



*Amplified
Belief-Change And
Stress-Release Procedures*

DISCLAIMER AND TERMS OF USE AGREEMENT

The author and publisher have used their best efforts in preparing this report. The author and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this report. The information contained in this report is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this report, you are taking full responsibility for your actions.

EVERY EFFORT HAS BEEN MADE TO ACCURATELY REPRESENT THIS PRODUCT AND IT'S POTENTIAL. HOWEVER, THERE IS NO GUARANTEE THAT YOU WILL IMPROVE IN ANY WAY USING THE TECHNIQUES AND IDEAS IN THESE MATERIALS. EXAMPLES IN THESE MATERIALS ARE NOT TO BE INTERPRETED AS A PROMISE OR GUARANTEE OF ANYTHING. SELF-HELP AND IMPROVEMENT POTENTIAL IS ENTIRELY DEPENDENT ON THE PERSON USING OUR PRODUCT, IDEAS AND TECHNIQUES.

YOUR LEVEL OF IMPROVEMENT IN ATTAINING THE RESULTS CLAIMED IN OUR MATERIALS DEPENDS ON THE TIME YOU DEVOTE TO THE PROGRAM, IDEAS AND TECHNIQUES MENTIONED, KNOWLEDGE AND VARIOUS SKILLS. SINCE THESE FACTORS DIFFER ACCORDING TO INDIVIDUALS, WE CANNOT GUARANTEE YOUR SUCCESS OR IMPROVEMENT LEVEL. NOR ARE WE RESPONSIBLE FOR ANY OF YOUR ACTIONS.

MANY FACTORS WILL BE IMPORTANT IN DETERMINING YOUR ACTUAL RESULTS AND NO GUARANTEES ARE MADE THAT YOU WILL ACHIEVE RESULTS SIMILAR TO OURS OR ANYBODY ELSE'S, IN FACT NO GUARANTEES ARE MADE THAT YOU WILL ACHIEVE ANY RESULTS FROM OUR IDEAS AND TECHNIQUES IN OUR MATERIAL.

The author and publisher disclaim any warranties (express or implied), merchantability, or fitness for any particular purpose. The author and publisher shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided "as is", and without warranties.

As always, the advice of a competent professional should be sought.

The author and publisher do not warrant the performance, effectiveness or applicability of any sites listed or linked to in this report. All links are for information purposes only and are not warranted for content, accuracy or any other implied or explicit purpose.

Introduction

It's true...

You're about to learn one of the most powerful, rapid, deep-impact belief change procedures known today.

This procedure is a composite of techniques taken from the fields of energy psychology and applied kinesiology.

Here's a crucially important thing to realize...

Changing your core beliefs will be accompanied by emotional distress (but we'll teach you how to handle this). Period.

And here's why...

Over the course of your life you have adopted assumptions about yourself and about that world that you have come to believe to be true. Usually these beliefs are limiting you, but still you have a subconscious feeling of 'knowing' them to be true.

In order to resolve this, this is what you learn most of the time:

"Keep repeating positive affirmations, and your mind will eventually have no choice but accepting what you are telling it."

There's truth to this, but there's a catch as well. The catch is:

- ➔ You have to *truly believe* that what you're affirming to yourself is true in order to accept it. There should be no doubt whatsoever.
- ➔ The problem is, that the very reason you are repeating these affirmations, is because you don't believe them to be true. After all, you believe other things, and you are trying to change those beliefs.

So actually, the things you are trying to affirm to yourself, are things that you subconsciously deem to be lies, because they are in conflict with your currently engrained belief systems.

For example:

You try to affirm to yourself something like:

“I’m so happy and grateful now that I’m rich”

However, your subconscious belief that has been deeply engrained over the course of your life is:

“I’m poor and I will always be poor”.

In this case, the affirmation is a lie, at least from the perspective of your engrained belief.

So here's what happens when you try to affirm something to yourself that you subconsciously 'know' not to be true:

Your body reacts with an emotional stress response. This response can be heavy or subtle, depending on the amount of emotional debris that you have associated with the belief in question.

This is how lie detectors work,

People answer a question, and if their answer is a lie, the body responds with a slight sign of 'stress'. The lie detector detects this stress response, based on which the operator can tell if the answer was a lie or not.

The thing is, that the emotional stress response usually cancels out the very effect that you're trying to get from affirming.

Basically, you're trying to tell your subconscious mind something that, as seen from your current perspective, is a 'lie'. Consequently, your body responds with emotional distress. This stress response follows from a built-in defense mechanism, which takes a firm stand against something external that appears to be 'unacceptable'. In other words, it blocks the unknown, and people tend to fear the

unknown. But the 'unknown' in this case is the very thing that you're trying to implant (namely the new 'truth', the affirmation).

This is the main reason why repeating affirmations just doesn't cut it for most people. The very fact that the affirmation is in conflict with their current belief systems, invokes a stress response within them, which in turn blocks the affirmation from engraining itself within your subconscious.

The dreaded truth is that for most people, merely repeating affirmations is a never-ending story... When you try to change your core beliefs, you're going to touch some of your core issues, and these can be hard to face, and will call up a lot of stress.

But there's a way around this! With the right techniques this can be resolved easily!

And that's where the belief change procedure that you're going to learn in this e-book comes in.

Make no mistake. This is one of the most powerful belief change procedures that you can find. And this procedure will touch you deeply.

Here's what you will achieve with this procedure:

- You will dismantle your adverse beliefs.
- You will implant new beliefs that are more conducive to what you want in life.
- You will instantly release the invoked emotional stress caused by touching your core issues. This prevents you from 'taking a firm stand' and 'closing yourself' for new things and new beliefs that are currently 'unknown' to your subconscious.

We will give you all the handles to apply this procedure to beliefs about wealth, money, and prosperity in this e-book.

So what are you waiting for?!

Let's get busy, let's change your beliefs, and let's change your life!

1. 'Double Negatives'

In the 'Relationship Savvy' videos, Paul explains clearly how the techniques he demonstrates help you accelerate the process of clearing out emotional debris and negative subconscious programming and installing new perspectives that will positively influence your perception of reality.

Each technique has a different focus by stimulating different neurological systems.

The techniques work in combination with 'affirmations', or rather 'truth focus statements'. As Paul explains, you can apply the techniques from two angles:

1. Using a positive statement to install a new belief that is conducive to a more positive experience of reality.
2. Using a '*double negative*' statement to dissolve adverse beliefs that negatively influence your experience of reality.

As for this second kind of statement, the net result of a 'double negative' statement is still positive, but has a different approach.

For example, when you state "I no longer feel stressed when I speak in public", you're including two aspects with a negative connotation: (1) "no longer" and (2) "stressed". The net effect is that you're actually saying you feel "at ease" when you speak in public.

However, the 'double negative' variant speaks to the left part of your brain, which is the 'logical' part. This is necessary, because your brain, as well as your mind, can start to distinguish after a while.

For example, you can keep saying positive affirmations, like "I'm so happy and grateful now that I'm at ease when speaking in public." But after a while your brain and mind may think:

"Yeah, yeah, we know that now. Thanks very much."

However, you may still not have *really* engrained that belief. Because when you would phrase it in a double negative, there's a

chance that your subconscious has not accepted *that* as a truthful statement yet.

So basically, what we're saying is this:

- Your subconscious may have accepted the positive affirmation (like "I feel at ease when speaking in public").
- But even still, even while having accepted the positive phrasing, it may not have accepted the negative phrasing (like "I no longer feel stressed when speaking in public"), even though it *basically* means the same thing.

The thing is that a new and conducive belief is installed completely, *only when your subconscious has accepted both the positive statement and the 'double negative' statement.*

This is why if you want to implant new beliefs, you should be using both positive affirmations *as well as* the 'double negative' variants of these same statements in your application of these techniques.

Take note that either of these statements will invoke emotional distress. So in order to make sure your subconscious 'accepts' these statements, you will need to use the techniques as shown by Paul in his videos.

Paul mentions the 'double negatives' in his demonstration of the temporal tap only, but in a slightly different context.

However, it's a very valuable addition to use double negatives with the other techniques he teaches you too. And in addition, you're best to include the other techniques explained in the next part of this e-book as well.

Here are a couple of examples to show you how you can translate a positive affirmation into a 'double negative' statement:

Positive:

“I feel happy and at ease when I’m spending time with my mother-in-law”.

Double negative:

“I no longer feel upset when I’m spending time with my mother-in-law”.

Positive:

“I feel calm when people criticize my work”.

Double negative:

“I no longer feel attacked as a person when people criticize my work”.

Positive:

“I feel I’m a good person when I’m asking money in return for my products and services”.

Double negative:

“I no longer feel I’m a bad person when I’m asking money in return for my products and services”.

Positive:

“I feel calm when other people ridicule me for what I do in life”.

Or more specific, like:

“I feel calm when my father/mother/girlfriend/boyfriend/grandma/neighbor/etc. ridicules me for what I do in life.”

Double negative:

“I no longer feel insulted/personally attacked/sad/etc. when my father/mother/girlfriend/boyfriend/grandma/neighbor/etc. ridicules me for what I do in life.

By the way, in case you use any of these terms, create statements for every one of them separately. For example, don't include both 'insulted' and 'personally attacked' in one statement, but make two of them.

2. Basic Emotional Stress Release

When a statement that you're using (either a positive affirmation or a 'double negative' statement) is not true to your subconscious mind, your body will react with a stress response. This is simply a primitive reflex that is part of the fight/flight-mechanism programmed into your biocomputer (your physical body) that will ensure direct survival. In our current society this usually means that you get angry, upset, sad, or scared.

This stress response can either be blatant or subtle. This also depends on the level of emotional distress that you have built up with regard the belief that you're holding that is associated with the subject of the affirmations.

Either way, stress is the very thing that can keep blocking you and can keep you from the results that you're looking for. Therefore, in order to significantly speed up the process of dissolving adverse beliefs and implanting new ones, the stress that is invoked should be eliminated as soon as possible.

Behind This Is A Description Of How To Include Basic Emotional Stress Release With All Of The Exercises.

Behind This Is A Description Of How To Include Basic Emotional Stress Release With All Of The Exercises.

3. The 'Emotion Mode'

What this section is about to describe may seem silly, but as Paul has indicated in the videos, that's just a matter of perception. Many things new or 'outside the norm' (abnormal) seem silly at first. But when you notice they work, you won't consider them to be that silly anymore.

This technique involves a specific 'finger mode', which allows you to clear out emotional distress on deeper levels. The 'emotion mode' is another addition that you can make to the exercises that you were taught by Paul. It will allow you to dig on very deep, emotional levels.

First A Word Of Warning:

You should only involve this technique after you've done the exercises without this for a while. The thing is that for some people (of course depending on the person and the specific levels of emotional distress), the release can get 'too heavy' if you involve the emotion mode right up front.

The thing is that when you start to release emotional debris, your calling up the stress that is stored or even stuffed away within you. You're doing that by saying your truth focus statements out loud, which, if not true according to your subconscious beliefs, will invoke the stress response.

The techniques will then help you release that stress, in order to get rid of it once and for all.

Applying the emotion mode will allow you to dig very deep into your storage of emotional distress. However, this can sometimes be just too much when you're just getting started with releasing, which makes you stop immediately, thus not being capable of releasing what needs to be released. After all, you are invoking a lot of stress!

So start to include this 'emotion mode' only when you've been doing the exercises for a while.

***Behind This Is A Description Of How To
Include The 'Emotion Mode'.***

4. 'Reversals'

Emotional distress and adverse subconscious programming can be rooted very deeply. For example, in some cases people may have to deal with deeply rooted subconscious patterns, that will make them sabotage their own efforts with regard to working towards a new reality experience.

While you may consciously say and speak out that you really *do* want to do the things necessary to manifest your desires, you may still appear to sabotage your own efforts. Or alternatively, your 'outside world' doesn't appear to follow the new roads you are taking, and actually appears to give you hard time. This is because you are subconsciously sending out the very opposite of what you're consciously intending.

That may sound strange, but it's a commonly occurring phenomenon. Dr. Roger Callahan, a cognitive psychologist who developed the treatment of 'Thought Field Therapy', called this condition 'psychological reversal'.

A related condition is called 'massive reversal', or 'massive psychological reversal'. This is a type of psychological reversal in itself, with a difference in nuance compared to the 'regular' psychological reversal. Psychological reversal is a 'blockade' in a specific emotional area.

Let's take an example of an emotion that often occurs to illustrate 'psychological reversal'...

Let's take the desire for approval from others, or its counterpart, the fear of disapproval from others.

You may consciously say and intend that you want to get rid of the emotional stress caused by your desire to be approved by others. You may even apply different stress release methods, or EFT to do so in an attempt to clear it all out.

*But if you carry a psychological reversal with regard to this emotional theme, you simply appear to be unable to get rid of your emotional stress, regardless of what you do or what methods you use. **This is because somewhere subconsciously, you don't want to get rid of the underlying belief causing the stress for a full 100%. That is what psychological reversal is.***

The subconscious reason for this may be that you can get a lot of attention and pity from others (again, subconsciously). That doesn't really matter. What matters is that as long as you don't want to get rid of this underlying negative belief for a full 100%, your subconscious will keep holding on to it.

You won't be able to fully eliminate this emotional distress, as long as you do not eliminate the underlying psychological reversal.

On the other hand, a *massive* reversal is a psychological reversal that is *not* just related to one area or one emotional theme, but instead is a *reversal in the basic structure of your life*.

To put it baldly, when you suffer from massive reversal, you subconsciously want an unhappy life.

This may sound strange, because since you're reading this you obviously want more happiness in life. But that may only be so on the conscious level. At the same time, on a subconscious level, somewhere deep in the subtle levels of your being, the opposite may be the case.

It may be a subconscious habit that you have taken on over time. And as you have learned by now, the subtle, subconscious levels of your being determine not only what kind of vibrations you send out, but they also determine the majority of your behavior.

Are you beginning to see how certain deeply engrained emotional debris can sabotage all your efforts of focusing on the positive? Are you beginning to see how deep you can carry emotional debris?

Conditions like psychological reversal and massive reversal can really hamper all your efforts in 'attracting' and manifesting your dreams. And you may not even be aware of the fact that you are carrying them with you. In fact, you may have never even heard of such conditions!

Such conditions can have settled themselves very early in your life, when you were a very young child. They usually have to do with some kind of traumatic experience, at least something that you interpreted as traumatic at that point in your life.

Sometimes even birth itself can be a traumatic experience. All kinds of circumstances or happenings can cause such reversals to settle themselves in your system. Multiple unsatisfying relationships are not uncommon either. And these conditions can influence the rest of your entire life and your entire 'reality experience'.

But don't worry. In this chapter we will give you tools to eliminate psychological and massive reversals. Overleaf, you will start by learning the procedure to eliminate psychological reversal. After that, you will discover how to eliminate massive reversal.

Psychological Reversal

Here's the way to resolve psychological reversal, step-by-step.

1. First of all, you apply the techniques explained by Paul with the additions described in the previous chapters for a couple of times.
2. After you have applied these techniques on a certain emotional issue (we'll give you a whole list of possible issues and associated statements to use later in this e-book), you will engage in the procedure for eliminating psychological reversal specifically aimed at the emotional issue that you have been working on.

For this, you will first create your 'psychological reversal elimination statement'.

***Behind This Is A Description Of How To Perform the
'Psychological Reversal Elimination Procedure'.***

***Behind This Is A Description Of How To Perform the
'Psychological Reversal Elimination Procedure'.***

This procedure can literally wipe out the foundation on which emotional distress is built, and thus on which negative subconscious programming is founded. Performing this procedure regularly on issues that you know you have trouble with, can truly change your life in profound ways!

Massive Reversal

As mentioned, sometimes your issue is even more deeply rooted. Sometimes even the psychological reversal is founded on an even deeper issue, which is truly an issue in the general theme of your life (massive reversal).

As explained earlier, suffering from massive reversal on a certain emotional issue means that you subconsciously want an unhappy life, as strange as it may sound.

This truly happens a lot. You've probably noticed that some people merely complain, even when things are turning out well for them. They just keep complaining. Their whole life experience is negative. They actually like to be negative, because it allows them to complain and get attention. They are constantly proving to themselves that life is actually crap. And of course, consequently, their life will not be happy.

This is a very simple explanation, and no one will ever do this consciously. Usually, suffering from massive reversal has to do with happenings in your life that you interpreted as very traumatic at the time they occurred.

Whatever the case, if you want a happy life, you need to eliminate massive reversals. Many times, you need to eliminate a massive reversal on a certain issue first, in order to be able to eliminate the psychological reversal on that same issue. And only after eliminating both, you can fully implant new beliefs that are more conducive to what you are trying to achieve.

On the other hand, as soon as you manage to eliminate the massive reversal underlying a certain emotional issue, you've wiped away the very foundation on which the issue was built. The house of cards may crumble down automatically after that. This means that changes in your life will occur much more quickly, simply because you managed to wipe out the core of your issue.

Massive reversal can be subtle, in the sense that you might not be aware of it. But you can always prefer the certain to the uncertain, and just apply the procedure that we're about to explain, in order to eliminate a potential massive reversal.

Here's the way to resolve massive reversal, step-by-step. It's almost the same as the procedure for eliminating psychological reversal, with some subtle differences:

***Behind This Is A Description Of How To Perform the
'Massive Reversal Elimination Procedure'.***

***Behind This Is A Description Of How To Perform the
'Massive Reversal Elimination Procedure'.***

You must do this for every emotional issue that you're working on. That may seem like a lot of work up front, but the thing is that all issues are generally related. They usually have to do with a single main theme.

As a consequence, once you eliminate one massive reversal and psychological reversal, the whole house of cards will start to crumble down. You just have to find the tender string to touch, and once you eliminate that issue, you will notice an extremely liberating effect that will impact all other associated issues, and will probably even eliminate those automatically, without any additional effort required from your end.

So how do you find that tender string?

Let us tell you how...

Your tender strings are usually the very things that you get upset about. These are usually the things that other people do or say to you that trigger the heaviest emotional response within you (be it anger, guilt, resentment, or whatever).

Whenever you're inclined to immediately blame someone else or something else for something that people bring to your attention because of the heavy emotional response it invokes within you, you know you've found an important issue to work on.

Needless to say, these are the things within you that are pretty hard to face. But you need to face them and eliminate them. That's the road to freedom and to the life of your dreams.

So watch yourself closely. Watch when a tender string within you is touched, and apply the techniques on that issue. It'll be tough at first because of all the stress associated with it. But just release that stress (resistance, see next chapter), apply the belief change procedures, and watch your life change in ways so profound, they are hard to imagine!

5. *Resistance*

Like we mentioned:

If you're anything like most people, you live according to deeply engrained habits. Sometimes you like to change and consciously intend to change too, but you keep stuck in your old patterns.

So why do you get stuck?

This is partly because you're familiar with what you know. Fear of the unknown is a common thing that hampers people from developing in what they desire to be. They'd rather control every single aspect of the process. But as our books explain, you may control the what, but you can't control the how. You just act on the opportunities that are presented to you.

Anyway, another reason to stay where you are is to simply survive. After all, when you're going to do new stuff, you have to take chances. This can cause you to feel adverse emotions like fear.

Even though perhaps unconsciously, in such situations your mind can remember a similar situation in the past, maybe when you were hurt or disappointed. As a consequence, you may respond emotionally, not as much to the new situation, but more to the subconscious memory of the situation in the past. This memory may encourage you to pull back from the new situation.

In practice it may mean that you pull back from:

- Taking your actions on some new endeavour that you were inspired to undertake (like writing a book, for fear of the ridicule of other people, or other things you were inspired to do).
- Actually doing the very things necessary to get rid of this fear or adverse emotional feeling.

By pulling back, your conscious mind thinks you will avoid more pain, disappointment and suffering, even if the things you're pulling back from could have actually been the stepping stones towards a life that's much more as you desire it to be. You haven't changed anything, while you had the opportunity to make the changes you

wanted. You've sabotaged yourself, as a consequence of internally built up resistance.

You know, most people don't change, because the change doesn't fit their images of themselves, their beliefs of who they are.

Therefore, you might discard all possibilities to become more 'successful' (whatever that means to you) or to 'improve' your life, because you have a self-image of being some kind of failure, for whom "everything is always going wrong".

'Success' can't match with that self-image, so you sabotage every opportunity to grow into something more 'successful'. And so this last sabotaged attempt has become yet another failure, which in turn reinforces your self-image of being a failure. This is the 'downward spiral' or 'negative feedback' that we discuss in our books.

The basic emotional stress release technique that chapter 2 was about helps in this regard. It releases stress associated with the affirmations that you use. However, the stress that is released is mostly the superficial stress that is called up in the moment. Of course, the emotion mode of chapter 3 allows you to dig deeper. But still, the really deep, *programmed* stress is not released, or at least not in full.

This is where chapter 4 fits in.

But there's another issue that needs to be pointed out... You know, like we said, stress is pretty tricky, and when you're working on yourself, the stress may 'lure' you into fooling yourself.

Here's the thing...

When you're working on changing fundamental belief systems about yourself that you've been carrying with you for a long time and which have been caused by (usually) all kinds of negative experiences, there's going to be a lot of emotional distress associated with both releasing old beliefs and implanting new beliefs. This book has explained why.

The thing is that when stress turns up, you may be inclined to stop doing what you're doing. You may be inclined to stop applying the very techniques that can liberate you once and for all, simply because you're feeling stress and you want it to stop. It's a basic survival mechanism programmed into your body.

However, it is the very applying of the techniques that can eliminate the foundations for that stress forever, thus making sure the stress will never turn up again.

Therefore, the best thing you can do in those moments, is to instantly eliminate the superficial stress that is trying to 'lure' you into quitting on your entire effort.

This is where EFT can fit in. EFT is a method that is pre-eminently suitable to help you get rid of that kind of emotional debris, once and for all. This is because EFT works on the deeper, 'subtle' emotional levels of your body. By restoring balance over there, you take away the main source of negative subconscious programming, but simultaneously also the superficial stress that is blocking you from doing the things you need to do.

EFT can be applied anytime and anywhere, to almost instantly take away emotional distress.

Belief Change Procedure Summary

What you learned from this book and the videos by Paul Cutright is an extremely deep-digging and profound belief change procedure that can truly change your life in the most profound ways, if applied diligently and consistently.

Here are all consecutive steps listed once again, for your overview:

- 1. Watch yourself closely and identify the emotional issues that are prevailing in your life.**
- 2. Relate those issues to the associated beliefs that you are carrying.** Do this by asking yourself:

Why is this bothering me? Why do I get upset? What is it that I believe about myself, causing me to be bothered and upset by this?

- 3. Apply the belief change procedures on this issue as taught by Paul Cutright in his videos.**

Do this three times per day for a couple of days. Use both positive and 'double negative' truth focus statements.

Repeat after doing these for a couple of days, this time including the emotion mode.

- 4. Create your 'psychological reversal elimination statement' for the issue at hand.**

Perform the psychological reversal elimination procedure 3 times a day for a couple of days.

After a couple of days, perform the psychological reversal elimination procedure, while also including the emotion mode.

Keep doing this for 2-3 weeks.

- 5. After a couple of days of performing the previous step, include the massive reversal elimination procedure as well.**

Keep doing this for the remaining days for the 2-3 weeks.

(This means you'll do both the psychological reversal and massive reversal procedures on the days during those weeks. Do both 3 times per day.)

- 6. After the 2-3 weeks, repeat only the basic belief change procedures as taught by Paul Cutright, including the emotion mode.**

Do this for 2-3 more days.

What you're doing here is performing the basic belief change procedures once again, but now without having any psychological or massive reversals in place to block all your efforts.

You have basically cleared the way by going through the previous steps, in order to be able to implant your new belief now using Paul's techniques.

- 7. Repeat this whole process for each emotional issue that you identify.**
- 8. When bothered by resistance at any step of this process, apply EFT to release it.**
- 9. Watch your life change beyond belief.**

Conclusion

That's it!

We hope these techniques will help you change your life beyond measure.

The techniques are certainly extremely powerful. They work, that's one thing that's for sure.

Now it's up to you to apply them consistently, and to pick the right truth focus statements for you (both positive and 'double negative') to replace your current beliefs by new ones that are more conducive to your process towards your personal 'success'.

For this, you must watch yourself and watch when your body responds emotionally, and especially when the emotional response is heavy (like getting upset, angry, sad, etc.). That's when you've found a tender string, and probably one of your core issues.

Then just repeat the procedure. Doing this will allow you to take giant steps on your journey.

In order to get you on your way, we have included a separate e-book with a whole range of truth focus statements and associated 'reversal elimination statements'. These statements are specifically focused at resolving emotional issues and changing beliefs with regard to wealth, money, self-worth and self-sabotage.

These include statements that you'd probably not even think of yourself when you're trying to change your belief in these areas. Usually, changing your beliefs with regard to these subjects is a pretty delicate practice. So we thought it would be a good idea to give you a whole range of statements to dismantle all subtle subconscious programming, and implant new beliefs.

In this way, we think we'll have sent you well on your way! Next it's up to you to put everything into practice and make the changes.

We wish you all the best on your journey!

If you have any questions pertaining to these procedures, don't hesitate to send them to beliefchange@revolutioniz.com.

[And Click Here To Learn How To Get This Book's Complete Version](#)

Henk and Nicholas