

## PERSONAL TRANSFORMATION

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# GETTING THAT STORY RIGHT

There are four ways that your brain is hardwired to process any negative thoughts – **Merilee Kern**

*We continue this article from the December 2022 edition of LMD.*

**LIMITING BELIEFS** Fears or limiting beliefs keep you stuck. To kick off the work, you will need to identify and then reprogramme any existing negative belief patterns, by replacing these with positive and affirming thoughts and actions.

You'll also be challenged to stop listening to the voices in your head telling you lies about yourself and leading to your misperception of the world. It's about reprogram-

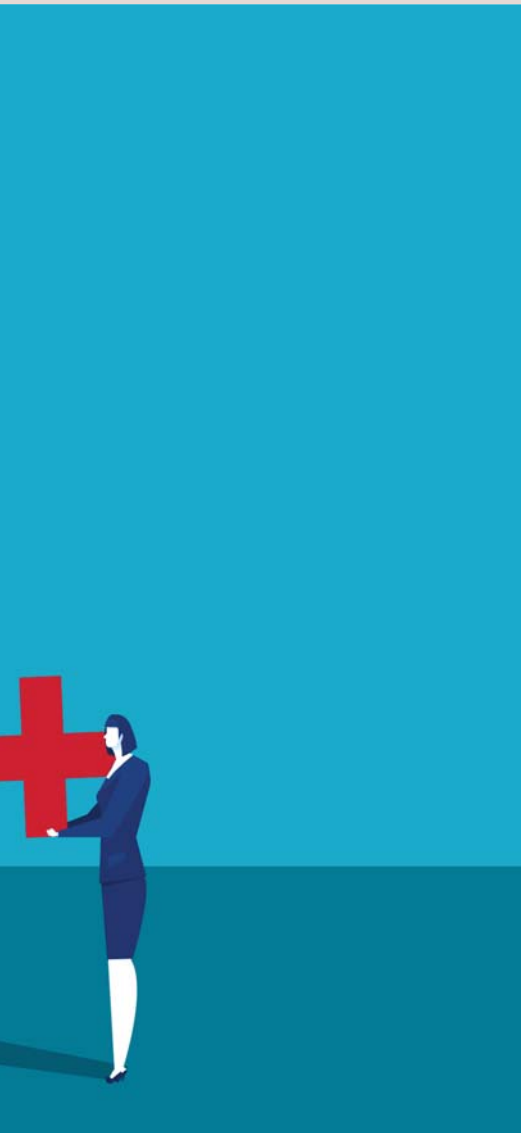
ming your mind for the better by thinking and behaving in ways that create a more positive, loving way of seeing yourself and the world.

In other words, do you build or beat yourself up? When you detach from negative thoughts, you'll be able to cultivate more joy, envision better or greater possibilities for your life and be more present. It all starts with making small changes – such as in the way you talk to yourself and what you were taught to believe.

**FINDING FAULT** 'Negative Manifestation



Merilee Kern (MBA) is an internationally regarded brand strategist and analyst. She is also the creator and host of the Savvy Ventures business TV show that airs on FOX Business TV and Bloomberg TV (she can be contacted at [www.TheLuxeList.com](http://www.TheLuxeList.com) and [www.SavvyVentures.tv](http://www.SavvyVentures.tv)).



Compulsion' (NMC)... Do you constantly criticise or judge yourself, or others? If you were raised in a household where finding fault was common behaviour, your brain was likely programmed to interpret your negative thoughts as literal truths.

When you begin to question the source of these false 'truths,' you start to engage in rituals, behaviour and actions to create a different experience.

Haas says: "The transformation begins when you take positive action to stop living in old, critical belief systems."

"My method helps you to address the reasons why you might be holding on to negative thoughts. You will learn how to unpack them, which involves choosing to replace

the old with new, positive thoughts; reciting affirmations that resonate with your new experience; and showing up differently in your life," she adds.

**SEEING YOURSELF** If you are very harsh on yourself and focus on all your missed opportunities, weaknesses and perceived flaws, you're not alone. Research shows that struggling or arguing with yourself, or trying to drown out or push away negative thoughts about yourself, only amplify the problems and makes them worse.

The dilemma isn't that we have negative thoughts – rather, it comes when we begin to believe those thoughts and can't evolve. It's about building self-love from within.

Haas elaborates: "It's a multifaceted process that involves finding your feelings; affirming the good about yourself; practising meditation and self-care; showing up present, authentic and honest in your life; and doing more things that bring you joy. There is no quick fix or magic bullet. It is a holistic set of actions."

**FIXING YOURSELF** And Haas says that you are the greatest project you'll ever work on. She adds: "But if you've done everything to change the outside – from pursuing a degree, changing jobs and relocating to a new city, fixing your body or changing your wardrobe – and you still haven't gotten what you want in life... that means it's time to look inward."

When we seek external sources to validate our sense of self, we empower that thing or person outside to be the source of our identity and wellbeing.

Haas explains: "When we give all our power to other people to make us feel better about ourselves, we will never feel okay on our own. We begin to crave that hit to fix us or some crumb of love, attention or affection to actually feed us – but it's simply a temporary fix. It's never enough or it never feels right... so we go back out on the hunt for the next hit, repeating patterns of behaviour or thinking that don't serve us."

The work is about discovering, nurturing and excavating our wellbeing from within. To do that effectively, we must find a connection with an infinite power source so that we're content – no matter what happens in, to and around us externally.

Haas notes: "My programme guides you in taking the first and next steps in what is really a personal spiritual journey. It is about the quality of the connection to our hearts and the universe, as well as being at peace with oneself, having love for self and operating from a place of love."

According to her, many self-help gurus suggest there's one thing you should focus on. "They tell us that positivity or meditation, for example, are the keys to solving our problems when they're only parts of the solution," she says.

The most helpful and beneficial practice is one that's holistic, dynamic and prescriptive. And the objective is to identify and address the root causes or triggers of your negative thinking so that you can fundamentally change the relationship you have with your thoughts, yourself and the world.

It's uncomfortable to relive the dynamics surrounding our core wounds. Most people get stuck on autopilot to avoid the discomfort and stay there. We get stuck on autopilot and don't even know it – despite feeling the discomfort and drowning in the unwanted results.

And we don't even recognise it because these feelings are familiar and there's comfort in the familiar. It's when we take a completely different approach that we will truly have a new experience.

The process of change may feel scary and uncomfortable, and it takes time. But that's actually the point, Haas says.

She declares: "If you're comfortable, then you are not changing. It is when we push ourselves beyond our comfort zone, commit to doing things differently, feel the fear but do it anyway – that's the great awakening. Life becomes a lot better than the stories we tell about it."

"Our brains are hardwired to keep us safe and avoid perceived harm – but you should never confuse what's 'safe' with what's best for you. We all want to stay comfortable... but playing it safe is not actually changing," she asserts.

One thing is sure – there's no straight line to healing. Haas warns that when you engage in this pattern of work, you'll sometimes feel that you're going backwards and may not want to stay the course as a result. It's important to pinpoint the exact thinking and behaviour that's keeping you stuck in repetitive experiences. Then you'll have the insight to change your life.

Haas affirms. "The grounding that accompanies pattern work helps you manage the moments when you're feeling defeated. You need to address these foundational truths to move forward – because this transformation will take commitment and work."

In fact, her approach is like a trifecta of awareness, affirmations and deliberate actions – because the way we end patterns is by doing things differently.

"The Jaime B. Haas method is a practical, fact-based process that allows you to take your power back," she says, and adds: "The goal is to see more clearly the limitless possibilities for your life, and be empowered to shift gears and choose for yourself what direction you want to take in your life."

