

# YOU ARE WHAT YOU BELIEVE YOU ARE!

By Janice Smith



The world is changing rapidly. "You are what you believe you are" has never been a truer statement. At this time we have the ability to mold and change our lives into what we want them to be. It is possible for every one of us, no matter where we are at the moment, to alter our lives more in the directions we want to go. Anything at the moment is possible.

How, you may ask, does one get there?

We all have the equipment we need, our brain and our free will. The brain's job is to be the messenger for the creator part of us. Step one is to become conscious of what we are processing through the brain. Most of us are not terribly aware of what that small voice inside our head is saying. We process thousands of thoughts a day and are aware of a very small percentage of them. Many of them come from our unconscious or subconscious mind.

The subconscious is like our basement. We have stored many different emotions and thoughts down there and have long forgotten what they are, yet they play a huge role in how our lives are. We can't clear out our basement immediately as many thoughts are hidden from our view, one way to know part of what your brain is processing is to do daily affirmations.

Affirmations are positive statements in the now, as if they are already happening. An example would be "I am loved" or "I am financially

abundant and all my bills are paid."

Affirmations work, but many people give up before they give them a chance. The interesting thing about affirmations is that they will pull everything up from the basement or subconscious that doesn't match the statement. This is often why people think they are not working, as things may get worse before they get better.

Using the affirmation "I am loved" will pull up all the spots where you don't believe you are loved. This may manifest in your life with all kinds of examples of not being loved. If you persist with the affirmation though, the basement will lose all information about not being loved and you will feel more love in your life.

Affirmations aren't enough on their own, though. The difficult part for most people is finding the time to stay with the process. This is where support comes in. Find a friend who is also working on making changes or hire a coach. A coach is like a personal trainer who will help you reach your goals, personal or professional. Life coaches assist you in seeing the new world and how you can achieve inner peace and contentment.

The new world is about looking at your life from a different viewpoint. In the past we weren't taught to love ourselves or to believe in our internal power. The new world allows us to love ourselves, believe in the power we have to

create and heal, and to know we are each individuals within the same structure.

The only person we can heal is ourselves. In order to fully utilize this we need to take full responsibility for our lives: all of it – the good, the bad and the ugly. The underlying premise is that we create our outer world in order to show us our inner world. By looking at what we have created in our lives, we can define what we need to change inside ourselves.

As an example, my friend Luann is constantly late and doesn't acknowledge that my time is important. In the old world, I would be mad at Luann and expect her to change. In the new world, I would understand that I am trying to show myself something that needs to change. Take that home and ask yourself: "How am I disrespectful of my time? What am I not doing that I want to be? How could I change how I am using my time?"

Once you make the changes internally with yourself, the problem with Luann will automatically disappear. If it doesn't, you will know that you still have more changes to make.

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