



# AMETHYST MOON

P.O. Box 87885  
TUCSON, AZ 85754  
[www.amlifecoaching.org](http://www.amlifecoaching.org)

NEWSLETTER  
JULY 2007



## AUTHORS' NOTE

I hope you are enjoying the series on the Impact of Belief I started in the newsletter last month. Based on the conversations and feedback it has invoked, I trust it was the right time to print these! This month I'm asking you to consider a commitment to looking at your behaviors and beliefs for the purpose of discarding those that are old, non-serving, unbeneficial, or unhealthy. As always, any comments and feedback are appreciated because they help me to address items of interest to you!

Until next month.....Lin

*As an introduction to one of the self help books to be released later this year, I am continuing the series of columns that started last month discussing *The Impact of Belief*. White boxes contain examples that help to clarify the ideas presented. I have also placed the main concepts in black boxes. If you have any questions or comments please send them to me at [lin@amlifecoaching.org](mailto:lin@amlifecoaching.org). Thank you!!!*

### **Commitment to Change**

You can change your beliefs or alter your behavior by following four basic steps:

1. Commitment to Change
2. Recognition of Belief
3. Challenging Belief
4. Changing Belief

In order to free ourselves from unwanted behavior and unwanted beliefs, we must first be aware they exist. Once we accept the fact that they do exist, then we can begin to take control of our lives. When we go on a quest to identify these behaviors and their underlying beliefs, we must let God and the Universe

(or whatever higher power you believe in) know we want to make a change so that they can collude in our favor. This announcement is made through our honest commitment to change.

GOD & THE  
UNIVERSE WANT TO  
COLLUDE IN YOUR  
FAVOR

### THE PURPOSE OF THE COMMITMENT

Taking the time and making the effort to declare a commitment to change is important and meaningful. It accomplishes several things:

1. Announces to God and the Universe that you are ready to do the work necessary to make improvements and take control of your life
2. Puts you in the proper frame of mind to be more conscious of your actions, reactions, behaviors, and beliefs
3. Lets your psyche know change may be coming and the change is okay and welcome
4. Declares your intention in a more serious and definite way, which improves your chances of sticking with it and being successful

### THE CONTRACT

You can think of this commitment to discover and change old, unwanted behaviors and beliefs as a contract. I like the word 'contract' because it is defined to be a binding agreement, which cannot and should not be undertaken lightly. Depending on your life experiences, the way you react to the words 'commitment' and 'contract' will vary. Some of you like the idea because you know it will help you to see the process through to completion. However, I realize that others are feeling very uncomfortable with the thought of having to make a commitment or agree to a contract. If you fall in the latter category, then your reaction, which is a behavior, can be your first opportunity for learning. The behavior you have is discomfort toward the idea of commitments or contracts. You will learn later that your behavior (actions and reactions) represent your beliefs. In this case your reaction represents a belief you have that does not favor commitments and/or contracts. Moving forward in this four step method means you will have the chance to assess your belief regarding commitment and contracts. In order to move forward in the process to be able to change your behavior and beliefs, could you accept and agree to go through a process whose purpose is to help you to learn to take control of your life? If you agree, then even though you haven't overtly made a contract, but still follow through and recognize, challenge and change your belief, then there may still be enough of a commitment (although silent) to succeed. Without some level of commitment, you will never complete the process to effect change.

THE STRONGER YOUR  
COMMITMENT TO CHANGE,  
THE MORE GOD & THE  
UNIVERSE WILL RESPOND

The stronger the commitment you make, the more God and the Universe will respond. That is why I'd really like you to make a contract to announce your commitment. This contract can be made between you and God. You can also make the contract between the part of you that wants to change and the part that needs to change. What is the difference between the 'want' and 'need' parts? The part that *wants* to change is open to the idea that change is a possibility and may even be excited about what that can mean in your life. It is the part of you that is willing to go through the work that will be required to effect change.

The part that *needs* to change may be (and most likely is) secure with the belief system you already have

in place. Even when our belief systems drive unhealthy behavior, we are still more comfortable with the known than the unknown that exists when we make a change. Although unhealthy behavior and belief systems are not serving us, they make us feel secure because we know what to expect. We know what actions are borne out of our belief and what reactions happen because of it. More importantly, we know the reactions and judgements of others when we act out the belief.

IT CAN BE MORE COMFORTABLE  
TO KEEP UNHEALTHY  
BEHAVIORS & BELIEFS THAN TO  
FACE THE UNKNOWN RESULTS  
OF A NEW BELIEF

**EXAMPLE: SECURITY OF THE KNOWN**

Many people remain in abusive situations long after they have recognized the relationship for what it is. When you ask them their reason(s) they will tell you they can't leave, they have no place to go, they can't afford to leave, or it's really not that bad. These statements are the verbalizations of what they believe, and so they are absolutely true for them at the time they say them. Deep seated beliefs are hard to see or admit.

Often there is some part of the abused person that wants to get out, but another part holds on to the security of their current belief and that keeps them stuck repeating the cycle and not knowing how to break it. To those in the abusive situation who have not yet been able to challenge and change the belief that is keeping them there, there appears to be no solution that will release them. The part of them that is comfortable with the known (i.e., they know what abuse is like and what the results are) wins out over the part that is fearful of the unknown (i.e., what will happen if they leave). It takes a shift in belief -- which is not at all easy -- for them to be able to change their circumstances. Some catalyst is needed to help them see what other possibilities and outcomes exist in order to take enough fear of the unknown away that they can build a new belief. Challenging and changing their belief then allows them to break the relationship.

MAKING THE CHOICE TO  
DISCARD BELIEFS THAT  
DO NOT SERVE YOU IS  
A HUGE STEP IN YOUR  
EVOLUTION

Change and the unknown consequences of change can be frightening. It could mean rejection by friends and family, which we may not be ready to handle. It is often far easier to hold on to old, habitual behaviors.

It takes a huge amount of courage to face the unknown. Most people create the worst possible scenario instead of the most favorable when they do not know what is going to happen. Perhaps it is a leftover automatic response from more primitive times. It is this type of behavior -- your reaction to the fear of the unknown -- that you will

discard through your commitment to change. Making the choice to commit to ridding yourself of those behaviors and beliefs that no longer serve you is a huge step in your evolution. Remember....

ONE CHOICE CAN CHANGE A LIFE™



Remember to order your copy today!

*Choices in the Great Circle*

\$18.00 USD (\$6.95 S/H)

[www.amlifecoaching.org](http://www.amlifecoaching.org)

**The Samurai Sword:**  
*Looking at Form, Fit &  
Function of a Masterpiece*



Jon Boyd

Don't forget our latest release

***The Samurai Sword: Looking at Form,  
Fit & Function of a Masterpiece***

\$21.95 USD (\$6.95 S/H)

[www.amlifecoaching.org](http://www.amlifecoaching.org)



#### AMETHYST MOON's Intention

AMETHYST MOON's Intention is to serve people in their learning and evolution.

We create our products and services to provide a variety of ways for people to discover their life's purpose. We strive to:

- 1) help people realign their lives to connect to the reason(s) they are the earth at this time, and
- 2) assist people in evaluating their behaviors and the beliefs behind them in order to discard old, non-serving, unbeneficial habits and beliefs and to rebuild stronger, healthier belief systems.



#### Amethyst Moon Publishing's Intention

Amethyst Moon Publishing's Intention is to expose authors and artists who demonstrate unique creativity. Amethyst Moon Publishing seeks out talented individuals whose work might otherwise not be published, and we also endeavor to help boost the careers of young, gifted individuals.

#### DISCLAIMER

This newsletter is opt-in and can be un-subscribed. This message is sent in compliance with the anti-spamming bill, Section 301, p.(a)(2)(c) of S.1618, whereas by providing method of contact and removal of this message, cannot be considered as spam. If you are receiving this and you did not request it or you wish to be removed from our mailing list, send an email to [info@amlifecoaching.org](mailto:info@amlifecoaching.org) with the word REMOVE in the subject line. Include additional addresses and aliases which you wish to be removed. Any and all slander and/or libel which, in any way, results in public relations damage for our organization, downtime or loss of business, will be cause for liability action to the fullest extent of the law. Under no conditions is this list rented out or sold: it is for the use of this newsletter only. All opinions expressed are those of the editors.

Please visit us at [www.amlifecoaching.org](http://www.amlifecoaching.org) for information about products, speaking engagements, consultations, and coaching. This is a virus-free email. ©Amethyst Moon 2007, All Rights Reserved.