

Transforming Limiting Beliefs: A Four Step Multidimensional Approach

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Synopsis

In this session we will briefly review the conventional context of belief formation and then view beliefs from an energy-based perspective. Tiller's multidimensional model, which includes the physical, emotional, mental, and spiritual levels, and in which consciousness is primary, will be utilized. We will examine specific limiting beliefs associated with each of these levels, their dynamic interplay, their energy/information content, and their expression in thoughts, emotions and behaviors.

Participants will learn a protocol for identifying priority limiting beliefs associated with each of these levels and installing positive beliefs. The ethics and implications of this approach, and of positive belief choices, will be discussed.

Purpose

Beliefs play a significant role in social systems and in human interactions. They are a powerful factor in driving human cognition, emotion and behavior. As such, they represent an effective therapeutic opportunity for personal change and social transformation. In this interactive session we will utilize an energy-based, multidimensional approach to identifying limiting beliefs and installing positive beliefs.

William Tiller's multidimensional model will be used to explore and implement a psychoenergetic approach to working with beliefs. When properly implemented, this method may potentiate the effectiveness of installing positive beliefs and enhance their reliability over time. The theory behind this application will be fully delineated.

Tiller's model is reflected in ancient wisdom traditions, such as Chinese Medicine and the Eastern life sciences, to which energy psychology traces its roots. The model is widely used among researchers of subtle energy phenomena and serves as a foundational model for understanding the human within a larger energy-based framework, extending incrementally from the individual to the universal levels.

By utilizing a consciousness-based model and therapeutic approach to the belief process, participants can examine the role beliefs play in their own lives as well as their

application in clinical settings. The role of beliefs within the context of energy psychology will be highlighted. Experiential exercises will provide opportunities for participants to discover limiting beliefs and to “reprogram” them with positive beliefs.

This application of the Tillerian model presents an innovative approach that recognizes working holistically with the mind-body-energy-spirit system while accelerating and deepening healing. The hands-on segment, in particular, provides an immersive experience intended to inspire practitioners. It includes exercises designed to allow for the identification and transformation of limiting beliefs, and installation of positive beliefs, which can lead to expanded states of consciousness and more freedom.

Outline

- 1) Context for Understanding Beliefs
 - Definitional challenges
 - Distributed cognitive process
 - Conscious versus unconscious beliefs
 - Definition of beliefs
- 2) Intro to Tiller’s Multidimensional Model
 - The multiple planes
 - The energy bodies
 - The energetics of beliefs
- 3) The Four Step Process
 - Goal Setting
 - Energy follows intent
 - Guidelines for goal setting
 - Identifying limiting beliefs
 - Beliefs associated with the vital/physical body
 - Beliefs associated with the emotional body
 - Beliefs associated with the mental body
 - Beliefs associated with the spiritual body
 - Transforming the energy/information
 - The role of consciousness
 - Balancing the energies
 - Installing positive beliefs
 - Guidelines for positive beliefs
 - The energy constitution
 - Top down versus bottom up
- 4) Application
 - Demonstration of the four-step process
 - Hands-on practice

- 5) Discussion
 - Applications for clinicians and clients
 - Implications
 - Ethical considerations

Objectives

1. Participants will be able to name the four energy bodies
2. Participants will be able to identify the steps of the four-step process
3. Participants will be able to employ the four-step process in their lives and in therapeutic practice

Presenter Bio

Debra Greene, PhD, earned her doctorate from Ohio State University. She is an innovator in energy medicine, energy psychology and mind-body integration. Author of the acclaimed book, *Endless Energy: The Essential Guide to Energy Health*, she has lectured extensively, worked with thousands of clients, and taught hundreds of workshops. Visit her online: www.DebraGreene.com. Send her an email: debra@DebraGreene.com

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