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The Love, Courage & Achievement Project "Rekindling the Human Spirit ... Transforming Dreams Into Reality"

LCA Tool: Rewiring the Mind for Miracles

Purpose: To identify and release the limiting beliefs that restrict us in receiving good. Then to literally create a profound knowing that the opposite is what is real.

1. Write down an area of your life where you would like to experience a breakthrough.

Possibilities include: Relationships, Finances, Health, Self Concept, Career, etc.	
The area of my life where I really want a breakthrough:	
Will you help me? Inwardly, ask for and receive the presence and assistance of Spirit.	
On the left column below, write down all the negative beliefs you have about this area of your life. Be thoroughthe more, the better. It works to write them down as absolute generalities since this is how the mind works. For example, if you have selected the area of 'Relationships,' some of your negative beliefs could be:	
All relationships end in hurt so why bother. Men (or women) just can't be trusted. No one would be interested in someone like me who is carrying extra weight. I always lose myself in romantic relationships. All the good ones are already taken. I don't want the kids to get hurt so it's better to stay alone. Negative beliefs in this area of my life: My	



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- 4. Now go back through your list and for each belief, distinguish whether it is a truth of the universe or a belief you created at a time of a hurt. If there has ever been a single exception in all of time for all of humanity, it is a creation...and cannot be a universal truth. If it is a creation, it is something you made up to protect yourself from being hurt. It is not a truth and therefore, you can create something different.
- 5. For every belief you created that is not a truth of the Universe, draw a line through it and let it go. Create the experience for yourself that you are no longer encumbered by this false belief. Sometimes this brings up the very hurt that anchored the belief in the first place. Be willing to experience all the hurt and let it go fully.

In some cases, you may experience a doubt or reluctance to release a destructive belief even though intellectually, you know it isn't true. In this case, you may ask yourself, "What is the hurt I would have to experience if I truly released this belief?" Then experience that hurt fully. Then the false belief will lift.

- 6. Feel the joy and freedom of an expanded belief system. At the top of the right column, on the previous page, write in the words, "My New Belief System." Then go back over your old list of beliefs. For every negative belief, literally create the reality of its opposite as an affirmation. Then write it down on the right hand side. For example; if you had the limiting belief that "all relationships end in hurt so why bother"... now create the enthusiastic knowing that "relationships are consistently, outrageously wonderful" or "just the right partner is anxiously waiting for me to show up."
- **7. Thank Spirit for a prayer answered.** Take any constructive action necessary, anticipating great good.
- 8. Inwardly, give thanks for a prayer that has been answered.

How will your ability to literally rewire your belief system (faith), help you to live in the Light?	
What other specific areas of your life can put this tool to work?	
What will be the benefits to you and the people you influence, as you master this tool over time?	

"It's crazy not to win in your own fantasy." - John Roger

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