

Belief Systems and Making Choices

Preparation

What if you had all the money and resources that you desired, wanted, needed, what would you do (want to do) with your life?

What if you knew you were going to die in 6 months and you were going to be healthy till the last moment...How would you spend those 6 months? What would you want to do with your life?

What legacy would you want to leave behind? How would you want to be remembered?

Read Articles on

The Choices Method

Expanding your comfort zones

What is stopping you? What holds you back? What are your belief systems? What limits you?

What would you rather not have in your life?

What would you rather have?

Resistance, Comfort Zones, Conflicting Desires, Conflict Resolution (Healing PR)

The intuitive language of choices and affirmations...*More on "I deeply and completely love and accept myself"*

Finding creative ways of saying, "Even though..."

Intangible Issues – and how do you work with "I don't know", using the Ultimate Truth Statement

Finding Core (hang-ups) Issues

Take one belief at a time, staying focused and yet following the white rabbit...

Decisions old and new, VOWS

I am safe, I am worthy, I deserve, (NOT)
(The holy trinity for the not good enough software)

Secondary Benefit and Subconscious Rules

Sabotage

Using the senses to tune in

Using creative visualisations to get to core issues

Creating your own visual landscape, freeing your imagination, Dreaming to Manifesting

Creating your on Story

Every story has a beginning (the specific incidents, moment of zzzt...), a middle (action and reaction) and an end (revelation, redemption and release)

