

# The Amazing Belief Ingredient

By Lynne Schlumpf

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When was the first time someone told you:

"You can't do that."

When was the first time you whispered to yourself in the darkness of desperation:

"I can't".

You probably don't remember the first time, but you're probably still carrying the damage in your heart for all those times you listened to yourself and others use that word - can't. This word can be the most dangerous word in the world. Think back to a time when you felt like you couldn't:

Get through another day.

Find the happiness you seek.

Finish a project you started.

Whatever it happened to be. You may have decided to give up on something or someone. It could be thousands of small things you gave up on.

I've met countless people who, just because I might've been the first person to tell them they could, decided to believe. It might've been the right time in their life, but it has happened so many times, I'm starting to see a pattern.

One was a receptionist in a frustrating job, answering phones at a large aerospace company. She became an autocad draftsman designing complicated aircraft components. How? When I first started working with her on projects, she would say:

"I can't do that!"

I would say:

"Oh yes, you can. I KNOW you can."

She merely took it from there, stirring belief into her life like a tonic.

Does this sound simplistic and impossible to you? It's not. The human brain's subconscious responds to conditioning. It does so in the same way it responds to someone telling you:

"You can't. It's impossible."

All you need to add to your stew is belief.

Stir it well.

I wish I could sit across from you in a coffee shop so you could see how much this concept changes lives! You'd see the sparkle in my eye when the subject comes up, and I could tell you more stories like the receptionist. Did I do the work for them? No. They did it. All they needed was a magical formula that everyone has access to. Belief.

This is the most powerful force I have ever encountered. My own book is completely written upon the foundation of the concept that human beings can move mountains by removing "can't" from their vocabularies.

There were so many things in my own life I thought I could not do. Belief lifted me up when I couldn't get up anymore. It took me by the hand and showed me ways to accomplish the impossible I had never thought of before. Belief taught me that small victories equal larger dreams coming true.

You can, too! I encourage you to start with the small things you give up on. Take the "belief road" in your life. Whenever you hear your mind say:

"I can't."

Reply back:

"Hush! Yes, I can!"

It will be as if a fog has been lifted from your heart. You'll never be the same. I promise you.

Consider this:

If I had said to myself:

"I can't be one of the first women to graduate from the grueling, 8 month, Air Force electronics school. I have never done anything technical in my life!"

I wouldn't have.

If I had told myself:

"I can't go back to college and stick it out for 8 years going to school at night, working full time, and raising a daughter in order to graduate with a degree in computers."

I wouldn't have.

If I'd told myself:

"I can't figure out how to log on to CompuServe with a Commodore 64. It's too tough to figure out".

I would've never gotten on the Internet, going on to write a book I'd always wanted to write.

If I'd said:

"I can't pull myself out of poverty to do anything that matters to anyone."

I wouldn't have.

If you need someone to remind you that you can, I invite you to write me. My email box is always open to you. Visit my website, press the "Contact The Author" button, and send me a message. I'll be glad to remind you that you can!

Success To You!

Lynne

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Lynne Schlumpf is the author of a book that is selling record amounts of ebooks and print versions on the Internet!

"The Little Website That Could" may be found here:

<http://www.littlewebsiteshould.net>

You can make your online dreams come true by hiring Lynne as your publicist/web consultant! Many webmasters have learned her secrets through telephone consultations and seminars.

Lynne regularly appears on radio shows, telling people how they can make their online dreams come true.

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