

Primal Negative Beliefs



WHAT
CONSUMES
YOUR MIND,
CONTROLS
YOUR LIFE

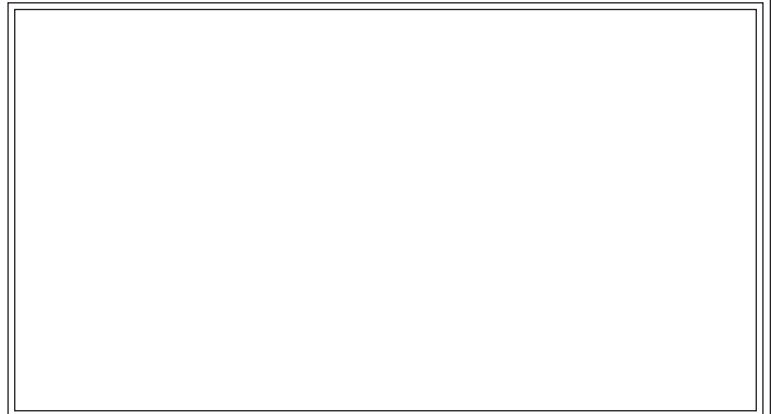
Michael Adamedes

INNER PEACE MASTERY

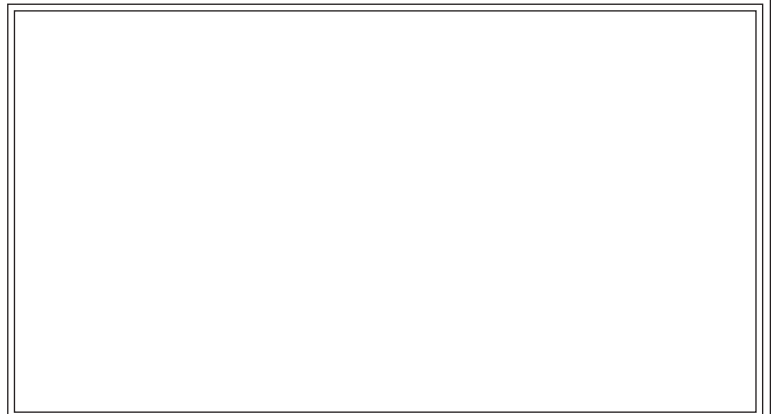
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The Three Fears of The Personality

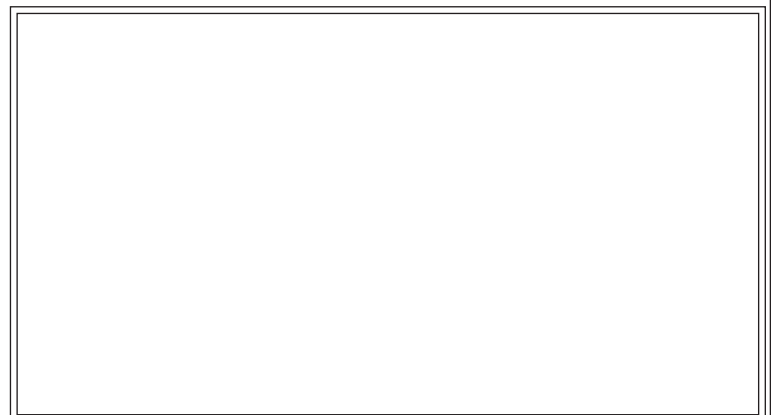
Unworthy →



Unsafe →



Alone →



Negative Primal Beliefs

1. A negative thought I have about myself is ...

2. I could be completely happy in life except for the thought that ...

3. The reason some people don't like me is because I am ...

4. The thing I don't like about other people is ...

5. The reason I don't like myself sometimes is because I am ...

6. The thing I most dislike or disliked about my father is ...

7. The thing I most dislike or disliked about my mother is ...

8. The most negative thought I have about myself is ...



My positive belief
(affirmation) is ...



Affirmations

Thoughts

Changing Thoughts:

"I don't have to believe every thought I think. I have a choice, I chose to believe the thoughts that empower me and others."

Stopping Thoughts:

*"I know nothing,
I make no decisions,
I forgot the question."*

Neutralising Thoughts:

"The belief that... no longer has any meaning to me. I let go and rise above that belief, to a time and place where I am free."

(from Quantum Dynamics)

Emotions

"I now no longer give my power away to my feelings."

"I am OK, even if I don't feel OK."

Love

"I accept myself even if I make a mistake."

"I accept myself just the way I am."

"I am kind and gentle with myself."

Power

"Because I am truly powerful I have nothing to protect."

"Because I am truly powerful, I can allow myself to be vulnerable."

"The more powerful I become, the more gentle I behave."

**"YOU HAVE THE POWER OVER YOUR MIND,
NOT OUTSIDE EVENTS.
REALISE THIS, AND YOU
WILL FIND STRENGTH"**

Marcus Aurelius