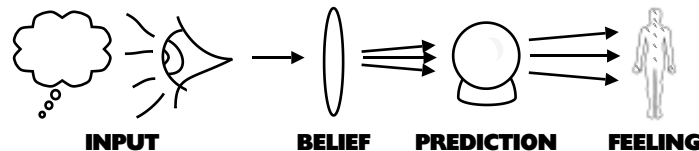


Finding and Eliminating Negative Beliefs

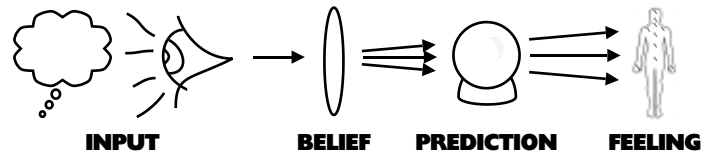


The Seven Laws of Belief



1. The brain is a PREDICTION machine. Its job is to guess what will happen “next”, based on current INPUT and previous experience (BELIEF).
2. The brain's predictions are used to generate FEELING in the body — physical sensations and chemical responses, in order to prepare the body for ACTION, based on what it predicts is coming “next”.
3. Because this prediction-feeling cycle is critical for survival, it operates in a *single step*: jumping to conclusions *instantly*, **without** “thinking things through”.
4. In humans, the INPUT can be imaginary... including thoughts of desired goals or necessary tasks to reach those goals.
5. In humans, the prediction of what's “next” can also be a very long-term projection, not just for the next moment... but our bodies still respond as *if* the prediction is going to happen **now**.
6. Therefore, when we think about a goal or task, our feelings (and therefore the thoughts and behavior that follow) are being **influenced and controlled** by conclusions the brain has jumped to, about a future that may not even come to pass!
7. However, we can change these conclusions (and the underlying beliefs) by asking **true questions** in a spirit of **inquiry** (not argument!). The right questions *invite* the mind to draw *new* conclusions **on its own**... automatically creating new feelings.

Finding and Eliminating Negative Beliefs



1. What INPUT creates the feeling? (e.g. what goal or task are you thinking of?)



2. What PHYSICAL FEELING comes up? Where is it in your body?



3. What PREDICTION(s) come up in your mind, with or before the feeling?



4. What must you BELIEVE or ASSUME for the prediction(s) to come true?



5. Are any of these beliefs or assumptions FALSE? Can any be made false?



6. If the prediction does come true, what happens afterward? Can you handle it?



7. For the prediction to come true, what must happen first? Can you change it?



8. What "what if" questions can you ask to see through your current belief?

