

Changing a belief system

We were not born with our belief systems in place; they were built up from our childhood with input from our parents, our environment and our friends. Since those beliefs were put there we can change them. However, it took a long time to establish those beliefs and it may take some time to change them. How long? Well that depends on how deeply they are ingrained into your system and how much effort you are prepared to expend to make the necessary changes. If there is a belief system in your life that you know is holding you back and you are prepared to change, you can do so by taking your thoughts captive and concentrating on the new thoughts consistently. Like children, your thoughts need parameters so don't allow them to run rampant and take charge of your life. Don't allow yourself to serve your thoughts by allowing them to roam wherever they will. Unrestrained thoughts bring unrestrained actions so train your thoughts to obey you.

You can only think one thought at a time, so determine to keep your thoughts in the realm of constructive thinking by concentrating on your assets and focusing on your strengths. Make an effort to free your mind from distracting thoughts and restless thinking. Doubt and scepticism will try to intrude but stay aware of them and deliberately concentrate on the good that can come out of a situation.

The key is to replace contrary and pessimistic thoughts with new, positive and beneficial thoughts. Repeat silently to yourself the thoughts you want to retain and then speak them out over and over again. Thoughts on their own, however, will not make the change; actions which mirror the new thoughts must be repeated enough times to embed the new beliefs into your subconscious mind.

For example, it may be necessary for you to change your beliefs and thoughts about money. If you are 'desperate' to make money you may find you are pushing away the very opportunities you are looking for because you are unable to control your focus. The more emotional you are the less control you have. Your attention and focus needs to be on enjoying what you do and giving service to others rather than on the money itself. Money should be seen merely as a tool to get you where you want to go. It is important, therefore, to let go of your desperation and become emotionally detached. This will take a change in your thought life and in your attitude toward money. Change your thoughts from 'wishing you had money' to 'believing you will have it'. The former attitude will keep you poor; the latter attitude will allow you to let go and become relaxed enough to be able to work toward what you want and prosperity will follow.

Be careful of the words that come out of your mouth. What you say is a good indication of your belief system and if you speak negatively such as, "I can't do it" or "nothing ever goes right for me" then you are cementing that belief deeper into your psyche. Rather change the words to "I can do it" and "everything is going right for me" and keep it up. Whenever the wrong words come out, stop and say, "That is not right" and repeat the affirmative version several times. If you do this consistently, stay focused and confident and believe in yourself, you can throw off a restrictive belief system and win. When you change your beliefs you change your life.

Positive thinking on its own doesn't work: It is very important to remember that, first of all, positive thinking is a mindset – a way of looking at the world around you. It is not something you do, like repeating a mantra for days or weeks and waiting for something to happen so you can get what you want. It is not a form of bargaining that says if I do this then I should get that in return; it just doesn't work like that. Instead, it is a way of using your thoughts to help you move forward creatively rather than letting them run rampant in an unco-operative manner, making you feel discouraged and trapped. Your mindset doesn't pretend the obstacle isn't there and it doesn't do the work for you but it does remain open to change and to taking action by finding a detour around the problem. So the switch that makes positive thinking work is ACTION! When you are up against an obstacle, a positive thinking mindset helps you recognise opportunities that will remove the obstacle where others merely see a brick wall - but then you must ACT on those opportunities.

That is why the “So what” system works so well. It gives you the right mindset to recognise opportunities which will bring about a forward-thinking and achievable result. Practice it many times and when a disappointment or crisis occurs you will be ready to meet it head on and come out the other side confident in your capacity to live life to the full.