

Smashing Beliefs

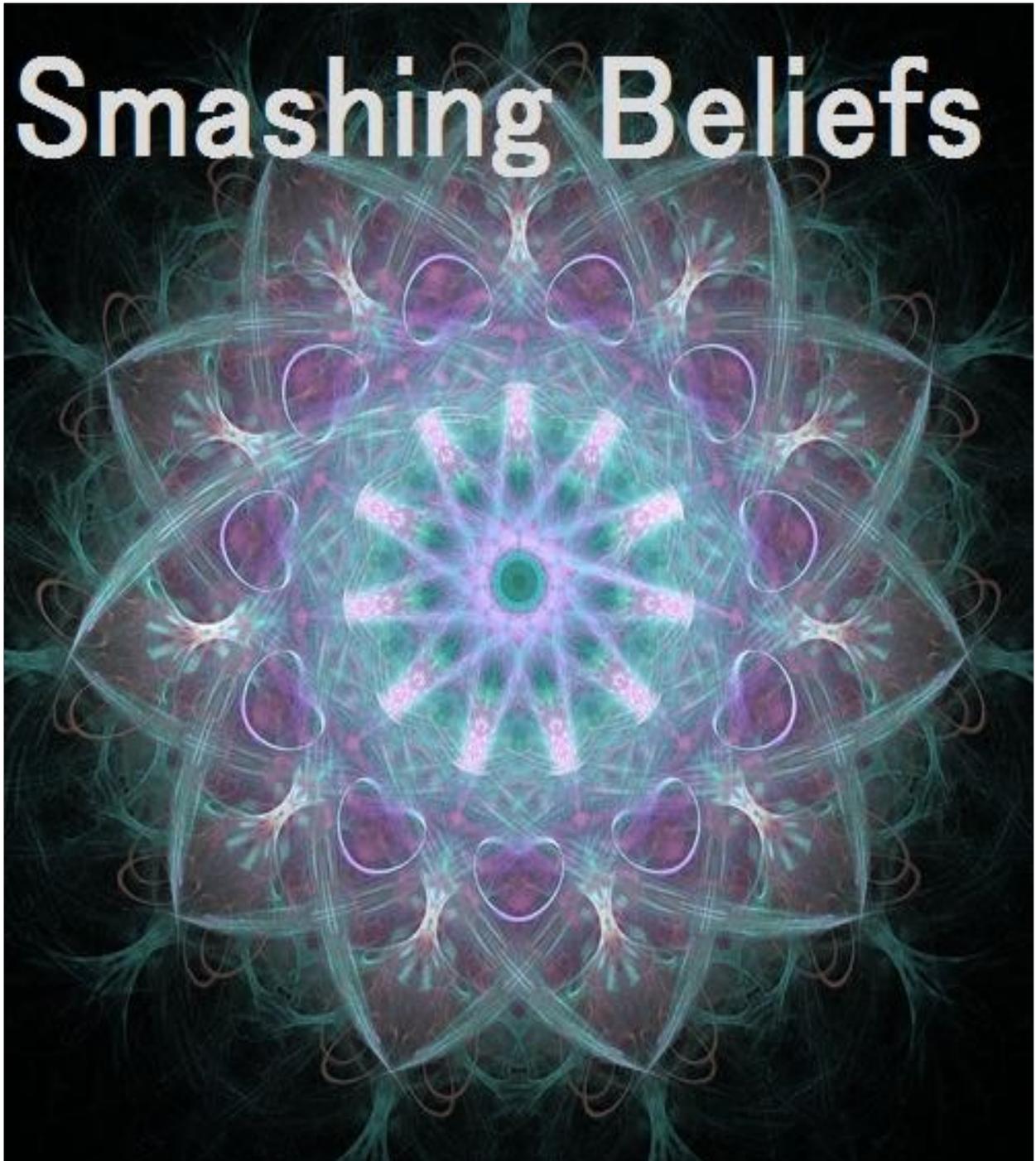


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About the Author

Devin Scannura is an entrepreneur who is committed to helping others to improve their life through the resolution of their conflicting beliefs. He wrote this guide book to give the reader the understanding that our beliefs create our world and then give a 3 step process to help you create a belief in yourself that is in alignment to your dreams. Although this isn't a full course, there's enough good info to help you create and attract your ideal life...enjoy!

What is a Belief and why should we care about them?

In a nutshell, a belief is a feeling of certainty you have about something.

Beliefs are also made of thoughts that you think over and over. Since our beliefs shape our lives, it's important to have the beliefs that support your dream life.

"Live your beliefs and you can turn your world around"

-Henry David Thoreau

"All personal breakthroughs begin with a change in beliefs"

"It's not the events of our lives that shape us, but our beliefs as to what those events mean."

"What we can or cannot do, what we consider possible or impossible, is rarely a function of our true capability. It is more likely a function of our beliefs about who we are."

-Tony Robbins

"The outer conditions of a person's life will always be found to reflect their inner beliefs." - James Allen

"We are living through one of the most fundamental shifts in history—a change in the actual belief structure of Western society. No economic, political, or military power can compare with the power of a change of mind. By deliberately changing their images of reality, people are changing the world" - Willis Harman. Author of "Global Mind Change"

"Within you right now is the power to do things you never dreamed possible. This power becomes available to you just as you can change your beliefs."

"If you don't change your beliefs, your life will be like this forever. Is that good news?" - William Somerset Maugham

"Live your beliefs and you can turn the world around"
- Henry David Thoreau

"To attain inner peace you must actually give your life, not just your possessions. When you at last give your life - bringing into alignment your beliefs and the way you live, then and only then can you begin to find inner peace." Peace Pilgrim.

"Out of our beliefs are born deeds; out of our deeds we form habits; out of our habits grows our character; and on our character we build our destiny." - Henry Hancock.

"The thing always happens that you really believe in; and the belief in a thing makes it happen." - Frank Lloyd Wright

"All personal breakthroughs begin with a change in beliefs. So how do we change? The most effective way is to get your brain to associate massive pain to the old belief. You must feel deep in your gut that not only has this belief cost you pain in the past, but it's costing you in the present and ultimately, can only bring you pain in the future. Then you must associate tremendous pleasure to the idea of adopting a new empowering belief." - Tony Robbins.

"When we look at 'life', our spiritual and material abundance, our relationships and careers, our deepest loves and greatest achievements along with our fears and the lack of all these things, we may also be gazing squarely in the mirror of our truest and sometimes most unconscious beliefs."

"If you have a strong desire for something but you doubt your ability to achieve it, it cannot come, at least not right now, for you must bring your thought of desire and your thought of belief into alignment"

-Esther and Jerry Hicks from "The Law of Attraction"

How are beliefs made and can they be changed?

Beliefs are created by your experience of things. The vast majority of your beliefs were created when you were a kid. The challenge of that is that when you're a kid and are able to learn things very quickly, you don't have the knowledge to filter out the information that is valid. This can cause us to have several belief that may not have any truth to them.

In order to create your ideal life, you're going to have to make sure that your beliefs are in alignment with what you really want. If they aren't, you'll continually be creating conflict in your life and you'll find yourself spinning in the same cyclical patterns.

An example of a conflicting belief may be that you think that relationships ultimately end in pain and heartache. You may also have the belief that to have a life of fulfillment requires being in a loving relationship. This conflict in beliefs will cause this person to seek relationships even though they will bring pain. The result is a series of painful relationships.

It is these conflicting beliefs that need attention in order to be able to create your dream life. Fortunately your beliefs can be changed and molded to support the creation of your ideal life.

How can you create a new belief to create your ideal life?

We said earlier that a belief is a feeling of certainty you have for something. The more you can make yourself feel certain about something, the more you are changing your belief in it. As your beliefs change so does the world around you.

One method that can help you to create your ideal life is the TEA system which stands for Thoughts, Emotions and Actions/Attractions.

In various sources on conscious creation there is always a mention about imagining what you want and then adding the feeling to it that matches imagined circumstance.

Here are some quotes to support that:

'Assumptions awaken what they affirm. As soon as man assumes the feeling of his wish fulfilled, his four-dimensional self finds ways for the attainment of this end, discovers methods for its realization. I know of no clearer definition of the means by which we realize our desires than to experience in imagination what we would experience in the flesh were we to achieve our goal. This experience of the end wills the means. With its larger outlook the four-dimensional self then constructs the means necessary to realize the accepted end.'

-Neville Goddard quote from "Out of this World"

"Circumstances don't matter. Only state of being matters." -Bashar

This Bashar quote is from a seminar called "Beyond the Secret into Abundance". It's a 4 hour seminar available on YouTube. The gist of the quote and the seminar is that our state of being is what causes our materializations. Your state of being, or, how you feel, is what causes your world to form around you.

"It's human feeling and emotion that affect the stuff our reality is made of - it's our inner language that changes the atoms, electrons, and photons of the outer world"

- Gregg Braden. Author of "The Divine Matrix"

So there you have it. Think about what you want and then add the emotions to it as if your thoughts were real. Then move into inspired action.

I've included a brief breakdown of the steps for a bit more clarity.

Thoughts

It all begins with your thoughts. Before you got this eBook you thought about it.

Now you have it and are reading it. You thought before you got. Guiding your thoughts is the first step to improving your life.

It's a step that may sound simple but is actually the most challenging because your daily thoughts are deeply grooved habits that will have to be changed in order to change your life.

Here are the steps to improve your thoughts.

1. What are you thinking? Listen to that voice in your head. Monitor your thoughts. Be on the lookout for thoughts that are limiting your growth. They usually start off with the words "I can't...."

For instance; let's say you see something you want. It doesn't have to be a big thing. It can be an item on a menu or a can of the pricier tuna or an outfit you saw. As you see the item, you may think about how nice it would be to have it and then think ...

'I can't afford it ...'

'I can't do that because what will people think of me...'

'I can't meet any decent single people...'

'I can't find a good job'

'I can't ever find the right mate'

'I can't lose weight...'

All those little 'I can't' thoughts that you may be having are weighing you down and preventing you from having the things you want. These thoughts are like weeds in your mind that are stifling your potential. Start paying close attention to your thoughts. Your goal is to find out what stinking thinking you've been allowing yourself to have. Monitor yourself constantly to look for ways in which you are thinking limiting thoughts. To create your ideal life, you'll have to be able to guide your thoughts in ways that support you. Frequently thinking limiting thoughts only constricts your ability to live in the flow. Negative self talk also creates inner resistance and prevents you from flourishing.

2. Pull out those weeds!

Once you've identified some of your limiting thoughts you now have to stop those thoughts from continuing. To kill the weeds of your thoughts you have to stop thinking them. Whenever you catch yourself having a negative thought such as how you can't find a mate or lose weight or have enough money, you are strengthening, watering and nurturing the

weeds that you don't want. Prevent the growth of those thoughts by ending them abruptly. When you find yourself engaging in negative self talk, put up a big stop sign in your mind or clap your hands or do a silly dance. Anything to stop your negative self talk and thoughts is beneficial. It's not easy to stop those old thoughts but changing them is necessary to have the life you want. Using positive thinking, affirmations and writing down your goals is not enough. You have to kill the limiting thoughts. Once you've eliminated some of your negative thoughts you have to replace them with positive ones.

3. Plant flowers.

One easy way to turn your negative thoughts into positive ones is to reframe them. For instance, imagine you are driving and a person cuts you off and you slam on the brakes and avoid a collision.

Old thinking-That idiot almost killed me. That jerk drives like a total moron! I'm so mad now that some fool totally ruined my entire day!

New thinking- Wow I'm so glad that I have amazing reflexes and a quick brain and fantastic brakes! That was exciting! It's a good thing I'm a great driver and had left enough space between me and the other vehicle! What an exhilarating experience that was!

With enough time and practice you'll instantly recognize your limiting thoughts and replace them with empowering ones. That's what's meant by planting flowers. If you have money problems, begin planting the idea in your head right now that you are in the process of improving your finances. It's a psychological step in the right direction and far more empowering than ruining your garden with the weed like thoughts about your bills.

4. Nurture.

Your new thoughts have to take root and be nurtured by you. Just like flowers, your thoughts require daily nourishment. That means every day in every way you are thinking better and better thoughts. Whenever a limiting thought pops up, make sure to yank it out like a pesky weed and replace it with a flower. Think fresh new fun thoughts and take care of them. Thoughts of your dreams are your babies and you have to feed them and tend to them at all times. That means no more complaining about anything. No more griping about the news, the economy, the weather, your relative, your pet, the traffic, your job or your diamond shoes being too tight. Focus on what you want. Only put the thoughts in your head that are pointed towards the things you want. If you aren't growing your garden, you are destroying it. Nurture thoughts of your dreams or you are killing them.

"What ain't busy living is busy dying" - Bob Dylan.

Emotions.

Once you've got your thoughts sorted out and have decided how you want to live your life, the next step is to add emotion and feeling to your thoughts. The goal is to 'assume the feeling of the wish fulfilled.'

-Neville Goddard.

What does that mean?

Well let's say you want to start a new relationship.

Think of how you would feel to be with that new guy/girl. Think about how it would make you feel to curl up together and watch a flick or make a meal together or dance or hold hands. Soak up and marinate in these feelings. When you pile up all your positive thoughts with vividly imagined feelings it is like adding fuel to your manifestation power which will cause you to effortlessly move into action.

If it's a new job you're seeking, imagine the perfect work environment for you. How much does it pay? What kind of respect do you get there? What hours? Once you've thought about what you really want, imagine how you would feel with that result. Would you feel content? Anxious? Serene? The more clearly you can match your emotions to your thoughts, the more in alignment you are to achieving that result.

If you're thinking about that new career you want or mate or whatever it is you want, if you feel nervous or uneasy about it, you are out of alignment to attract. Keep thinking about your goal until you finally *feel* like it's a natural occurrence. The imagined circumstance you are mentally creating must feel natural and good to you.

"Assume the feeling of the wish fulfilled." Neville Mariner

Positive thinking without positive feeling is nothing more than daydreaming.

When you think better thoughts, you will feel better emotions and that will give you better actions which will lead to better results.

Keep the thoughts that give you the best feeling emotions. If you want more money, think of the ways that money would be good for you. It may not give you enough good feelings to just have more money to pay your bills. You may have better feeling experiences if you wanted more

money so that it would give you a stronger feeling of security.

When you can feel your intended thoughts swirling with your positive feelings, the power of your conscious creation power grows.

As thoughts of your ideal life are mixed in with more feeling, you will be able to feel internal changes in you. As you feel the shifts in your beliefs, your challenges will melt away and your beliefs in your ability will shift.

Your emotions are the powerful elements of wind and waves. Emotions give your ship the wind and waves to make it go.

Emotions can also take the ship of your life and smash it against the rocks if you don't pay attention to your thoughts. If you allow your thoughts and emotions to run wild, it is like plopping a boat in the sea and hoping it eventually lands at a specific pier.

Irrational emotional reactions are a red flag signaling you to re-evaluate your thinking. If something continually upsets you, find out why that is. You most likely have a belief in place that is limiting your growth. If you don't smash that belief and replace it with a new empowering one you will continue to limit your growth in that area.

For instance, if you get angry every time your bills arrive, try to diagnose what that's all about.

What do you think when you see your bills?

Do you think or fear that you won't have enough money to pay them?

Since you are creating your life with your thoughts and feelings it is imperative to avoid experiencing negative emotion.

Your life attracts your points of consciousness.

Your attraction power is increased when you join your emotions and feelings to the thoughts of what you want to attract.

If you want to attract a companion, how would you feel if you were the person that naturally and effortlessly attracted people that were a wonderful addition to your life?

Your new thoughts and emotions and feelings are to be focused on with such clarity that they become you. Think and feel the way you want to be, for your life to be the way you want it to be.

If you are serious about your success you have to become a drill sergeant to yourself. Have the discipline to monitor your thoughts and emotions. Your big goal is to train yourself to feel and act as though your dream life is happening around you right now.

"Although every thought has creative potential, the thoughts that do not bring great emotion with them are not bringing the subject of your thought into your experience with any sort of speed. When it comes to thoughts that you feel strong emotion about - whether it is positive emotion or negative emotion - the essence of those thoughts is being quickly manifested into your physical experience."

- Esther Hicks from "The Law of Attraction"

Action/Attraction

Action is the fun stuff. Action is putting your plan into play.

Action is the result of powerful thoughts mixed with powerful emotions.

When you are in action you will notice multitudes of beneficial coincidences that ease you along in the flow towards your wants.

'Nothing happens until something moves.'" - Albert Einstein.

Putting yourself into action mode can be easy if you have done the first 2 steps of the TEAR system.

When you have thought about what you want and have galvanized those thoughts with powerful emotion, the corresponding action will naturally flow.

Your actions will naturally flow out of you because you know what you're doing and why. There are no wasted movements or concerns about anything that is off your course. You have pure actions that come from your pure emotions that come from your pure thoughts. If you are thinking only about what you want, your emotions and actions will also have that purity.

It's like when you made up your mind to do something. Maybe you thought about it for months. Then you thought about how you would feel if that something was done. Then one day you decided to just do it. Once your brain has had the time to think and practice having what it is you want, it's much easier to make it happen.

When your thoughts and emotions work together, going into action will feel effortless. You will also attract people, circumstances, events, opportunities etc, once your clear thinking merges with the feelings you are intending yourself to have.

To organize your life and create the results you want, you have to clearly imagine how you would feel if your thoughts became reality.

Thought

Emotion

Action

When you can merge all three from a clearing in yourself, you will have your...

Result.

Results are neither failure nor successes. They are just results.

Where you are in your life is the result of your thoughts, emotions and actions.

To get the life and results you want, you have to make sure you know what you want and why. Take the time to figure out your ideal life. Once you do that, you can monitor your progress. If you seek wealth, health or a better relationship, all your weekly or daily actions will show you if you're on track or not. Keep in mind that some setbacks are actually progress in disguise. Continue to check for landmarks on the road to your goals to make sure you're going the right way. Also, know that results require patience. You are planting new seeds which require time to root. The results will come if you water the garden of your thoughts daily.

Just like a wonderful garden or a gourmet meal, it takes time.

The more you can relax and enjoy the life path to your goals, the faster your creations will manifest. It is similar to attempting to recall the name of a person, show or movie. As soon as you stopped trying hard to recall the name, it popped into your head. Your intended creations will also pop into your life when you repeatedly focus on" assuming the feeling of the wish fulfilled."

These are the steps to conscious creation. The most challenging step in the entire TEA system is the first step. Once you have made up your mind to purposely create your life and are committed to guiding your thoughts, all the other steps to your progress will come easier. Take responsibility for yourself by understanding the immense value of your thoughts and feelings and you can deliberately create your ideal life.

Mentors

When changing your beliefs and creating your dream life, it's important to have some kind of role model or mentor to use as a source of inspiration and for psychological support.

No matter what your dream is, there is someone out there who has not only achieved what you wanted to achieve but they may have had less resources than you . By following in someone else's footsteps or at least using them as a source of inspiration will keep you motivated and focused on the possibility of your desired outcome.

The two mentors that I recommend to create your dream life quickly are Tellman Knudson and Stephen Pierce.

Tellman Knudson is a young (33) multi-millionaire who has created his dream life. Several years ago he was selling knives door to door and homemade salsa! After much dissatisfaction he then opened up a successful hypnosis business. When he realized that his life wasn't giving him the fulfillment he wanted, he decided to make some huge changes in his life and career. With \$50 dollars and a dusty old computer, Tellman managed to make over \$800,000 online with no product and very little knowledge on creating an online business. Tellman Knudson is now a major internet marketing guru and is making millions of dollars, is creating projects with his friends and mentors, is doing a cross country marathon to raise money for charity, has a gorgeous million dollar house in Vermont that he bought for cash, and has helped countless people with ADD and is involved in numerous projects and businesses that help people create online income in ways that causes them to live the life of their dreams.

One Tellman product that I got a ton of benefit from is the ["Dream Setting"](#) seminar. It's an audio product that helped me to resolve conflicting beliefs. One great bonus with the product was a [hypnosis](#) audio called "Living Your Dreams". While listening to the sessions and following the exercises, I could feel my conflicting beliefs melt away while a new, bigger, empowering belief took its place.. .very cool.

In case you're interested in following in Tellmans' footsteps and in creating your own online business, then you should check out one of his best selling products called ["The Perpetual Marketing Machine"](#) It's his course on how he built his multi-million dollar business online from scratch. You can get your copy of his 12 module audio program for free by clicking [here](#).

Another man who I deeply respect is a guy named Stephen Pierce. This guy went from being shot in the leg during a drug related gang war, to going bankrupt...twice, to being homeless!

The reason I like Stephen Pierce as a role model is because he also started with nothing and from there he built himself a very successful multi-million dollar business and now lives his dream life!

Stephen now lives in a mansion in Texas and he teaches people how to create their dream life through a number of seminars and products. A self-development tool of his you might want to check out is called "[Optimindzation](#)". It is an audio product that causes your brain to go into a theta state to further enable the listener to visualize deeply, vividly and emotionally in order to help the listener create their dream life.

We've all heard about the benefits of positive thinking and visualization but the technology of this audio program actually causes your brain to think in new ways while you're imagining your ideal life.

Please send this free e-book to whoever you think would enjoy it

Thanks!

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