

BELIEVE IT!

BECOME IT!

MODULE SEVEN



BELIEVE IT!

BECOME IT!

MODULE 7

Believe It!

Before we move on to *BECOME IT!* I'd like to review the primary *Believe It!* principles. I have included this section in an effort to insure total clarity on the key concepts.

The beliefs in your mind bring about the results in your life. When you stop accepting false beliefs, opinions, and fears, and begin filling your mind with thoughts of goodness and peace, you'll be delighted to discover wonderful things occurring in your life. You will be able to hurdle barriers that you previously thought insurmountable, and begin excelling like never before.

As children, we were powerless when given suggestions by people who were important to us. We often accepted into our subconscious minds negative remarks that affected us throughout our lives. This helps us realize how incredibly important it is to speak positively and lovingly to children - showering praise and appreciation every chance we get.

As Adults We Can Make Choices

As adults we can use constructive self-suggestions and other healthy tools as reconditioning therapy to *change* the beliefs we accepted in the past. New, constructive self-suggestions release you from the negative conditioning that may have damaged your self esteem and inhibited your progress.

Once you understand the laws of the mind, you recognize your power to completely reject all negative suggestions from others. You can refuse to give attention to unkind remarks that, prior to your new understanding, would've hurt your heart and caused you pain. Why would they have caused pain? Because you would have allowed the pain, as you replayed the comments over and over in your mind. You would've thought about *why* the person said it, and you'd give the remark importance in your mind, thinking about it again and again. You may have even allowed those thoughts to anger you. These are choices *you* make. A better way? Blow out the match quickly (ignore the unkind remark) and refuse to allow the flame to hurt you. Go about the business of living with the secure knowledge that you are the master of your thoughts.

Unkind remarks can be like rubber balls thrown at an armored truck. You are the armored

BELIEVE IT!

BECOME IT!

truck, totally in control of your thoughts. Simply think this: "I'm sorry he's choosing to talk like that, but I'm choosing to blow out the match. He can't hurt me unless I allow him, and I simply won't allow it." Or, "This is his problem, not mine. I know I'm doing the right thing, and I'm OK."

The following story reminds us of the importance of refusing to allow others to hurt us.

An aging Hindu master grew tired of his apprentice complaining, and so, one morning, sent him for some salt. When the apprentice returned, the master instructed the unhappy young man to put a handful of salt in a glass of water and then to drink it.

"How does it taste?" the master asked.

"Bitter," spit the apprentice.

The master chuckled and then asked the young man to take the same handful of salt and put it in the lake. The two walked in silence to the nearby lake, and once the apprentice swirled his handful of salt in the water, the young man said, "Now drink from the lake."

As the water dripped down the young man's chin, the master asked, "How does it taste?"

"Fresh," remarked the apprentice.

"Do you taste the salt?" asked the master.

"No," said the young man.

At this, the master sat beside this serious young man who so reminded him of himself and took his hands, offering, "The pain of life is pure salt; no more, no less. The amount of pain in life remains the same, exactly the same. But the amount of bitterness we taste depends on the container we put the pain in. So when you are in pain, the only thing you can do is to enlarge your sense of things...Stop being a glass. Become a lake."

You Can Give Unkind Remarks Power

Whatever power unkind remarks have over you, *you give to them*. You give mental consent and allow unkind remarks into your soul when you replay them over and over. And your subconscious mind will convert those negative thoughts into negative life experiences. When that happens, the person who spoke unkindly 'won,' didn't he, because you allowed him to affect you negatively.

BELIEVE IT!

BECOME IT!

Your greatest power is your capacity to choose. So while you're choosing, choose wisely. Choose to reject negative thoughts, and constantly affirm the good. Pay attention to the good that is all around you. Choose love, life, and laughter rather than lack, limitation and loneliness.

Many of the beliefs you hold weren't accepted deliberately. Think about it: daily papers and television stations worldwide spread stories of doom and gloom that sow seeds of worry, anxiety and fear. If you accept the fear it becomes part of you and is later evidenced in your conversation and actions. You then convey these fears to others in numerous ways, and the cycle continues.

However, there are those who understand that we don't have to accept the negative thoughts created by tales of woe. We have choices relative to what we allow in our minds. We have within us the power to counteract destructive ideas by feeding our subconscious minds only constructive thoughts and seeking only that which is good and lifts our souls.

Choose to Heal Yourself

Can you choose to heal yourself emotionally, and sometimes even physically, by using your mind? Consider this: destructive thoughts produce negative emotions that must find an outlet. These emotions are often expressed as ulcers, tension, heart trouble, etc. What we choose to do with our destructive thoughts determines our emotional, and sometimes physical, health. We now know what to do with those thoughts and how to convert them from negative to positive. I will caveat with a personal belief: as we keep our hand in God's hand, keeping His commandments and partnering with Him every step of the way, our ability to heal, hurdle barriers, and to excel, is infinitely multiplied.

Every part of you reflects, to some extent, your self beliefs: your health; energy level; financial condition; relationships and social status. Usually, the circumstances and level of success in every area of your life are outer manifestations of what lies in your subconscious mind.

How often are you angry? Jealous? Fearful? How often are you cheerful, complimentary, and content? These are indicators of beliefs held in your subconscious mind. You weren't born with negative beliefs and *they can be wiped out*. Learning how to feed your subconscious mind with life-giving thoughts, and learning – then applying - ways to create new, positive belief patterns will bless your life and the lives of everyone around you.

“...and according to your belief it is done unto you.”

(Matt. 9:29)

“If thou canst believe, all things are possible to him that believeth.”

(Mark 9:23)

BELIEVE IT!

BECOME IT!

Visualize Your Success

Any picture you conceive in your mind is real to the subconscious mind. That 'real' thought will one day appear in the real world if you imagine it often enough.

Think about the power and common nature of this principle. Architects and contractors visualize the building they create. . . they see it in their minds just exactly as it will look when completed. The building process always begins in someone's imagination. Likewise, any goal you wish to achieve begins with visualization; imagining it in great detail. The subconscious mind will bring to pass any picture vividly held in the mind long enough. Visualize the end result you wish and the state of happiness it produces.

You will sometimes find that your intellect tries to get in the way, trying to reason and even argue with you. Resist this by setting aside your problem-solving techniques and instead, in a relaxed state and with conviction, picture yourself without the problem, having reached your goal already. Imagine happiness and relief. Remember that the subconscious mind is the architect and builder of the body. It controls all your vital functions, and it will help you become your ideal self.

Build a Beautiful Mental Home

Each time my family built a new home we carefully chose the perfect blueprint and made sure the builders followed every detail of our plan. We thoroughly analyzed every choice and carefully selected only the best materials. Realizing that our future comfort depended on the quality of our home, we thoughtfully deliberated and each step of the process was discussed. Now, a relevant question is: "Do we spend such time working on our mental homes - on our very personal blueprints for living?"

The quality of each life experience is determined by the building blocks we use in the construction of our mental homes. If our blueprints are made up of mental blocks of fear, worry and limitation; if our blueprints include verbal doubts and negativity . . . what can we expect the quality of our lives to be? Can we reap luscious fruit if we plant thorns?

We are all building our mental homes each hour of the day with our thoughts and imagery. We can enjoy radiant health, loving relationships and boundless joy if we allow quality thoughts on the stage in our minds. The mental homes we build - our magnificent mansions (upon the construction of which we're always engaged) are our personalities and life stories.

Perhaps the most important life exercise we can "practice" is to create a blueprint of beauty and build an exquisite mental home from that blueprint . . . by filling our minds with positive



BELIEVE IT!

BECOME IT!

thoughts which constantly bless our lives and the lives of others.

Overcome Any Weakness

True and lasting happiness will begin to enter your life the very day you have a clear understanding that you can release yourself from all negativity, overcome any weakness, solve every one of your problems, and succeed beyond your fondest dreams. You are a storehouse of infinite intelligence, boundless love, and limitless potential that only you have the power to develop and use, or ignore and abuse. Believe in yourself and in your dream! Choose to become your ideal self, and work diligently to reach your goals.

“Believe in yourself, trust in God, then let go and enjoy the adventure!”

Rose Kennedy

BELIEVE IT!

BECOME IT!