Change Your Beliefs, Change Your Life

By

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Develop awareness of your thoughts • Become aware of your beliefs • Decide if your beliefs are helpful or harmful • Change negative beliefs into positive affirmations • Significantly improve the quality of your life • Link included for free audio version

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Have you ever felt like the success you’ve desired all your life is almost within your grasp, and yet just tantalizingly out of reach? It’s as if there is some invisible force blocking you, keeping you from that success.

That blocking force is your beliefs. Your beliefs rule your life. Your beliefs govern what you are willing to do and what you are not willing to do. You have beliefs about everything. Some amount to judgments about the way things or people are, and others are simply “truths” which we have adopted over the years for one reason or another. What we will seek to do here in this article is to have you examine your beliefs in the important areas of your life in order to determine if the beliefs you hold are supportive to you now and who you would like to become.

I’d like you to understand that you have within you right now the power to change any one or all of your beliefs with the greatest of ease. And with that power, you can change the course of your destiny. If you’re not happy with where you are in your life right now, your beliefs will be at the core of that unhappiness. It’s time now to make some positive changes.

First of all, let’s ask the question: what is a belief?

The answer is a simple one. A belief is nothing more than a thought which you’ve had over and over again. You have had this thought so often, that it has become a truth for you, one of your beliefs. And that is all that a belief is. It is no grand, all-encompassing truth which should be chiseled in stone. It is nothing more than a thought which you’ve had repeatedly over an extended period of time.
The simplicity of what a belief is belies its awesome power in your life. Because as I pointed out in the first paragraph, your beliefs rule your life. They do so whether you believe this to be true or not or whether you have awareness of your beliefs or not. The key is to develop the awareness of what your beliefs are and determine if they are helpful to you or not, and to get rid of those beliefs which do not support you.

Beliefs are analogous to wearing a particular colour of sunglasses. Imagine for a moment that you’re wearing a pair of sunglasses that causes you to see everything as blue, and not even realise it. If this were the case, you would simply think that everything has a blue tinge to it, and that this is the way the world is and the way everyone sees it.

The point here is that we do not see the world the way it is. Instead, we see the world the way we are. Become aware of the fact that you’re wearing those blue tinted sunglasses and then swap them for a pair of red tinted ones and suddenly the world seems like a different place.

Your beliefs act in much the same way as the metaphorical sunglasses to filter the way you perceive the world around you. If you believe all people are out for themselves, you will see and experience this in your reality. This does not mean that good people do not exist. It simply means that because of your deep-seated belief that people are selfish and will walk over others to get what they want, this is what you will tend to focus on and notice in your experience of life. Your belief system filters out the good deeds done by selfless people and sees only the harm done to others by the selfish.
Where do our beliefs come from? While it’s not necessarily important to know where our beliefs come from in order to change them, it is helpful to know how they are formed so that we may guard against forming unhelpful beliefs in the future.

You were not born with your beliefs. You developed your beliefs from the beliefs of the people around you. In most cases it will be your parents’ beliefs which you take to heart and begin to hold for yourself. Your parents, or your primary guardians, are the people you were around the most in your formative years – those years when you were deciding what was good and bad, right and wrong, etc. Any older siblings that you grew up with will have had an impact on your beliefs as well.

Your beliefs have also come from the people you went to school with – friends that you spent a lot of time with, and also teachers that had an impact on you. In a similar way, the people you work with will affect your beliefs.

Everyone around you has an opinion (a belief) on everything, and most are none too shy to share their opinions. You need to be very careful and aware of what people say to you and how you process this. It can be all too easy to fall into traps of negative thinking when you are continually surrounded by people who have negative or unhelpful beliefs on most things.

A very important point that you must grasp is this: it is not important whether a belief is true or not. This might seem counterintuitive, but you must remember what we are concerned with here.
We are concerned not with accurately describing things the way they are, but instead we are looking to create things the way we desire them to be. We are looking to develop beliefs that will be supportive to us.

If you are not happy with your life, you are going to have to make some fundamental changes or shifts which will allow the happiness into your experience. Those changes will come in the form of changing your beliefs. If this is seeming a bit airy fairy to you at the moment, I encourage you to stick with me because I am going to provide you with some exceptionally powerful tools which if used will assist you in changing your life, and creating the life you truly desire for yourself.

Now first of all, I’m not talking about changing a fundamental belief such as if I walk off this 5 story building, I will fall to the ground and die. This is a healthy belief to have, one which will keep you alive. Now there may well be people who can walk off that 5 story building and float gently to the ground, unharmed. They could well be out there. However, I know no such people, nor have I seen such people, so we’ll stick with being intelligent about this exercise. Again, it doesn’t matter if the belief is true or not, only if it is helpful or not. If it’s helpful, you want to keep it. If it’s not, you want to throw it out. Simple concept, right?

Once you can get by the need to determine if a belief is correct or true or not, you can move onto the next step, which is deciding whether or not the belief is helpful. It’s not easy to get by this first step because we have this need to judge everything and put a label on it.
Let me give you an example to illustrate what I’m talking about when I say that it doesn’t matter if a belief is true or not. Say that you hold a belief which says that all people are essentially greedy, out only for themselves and will do anything to take advantage of you. You may have heard this from a parent or an older sibling whom you admired, and you took it to heart, and you looked for examples in the real world to back it up.

And you found those examples. You saw many of them throughout the course of your life every time you turned on the TV news, every time you read the newspaper. And in fact, you found yet more examples in your personal dealings with other people. Your experience was that people took advantage of you for their own personal gain. You were so surrounded with examples which backed up this belief that the belief grew into a fundamental truth for you.

But wait. Did you ever stop to consider if the belief was actually true? Did you ever question it? No, you simply held onto it like a drowning man clings to a life preserver. You were unwilling to let it go and you simply searched the world for examples which would bear out the truth of your dearly held belief.

But what if you had questioned it? What if you had said something like this to yourself: “Okay, what if this belief that I have isn’t really true? What if people aren’t really out only for themselves? What if not every person will take advantage of you? Is it possible that this could be true?”
Now after asking yourself this question, you sought to back it up in just the same way that you sought to back up your initial belief that everyone is self-serving. And do you know what? You found examples which backed up this opposing belief! How could this be? How could it be that, first of all, not only was my original belief not true, but how could it be that there are so many examples supporting the belief that people are selfless?

It doesn’t make sense! Does it have to make sense to affect your life in a dramatic way? No, it certainly does not. You see, in the example above, both of these beliefs are true. The reality of the situation is that you will find numerous examples of people who are out only for themselves and will take advantage of you at every opportunity. And equally true is the fact that you will find just as many examples in the real world of people who will go out of their way to help you, and not expect so much as a thank you in return.

So for this belief, and many such others, it is foolish to say or judge that they have ultimate truth, when they do not. There are times when they are true, and times when they are not, so they have no ultimate truth.

But, as I pointed out before, the question that we really want to ask is are they helpful and supportive to us in our life right now and in becoming what we desire to be?

This is a decision for each individual to make. I cannot tell you what your beliefs should be any more than I can go to the gym and do your exercises for you. Well, I can do it, but it will be of absolutely no benefit to you.
The point is that your beliefs need to be right for you, for who you are right now in this moment, and for who and what you desire to become.

Okay so the first step in changing your beliefs from negative or unhelpful ones into positive ones is to develop the awareness of what your beliefs are in various areas of your life. You have beliefs about absolutely everything. You may not think this is so, but if you take some time to really sit down and do some hard thinking about it, you will find that you hold beliefs about everything. Your beliefs are not apparent or obvious because you’ve been thinking them for so long that you don’t even notice them anymore.

And if you’re one of those people going through life, giving little consideration to your thought process on a daily basis, you are very likely susceptible to adopting the beliefs of those people you surround yourself with most of the time.

So the first key is to spend some time thinking about what your beliefs are in certain areas of your life. Once you’ve determined what your beliefs are in a given area, the next step is to get rid of unhelpful beliefs you have in that area.

So how do we do that? Well, it’s not like simply pulling a broken tooth, although it is a lot less painful! See, when you remove the old belief, you have to substitute a new one – a positive and empowering one. You’ve heard the phrase nature abhors a vacuum? Well, it works the same way with your beliefs. If you remove an old belief and don’t proactively replace it with a new,
better one, you will find that it will be replaced by a similar negative belief such as the one you removed. This happens because you automatically return to what you know best in the absence of new input into the area.

What I’d like to do is to tackle a belief surrounding an area where so many people are experiencing major challenges today, and that’s money. Let’s look at some of the cultural beliefs we’ve developed about money in the western world.

Have you heard of some of these phrases:

The love of money is the root of all evil.

It is easier to get a camel through the eye of a needle than it is to get a rich man into Heaven.

Rich people are arrogant snobs.

We can’t afford that.

Money doesn’t grow on trees.

You have to work hard for your money.

There’s always too much month left at the end of the money.
Having money will make me less spiritual.

Rich people are greedy and dishonest.

It is a sin to have a lot of money.

Have you heard some of those before? Did your parents maybe say a few of them to you before? I could go on and on with that list – there are so many negative beliefs surrounding money in our culture, it’s staggering. This is the main reason why so many people have little or no money.

Remember in the beginning of this article when I said that beliefs are just thoughts that you have over and over and over again? Well, when you were young, your unwitting parents often told you things like the ones I’ve just listed. Those were their beliefs regarding money, and after hearing them talk of this year after year, they became your beliefs too. I’m not meaning to blame your parents and point the finger. That’s not what this is about. This is about raising your awareness as to where your beliefs about money came from and what they are in order that you can make positive change in your life.

Now let’s look at your own views and beliefs on money. The way to determine what your beliefs are about money (or anything, for that matter) is to write it down in the following way:

Money is .......
And then fill in the blank. What does money mean to you? What do you think about when you think about money? What feelings do those thoughts create in you?

Take a few moments now and do this exercise. Take a blank sheet of paper and write down the phrase, “Money is.....” and fill in the blank. After you have completed this exercise, you will know what your beliefs are surrounding money.

I really want you to take the time to do the exercise. If you don’t take the time to do it, and truly put in the thought required, you will not benefit at all from it. A potential solution to many of your life’s problems is right at your fingertips at the moment. You need to explore that potential fully. You deserve to, so please take the time and complete the exercise. You will need to have completed it in order to continue with the steps required to change your beliefs.

Okay, so now that you have done that (assuming that you have!) you now know what your beliefs are about money. What did you learn? Did you find some of the phrases that I mentioned previously on your own list? Did you find others? You may find that your beliefs about money are in conflict. You may believe that having lots of money will mean that you have a great life with the ability to do whatever you want, whenever you want, wherever you want and for however long you want. But you may also hold the belief that to have a lot of money makes you a bad person – one that can never get to Heaven.
The beliefs are in conflict. But do you recall what I mentioned previously in this article regarding your beliefs and their supposed truth or falsity? It does not matter which of these beliefs is true or if either is true. The truly powerful question you need to ask is this: is the belief helpful and supportive?

Which of the 2 beliefs in the example is the more helpful? Obviously the first one is if having money is something you’re interested in. The second belief is one that will cause you to have feelings of guilt about money and most probably cause you to unconsciously reject having large amounts of money in your life. If an abundance of money is something you want, then this second belief is not helpful to you, and you need to throw it out.

Go through your list of beliefs right now and decide which are helpful and which are not based on your level of desire to have an abundance of money. And let me point out at this stage that it is not necessary that you have a desire to have an abundance of money. This is certainly not required for every person’s happiness. This is merely an example that I am using to teach you how to recognise what your beliefs are, decide which are useful and which are not, and how to change those that are not. So don’t get hung up on the right and wrong of it because the truth is that there is no right or wrong in this.

Okay, now that you have gone through your list of beliefs and decided which ones are helpful and which ones are not, you need to create new beliefs to replace those that you want to replace. This is not as hard as it may sound. I’m going to use another example to explain how to do this. Say that one of your negative beliefs about money is that having lots of money is evil.
Ask yourself – what would I like to believe instead of this? Write down the negative belief at the top of a blank page, and then below it write, “What would I like to believe instead?” Then below that, you will create a new, positive affirmation which will become a belief that will replace the old one. The trick is that the new affirmation will be opposite to the negative belief.

The positive affirmation could be something like, “Having lots of money will allow me to help others and do much good in the world.” It’s important to make it personal by involving yourself in the affirmation and it’s very important to write it down. Writing it down helps to lock it into your memory.

Now remember back to the beginning of the article where I talked about what beliefs are. Beliefs are nothing more than thoughts that you have had over and over and over again over an extended period of time.

We want to install your new belief, but we do not want to take years and years to do it. So we use a few tricks in order to cement it into your memory. The first of these is writing it down and repeating out loud to yourself. These two acts engage what is called your neuromuscular memory. Without going into too much detail or getting too technical, this means that the new belief will be learned like a new motor skill is learned when engaging in writing and saying the sentence out loud.
Next, the way in which you say the sentence has an impact on how it will be retained in your memory. This might make you feel a bit strange, and that’s good, because the more out of the ordinary you feel, the better your memory will retain the new belief. You should find a place where you can be alone and where others cannot hear you. Then, you yell your new affirmation out loud three times, getting increasingly louder and more passionate with each repetition. Imagine, on your last repetition that you have to make yourself heard above a jet engine, and that if you fail to make yourself heard, your chances to be rich are gone forever. Scream it at the top of your lungs and embrace the feelings that come with this. Getting emotional, passionate and allowing yourself to feel when you do this will really help to cement this new belief into your memory.

Writing down the belief, saying it out loud to yourself like this and then taking it a step further and yelling it at the top of your lungs engage you both on an intellectual and an emotional level. However, to further engage you on an intellectual level, and begin to intellectually own this new belief, you should use it as a daily affirmation. Say it out loud to yourself when you get up in the morning 5 times in a row, and after each repetition, further affirm the truth of the new statement by saying, “Yes, that’s true.” So you would say, “Having lots of money will allow me to help others and do much good in the world. Yes, that’s true.” And you would say this out loud, 5 times over. Do that in the morning, at midday and before you go to bed at night. This further helps to lock the new belief into your memory.
Next, you need to become aware of the thoughts you’re having throughout the day. Your beliefs all have satellite thoughts that revolve around them and seek to affirm them. Catch these thoughts as you have them, say no to them and then repeat your new affirmation.

So, if for example, you hear of someone you know, perhaps a colleague at work, who has just bought a brand new, very expensive car, your initial reaction might be to think, “Who does he think he is? What a jerk!”

Now there may be feelings of jealousy, envy or even anger attached to this thought. Acknowledge the thought, say no to it, release it and repeat your new affirmation to yourself. It takes a bit of effort to recognise that you are having a thought that is related to your belief surrounding money, but when you get used to becoming aware of your thoughts, it will become easier to sort them in this way.

It can take a while to get used to auditing your thoughts like this, but after a time, the process becomes second nature and you will find yourself doing it automatically, and the great thing is that eventually you will find that you don’t need to do it at all as negative thoughts will simply be automatically replaced with positive affirmations without you having to consciously engage in the process.

When you do have a negative thought, ask yourself what belief it might be related to and then say no to it and repeat the positive affirmation you’ve substituted for the related negative belief.
Now we’ve talked here about just one belief in one area of life. What you want to do is to consider all of your beliefs in all the important areas of your life. Some areas will be of more importance than others to different people, so it’s important to make a list of the areas in your life that you find important and look at your beliefs in each area. It takes time and thought, but the process is so valuable, so beneficial and can change your life in such a positive way, it’s an absolute must.

Your list of important areas might be something like this:

Beliefs about life.

Beliefs about people.

Beliefs about your work or work in general.

Beliefs about God and religion.

Beliefs about your parents.

Beliefs about your boss and colleagues.

Beliefs about your destiny.
Beliefs about your life purpose.

These are just examples, and you need to make your own list in order to ensure that you will be looking at your beliefs in the areas that are most important to you. And once you have your list, you need to list off your beliefs about that area of life just as we did in the above example, and examine them, decide on which are helpful and which are not, and replace those that are not with positive affirmations that you will substitute in the way I’ve outlined in this article.

When you’re finished doing this, what you will have is a list of positive affirmations for every area of your life. An extremely valuable thing to do is to make a recording of this list and listen to it every day, morning, noon and night, just before you go to bed.

If you would like to take the guesswork and technical issues of making a good quality recording out of the equation, I will make your recording personally for you and make it available for download within 72 hours. All you need to do is send me your list of affirmations and I will record these over a backdrop of ocean waves, raindrops or a babbling brook, creating a pleasant, relaxing recording that will help to install the new beliefs.

And I will even go one step further by providing you with a subliminal recording of the affirmations as well. This will assist in the process of installing these new beliefs into your subconscious mind and allow you to implement them in your life even more quickly.
If you would like to avail of this offer, please visit my website by clicking here. Be sure to provide your affirmations in the note and indicate your preference of ocean waves, raindrops or a babbling brook as the backdrop for your personalized positive affirmation recording.

There really is tremendous power in this to change your life for the better. There’s a brilliant quote from Wayne Dyer that I like to repeat to myself every day. “When you change the way you look at things, the things you look at change.” Spend some time thinking about that quote, and then spend some more time working out what your beliefs are and change the ones that have been holding you back.

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To your success!

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