

EDITED FOR TMM SPECIALIST CERTIFICATE PROGRAM

## Chapter 11

### Step 3b of The Monarch Method™

#### Imprinting New Beliefs

Now that you have clarified both your outdated and your new core\_belief, it's time to imprint the new core belief until it overrides the old one. This is a straightforward cognitive process that requires commitment and repetition.

Every time a behavior, feeling, or thought related to an old core belief occurs, simply acknowledge its presence and put it on the shelf behind you (or the out-of-sight place you created). Then, begin repeating (silently or aloud) the new core belief, until you naturally move on to the next moment or activity. In the beginning, it isn't unusual to miss noticing the outdated belief's feeling, thought, or behavior until well after it has occurred. That's okay, it is important to repeat the new core belief regardless of how long after triggering of the old core belief has occurred. With repetition and being conscious, you will quickly advance to noticing the outdated core belief being triggered while it is happening and then even prior to it happening.

*For example, when Derek finds himself taking on too many new tasks at once (one form of creating chaos), he stops and acknowledges this unwanted behavior and connects it to his outdated core belief. He then puts his outdated core belief, along with the unwanted behaviors, out-of-sight, without self-recrimination or judgement. He then begins reciting the new core belief until he naturally moves onto the next thought or activity (seconds or minutes).*

In the beginning, this process may take place numerous times a day. With consistency, you will find yourself having to practice it less and less as your new core belief becomes the new normal. As mentioned before, this is both a mental (science) and a conceptual (spiritual) process. Physiologically, repetition is required for your cognitive patterns and neuropathways to shift permanently. Similar to learning or memorizing a new word, repetition is what makes it stick. Conceptually, the process becomes an energetic one when your emotional buy-in to the new core belief becomes heartfelt along with embracing the energy of your new point of power and self-perspective. Remember, once the new core belief is established, new behaviors, feelings, and thoughts will organically arise from the new core belief. There's no need to force or create them. *Record your observations in your Journal.*

Throughout this process, it is important for you to recognize that change and growth arise most successfully from honoring yourself. The most essential form of self-honor is self-love. Self-love doesn't mean allowing your ego to take over, placing yourself above others. This is not a more-than/ less-than concept. Nor is self-love selfish. It is self-

valuing. Self-love is recognizing your Self as a being whose essence and emotional core loving and powerful.

The key to thriving and walking the path to creating and living a whole, self-governed, bliss-filled life begins with love – loving first your Self, then the life and opportunities around you. Too often we are conditioned to diminish the importance of self-value. It's because you exist that you are worthy, enough, deserving, powerful and so much more.