

FAQs and Tips About the MindBeliefs Audio Courses

Here are three tips for the MindBeliefs Audio Courses



Designate a time to listen for 21 days or more to the audio recording. Change takes time and repetition.



Listen to the audio recording where and when you won't be interrupted and can relax in a comfortable position.



Change can be immediate, cumulative or retroactive, most often a combination.

What are the MindBeliefs audio courses?

The Mind Beliefs courses are a unique audio series created to support those who want to change their existing beliefs about themselves by tapping into the strength, imagination, and receptivity of the subconscious mind.

The audios combine four well-researched transformational strategies to support change - deep mental and physical relaxation, visualization, hypnosis, and affirmations or statements of truth. This unique combination lets you connect with the imaginative, receptive, feeling inner mind to install encouraging, supportive thoughts, beliefs, and behaviors.

Each course contains two versions. One version is a voice only and the other is a voice with soothing, cocooning music. It is found that some prefer the voice, and others prefer subtle, enveloping background music, so we offer both.

Nothing is needed except for an open mind and willingness to improve or better yourself and an uninterrupted time to listen with a comfortable place for your body to sit or recline. Though you may want to work on several concerns, it is highly recommended that you commit to listening to one MindBeliefs audio concern at a time.

What do the MindBeliefs audio courses do?

The Mind Beliefs deep relaxation audios work on change at the subconscious level. This level is where inherited beliefs and negative labels and stories we tell ourselves are created and held.

The courses help rewire and retrain your mind by introducing positive messages, new thoughts, and behaviors while you are deeply relaxed and in a suggestive state.

How does the audio course change my beliefs about a concern?

The series was developed with the scientific knowledge that our beliefs and memories are in our subconscious or feeling mind and continually grow, change, and transform. This continuous growth process is called neuroplasticity.

The mind has the ability to reboot and change our thought by developing new neural pathways or 'highways'. Anytime we learn something new, these highways are rebuilt through frequent use and reinforced through repetition of thought or action, and unused thoughts are pruned away.

Changing behavior can be challenging with the active, logical mind as it uses logic, organization, and structure to work and is often highly resistant to new ideas that potentially threaten its logic.

The subconscious part of our mind is receptive to change as the resistance to change in the logical, active-thinking mind is bypassed. In a state of mind of deep relaxation that accesses the subconscious mind, ideas that no longer work can be released, and the mind is open to accepting suggestions that benefit our well-being.

There are a few ways to intentionally enter this emotional subconscious part of our mind - deep relaxation, meditation, or hypnosis. This part of our mind is highly imaginative, emotional, and creative and has no capacity to think, only to feel.

We unintentionally enter this deep relaxing state naturally and several times per day. It's why we call sitting in front of the TV, "zoning out". It feels great, and we no longer have to think. That's the reason commercials are so enticing. They use the relaxation and zoning out part of our mind that is open and receptive to suggest the need for something, and we're more likely to respond. Other times we access the subconscious is while daydreaming, driving the same route where we no longer need to actively think, and the time between being awake and falling asleep.

These audios use this zoning, relaxed part of our mind to easily and effortlessly invite change.

What is happening while I'm listening?

The Mind Belief audios are to be listened to when you can fully relax, will not be interrupted, and can close your eyes. Because of the nature of these audios, **they are not to be used while driving or operating machinery.**

As you gently recline and close your eyes, each audio walks you down a set of steps to relax the mental monkey mind, and with each step, suggestions are given to relax a different part of the body and slow down breathing. Once entered into a relaxed mental and physical state, you're able to connect with the inner part of you known as the subconscious, the part of our mind that houses our emotions and feelings and is receptive to new thoughts.

One of the rules of the human mind is that our emotions and feelings always rule out logic. Essentially, we follow our feelings even if it's against logic. Logic resides in the active, busy mind and can be resistant to change. The subconscious mind is all feeling, and open to new ways of doing things by bypassing the logical mind.

As you're in this deeply, enjoyable, and relaxed frame of mind, the concern is visited and reasons are given as to what the concern looks like and what this issue is costing you and holding you back. At this point, it is suggested that you release and release the limited beliefs. The mind is then prepared to listen to and accept, if it so desires, upgraded positive thoughts surrounding the chosen issue.

What if I fall asleep during the recordings?

Depending upon how relaxed you become while listening to the recording, you may nod off. This is completely natural and nothing to be concerned about. Although it might feel as if nothing has happened and you can't recall what was being said, your subconscious, imaginative mind is open while you're lightly sleeping and listening to the audio.

If you find yourself falling asleep and would like to stay more present, listen in a seated position in a chair or a lightly reclined position. You can also try a different time of day. During the evenings when we're naturally less active and a bit sleepy may not be the best time for you to listen. Perhaps the morning when your mind is more active and less sleepy might be better time for you.

What type of ideas will I be hearing?

Our minds learn through repetition and reinforcement. Positive, motivating, and uplifting suggestions and thoughts of new behavior are repeated in several different ways throughout a 15-20 minute period of each audio. The thoughts are inspirational, motivational, and affirmational and feed the mind positive, new beliefs and behaviors surrounding the issue. These new thoughts are powerful. Our subconscious mind loves to hear these positive thoughts and is willing to accept them.

Finally, you're led through a short visualization as you see and feel yourself being a person without the issue. This is empowering as you place yourself in the scene of your making. Your

mind only knows what you tell it, and while you're in this deep relaxing state, it intensely imagines the new you, easily able to handle and overcome the issue.

How will I know it's working?

As the mind learns by repetition and reinforcement of a new idea, it is recommended that the **audio be listened to for at least 21 days**. This provides time for new ideas to be integrated into the mind, new neural pathways to be built, and old pathways to become disused.

The transformational magic of new positive thoughts that influence how you think and act can be immediate, cumulative, or retroactive. Most people have a combination of the three. You'll likely feel lighter, more excited, and brighter after listening to the audio. As you continue listening for the minimum recommended 21 days, you'll soon realize that you are responding differently to the issue than you used to.

This transitional period is called cumulative and happens as the mind is building out the new neural positive belief pathway and the negative, non-productive pathway isn't getting used as frequently. And finally, after the neural pathway is complete, the new upgraded thoughts become part of you, part of your personality, and you'll look back and realize that you no longer have the issue because you now think differently about it. This is the final retroactive stage.

Can I use these if I am working with a life coach or social worker?

Absolutely! If you are working with a life coach or social worker, the MindBeliefs audios are a particularly effective tool to enhance and speed up the change process as these audios help transform the subconscious while coaching and talk therapy use the conscious thinking mind. Together, whatever you're working on with your life coach can be done quicker and easier as the MindBeliefs work on the issue from "behind the scenes" and the coach helps you address the issue through reflection, awareness, and adapting to new ideas.

And, if you really want to change quickly, consider purchasing the corresponding [Mind Truths](#) audio courses. The [Mind Truths](#) audios use the transformational affirmations stated in the MindBeliefs audios but work with the conscious mind. Those audios can be used while awake - exercising, walking, or doing chores. The [MindTruths](#) can be used separately, though used with the MindBelief audios can bring about quick, easy, and effortless change. The more you listen to either or both, the more you feed your mind great thoughts, and the quicker the new neural pathways can be formed.

Is this right for me?

If you are looking to transform the way you think about things and eliminate or significantly decrease inherited or personal beliefs around a situation or concern, then this transformational, deep, relaxation is perfect for you.

How do I Gain Access to the Audio?

The access details will be emailed to the email address you provided immediately after purchase. At that point, the audios can be downloaded as an MP3 file or listened to online. Please allow at least 10 minutes to receive the audio in your email.

If you have any additional questions, please let us know by emailing us at info@masterjoyandsuccess.com. We'll answer your questions as quickly as we're able to.