

# Mastering Your Beliefs



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# Mastering Your Beliefs

Unleash Your Inner Warrior

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# Mastering Your Beliefs

## Unleash Your 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 Living YOUR Life YOUR Way!

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 document.

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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.

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 document; 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 words and the belief you have attached to it.

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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 prohibits you from Living YOUR Life YOUR Way!

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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?

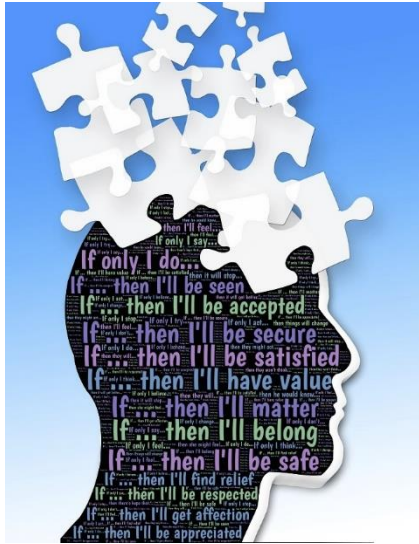
- A new job (learning curve – feelings of inadequacy)
  - Divorce
    - Financial Lack / Health Issues
      - Lack of education
        - Mother/Daughter relationships
          - Past trauma or traumatic event
            - Abusive relationships
              - Social Acceptance (or lack of)
     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

### **YOU ARE A SPIRITUAL BEING HAVING A HUMAN EXPERIENCE IN THIS LIFETIME...**

There is absolutely NO WAY that you were placed on this earth to go through everything you've experienced for it to not mean something.

Once you understand your purpose, why you are here, every choice you make will be to enhance the very reason you are here!

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If you took the time to watch the video where you downloaded this document, you will understand the importance of creating an “I Want” list and how you can create one for every section of your life:

- Health Goals/Wants/Desires
- Financial Goals/Wants/Desires
- Relationship Goals/Wants/Desires
- Spiritual Goals/Wants/Desires
- Career Goals/Wants/Desires
- Geographical Living Goals/Wants/Desires

Once you determine what you want, the feelings and emotions behind the belief about why you don't yet have what you say you want, and how ego works in the subconscious mind, you will begin to realize the power you have to manifest virtually anything you truly want to experience in your life.

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

### I Don't Want

Example: An unhealthy lifestyle

### I Want

I want to be healthy

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

	I Don't Want/Like	/	Instead, I Want/Like
1.	_____	/	_____
2.	_____	/	_____
3.	_____	/	_____
4.	_____	/	_____
5.	_____	/	_____
6.	_____	/	_____
7.	_____	/	_____
8.	_____	/	_____
9.	_____	/	_____
10.	_____	/	_____
11.	_____	/	_____
12.	_____	/	_____
13.	_____	/	_____
14.	_____	/	_____
15.	_____	/	_____

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16. \_\_\_\_\_ / \_\_\_\_\_
17. \_\_\_\_\_ / \_\_\_\_\_
18. \_\_\_\_\_ / \_\_\_\_\_
19. \_\_\_\_\_ / \_\_\_\_\_
20. \_\_\_\_\_ / \_\_\_\_\_
21. \_\_\_\_\_ / \_\_\_\_\_
22. \_\_\_\_\_ / \_\_\_\_\_
23. \_\_\_\_\_ / \_\_\_\_\_
24. \_\_\_\_\_ / \_\_\_\_\_
25. \_\_\_\_\_ / \_\_\_\_\_

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.

Rarely does someone understand the importance of the feelings and emotions behind the belief about what they say they want. This is why this list is so helpful.

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### Mind Mapping

Mind Mapping is a perfect tool for you to determine what your beliefs are around what you “say” you want and the limiting belief that is keeping you from having it.



Start with a circle in the middle of your paper and let your mind wander to the feelings and emotions that are coming up for you around each particular “want”. This will help you see what your subconscious believes is possible about what it is you say you want to have in your life.

You must be willing to be honest with yourself, and let your mind wander about the feelings and emotions behind each and every want you are telling yourself you want to have in your life.

Mind Mapping is a great tool for getting to your subconscious beliefs (where ego works very hard to keep you).

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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](#) to 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