations of reality, then a sense of hopelessness and despair will overshadow your every encounter."

– Barbara Marciniak, from [Path of Empowerment: Pleiadian Wisdom for a World in Chaos](#)



Essentially, all beliefs are either constructive or destructive in nature, based in love or in fear. Loving beliefs expand, unify, and bring forth more life, peace, and higher understandings. Fear-based beliefs contract, separate, and divide, seeking to define and categorize everything so that we are more “protected” and

“secure”. While fear-based beliefs have played a role in ensuring our survival, they only serve us up to a certain point. When the majority of our individual and collective beliefs are rooted in fear, the world takes on a nightmare appeal where crisis, competition, scarcity, killing, famine, and inequality become the norm. Our ego-identities feed on fear and they do their best to run the show, and it is easy to see this promoted throughout world culture and affairs everywhere. However, this does not have to be the case! It is important to realize that we are responsible for the thoughts and beliefs we hold, and that we can choose to change them at any time. It is not always easy, for fear is stubborn, but it can be done with loving persistence, especially if progress and a better way of life for all is truly our goal.

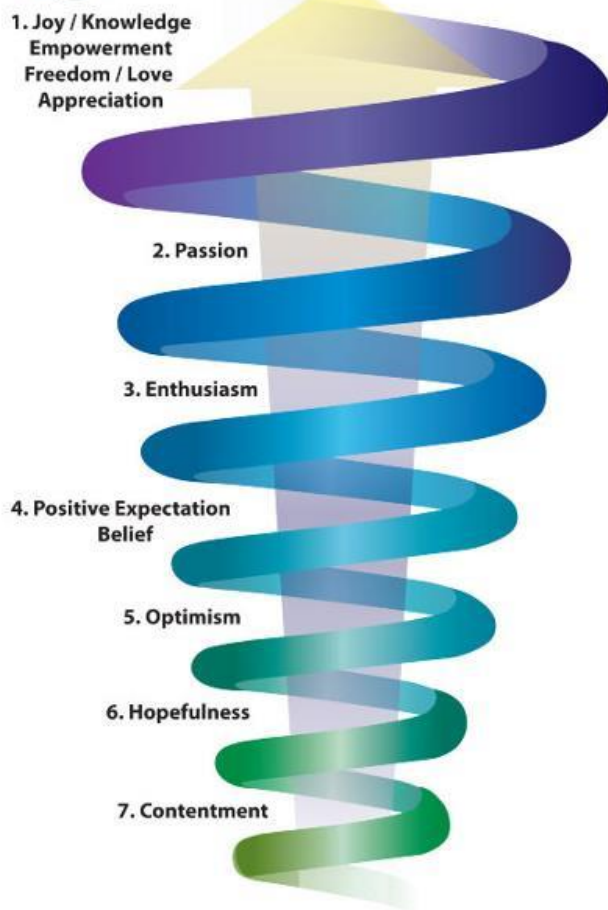
How can we tell the difference between loving and fear-based beliefs? Our **feelings** serve as our own *internal guidance system* that let us know if something is truly serving us or not. Feelings are the language of the soul. Learn to trust them! No matter what anyone else says, your feelings are your own. Do not deny or repress them, for they are a great gift! When examining a thought, idea, or belief, notice how it makes you feel. Does it make you feel good or bad, empowered or restricted? For example, the belief that “we live in an unlimited multiverse where all things are possible” makes me feel empowered and confident that life has meaning and purpose. On the flipside, the belief that “there is not enough to go around, so we must compete to acquire our resources to survive” makes me feel bad — that something is not quite right and that things don’t have to be this way. There are distinct differences between loving and fearful feelings and as we practice emotional awareness,

we can consciously release limiting beliefs and choose more empowering ones. Our emotional state serves as our magnetic point of attraction — we will attract circumstances, people, and situations that match our predominant feelings.

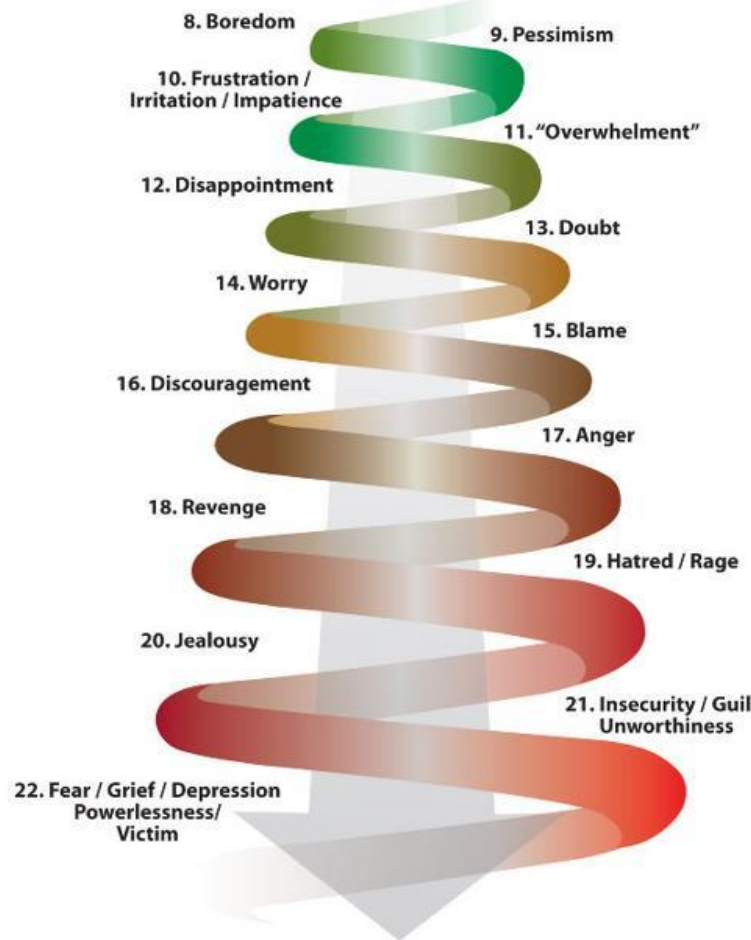


THE EMOTIONAL GUIDANCE SCALE

UPWARD SPIRAL HPF



DOWNWARD SPIRAL LNF



Perhaps the most important thing to remember is that **we are always free to choose our own thoughts and beliefs!** We

each have our own subjective interpretations of reality and NONE of these are wrong or right from an absolute perspective. Always remember that you are a sovereign and powerful being and that you deserve to feel and experience love on all levels. Love, joy, appreciation, and a zest for life is our natural state of being!

There is no such thing as Right and Wrong. There is only What Works and What Does Not Work, depending upon what it is that you seek to be, do or have.

– from [The New Revelations: A Conversation with God](#) by Neale Donald Walsch

Our beliefs are so powerful that they actually provide the instructions for how well our bodies operate and function. If we believe that we are naturally healthy and vital beings, we will be. If we believe ourselves to be powerful, creative, and capable, we will be. If we believe something to be easy or hard, it almost always turns out that way. When we believe ourselves to be victims of circumstance (no matter what the source), we will remain as victims. Possible or impossible, the decision is always up to us. This is the brilliance of it all – we get to choose who and what we wish to become, no matter what anyone else says or thinks! Our attitudes and self-perceptions are vitally important, as we are literally defining and creating who we are in each moment. Reclaiming our authentic power is one of the most challenging and rewarding aspects we are facing at this time in our lives.

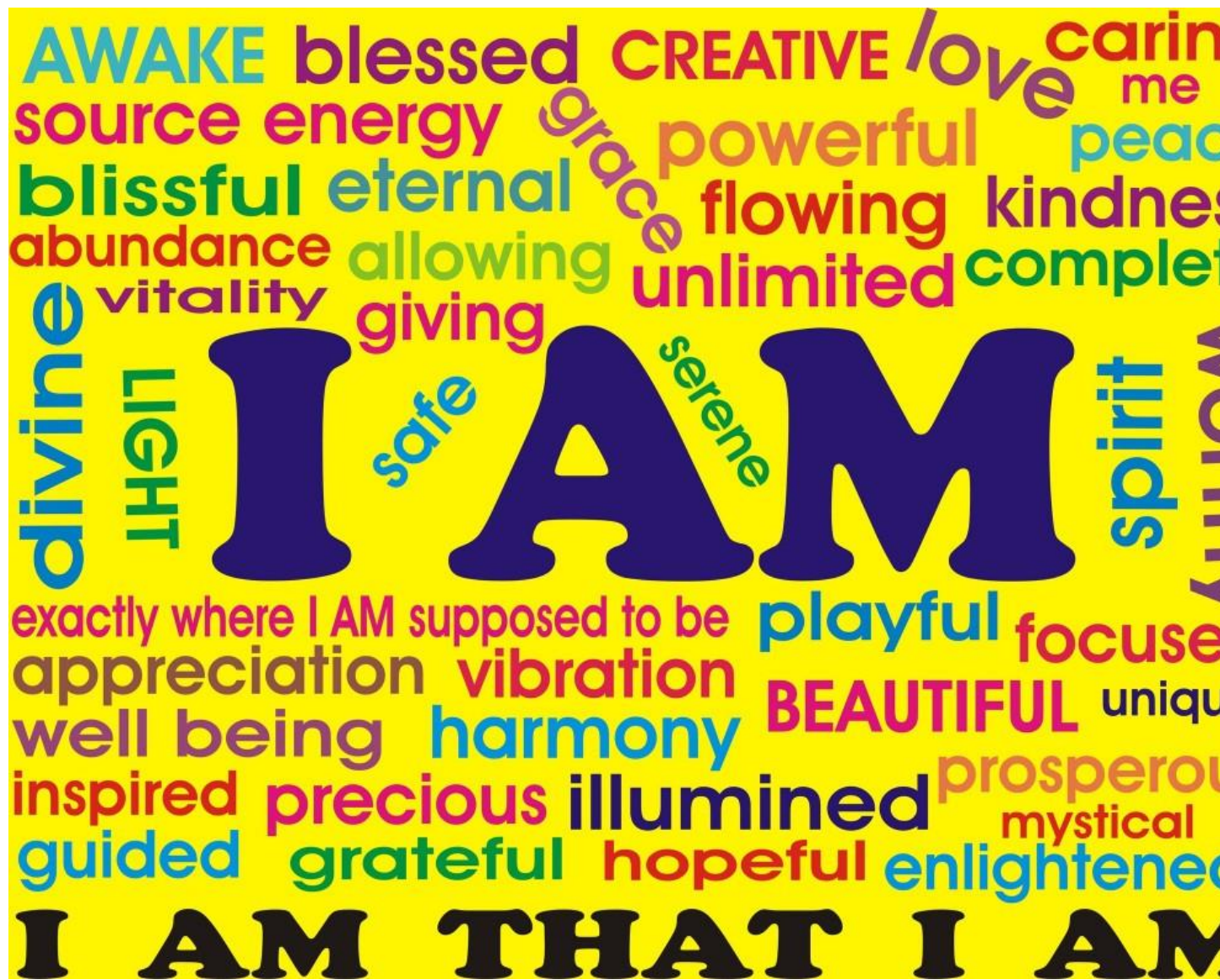
“Humankind is being tested to become much more consciously aware of how to use the power of thought. You are born with a multitude of abilities, yet your cultivated beliefs insist you are powerless; therefore, these abilities are blocked out or eradicated from neural pathways at an early age. The key to solving the great planetary crisis you face lies in the compassionate recognition that humanity has essentially developed a collective fear of the power to create. These times call for you to know your mind and your beliefs and to become an extraordinary creator of your reality.” – Barbara Marciniak,

Ask yourself today if your core beliefs are supporting what you really want out of life. By taking your own personal inventory, you can begin to see yourself with greater clarity and perspective. Remember to be compassionate during this process and not be overly judgmental and critical. Let us always accept ourselves fully for who we are in this moment.

- Have you consciously selected the beliefs you currently hold?
- What beliefs have you inherited from your family, teachers, and upbringing?
- What is in the way of you experiencing the freedom and joy that you truly desire?
- What makes you most angry and is it possible to forgive and let go of judgment in this area?
- What kind of thoughts and feelings do you have when you wake up in the morning?
- What is your body worth to you? Do you treat it well?

- What do you think about sex?
- What do you believe about money and possessing great wealth?
- What influence does your family have in determining your behavior?
- What kind of world do you really want to live in?
- What do you think is possible for you to achieve in this lifetime?
- Do you believe you are truly free?
- What do you believe you deserve from life?

Asking yourself questions like these regularly and writing down your responses can be most illuminating. It takes courage to do so, but will reveal to you what you really value regarding life, happiness, health, and wealth. If a belief doesn't truly serve you, consider discarding it or expanding upon it in some way. In certain cases, it is necessary to let a belief go entirely and replace it with a new perspective. Staying flexible and avoiding fanaticism is key! We must transcend our limited beliefs if we are to survive and thrive as a species. Practice positive affirmations and believe in your ability to transform yourself.



No matter what, always believe in yourself and in your own worth. You are perfect exactly as you are in this moment, beyond any and all definitions. We all have our own truth. Recognize your magnificence and your brilliance! Don't be afraid to shine brightly, for this gives others the courage to do the same. If you have any more insightful questions to add to this list, please feel free to make up your own or share them in the comments below. As we continue to expand our beliefs and understandings, our lives become more meaningful and synchronistic. The sincere desire to know ourselves and to seek truth will bring about profound changes in our lives. Our entire perspective of reality continues to shift and is fully supported during these accelerated times. This creates a ripple effect on the world around us and those we are connected to, anchoring in the frequencies for a new way of empowered living.

Progress is progress, no matter how seemingly small! Continue to lead by example, for the betterment of all!