



Program Material - CCE 100

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100 Beginning Theory

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Introduction to beliefs - The benefits and limitations from a personal perspective.

- **What is personal Perspective?**
 - This is a person's **Frame Of Reference** or better put, what is your client looking F.O.R.? Your client's frame of reference is their collective opinions, assumptions, expectations, past experiences and fears.
- **How does this affect your clients in their lives?**
 - It is their reality of how the world works or operates. F.O.R creates a person's reality and so it is everything and everywhere they look. If your client believes that the world is difficult then they will look for difficulty. If they believe the world is easy and effortless then your client will look for ease and grace in the world.
- **Ask your client what they believe about their world and the relationships they interact with on a regular basis.**
 - My parents are mean and controlling.
 - My sister is amazing.
 - Government wastes money.
 - Traffic circles are better than 4-way stops intersections.
 - I get more attention from others when I suffer than when I succeed.
 - The good live longer.
 - All married people are happy - or not.

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What is a subconscious belief and where did it come from?

- **First what are beliefs?**
 - Beliefs are our understanding of a particular situation or event that is happening, will happen or has happened. It is a box or a limitation we put around something or someone. This definition by default makes all beliefs limiting. Yes, all beliefs both conscious and unconscious are limiting.
- **We can now answer the question what are subconscious beliefs? They are a Frame Of Reference that is operating below conscious awareness controlling 99% of a person's life experience.**
- **The more important part of this question is where did they come from? Subconscious beliefs have been developed by life experiences and the meaning we give those experiences. There are secure and insecure emotions around these experiences.**

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The neuroscience behind the believing brain. The pros and cons of Neuroplasticity?

Neuroplasticity is a great thing. Everything the brain does is to aid in our personal survival and reproduction. Look around. Nature would not exist if it did not scatter seeds everywhere, lay eggs or bear young continually.

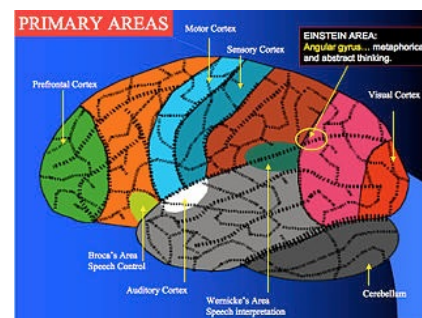
The essence of neuroplasticity is change - slow, gradual and consistent change resulting from a person's environment. If you are in a negative environment you too will become negative. The opposite is also true. I tell my clients that if they grew up in a farming area and moved to a city, they would undergo over time many subtle yet significant changes to how they adapt and survive in the new environment. Their style of clothing will change, the way they speak and the terms they use will start to change.

The simple rule is you become your environment given enough exposure and the degree to which you want or feel the need to fit in. Take a look at women's fashions, the way they style their hair, the change in clothes, shoes, tall boots, etc. It is driven from an internal need to be accepted and not rejected. More about rejection later.

An important point to remember is if your client is trying to make positive changes in life it may require a change of environment or personal relationships. This is a suggestion to be considered.

One last example: take a look at a person we will call A. Person A grows up in a home of an oppressive controlling sibling we can call B. Now A grows up and finds a partner and ultimately ends up getting married to C. Friends and family cannot understand why A married C because C is so controlling and oppressive over A.

We try to recreate our past environment because it is familiar. Away from one environment long enough and into a desired environment and you will have naturally changed your behaviour.



Neuroplasticity, also known as brain plasticity, is an umbrella term that encompasses both synaptic plasticity and non-synaptic plasticity—it refers to changes in neural pathways and synapses which are due to changes in behavior, environment and neural processes, as well as changes resulting from bodily injury.[1] Neuroplasticity has replaced the formerly-held position that the brain is a physiologically static organ, and explores how - and in which ways - the brain changes throughout life.[2] Neuroplasticity occurs on a variety of levels, ranging from cellular changes due to learning, to large-scale changes involved in cortical remapping in response to injury. The role of neuroplasticity is widely recognized in healthy development, learning, memory, and recovery from brain damage. During most of the 20th century, the consensus among neuroscientists was that brain structure is relatively immutable after a critical period during early childhood. This belief has been challenged by findings revealing that many aspects of the brain remain plastic even into adulthood.

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The steps to setting the foundation with your client to address limiting beliefs

1. What does your client believe about a particular situation?
2. What affects does this belief have on your client's reality?
3. Is what they believe about the situation totally true 100%?
4. What are other perspectives about the situation?
5. List the items that are limiting the client from achieving their desired goal.

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Establishing trust with your client to allow beliefs to surface.

- This is an important stage to enable your client to feel safe and let the deep-rooted limiting beliefs surface (maybe for the first time ever).
- The trust establishing strategies are:
 - Holding space
 - Critical listening for what is said and not said
 - Body language
 - Staying engaged
 - Nothing else exists other than the conversation with your client
 - Mirroring

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Being present to hear what is being said and not said to guide your client in the discovery of their limiting beliefs.

- Your critical listening skills are essential as you, while watching their body language, determine where your client goes with the conversation. Be aware of what your client is avoiding, what they are making visible for you to see, where they are diverting your attention and from what they are diverting your attention. Analogy; consider your client is dealing with an internal three storey twelve room home that is on fire. Meanwhile your client is talking about the shack in the backyard and how important it is because of what it is and is not.

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Steps in discovering beliefs at the surface level of cognitive thinking.

This is where you will have your client slowly move towards looking within. Start with the surface level beliefs and the process will be easier.

1. Have your client tell you what they believe about traffic in the city they live.
2. The rules on how people should treat each other.
3. What bugs them, what irritates them and why?

By finding out what bothers someone is a back door look at a belief.

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Steps in discovering beliefs at the deep level of cognitive thinking.

This is where they start to go deeper into their limiting beliefs and to shine some conscious light on their personal perspective.

1. Have your client tell you if they see any patterns showing up in their life.
2. If so, what are the patterns and how do they serve your client?
3. Any prejudice such as _____ can't drive. Dark people are _____ white people are _____. People can't be trusted. I always get taken advantage of. All families are dysfunctional.

This will help to reveal even deeper limiting beliefs that are influencing your client's life.

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Powerful questioning to address beliefs

- Is that true , totally 100% true? Is there a possibility that your belief about the following is not true?
- What assumptions are at play?
- Are you dealing with what is real, what is fake, made up or pretend?
- What is another perspective regarding these beliefs?

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Actions to take in addressing beliefs

- Observe your environment again for the first time.
- Look at your reactions the triggers you have in your life. Ask yourself,
 - What am I making this mean?
 - What belief supports this reaction at this moment?