



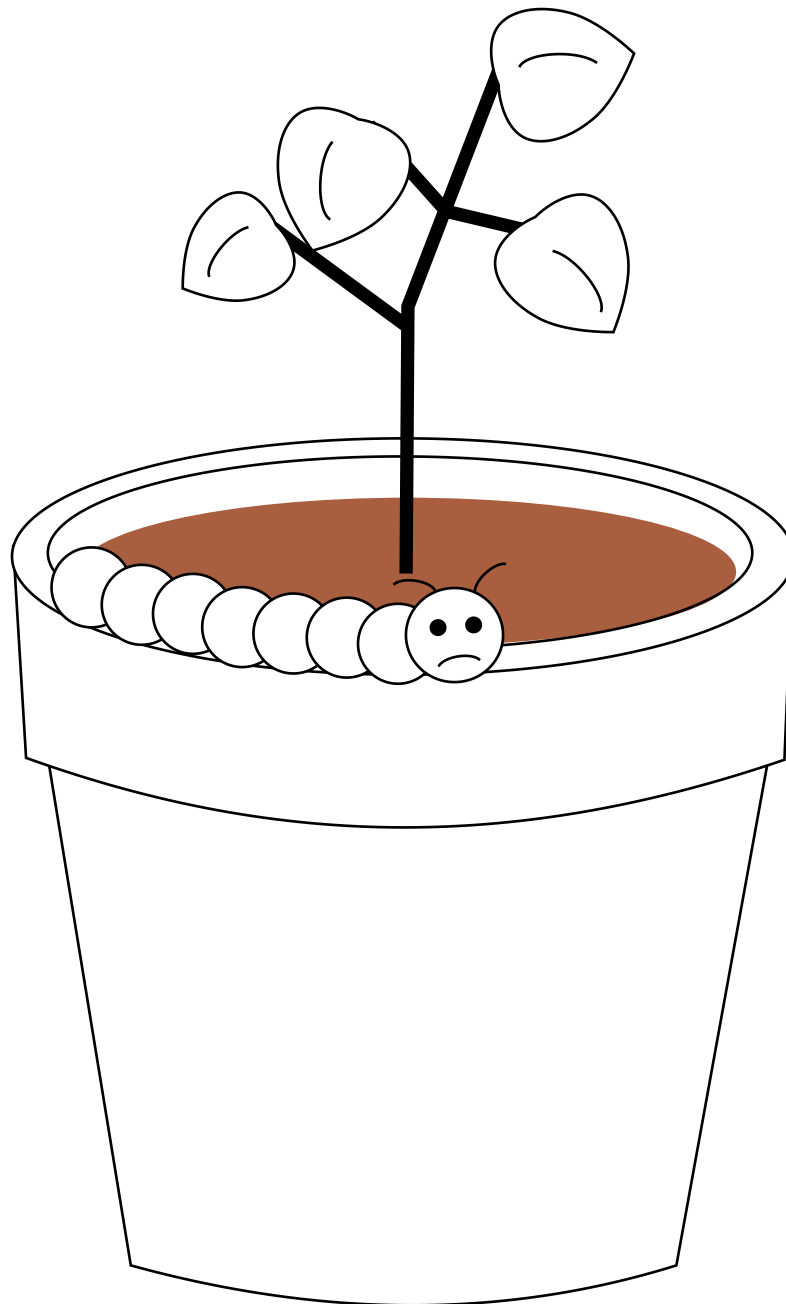
MindShift Training™ **“Beyond Belief”**

Resolving Inner Conflicts, So You Can Get On With Your Life!

Before the workshop...

- Print out these pages, and, if you're calling in by telephone, the phone number and PIN for the call.
- If you're a Full member, be prepared to identify (and share) conflicts and issues you are having in reaching your goals; e.g. “Can'ts”, “don't know's”, and dilemmas. Remember, you're in coaching now; I may call on you by name and ask you questions!
- Leave everything blank until you hear on the call what to write in (i.e., don't fill anything in ahead of time.)
- Make sure you have a pen or pencil handy to take notes and to fill in the blanks on these pages.
- Call in to the conference line a few minutes before 9:30pm Eastern, to make sure that we can start on-time and you don't miss anything!
- Mute your phone when you are not speaking:
 - *2 on your touchtone keypad to mute
 - *3 to un-muteOR, if using Skype, there's a Mute button on-screen

The Caterpillar's Fate: A Cautionary Tale



Are your _____ you,
_____ from _____?

How Not To Be The Caterpillar

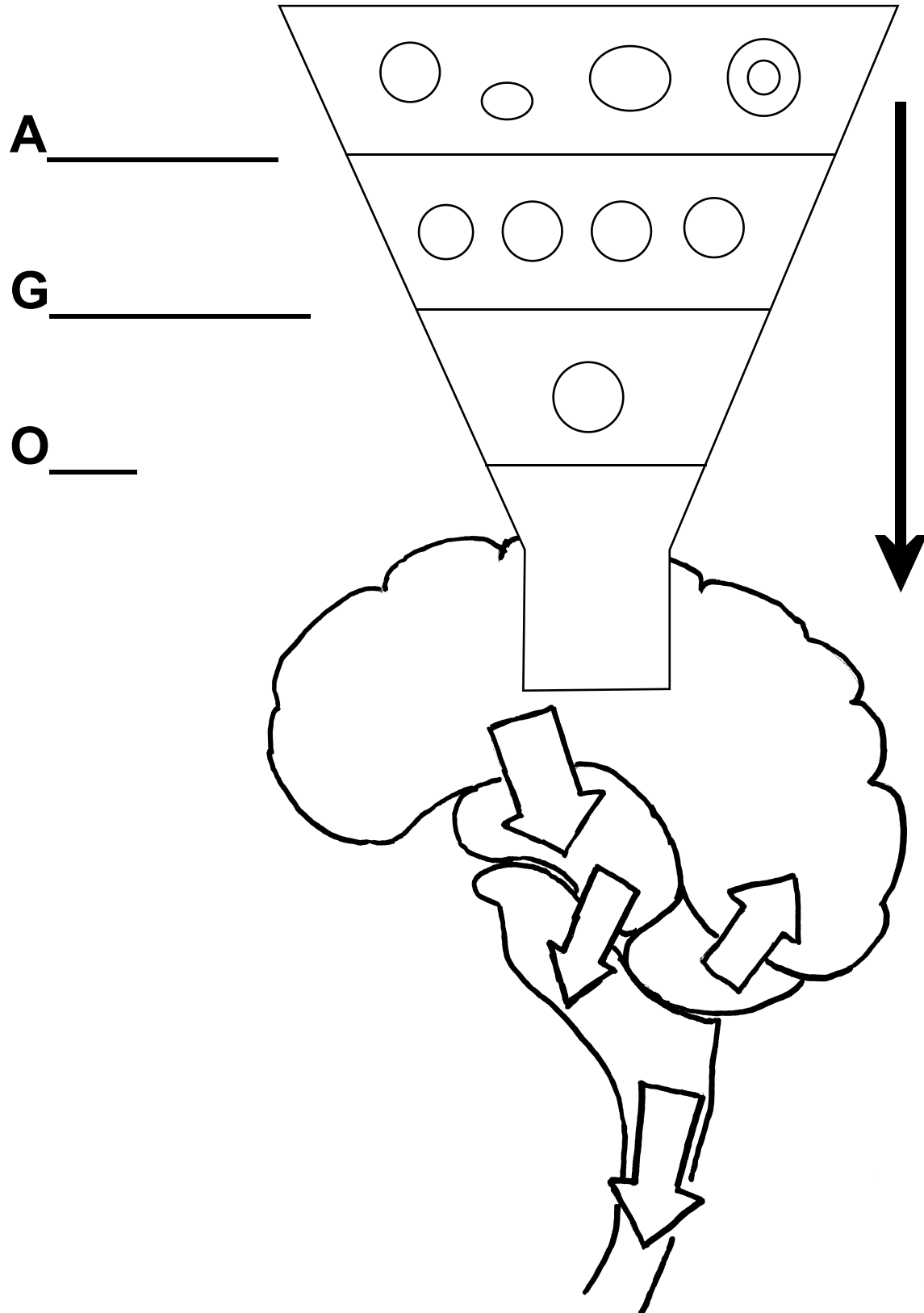
1. _____ isn't _____: the _____ is just an _____.
2. All our _____ of _____ is derived from _____; without them, life literally _____!
3. We _____ limiting beliefs to _____ our _____.
4. The brain seeks to create _____ by reducing _____ to _____.
5. To _____ your _____, you must _____ this _____ and embrace the _____!

I Can't:

I Have To:

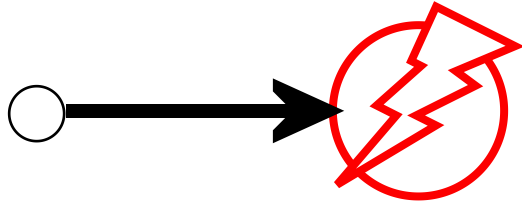
I Feel Bad About:

What was lost, a long time...

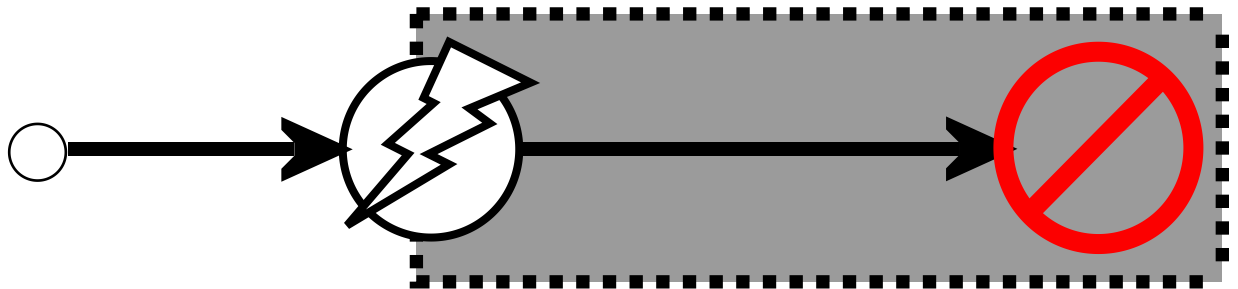


How Feelings Become Beliefs

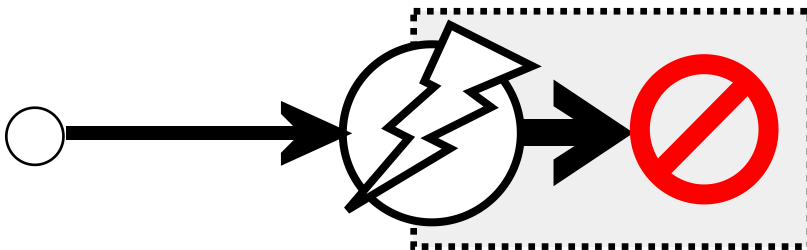
1. _____



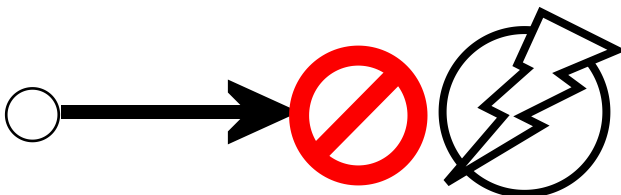
2. Learning to _____ under the _____



3. Low- _____



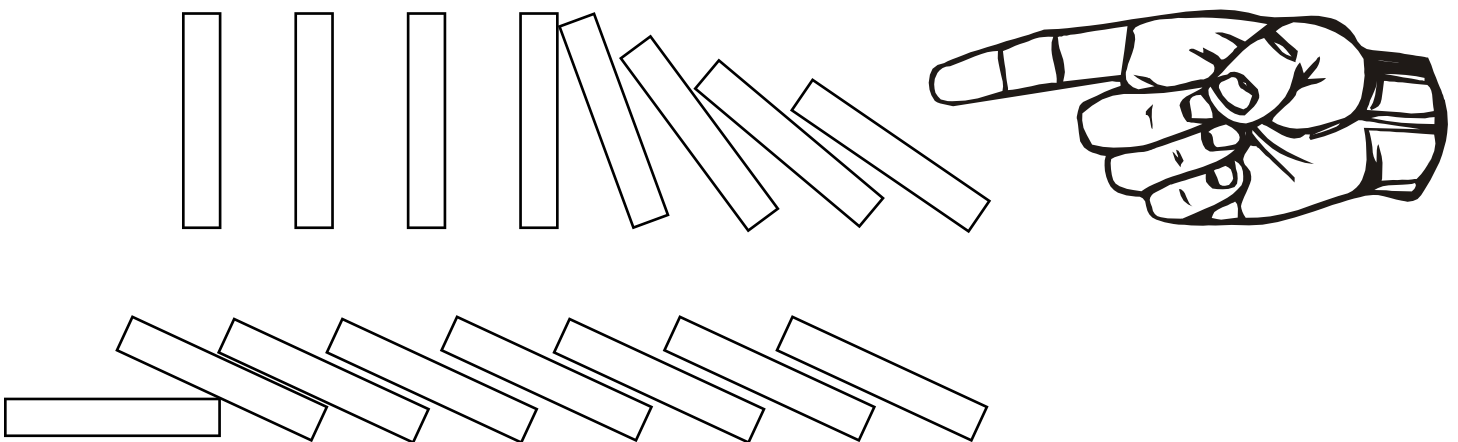
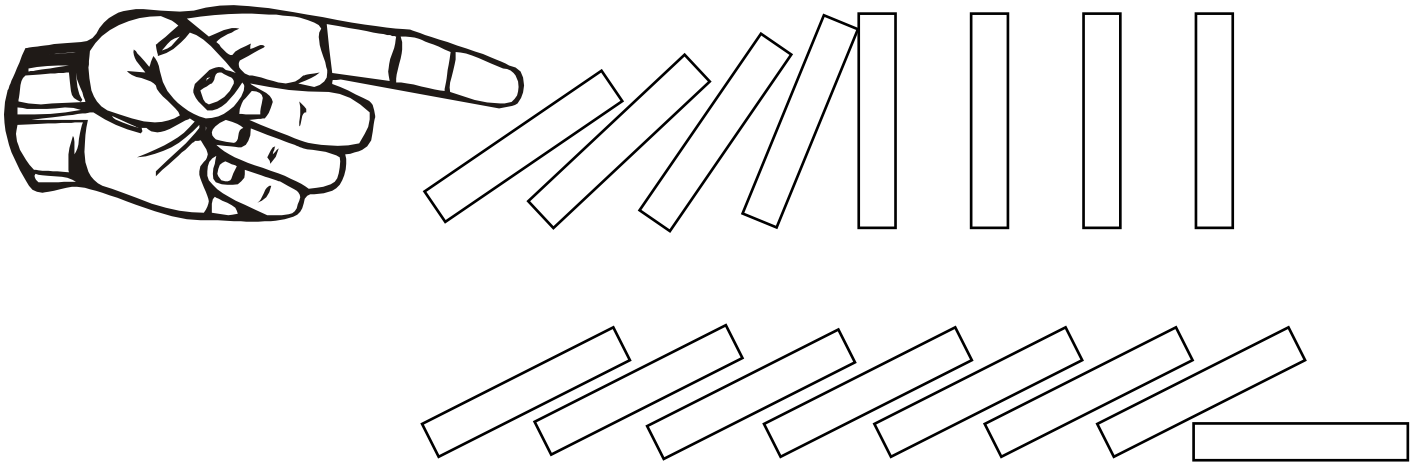
4. _____ ? _____ ?



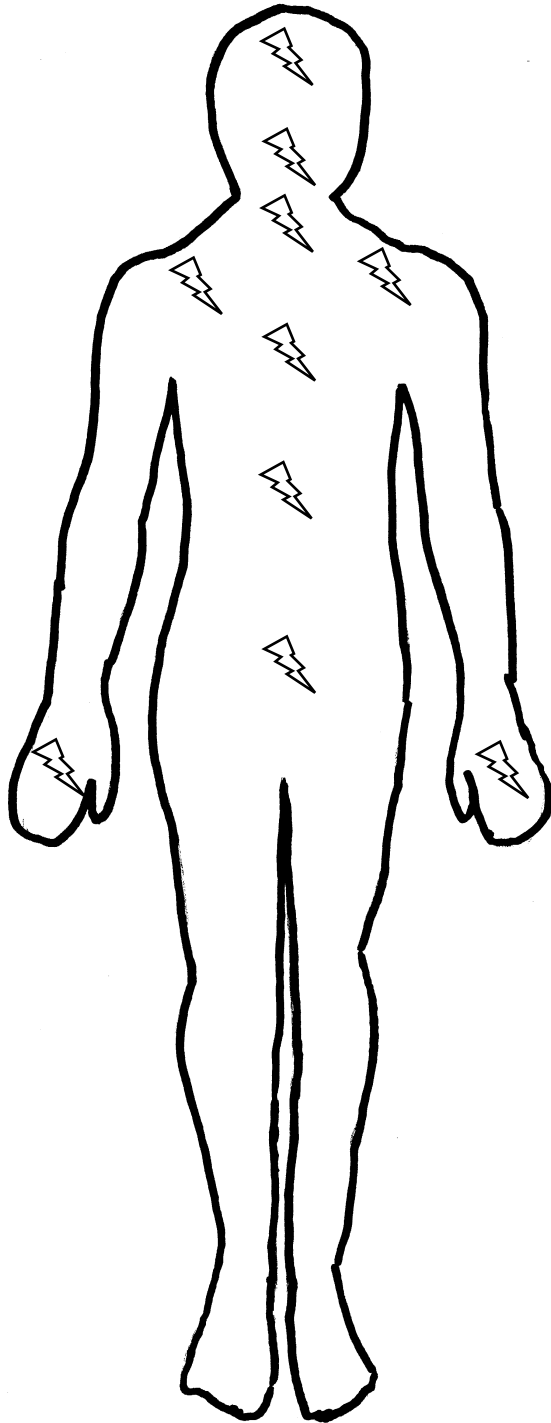
How to discover what's **REALLY** Holding You Back... And Break Free!

1. Do the thing _____, even if you're _____ you'll _____
2. Separate your _____ from your _____; locate _____ in your _____, not your _____
3. Use the _____ technique
4. Remember that “_____ is for _____” -- you don't have to _____ something to **GET** it!
5. Ruthlessly eliminate all _____ and their _____ from your life, permanently.

The Domino Theory, or, “A Beginner’s Guide to Brain Surgery”



Find The Feelings in Your Body (Not your mind!)



Some key areas to check:

- Forehead
- Jaw
- Throat
- Neck and shoulders
- Chest
- Diaphragm
- Belly/“Gut”
- Arms and Hands

Some sensations to look for:

- Tension
- Irritation
- Shivering or trembling
- Feelings of “weakness”
- Clenching, spasming
- Heat or cold, clamminess or sweating

Also pay attention to:

- Breathing (From chest, belly? Fast, slow? Deep, shallow? Nose, mouth?)
- Spinal curvature (Extended? Contracted? Curved forward, back?)
- Repetitive movements (e.g. rocking, tics)

**Note: these lists are just a starting point!
You may have other sensations or find
them in different parts of your body.**

Wrap-up and Feedback

(Answer as if you were speaking to a friend who didn't attend the workshop)

1. What did you enjoy most?

2. What are you going to start using immediately?

3. What kind of difference will it make to your life?

Send answers to feedback@dirtsimple.org