

Chapter 2: “Shift Your Beliefs with the Rubber Band/Tapping Method”



Step 1: Shift the Thought

The moment you catch a limiting belief creeping in, interrupt it immediately:

Action: Lightly snap the rubber band on your wrist or tap your wrist/arm. This creates a quick break in your thought pattern, stopping the belief before it takes root.

Why it works: Your brain responds to physical stimuli. By disrupting the old thought, you give yourself a split second to regain control over what you want to believe.



Step 2: Shift to the New Thought (Consciously Reprogram)

Once the pattern is interrupted, replace the limiting belief with a new, empowering one:

Action: Choose the thought you want to believe and consciously repeat it. Whether you say it out loud or repeat it in your mind, focus on this new belief as your truth. Example: If the old belief was “I’m not enough,” replace it with “I am worthy of everything I desire.”

Why it works: Repeating new beliefs creates new neural pathways in your brain, reinforcing the positive story you’re building. Thoughts are words, even if unspoken, and words shape our reality.



Step 3: Attach the Emotion (Feel into the New Belief)

Now that you’ve introduced a new belief, it’s crucial to feel the emotion that aligns with it:

Action: Close your eyes and imagine what it feels like for this new belief to be true. If you’ve told yourself “I am worthy,” what does that feel like in your body? Confidence? Calm? Excitement? Let yourself fully experience this emotion for a few moments, pairing it with your new thought.

Why it works: Emotions are the bridge between your thoughts and your reality. When you attach a powerful emotion to your new belief, it helps solidify the shift in your subconscious, making it more likely to take hold.



Step 4: Anchor the Belief with Physical Action

Lock the new belief into place by adding a physical action that reinforces it:

Action: After feeling the emotion, perform a simple action to anchor it in your body. Stand tall, take a deep breath, smile, or even stretch. Your body and mind are connected, and physical actions signal that the new belief is real and alive in you.

Why it works: Combining the mental and physical creates a stronger neural connection, helping the new belief stick.



Step 5: Visualize with Meditation (Creating from Zero)

Visualization helps you create from nothing, shaping the new belief into a lived experience:

Action: In meditation, spend time visualizing yourself living this new belief. Close your eyes and see your future self embodying this belief. Imagine the actions, the success, the confidence—whatever it is that aligns with your new thought. Feel the emotions as vividly as possible.

Why it works: The subconscious can’t tell the difference between what’s real and imagined. By visualizing the new belief in meditation, you reinforce it as your reality. You are creating your new experience from zero.



Step 6: Reinforce with Subliminal Messages (Reprogramming the Subconscious)

The real magic happens in your subconscious, the part of your mind that runs your beliefs on autopilot. Subliminal messaging is an easy way to reprogram it while you sleep:

Action: Listen to subliminal audio recordings that align with the new beliefs you’re working on. Whether it’s “I am worthy” or “I attract abundance,” find subliminal that speak to your specific shift. Play them while you sleep or during relaxation.

Why it works: Your subconscious mind is constantly running in the background, making it the key to long-term change. Subliminal messages are designed to bypass the conscious mind, planting new beliefs deep in the subconscious without resistance.