



Change Your Belief - Change Your Life – by Alicia Issacs

If you find you're not having the results you want, then perhaps it's time to check with your belief system. It's time to go to the subconscious mind where all of your beliefs are stored from since your childhood up until now. Some of them you may not realize are there controlling your current outcome and you may be wondering why you can't get beyond where you are right now. It's time to change your belief, change your life.

Think of your subconscious mind as your computer program. In order for a program to get onto your computer you or your programmer would have to install it there. So every time your computer turns on it starts up according to the programming installed on your computer.

If you want a different program you can't just turn on your computer and decide, well, I'm going to change the program and expect it to change. You must first uninstall the original program and then install the new program you desire.

Suppose you decide to add the new program to your computer while the old is still there. That may cause a problem as well, due to conflicting programming. So instead of getting the old results or even the new results, you find that you're coming up with more computer problems.

It is the same thing with your subconscious mind. When you were a child, all through your teenage years you've been programmed by your family, friends and society. Some of these programming you're consciously unaware of but they still influence your life and the way you think about things. So in order to change your outer behaviour and get the results you're looking for, you need to uninstall original programming, get to the root of the original thoughts, ideas and beliefs, consciously make a decision to change them and replace them with the new.

How did these old programming get there? By daily repetition or emotional impact that you've accepted and hold as your belief.

So then, how do you know what you believe?

This is where you need to become quiet, stop and feel your emotions about a situation. Say it's money, stop and ask why you don't believe that you can make \$100,000.00. Just listen

for the answer to surface and when you hear it that's when you ask the question, "Do I still believe that thought about finances?" If no, then add the new thought and accept that as your new belief, consciously discarding the old belief.

This will take some repetition - reminding yourself that you have a new belief. Much like you have to remind yourself that the year is now 2010 and not 2009. Even though you consciously know that the year has changed you may still have the tendency to write 2009. So by constant conscious reminder and repetition, you plant the new thought into your subconscious until by the time February rolls around, you have no problem with writing 2010.

If you still agree with that belief that you can't make \$100,000.00 or whatever it is you desire, then until you change your way of thinking and then ultimately your belief, you'll still continue to get the results you're getting now.

Take the time today to have a talk within yourself and even more so, listen to what your feelings are telling you. They hold the key to what your subconscious mind has been programmed to believe.

Use this method to transform any area of your life - weight loss, relationship, career - and change your belief, change your life.

What beliefs do you still hold on to that may be holding you back from getting your desire?

Changing your life may seem like an overwhelming frustrating process. But it doesn't have to be if you're given simple doable step-by-step strategies that will get you from where you are to where you want to be and experience a transformed life.

Now I invite you to go to <http://www.changinginsideoutnow.com> for more practical life-changing tips and steps to change your life from the inside out and claim your free copy of the e-book Changing Inside Out Now! The Power of Unconditional Love.

Enlightened in Love,



Alicia Isaacs

Changing Inside Out Now!

Website: <http://www.changinginsideoutnow.com>

Blog: <http://www.doingthisnow.blogspot.com>

Practical life-changing inspirational thoughts, insights, steps and tips to transform your life!

Miracles occur everyday, if you're looking for and expecting them. Did you know that you can create your own miracles, turn your situation around and create the life you always dreamed of but never thought possible? Until now. Get ready to change your life and create unconditional miracles! Click on the link below to find out how.

<http://www.creatingunconditionalmiracles.com>

This article is brought to you by:



www.mgmsuperstar.com * mgm@mgmsuperstar.com * www.womenjointheclub.com