



1. The Science of Belief –

based on the book by Bruce Lipton (2015) - The Biology of Belief

I guess you're wonder or maybe even doubting that beliefs (*especially those self-limiting ones*) are powerful. To demonstrate the power of belief we need look no further than the 'The Placebo Effect' used in medicine for 100s of years. 'The Placebo Effect' that has also been call the 'The Belief Effect.' As we know, this is most commonly used in medicine when a group of people who perhaps are suffering from an illness or dis-ease are not all given the drug that will be used to fight the dis-ease, but a placebo that looks like the drug. The belief that they are getting the pill is so strong that tests have shown patients have the same effects as those taking the 'actual drug.'

As Bruce Lipton (2015) says a patient is so inclined to believe a treatment works because we have been programmed for so, so long that when we see the doctor we naturally believe and trust their diagnoses because our mind has formulated this belief from pre-conditioned and learnt beliefs what we know about doctors. The trust and belief is such that patients believe the treatment given works (*and it does*) and they trust their doctor with their advice and course of treatment.....irrespective if it's the real McCoy or just a sugar pill.

Taking this a step further – not just with drugs but a Baylor school of medicine study (published in 2002) if you're interested in it, here's the link:

<https://www.ncbi.nlm.nih.gov/pubmed/12110735s>

Dr Mosely 'knew' that knee surgery helped his patients with severe, debilitating knee pain. But he also knew just like other good surgeons know "*there is no placebo effect in surgery.*" Well theoretically.... he used three groups to improve their quality of life by performing knee surgery...well, at least for two groups.

Group A: He shaved damaged cartilage

Group B: He removed what was causing the inflammation

Group C: Got 'fake' surgery –

What fake? What does that mean? Well, according to Lipton (2015) and the report, Dr Mosely made 3 standard incisions under a localized anesthetic and talked to the patient during 'surgery' as he would during 'real' surgery, he also cleaned and flushed the area. He sewed up the incisions and provided all three groups the same postoperative care which included an exercise programme.

In his words "Results were shocking!" -the groups who received the surgery improved as expected the biggest surprise was that the Placebo group improved just as much as the other 2 groups even though they weren't operated on!

Tom Perez who used a cane before the surgery is now able to play basketball with his grandchildren. He said, "*In this world anything is possible when you put your mind to it. I know your mind can work miracles*" (Lipton 2015:134).



There are lots of examples illustrating the power of belief – take Janis Schofield who had suffered from severe depression all her life. She believed she was taking part in a trial of an anti-depressant. Little did she know that the drug was a sugar pill, a placebo. When she was taking the drugs she was experiencing the same side-effects as those on the actual drug and, after more than 30 years of suffering from severe depression, she was fully cured. So much so, that she didn't believe that the drug she was taking was nothing more than a sugar pill – and what she was experiencing was the power of belief because she believed she was taking the drug.

Whilst positive thinking and belief can produce incredible life changing outcomes – imagine then what negative beliefs can produce. Especially when it comes from our Doctors – how many people hear the words, “You have 6 months to live” and within the 6 months or less they do pass over.

Dr Clifton Meador a physician reflecting on the potential power of the Nocebo effect remembers a time when he told a patient of his Sam Londe who was suffering from cancer of the oesophagus which is 100% fatal. He was treated for that cancer all the Doctors knew that the cancer would reoccur, so it was no surprise when Sam Londe died a few weeks after the diagnosis. What was surprising was that the autopsy revealed that he had very little cancer in his body – there were spots in his lungs but not enough to kill him. Even more surprising was that there was “No trace of oesophagus cancer” that everyone thought had killed him.

Dr Meador states “*He died with cancer but not of Cancer.*” So what did he die of? As Lipton (2015) reflects “*Had he died because he believed he was going to die?*”



2. The Teachings of Belief

Jack Canfield (2015:284-287) emphasizes that in order to be successful we need to start believing in ourselves. We need to have the belief that we can achieve what it is we put our minds to. Believing in yourself is an attitude we develop over time. Unfortunately for many of us we're still stuck in the past. Yes, it's great when you've had supportive and positive parents but what if, like me, like you, like the majority of us this wasn't true.

We can continue to blame 'them' for what they did to us, to blame them for our level of self-confidence and continue to blame them for the lack of self-belief – but the bottom line is if we continue to believe we can't move forward – if I believed everything I was told about who I was then I certainly wouldn't be where I am today. And if you think where you are – think about every single achievement, I'm sure you'll find something that you've achieved that 'Surprised' others when you accomplished it – especially when it's something they said or believed you'd never be able to achieve.

In Don Miguel Ruiz's Classic (1997) *The Four Agreements* he says that in order to be free we need to see the beliefs we have, see where they stem from in order to change them. In order to do this, however, we need to become aware of "the fog that is in our mind." That is, we need to become aware of the beliefs we have and where they come from. But to change our beliefs we also need to focus on what it is we want to change. We need to know what beliefs is limiting us in order to change it and make it into an empowering one, make it into a belief which will harness us and move us forward.



3. Transcending your Limiting Beliefs Activity

"If you care what other people think, you'll always be their prisoner."

- Lao Tzu

The thing is you can't move forward to the life you want until you move beyond your limiting beliefs and trust me once you transcend that belief your world opens up. If I continued to believe I wasn't good enough, I was unworthy of happiness and success, I wasn't loveable, I was a hussy, I was stupid, I was useless, I was a waste of space, I wouldn't be here today – I would've fulfilled their prophecy for me. But while I did believe those things for a long time I chose to break the mould, to break the cycle of those limiting and soul destroying beliefs and you know what you can do!

Here's a very simple activity based on Jack Canfield's (2015:286-287) activity that aims to help you overcome any limiting belief. First of all,

1. Identify a limiting belief or beliefs that is/are holding you back.
2. Don't know where to start? Well sit down and make a list of all the beliefs that may be limiting – difficult to do on your own get a friend, a partner another family member (brother or sister) and write down all the beliefs that your parents, guardians, friends, religion, teacher etc. that you hear that may be limiting you
3. Now go through your list and choose one (for now) that you think is still limiting you
4. Determine how this belief limits you
5. Decide how you would rather act or feel
6. Then create a turnaround statement

Choose one (for now) that is limiting you:

- ***You're always talking rubbish***
3. Determine how this belief limits you.
 - *I'm afraid to open my mouth during class, during conversations with others because I'm scared people will make fun of me.*
 4. Decide how you would rather act or feel.
 - *I want to be heard, respected in the knowing that I too have worthwhile things to say during class and in discussions. I want to feel confident to speak my mind even if people don't agree with my views.*
 5. Create a turnaround statement.
 - *I have things to say and my voice and thoughts are worthy. I can express my views and opinions and speak up because while my ideas may not express the ideas of others I nonetheless have ideas and a voice to express them.*

Bibliography:

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