

MERGING ALL THE STAGES OF BELIEFS PROCESSING INTO ONE

This is what it looks like when we take perspective on how in total, the beliefs processing (and correcting/installing) ties together.:

<u>CURE AT THE CAUSE</u>	<u>SUBSTITUTE COGNITIVELY</u>	<u>OVERRIDE, LATER</u>
Find the origin, eliminate the belief permanently	Rational cognitive reappraisal of current beliefs and substitution of newly corrected beliefs. Eliminate the belief permanently.	Affirm Visualize Meditation/hypnotherapy

EXAMPLES:

<u>CURE AT THE CAUSE</u>	<u>SUBSTITUTE COGNITIVELY</u>	<u>OVERRIDE LATER</u>
<u>Example</u> The Lefkoe Process My brief writeup on it and a form I constructed for your use is at: The Lefkoe Belief Process - Belief Processing From The Inception Presenting this summer (2019) at Mindvalley University City Campus	<u>Example</u> Cognitive Reappraisal The Life Management Alliance, Reconstructing Your Belief System Step By Step - Finishing 'The Job', For Happiness . (This does have other sections of the site that deal with the origin and also with affirmations and installation. It also merges the wisdom of experts from all over the board.)	<u>Example</u> Maria Peer "Rapid Transformational Therapy" There are a number of joint courses with Mindvalley.com

The Life Management Alliance Program merges several things into the belief “remaking” and installation process. It is at no charge, whereas the others are for a fee (which of course is not the only criteria and shouldn’t be a true limiter).

You can also send me ([contact](#)) your writings from the forms and get feedback and comments to help you complete your process, especially when you get stuck. Many examples abound on the site of what to do, how to store for reference, etc. Useful also is [The Program For Upgrading Beliefs](#), a bit more extensive than most, but effective.

The Lefkoe method, with its free sessions you can sample, has been around for years and has proven effective in studies. Click the link above to explore that more.

Marisa Peer has also been around many years and is a very popular instructor (and a therapist of beliefs). At MindValley, she is one of the top rated presenters and her courses are super popular.

Notice that the three stages have been identified, with different strategies and tactics needed for each.

1. Cure at the level of cause. Curing the cause is, of course, the earliest intervention that can occur and often the most effective. (See [The Immutable Law Of Cause And Effect](#), with its key phrase: “Cure the cause, stop repeatedly curing the symptoms!”)

2. Cognitive reappraisal. You identify and analyze the beliefs that are causing negative emotion and then you reappraise what was true, and may go back to the origin, but it is not required to do so to get the desired effects and whole new set of beliefs. A typical form for it would look like this one: [The ABCDEF Rational Analysis short form](#).

This approach provides a whole new underpinning for one’s beliefs, one that has a very reasoned, solid, sound basis that will change one’s life forever.

3. Override and replace. Those are my terms, but this includes the affirmations process as more of a primary tool and might not include so much analysis compared to the prior two. The best way to see Marisa Peers’, perhaps, might be to read her book [I Am Enough](#).

See an example of how to process the belief “I am not good enough”: To Replace Permanently “I Am Not Enough” .
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Whatever you do, do it **as early as possible in life** so that you will not allow the negative emotions to continue for so long (people sometimes don't even solve it all even by age 65 plus!). And take this to the point of true mastery, not just "kinda" or at the amateur level, for you deserve to be free of negative emotions so you can live freely into your highest levels of life.

This process of curing and replacing all negative beliefs is absolutely necessary to do or you will not be able to live your happiest life.

(See the "four components of happiness" at the page called [The Road To Happiness For Life](#).)

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