

You Are Always Right!

By Gayle North

Henry Ford once stated: *"Whether you think you can - Or whether you think you can't, You are Right" And so it is...*

Isn't it a wonderful feeling to know that you are always right?

All creation begins with the energy of a single thought. A thought becomes even more powerful when it becomes a belief. A belief starts life as a thought that coincides with body sensations or feelings. The feeling and the thought get linked together and we generalize the causal experience into a belief.

One of my recent articles talked about how hidden beliefs create your experience of life. This article addresses the limiting beliefs that you consciously know about. Most people have many limiting beliefs. You can begin to notice them and improve your life dramatically by noticing them and neutralizing their effect by replacing them with new beliefs.

Some typical limiting beliefs:

I am not as smart as other people.
Illness is a fact of life.
Everyone gets old and decrepit.
I have to deprive myself to stay slim.
Life is difficult.
No pain, no gain.

Be particularly mindful of the "I am" statements. These are the beliefs that recreate themselves over and over in your experience. They are actually declarations that you use to argue for your limitations.

Self-created validation from your world strengthens your beliefs. You draw to yourself all sorts of proof that your beliefs are real, stopping at nothing to reinforce the illusion of truth and convince yourself over and over that your beliefs are fact. Dr. Larry Nims, developer of the energy psychology method, *Be Set Free Fast*, says that there are from 800 to over 2000 experiences that reinforce every limiting belief and response pattern. Is it any wonder that you are convinced that your old limiting beliefs are the truth about you?

You are responsible for everything in your life that wouldn't be there unless you did something. Although you may feel like blaming someone or some circumstance for your challenges, you are doing the thinking that is creating your experience and the world you see.

Could one just choose to believe in feeling loved, safe, successful, comfortable, and confident? By using your mind to consciously choose what you focus on, you can create your own world – the kind of world you want to live in. What stops you from doing this – from putting your creative energy of thought on what you want, rather than what you don't want?

As you make the choice to live more fully and discover your real self, you can replace old beliefs with new ones that validate your capabilities, your true potential. If you seem to be stuck in cyclical limiting thoughts and beliefs, consider going to a coach or counselor who can help you get out of the old groove of limitation into a more healthy and joyful approach to your life.

Gayle North offers Personal Coaching for Positive Change using recently developed empowerment technologies to clear mental and emotional blocks that keep people stuck in unhealthy habits and prevent them from performing at their highest potential in school, sports, relationships, work and finance. Call 406-837-1214 to learn how you can STOP SMOKING IN ONE HOUR and for coaching in person or by phone.

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