

Reprogram Your Mind:

The Power of Belief Systems

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Introduction

We live in a world that made of beliefs. What we hear, touch, taste and feel came from the beliefs we have. You can find many unique beliefs anywhere but mostly came from our environment. You are born with a beliefs already instilled in your life.

As you grow up and socialized you accept some of these beliefs. Eventually, our world is full of ideas, values and characters that when combined will create beliefs. We take beliefs as all are true. We used them in our lives. Almost of the beliefs that exist we agree to them.

As we grow old, we take beliefs in our lives daily but often forgot about them. It is like instilled in our system not knowing that we are already following it. We also accept beliefs as the right answers to some of our questions in life. Then, suddenly we realize we should change our self.

We lose weight, we change job, find love, or get divorce. This is what the fundamental characteristic of our consciousness, the motivation to improve ourselves. We work hard for the changes we made, struggling ourselves and hoping to surpass what we change in our life and continue the habit we instill.

Sometimes we succeed for a life time of the changes we made. But also often times we only succeed in just a small span of time, maybe a week, days or month. It really depends on the changes we make. Of course major changes will be hard.

But why we can't achieve the person we want to be. Why people can't create the person they build in dreams? Why despite of everything we try, the result is always the same? No matter how we struggle to be something we want, in just a short time we are still back to the same person we originally are.

The answer to these questions is because of our beliefs. Deep inside us, beliefs and what we want to change gets confuse in the way we run our lives. It is much like the movie, Titanic. What beliefs are instilled in us still becomes the first choice of making decisions.

They are like ice bergs that only few are lie in the surface and we are conscious of them that influence our daily lives. The major parts are submerged deep inside our subconscious, affecting our thoughts, feeling and our characteristics.

The future that we created or wish to create will fight against what are already instilled deep even when we are still young. Just like the

passengers on the Titanic movie, what we want versus what should be, sink us deep under the ocean.

When we forget about everything and feel lost because we failed to change because of our contradicting beliefs. We should also not forget that we are creatures that have the capability to be creative.

If you can make through reading this guide and applying it to yourself, you will be rewarded for the efforts you make to change. This is a guide that will transform you immediately to a person you wish to be.

See how you take the techniques daily in your lives without missing. The key to changing successfully lies in yourself, on how much you can be consistent in your actions. If you want a guide on how to successfully change your beliefs, read more in this guideline.

This guideline is not only for one usage, to make things effective, the more you repeat them in your daily life, the more you succeed. You can always try and try these tips. You must also remember to always do them one step at a time.

You may not want to limit yourself within a month. Do them daily, then weekly until you

memorize them. The key to success will always be consistency. Don't skip each process and as much as possible do it daily. Success befalls to those who are patient and failures to those who are not.

Key Things to Do Before Making Changes

This is information in which you can use. These are simple ways before you can start the guide to making a change successfully.

Step 1: You must put yourself always at the top.

If you do not put yourself in your main concern, you will always find reasons not to pursue the change. This maybe a difficult task because there is a saying that putting yourself first makes you a selfish person. They say, put others sake first before yourself.

But sometimes it is not handy. Just take the example when you ride a plane. The safety precautions they are telling to all passengers is “Please put your own mask on before helping others”. This is because a powerful person will enable to help others than a weak one. So, stop for a while and take a deep breath and put yourself on the top priority list.

Step 2: The only thing that we cannot change is to die. Other than what we do while we live is to make choices.

No matter what we do, though we are sometimes not comfortable in the notion, we

have to make choices. That is why to cope up having difficult decision; we place our self as the victim. If we want to change, we must make a choice and there is nothing we can do about it.

Step 3: You are more capable of doing things than what you credit to yourself.

This is a nature that is true and we are not aware of it. We as humans tend to look ourselves less to make us feel comfortable. But growing up requires us to widen our horizons that we often forsake. We still choose the path and routines that becomes comfortable to us.

We are frightened to walk on the hard way because we are afraid to face failures. That is why to make things easy, we walk on what we think is the easy path. But trust yourself, if you really want the change, dream high and you can do many amazing things that is not on your circle and comfort zone.

These are the three fundamental things as we start the journey to making changes. We are convinced that the true us lies inside just whispering. The majority of what we make our self just lie beneath the surface.

Our hidden mind and heart will determine the true person inside our self. But we can only

achieve change if we know how to listen to our subconscious mind and stop believing differently. We have to increase the part where we coordinate in our inner minds and thoughts.

Our mind uses the five senses in gathering experiences and information we get in our daily lives. The experience we have are filtered in our inner thoughts where our subconscious of the information. We absorb the experience and values we grasp. Everything gathered will form into beliefs.

Each time we grow, we are constructing our own world and perceptions in life. There are questions that we will answer every time we learn. Is the world out there safe or dangerous? How can I avoid pain and only feel pleasure? What is the boundary of my territory? Where is my place on the pack?

When we are still young, those questions are not so clear. But as our mind grow old; we can interpret it to ourselves by our own language through the time of development. It is what the mind believes around his world.