

Why I do Belief Coaching using the Healing Codes

All the conditions we experience in our lives are the result of what we believe. If we believe in something, it will be in our lives. If we don't believe in something, it will not show up in our lives.

We do not do symptom coaching. Symptom coaching is when you find a problem and focus all of your energy on that problem. That would be as unsuccessful as the war on poverty, war on drugs, and war on terror. Symptom coaching is like cursing the darkness. We prefer to light the candle because it is more effective.

It is known that our beliefs, formed while we were in the uterus and up to the present moment, act as filters to our perceptions. Beliefs block out certain things and allow others to enter depending on the content of the beliefs.

Beliefs run our lives, for better or worse. When our lives are not the way we want them to be it is because of the beliefs running our lives.

Some people think the answer to challenges is more willpower, more effort, and more doing only to find frustration resulting from these approaches.

Beliefs about threats limit our mental clarity and imagination. Beliefs about threats can make us blind to opportunities.

Beliefs control how healthy or unhealthy we are.
Beliefs control how smart or 'unsmart' we are.
Beliefs control how successful or unsuccessful we are.
Beliefs control how happy or unhappy we are.
That's why I do Belief Coaching.

If you want to be happier, change your beliefs.
If you want to be more successful, change your beliefs.
If you want to be smarter, change your beliefs.
If you want to be healthier, change your beliefs.
If you want to be richer, change your beliefs.
That is what I help people do In Belief Coaching.

Working hard:

The trouble with accepting Doing as the best route to happiness is that you have to work so hard. You won't have time for happiness. And because of your attention to working hard you can't take advantage of the opportunities. We work so hard and long that we don't look up, we don't open up to the possibilities that are available, mainly because we believe that hard work is what produces the results.

We don't trust that we deserve what we want. Beliefs produce the results by either blocking or allowing perceptions to occur. Those perceptions either help us to take right action or mislead us to take the path of struggle or no path at all.

Other misinformation:

We are told to, what, and how we are even before we are born. We end up believing these distortions and think that they accurately describe us in life. That is not true. Using this information as a compass provided by more or less unaware people explains why many of us have trouble navigating in life.

When you add the lack of awareness that we have as children you can quickly see how we can get stuck in a tangle of our own beliefs. That Is Why I Do Belief Coaching.

Belief Coaching:

I have experience in changing people's relationships with their bodies, their health, their finances, career and success.

There is an "energy highway" between you and every other thing such as a person, a job, money, health, etc. We call that energy highway a relationship. You have a relationship with everything and every person you put your attention on.

Belief Coaching is not about the Healing Codes. Belief Coaching is about changing beliefs by using the Healing Codes. Belief coaching is about changing outdated, inaccurate, wrong beliefs so they no longer disempower us on our journeys to health, happiness and success.

I do Belief Coaching because I know and I have witnessed what happens when people are untied from old, unworkable, damaging beliefs. To be able to help someone emerge from the darkness of bad beliefs is a great gift. When I say "bad" I am not making a moral judgment. By bad I mean is "the belief does not work" to create happiness for that person or anyone else.

That is why I do Belief Coaching.

Direct results:

If you tell me the condition you are experiencing in your life I can point in the direction of your beliefs, maybe even identify it directly.

If you tell me your condition I can probably help you identify what you believe to be the threat you are fighting or running away from.

If you tell me the Defining Emotional Moments in your life we will be able to see the seeds of your beliefs and what we need to do to change them.

If you tell me what you want to accomplish in your life I can help you discover the beliefs you will want to have in order to succeed.

Here is a final thought:

Most of what you now believe is not true. Because of that, it is difficult to find your true place in this world. That is why I do Belief Coaching.

Getting Started:

You have already started if you have read this far.

If we would directly coach someone we would get them to list or verbalize all of their thoughts and feelings, opinions, rules, ideas, dreams, judgments, things they have heard, etc. about the target subject.

Belief Coaching would deliver more benefit using this detailed description of Current State. Being at peace with the Current State is essential for the next steps of the journey to unfold easily. Otherwise, we will use fight or flight tendencies to try to meet our needs. Battling where we are, battling “what is” are traps that trick many who might otherwise grow and succeed.

1. What area of your life are we going to work on?
2. What beliefs do you have about this area of your life? List out or talk about this area of your life as far back as you can remember.
3. Contact me or another Healing Codes Certified Practitioner.