



Sue Evans, Fast and Lasting Change Leaving behind – Step by Step

This 5 minute mind makeover is a technique for leaving behind limiting beliefs or unpleasant experiences in your past, where they belong.

The sneaky thing about beliefs is that they tend not to show up in our thinking as beliefs (which we might be inclined to question) – they show up as facts. Hard and absolute truth. But are they?

BELIEF



Here's a step-by-step reminder of what to do

Say out loud that belief – it might feel awkward to articulate it, and that's OK: Notice where you feel that belief in your body. Maybe the belief has a distinctive colour or texture, maybe it's warmer or cooler than its surroundings.

Imagine that you're holding some kind of container. It could be a basket, box or canister. Imagine that you can take that belief out of your body, and put it into the basket or box, then seal it up. Seal it tightly, so the belief is completely contained, for good.

Now imagine that time is a line, passing through your body. With your past behind you, your future ahead; and you're standing in the position of the present, the here and now.

Firmly holding that container of the belief; close your eyes and imagine that you can drift out of your body, floating upwards above your timeline, so you can see it shimmering below you. Begin to float slowly above your past, drifting in your imagination, and seeing that line of the past beneath you.

You may be able to make out its characteristics – there's no right and wrong – simply notice what you notice. And the parts of your thinking outside your awareness take you slowly and comfortably back to the most appropriate time in your past to leave behind this belief that you're carrying.

As you drift above that timeline, hovering above that time in your past, you'll notice that you're magically shielded, maybe by a bubble, or an invisible forcefield: Something which keeps you effortlessly protected, so that you can drift down into that time in your past, carrying your container.

And as you step into that time, you may see the younger you; or you may see again the person who gave you the belief. Simply put the container down.

And now you can drift back above your timeline, seeing the container getting smaller and smaller as you drift upwards, and feeling the growing relief of leaving it behind. And as you look again at your timeline, you may notice that it's already changing

Notice these changes as you drift back towards the place on the line of the present time. And bringing with you a sense of the increasing possibilities and widening freedom, float down gently, back into your body, back into the here and now and the physical world. Take a refreshing breath, and open your eyes.



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5 Minute Mind Makeovers



The skills of 5 minute mind makeovers access the parts of your thinking outside your awareness - the parts which actually shape your experience of the world, and where you can make lasting change, almost instantly.

Many makeovers use your imagination, and it surprises me how many people think they don't have a good one: Yet they can worry with the best of them, so they're great at imagining things going wrong.

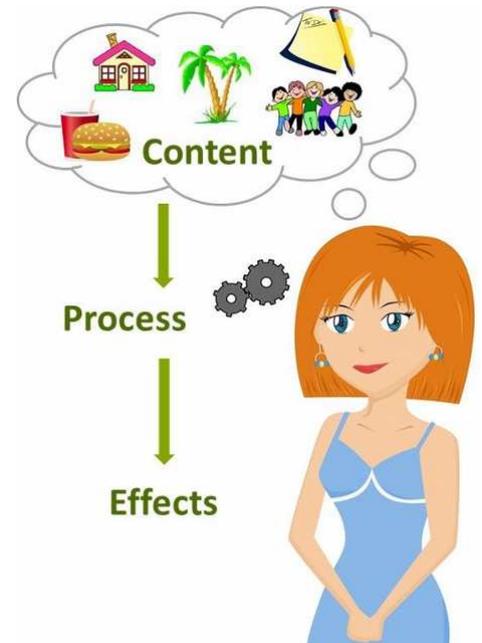
Trying to change the content of your thoughts, using things like willpower or affirmations, can be hard work. It's much easier to adjust your thinking process for better results.

Did you know that your thinking has a process? It's generally the content and the effects (how it makes us feel) that get all our attention, and we leave the process to do its own thing.

The vast majority of our thinking is automatic. Imagine the distraction if your brain made you aware every time it tweaks your blood pressure or your temperature; or described to you exactly how you digest your food. You don't need to know.

These automatic routines keep us functioning; but every now and again, your brain picks up one which is less helpful – like an anxiety response, or an upsetting memory; which, though it's often illogical (and sometimes highly disruptive), runs just as automatically as your digestion.

My range of 5 minute mind makeovers will teach you the skills to change your automatic programmes, simply and effectively; switching off unhelpful ones, and building in the ones that get you results that you want. It's like being able to go into your own brain software, right at the code level – so the change is fast, and lasting.



I'll regularly be adding to the range of 5 Minute Mind Makeover topics, which you can find at www.fastandlastingchange.co.uk/5minutemindmakeovers.html

If there's a topic you'd like covered which isn't there yet, please get in touch and let me know
Enjoy your skills