

## **Law of Beliefs:**

The law of the mind is the law of belief and whatever you believe in will manifest in the outer world. Henry Ford said whether you will believe you will succeed or you will not, in both ways you're right.

Belief is formed by how you're conditioned from your childhood, how your thought patterns have been, what emotions you've gone through.

## **Steps to change your limited beliefs to the empowering belief:**

### **1. Identify your Limited Belief:**

When you'll have a limited or a negative belief, you'll have emotions like anxiety, anger, jealousy. Write down that belief in your notepad.

### **2. Examine your belief:**

In this step, you need to ascertain how that belief has been generated. Is it through your family culture, or is that belief given by your friend. For eg: my early superstitious beliefs has mostly been a result of my family believing in so much astrology and superstitions.

So, Just examine it and think logically, whether that belief really is serving you.

### **3. Create a Replacement Belief**

This step is very important, as you're changing your belief sets. Earlier, I used to believe that Saturday is not my lucky day, but once I got aware of this power of belief, I replaced it with a belief Saturday is one of the most scintillating and happening days of my life. Believe me when I say it for long, I manifest results according to that.

### **4. Use a Replacement Belief**

This means whenever you're countered with that same situation again which asks for the same belief set, use a replacement belief and you'll see magic happening in your life for sure.