

Rewiring Beliefs



SUBLIMINAL BUILDER

a 5 day launchpad to embodying your next iteration of you

WWW.GEMMAVERIFIED.COM

Gemma Dadourian

SPIRITUAL MENTOR FOR SELF EXPANSION

10+ years in the Film Industry

Screenplay Development

Production Work

Acting / Character Development

Self Worth Expert

Observation / Study

Life Experience

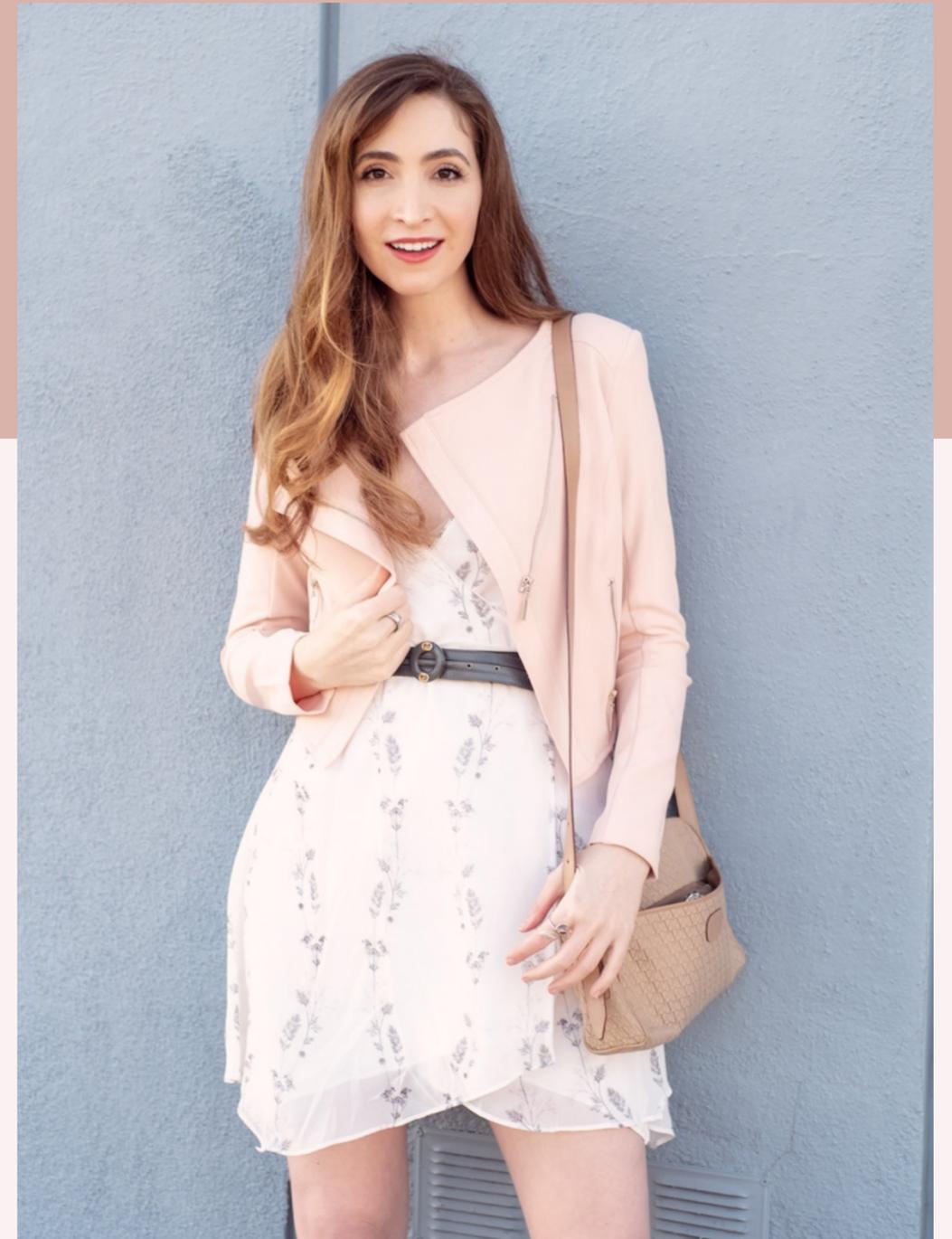
Working as a life coach via Ascension Leadership Academy in SD

Background in Psychoanalysis

New York University- Anthropology, Psychoanalysis, + Acting

Work for Psychiatrist/Psychoanalyst and Psychologist

Note: I am not a therapist. I am not a shaman.



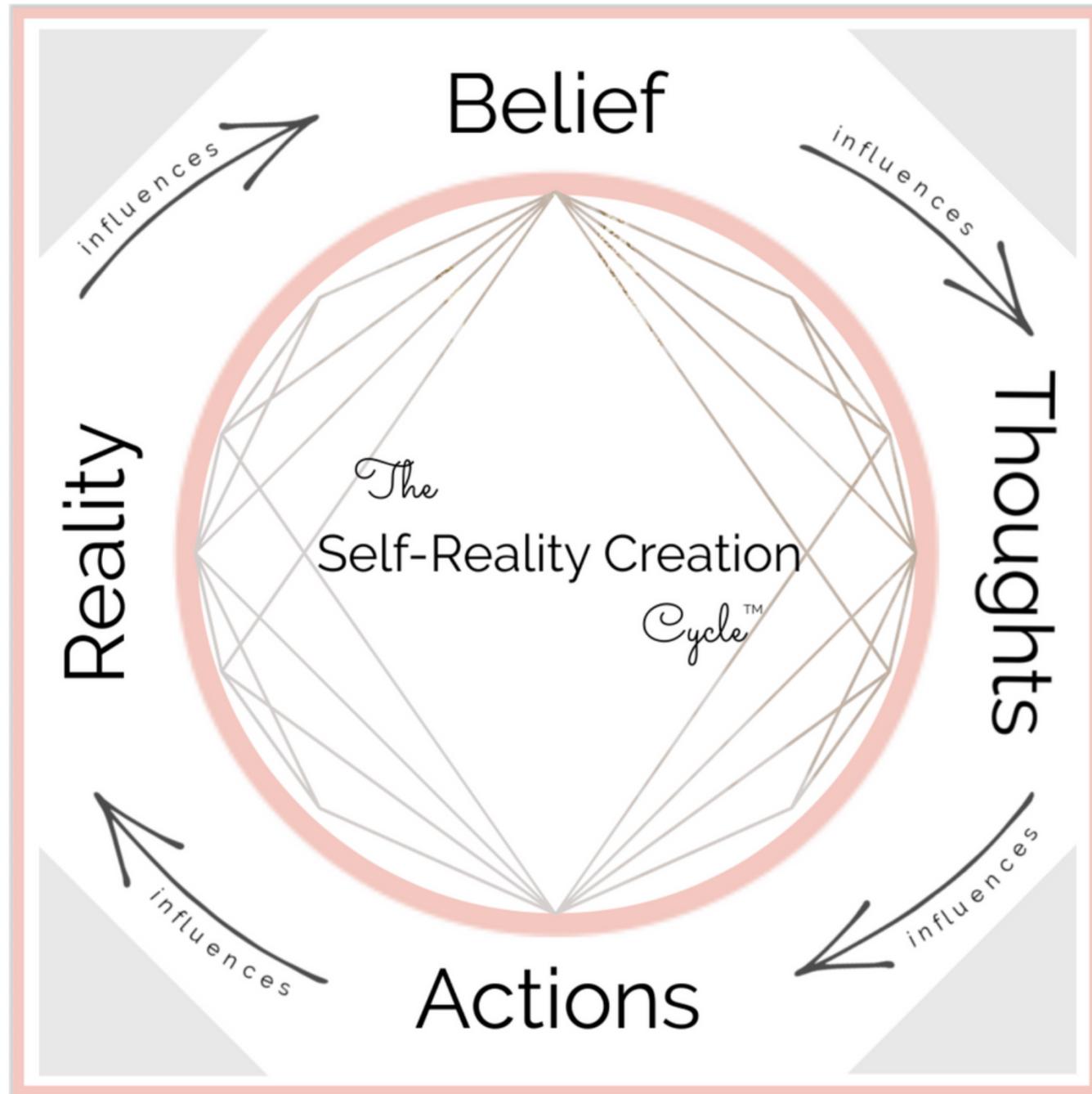
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Welcome! & What are Subliminals:

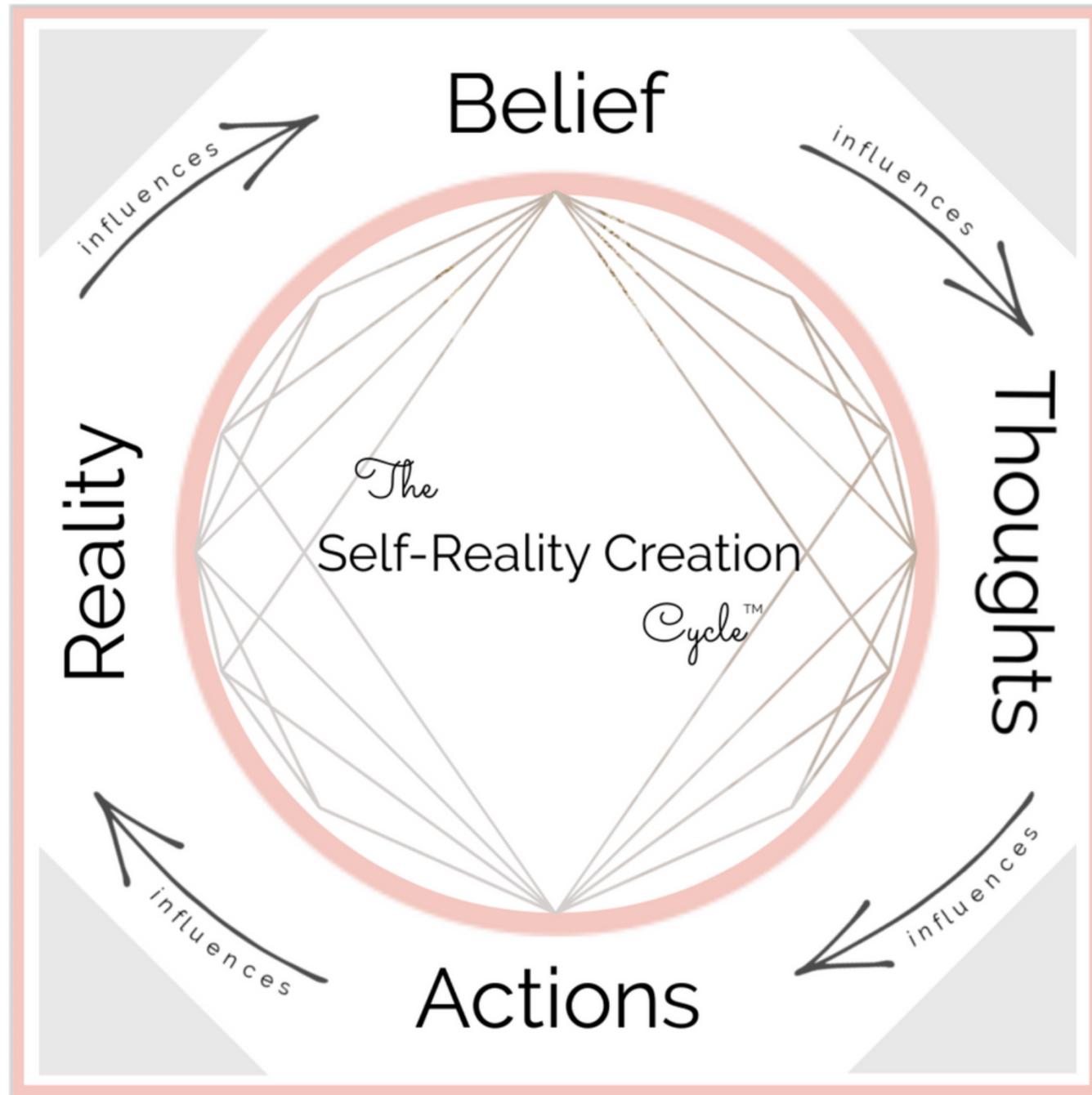
- My background
 - used subliminals to lose 50+lbs
 - used subliminals to see my Self Worth again
 - in a bit I'll also share how I hurt myself with subliminals
- Subliminals are defined as: (of a stimulus or mental process) below the threshold of sensation or consciousness; perceived by or affecting someone's mind without their being aware of it.
- Forms of subliminals
 - flash writing
 - audio
 - ambiance (clothes, environment, etc)
 - suggestion/ questions
- Goal is to reprogram Limiting Beliefs into Expansive Beliefs
- Let's look at the big picture of Beliefs....

THE SELF-REALITY CREATION CYCLE



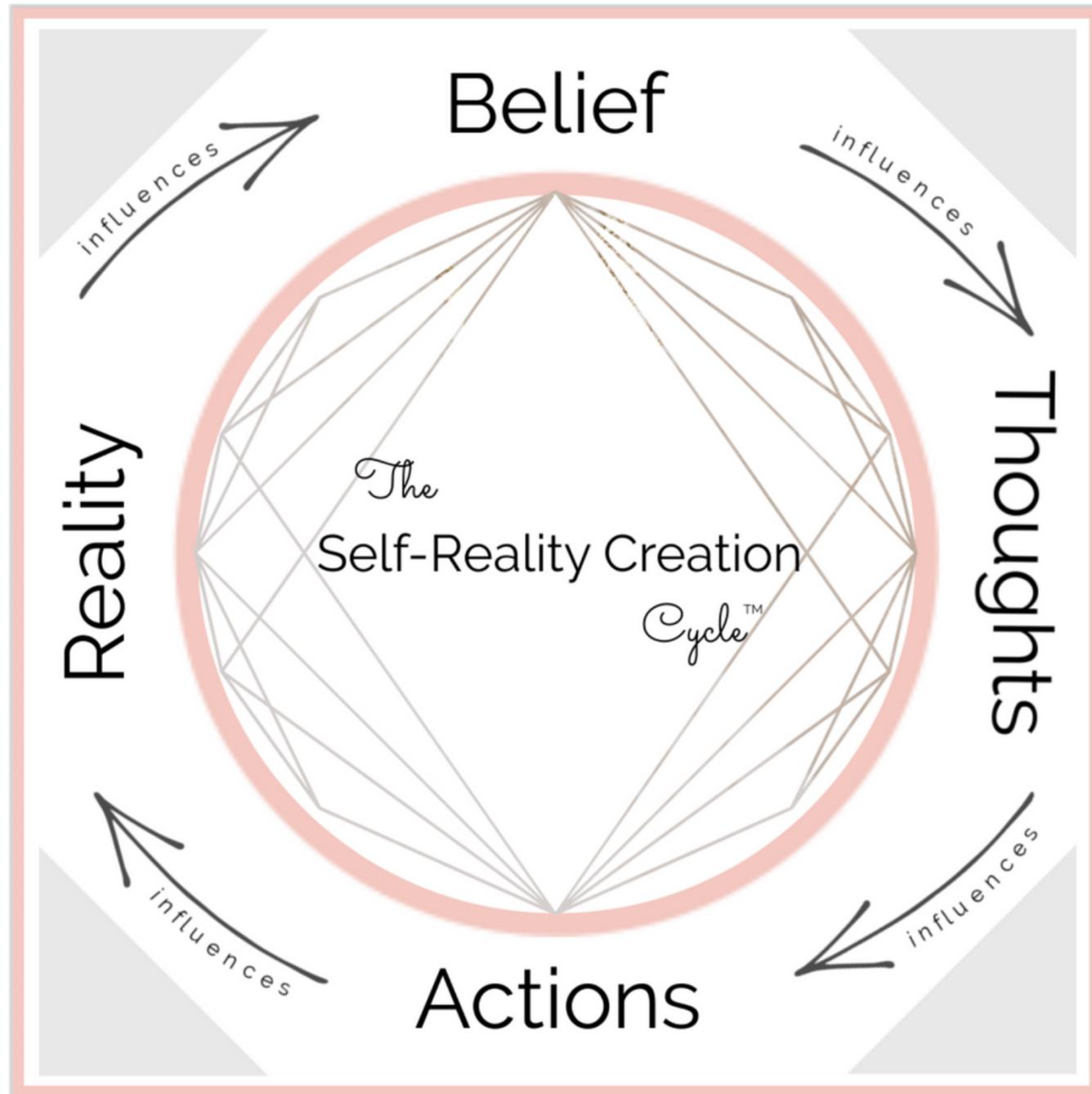
- Quite often your beliefs are subconscious, because you just take them to be true
- They are quite often unquestioned and can come from outside sources (ie: parents, friends, media)
- Your beliefs influence your thoughts
 - Your thoughts influence your actions
 - Your actions influence your reality
 - Your reality then either solidifies or breaks down your beliefs

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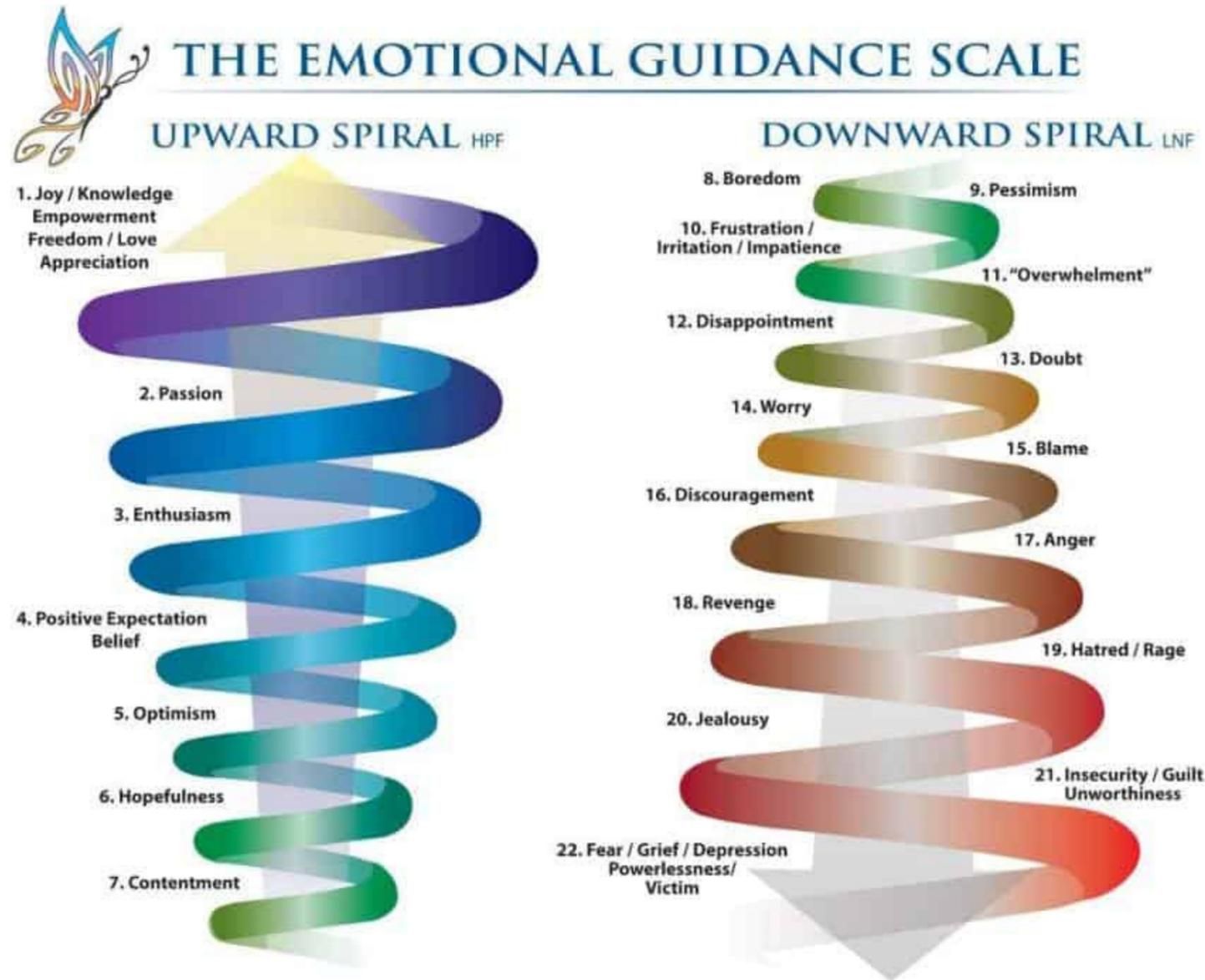
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- **Self-Worth is a belief, some would say it is Self-Belief. (We place value and respect in that which we believe in)** Ergo this entire process is about re-writing your beliefs about yourself-- rewriting your Self Worth
 - Who you are
 - How valuable you are
 - What is true for you
 - What is possible for you

WHAT ABOUT FEELINGS?

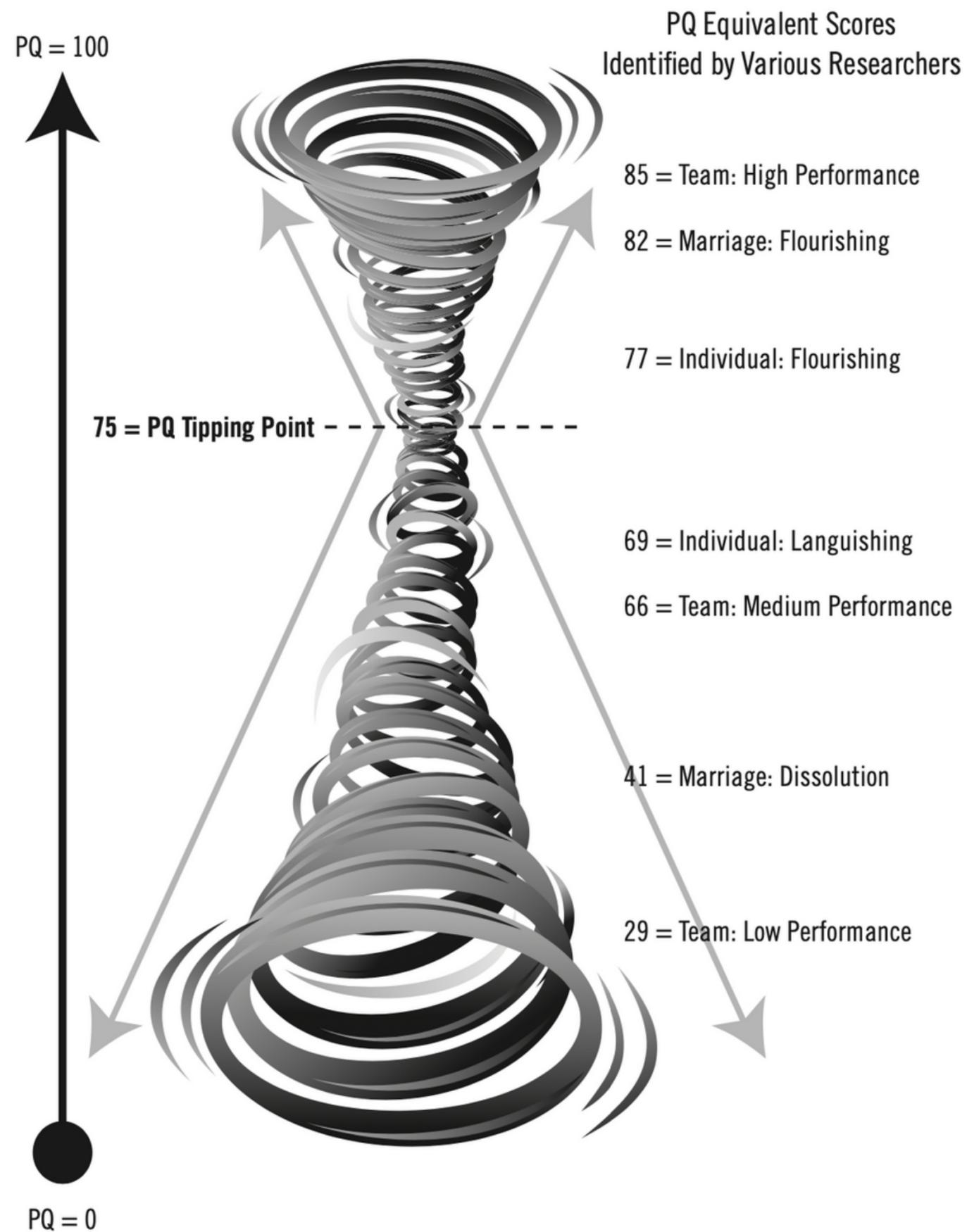


- Feelings and emotions permeate every moment
- Even if that feeling is neutral such as boredom or apathy-- you are still feeling something
- Your beliefs can influence your feelings
 - Your thoughts can influence your feelings
 - Your actions can influence your feelings
 - Your reality can influence your feelings
 - And your feelings can have an influence over your beliefs, thoughts, actions, and reality
- Because feelings are a non-stop game, it is easiest to work with the thoughts to then reprogram the beliefs

WHAT ABOUT FEELINGS?

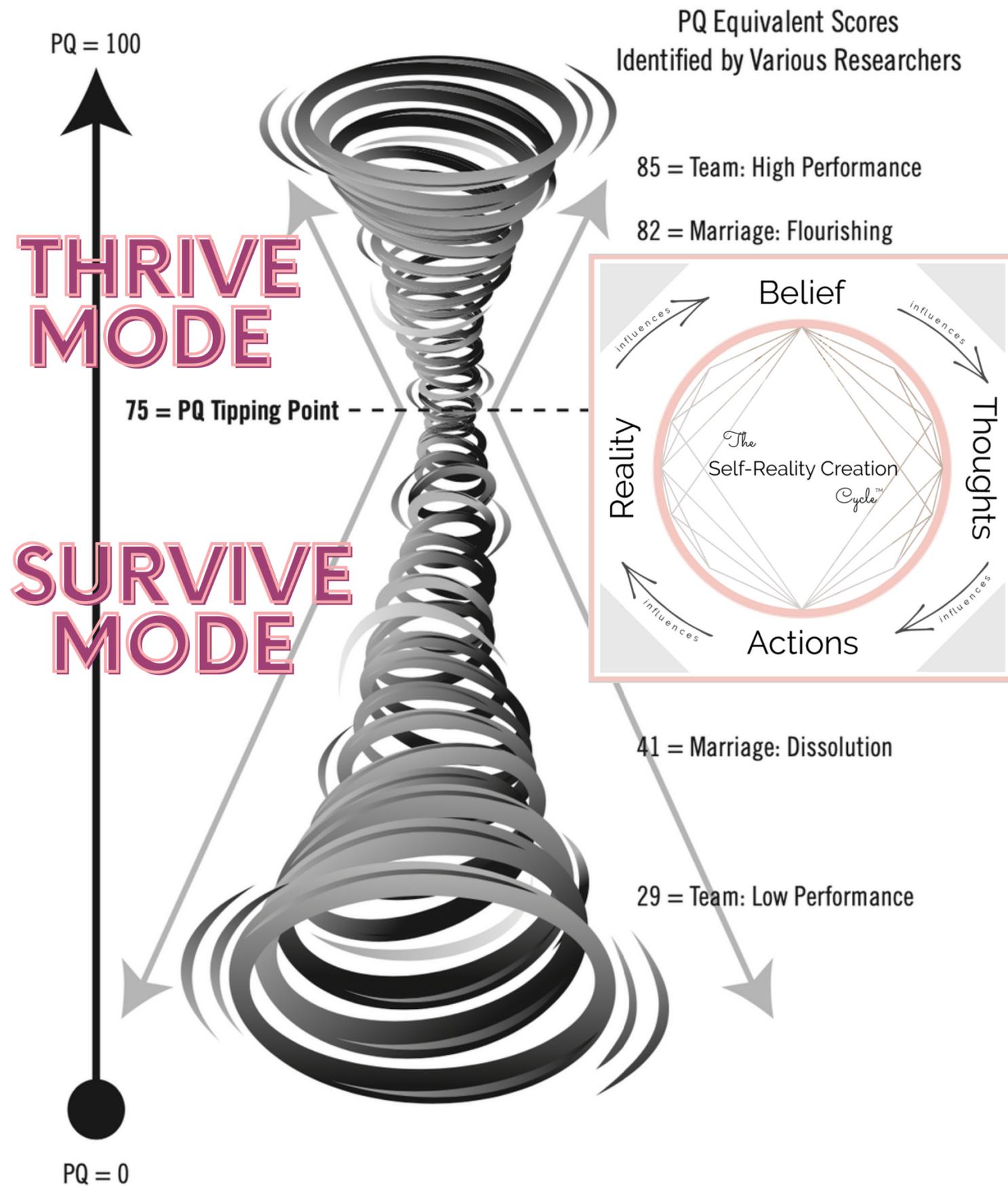


- your emotions are either spiraling up or down
- Living in the 1st Zone is that "high vibe environment" we all wish to be in. We get to move our way up from emotion to emotion till we get there. It can be hard to jump from Worry to Joy, but jumping from Worry, to Contentment to Enthusiasm to Joy is more doable
- Sometimes when we are "down" we can stay down because Joy seems so far away
- This chart serves to remind you to break it down and take it a step at a time.
- Notice, there is no "non-feeling," you can't turn off feelings, however thoughts can be turned off by Meditation



LET'S TALK VIBES

- your Positive Intelligence Quotient plays a factor in this as well as it influences the thoughts we have.
- PQ = measure of your mental fitness -- your capacity to respond to life's challenges with positive rather than negative mindset
- Below a PQ of 75, an individual or team is constantly being dragged down by the invisible forces of a net-negative vortex. Above a PQ of 75, an individual or team is constantly being uplifted by a net-positive vortex.
- Can you recall any period of time when the negative force of the mind-chatter inside your own head was so powerful that it exhausted you?
- Have you known people who have such a vortex of negativity around them that you have to work hard to resist being dragged down when you're with them?



SELF FULFILLING PROPHECY

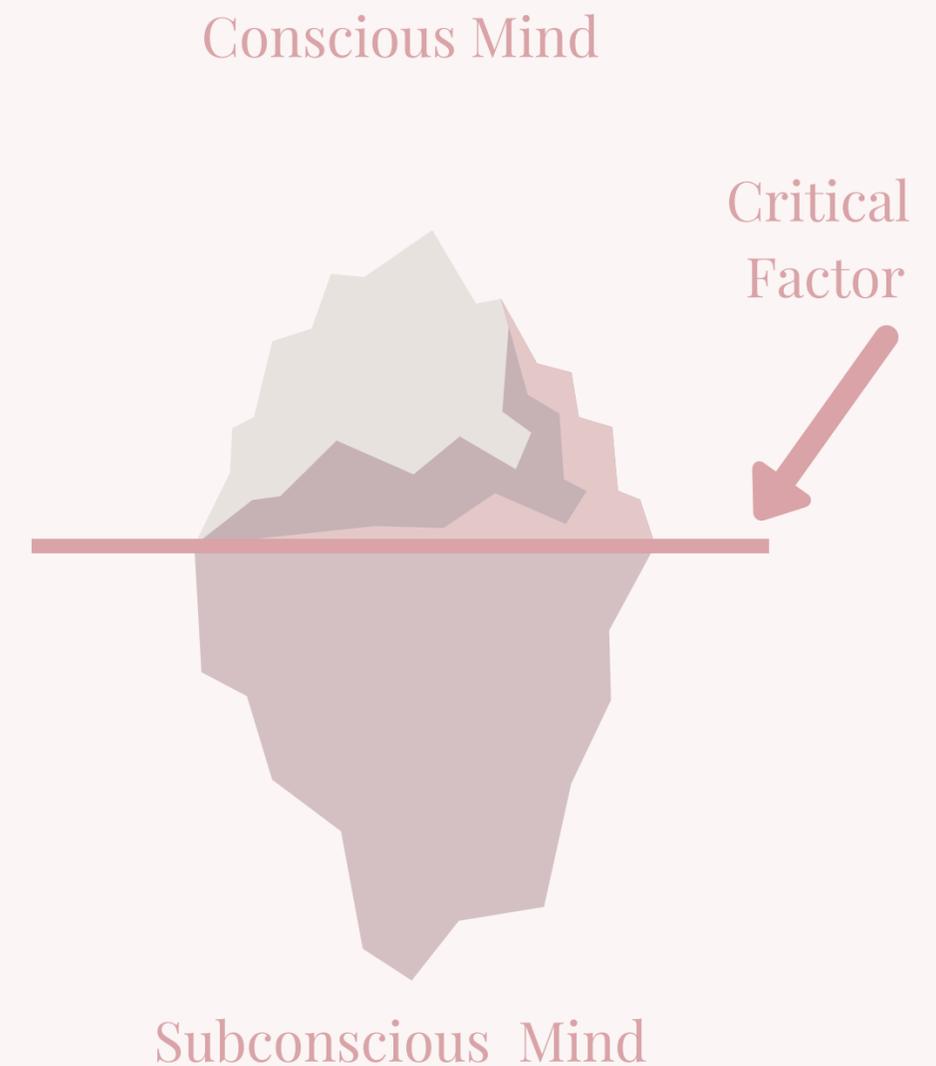
- Notice the size of each Vortex-- 3:1 ratio - we are biased
- The brain is biased towards survival, so in some ways it is very normal to create a reality and a belief system and have thoughts that are all around survival
- both positive and negative brain modalities become **self-fulfilling prophecies** in the external world. Through the Self-Reality Creation Cycle, results are generated that reinforce the initial negative or positive brain modality that produced them in the first place
- In survive mode your Survivor Brain takes control, primarily looking for the negative and dangers to your physical and emotional survival.
- In thrive mode, the Sage Brain looks for opportunities to grow, discover, explore, create, be in awe, and appreciate, and reach its own full potential

Our Focus: Belief

- Our focus for this Subliminal Builder Experience is zeroing in on your beliefs and supporting your mind in choosing and reprogramming your mind to function off of those expansive beliefs
- If you're wanting to learn more about PQ, you can join the waitlist for the next round of The Foundation, which is my signature group coaching course on Positive Intelligence and Self Worth (last page of the workbook)
- Beliefs are held in the Subconscious mind, so now let us take a look at how the Subconscious mind works

The Subconscious Mind

- Till around age 7 your brain was like a sponge, soaking up whatever it heard and personalizing it with the question "what does that mean for me?"
- At age 7 your Critical Factor developed, which is like a guardian between the gates of your Conscious and Subconscious mind
- **Conscious Mind** - can only deal with a few bits of information at once
- **Subconscious Mind** - has been determined by neuroscience to be pretty much unlimited. It can take in billions of pieces of information per second; field of infinite possibility; lives in the body
 - makes up around 95% of your brain power and handles everything your body needs to function properly, from eating and breathing to digesting and making memories
- We have to bypass the critical factor to reprogram the subconscious mind



Subconscious Mind + Subliminals

- Your subconscious mind is most responsive to YOU
 - You say bad shit about you, you will subconsciously begin to believe it
 - Please stop with the self deprecating humor
 - Story Time: I used self deprecating humor so much I started to believe it about myself and that made it VERY hard to believe in my Self Worth again
 - creates an uphill battle with yourself
- So your own subliminal recording is going to be the most powerful for you: YOUR voice. YOUR word choice. YOUR energy behind it. You get out of it what you put into it, AND that is not an excuse to get stuck in analysis paralysis
- **Conscious-Subconscious Alignment** - you wont manifest what you want in life if your conscious mind and subconscious mind are not in agreement. If either perceives your desire as a threat, you will not get what you want
 - EG: booking SWAT
- You cannot "brainwash" yourself with Subliminals into doing something that you don't really want to do

TODAY



Step one: Evoke

15 journal questions to evoke what you are stepping into in the next 90 days.



01 Evoke

Meditate & journal on what you want your life to look like 90 days from now. Use the questions on the next page to inspire you.

The goal of this exercise is to evoke your higher self and flush out the beliefs of the version of you who already has what you desire.

For this brainstorming process it can be really supportive to think of yourself as a screenplay writer or author creating a character. Imagine this version of you outside of you, then you can pull that version of you into you.

JOURNAL QUESTIONS

- What does that version of you believe to be true about life? About her body? About her mind?
 - Examples:
 - *I was made for a level of abundance I cannot even comprehend yet*
 - *I have a good metabolism and can burn through whatever I eat or drink.*
 - *My body works very efficiently to keep me in amazing shape.*
- What are some rules for life for her?
 - Examples:
 - *Life is rigged in my favor*
 - *I always fly 1st class*
 - *My body always knows what will nurture it best*
- What does she have?
 - Examples:
 - *I have a millionaire mind*
 - *I have more money than I know what to do with*
 - *I have a strong liver that can pull toxins out of my body with ease*
- What does she choose?
 - Examples:
 - *I choose to step into my greatness*
 - *I choose to adopt new ways of thinking that support my happiness and success*
 - *I choose to release any stored fat that is no longer serving me*
 - *I choose to release any physically stored stress.*
 - *I choose to live in Easy World where everything is easy*
- What is she thankful for her body/mind for?
 - Examples:
 - *Thank you SO MUCH for gravitating towards food that nurtures me and digesting food with ease*
 - *I am so grateful I can easily fall asleep at night*

JOURNAL QUESTIONS

- What is safe for her?
 - Example:
 - *It is safe for me to release excess weight. I know I have access to abundance of food should my body need it.*
 - *It is safe for me to be seen. I love all of me unconditionally.*
- What does she have faith in?
 - Example:
 - *I have faith in my ability coach my clients with ease and brilliance*
 - *I have faith that God wants me to be healthy and wealthy*
- What does she see herself as?
 - Example:
 - *I see myself as sexy, beautiful, and fucking gorgeous. My body, mind and soul is divine!*
 - *I see myself as infinitely worthy, courageous, and loving. I am a leader.*
- What does God/The Universe want for her?
 - Example:
 - *God wants me to be healthy and wealthy such that I can create massive impact in this world*
- What was she made for?
 - Example:
 - *I was made for an incredible life.*
 - *I was made for a level of success that is beyond what my mind can comprehend right now.*
- What is she stepping into?
- What is she committed to?
- What is she open to receiving?
- What is her autopilot like?
- What is she worthy of?
- What is the Universe/ God waiting for you to claim ?

Thank you for coming to my Gem Talk

*You're
powerful!*

