

# FOUNDATIONAL REALITIES OF BELIEF-FOCUSED LIVING

by

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## A. THIRTEEN FOUNDATIONAL REALITIES

1. Someone's thoughts precede everything in life, and in our personal life our individual thoughts precede approximately 85% or more of our feelings, behaviors and relationships outcomes.
2. Every person's functional capacity for any given task in life is limited, capped and contained by his or her present level of total awareness.
3. All persons enter and exit adolescence with a set of acquired thought patterns or beliefs that programs how they are to live their lives, and everyone embraces some self-defeating and life-hindering beliefs as well as life-enhancing ones.
4. The "thinker," "feeler," "believer," "chooser," "observer," and "one who has the behaviors" is a person's "transcendent self," "spiritual self," or "soul."
5. Since the "thinker," "feeler," and "decider" transcend the human brain, so do one's thoughts and feelings.
6. One's beliefs over time - whatever they are - expand, expand and expand.
7. Our beliefs control our lives, thus determining our life outcomes: emotionally, behaviorally, intellectually, relationally, spiritually, and even physiologically.
8. One's beliefs become eternal until they are "un-believed" or "re-decided."
9. One's attentiveness to the content of those beliefs and the choice of those beliefs is critically important, probably the most important thing in life.
10. An individual's brain - directed by its owner's will and decision – contains the single most powerful energy available to change one's life, except for the direct intervention of the Creator of the universe.
11. An individual's brain, with its organic structure and electrical-chemical process, literally does not know the difference between reality and fantasy, although the "transcendent self" or "spiritual self" does know the difference.
12. Only through one's conscious mind is there the capacity to change by choice and/or by experience the reprogramming of one's beliefs in the subconscious mind.
13. The most significant and the most relevant experiences in living our human lives are consistently invisible to the human eye, and these experiences represent greater than 99% of our life experiences.

**B. THE PROCESS OF BELIEF-FOCUSED HEALING / THERAPY**

1. Establish functional stability when instability is presented.
2. Identify the significant self-hindering beliefs generating life-hindering outcomes, whether emotionally, behaviorally, intellectually, relationally, spiritually, and/or even physiologically.
3. Enable, where desirable or needed, an understanding of the origins of one's self-hindering beliefs.
4. Provide latest known information on the power of a healthy human brain and how it can manifest into reality the contents of one's beliefs – whether life-hindering or life-enhancing.
5. Promote understanding of the dynamics of one's current internalized beliefs: one's past affirmations, past visualizations and past incarnational models.
6. Promote the acceptance of one's self-defeating and self-hindering beliefs, and seek to have these self-talk messages identified and written down.
7. Identify one's self-chosen life-enhancing beliefs to counter each self-defeating belief – writing them down, usually in a future tense fashion.
8. Review the newly written healthy life commitments, eliminating any negative references, converting future tense language to present tense, and empowering these commitments for increasing growth in one's life.
9. Present and assist in a personalized design an "Individualized Intervention Process" using the three intervention models: affirmations, visualizations and the incarnational dimension.
10. Launch the re-programming process for one's subconscious mind, providing an understanding of that process: God's Formula for Growth.
11. Provide supportive maintenance during the "transformation process," nurturing a great appreciation for the multiple paradoxical dimensions imbedded in our lives.
12. During supportive maintenance process, continue to identify emerging repressed self-defeating beliefs and re-engage the process of transforming them into "healthy life commitments."