

Identifying & Changing Faulty Belief Systems



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At the very core of your existence and how you are able to create your "reality," is your belief systems. Identifying and changing faulty belief systems is essential if you are to experience the kinds of successes you so desire.

Note: You are never given a dream without also being given the ability to manifest it. So, if you have large dreams, you CAN make them real. If they aren't in your reality now, then it is probable that you have faulty belief systems blocking them.

There are three types of beliefs and most of them are in your unconscious mind:

1. What you deserve
2. What is possible
3. What you're capable of

To take inventory of your belief systems, look at the landscape of your life. Where do you live? How are your finances? What are your personal and romantic relationships like? How is your physical health? How often do you experience peace of mind? Are you living your dreams – or have you even identified them?

Once you have taken inventory of your life, then you can ask "what belief system might have created this?" After you have identified the underlying belief system, then you consciously CHOOSE, through affirmations, visualizations, and FEELINGS, to change it.

One of my seminar attendees asked me "but what if I don't believe I'm worth having a good life, a good relationship, enough money?"

My answer to her is simple: We are all Divine Beings, and it is our divine birthright to experience all the abundance this vast universe has to offer. God did not intend for us to "live small." That does not glorify the divine in us or the Divine Itself.

In addition to creating positive "why and what" questions to change these beliefs, there is an exercise attached that comes from NLP (neuro linguistic programming) that will help you even further dissipate the energy from any limiting belief system. Do this with any negative or limiting memories, remembering that the mind cannot tell the difference from a vividly imagined event and what we perceive as a "real" one.

Below is an example I recently received from someone who took my seminar:

Life Circumstance	Possible Underlying Belief Systems	Upgraded Belief System - (Affirmations for each category: I deserve, It is possible, and I AM capable of having these things)
Never enough money	I don't deserve to be rich. Rich people aren't nice. Money is the root of all evil. Someone will just take it away from me if I do get it. No one will like me for me – they'll only like me for my money	I am a Divine Being. I DESERVE financial abundance. Money can and does do a lot of good in the world. I could do a lot of good with more money. When I earn lots of money, I will take care to be sure it is invested wisely and safely. The people who are of a high vibration will like me for me – and I seek out only those kinds of people.
Poor romantic relationships	I don't deserve a good relationship. There are no good men left. Romance isn't all it is hyped to be. There aren't really any good relationships out there. Every relationship I've had has hurt me. I don't need any more hurt.	I am a Divine Being and I DESERVE a beautiful, nurturing, and honoring relationship. There are plenty of great men out there, and I intend to meet them. Romance is FABULOUS! I love being in love and I enjoy loving back. There are PLENTY of great relationships out there. I choose to see and notice those relationships and intend to have one of my own. The past DOES NOT equal the future. I can have a beautiful honoring relationship that does not wound. I CHOOSE to make better choices in the future.

<p>Disappointed friends who invested money in my ideas</p>	<p>I don't deserve to have those people believe in me. I am not worthy of their praise. I'm a loser and they should have seen that.</p>	<p>I am a Divine Being and I DESERVE great friends. I also deserve friends who understand that I keep trying, even when it looks like I keep failing. Failure is only a benchmark of what doesn't work. I CAN find what does work and make it happen. It is possible. All people who birthed great ideas had many "failures" on the way. I intend to stay in the game and prove their faith in me right. I am a gutsy pioneer and I am capable of great things.</p>
<p>Overweight and out of shape</p>	<p>What difference does it make, anyway? My life is so messed up, why should I care about being physically fit? I just want to roll up in a ball and disappear.</p>	<p>I am a Divine Being and I DESERVE a fabulously healthy body. It is totally possible for me to have a perfectly healthy, fit and trim body and I am totally capable of getting into a good workout program and really honoring this fabulous body that I have been given. I can live like a champion – I CHOOSE to live like a champion.</p>

This woman used this affirmation table and the exercises in the attachment to completely change her reality very quickly. She is earning more money than she has in several years, she has set goals that will have her debt free (including the individuals who invested in her) in three years, she began a new workout program and has already come down two sizes, and she signed up on yahoo.com and is beginning to meet really nice men.

She is a different person.

Now, combining this exercise with the "field of intention," THE MOMENT you write something like this out, you have already begun the process of manifesting it in the field of intention.

After you have written out the positive affirmations, convert them to 3X5 cards that you can carry with you, put on your desk, by your computer, on your bathroom mirror. Put them everywhere so your subconscious mind is taking them in often.

As you read the affirmations, get into the "feeling space" of already having attained them. Really FEEL them already done – because they are. Then go out in the world and "act as if" they are already done.

How would you act if you had more than enough money, the right relationships, excellent health, and an honoring relationship with everyone you knew?

ACT THAT WAY as you truly become it.

Make it a practice to look at your life often and ask yourself, "What belief system created that?" Then ask, "is that a belief system that honors me?" If it is not, change it consciously, and give it time to get into your subconscious mind. Use the NLP exercise attached for any event that might have created that faulty belief system.

Our minds are like software. They will put out what we program into them. If the results in your life are not what you desire, REPROGRAM your thoughts.

It is that simple. And remember, repetition, repetition, repetition. Discipline = freedom.

Here is an affirmation to read before going to bed every night:

"The storehouse of my mind is now cleared of all negative, limiting and non-productive thoughts, memories and beliefs. Negative beliefs and thoughts now bounce off the force field of my mind and dissipate harmlessly into the atmosphere. As this clearing continues, the storehouse of my mind fills with thoughts of joy, love, and positive life affirming beliefs which assure me that I am a Divine Being and deserve all the goodness the Universe has to offer."

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Montana Gray is the author of the forthcoming book, *"Hope = Healthy Opportunities Personally Engineered – A Guide to Creating Abundance and Joy When All Seems Lost."* A self-proclaimed "Guru of Change," Montana's mission is to help others who want to make a difference find and live their passion. A speaker, workshop trainer, and intuitive and marketing consultant, Montana helps you develop and market your BIG IDEA.

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