

## Attraction in Action – Believe

by Judith Waller, "The Soul Connector"

Do you believe it's possible to attract the life of your dreams: better relationships, improved health and wellbeing, a more satisfying career, an increase in your income, greater joy and fulfilment? Maybe sometimes you do and sometimes you're not so sure. Belief isn't always easy to come by, is it? In fact, a lot of people skim over this step altogether. But understanding how to generate and embed BELIEF within yourself is one of the most important aspects of beginning to use the Law of Attraction.

When embarking on your journey of manifesting a more fulfilling life, you may find yourself filled with doubt as to whether you can really make it happen. Yet, as the poet Kahlil Gibran wrote:

*"Doubt is a pain too lonely to know that faith is his twin brother."*

### **A leap of faith...**

So what's the key to finding belief within yourself? If you've been brought up within a specific religious tradition, this may not be such a big leap to make. But if you haven't, or if you're more generally spiritually oriented rather than religious, then the notion of faith may be problematic. Isn't it something that you either have or you don't?

Personally, I think Dr Robert H. Schuller summed it up beautifully:

*"Every human being is born without faith. Faith comes only through the process of making decisions to change before we can be sure it's the right move."*

And there's the secret: you have to accept that life comes with a degree of uncertainty. If you wait until it's a "sure thing", you'll be waiting for change for a very long time indeed! A leap of faith is exactly that -- a leap. But as Dr Martin Luther King Jr said:

*"Take the first step in faith. You don't have to see the whole staircase, just take the first step."*

Doesn't sound so scary when you put it like that, does it? Each step leads to the next step. Your path progressively unfolds before you, and your intuition guides you in the "right" action to take. It's a bit like a snowball rolling down a hill -- it might start off small, but it picks up momentum and gets bigger and bigger as it goes, building up tremendous speed and power by the time it gets to the bottom. Yet, if you judged it by the meagre handful of snow that was there at the beginning, you probably wouldn't have been very impressed.

Architect, R. Buckminster Fuller put it like this:

*"There is nothing in a caterpillar that tells you it's going to be a butterfly."*

### **Self-talk generates belief...**

The trick to generating a sense of belief in yourself is to use positive self-talk. Think of this as reprogramming -- what you're doing is writing some new scripts for your mind to follow. I'm sure you're already aware that you have internal "default settings", those mindsets that you automatically lapse into when you're feeling stressed or outside your comfort zone. Often there will be quite a few negative programs buried in your mind, which you've acquired over many years.

There will be things in there that you've subconsciously picked up from your parents and other family members, teachers and friends at school, work and sporting environments, religious and cultural settings, and from every intimate relationship you've ever had. I call this "The Court", because it's like having your own personal judge and jury inside your head!

This is where your negative self-beliefs come from, sayings like: "Life wasn't meant to be easy." "I'm not made of money." "I'm no good at sport." "I don't have a head for figures." "I don't have an artistic bone in my body." Who are the members of *your* Court? What are some of the beliefs you picked up as you were growing up? In particular, what sort of things were your parents fond of saying? Make a list of all those things you heard about money, work, relationships...

### **Use the 3 Rs...**

Know that you *can* change these negative belief systems. Here's how:

#### **1. Relax**

Your mind is most receptive when you're in a relaxed state, so do some deep breathing and shake off any stress before you start.

#### **2. Reframe**

Take your list of negative beliefs and reframe them in a positive way: "Life IS meant to be easy!" "I AM made of money!" "I am fantastic at sport and I love playing it!" "I have a great head for figures!" "I am very artistic and I enjoy being creative!"

#### **3. Repeat**

Repetition, repetition, repetition... your mind loves it! Choose one positive saying at a time, and say it over and over to yourself. Say it first thing in the morning and last thing at night, when you're in the shower or washing the dishes, driving your car or going for a walk, working at your desk or in the garden -- anywhere, anytime.

In the words of Eleanor Roosevelt:

*"The future belong to those who believe in the beauty of their dreams."*

Believe in yours, and anything is possible...

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