

***Your Beliefs Are Standing in the
Way of Your Success***

Your Beliefs Are Standing in Your Way

If you're like most people, there are areas of your life where you experience great success and areas where you just can't seem to get a break. You've worked hard all your life and you've done everything you can to succeed but it just doesn't happen.

Some call it bad luck, others bad karma and some blame their astrological chart and say they were born under a bad sign but, regardless of the reason, their life isn't what they want it to be. It isn't a twist of fate that holds you back...

What's really happening is *your subconscious mind is sabotaging you without you even realizing it.*

The Subconscious is Your Greatest Ally and Your Worst Enemy

Understanding this point is crucial. The human mind is divided into 2 parts, the conscious part, which allows us to question, reason and make informed decisions and the subconscious, which runs behind the scenes and takes care of things like breathing, digestion, heart rate, balance, etc.

Since the conscious mind can only handle a few tasks at a time without becoming overloaded, the subconscious acts as an assistant to handle everything else.

This is how you're able to walk, keep your balance on a bicycle, drive and have a conversation at the same time, and a whole host of other tasks.

The subconscious is also where you get information about how to act in just about every situation. For instance, when someone extends their hand to you, you probably don't consciously think, "Ok, I should put my hand out and shake theirs." In almost every case, you *automatically* shake their hand unless there is something about the situation that makes you feel you shouldn't.

In fact, scientists now say that **the subconscious mind controls as much as 95% of your daily activities and it is a million times more powerful at processing information than the conscious mind.** If you had to consciously focus on everything you do, you wouldn't get very far each day.

Since the subconscious mind is such a powerful machine, much like a super computer, it can learn tasks and behaviors and then take over for the conscious mind when it is occupied with something else.

Once information is programmed into the subconscious, it plays back at the appropriate times without any supervision; it's like you're operating on autopilot. The problem, though, is it does not have the capacity to reason, judge or ask questions; it just plays the program.

This is important because **if one of your old programs isn't working well for you, the subconscious keeps playing it anyway.**

Let's look at an example. Let's say you're a landscaper and you picked up a program (belief) that says something like, "I shouldn't accept money for services I provide. I should do things for people out of kindness."

This is a very generous and noble belief but when it comes time to do a job you'll find yourself either refusing money or under-pricing your services and when you *do* get paid, you're going to feel guilty for having taken the money.

Programming Begins in Childhood

Where do we get all these programs? Neuroscience (the scientific study of the brain) has shown that children are in what amounts to a hypnotic trance until about age 6.

What this means is their brain is soaking up information left and right and it isn't making judgments about it or analyzing the material to see if it agrees or not.

After all, they have no frame of reference for what is appropriate, correct, false or true.

The next 6 years of life are where children gain their information about how to function in society as well as picking up images of self. During this time being called stupid, ugly, fat or hearing things like “you’ll never amount to anything” or “Can’t you do anything right?” can quickly shape a child’s view of him or herself for years to come.

Looking around, you can see cultural programs *everywhere*. We have songs, movies and TV shows that depict how relationships should be, gender roles, how hard and disappointing life is or how difficult it is to make money and succeed. We also have these ideas presented to us repeatedly by parents, teachers, guidance counselors, peers, etc.

For example, how many times did you hear things like this growing up? “Money doesn’t grow on trees”, “We can’t afford that”, “You have to earn every penny you get”, “Work isn’t supposed to be fun”, “Nobody said life is fair”, “That’s man’s work”, “Girls aren’t good at math”, etc.

You were programmed with beliefs about money, work and life in general before you even had to chance to get out there and experience them.

This sets up expectations and limitations for how things are supposed to be and you weren’t even old enough and aware enough at the time to seriously question what you were told. Even if something didn’t quite make sense to you, if enough people said it, you believed it.

The Subconscious Works Without You

Subconscious behaviors are designed to work without conscious control.

We have an amazingly complex and incredibly useful tool in the subconscious mind but it can also cause us problems. Most of our behaviors are under the control of the subconscious mind and we usually aren't even aware these programs are running.

There is an old saying that goes, "The water is the last thing the fish notices". Because the fish is immersed in the water, and has been all its life, it doesn't even realize the water is there. The same often goes for our programming. We have become so used to the beliefs we have that we don't even recognize them (more on this a little later).

So while you might consciously think you're taking your life in one direction, your subconscious may be taking you in a completely different one.

What About Will Power?

Most of us have been lead to believe that by using will power, we can override the negative programs of our subconscious mind.

Unfortunately, though, will power works better for short term-changes instead of long-term ones. Will power is also exhausting because it requires you to keep constant watch on your behavior. The moment your concentration breaks, the subconscious mind automatically reverts to playing its pre-recorded programs.

This is why doing things like changing eating habits and quitting smoking are so hard. The subconscious behavior is well ingrained and constantly calling because, while the conscious mind can hold its attention on something and then stop (for instance, you aren't still thinking about what you had for lunch 3 weeks ago), the subconscious mind never stops running.

Does this mean you are doomed to a life of slavery to your subconscious? No, you don't have to be. **You can change the programs in your subconscious**...but first you have to know what they are.

Discovering Your Subconscious Programs

Part of what makes this whole process so frustrating is that you usually don't know what's running in your subconscious. If you don't know what the harmful program is, you can't do anything about it.

So how do you know what's running in your super computer? You ask it. Using a really simple method, you can "ask" your subconscious mind what it thinks about any subject at all.

Here is the process:

Think of something you're having trouble with in your life. In this example, I'll use money.

Now you're going to write out a series of statements that you will provide responses to.

1. Money is _____
2. Money is not _____
3. Having money is _____
4. Not having money is _____

Now begin writing down all the things that come to mind for each blank. At first, your conscious mind will be answering but soon, your subconscious will start giving you its thoughts on the matter.

For instance,

Money is _____ (green, paper, exchange, good, fun, wonderful to have, the root of all evil, greed, necessary, power, difficult to manage, serious, scary, overwhelming)

Now circle or underline all the beliefs that are negative.

Money is _____ (green, paper, exchange, good, fun, wonderful to have, **the root of all evil, greed, necessary, power, difficult to manage, serious, scary, overwhelming**)

These would be the beliefs you have had running in your subconscious all these years. Is it any wonder you haven't done too well financially?

If you equate having money with being greedy, are you going to want much of it?

If you see money as being difficult to manage, scary or overwhelming, would you want more or less money in your life? After all, don't we go out of our way to avoid things that are scary, difficult and overwhelming?

What about relationships? Let's use the same process to see what you're running about relationships.

1. Relationships are _____
2. Relationships are not _____
3. Men are _____
4. Women are _____
5. Having a relationship is _____
6. Not having a relationship is _____

Example:

Relationships are _____ (happy, loving, fun, bliss, **difficult, painful, betrayal, heartache, risky, frightening, unfulfilling, not lasting**)

So, if you were running all these programs do you see why you would have trouble with a good, solid, happy relationship? As much as you might consciously want one, your subconscious is convinced you're much safer without it and since the subconscious is really in control, it wins out.

Body Language

But surely our subconscious thoughts are trapped in our head and can't have an effect on other people or situations, right? Besides things like eating habits and smoking and other things directly under our control, how in the world does the subconscious mind undermine your efforts? Let's look at this a little more in depth.

Anyone who has studied body language can tell you that we all have mannerisms that tell other people what we're really thinking or feeling. A great example of this is seen in poker. Many people have what is referred to as a "tell", which will lead other players at the table to know when that person is bluffing. That individual might fidget in their seat, scratch their nose or hold their cards a certain way just to name a few examples. These behaviors are all body language cues that this person isn't being truthful and an observant player will soon discover a pattern.

The part I really want you to get, however, is that the player **almost never knows what the "tell" is** unless someone tips him off to it. It is a subconscious action. When he asks how the others know that he's bluffing, and if other players let him in on the secret, he will often say, "I don't do that!" Once again, the water is the last thing the fish notices.

To watch a clip about body language, [click here](#)

Let's see another way this can play out. Have you ever known someone who went on an interview and felt really good about how it went but didn't get hired? As far as your friend was concerned, she was highly qualified and came across very well but if you ask the interviewer, you might get a different story.

The interviewer might agree that her qualifications are excellent but might also add that she came across as unsure of herself because she sat with a slouched posture and was angled so she faced slightly away from the interviewer. Ultimately, your friend didn't come across as well to the interviewer as she thought she did and, more than likely, she **doesn't even know it**.

If we were to delve into this person's subconscious, we could find reasons for her body language. It is possible that she was applying for a position that she felt she didn't deserve or that she would be making more money than she was comfortable with or taking on more responsibility or losing time with her family, etc., etc. Any of these things could cause her subconscious to decide the new job wasn't best for her and this subconscious decision would then be reflected in her body language.

Installing New Programs

Now that you have an idea of what your subconscious has installed in it, you can begin to make changes. The process I'm going to show you here will, in time, help you shift your negative programs into more positive, helpful ones.

Begin by making 3 columns and write some of your negative beliefs in the first column.

In the second column write a "Wouldn't it be nice if..." statement where you write down something that is opposite of the negative belief.

In the third column write the "Wouldn't it be nice if..." statement as a positive declaration as though it is now currently true.

Negative Beliefs	Wouldn't it be nice if..	Positive Declaration
Money=scary	Money= comfort	Money is comforting to me
Money=overwhelming	Money= peace and calm	Money brings peace and calm
Relationships= risky	Relationships= security	Relationships are secure and happy
Relationships= heartache	Relationships= joy and love	Relationships are joyful and loving

Using this technique starts the process of negating the harmful program and installing the beneficial one. With diligent use, the old, negative beliefs will eventually be replaced.

Learn to Quickly Neutralize Limiting Beliefs and Effortlessly Re-Program Your Subconscious

Would you like to discover how to never be a victim of negative body language again? You can learn how to neutralize limiting beliefs in a **matter of minutes** and re-program your subconscious mind with positive, supportive beliefs **effortlessly**.

The *5 Point Approach Members Area* provides you with an extensive number of resources and 5 highly effective techniques for overcoming the limiting beliefs that have been standing in your way. Once your subconscious and conscious minds are on the same page, your success levels can soar to new heights.

To join me in this life-changing process, visit [The 5 Point Approach](#).