

Reprogramming Your Beliefs

Where They Came From

Your beliefs began to become part of you when you were a young child. They were instilled into you by the things you saw, heard and experienced from the people around you and what was going on in your surroundings.

About the age of 7, you began functioning in your life and viewing the world through these beliefs. They are what your life is being created by in this very moment.

Your belief system, the one that was programmed into you by your parents, teachers, religion, authority figures and how you experienced the world in your early years, will keep showing up as your life experiences until you decide that they no longer serve you in living the life you desire.

Beliefs are perpetuated thoughts about a particular person, thing or experience that includes some type of judgment about how it is or how it should be. The beliefs that were programmed into you as a child are not necessarily your chosen beliefs, but just those that you took on to fit in, be accepted and loved by those around you.

When you are born, you don't have any beliefs. You are just loving, accepting, curious and open. It is the programming, that existed even before you showed up here, that is imparted upon you so that you can conform, adhere and function within the acceptable norms that already exist.

You may not have chosen these beliefs if you had been more conscious of them at your young age, but you were just a subconscious sponge taking in all of life as it was telling and showing you how the world around you works and thus expected you to be within it.

Your Mind and Brain In Your Belief System

Your subconscious mind holds all your beliefs and functions from that programming to keep you safe from birth to death. That is why, even when you know you want to change a belief, it keeps showing up as your old belief in your experiences. The beliefs in your subconscious mind can be changed and altered to fit your new beliefs, but it is a process of reprogramming them to do so.

To reach your subconscious mind, you have to go through your conscious mind. The interesting thing about this is that your conscious mind may even be participating in wanting to change the belief, but it will default back to the old belief in the way it experiences the world until it has enough information to help it understand that it truly wants to change the belief.

This part of the process happens in the neuro pathways of your brain. Since a belief is just a repetitive thought, that repetitive thought creates neuro pathways in your brain that uphold your subconscious programming. Even when you think you want to believe

something differently, and seem to be moving in that direction, the already established neuro pathways will bring you back to the familiar paths that are already there.

This can be seen at times when a new pattern is desired and things seem to be going well in regards to having it be there, then an old habit or pattern kicks in unconsciously and the same experiences that you are wanting to change seem to occur again.

For example, maybe you know someone who has a lot of drama and chaos in their life. They are always having some catastrophe showing up that is beyond their control and they are the victim in it. They say they want things to be different, so they start to do things differently because they are tired of it all. It may actually seem that their life is on a better track and it is calmer. After just a short time of being this way, the drama and chaos rear their heads again and everything for them seems to be back where it was. They know they were trying to make it change, but their deep programming that created it triggered the old neuro pathways, because new ones had not been established enough yet, to create the same old patterns needing to happen again to satisfy their existence. It is like an addiction most people are unaware even exists.

It is possible though to create new neuro pathways that function from the new desired conscious programming, so that is good news.

Creating Your New Beliefs

To reprogram your beliefs, you are going to basically create new neuro pathways and at the same time limiting, or not activating at all, the old neuro pathways. Your subconscious mind will then send the new belief down the new pathways and you will function from that one.

Not being a brain scientist, there is a simple way to reprogramming your beliefs to ones you would consciously prefer to have now. To do this, just follow these steps.

- Begin by taking a few deep breaths and allowing yourself to become relaxed, open and receptive so that there is the least amount of resistance to your new beliefs becoming your current ones.
- On a piece of paper, draw a line down the middle. On the left side write all your current beliefs that are not serving the life you want to be creating. Such as those relating to your level of wealth, health, relationships, struggle of living, and how you feel about yourself, like not being good enough or loved, etc.
- Once you have the list created, go to the right side of the line and across from the old belief to be reprogrammed, write the new belief you want to have instead. Such as life is good, life loves me, life is easy, money flows into my life easily and frequently, I am enough, and the list goes on. Be sure that the new belief is something that feels good and you want to have as your new belief.
- As you open yourself up to being ready to create a new belief system for yourself, you will find it easier to become aware of your programmed beliefs that are not serving the life you want to live. You will discover and uncover the deeper ones that you may not even have thought would be there. They can come up from

memories of how things were when you were younger, what was said most often relating to how life should or could be, and even from interacting with those who helped program you like your family.

- Your list can, and will, evolve over time. You are just referencing your current place of the beliefs you know you no longer want to have because someone else gave them to you, to moving into the beliefs you consciously want that will create what you experience in your life from now on.
- When your two sides are complete for now, choose one, or two at the most, that you would like to reprogram. Working with too many at once does not produce the results as quickly because you will be putting new information into your subconscious and creating new neuro pathways in your brain to uphold them, so just one or two at a time is enough for you to handle and integrate in as your new beliefs.
- On a separate piece of paper, preferably one you can even carry with you, write the old belief and the new one you want to switch it into. Fold the paper in half and when you begin thinking of the old belief, once you become aware that you are, you start thinking of the new belief. Having it written down makes it easier to do the switch over having to think about what the new one is, which can lessen the potency of the new one by putting so much energy into just remembering or figuring out what it is.
- You want this to be as smooth and simple as possible so there is the least amount of resistance when you are doing it. Resistance triggers the old neuro pathways to light up and then it is more challenging to create and activate the new ones you want.
- When you notice the old belief there, you will think of the new one and repeat it to yourself as many times as you feel intuitively guided to do so. To add an extra layer of amplifying it, as well as speeding up the process of creating the new neuro pathways, tap your third eye chakra in the middle of your forehead with the first two fingers of your dominant hand while saying the new belief.
- As you move through the process and the old belief comes up more minimally, you can just tap your third eye without having to say the new belief unless you feel like doing so. It is a form of a trigger that indicates the change you are creating.
- The more you can notice when you are going into the old belief thought and focus on the reprogramming part of it, the quicker it will change. Eventually, the old neuro pathways will fade away due to a lack of use and the new ones will become the stronger, prominent ones from which your new belief is functioning. Your subconscious, once this more challenging part of switching the neuro pathways is complete, will accept the new programmed belief as the one that it creates your life from.

- This is actually a fun process because you get to consciously choose what you want to now believe so that you are creating from that rather than the old beliefs that were given to you by others and you have been creating your life experiences from. Your subconscious will use your new beliefs as the way it keeps you safe from birth to death and the more enjoyable they are for you, so will be the journey between the two.

Each time you do the process, begin and finish with a few deep breaths. This offers the space of the work that is being done and lets your subconscious know that you are doing it. Being it is more aware that you are reprogramming it, it will be receptive to it. Breathing also lessens any resistance you may have and allows your neuro pathways to switch from the old to the new more easily.

When you finish, complete the process by repeating "**Thank You**" **3 times**, allowing yourself to feel gratitude and appreciation for the ease and grace with which your beliefs feel good to you and create the life you desire.