



Paul Counsel

Changing beliefs.



How to change ineffective beliefs into effective beliefs.

Changing beliefs can be as simple as adopting a new perspective on something which allows you to see that something in a new light. For example, let's just say that you used to hold a grudge against someone who used to be your best friend. Perhaps it was because you believed they said something about you which caused you to lose friends.

Suppose that a few years later, you found out that it wasn't actually them who said something nasty about you, it was actually one of your other friends. Suppose you found out that your original friend just took the wrap for it because he/she knew how important your relationship was with the other person and they didn't want you to lose them as a friend, even though they were spreading the rumours.

In the light of new information, it's not difficult to change your beliefs about something and a whole new world can open up as a result. But what about those deep subconscious beliefs that stubbornly persist even though intellectually you might know them not to be true. "I'm not good enough", "I'm not worthy or smart enough" and the list goes on and on and on!!!

Such beliefs will not only affect all your personal relationships, they'll guarantee you live life at a level below your true potential. They'll guarantee you live as a victim to those thoughts and they'll ensure you never achieve the personal or economic freedom that is your birthright. Unless these beliefs change, they'll keep being the cause of all things.

To change them, you need to go deeper and more purposefully into the mechanics of changing beliefs so that you can learn to replace the old with the new. It's a process that feels a bit clumsy at first and you need to work at it. I can promise you though; when you get the hang of the process, it produces excellent and far reaching results. So have a go, persist with it and just watch yourself blossom.

Read through the process first so that you get the hang of it and understand where we're going. Then follow each of the steps and mentally answer the questions. Remember your answers for each of the questions because what you're going to do is construct a mental position for each belief you want to change. As you do this you can then create a new belief and place this new belief into the same position as your old belief.

If you find this process difficult to do by yourself, it's highly beneficial to do it with another person so that they can walk you through each of the questions, feed you the instructions and guide you through each of the steps. This is the much preferred method and the more it happens, the better you get at it. Persistence is the key to freedom itself.

When you answer the questions, you either make a mental note of them or you have your helper make a note of them.

Step One.

Think of a belief that you'd like to change. Perhaps a belief that doesn't allow you to advance as quickly

as you'd like. Or a belief that holds you back from something you'd like to do or achieve. Close your eyes and create an image of that belief. (Suppose it's a belief that says "if you become prosperous, other people become poor")

Now locate that belief in space. Is it behind you? Is it out in front of you? Is it to the left or the right of you? Is it above or below you? Once you've located it in space, determine how far away is it from you? Is it close or is it in the distance? Is it black and white? Or do you have a colour image of this belief? Is the image moving or is it still? Think or see as many of its characteristics as you can. Does it have a sound? Is it loud or is it faint? Does it have a feeling or a feel to it? Is it smooth or rough?

What you're trying to do here is locate and describe this belief in as much detail as you possibly can. It's like creating a multidimensional space in which this belief resides. So locate it as accurately as you can.

Step Two.

Once you've got this image, location and colour etc., worked out, now envisage a new and more effective belief. (Say a belief that "as you become more prosperous, you'll be able to help more people who are less fortunate.") Essentially this is a belief that allows you to become part of the solution rather than remaining part of the problem.

When you have this new image, and it doesn't matter if this is a visual image, a sound image or a feeling image, now slot it into the same location, the same distance, the same colour or black and white and the same motion, feel etc., as the old belief. You can practice this a few times so that it really becomes fluid. Create an image of the old belief with all its attendant characteristics and swap it with the new belief while attaching the same attendant characteristics.

You must always send the new belief to the same location as the old one and it must always be sent with the same characteristics. Once you become comfortable with this process, it's time to move to the next step.

Step Three.

Now repeat step one again but this time do it with something that used to be true but is no longer true. In other words, think of something that used to be factual but is no longer factual. Where is it located? How far is it? What colour is it? Is it still or moving etc.?

This can be something really bland if you like. Something like, you used to be sixteen but it's no longer true. I used to live in Hampton but it's no longer true. You used to be able to buy ice creams for sixpence (at least I did) but it's no longer true. Video players used to be really popular but it's no longer true. The world used to be flat but it's no longer true. Just envisage something that used to be true but it's no longer true and start swapping them around with the belief that you're attempting to change.

Step Four.

Now envisage something really simple that is true for you. Create an image of this something. You're a happy person, you're a hard worker, you enjoy good company, you're a great parent, you're good at what you do. Basically anything that's really simple and that you know to be true.

Step Five.

Once you've got this worked out, take the image of your old belief from its old location and place it into the same location as something that used to be true but is no longer true.

You need to make certain that you're using all the same characteristics of the something that used to be

true but is no longer true. In other words, you're placing it in the same location and distance, and using the same colour, motion etc., as the something that used to be true but is no longer true.

Step Six.

Once you've done this, now take your new belief and place it in the same location as the something you know to be true. Use the same location and distance, and use the same colour, motion etc., as the something that you know to be true.

Step Seven.

Once you've done this, all you have to do is mentally rehearse these changes. Through practice, you'll develop this process as a skill and when done well, the belief change is permanent.

By going deeper and more purposefully into the mechanics of belief changing, and practicing this as a skill, there will be no holding you back. Just remember that, whenever you practice anything new, it feels a bit clumsy at first. So you'll need to work through this clumsy stage. And when you do, I can promise you that the results will be excellent and far reaching.

It really is life changing so in advance of your success, may I welcome you to a new life.

