

Belief Re-patterning

Have you ever "held yourself back" and didn't know why? Come close to a goal and then sabotaged yourself? Felt frustrated by a physical problem that just won't go away? Wondered if there was a way to change or "re-pattern" the way your life just "seems to always go"?

All of our actions and behaviors are a reflection of our beliefs - deep beliefs - that were created by us in response to events and our environment. They are the products of our conditioning, our perspective and our filters. We create these beliefs - which are not facts but merely truths for us, in order to make sense of our world. Then we begin to act as if they were fact.

Beliefs are anchors. Like anchors, they can give balance in stormy weather, allowing us to explore and return to safety. They can provide a solid base, a connection, and can be a source of confidence. However, beliefs, like anchors can also be counter-productive. Try to move forward without lifting the anchor! The once useful anchor becomes a dead weight impeding progress. So, too, with our beliefs. Positive beliefs support us and help us grow and learn. Limiting beliefs hold us back, dragging along behind us and making progress difficult.

A story is told of how elephants are trained. The baby elephant has a chain placed around its ankle, which is then attached to a steel spike. Try as the young elephant might to move away, he can't stray as the chain keeps pulling him back. Eventually the young elephant decides it is painful to move and he can't go forward. As the elephant grows and becomes stronger he doesn't realize he could easily pull out the stake. The patterning is in place, he believes he can't move forward and so he doesn't. Eventually a stick and a rope replace the steel spike and chain. The adult elephant will not move, held in place with his own beliefs regarding the way his world is.

What anchors and chains and ropes are you holding onto that are keeping you from moving forward? What personal truths are dragging you down? Are you ready to let go of the ties that are binding you and move forward?

Using applied kinesiology, Belief Re-patterning™ Practitioners read your body, working with you to identify those blocks. Many of your blocks were developed in childhood, and are layered over and over with experiences that are used to reinforce the belief. The mind, in order to maintain its "rightness", will create situations, and reactions to those situations to support the beliefs it holds. It is as if the subconscious mind is playing the same tape over and over again. You can see how these limiting beliefs cause difficulties. The Belief Re-patterning™ technique identifies these blocks efficiently, without the client having to recount and relive past challenges or trauma. The practitioner then works with the client to develop and process a series of statements that re-pattern the limiting belief, removing the emotional charge and creating a positive and supportive belief in its place. These statements work with concepts such as forgiveness, permission, choice, freedom, affirmation and surrender. With forgiveness comes healing, and with healing comes growth. The belief reforms and reshapes itself. The Law of Attraction now is at work in our favour! The positive and supportive belief shifts the vibrational energy, and we move toward what we desire.

Belief Re-patterning™ does not require you to recount difficult or horrible experiences. It allows you, if you choose, to release the blocks formed from those experiences. This shifts your perspective on the past, and allows the belief to become re-patterned.

" I have done years worth of personal growth work and many well-timed sessions of counseling to seek resolution to personal issues and to overcome limiting beliefs and behaviours. Belief Re-patterning™ has been the single most effective technique that I have done to quickly overcome self-defeating behaviours and move forward in my personal and business life. It has enabled me to uncover the real me and to begin to live my life with power."

"Suze brings to this work sensitivity, awareness, compassion and intuition. Throughout the process I felt her total unconditional love and support."

Joan Cosway-Hayes, Reflexologist, Calgary

Belief Re-patterning™ has evolved and emerged over the past decade. This learning technique is a hybrid combination of applied

kinesiology, energy work, western psychology, principles of Universal Law, educational learning theory and thousands of hours of client practice. Supporting all other modalities, Belief Re-patterning honours those beliefs that support and nurture, while offering a guided look at those beliefs that no longer serve. Clients are walked through the process of visualizing and creating new supportive beliefs.

Our goal is to work with you to clear self-limiting beliefs and emotional stumbling blocks from your path. There is no blame, nor judgement. The technique is efficient. Once the new belief is learned, it begins to be acted upon. Conscious practice by the client reinforces the new belief until it becomes habit. Every client experiences positive and measurable results immediately. The results are lasting and profound.

We look forward to working with you to assist you in creating the life you deserve and desire.

Suze Casey (MEd), developer of the Belief Re-patterning™ technique is available for individual consultations, coaching, seminars and workshops, both in the personal and business realm. Telephone consultations are also available. In addition, Suze teaches Belief Re-patterning courses. Suze is based in Calgary, but travels extensively sharing this work. Contact her to set an appointment, or to locate practitioners in your area.

(403)286-9380 or email suze@beliefrestructuring.com. Visit www.beliefrestructuring.com for further insight into this technique!