

# The Power of Belief

## Key Points:

**Henry Ford** – “Whether you think you can, or you think you can't--you're right.”

**Our Thoughts Affect Our Environment** – Ancient eastern texts explain that our thoughts profoundly affect our environment in 3000 different ways at every moment of our lives. What we think and believe moulds our reality and what we experience.

**The World's Major Problems** – All of the world's major problems are created by large numbers of people thinking and believing things that are harmful to humanity and the environment.

**Works on 2 Levels** – Our thoughts and beliefs create our actions and our actions create effects in our environment. Our beliefs in and of themselves are also potent and if they are fuelled by emotion they actually create physical events and experiences for us.

**Energy Spinner Device** – Thought directed in a focussed way can move physical objects. The energy spinner is made from metal foil and is cross shaped. The 4 legs of the spinner are bent down at 45 degree angles and an indentation is made (using a pencil tip) in the very centre of the device. When balanced on a pin, with practice it is possible to make it spin clockwise and anticlockwise and even make it stop....simply through focussed intention.

## Summary:

We need to take full responsibility for our beliefs as they affect our environment and what happens to us. We need to check to see if what we currently believe about ourselves and life itself is accurate or needs to be modified. We limit ourselves or empower ourselves according to our beliefs.