

# Master Your Beliefs

A Woman's Guide To Releasing Her Inner Warrior



Nancy Mueller  
EMPOWERMENT SENSEI

# MARTIAL ARTS FOR THE MIND

**A Woman's Guide To Unleashing Her Inner Warrior**

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Nancy Mueller ~ Empowerment Sensei for Women

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# MARTIAL ARTS FOR THE MIND

## A Woman's Guide To Unleashing Her Inner Warrior

I'm not sure which came first, my love of the Japanese culture or Martial Arts. Either way, they are both intertwined in my life. When I finally had the opportunity to study the Martial Arts, I was fortunate to work alongside men who respected my love of the arts as well as my determination to move from white belt to black belt.

As my dedication to the Martial Arts grew, I found myself as a student, competitor and teacher of the Martial Arts. As I advanced in rank, the more I learned to fight, the more I realized we learn to fight so we don't have to fight. We don't have to fight because we are gradually learning the philosophies behind the Martial Arts; what Dan Millman calls, The Way of the Peaceful Warrior. The more I studied, the more I understood that my strength comes from my mind; my physical body simply carries out a thought.

Once I began to understand this, the need for the physical part of the Martial Arts became less important to me and the philosophies became more important; the empowerment piece. It's this aspect of the Martial Arts that opened my mind to a whole new way of what I believe to be true; about myself, my life, why I'm here and my role as a spiritual being having a human experience as a woman in this lifetime.

As I learned my purpose for being here; (To have daily meaningful conversations that inspire, motivate and empower myself and others) what I was teaching organically grew to the messages I share today.

It was the empowerment piece of my Martial Arts training that I began sharing with women and as they began mastering their own beliefs, it caused a ripple effect in their relationships, their careers, their money mindset, their health, and even their own spiritual growth.

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It is with sincere love and appreciation for the way my Martial Arts training opened my mind that I now share this information with you. The word Sensei (Japanese), meaning "master." Sen means "before," and sei means "born." The literal meaning of the Japanese word is "one who is born before"; thus, the one who is born before you is your teacher. (This refers less to chronological age than to the teacher's knowledge.)

I am here to show you **The Way** as you Master Your Beliefs while moving beyond your boundaries!

Nancy Mueller ~ Empowerment Sensei

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**ABOUT THE COVER ART:** One of my favorite artists, LaJon Miller of Long Beach, California is famous for his renditions of the female bushido warrior. He draws her with big pink hair in honor of his mother; a cancer survivor. LaJon chooses to draw these female bushido warriors as a way to support women and share his respect for the strength of woman everywhere.

Is it any wonder that the Universe brought LaJon and I together to collaborate and further empower women with our work?

It is LaJon's work that has so beautifully graced the cover of this workbook.

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Women deserve to be empowered in all areas of their life. To experience life on an equal playing field within their career, relationships, financial status and how they are received by their peers. This can only happen when women are able to let go of past experiences that bring up memories, feelings and emotions that overpower them when they least expect it.

We continue to create gender inequality, in our minds and throughout society, when we use phrases such as:

- It's a man's world
- A woman can do anything a man can do
- Women should make equal pay to men

It's not about men and women; it's about finding the most qualified "person" for the task and that "person" being compensated for what the task entails.

When people stop using gender biased words, we can remove the belief behind the words that have created boundaries between men and women in the workplace.

I believe that everything happens for a purpose and when the student is ready, the teacher will appear. The fact that you are reading this material shows you there is knowledge I have that you are looking for. Thank you for taking the time to read through this workbook; it is my sincere wish that you read the following pages with an open mind, an open heart and give yourself the opportunity to master your beliefs!

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A Master Baker is a person who has mastered the art of baking.

A Master Chef is a person who has mastered the art of cooking.

A Master Carpenter is a person who has mastered the art of carpentry.

To Master Your Beliefs, you must be willing to look at the words you choose, the feelings and emotions behind the word and the belief you have attached to it.

~ ~ ~ ~ ~

It's difficult to live an empowered life if you continue to let the past rule your thoughts, feelings and emotions. Living in the past creates boundaries within our relationships, financial health, emotional health, physical health and spiritual health. It's time to let go of what was, embrace who you are, and show the world what you have to offer.

Many women have pushed past disempowering experiences of past events, but they haven't actually dealt with it. If you're one of the many women who keeps telling herself, "I've dealt with it, it's in the past or I'd prefer to forget about it;" you probably find that some aspect of your past keeps surfacing in your life and affecting how you see yourself as well as how you present yourself to others. This is how we create boundaries within our lives that seem impenetrable.

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A disempowering event in your past can keep showing up in your life and affecting your relationships with people, money, business, your career, your health, your spiritual growth; you may not even be aware of how deep the roots of your experience are buried.

Are you ready to love the woman you see in the mirror? Are you ready to let go of the guilt, shame, bitterness, anger, resentment, fears, anxiety and stress that are the building blocks of your boundaries? Are you ready to stop letting your feelings and emotions run your life? It's time to stop allowing any person, place or event to steal your joy; it's time for you to take back your power!

**We can stand up for our case, we can offer feedback and criticism that is constructive, we can ask for refunds or restoration – and we can do it gracefully and with civility - without hurtful intensions or personal malice. We will find that our situations will be resolved so much more quickly and peacefully, and we will not make ourselves vulnerable to the law of cause and effect. And of special importance, we can become teachers and wayshowers instead of victims ~ Marilyn Jennett**

What is a disempowering event that can steal your joy?

- A new job (learning curve – feelings of inadequacy)
  - Divorce
    - Financial Lack / Health Issues
      - Lack of education
        - Mother/Daughter relationships
          - Past trauma or traumatic event
            - Abusive relationships
              - Social Acceptance (or lack of)
                - Unfulfilling Career

It's important to know that the event itself will not disempower you; it's the belief you have around the event and the feelings and emotions that are attached to that particular belief.

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Let's look at where your beliefs originate...

When we're born, our mind is like a blank slate.

Soon, we're taught the ways of life by our parents, caregivers, media, and how we intuit what we're being taught. This gives us our sense of right or wrong, good or bad. We are punished for doing something "wrong" and rewarded for doing something "right" and this is where the challenge begins; because we are taught by people who carry on what they were taught. [CLICK HERE FOR A SHORT VIDEO](#)

Every belief you have is based on something you learned between the ages of Birth and 8 to 13 years of age:

Examples:

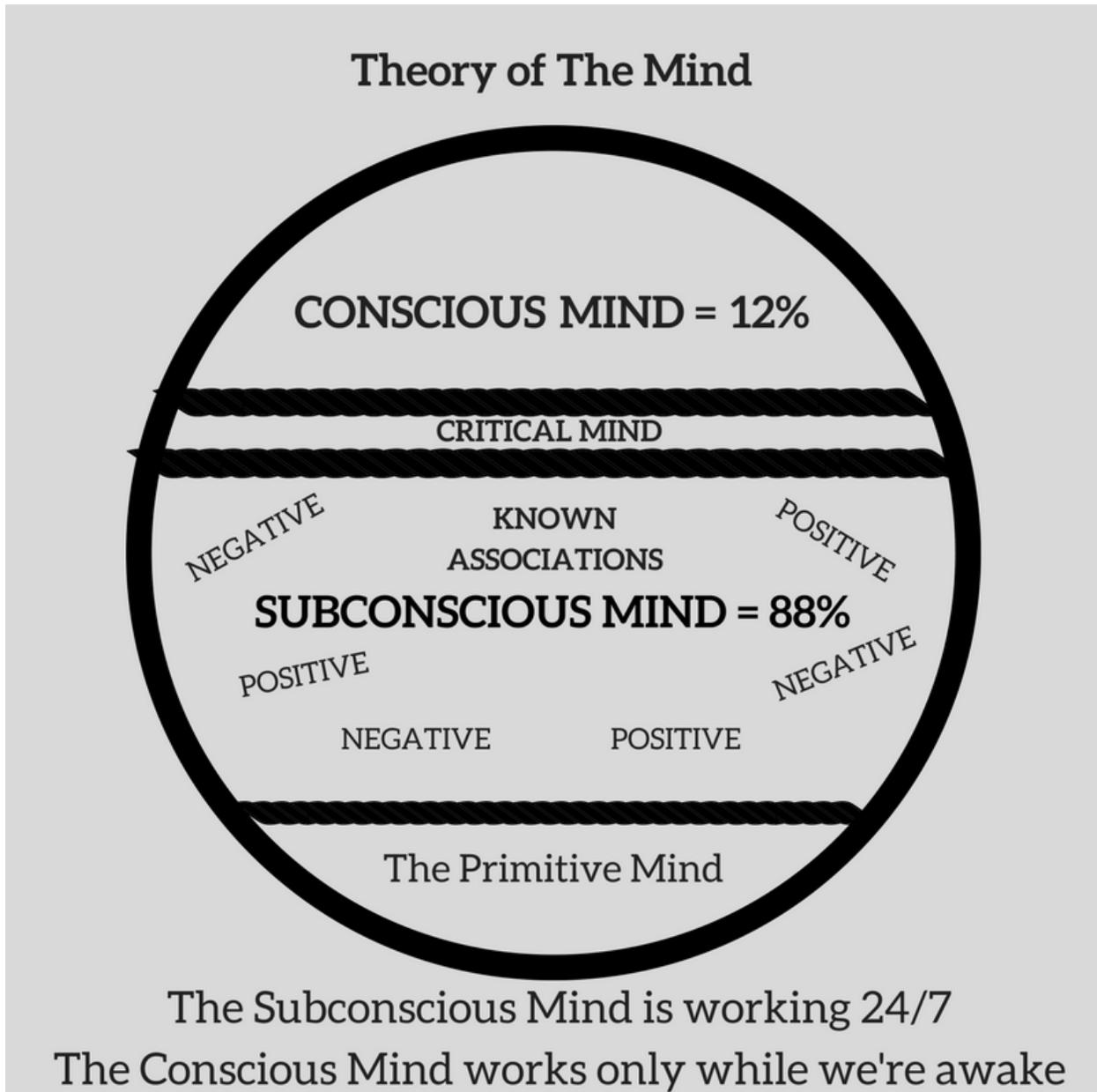
- You are pretty
- You are smart
- You are capable
- You are loved
- You are stupid
- You are worthless
- You will never amount to anything
- Attend church on Sunday
- IRS
- Old Age
- Marriage
- Divorce
- ETC...
- Career
- Calling in sick to work
- Eating habits
- Religion
- Mother
- Father
- Siblings
- The importance of family
- College
- Boys have it easier than girls
- The car you drive
- You'll never amount to anything

These beliefs become habits of thought within our subconscious mind.

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Between the ages of 8 to 13 years of age, the critical mind takes over and starts to question these beliefs as we attempt to make decisions from the conscious mind instead of relying on the subconscious mind when making choices.



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Is it any wonder there are millions of adults making choices from subconscious thought rather than conscious thought? When we make choices from subconscious, we are basing decisions on past experience; the “**Known Zone**” (that part of our mind that makes a choice based on what we “know” the outcome will be), AKA our comfort zone.

**“Problems cannot be solved with the same mindset that created them.”**

~ Albert Einstein

Once we understand that our beliefs are formed within the subconscious mind, we can learn how to master our beliefs and reverse the impact of a negative belief! As we master our beliefs, we begin to understand the role of ego within the mind.

Many people use the word “ego” and the word “arrogance” interchangeably, but they do not mean the same thing.

**Arrogance:** offensive display of superiority or self-importance; overbearing pride.

**Ego:** the part of the psychic apparatus that experiences and reacts to the outside world and thus mediates between the primitive drives of the id and the demands of the social and physical environment.

Fear is a tool used by Ego to keep us from moving outside of our “Known Zone”.

### **Let's Talk FEAR!**

I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear ~ Rosa Parks

Think about the last time you wanted to try something new or different. Based on your level of faith in the outcome, you may experience some level of fear around this new experience. Fear is ego at it's strongest asking you, “are you sure you want to do this? You have never done this before, what if you fail? What will people think? What if you aren't smart enough, pretty enough, tall enough, thin enough, educated enough etc.”

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**F.E.A.R. = False Evidence Appearing Real**

It is ego's job to keep you safe and by keeping you exactly where you are, ego will use fear to convince us of our safety zone. So how do you know if the fear is real? When fear arises, ask yourself one question, "Am I in physical danger?" If the answer is "NO" then you know the fear is in your mind. When the fear is in our mind, there is a belief attached.

### OUR DEEPEST FEAR

Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us.

We ask ourselves "who am I to be brilliant, gorgeous, talented, fabulous?"

Actually, who are you not to be?

You are a child of God.

Your playing small does not serve the world.

There is nothing enlightened about shrinking so that other people will not feel insecure around you.

We are all meant to shine, as children do.

We were born to make manifest the glory of God that is within us.

It is not just in some of us, it is in everyone.

And as we let our own light shine, we unconsciously give others permission to do the same.

As we are liberated from our own fear, our presence liberates others.

– Marianne Williamson

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Fear knocked, Faith answered; there was no one there ~ Proverb

### WORDS MATTER

When you read these words that, they elicit positive or negative feelings, emotions and beliefs; go with the first thought that comes into your mind. Which column would you place them in?

Divorce	Money	Career	Children
Sickness	Work	Play	Doctor
Death	Husband	Marriage	Mother
Boss	Friend	Relationships	Diet
Parents	Weight	Goals	Motherhood
Job	Co-Worker	Salary	Nutrition

**NEGATIVE**

**POSITIVE**


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Every word has a feeling or emotion behind it and every feeling and emotion is attached to a belief. Your feeling and emotion to the word “exercise” may have a completely different feeling and emotion than 5 other people within your circle of influence.

For instance, I hate lima beans. I've never liked the taste or texture so if you mention the word lima bean to me; I will have a negative reaction. If you mention lima beans to someone who has never tasted a lima bean or enjoys the taste and texture of lima beans, you'll get a different response.

This might not seem very important when we're talking about lima beans, but what about when we're talking about the words we choose when describing our life, our career, our relationships, our children, our finances, our health, etc.?

Words are only as important as the meaning we give them but the words we choose also become self-fulfilling:

- I'll never figure this out
- I've always been overweight
- I can't believe I am so stupid
- There are no good men any more
- I'll never find true love
- I hate my job
- I wish this week was over
- My mother never has anything nice to say about me
- Life is hard
- It's hopeless

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We might SAY we have faith but when we can't "let go" it's as though we are saying to the Universe, "I have complete faith in you, but not at this moment. At this moment, I believe that I am wiser, stronger and more capable than you are. At this moment, I choose to walk my journey alone because I am so strong that I don't need help from anyone."

This line of thinking is arrogance on our part. It is important to understand the difference between ego and arrogance. Many people use these two words interchangeably, but they do not mean the same thing. In this day and age of LOL, LMAO, BTW, and texting we often lose the true meaning of the words we use. For example, I often hear people use the word "anxious" when they really mean "eager".

If someone tells me they are "anxious" to go to the movies, I would ask, "If going to the movies makes you anxious, then shouldn't you choose not to go?" The word they are looking for is "eager" they are "eager" to go to the movies. Being eager tells the listener that they are looking forward to the experience of going to the movies. Being anxious tells the listener that they have anxiety over going to the movies.

### **LET'S LOOK AT "GIVING UP" VS "LETTING GO"**

Giving up means that you're walking away, quitting and never want to deal with it again. Letting go means that you're letting go of what you BELIEVE the outcome of this situation or event should be.

For example, if you're having an argument with someone and you have a belief that you're right and the other person is wrong, it will be difficult for you to see or hear what the other person is saying or trying to convey to you. In this example, if you give up it means that you're choosing to ignore the problem and allowing anger or resentment to

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grow. Letting go means you're choosing not to have an emotional attachment to the outcome (who is right or who is wrong) and accepting that there may be a way to resolve the issue or challenge that you had not considered.

Letting go takes practice. We live in a world where we want instant gratification and want answers sooner rather than later. To "let go" may feel like we're avoiding something we believe needs to be resolved on the spot. Let go of the need to be right, the need to prove your point, the need to have it your way, or the need to prove the other person wrong.

Letting go is the way of the peaceful warrior. A warrior is confident in her ability to deal with any challenge or situation head on; she has a choice, to deal with it in a forceful way or to deal with it in a peaceful way. Look at the cover of this book, imagine that she is telling you, "You've got this. If you need to fight, you will fight. If you need to walk away, you will walk away. Let go of the negativity.

When we hold on so tightly to a belief (needing to be right, prove our point or prove the other person wrong) we are walking in fear (ego). There are only two choices to every dilemma; to walk in fear or walk in faith. When you walk in fear (ego) it's because you are trying to control the outcome. The only thing we have control over are the thoughts we think and the choices we make. We do not have control over another person, place or event so why do we spend so much energy trying to prove that we do? We do this because we have not yet learned to walk in faith.

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What experiences in your life have created negative beliefs or feelings that you would you like to let go of...

EVENT	FEELING
Example: Divorce	Failure, Guilt, Resentment
Example: Too much to drink at the office holiday party	Embarrassment, Guilt, Shame, Resentment,
Example: Job Loss	Anger, Fear, Retribution, Worthiness
Example: Your Mother	Anger, Disempowered, Worthless
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Here are 3 questions you can ask yourself when you want to let go of the negative impact a past event has had on your life:

1. What belief/feeling can you let go of at this very minute?
2. What belief/feeling will you let go of at this very minute?
3. What belief/feeling do you need to hold on to for a while longer?

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Think about your answers in the chart above and ask yourself these 3 questions for each of your answers. Be honest with your answers; know that wherever you are with your belief or feeling, is exactly where you need to be at this time.

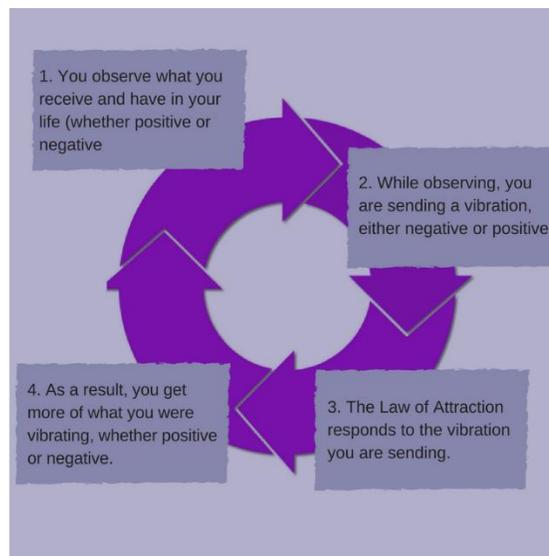
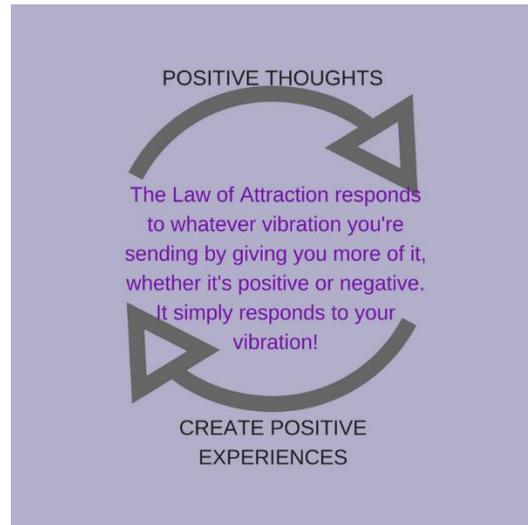
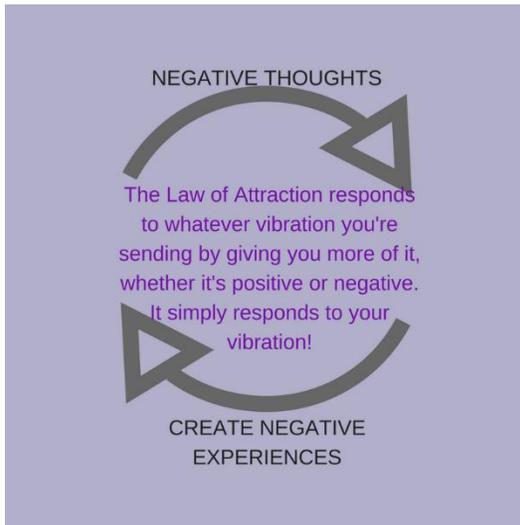
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Believe it or not, YOU are attracting every experience into your life, based on the thoughts you think, the words you choose and the actions you take.

You attract into your life whatever you give your attention, energy and focus to; whether positive or negative.

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As you observe what you are receiving in different areas of your life (money, work, health, relationships, etc.) your observations generate a feeling (vibration) that can be either positive or negative.

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Now that you understand how and why you are attracting people and events into your life, let's set an intention to "Let Go" of what is no longer serving you.

This is my life and I refuse to:

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\_\_\_\_\_ for one second longer!

Remember those 3 questions to ask yourself:

1. What belief/feeling can you let go of at this very minute?
2. What belief/feeling will you let go of at this very minute?
3. What belief/feeling do you need to hold on to for a while longer?

Only you can decide how long it will take you to change your "can" to "will" to "have".

How long would you smell something that doesn't smell good?

How long would you wear something that feels uncomfortable?

How long would you eat something that tastes horrible?

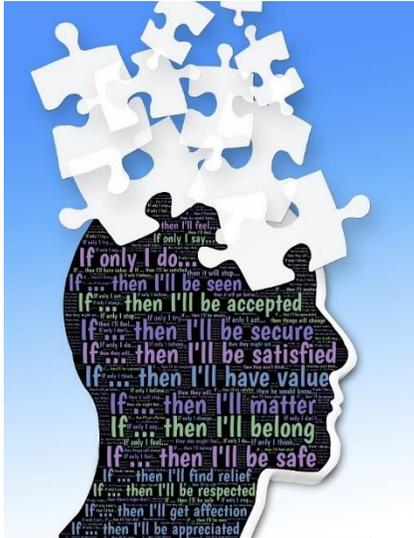
My guess is, "not very long." It's easy to stop smelling something, remove clothing or spit something out of your mouth. But what about when it comes to your relationships, your health, your financial status, your career or your self-worth?

Here is a mantra you can repeat every day to create positive thoughts and energy:

**Every day, in every way, I'm getting better and better ~ Emile Coue'**

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Aren't you tired of trying to fit the pieces of your life together in a way that feels less stressful and complicated?

**When the imagination and willpower are in conflict, are antagonistic, it's always the imagination which wins, without any exception ~ Emile Coue'**

Life is not meant to be hard. Every person is created from the Divine Design – there is no way that you were born to fail. When we are experiencing difficulties in our life, the difficulties are from our own making (Ego).

Make a list of everything you don't want on the left and list the exact opposite on the right.

### **I Don't Want or Have Created**

Example: An unhealthy lifestyle

### **I Want**

I want to be healthy

Let's start with a list of 25 of your wants:

- |    | <b>I Don't Want/Like</b> | / | <b>Instead, I Want/Like</b> |
|----|--------------------------|---|-----------------------------|
| 1. | _____                    | / | _____                       |
| 2. | _____                    | / | _____                       |
| 3. | _____                    | / | _____                       |
| 4. | _____                    | / | _____                       |
| 5. | _____                    | / | _____                       |

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6. \_\_\_\_\_ / \_\_\_\_\_
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18. \_\_\_\_\_ / \_\_\_\_\_
19. \_\_\_\_\_ / \_\_\_\_\_
20. \_\_\_\_\_ / \_\_\_\_\_

The reason this list is so important, is because “we don’t know what we don’t know.” You might be thinking, “duh, everyone knows that” but let me explain. When we’re asking for something we haven’t yet experienced, we’re asking for what we want based on how we see others experiencing what we want or what we believe they had to do to get it.

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Since we only have our perception of how they are experiencing it or what we believe it took for them to get it, we must give ourselves permission to learn for ourselves (experience).

### Let's Recap:

You've been given information about:

- How and why your beliefs were created
- How past experiences or events can keep you in victim or vengeance mode
- The power of your words and the thoughts you think
- Your ability to eliminate fear
- Letting Go vs. Giving Up
- 3 Questions you can ask yourself when you're ready to take back your power
- How we create boundaries in our life and why we fear moving past our boundaries
- When you learn to Master Your Beliefs, you take back your power that you've given away to a person, place or experience that has left you feeling disempowered

If there is any area in your life where you would like to feel more empowered, I invite you to schedule a call with me to discuss how you can take back your power around any person, place or experience that has left you feeling disempowered.



Watch this [SHORT VIDEO](#) and learn more and get inspired about Mastering Your Beliefs; you deserve to live your best life ever!

To learn more, go to [www.MasteringYourBeliefs.com](http://www.MasteringYourBeliefs.com) or

[CLICK HERE](#) to schedule a call with me, let's talk about how I might support you on this journey we call life!

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**A Little History About The Bushido Warrior:** Onna-bugeisha ( "female martial artist") was a type of female warrior belonging to the Japanese nobility. Many women engaged in battle, commonly alongside samurai men. They were members of the bushi (samurai) class in feudal Japan and were trained in the use of weapons to protect their household, family, and honour in times of war. Significant icons such as Tomoe Gozen, Nakano Takeko, and Hōjō Masako are famous examples of onna-bugeisha.

According to the legend, Empress Jingū (c. 169–269 AD), miraculously led a Japanese conquest of Korea without shedding a drop of blood. Despite controversies surrounding her existence and her accomplishments, she was an example of the onna bugeisha in its entirety. Years after her death, Jingū was able to transcend the socioeconomic structures that were instilled in Japan. In 1881, Empress Jingū became the first woman to be featured on a Japanese banknote. Designed to stop counterfeiting, her image was printed on oblong paper.

Although these women fought valiantly among their male counterparts, you rarely see depictions of a female bushido.

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Your story matters.

When you're ready share your story, whether you share it with one person or thousands of people, you liberate yourself. When you're ready to let go of the emotions behind your story, you become truly empowered.

"My story has value.

To be rendered powerless, does not destroy your humanity. Your resilience is your humanity.

The only people who lose their humanity are those who believe they have the right to render another human being powerless.

They are the weak; to yield and not break, that is incredible strength.

When you destroy the woman, you destroy the power she represents."

~ Hannah Gadsby

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### References & Suggested Reading:

1. Wikipedia: According to Sigmund Freud's psychoanalytic theory of personality, the id is the personality component made up of unconscious psychic energy that works to satisfy basic urges, needs, and desires. The id operates based on the pleasure principle, which demands immediate gratification of needs.
2. The Law of Attraction by Michael J. Losier
3. The Success Principles by Jack Canfield
4. Museum Day by John Strelecky
5. The Way of the Peaceful Warrior by Dan Millman
6. Feel Free To Prosper by Marilyn Jenett
7. Theory of the Mind by John Kappas
8. Healing The Child Within, Life Is All About Choices by Nancy Mueller
9. The Gift of Fear by Gavin DeBecker
10. DIVORCE Because Letting Go Does Not Mean Giving Up by Nancy Mueller
11. The Four Agreements by Don Miguel Ruiz
12. The Slight Edge by Jeff Olson
13. The Power of Now by Eckhart Tolle
14. Karma Buster by Joe Nunziata
15. Wishes Fulfilled by Wayne Dyer
16. God on a Harley by Joan Brady
17. The Human Soul Revealed by Monika Muranyi
18. The Human Akash by Monika Muranyi
19. The Emotion Code by Dr. Bradley Nelson
20. A Course in Miracle by Dr. Helen Schucman

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It is my sincere honor to share the information within this workbook with you. It took me over 40 years to understand the power of the information I am sharing with you in this workbook.

I believe in the power to Master Your Beliefs and as my gift to you for being open to the information I've shared here, I offer a complimentary one-hour Empowerment Session to any woman who would like to book time with me on my calendar. Simply [CLICK THIS LINK](#) and choose a day/time that works best for you.

**(Note:** please be sure to include how you heard about Mastering Your Beliefs in the comment section when you book your Empowerment Session. This will help me know that you are familiar with my work!

If you would like more information about online courses, books, one-on-one coaching or my VIP program, [CLICK THIS LINK](#)

Yours in health,

Nancy Mueller ~ Empowerment Sensei