



BeliefBusters

About BeliefBusters

This is your introduction to the **BeliefBusters** process.

Knowledge is the simple awareness of bits of information. Understanding is the awareness of the *connectedness* of this information. Understanding represents a higher level than simple knowing. Understanding is wisdom. It is understanding, which allows knowledge to be put to into action.

This purpose of this introduction, along with the first 10 Lessons you'll be receiving over the next four weeks, is to provide you with the understanding you'll need to get the most out of your learning and practice of **BeliefBusters**.

But first, a **WARNING!**

Not meant to be negative. Just emphasized because what I'm about to say is something you **must** be aware of: The first month of this course is intense. No kidding. You will be getting a ton of information and it will be coming at you every two and three days for four weeks straight. (Ever take the lid off a popcorn popper that's still popping? Like that.)

I promise you life and work will get in the way. The possibility of slipping into overwhelm is real. If you're prone to procrastination, **BeliefBusters** will provide you with many opportunities to put the **Lessons** off and "get to them later."

DON'T, because you won't. Make the commitment now to do the work, ALL the work, promptly and fully. Set aside a specific time each day for working with **BeliefBusters**.

Please forgive me for sounding like mom or dad, or your *least* favorite teachers. I hate being a cop. And... this message is important. Speaking of "important..."

- The first **Lesson, The Importance of What's Important?** will help you learn why we always do what's most important—and what stops us from doing what's *truly* important.
- In **Lesson 02**, you learn why you need to **Stop Trying Harder** and what to do instead.
- **Lesson 03** is all about **The Inner Game®**, the game (and it is all a game) that takes place in the mind of the player.
- **Lesson 04** is **The MindField**, and it's all about how your mind works.
- **Imagineering** is **Lesson 05** and we'll be digging into the creative power of your imagination.
- In **Lesson 06**, about **Worry or Vision**, we will look at how to change FADWAS—Fear, Anger, Doubt, Worry, Anxiety, Sadness—into what you Desire, Dream and Deserve.
- **Lesson 07** is about **Creative Tension**, the natural, powerful force we all can use to create what we want and a fundamental tool of **BeliefBusters**.
- In **Lesson 08** we'll work on **Building Your Vision Muscles**.
- **Lesson 09** will focus on **Centering**, creating a space and place of peaceful power within that's another fundamental tool of **BeliefBusters**.
- **Lesson 10** presents a profound paradigm shift by offering **A New Definition of Belief**.
- **Lesson 11, Ready Set Grow**, will launch you into the nine weekly Belief Busting and Belief Building Lessons in the following areas of your life:
 1. **Individuality, Self and New Beginnings**

2. **Relationships and Partnerships**
3. **Creativity, Expression and Social Life**
4. **Work and Discipline**
5. **Freedom and Change**
6. **Family and Responsibility**
7. **Wisdom, Philosophy and Spirituality**
8. **Career, Money and the Material World**
9. **Love, Completion and the Universal**

There's more (just in case all the above isn't enough or good enough—that's an "inside joke" you learn lots more about). Throughout the 13 weeks you'll receive additional articles and special reports to add to your understanding of **BeliefBusters**. For now, that's a great overview of what you can expect.

Please understand **BeliefBusters** is not for everybody. It is a process that's only appropriate for those who are open to and appreciate the value and usefulness of changing your beliefs.

What's offered here is not about right or wrong in any way. The perspectives, insights, ideas, tools, techniques, etceteras, are simply what are being *offered*. That's my job. Yours is to try them on and see if they fit... to learn if there is value and these ideas are useful for you.

Buckminster Fuller once said that there are four kinds of people in the world:

Those who are sound asleep... those who are about to wake up... those who have just awakened... and those who are wide awake.

There is no mental judging about this. No one of these states of being is either right or wrong or better or not than another. That's just where those people are at in their lives and that's more than fine—it's perfect.

It will be the same with **BeliefBusters**. There will be people who are sound asleep to it. Some are just about to awaken to these ideas. Others are just waking up to what this is all about. And there will be people who are wide awake to it... that are already convinced this material has value and will be useful for them, and they are willing and able to go for it and grow with it.

Two common values those wide awake folks share is that they all want *more and better* in their lives than they are creating and experiencing now. That's one of the things that make **BeliefBusters** such an exciting, challenging, satisfying and rewarding "place" to be. When thousands of people all around the world are coming together with the burning desire to be... do... and have *more and better* in all aspects of their lives... that's a remarkably creative, high energy, *spiritual* happening. That where I want to work and play. Thanks for being one of them.

BeliefBusters is about the actions that take place in your mind and your heart.

The principles and practicals explored and expressed in **BeliefBusters** rest on a number of essential ideas: Everything is always and already *energy* (and energy is *vibration*)... Our inner world *generates* our outer world... "Thoughts do," as Mike Dooley says, "become things..." We are each *responsible* for all that we *have, do* and *be* in our lives... The truth of Napoleon Hill's enduring wisdom: "What the mind of man can conceive and believe, the mind of man can [and *always* does] achieve." You and I are infinitely powerful *spiritual beings* directly connected to the *Source* of All That Is....

There is more, of course, but... do you agree with what's written above?

If you do, then what you've read *confirms* what you've been thinking and that's a good thing... feels good, too (which is what lets you know it's a good thing).

But what if you disagree? Well, that can be a *very good thing*. Here's why:

Agree: Disagree

You and I normally receive information from one of two different perspectives. We either agree with it, or we don't.

If we don't agree with an idea, what do we do with it?

Right—we cast it off... throw it away rendering it useless.

Given that, what are the *possibilities* of that particular idea contributing something to us—possibly providing us with a new and better way of doing things—a break-through?

Right—none.

The other way we receive information, is from the perspective that we agree with it, in which case it's probably consistent with what we already know. What we already know is what has produced the gradual, incremental improvement you're probably achieving now.

What we already know is what we have used to get where we are right now.

And, since you're reading this—apiece about breaking-through to a whole new level of performance and productivity—where you are *now* is obviously *not* where you want to be.

So, what good is learning something that's consistent with what you already know?

Right—*not much!*

If you really want to learn something that will make a huge difference in your life, go back to the first way of perceiving information and look at that with which you *don't* agree.

How can you use information you don't agree with for achieving a break-through?

Start by taking your opinions, judgments, attitudes, evaluations, knowledge, and what you know now to be true or false, and set them aside while you look at these new ideas.

What you believe to be true may be a truth based on your experiences, yet another truth may be lying in wait hoping to be discovered. It may be that the information turns out to be useless—or it may be what you've been looking for your whole life.

You'll never know the value of a new idea unless you give it a chance to take root—unless you allow the new idea to grow, if it will. Make the effort to allow that idea, any idea for that matter—even though you may vehemently oppose it—to exist simply as a possibility. Perhaps you'll begin to see it differently. If not, then throw the idea away and take back your own opinion.

Remember when almost the whole world *knew* the Earth was flat?

This concept is known as having an open mind; and it is true that the mind—like a parachute—only works when it is open.

This piece you just read was taken from the one of the original drafts of the classic book on "the art and science of motivation" *Mach II With Your Hair On Fire!* authored by Richard Brooke, a mentor, champion, coach, colleague and friend of mine, who is also my daughter Eleonora Milena's godfather. You be learning more from Richard as you travel through **BeliefBusters**.

So, please, allow yourself to disagree with some of the ideas you encounter here. Try them on as you would a piece of clothing or shoes and learn if they fit. Also, realize there is value and usefulness in confirming and affirming things you know to be true and you already do and that are working for you.

There's another unique thing about BeliefBusters I want to point out to you: I call "the learning advantage."

At the end of each of the **BeliefBusters** Lessons you'll encounter questions, answers and exercises that you can use to explore and drill down deeper into the ideas and distinctions presented. These are all, of course, optional. In **BeliefBusters** you are a volunteer. You *don't have to* do anything. And...

I *believe* that one of the common values all human beings share (whether they are "awake" to it or not) is *learning*. The purpose of the questions and exercises is to increase your learning, to raise the energy of the facts and data (knowledge) presented to the level of understanding and wisdom, and to add value and usefulness to what you've read. Plus, there's often new information presented that wasn't covered in the Lesson itself. I highly recommend you do the questions, answers and exercises.

Two more important bits for you to know:

1. Repetition creates internalization.

That's the way we learned our ABCs, to tie our sneakers or memorizing a song or a play. Doing things over and over again, makes them a habit, something we can execute without the need for conscious attention and awareness. It also raises the importance of those things. By repeating something again and again, it gains intensity, achieves "top of mind awareness," it becomes important.

Imagine a desired (or undesirable) result once or twice. Imagine it a hundred times... a thousand.... See any difference?

So, we'll be repeating lots of things in our work and play together with **BeliefBusters**, driving them deeper down and having them become a part of you through repetition.

2. Writing things down.

Words on paper have changed the world. Most historians define the birth of a given civilization as the moment they begin writing things down. Writing things down is powerful.

Thoughts are fleeting (which is why you want to repeat and repeat the ones that empower and serve you). Spoken words add the energy and vibration of sound, yet verbal expressions, too, are ephemeral—once spoken, they're gone like a puff of smoke. But when you write things down on paper, they exist, they are concrete, real, right there in black (or blue) and white. Writing is manifesting.

When you write things down, your rational/analytical mind translates the symbols, patterns, images, feelings, urges and sensations from your imagination and intuition into words. As you write, you are directly

connecting your head and your heart through your physical body, integrating them and focusing them together in that one united effort.

There is a great value, usefulness and power in writing things down.

You will have many opportunities to write down lots of things in our work and play together with **BeliefBusters**. I recommend you keep pen or pencil and paper with you all the time.

There's more—lots more—for you to understand about **BeliefBusters**. The first three weeks of Lessons have been designed to provide you with that knowledge and to help develop your awareness of the connections of this information that lead to your understanding.

Questions

- 1. Of the four kinds of people Buckminster Fuller described, which are you in regard to the concept of **BeliefBusters** at this moment?**
 - 2. What is the value and usefulness for you in learning something that's consistent with what you already know?**
 - 3. How can you use information you don't agree with for achieving a breakthrough?**
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Answers

- 1. Of the four kinds of people Buckminster Fuller described, which are you in regard to the concept of **BeliefBusters** at this moment?**

There will be people who are sound asleep to it. Some are just about to awaken to these ideas. Others are just waking up to what this is all about. And there will be people who are wide awake to and excited about applying **BeliefBusters** ideas and practices in their life and work.

No mental judging here. One of these states of being is not better than another. It's just where people are at and that's perfect.

2. What is the value and usefulness for you in learning something that's consistent with what you already know?

What you already know is what has produced the results you are achieving now.

What we already know is what we have used to get we where we are right now.

So, what good is learning something that's consistent with what you already know?

By confirming and affirming what you're doing "right", you are focusing on what's working and increasing your positive, creative energy. Celebrating your successes... experiencing appreciation for your accomplishments (no matter how small)... expressing gratitude for and to yourself, others and the Source of your spiritual being... are each powerful actions that play a part in creating the life and work you desire, dream and deserve. We will be using these ideas throughout **BeliefBusters**.

3. How can you use information you don't agree with for achieving a breakthrough?

The answer always lives in doing things differently (and more about that in the first Lesson).

For things to change, you've got to change.
For things to get better, you've got to get better.

Start by taking your opinions, judgments, attitudes, evaluations, knowledge, and what

you know now to be true or false, and set them aside while you look at these new ideas.

You'll never know the value of a new idea unless you try it on and see if it fits. Make the effort to allow that idea to exist simply as a possibility. Perhaps you'll begin to see things differently. There may be something of value and that is useful there for you. If not, take back your own opinion and what you know to be right for you for now.

EXERCISE (and some more questions)

Simply notice what you are thinking and feeling right now and answer the following questions:

What have you confirmed from your reading today that you already know... and what makes that important for you?

What did you discover that was new for you... and what makes that valuable?

Based on your discovery, what's one thing you are willing and able to do differently from now on...?

And one final (and important) question:

What's one thing you appreciate most about what you've learned from your reading today, and what makes that valuable and/or useful for you...?

More to come... lots more. Your first Lesson will arrive soon. It's about ***The Importance of What's Important.***