

You can only see what you believe!

They say “Love is blind” because when you are in Love, you can only “see” what you want to see—the great things about the other person. Your brain somehow misses and doesn’t see the things that you later see that upset you.



Human beings have a powerful mechanism that filters out information and allows us to only see what we believe. This has powerful implications to anyone who wants to lose weight. All the beliefs that you have about weight-loss and yourself will cause you to not “see” or believe new ideas that don’t fit within your “belief system”.

The problem with not seeing things that don’t fit into your current believe system is the universal law that you can’t do anything, until you first SEE yourself doing it! Even something as simple as going to the bathroom, you first “see” yourself doing it by creating a mental picture in your head that visualizes accomplishing what it is you want to do. This picture is reinforced from past successful experiences you’ve had going to the bathroom. You’ve had some unsuccessful attempts at going to the bathroom, but many more successful attempts, so you have no problem “seeing” yourself able to go to the bathroom and therefore you accomplish this simple goal!

So to summarize how your brain works:

Your beliefs (cause) → What you see

What you see (causes) → What you believe you can do

How do you stop this force holding you back?

Most people are not aware of this force because we see our beliefs as “who we are” and thus they keep us stuck in being and doing the same. This is why most people stay the same year after year, despite wanting better. Becoming aware of how what you “see” is so highly influenced by what you believe is the first step. Awareness alone takes off the blinders allowing this force to influence you automatically. If your beliefs are like a filter or sunglasses filtering what you see and believe to be true, then seeing new things will program within you new beliefs.

Practice Seeing new things to establish new beliefs

If your beliefs cause what you see, then you put this in reverse and see new things to cause new beliefs! This is what visualization is. Visualization is simply “seeing” new possibilities for your life that create new beliefs that allow you to feel able to move forward in a new direction in your life.

For example. Let's say a person would like to increase their income but never has because they "see" themselves as a factory worker. After all, her mother, father, grandmother and two uncles worked as laborers. She "sees" herself and her family as laborers. This is the belief that causes what she "sees" as her potential. If this person visualized herself owning her own small business, seeing the details of working with customers, ordering products, advertising, the look of her store, etc., she would start to establish a new belief that would allow her to "see" herself as more than a laborer.

Your assignment:

Become aware of how your beliefs powerfully affect what you can see in your life. What limitations are you putting on your life because of your beliefs? By getting in the habit of seeing your beliefs, you'll start to realize how they affect what you see for your life!

The most powerful belief that all my weight-loss clients have is:

Belief: I've tried to lose weight before and failed

What they "see" from the belief: I don't see much chance of losing weight, but I really wish I could so I will try again anyway. This belief results in a ½ hearted effort and because of the low effort & priority usually results in another failure!

Belief:

What I "see" from that belief:

Belief:

What I "see" from that belief:

Belief:

What I "see" from that belief:

Belief:

What I "see" from that belief: