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Beliefs

What is a Belief?

How are beliefs formed?

What role do beliefs play in our life?

These are some of the questions we need to ask.

Many of us are not aware of this.

Without proper understanding we carry our own beliefs which may be limited and it may cause a lot of challenges in our life.

What is Belief?

Sales executive may believe that the sale is not going to materialize.

Children may believe that they will fail in maths.

Wife may believe that she is not good in cooking.

Graduate may believe that he may not get the job. And so on.

These are just some of the beliefs.

Now let us see how beliefs are formed?

Beliefs are formed in a young age. When a child is young the parent says or spansks the child, that he is not good at anything. The child is in the stage of learning and the parents, with their competence and perfection, want the child to achieve the same level. The Child then tries it with their friends. If once again someone says that it is not good, then this particular point gets fixed in the child's mind. As the child grows they have to be in a group and work in a team as well as prove to their parents that they are outperforming. The parents who had not understood the child and who expect perfection of a grownup are not in a position to encourage the child and help the child to develop their abilities.

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As child reaches teen age, the point of not doing well becomes stronger as the confidence level and self esteem become low. The child may not perform well. They start following their inner state of mind and their behaviour follows. Even teachers are not in a position to encourage them by finding out the cause and helping to come out of these mindsets. The teachers are busy in giving their praise to students who score high or who succeed in various competitions and make them as representatives and captains.

Child has the point fixed (not good). This gets reinforced every now and then by the people around them. As they enter into college life, with this limiting belief, they shy away from responsibilities and may not even participate in many of the activities. As adults they start their life careers in a low paid job or they may join a good job and may not perform and come to a standstill.

Above I have given only an example. Beliefs exist in every person. A CEO may believe that investment in expansion is a waste or a field executive may believe that his workers are not educated to give their views or a husband may believe that the wife, as a woman, has to listen to him or a teacher may believe that students have to obey them.

The most interesting thing is that even well educated people believe that they know everything in their field of work. But they may not see some of the subtle areas and finally they blame others.

I have classified beliefs as:

- Limiting Beliefs
- Empowering beliefs
- Over empowered beliefs

Understanding and Updating beliefs are those beliefs where you have confidence and self esteem in proper ratio or proportion.

Over Empowered beliefs are like over confidence whereby one thinks that whatever they say and do is right, possibly till time is on their side. One has to remember that we all work according to the existing times.

Time does not work for us.

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Confidence is like learning to ride a bicycle without any help in the street where there is not much traffic and over confidence is taking the bicycle on the main road and trying to ride hands free. Here when the rider falls, the incident may become a belief and get stored within subconscious, whereby they decide never to ride the cycle again or for that matter any vehicle if the emotional pain suffered by the accident is more and this get impregnated as a Limiting Belief.

What role does Belief play in one's life?

Interesting!!!! Every being, if you ask me, functions based only on their beliefs in this material world. Success and failure, Happiness and sorrow, Satisfaction and Dissatisfaction, confidence etc. are mostly based on ones belief. In my previous example I had outlined how a belief of not good had been formed in a person. Now let me tell you some effects.

An adult with a belief of not good enough will not perform well both in personal as well as in the professional life. Personally he may not be outspoken. He may be shy in his relationships with his partner, with his friends and relatives. He may get into unproductive habits like smoking, drinking and drugs.

Professionally, he may not be in a job which demands more responsibility, creativity, pressure. He may be a blue collar worker who is comfortable with routine jobs.

A child with this belief may not be a good team player, may want to be alone, performance in school as well as in other activities may be less or totally absent. May have friends with problematic behaviour, may lie, blame, steal etc.

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What are the ways to have empowering Belief?

NLP helps us to unlearn our disempowering beliefs faster than you can imagine and relearn an empowering one easily as one has the power within themselves to reinforce it.

If you can understand your belief system then you can be free of your emotional and physical disorders. Success waits for you at your doorstep .If one thinks they have empowering beliefs and only because of it one has reached to this particular position then I ask them to check once again.

If you are an executive then what has stopped you from becoming manager. If you are a manager then what is stopping you from becoming General Manager or CEO or Chairman or President. I know people who give reasons and that starts with “Because.....”

Every one has beliefs and most of them are aware of what is their belief. Probably they may not know exactly what beliefs are or they are lethargic or stuck in the challenges they are into every moment. Sometimes one takes it for granted and normally puts it this way:

“My mother did so I am also doing it”

This reminds me of a story.

Some time back, a wonderful, understanding couple lived in Bangalore. Satish was a software engineer and his wife Rashmi was in HR .Rashmi’s in-laws were living with them. Satish was very fond of turkey prepared by his mother and he asked Rashmi to learn how to prepare from his mother. Rashmi too agreed and was learning from her mother-in- law. Rashmi’s mother-in- law used to clean the turkey and cut off the tail portion and then she used to marinate the rest with her secret recipe and cooked it in the oven. Rashmi was seeing this and was questioning her mother in law for a better understanding of this process. Rashmi asked her mother-in-law “What was the reason behind cutting the tail portion”, her mother-in-law replied “for this you have to ask my mother and I am doing what my mother used to do all these years and the taste is as perfect as my

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mother's recipe". Days passed and they made a trip to their home town Mysore. There Rashmi's mother-in-law's mother had been requested to cook turkey and Rashmi was eager to learn more about the style and if anything unique and subtle that she could have real time firsthand experience. As Rashmi was observing and learning she did everything more or less the same way as her mother-in-law. When it came to marinating finally she did not cut the tail portion of the turkey. Seeing this Rashmi asked her why she had done so? Rashmi explained what she had learnt from her mother in law(Satish's mother) and the way she used to throw off the tail portion. Rashmi asked her why she is not doing the way she was doing it earlier. Mother-in-law's mother replied that, "During our days we did not have oven or grill or utensil spacious enough to accommodate full turkey, when the tail has been cut the turkey used to fit into the utensil we were having then. Now we have ample space to cook the turkey as it is."

The above story depicts how people follow beliefs blindly and how beliefs are formed by the influence of authority and more interestingly how the limiting beliefs can be carried for a long time until you become aware of yourself and realize that.

NLP helps you to identify the limiting beliefs and understand the cause of it and the effect it imposes on you and finally to drop it and learn a new belief.

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EVENTS

NLP in PERSONAL MASTERY

Decide now.

To master yourself and let you get the power.

To see this world with lot of choices and see solutions to all challenges.

Hear metallic gadgets inside you and feel the power you have

And the abundance of it with in you.

Don't JOIN us to be as you are.

You may be TRANSFORMED once you DO.

NLP CERTIFICATION-BASIC PRACTITIONER

Want to know the secrets of SUCCESSFUL people.

Still wondering about success.

Got stuck in your career or relationship.

Want MORE from LIFE.

Want to have ENJOYMENT.

Want to perform at the PEAK level.

Are you feeling rejected by your group and can't understand the situation.

Do not take NLP lightly.

It is more contagious than you think.

And will probably give you all that you had never even dreamt about in your life

REALIZE, NLP is what you NEED.

Now you may JOIN us .

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HYPNO MIND POWER

Subjective communication helps you to achieve more and increases your probability of success when used along with objective communication.

This program helps you to

- understand mind
- reach the level or the frequency easily
- suggest yourself
- speak with your subconscious
- speak with the subconscious of others
- understand energy
- understanding western and eastern methods
- heal oneself and others
- develop intuition
- and more.

GRAPHOLOGY 101

Revealing the secret of your handwriting and your friends, colleagues, relatives. The science of handwriting analysis and understanding ones behaviour before entering into partnership, relation, business or before recruiting. This science plays a major role in identifying criminals and others by forensic department. Change your signature to change your way of life.