

The Power of Belief ... in everyday life

To the degree **we believe** we can create something indeed we can. Let's start however with an understanding of what it means to have belief. If I buy a ticket in the Lottery and say I believe I will win, what is the basis of my belief? If I can't convince myself that I can somehow control 'the roll of the dice' then I have nothing more than wishful thinking. And what of the other lottery ticket-holders ... do we 'give' it to the one with the highest belief?

While speaking at a cancer support group about the power of belief I had one of the participants say 'I will heal from my cancer within three months from now.' I reflected for a moment and said 'If it's possible we somehow co-create cancer, what will be your evidence that you have neutralised or reversed the root cause of the cancer?' I was suggesting the fellow move from wishful thinking to developing a **genuine belief** in his recovery.

The same power applies to positive expectancy as it does to negative expectancy. There are archived records of indigenous people accepting the 'pointing of the bone' and dying as a direct result of this ancestral belief. They grew up with an unconditional belief in the practice – there was no doubt.

On a lighter note, if you are going to write a book and self-publish for example, you can **develop the belief** that you will achieve the outcome. When you gain sufficient information, create a plan of action and carry out steps incrementally you will gain the confidence to achieve the project. In this case you may need to attend a writing group etc. As your skills improve and you negotiate the steps, you gain a certitude that the goal **will** happen and **you take actions that you would not have taken had you not developed the belief in yourself.**

Another important factor here is **accountability**. Once you have a clear objective and establish a course of action containing small steps you will benefit from having someone to hold you accountable to taking action. My clients consistently tell me they wouldn't do what they do if they didn't have to be accountable to me. Enlist a friend, have a buddy to hold each other accountable or hire someone who can look in from the outside.

'My shift forward came from Jeff Allen. I found the Coaching invaluable to my personal growth, work & physical health.' L.A. Harvey Norman

Herein lies the key! If we don't *really* believe in the outcome we may take steps with lesser amounts of commitment in them. However, when we have converted wishful thinking into **genuine belief** we now take different action – it is action infused with commitment. We no longer say 'if', we ask 'how' – two different approaches with two different outcomes. 😊

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