

Live Well Lifestyle Webinar Recap & Recording

March 16, 2017 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Topic: Building a Better Belief System

Nothing douses enthusiasm quicker than doubt. When you doubt yourself, you doubt the wisdom that created you. Doubt sabotages the natural knowingness within each of us. Remember that childlike innocence when we believed we could achieve anything we wanted to? Where along the way did we lose that vital piece of our being-ness? The answers will be different for each of us. Recognizing when we relinquished it, is the path to regaining it.

Doubt was first instilled in us as children by over protective parents about the time we learned to walk. There are two reactions about our first wobbly steps and first fall. Parents reactions set the pace. That first step was not graceful and confident. It was shaky balancing that little body. Then ka-boom! We fall. If it startled us no doubt we started crying and mom or dad rushed to pick us up. Their response may be, "Oh poor baby, Are you all right and sympathy begets more tears." Seriously parents, their little bottoms are not 10 inches off the plush carpet. Or a celebration with much clapping, cheers and so much joy, the tears quickly vanish and we start over.

Now imagine the parents of a world champion bull rider when he first hit the dirt. 'Hey buddy, congratulations, you had your first buck-off. Let's try again and this time stay over your hand. You were so close. You have natural talent for this. Get your bull rope and let do it again. Can you imagine Evel Kinevel's parents saying, "Be careful honey, don't go too fast."

So these first experiences with danger can be influenced by other people's fears implanted by well meaning people.

Self-doubt is one of our biggest sins and blocks. How do we turn that around? Passion and desire can challenge our fears. The winner is the thought you focus on.

We discussed how self-doubts douse our abilities. So how do we get beyond the doubts. We have played with several options here but I have another I would like to share with you.

I am a lover of The Work of Byron Katie. www.thework.com She simples states, 'who would you be without your story.' That is all most of our thinking is... the story we make up about why I can or can't succeed. If you didn't have self-doubt, how would you act? What would you feel? How would you be around others? How tall would you stand? Go there, do more of that.

Katie has a simple process on her website that can take you beyond your thinking. If peace is what you want, do the Work. www.thework.com

My friend, Jana Stanfield is a speaker, singer and songwriter. She was appearing at Unity Church of the Hills in Austin one weekend and once again I heard her sing "If I were Brave." Every time I hear the song I step out and go for life in some area where I have been holding back. I want to share the chorus with you. To hear the song and others go to www.janastanfield.com Another delightful ditty is "I'm Not Lost, I'm Just Exploring."

If I were Brave:

What would I do if I knew I could not fail? If I believed would the wind always fill my sail? How far would I go, what could I achieve, trusting the hero in me?

If I were brave I'd walk the razor's edge... Where fools and dreamers dare to tread... Never lose faith, even when losing my way, What step would I take today if I were brave? What would I do today if I were brave?

Think about it. It is worth pondering. If I had no self doubt or fears what would I be doing today? If you were brave what would you do today? Can you even imagine the possibilities and opportunities? What is holding you back? Make a list of the reason that hold you back from accomplishing your dreams. Re-read each one and ask, Is this my belief or an acquired belief.

Belief implies mental acceptance of something as true, even though absolute certainty is absent. **Faith** implies complete, unquestioning acceptance of something even in the absence of proof and especially of something not supported by reason. **Trust** implies assurance often apparently intuitive, in the reliability of someone or something. **Confidence** suggests such assurance, especially when based on reason or evidence. **Credence** suggests mere mental acceptance of something that may have no solid basis in fact.

The basis of every religion, political movement and every philosophy has its beginnings in the confident expression of a single belief. A belief is just a thought you keep thinking. In order to focus on helpful "can do" thoughts, you have to recognize the 'can't do' thoughts that are holding you back. List your limitations and build a better belief system. The ball is in your court. You CAN do this. Build your new belief system now!

Have an awesome day, Perry A~

To contact Perry A~ Arledge: perrya@austin.rr.com