HOW TO REMOVE
NEGATIVE BELIEFS
AND FREE YOUR MIND

NIGEL PAUL MILLER

How To Remove

Negative Beliefs

And Free Your Mind

(Preview)

Nigel Paul Miller

Life changing information! Taught me the truth about "reality"

This is a great book. I bought it cause I'm a "self help" junkie and wasn't really sure what to expect. I'll be honest... the title sold me!

But when I started reading the book, I realized I was learning some NEW information I never heard of. Some life changing information! Information I was able to start using the SAME day I started reading it! How many books can do that?

I tried contacting the author cause I REALLY want a physical book I can carry around with me. I would also suggest he turn this into an audio book. I would be more than happy to buy it!!

Bravo for making such a great book. I hope someday you decide to make this into a physical product.

- Frank Rodriguez (Emporia, KS)

As an anxiety sufferer...

This book popped up on my recommended books list and I am glad it did! There are so many great points in this book that I would have never realized before. I suffer from pretty bad anxiety and though this book wasn't geared towards panic/anxiety, it totally makes sense for it as well. After all, negative thoughts are what usually cause these issues. It's a short read but full of inspiration and great tips. Thank you for this book, I have already begun to see that I am the person I believe I am and have some new tools to conquer negativity.

– D. Fox

The last piece of the puzzle

I have been seeking life answers for many many years, particularly over the last five years or so, as I have read more books than Carter's got little liver pills. I have adopted the New Thought understanding of who we are and all that goes with this understanding. I have also come to understand that through life experiences (particularly in our early years) we have picked up many beliefs that don't serve us well, false beliefs that are at odds with our consciously stated desires. I have read many techniques that promised to clear these barriers that keep us from our good. But it is in this book, and my implementation of Mr. Miller's 7 understandable and logical steps, that I am

confident I will be able to identify and remove all my negative subconscious beliefs to free me to finally, wholeheartedly, pursue and realize my life goals.

Thank you Nigel Paul Miller for your profound contribution to the millions like me who seek to remove these internal barriers so that we can unfold the glorious life inside of us. Bravo!

– Carl Bailey

Excellent Content

One of the best books on belief work I have ever read. That is saying a lot. You definitely cannot judge a book by its cover! Sorry for the diss on the cover, but hey, I'm glad you got it out there.

- Andrew Newell

Very Inspiring!

Excited to change my life for the better I choose this rating because it deserves it. I already feel heaviness lifted from my brain and it's only just begun. I recommend this book to everyone because we all have let some negativity in our lives and need to be free from it!

- Morgan Salsman

Best basic book to immediately begin changing your life!

Thanks for this book! It took many years for me to come to these realizations, and I appreciate that you have written it up so concisely that anyone can follow!

- **Eva Caye (Author)**

Put negativity behind you!

*Easy to read and well-presented suggestions on how to tackle the issues of negative beliefs that we have all formed along the way. – **M.S.***

THEE BEST book I've READ in my LIFE

*I wish I could give it more stars. Simple to understand, detailed information but of the simplest way of conducting it to CONNECT and UNDERSTAND. It truly touched my heart. I get it. I absolutely understand. It also confirmed beliefs and things I've wanted to say but didn't understand how to word them. HIGHLY recommended. Please, purchase for every loved one. - **Sarah E.***

Exceptional Advice at a Low Price

Negative beliefs and negative self talk hold more people back than we realize. This book provides you with a practical path to removing negative beliefs without entering into self delusion or allowing yourself to engage in irresponsible actions. This is a solid approach that is psychologically healthy, easy to understand and likely to generate positive long term success. The writing style is pleasant and concise. This is well worth the investment.

- **D. Buxman (A Seeker of Truth)**

Some valuable advice here

Sometimes our negative beliefs are much stronger than the positive outlook in life, and if this happens our negative beliefs keep pulling us down from and hold us from further growth. This book has some good techniques on how to manage negative beliefs and switch them into positive ones. Great book and highly recommended.

- Ray John Penn (Top SEO Writer)

Very Helpful

Explains specifically how to get rid of negative belief/self limitations/resistance which is entirely necessary when practicing LOA, or it just won't work! **- Sonia**

Release. . .

This book tells you how to identify and control your negative beliefs and to turn them into positive beliefs instead. Take control of your life and improve it. **- Kat**

Forward by the Author

Thank you so much for previewing my humble little book. This is my first book and I sincerely hope you find exactly what you're looking for within its pages. I've kept it as short and to the point as possible, but I would ask that you re-read it from time to time so that you can thoroughly internalise the messages contained within it.

The purpose of this book is to create a profound shift in your everyday conscious awareness, so if some of the concepts seem foreign to your way of thinking at first; I can assure you the more you consider them, the more truthful they will become for you.

I've spent the last few years studying all aspects of personal growth; from psychology to spirituality and universal consciousness. This book is my first expression of those

studies and I'm confident that the information and concepts you'll find here will help you to live a happier, more relaxed and fulfilled lifestyle just as they've helped me to do. So sit back, relax, open your mind, and enjoy the ride.

Acknowledgements

Thank you to my family for their never ending patience and belief in me that I could write a book that would positively influence the lives of others. Thank you to my wonderful Mum Jacqueline for her genuine encouragement and faith, and for telling me I had a talent worth sharing with the world. Thank you to my Dad Stephen for suggesting to me years ago that I should write a book; and thank you to my loyal brother Michael for his helpful support and belief in my writing ability. Thank you all for your love and support, it means so much to me.

Also a big thank you to the following people who've created powerful material that's had a significant positive impact on my life: Deepak Chopra for "The Seven Spiritual Laws of Success", Eckhart Tolle for "The Power of Now" and "A New Earth", Steve Siebold for "177 Mental Toughness Secrets of the World Class", Bob Proctor for "You were Born Rich" and "The Secret Science of Getting Rich", Rhonda Byrne for "The Secret", Robert Anthony for

"The Ultimate Secrets of Total Self Confidence", Joe Vitale for "The Attractor Factor."

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Chapter 1 - The Origin of Beliefs

What are Beliefs?

Beliefs are statements about reality that we assume to be true based on either our own conclusions or those of other people.

Our Core Belief System

The majority of our beliefs were formed when we were very young and learning how to survive in the world from the many influential people in our lives. Parents, teachers, friends, relatives and people in authority all had a crucial role to play in the development of our main beliefs; also known as our core belief system. Due to this fact, the majority of us are living our lives based on the beliefs of others that we accepted as truth when we simply didn't know any better.

When we were young children learning about the world, we passively accepted the beliefs of others because we were convinced that they were correct. We could clearly see that everyone else around us knew more about the world then we did and because of this apparent evidence we assumed that everything they believed must be true.

This assumption was a perfectly natural conclusion for us to come to because as far as we were concerned everyone else around us did know more about the world then we did, so we were just doing our best to learn from the only resources that were available to us at the time. But the main problem with this was we had no way to assess the information we were receiving as we had nothing to compare it to so we just accepted it as truth without distinguishing whether it was actually true or not.

Negative Influences

It really is incredible to realise that most people spend their entire lives operating out of other people's negative beliefs

that they adopted when they were young simply because they didn't know any better. You could say that most people are unknowingly running their lives based on the blindly accepted beliefs of a child. If I introduced you to a 4 year old and said "okay, this child is going to decide a significant amount of what you're going to believe for the rest of your life" you would probably look at me like I was insane, but the truth is the majority of us are doing this without even realising.

The most fascinating thing about this is that when we were young we actually did have the power of choice to disagree with or reject those negative beliefs, but we didn't because we had unconditional faith in other people's knowledge and opinions. But the choice was still there nonetheless. The choice has always been there. That's a pretty empowering realisation in itself if you think about it, to know that we've always had the power of choice with regards to what we believed but we just didn't know about it at the time when we adopted our main beliefs about life.

The 2 Realities

You see, there are 2 main ways of looking at "life", "the world", "reality" or whatever term you wish to use for events outside yourself that you observe through your perception. There's subjective reality; which is our perception of reality based on our opinions and beliefs powered by our emotional commitments to those opinions and beliefs, and there's objective reality; which is a factual, neutral and emotionally disassociated perception without the bias of emotions, opinions or beliefs.

I'll give you an example: You're stuck in traffic late for an appointment with your dentist. You start stressing out and saying to yourself "this shouldn't be happening" and you begin to panic. You drive much faster than usual and you take some chances that you usually wouldn't. You honk your horn at any slow drivers in front of you in an effort to get there quicker, and you shout and swear at anyone who gets in your way. In general, you're behaving as if it's the end of the world because you're late for an appointment. That's looking at the situation through subjective reality.

Your opinion is: "this shouldn't be happening" and your belief is "it's a disaster if I'm late for an appointment" and your behaviour corresponds to both.

Now let's look at the same situation more objectively: You're waiting in traffic which is a normal everyday situation that you can't control, and you might not arrive at the time you arranged. Based on previous appointments you realise that you usually have to wait between 15 to 30 minutes in the waiting room anyway, so that gives you a buffer of time to get there. It's not a disaster as nobody's going to die if you're late, you'll get there when you get there. That's looking at the situation through objective reality. You don't have any opinions and you aren't operating from any beliefs. Therefore you have an emotionally disassociated perception of the situation which empowers you to respond from a higher place of reason.

Life: A Concept In Your Mind

The terms "life", "the world" and "reality" are subjective concepts in themselves because they mean different things to different people, therefore there can be no definite awareness of any of these things in objective reality, they are all subjective concepts and as such are subjectively defined by you the observer through your own perception, a perception that's ultimately governed by your beliefs.

The term "life is what you make of it" is a perfect statement that reveals the subjective nature of reality. One person believes that life is a struggle, while another person believes life is an incredible journey of insight and self discovery. Which person is right? Your answer in this case depends on what you currently believe life to be.

The most valuable question to ask in this situation is not "Which person is right?" but "Which person's belief is more beneficial to their experience of life?" because the answer to the first question is opinion, but the answer to the second question is fact, and facts are objective.

Objective Advantage

Most people are unaware of objective reality and how to perceive things through it. Being able to see things through objective reality gives you an incredible amount of freedom because it gives you an alternative and empowering perspective which enables you to get a better understanding of an event or situation which you can then use to your advantage.

When we were young; the majority of people we were influenced by had no awareness of objective reality and were operating through a perception of reality that they believed to be fact, this perception was subjective and based on a foundation of uninformed conclusions and others people's opinions which actually had no basis in objective reality; but because they believed it to be true, they told us it was true, so then we believed it to be true and that perception has been running our lives ever since without us even knowing it.

How Beliefs Affect Us

The fact is all of our beliefs and perceptions run our lives whether we're aware of having them or not. For example: If someone forms the belief "I'll never be rich" from a very early age based on external influences and/or uninformed conclusions, it doesn't matter how hard they work or how hard they try, they will never be rich. This is because once we've adopted a belief consciously; we spend our whole lives proving it to ourselves unconsciously. Then as we prove it to ourselves repeatedly, it eventually becomes an automatic self fulfilling prophecy even if we're totally unaware of having adopted the belief in the first place.

Think about this for a minute: Why do you think there are so many people out there in the world struggling to become wealthy and no matter how hard they seem to try, they just can't seem to do it? They take courses, go to seminars, workshops. They listen to mp3s and watch DVDs but for some reason it never happens for them. I'll tell you why: because their lives are still being governed by that one core belief they formed at an early age that they've forgotten

about consciously but still prove to themselves unconsciously. The fact is they can be rich if they want to, once they remove the belief and acquire the required applicable knowledge to do so.

Take another example: the belief "life is hard", if someone forms that belief from an early age based on external influences and/or uninformed conclusions it doesn't matter how much that person tries to live a happy and carefree life, they will always find problems and obstacles to their happiness. Why? Because if they unconsciously believe life is hard, they will prove it to themselves over and over again and guess what? Life will be hard, as the self fulfilling prophecy continuously repeats itself in order to validate the belief.

What's interesting about the belief "life is hard" is that it's one that is widely accepted all across the western world, so the majority of us have adopted it from when we were young (I know I did). But it's strange to realise that the majority of people in the western world have this belief and many make the statement all the time whereas many people

in the developing world aren't even aware of such a concept, to them life is what life is and they just get on with it.

This distinction would lead us to conclude that this belief must be one that was formed from word of mouth and not from self conclusion. So, if we'd never heard anyone say it, we'd never have believed it. And if we'd never believed it, our lives would never have been influenced by it and as a result we would have a much more empowered sense of ourselves today.

But fear not, it's never too late to free yourself from the unwanted restrictions of negative beliefs and it's my sincerest intention to use this book as the medium to show you exactly how to do just that. The trick is to use objective reality at times when your subjective point of view would usually work against you, and then change your point of view by changing the beliefs that created it in the first place.

Doing this will automatically change your perception for the better. This means you will always be able to make the

most of the power of choice in every situation instead of being run by unwanted emotional responses, even if you still have negative beliefs that haven't been discovered or removed yet.

So you can take any situation you feel uncomfortable or resistant in, change your perception of it on the spot by looking at it objectively, take note of your original resistance to it, find the belief that caused it, find the source of that belief, remove the belief and replace it with a more beneficial one. This means you can quite literally reprogram yourself into the person you want to be and you can use every negative situation, perception and reaction to educate yourself about which beliefs to remove and how to see things more objectively! Having this ability will positively change your life for the better and I'm so grateful to be the one who gets to teach it to you.

Chapter 1 - Questions and Answers

1. How do our beliefs affect our everyday lives?

Our beliefs affect our everyday lives in a very significant way because they define our perceived limitations about ourselves and what we think we can or can't do. They also have a huge impact on our self esteem, our self confidence and how we perceive ourselves in the world.

For example: If a little girl has a dream to be a ballet dancer when she grows up and when she tells her family, they laugh and tell her "Don't be ridiculous, that will never happen". And when she asks "Why?" they reply "Ballet dancing's not for people like us!'', this will naturally create the belief "I'll never be a ballet dancer'' because the belief has been logically validated by the statement "Ballet dancing's not for people like us."

Don't forget: the child doesn't reject the beliefs of others because she assumes they are correct. And as she doesn't

know any better; she accepts them as truth and gives up on the dream.

The tragic thing about this scenario is that it happens all the time. If parents only realised that if they actually supported their children in their ambitions they would create a very special bond with them that would practically guarantee their success later on in life. Parental encouragement and support are two of the most powerful motivational forces in a child's life, and if they are lucky enough to get them, they can achieve anything.

It all comes down to self belief and if a child has been supported by the people closest to them, they will naturally be at a huge advantage later on in life because of it. Unfortunately this is an extremely rare occurrence and that's why so many people are unknowingly held back from achieving anywhere near their full potential. Unless of course they consciously choose to develop their belief in themselves in order to do so.

2. How can we practice looking at things more objectively?

Start training yourself to observe things from a neutral standpoint without opinion. Notice anytime you catch yourself judging something as good or bad and step outside yourself for a minute and try to look at it from a more factual perspective. Remove yourself from the equation and try to see the situation for what it is factually or what it would look like if you were watching it happen to someone else.

So for example: If you're waiting in line for something and it's taking a long time: instead of saying to yourself "I hate waiting" or "I wish these people would hurry up", say something like "This is what happens in these situations, usually I have to wait. It's perfectly normal and there's nothing to get stressed out about. I'll get served when I get served". Again you're taking your opinion out of the situation and looking at it from an emotionally disassociated factual point of view.

The ability to do this will enhance your sense of self control tenfold and you'll feel more empowered in every

situation because you'll be able to look at it from an outside perspective without the drama of personal involvement. Just ask yourself "How can I see this more objectively?" or "What's the best way to look at this situation, what are the facts here?" and enjoy the benefits of this simple but effective technique.

3. You mentioned that most people are unaware of objective reality, so does that mean the way they perceive reality is wrong?

There's no "right or wrong" way to perceive reality, there's only beneficial and unbeneficial. Right and wrong are opinions, beneficial and unbeneficial are facts. Remember: It's not what happens but how we perceive it that matters; so being able to perceive things through objective reality is just a way of creating a more empowering point of view that allows us to respond in a more beneficial way.

4. You said success in life all comes down to self belief. Why is believing in ourselves so important?

Self Belief is one of the most important mental aspects of your life. Anyone that ever did anything worthwhile would never have been able to do it if they hadn't first believed that they could. Self belief is what changes things for the better, and that's why it's so important for us to develop it in ourselves as much as we can and help others develop it too. Nothing great has ever been accomplished without self belief and that's why it is so necessary for us to have it in our lives.

Chapter 2 - Why We Form Beliefs

We begin forming beliefs when we're young in order to make sense of events, situations, circumstances and ourselves through associated meaning. This allows us to create an operational blueprint that enables us to integrate into society, protect ourselves from danger and become self sufficient. Then, once we reach an age when we've acquired enough knowledge to survive, we can then start choosing what to believe for ourselves.

That's where conscious choice comes in. When we were young we didn't have enough knowledge to choose what to believe for ourselves so we adopted whatever beliefs we were given by others, or concluded our own based on very limited life experience.

We still did all this by our own choice, but we just weren't aware of it. The reason we weren't aware of it was because we wouldn't have known what to do with this choice if we knew we had it, so the awareness of it was kept from us

until we were old enough to decide how to think for ourselves. It was like a safety mechanism to protect us from ourselves because of our lack of knowledge of how to survive in the world.

That's why children only become thought conscious around the age of 11 when they start to become aware of what they are thinking about. This self aware thinking process is known as meta cognition and it's the first step towards conscious awareness in a person's life.

Adolescent Dilemma

The ability to analyse what we're thinking about is something that usually begins in adolescence and it's also the reason why so many teenagers become aloof and introvert. The truth is they are unknowingly discovering a new way of being that they're totally unaware of. As they are never educated about its existence or told what it is; they never learn how to use it to their advantage and many

of them assume that something must be wrong with them because of it.

I know when I was a teenager I definitely thought there was something wrong with me because of it. It always seemed to me like everyone else around me was happily living out their lives but I always seemed to be trapped in my own head trying to make sense of things. At the same time I was also giving negative meanings to practically everything I experienced. The reason for this was low self-esteem and the reason I had low self-esteem was because of the negative core beliefs I had adopted about myself when I was a child.

Here's a typical example that I'm sure most people can relate to: If someone tells you that you'll never amount to anything and you hear it enough times, you will eventually start to believe it. Then once you start to believe it, you start to prove it to yourself unconsciously, and when that happens it doesn't matter how much you deny it to yourself, the belief is always there hiding in the depths of

your unconscious mind even if you've forgotten about adopting it in the first place.

Consequences of Discipline

So your parents, teachers and anyone else in authority may have said those types of things in order to help you in their own dysfunctional way, (or maybe they were just venting their own frustrations on you, who knows) but the effects of these kinds of statements can cause devastating consequences that cripple a child's self-esteem for the rest of their life. That's a pretty shocking realisation, to think that all the parents that have ever lived and always wanted the best for their kids were unknowingly crippling their child's development because of the "discipline" they were attempting to enforce on them. If we look at this objectively; it wasn't their fault. They were just doing what they believed to be "right". But being right in this case is not beneficial to the child in any way and its only result is to inflict short term "discipline" at the cost of long term consequences.

Ultimately, it's not about being right. It's about being able to look at things objectively, take a responsible course of action and educate the child as to why they are being disciplined so that they can actually learn from the situation instead of just being emotionally and psychologically scarred from it. Telling a child that they will never amount to anything is an irresponsible, over generalised, emotionally destructive statement based on impulsive opinion and blind assumption that has absolutely no basis in objective reality.

Truth and Fact

If I was to define subjective reality in one word, I would use the word "truth"; if I was to define objective reality in one word I would use the word "fact". Ultimately we define our own truths, but facts define themselves. Being able to distinguish between truth and fact is an empowering habit that takes time to develop but is definitely worth it when you do, and it's also a big part of the belief removal process that I'll reveal to you later on in this book.

Even just becoming aware of the existence of objective reality will give you the necessary ability to begin using it in your life. You'll then realise that your view of reality is ultimately defined by the meanings you give it; or by the meanings you give to events, situations and circumstances. Nothing has any meaning except for the meaning you give it; and because you choose the meaning you give to anything you experience, you ultimately choose how that experience happens for you.

This is exactly what our beliefs do, they assign a meaning to a situation based on either our own conclusion or a conclusion that we adopted from someone else. That belief then governs how that situation happens for us whether our perception is objectively beneficial to us or not. It's like having a powerful computer with a faulty program that messes up the rest of the computers operation as a result of being installed on it.

Negative and disempowering beliefs are just faulty mental programs. Instead of helping you experience life more

beneficially; they hinder your development and significantly lower your quality of life. This is obviously not what nature intended for us, so it stands to reason that we must endeavour to remove any and all negative beliefs that are holding us back so we can live the quality of life we were meant to live.

A Humbling Process

Becoming aware of the possibility that you may have many unconscious negative beliefs is the first step towards gaining freedom from them. It can be a very humbling and rewarding process to be totally honest with yourself and admit that you have a negative belief even if you didn't think you had it consciously.

The best way to find out if you have an unconscious negative belief is to just place your hand on your chest and state it to yourself out loud a few times. Then be silent and very still for a moment. If you notice any sort of emotional resistance in your body or around your solar plexus/chest

area or any kind of awkward gut feeling then you can be certain that you have the belief. If you didn't have it; it wouldn't evoke any kind of physical emotional response, so that's how you know if you have it or not.

The process of detecting a negative belief is very simple but it's also very powerful as it forces you to look inside and be completely honest with yourself. The fact is you may be able to fool other people, but you can never fool yourself. So, if a belief exists inside your mind on an unconscious level, it will always reveal itself to you consciously through your body with emotion. This is the process of discovering whether or not you have a negative belief. I will outline this process again later on in the book when I show you how to remove them.

Meanings

So again, just to recap on why beliefs are formed: Beliefs are formed when we're young so that we can make sense of the world around us. This is so we can adapt to situations

and protect ourselves from danger while we learn how to survive in the world. We do this by assigning meanings to events which are based on conclusions that have been accepted or reached by us based on whatever information is available.

A child has no way to tell if a conclusion is beneficial or not, so it just comes to the one that seems the most logical based on the information received. So a conclusion is reached when a meaning has been verified through our own logical reasoning. The process goes something like this: "This event always happens, so that must mean I'm….." As we are learning about the world around us and we appear to be the centre of everything, we automatically assume that we are also the cause of everything that happens to us. For example: "Dad always shouts at me when I don't know something, so that must mean I'm stupid".

So we are literally taking personal responsibility for everything that happens to us and forming beliefs about ourselves based on conclusions we have arrived at as a

result of our interpretations of those experiences. Once we've formed enough conclusions about ourselves; we begin to identify with them and adopt them as who we think we are, all the while forgetting that we were the ones who created them in the first place; either through our own conclusions, or our acceptance of them from others.

Computer Analogy

So you see, we really do have a lot more in common with computers than we realise. If you logged on to the internet today on a new computer without an anti-virus program and installed every popup application that you were prompted to and signed up to every advertisement that you saw; before long your computer would be riddled with viruses and your inbox would be full of spam. Your computer would be overloaded with useless programs and wouldn't be able to operate anywhere near its full potential. This is exactly what negative beliefs do to our minds.

When we blindly accepted beliefs from other people when we were young without anyway to objectively analyse them, it was like we were logging on to the internet without anti-virus software, clicking on every pop-up, signing up to every offer, believing the ads that say "congratulations….." and replying with our credit card information to the emails that say "you've just inherited….." It would seem ridiculous to do this, right?

Can you imagine trying to run a business on such a computer? It would be literally impossible and that's why there are anti-virus programs, network security programs, pop-up blockers and anything else that can be used to protect our computers from the overwhelming junk out there in cyberspace, security programs without which our computers would be inoperable.

Now, try and imagine one of these computers also being self aware! (I know that's very sci-fi but just bare with me) and being able to make decisions and choose for itself. What do you think would eventually happen to this computer? My guess is it would overload, blue screen and

shutdown, just like many people do when they feel overwhelmed by "life's" problems. But people are only overwhelmed by their problems because they see their problems as being bigger than themselves. If they removed the belief "my problems are bigger than me" then they wouldn't feel overwhelmed by them anymore.

That's why removing this one belief can significantly improve the majority of people's lives, especially problematic people who tend to define themselves through their problems. When they remove this belief, they begin to realise that they are not their problems; and when they realise this, they allow themselves to begin a new empowering journey of self discovery that progressively changes their lives for the better.

Chapter 2 – Questions and Answers

1. How do we know if we've adopted a lot of negative beliefs that we're not consciously aware of?

The easiest way to know if you've adopted a lot of negative beliefs is to ask yourself: How much do you like yourself? How much do you like your life? If there is a lot about yourself or your life that you don't like then that will tell you that you've adopted a lot of negative beliefs over the years.

There's nothing wrong with this so don't blame yourself, we've all adopted many negative beliefs over the course of our lives but the important thing now is to become aware of which beliefs you've adopted and remove them for good. Begin by asking yourself what beliefs you might have that would explain your unwanted behaviours or reactions in a given situation. This will take practice, but the more you do it, the better you'll become at identifying your beliefs.

2. How can we identify a belief that came from our parents without actually blaming them for being the cause of that belief?

Well first you need to understand that it wasn't anyone's fault. It wasn't your parents' fault that they were acting out of a belief system that was dysfunctional and unbeneficial towards you, they were just behaving in accordance with what they believed to be right. Also, it wasn't your fault for adopting those beliefs as you were just a child learning about the world from the only people you could.

Remember: The purpose of identifying where your beliefs came from is not to place blame on anyone, but to look at the situation from an outside perspective in order to get a better understanding of what was happening so that we can proceed to remove them.

3. How can we tell the difference between beliefs that we formed ourselves and beliefs we adopted from others?

You'll be able to identify where your beliefs came from when you get into the belief removal process later on in the book.

4. You said nothing has any meaning except for the meaning we give it. Can you give an example?

Let's say your electricity company turns off the power for 45 minutes to do some repairs while you're sitting outside reading and enjoying the sun. How would you feel about it? It probably wouldn't bother you. But what if you were inside cooking your dinner and you needed the electricity? How would you feel about it then? It probably would bother you. It's only ever the meaning that you give to a particular event in your life that determines how you perceive it, not the event itself.

5. How will removing a significant negative belief that's affected us for most of our life feel?

It will be like taking off a heavy backpack that you've been carrying your whole life but forgotten about. It will be emotional and it will be a relief. The more significant the belief has been in your life, the more of a relief you will feel when you remove it. One belief can be the cause of so many problems; so when you get rid of it, the problems it was causing just disappear like they were never there. It's very powerful and rewarding.

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