

Working With Energy Program

Changing Old Beliefs

Beliefs are energetic, and they are the foundations of Law of Attraction.

What you send out to the universe in terms of your frequency or vibration, is based on your feelings and emotions, which are triggered by what you believe.

Think of it this way, if you took a phone call saying that you had won a prize your feelings would change in a split second wouldn't they? The words that you heard on the phone line would trigger thoughts and beliefs in your mind in the way of self-talk, and this would make you feel a certain way wouldn't it? Especially if that phone call was saying that you had won a really significant financial prize, like a big win on the premium bonds.

Imagine how you would be feeling if that happened to you, and know that this feeling would have been triggered by you believing something and then aligning your feelings with that belief.

So what? You might say.

Your whole story is based on a massive bundle of beliefs that you have been collecting all of your life, and some of these beliefs will not even be yours. They may be inherited beliefs, cultural beliefs, or just things that someone once said to you that you unconsciously decided to take on board and integrate into your map of reality.

These beliefs have created your life so far.

They are running the show and creating emotions and feelings within you that are drawing in your life experience.

Now think about that for a moment, what if the beliefs that you are carrying around are not only not yours, but they are also sabotaging you? What if some are really outdated and inherited from a couple of generations back and don't fit into the version of success that you want to create in your life today? What if they are not actually true?

Beliefs underpin everything. “If you believe you can you’re half way there.” Is absolutely true, and so is the opposite, if you believe you can’t then I’m pretty sure that’s going to be your outcome.

So, when we are working with energy and creating a life that we love, it starts with your story. I know that you might want to be rushing ahead to finding out about psychic attack and cutting cords, but if you can spend some time investing in yourself and this module it is going to payoff big time in your life.

Looking at your story and getting your thinking right is the foundation to all other success in your life, and it can help you in amazing ways because it’s the cornerstone of working with Law of Attraction and therefore energy.

There is a worksheet here for you to look at, and I urge you to step back from yourself now. Ask your ego to take a back seat and be really honest about what comes up. We can’t work on it if you don’t bring it into your conscious awareness. Don’t engage in beating yourself up, that serves no one. You’re human and you’ll have BS in there like the rest of us, but this is the time to start changing that.

My Current Story About This

5 statements that I commonly say about this in my own mind (be honest)

Weigh and Measure Each Statement

Now take each statement and ask yourself honestly the following two questions:

Is it true?

Does this serve you?

The chances are that whatever you are saying to yourself within your story about the situation that you want to improve will answer No & No to these two questions.

So we have identified now that your story is creating a vibration that is incongruent with what you want to create. Now we need to change your thinking.....

You are going to write a new story, and if you feel like you need permission to do this then I grant it!

Write down all the aspects of the story that you want to have play out in your own life BUT make sure that you write them in a present tense as if it is happening now...

I have written an example to get you started....

My New Story – Kate's Example

I LOVE my life!

I live in a home that is relaxing, peaceful and inspiring and full of happiness, laughter and joy.

I have fresh flowers in my home because I love their energy, and gorgeous books and lovely bits and pieces that remind me of the great times I have had and holidays and my friends.

I am connected to my friends and family and to myself and I find that I just flow with life, really there seems to be little effort and whatever I want or need just shows up when I ask for it.

I always have an abundance of money, and I can easily afford everything that I want including all of my bills, good quality and healthy food to nurture my strong body and I can afford to be generous with other souls as well.

I attract income easily and always feel like I am in fair exchange with the universe and in all of my relationships, in fact money loves me! It just keeps coming!

Lovely people and opportunities are always showing up for me, in every moment if I need something I know that the universe has got my back. I never even need to look for the silver lining now it is so obvious.

I laugh every day!

I love my car and the other material possessions that the universe has supplied for me.

I love feeling loved and valued by the people in my life.

I love feeling worthy and special and beautiful and awesome.

I love my cats and that they come to me and snuggle and my amazing family, I am living the life I always dreamed of and I am blessed beyond belief.

Start Using Them!

Say them out loud (into a mirror is super powerful) or silently in your mind, and make sure that you become an observer of your own thoughts from here on in. Step back from that self-talk and be conscious of what you are saying to yourself and how its making you feel, and if you have a wobble use your new power affirmations and break the pattern.

Take Action!

When you take action the universe rises up and supports you.

Whatever it is you are working on in this program to bring in positive change, ask yourself what you could do TODAY to show the universe that you mean business and that you are open for opportunity and transformation. And if you can go on from today write down what you could do beyond that, in addition to using your new affirmations and not getting stuck in your old story.

What are YOU going to DO TODAY?

Poor Me

Watch out for your inner victim coming out to play when you are reviewing your old story. You have signed up to this program to create massive positive change so do not get stuck on why it can't happen for you, or how you have been a victim of life. We all have stuff going on and I am pretty sure I could one up you on some of yours.....so be aware that if this happens its resistance to change and you can get through that. Keep loving yourself through it and know that you are doing your best, but when you know better, you do better. And you know better now.

No more victim!