

Magnetic Mantras

Step 1: Identify the belief

From the work you did earlier on your beliefs, pick ONE that you want to work on and you're ready for step 2.

Step 2: Tune into and Rate it

This step is about connecting to your belief so that you get a sense of how it affects you in your mind and your body. Just like in the Head Trash Clearance Method, I want you to tune into it and rate it out of 10.

Step 3: Get into position and clear it!

Clearing your beliefs using the **Magnetic Mantras** requires you to be doing three things *simultaneously*;

1. You need to be *thinking* of the belief you want to work on
2. Swiping the magnet
3. Your mind to working through a psychological framework, in this case, the *magnetic mantras*.

The Magnetic Mantras

____ [*Your limiting belief*]

I agree that ____

I think that ____

I accept that ____

I believe that ____

I acknowledge that ____

I know that ____

I disagree that ____

I doubt that ____

I reject that ____

I disbelieve that ____

I deny that ____

I refute that ____

Everyone thinks that ____

No-one thinks that ____

Here are some acronyms to help you to remember the words we're using

ATABAK - I picked this because it's the word for a large Brazilian drum that I used to use when I played capoeira - a Brazilian martial art!

DDR DDR - Not really an acronym but easy to remember.

The truth is there are plenty of other words we could be using but we can go on for ever and we need to pick those that will have the most impact with our clients. So listen out to the words that they use and focus on incorporating those in your mantras.

Here's an example using the belief "I am rubbish"

I am rubbish

I agree that I am rubbish

I think that I am rubbish

I accept that I am rubbish

I believe that I am rubbish

I acknowledge that I am rubbish

I know that I am rubbish

I disagree that I am rubbish

I doubt that I am rubbish

I reject that I am rubbish

I disbelieve that I am rubbish

I deny that I am rubbish

I refute that I am rubbish

Everyone thinks that I am rubbish

No-one thinks that I am rubbish

Step 4: Rate it. Review it.

Once you've done the clearance work and been through all of the mantras, it's time to check in to see how you've done.

Now we revisit Step 2 to connect back to the belief you just worked on to see what you notice in your mind and body now.

As before, you need to ask questions like

- Do you notice any tightness, pressure or tension anywhere?
- What is your breathing like? Fast or slow?
- What do you notice in your mind? Videos? Images?

- Can you hear any sounds or voices in your head?

Ask for a rating of how intense it all this feels out of 10.

Step 5: Clear the opposite

Now it's time to work on the *opposite* of the belief, so all you need to do is flip it.

In the example above, "I am rubbish" would become something like "I am awesome". It's important to state the belief in the positive, that is to say, without using the word "not" or "don't". So avoid something like "I am not rubbish" and instead try something like "I am amazing".

Once you've identified the opposite of your belief (step 1) you need to go back to step 2 and repeat the clearance process.

Quick recap

Step 1 - Identify the belief you want to weaken

Step 2 - Tune into it and rate it

Step 3 - Clear it

Step 4 - Rate it and review it

Step 5 - Clear its opposite