



New Seminar Series!

SELF-EMPOWERMENT SEMINAR SERIES

STARTING ON

21 AUGUST 2009

11am - 1pm

ONLY €5

GOAL SETTING

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Whether you have lost your job or you simply wish to review your life path and plan your future!

This is the 1st in a Series of Seminars you can't afford to miss!

For more information: contact Yvonne at 087-7641818

**or by mail at
yvonne.focusedsolutions.ie**

SPECIAL OFFER

**BOOK WITH A FRIEND
AND ONLY PAY €20**

**FUTURE SEMINAR TOPICS
INCLUDE:**

**STRESS MANAGEMENT
TIME MANAGEMENT
RELAXATION TECHNIQUES
HYPNOSIS & HOW IT CAN HELP**

August Events

8th August, 2009
Meet Your Guardian
Angel Course
15th/16th August, 2009
Reiki II - Practitioner
Course

22nd/23rd August, 2009
Reiki Master/Teacher
Level III Course

Links

- ◆ [Meditation CDs](#)
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**YOU
BODY LANGUAGE
IMPROVED COMMUNICATION
AND MANY MORE!**



What Beliefs do you Hold?

We are what we believe.

Affirmations, Happiness Affirmations help us convince ourselves to become who we aspire to be. Throughout our lives, we create and hold on to certain beliefs -

- about our capabilities,
- our behaviour and
- our identities.

These are generalisations we make about the world and principles by which we operate in it.

If we receive the message that we are likely/unlikely or able/unable to do something, our mind will **reinforce that belief**.

We will then focus on and notice more, those situations that fulfil this belief...thereby setting up a **self-fulfilling prophecy**.

Beliefs can be *limiting or empowering*. You need to **strengthen your empowering beliefs** and reduce or eliminate those that limit you in some way.

Whether you believe you can be happy, or believe you can't, you're probably right.

What are Limiting Beliefs?

Limiting beliefs are ones you hold on to that no longer serve you well. Once you recognise them you can change them or replace them with more empowering ones. Some beliefs will have come from childhood and may even have been handed down through generations. As a child you may have heard things like:

- 'he's such a miserable boy'

- 'all you ever do is moan'
- 'she doesn't have a sense of humour'
- 'we'll never be happy'

Others may have come from school, work or your relationships. If you hear something often enough you tend to believe it. Limiting beliefs usually fall into one of three categories, feelings of *worthlessness helplessness or hopelessness*. You may think that:

1. you don't deserve to be happy
2. that you can't possibly achieve it by or for yourself
3. that it's a waste of time because it never lasts

Take a moment NOW to think about what limiting beliefs you hold around being happy, or about being able to change your life.... A good way to do this is to think about the words and sayings you use yourself or those common to your family, friends, work colleagues and your partner. For example:

- I shall never be happy
- I can never change
- I don't know how to...tell jokes / be positive / laugh about it
- I've tried things like this before - they never work for me
- You can't teach an old dog new tricks
- You can't be happy without the money to do it
- It's alright for you, you have everything you want

'Do YOU really want to be happy?'

If your answer is 'YES' and you're willing to put in some effort, it is most certainly within your power and within your grasp.

Giving yourself positive, supportive messages can take as little as **a few minutes each day**.

It's got to be worth it, hasn't it? .