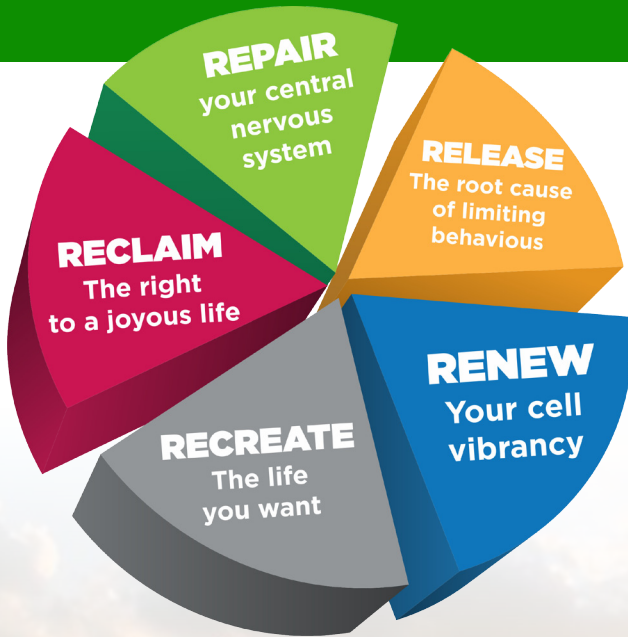


# RELEASING Your Underlying Beliefs

Workbook



**Step 2 of the**  
**“From Stress to Success Model”**

Powered by  
Stress Resolution Techniques ©

**Celine Healy**





# Introduction

If you are stressed out in any way, have no energy, keep repeating patterns of behaviour that are no longer useful or productive, if you are not achieving the success you truly desire, if you find yourself going round, and round in circles, having some success, then fail, gain more success, then go deeper into failure, and still not found the solution, then this RELEASE segment of the “From Stress to Success Model” is for you.

## **Literally this RELEASE segment will:**

- help you turn off the failure mechanism permanently
- erase underlying beliefs and negative patterns of behaviour
- eliminate what has been holding you back
- break through to new levels of uninhibited success
- stop and prevent repeated failures
- increase your overall IQ and happiness quotient
- release all of these patterns easily, effortlessly and permanently
- achieve goals and stay focused
- find out you true goals which will then align with your new inner peace
- destroying the blocks once and for all
- stop any bitterness, rage, anger or resentment or hatred that constantly drain your energy and which keep you in a negative state of vibration
- how to fill your life with love, joy and peace daily
- remove unnecessary, unproductive and damaging stress from your life for good
- and much, much more!

This topic is not about strategy, goal-setting, taking action or taking other conscious actions and instigating enormous amounts of will power in order to get back to the happy and successful you that has been buried deep down inside. It's not about forcing yourself or exhausting yourself, trying harder and harder to achieve results. No. This is about eliminating those failure mechanisms through a process you will complete with your coach, without even trying. How good is that?

The point is, that as long as you have locked within your system, the self-sabotaging patterns of behaviour and negative beliefs, your subconscious mind will always find the easiest and most ingenious way to maintain the status quo.



It will keep dragging you back to the position of least resistance, and generally, that is one of failure and self-sabotage.

So, until you find, destroy and remove all traces of your failure mechanisms, all the success programming you might have been doing and positive affirmations and goal-setting you have completed, will be stuck behind a raging river, waiting to be released.

When that raging river has been released you will be free to pursue your goals, free to create and design your life, free to decide, who and what you want to be, how you want to live, a new, more successful version of you, on every level.

So, what you will be getting in this section is an easy way for you to move forward. Once you identify the major stressful events in your life and recognise these limiting patterns, with the help of your coach, then articulate where you want to be, and how you would prefer to feel, this will give you and your subconscious, a map of where you are heading. In this way your SC will then accept what you want more easily.

**In the first session,** you will begin to start cracking open the layers that have blocked you from success and you will start to feel happier, apparently for no reason.

**In session two,** you will break open the hidden underlying negative beliefs and patterns of behaviour and remove permanently what has been weighing you down for so many years.

**In session three,** you will tidy up any remaining issues that have been buried deep down at the cellular level and remove them permanently. You will be well on the way to being able to set meaningful goals, and achieving them more easily. The wheels will be turning faster and faster towards your success.

### **After that you will be completely transformed!**

You will look different. You will feel different.

You won't recognise yourself because you will have changed your underlying programming.

You will be empowered!

You will be free!

You will be driven to achieve the success you truly desire without any of the self-limiting beliefs or negative patterns that have been holding you back.

This topic on RELEASE of your limiting beliefs and behaviours, will be dealt with from the following perspectives:



- a. Why this topic is important?
- b. What it is?
- c. An overview of the "From Stress to Success Model"
- d. How do we do the RELEASE procedure?
- e. What else - questions often asked about this topic?

## a. Why the topic of RELEASE of your limiting underlying beliefs and behaviours is important?

There are many people around the globe who have been on a quest to set and achieve their goals. Why? Because some aspect of goal-setting appeared to elude them. The purveyors of these courses told the participants, the students, that their problem was either that they were not really clear about what they wanted to achieve, or the goals were not stated in a "SMART" fashion. Hence blaming the participants!



Consequently, many more course evolved that specifically dealt with goal-setting. ("SMART" = specific, measurable, actionable, realistic and timely goals.)

Now, I agree that courses need to have outcome attached, either for the course facilitator, or the participant. The participant needs to feel that they have achieved something by attending the course. Otherwise how could the facilitator know if the objectives had been achieved? The problem for the participant, appears to be, that once time had elapsed, post-course, generally three or four weeks later, the resolve had diminished and they were left pretty much in the same position as they were, prior to attending the course. No goals set! No goals anywhere near being achieved!

There was a period of time around mid- two thousand, when there was great hype from the alternate literature, which especially came to light around the time of the release of "The Secret." This "secret" certainly remained so for many





people, because it indicated that all you had to do was increase your vibration, think positive thoughts and the results you wanted will race towards you at great speed. This would happen because your attractiveness had increased. So you could imagine great numbers of people lined up outside their favourite Tiffany's store drooling over the diamond bracelet that they desired, and who, whilst there, were sending positive thoughts through the window, so that their wish would be granted. The unfortunate thing was that "The Secret", and many other publications managed to dupe their readers because they had left out the key ingredients to that "secret". Our goal is to help you understand what that "secret" to success is all about.

Prior to that people had been attending courses, seminars and webinars to find "the" magic pill or cure that would finally give them the answers as to what has been stopping them from achieving their goals. The beauty about these courses is that there are so many of them, that eventually you are bound to find something that will work for you! However, is that the way you want to go anymore? Wasting time and money testing various theories without ever truly coming to an end result?

I remember, years ago, reading a well-known motivational/alternate author's work. He espoused that his seven step model was the way to go. Meanwhile throughout the book he mentioned, off-hand, that he had been attending therapy for the past twenty years. Some of the therapies involved: massage, hypnotherapy, counselling and other odds and sods. The point of this story is that it was NOT the 7 Step Model that was going to achieve the reader's success! It was that **they really needed to DO some kind of therapy**, and then launch into the seven steps! Unfortunately, this still goes on to some extent and the buyer needs to beware.

The new healing modalities are all based on energy transformation of some kind. Interestingly, since the time of "the Secret", there have been several scientists who converted to this new way of approaching healing/life. And vice versa. Many spiritual people have turned to science to explain this "new phenomena". The "new phenomena" states, that we are all made from the same "stuff," and this "stuff" is energy. We are all connected at our core and everyone is a reflection of each other, our "Source."

Ancient Chinese and Indian spirituality and religion had been espousing that for centuries. However, they did not have the wherewithal to test and measure these phenomena and be able to explain it in scientific principles. So, inevitably, scientists, and the population at large, tended to dismiss such claims, and in general only those who were "spiritually enlightened" were accepted as being on the right path to awareness and enlightenment, and hence welcomed into these communities. For our intents and purposes in informing you of this "shift in the healing paradigm", the overall objective is to give you some background of where this RELEASE segment of the "From to Success Model" fits in. It is not all woo, woo and smoke and mirrors. The methodology behind this approach to RELEASE is both from and energy, and a scientific perspective.



When you have well-known scientists and others converting to more energy or healing modalities, or a spiritual or enlightened way of life such as: Dr David Hawkins, Dr Bruce Lipton, Barbara Brennan, Gregg Bragg, Deepak Chopra and many others, you know there must be something of interest in looking at problem-solving from this different perspective. That perhaps there is something in this new way of thinking and being, and perhaps we had better examine these new learnings.

It is accepted in this literature that we have all evolved from the same source and that because of the study of Quantum Physics, we are all masses of energy. Since this is the case, then theoretically, when one person does something, it will inevitably affect many more people than just themselves, like a ripple effect.

In gene research and theory, it was stated that you are the product of your parents and their ancestors and that unfortunately you could do nothing about that. Genes determined your life patterns and hence your destiny.

Recent research has indicated that this is now not so. Because of the influence of energy theory/Quantum Physics, it has been found that your cells are influenced by the environmental signals which are picked up at the membrane level of each cell. The energy surrounding the cell captures vital information.

Each cell has hundreds of thousands of receptors, each with a specific job, to collect information relevant to that particular cell, and hence interpret that information and send it to the cell so that the cell can react accordingly. It has been found that cells are really a collection of energy and that energy is the mode of transport of the information across the cell membrane to the inside cell.

What this means is that environmental signals affect the functioning of each cell and hence your biology. It has also been found that part of that environmental signal or information is being transmitted by our thoughts.

**Our thoughts are affecting the functioning of our cells.** This means that because energy cannot be destroyed, everything that you have thought, perceived or felt, has been encoded in your cells at a memory level.

**Our memories are stored as energy in pictures, within our cells,** within our cell membranes, and via cell receptors. One of the pioneers of this type of research, Dr Bruce Lipton has stated:

## b. What is RELEASE all about?



**The RELEASE Section deals with all of the traumas in your life.**



These traumas could be small issues such as feeling insecure, right through to large traumas such as PTSD. Each person is affected by stress differently. A stressful event and the interpretation you place on that event can be very traumatic. These traumas have generally affected us since childhood. We make decisions about how to survive in our environment based on those beliefs.

Some of these decisions lead to inappropriate behaviours and patterns of response because they are based on a false premise. Some of our beliefs are inaccurate and cause us to behave in ways that may not be beneficial in later life. You keep repeating patterns of behaviour. If you are stressed in any way, you are operating from these beliefs.

**The key to a successful adult life is to be able to RELEASE permanently those things that are holding us back. RELEASE of these obstacles turbo charges the results** that you want to achieve in any area of your life.

**The RELEASE section of my Model** addresses these unconscious beliefs and patterns so that they are permanently eliminated from your life.

From the discussion above you can see that you need to be able to have some understanding of how the conscious and subconscious minds work. From the above we know that our negative beliefs and behaviours have been programmed at a very early age when we took on the opinions, beliefs and perceptions of others. **Some of these beliefs were wrong, and most were not useful for growth**

**It is not possible to achieve lasting success until, and unless, you deal with these underlying issues!**



So, what this model is about, the “From Stress to Success Model”, is taking the 5 steps over the next year or so, and dealing with what needs to be resolved once and for all, by actually changing your outlook, physically, mentally, emotionally and spiritually.

Once your body is healed you need to keep your vibration and vitality high. Once you have clarified who you are at a deep level, and know who you are, your true identity, you will, and only then, be able to be very clear about what you want to achieve, because you will know yourself better than you have ever done previously.

You will know your innate skills, talents and abilities.

You will know your path and your purpose.

You will then be in total flow and will be able to manifest things that you truly desire, easily and effortlessly.





# The “From Stress to Success Model”

An outline of these 5 steps is:

- 1. REPAIR** – where we retrain your autonomic nervous system, we heal your heart and we REPAIR your physiology.
- 2. RELEASE** – where we help you release the major underlying issues affecting your failure/success mechanisms, once and for all.
- 3. RENEW** – where we activate your cellular activity such that you will increase vitality, and help change your body/mind to a permanent positive vibration.
- 4. RECREATE** – where we help you understand who you are at a very deep level, your innate skills, talents and abilities, help you to know your path and your purpose, and
- 5. RECLAIM** – where we help you reclaim your birthright which is success on any level. Only at this final level will you be truly clear about who you are and what you really want. You will then be able to set goals easily and effortlessly, and the results will race towards you at great speed.

You will be in FLOW.

**So, that is where we are heading, one step at a time. To total FLOW.**

Repair is the first step and because of all of the stress we experience on a daily basis: the noise, the thoughts, the patterns of behaviour, the environmental toxins, the negative energy we pick up from others, the food we eat and all of the toxins we breathe or consume, everyone will need to REPAIR their physiology at some time, in order to be truly healthy and happy.

**The effects of stress are cumulative,** storing, one issue at a time, one noise at a time, or one sign of impatience at a time, until you suddenly notice that your energy is drained and you cannot get restful or restorative sleep. So, it is important here that you be honest in your appraisal of what you are feeling and what you do, when these subtle feelings are occurring.

Do you secretly put yourself down? Do you go to the pantry and fill yourself with sugary things? Do you reach for the cigarettes or the alcohol in order to stuff those feelings back down? Or. Do you take other actions that self-punish or self-harm?



## d. How do you go about **RELEASING** underlying issues?

**So, how do you do that?**

Let me explain by way of example.

Say, you have had a stake lodged in your chest for a very long time. This distraction causes you to change your physiology, your thoughts and your behaviour in order to work around this obstacle.

The stake will have caused a hole as it forces its way into your body. Your muscles, tissues and bones have adjusted in order to make room for this stake. You may have created soreness and infection around the stake. It has been affecting your various body systems for years. You change how you live because of this intrusion.

The stake has been running how you “do” life for years.



**So, if you take out the stake what is left?**

A hole that needs to be filled with new information.  
Muscles, tissues, bones and organs that need to heal.  
Soreness or infection that needs to heal.  
You will have eliminated the CAUSE of your problems –  
your underlying negative beliefs

Taking out the stake is like bursting the boil.  
You cannot heal unless, and until, you release the gunk.  
When all of the gunk comes out, you are left with the remains of the wound,  
which also needs to be healed or repaired.

**If you do not RELEASE the gunk, the stake,** you will never be stress-free and you will continue to repeat various patterns of behaviour.

So, what we are doing here is zoning in and destroying the negative cellular memories to take out the charge over those memories. The process of how to do



that is similar for each person. However, what each person does to each memory to destroy it forever, remains personal and individual.

My early childhood interpretations and hence perceptions or beliefs, led to a life of perpetual struggle to find what I lacked, or to overcome my inadequacies. During my lifetimes I have attend so many motivational, success, goal-setting type courses, life purpose and life path and other spiritual courses that, not only was I left confused, bruised and wounded, sometimes I was left in a much worse state than I was before attending the course.

So, really, what this RELEASE segment is all about is finally gaining some successes and some wins and being able to move forward knowing that your primary underlying issues have been dealt with permanently, and that after that, you will be doing what you can to keep your vibration high to move to the next level of wellness.

Wellness is a maintenance course throughout life. You can make significant strides towards overall wellness when you make a decision that this is the year that you will take charge and do whatever it takes to achieve that level of control over your life once more.

So, if you are still nowhere close to where you would like to be, despite tying dozens of success-training and motivational courses, then this work is for you! As I said at the beginning, this is not an intellectual exercise. This model of wellness is about you actually physically DOING what needs to be done, one step at a time.

## Examples of stress:

If you are **struggling to achieve** what you want, you are stressed out.

If you are **straining to get** things done in a timely manner, you are stressed out.

If you **feel stuck** in any way and are not able to move ahead even though you have applied enormous amounts of will power, you are stressed out.

If you **are in pain**, physically, mentally, emotionally or spiritually, you are stressed out.

If you **feel tension** in any part of your body, you are stressed out.

If you **feel lack of any kind**, lack of approval, lack of money, lack of love etc., you are stressed out.

So, if you want to continue down those paths, and maintain these states, then this work is not for you.

As I mentioned earlier, no amount of positive affirmations on a conscious level, can change your subconscious mind of its thoughts and habits, if that conscious desire, is in conflict with what your subconscious believes to be true.

Witness those people who stand in front of a mirror and say: 'You are slim and beautiful', when they know they are fat and look less than beautiful! It just won't



## In Summary:

The three things that I want you to remember are:

1. You will never be truly successful until you release your core underlying negative beliefs,
2. These underlying beliefs can cause illness and disease because they are “stuck” in your cellular memory, and
3. Releasing these failure mechanisms – the negative beliefs, once and for all will guarantee you a more successful life!

**If you do not take action now** your negative patterns of behaviour will continue to keep you down.

### When you do take action:

You will be choosing a life full of success.

You will be back in control of your life and

You will be more resilient, have greater energy, and be able to make better decisions.

## I guarantee you will feel different after these sessions!

Once the RELEASE procedure has been undertaken, which is the three personal coaching sessions, which combine: some hypnosis, relaxation and guided imagery, as I mentioned earlier, you will be asked to write your observations as they happen, to record your successes, as well as listening to the tapes several times per week for a few weeks, until the new behaviour has been imbedded. You can feel instantly better within 90 minutes! However, for lasting change, follow along with the requirements of this workbook to gain maximum benefit.





## Common questions:

1. If we only deal with a few major issues in a session will those other remaining issues, also be able to be released, even though they were not addressed specifically?

**Answer:** Yes. What happens is that when you are asked to articulate the events in your life that you remember as most prominent, and which still have a charge on them, you will find that several of them have a common theme and this means that you are repeating an emotion over and over. Because of this we can deal with those related issues at the same time, by dealing with the major issue first.

2. What if I don't believe that it will work for me?

**Answer:** What we ask the clients to do at the beginning is to make a commitment that they want to get better and live a different life from what they have been experiencing so far. Once that commitment has been made both your conscious and subconscious minds, will rally together to bring you the results you desire. We ask you to allow for the possibility that it will work for you and leave it up to your body/mind to make that happen for you.

3. When you are doing the hypnosis part of the procedure, will you be asking my subconscious to do silly things like they have on those television shows?

**Answer:** No. Those shows are purely for show and because there is a \$250,000 reward for being the silliest, it is these contestants' interests to act as silly as they can. The other part of this, is that your subconscious will not let you do anything that goes against what it believes to be in your best interests. You will only do what you want to do and no more!

4. Will I be able to achieve my goals after I have released these hidden underlying negative beliefs and issues that have been holding me back?

**Answer:** Yes. Because your subconscious mind will have relinquished those perceptions that have been holding you back, what you desire on a conscious level will now be in accord with how you feel on a subconscious level. Hence, when you are truly aligned after this process, you will find that you will be able to achieve things that you desire more easily and more effortlessly.



## 5. Is there anything else I need to be doing after I do the RELEASE work?

**Answer:** Most definitely. If you have not completed the REPAIR section of this model of wellness: “From Stress to Success”, you would be well advised to do this as it will enable you to REPAIR your physiology, help you increase your energy, help you sleep better, help you increase your base line resilience to stress of any kind and it will help you gain more control over your life, because you will be more present, and hence more aware. You can only be truly successful when you are fully present!

Remember the story at the beginning about the stake. The stake represents your underlying beliefs. You may have had the stake lodged in your chest for a lifetime and you have altered your physiology, your biology, and your mental, and emotional life, to make allowances for this stake. You have altered your patterns of behaviour, and you have changed your responses to cope with this stake.

## 6. When you release the stake what will be left?

**Answer:** There will be a giant hole that needs filling up with nourishment and nurturing. There will probably be soreness and infection around the hole that need to be attended to. You may need physiotherapy of some kind in order to get the muscles, tissues and organs to get back into place and operate more effectively, according to this new way of life. So, really, what that means is that you need to REPAIR your physiology in some way. And that is what we do in the first segment of this model, we REPAIR your physiology so that you can adapt to a new way of being, a stress-free way of being.



## Workbook Section:

### The steps for this workbook include:

- a. Make your written commitment to do the following work religiously.
- b. Identify CURRENT stress patterns (behaviour or responses)** that you are noticing. Record these under categories as per the sheets. Identify a “feeling” associated with these responses and write the word in the right hand margin and circle in red.
- c. Identify the MAJOR stress events/stories throughout your life**, from the time you were born. Identify a “feeling” associated with each event and write that word in the right hand margin and circle in red.
- d. Complete the FROM/TO section**, taking the negative feelings from b and c above, and inserting these, and then record positive feelings of how you would like to feel instead. These could also be situations or goals, of how you would like to be, or “feel” in each category.
- e. Take your stories from c above and put them in chronological order** as per this section.
- f. Record your observations/insights/learnings you felt **after each session**. This will help you become more aware.
- g. After 6-8 weeks **record a SUMMARY/Overview Sheet** of the results you have experienced since the 3 x session.
- h. After 6-8 weeks, **go back to the FROM/TO Section, and compare** your “feeling” results/outcomes with your Summary Sheet in g above.
- i. You have 3 months’ email package so please do use this if you need to seek clarification or ask questions of any kind.
- j. Email your results so that we can share your successes at the end of your program. Celebrate!
- k. Best wishes on your journey. Please now see these steps outlined above, in the following pages.

You will also be identifying a “feeling” associated with these responses and write the word in the right hand margin and circle in red.

### Identifying CURRENT patterns of response or behaviours that I am noticing.

failing immune system

[illegible]