

6 Step Process to Changing your Beliefs

Using Awareness to shift from an old Limiting Belief to a new Empowering Belief

1. Awareness of Old Limiting Belief and Replace with New Empowering Belief

While in an open, receptive state, realize that your current belief is not serving you and consciously create a new empowering belief or response that is reflective of the Truth of your higher self and that would serve you better in the future

2. Awareness of New Empowering Belief After the Situation

The next few times the old belief/response comes up, the old patterning may be too strong for you to remember your new empowering belief in the moment, but after the situation is over you can assess it, put your new empowering belief back in place, & reinforce with proof that it is true

3. Awareness of New Empowering Belief During Situation Without the Ability to Change it

After you have practiced step #2 for a while, then you will notice yourself starting to remember your new empowering belief in the middle of the situation where the old belief gets triggered. You may not completely feel the new empowering belief as Truth in that moment or be able to change your response, but you will remember there is another option. Then, after the situation is over, you can again assess the situation and put your new empowering belief back in place and reinforce with proof that it is true

4. Awareness of New Empowering Belief During Situation With The Ability to Consciously Change It

After you have practiced step #3 for a while, then you will eventually be able to not only remember your new empowering belief in the middle of the situation where the old belief gets triggered, but you will also truly feel the new empowering belief and consciously change your response to match that new empowering belief in the moment.

5. Awareness of New Empowering Belief Right When Situation Comes up With Ability to Consciously Change Before You Respond

After you have practiced step #4 for a while, you will begin to be able to remember the new belief the moment after you get trigger by a situation that reflects the old belief and change it to your new empowering belief before you respond. In this case your response to the outer world only reflects the new belief

6. Living from the New Empowered Belief

After you have practiced step #5 for a while (often a long while), you will eventually no longer have the old belief playing out in your life at all. When a similar situation arises, your first inclination will be to come from the view of the new empowering belief instead and respond in an empowering, productive way that serves everyone involved. And often the situations that used to trigger you happen around you less and less since you are no longer a vibrational match to them.