



AMETHYST MOON

P.O. Box 87885
TUCSON, AZ 85754
www.amlifecoaching.org

NEWSLETTER
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AUTHORS' NOTE

I want to again thank all of you who wrote, called or tapped me on the shoulder to talk about how the series of articles on the impact of belief have affected you. Your stories are encouraging and heartwarming. Please keep your comments coming.

Until next month.....Lin

The next installment in the series of columns discussing Belief begins a look at how to challenge the beliefs we currently hold. Black boxes contain the main concepts. If you've missed any of the previous columns on Belief (they started in the June 2007 issue), please visit the website (amlifecoaching.org). Click on "Newsletters" to find all the archived issues.

*Also, if you are enjoying this series, my book, **THE IMPACT OF BELIEF: LEARNING TO TAKE CONTROL OF YOUR LIFE**, can be pre-ordered through October 15, 2007, for \$9.25 plus shipping/handling. See this special offer at the end of the article. If you have any questions or comments, please email them to me at amlifecoach@aol.com. Thank you!!!*

How Do I Challenge a Belief?

Challenging a belief boils down to only a few questions:

Why do I have this belief (i.e., how does it serve me)?

How did this belief form in the first place?

What will happen if I give up this belief?

Do I want to change, discard or keep this belief?

In this issue we will look at the first question.

HOW DOES THIS BELIEF SERVE ME?

We hold on to our beliefs for many reasons. However, generally speaking, beliefs are kept because they somehow help us in our survival. This is as true of the beliefs that are not healthy for us as it is of the beliefs that we need to eat and to drink water. Until we understand that we need to monitor our beliefs to know whether or not they serve us, we continue to behave and act out our beliefs even when they are unhealthy.

**BELIEFS ARE KEPT
BECAUSE THEY
SOMEHOW HELP US IN
OUR SURVIVAL**

A belief that serves us is one that aids us in our evolution. We often think a belief is serving us until we take a deeper look. In my case my belief that work comes before pleasure appeared to be serving me. When I was part of the corporate world, I worked long hours and did whatever it took to complete projects on time and have them done in a way that exceeded the expectations of my bosses. For my hard work I received promotions, bonuses and accolades. Being the sole breadwinner because I was a single parent, the money allowed me to take care of my daughter and give her those things I didn't have when I grew up. The benefits of health insurance provided us with security and kept us healthy. We enjoyed fun vacations, good clothes and excellent food. I was able to treat my family and friends and put money away for when I retired.

**A BELIEF THAT SERVES
US IS ONE THAT AIDS
US IN OUR EVOLUTION**

From all appearances my belief that work comes before pleasure was serving me and others quite well, but the reality was it was both harming my health and keeping me from spending my valuable time with my family and friends. It also left no room for me to take care of myself.

When I made the decision to leave the security of my corporate job, I had begun to understand how my belief was driving me toward greater risk of health issues and how it left me feeling remorse at having missed out on time I could have spent with my daughter before she was grown or with other family and friends. By challenging my belief that work comes before pleasure, I consciously chose to invest my time more wisely, and in many ways I succeeded in doing so. It felt good and I stopped checking in on this belief.

However, until I began to really explore my own belief system, I did not recognize that this belief was still holding on and affecting my life today. As with many beliefs that have helped us to survive, it is hard to give them up. Sometimes we are afraid of the results and other times we are simply oblivious to the fact that we are holding on. In my case I did not recognize that I had transferred the belief from my corporate world to my own business. Once I figured that out, I put my life more in balance only to have the belief surface again.

This time I didn't recognize it because it wasn't the traditional 'work' I put first, but instead it was the caretaking of my mother during the onset of dementia, my stepmother during her battle with Parkinson's, my father during his cancer, and on and on. It was not that I should not have been a caretaker. It was the way I approached it. There was always work to do and someone who needed me. Because my residual belief of work comes first still drove me, I took care of everyone and everything before I ever considered that I also needed to be taken care of.

**IT IS HARD TO GIVE
UP A BELIEF THAT HAS
HELPED US TO SURVIVE**

**A BELIEF THAT WORKS
FOR OUR SURVIVAL MAY
BE THE SAME BELIEF THAT
DOES NOT SERVE US**

A belief that worked well for my survival -- I could handle any project or any crisis -- was the same belief that did not serve me. The belief helped me to survive a difficult time in my life and focus on what

needed to be done because somewhere deep down I was afraid I might get lost in the emotion of these events. I kept the belief because it made me feel safe, even though I did not make that choice consciously. However, the belief did not serve me because I failed to check on my own needs. My evolution stalled until I could take the time to feel how these events affected me and to examine what I could learn from them. Had I not recognized that my behavior was still showing me that the belief still existed, I would have continued the behavior.

What you can learn from my experience is that when you think you have changed or discarded a belief, you still need to check yourself to be sure it has not cropped up some other place in your life. Remember, beliefs that have helped us survive are hard to give up, even when we are committed to doing so.

When you challenge your own beliefs, you will need to look at them as nonjudgmentally as possible. If judgement starts to get in the way, it is harder (and maybe impossible) to really look at how the belief may be helping you to survive or feel safe, but not serve you.

Beliefs that serve you are those that allow you to stay healthy, happy and to evolve. Those that you feel you need in order to defend yourself or keep yourself from being vulnerable should be challenged. You may find they are valid and keep them or you may find they are hiding a deeper belief that needs to be understood. It often helps to discuss those beliefs you wish to challenge with a trusted friend or a life coach. If you go beyond the bounds of what a friend or coach can help you with, please consider a counselor, psychiatrist or psychologist. Looking at your belief system is your chance for some important personal growth. You can heal old wounds that you've been carrying for your entire life. You can find a way to take care of yourself, which only makes you more available and better able to serve others.

EXPLORING OUR
BELIEFS OFFERS US A
TREMENDOUS CHANCE
FOR PERSONAL
GROWTH

Challenging beliefs is not easy, especially when we have depended on them for our safety and survival. However, to grow and evolve, we need to be willing to step out of our comfort zone and challenge ourselves to look -- really look -- at our beliefs. Remember.....

ONE CHOICE CAN CHANGE A LIFE™

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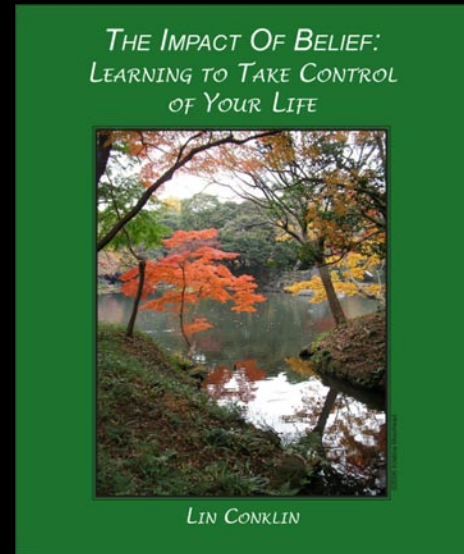
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Please be sure to include your name and address!! The books will be shipped as soon as they are available, which is expected in the next couple of weeks. You will be notified via email when they are shipped. After October 15th the price with shipping/handling will be \$16.95.

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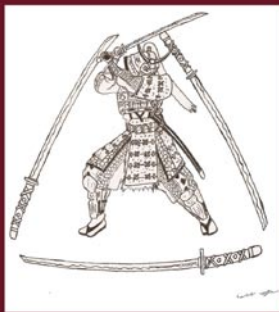
If you have any questions, please do not hesitate to email me at amlifecoach@aol.com. Thanks for all your encouragement and support!!! *Lin*



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- 2) assist people in evaluating their behaviors and the beliefs behind them in order to discard old, non-serving, unbeneficial habits and beliefs and to rebuild stronger, healthier belief systems.



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