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Back Pain & Headache Relief

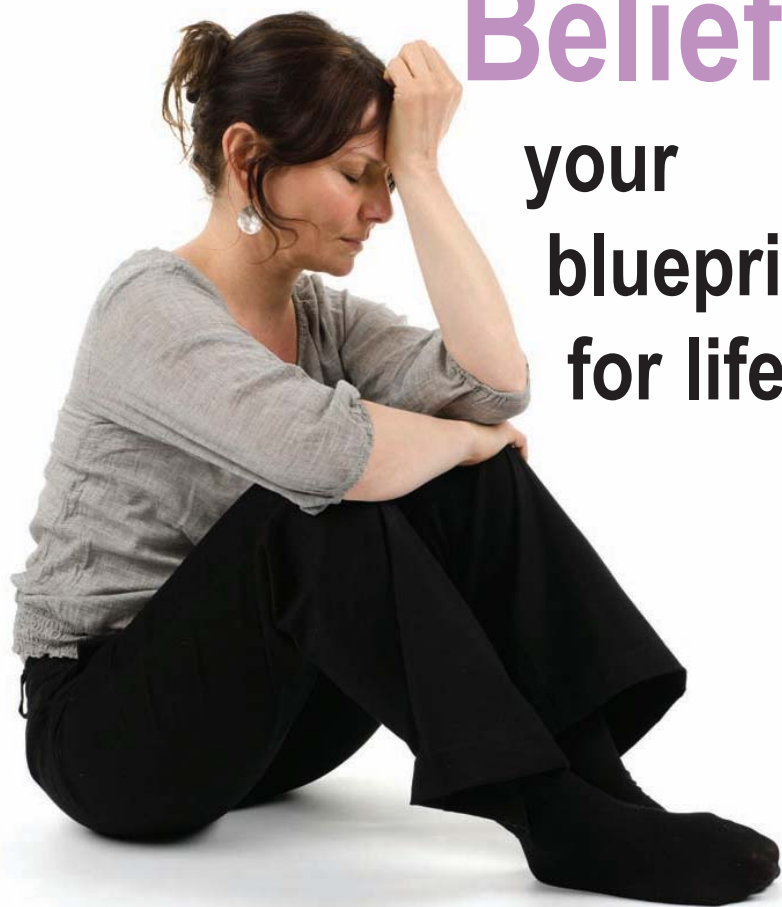
with the Dorn Method

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**Your Health and
Wellbeing Success
Starts Here!**

Are you a health-conscious consumer, looking to come into the industry or looking for a suitable treatment? Find out what the experts say and read.



Beliefs

your blueprint for life

Does a physical disability stop people from becoming successful and living a fulfilled life? NO. There are disabled people who are scientists, marathon runners, engineers ...

Does the *lack of education* stop people? NO. Many multi-millionaires don't have a degree. Does a *lack of finances* stop people? NO.

Many successful entrepreneurs weren't born rich and many may have, at some point, lost all their assets and been in debt. Most of the people who attend *money-making courses* don't make much money. Why? Most of the people who attend *motivational seminars* soon slip back into their comfort zones. Why? *New Year resolutions* don't last for long. Why?

It's because of our BELIEFS.

Your beliefs are the *blueprint* of your reality – what can be referred to as a script or a life plan.

If you don't have the successful career or business that provides finances, fulfilment and freedom; if you don't have loving and joyful relationships; if you don't have your ideal body shape or weight, high self-esteem or self-confidence – it's all because of your beliefs!

Most of our strongest beliefs are

subconscious. **Very few of us examine our beliefs critically.**

It's not your fault. Most of the people you learned your beliefs from and who you now rely on (including your parents, teachers and community leaders) don't know about this either!

Our beliefs start forming the day we are born and various studies show that, in general, our first five to seven years are the most critical for belief-formation. The process continues until we are between 15 and 18 and then, usually, we keep repeating what we have been programmed to believe. We form new beliefs based on our experiences or reinforce our old beliefs each time we get a reference that confirms them.

The beliefs which were created in the first few years of your life (when you didn't have the ability to question what your mind was recording) are still there and affecting your feelings, attitudes, decisions and actions every day!

We live according to our parents' or guardians' values, rules and beliefs. Most of them don't know that they are programming their children's minds. Even when we have grown up and left home, we continue to live according to their

beliefs and perform to their expectations. We keep doing what they wanted us to do and keep on believing that all that they told us was right. And we rarely question those beliefs!

This is the main reason for low self-esteem; self-confidence; self-love; self-image; why we can't achieve much and unconsciously sabotage our efforts to be successful; why we don't experience peace of mind; why we feel that others are more important. We feel irrationally guilty and tell ourselves that we aren't good enough – and the list goes on...

Negative programming of the mind includes: *repetition of negative emotions or abuse, blame and reminders of mistakes made, comparison with siblings or friends, and labelling or calling the child stupid, doomed, bad, a failure, a loser, useless, ugly (or other abusive words).* The child unconsciously believes all that has been said, and carries on believing, living and proving that the negative labels are true.

Most of us were programmed for lack and limitations.

Hopefully this tells you why you are the way you are! The good news is that you don't have to continue believing it! *What are Doubts? Assumptions? Fears? Worries? Limitations? Excuses?*

They are based on our beliefs and they have a negative effect on our feelings and decisions in every area of our lives, including our physical health!

When you complain of having a bad memory, being disorganised, having bad habits or behaving in a certain way, you are reinforcing that habit, behaviour or belief and so you continue to do and be the same.

'It is that constant daily programming you receive that determines your mindset. And it is your mindset that determines your eventual level of achievement in everything you do.' (Randy Gage)

Do you have beliefs that work against you?

How many hours do you spend believing your negative, limiting thoughts compared with the hours you spend reading self-help books, attending seminars and affirming yourself with positive self-talk?

Today why would you believe the negative labels you were given when you were 13? Have you not learnt more, experienced more or done more since then?

So if you aren't at the same as you were at 13, then why would you have the same self-image/feelings of worth/confidence?

From today, **be aware** of who you spend time with or what you read, watch or listen to. **CHW**

© The above article has been taken from the book "Bullet-Proof Belief: How To Achieve Every Goal You Set" by: Maddy Malhotra
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