

## Changing Your Limiting Beliefs Part 2

Once you have discovered the beliefs that you want to change and replace we will then be replacing these beliefs using self-hypnosis and mental rehearsal to create an experience in your mind which your brain and body will experience as if it is actually happening. Mental rehearsal is more than just visualisation or affirmation alone, mental rehearsal is imagining as if something has already happened. So you want to make the experience as real as possible, see yourself living that life, feel the feelings that you would feel. Feel the appreciation you would feel. See yourself with all the money you need. What did you want to do with the new-found money and abundance? Feel the feelings that you will have once you have the abundance that you desire. See the new relationships or friends or improved relationships that you want. What will you be doing with them? Feel the joy and love that you have for them and that they have for you. See the new healthy body that you desire. See yourself doing all the things that you want to do with your new body. Feel everything that you will feel when you have this new completely healthy and full of vitality body. The main key to this process of actually changing your reality is to really feel how it will be when you have the things that you want in your life. Feel your emotions as if you are already there, your brain and body and the law of attraction don't know the difference between something actually happening and your mind experiencing something as if it is happening. If you can feel as if it is happening right now you have already achieved what you wanted. Because everything you desire you want because you think it will make you feel good. So if you can create the feeling before the manifestation you have already achieved your goal and if that can be enough for now then the manifestation of whatever you want must manifest.

When you complete the process that I will be guiding you through, you should get up feeling different from when you sat down. If you do, then you have changed your point of attraction. The law of attraction will draw to you more thoughts and experiences like the ones you have created. You will also have begun creating new neural pathways in your brain and even changing your epigenetics, switching off negative genes and turning on positive health giving genes.

Remember, it's not your job to figure out when or where or how it's going to happen. Your job is merely to move into a new state of being and then allow the new future that that law of attraction and the larger nonphysical part of you your inner being, will create for you.

This is the key to a new life, to experience something in your mind as if it was happening right now. The brain and body knows no difference between what you feel in your imagination and what is actually happening in the moment. The law of

attraction also acts on what you are feeling currently. It does not care about the past, this experience and feeling becomes your current point of attraction. Which means that the law of attraction will bring to you thoughts ideas and feelings that feel the same as what you are feeling right now and then it will bring you the people and experiences that you desire.

Consciousness gives form to all things and the goal in this process, is to lessen the awareness of your external world and become pure conscious awareness where infinite possibilities become possible. At that point, the past will no longer exist, because that higher-amplitude experience will have just overwritten the program of the old experience. You'll be making an unknown possibility known, which takes you out of the past-now and puts you into the future-now, where the event has already happened.

I found a great example of how your imagination and perception can change your reality in a book I love, called *You Are the Placebo* by Dr Joe Dispenza. In 1981 a group of eight men in their 70s and 80s were taken to a monastery in New Hampshire where they took part in a five-day retreat. In the retreat they were told to pretend that they were 22 years younger. When they arrived at the monastery they were surrounded by all sorts of environmental cues to help them recreate the appearance of an earlier age. Things such as old issues of Life Magazine and the Saturday Evening Post. They watched movies and television shows popular in 1959. And listened to recordings of Perry Como and Nat King Cole on the radio. They also talked about current events which were happening at that time. All of these elements were cleverly designed to help the men imagine that they really were 22 years younger, they mentally rehearsed their life as if it was 22 years ago. After the five-day retreat the researchers discovered that they had actually changed their bodies to reflect this new belief that they were 22 years younger. The bodies of the men were physiologically younger, structurally as well as functionally, the researchers discovered improvements in height weight and how they moved and walked. The men grew taller as their posture straightened, and their joints became more flexible. Their fingers lengthened as their arthritis diminished their eyesight and hearing got better, their grip strength improved, their memory sharpened and they scored better on tests for mental cognition. The men literally became younger in those five days right in front of the researchers eyes. They didn't just feel younger they physically became younger as evidenced by measurement after measurement. The change wasn't just in their minds it was in their bodies.