

The image features four pink lotus flowers on green stems, arranged in a row. From left to right: the first flower is in full bloom, showing multiple layers of pink petals; the second is a tight bud with a green base; the third is a bud with a reddish-pink tip; and the fourth is in full bloom, similar to the first. The background is a soft, out-of-focus green, suggesting a pond or garden setting. The text "Changing Inside Out Now!" is centered in a white, elegant script font.

*Changing  
Inside  
Out  
Now!*



*Alicia Isaacs*



# Changing Inside Out Now!

- Where does change begin?
- Why we must change
- Change Your Belief, Change Your Life
- Preparing the soil of the Subconscious Mind to Accept the New Change
- Understanding the conscious and subconscious mind
- How do we change?



# Changing Inside Out Now!

In order to change, one must adopt and cultivate a mindset of transformation and change in order to invite its appearance.

If you dislike the results you're getting in your life, it is time to stop and make a change. To keep moving on in that path, thinking and acting the same, will ensure you keep getting the same results.

You must stop - take stock of your life, figure out which direction you're going and head that way.



# Changing Inside Out Now!

If you're driving a car and you haven't decided on your destination, how will you know which way to go?

That's just crazy!

But if you first determine your destination, you know exactly where you're going. You could get out a map and plan your route or at least ask someone for directions if you get lost along the way.





## **Where does change begin?**

Understanding where change begins is the first step to creating change in your life on purpose.

**Change begins within us.**

In order to change, we must make a decision to change. When we make a decision to change, our perspective on life shifts and life begins to take on a different form.

It's an inside job to changing your life.



## Where does change begin?

When you've come to a place where your life is going downhill or you can't seem to make heads or tails of where you're going or you're feeling stuck and you've just had enough, it's time to make a change.





## Where does change begin?

You resolve within yourself that the time for change has come. There has to be a better way to live.



At that moment, the decision is made which sets the wheels in motion to search for answers that would bring about positive results.





## Where does change begin?

Our external results are only the fruit of the thought seeds planted in our minds that have taken root within our subconscious (which is our internal programming), germinated, grown and matured to bear fruit.



Therefore, to change the fruit, we need to go directly to the root.



# Why we must change?

Nature is constantly changing and renewing, bringing plants and trees to the point of fulfilling their destiny; mature and



produce fruit. We're constantly changing, growing, renewing, until we come to full maturity.



## Why we must change?

When we are open to change, we are no longer stagnant and lifeless, but life-producing energy flows through us taking us to new levels of being.

If we are to live a full and enriched life, change is a necessary part of our personal growth.



## Why we must change?

Day after day our bodies are changing on the physical level. We are also changing internally, as well, on a spiritual level.

The question is; are we moving closer to light or away from it? Are we going towards our original nature or gravitating to the façade of our external world?



# Change Your Belief, Change Your Life

## Preparing the soil of the Subconscious Mind to Accept the New Change

If you find you're not having the results you want, then perhaps it's time to check with your belief system. It's time to go to the subconscious mind where all of your beliefs are stored from since your childhood up until now.





# Change Your Belief, Change Your Life

## Preparing the soil of the Subconscious Mind to Accept the New Change

Some of them you may not realize are there controlling your current outcome and you may be wondering why you can't get beyond where you are right now.



It's time to change your belief, change your life.



# Change Your Belief, Change Your Life

## Understanding the conscious and subconscious mind

Your conscious mind is like the gardener – making decisions as to what seeds are sown in your garden, what stays in your garden or

not, the organizer of your garden – it's the decision maker of your life. You make the decisions in your life what you choose to accept as your belief or not.





# Change Your Belief, Change Your Life

## Understanding the conscious and subconscious mind

Your subconscious mind is like the soil. It grows everything.



The soil does not discriminate against which seed to grow or not.





# Change Your Belief, Change Your Life

## Understanding the conscious and subconscious mind

Like the soil, the subconscious mind does not discriminate as to what thoughts to accept or not accept as your belief.

Whatever you the gardener of your life decides will be your belief, the subconscious mind will accept that as your internal programming and draw to you the experiences, circumstances, events and people to manifest that belief.



# Change Your Belief, Change Your Life

## Understanding the conscious and subconscious mind

Like the garden, the seeds you sow will produce the fruit of its kind. Similarly, your thought seeds



become your belief and will produce the fruit of that seed in your life.



# Change Your Belief, Change Your Life

## Understanding the conscious and subconscious mind

Example, if your thought seeds are of lack, poverty or sickness, you will manifest these things.

However if your thought seeds are of abundance, wealth, health or happiness, you will manifest these things as well.



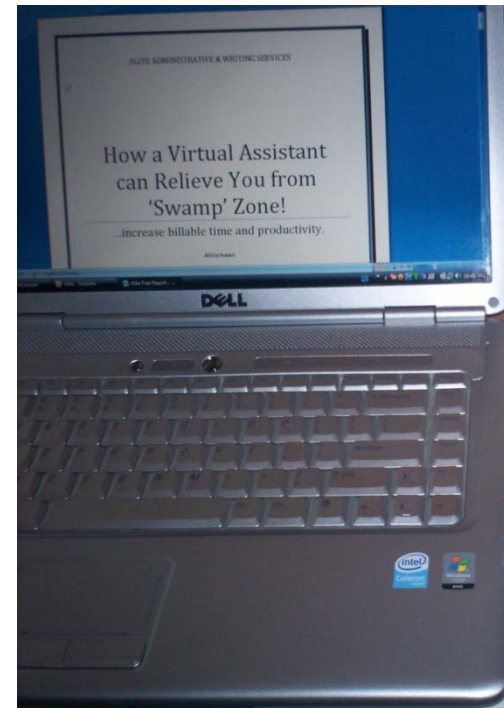
# Change Your Belief, Change Your Life

## Understanding the conscious and subconscious mind

Think of your subconscious mind as your computer program.

In order for a program to get onto your computer you or your programmer would have to

install it there. So every time your computer turns on it starts up according to the programming installed on your computer.



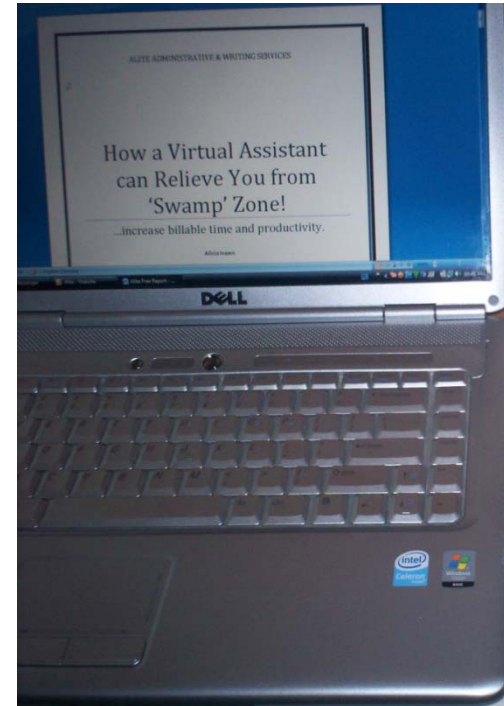


# Change Your Belief, Change Your Life

## Understanding the conscious and subconscious mind

If you want a different program you can't just turn on your computer and decide, well, I'm going to change the program and expect it to change.

You must first uninstall the original program and then install the new program you desire.





# Change Your Belief, Change Your Life

## Understanding the conscious and subconscious mind

Suppose you decide to add the new program to your computer while the old is still there.

That may cause a problem as well, due to conflicting programming.

So instead of getting the old results or even the new results, you find that you're coming up with more computer problems.



# Change Your Belief, Change Your Life

## Understanding the conscious and subconscious mind

It is the same thing with your subconscious mind.

When you were a child, all through your teenage years you've been programmed by your family, friends and society.

Some of these programming you're consciously unaware of but they still influence your life and the way you think about things.



# Change Your Belief, Change Your Life

## Understanding the conscious and subconscious mind

So in order to change your outer behaviour and get the results you're looking for, you need to uninstall original programming, get to the root of the original thoughts, ideas and beliefs, consciously make a decision to change them and replace them with the new.





# Change Your Belief, Change Your Life

## Understanding the conscious and subconscious mind

How did these old programming get there?

By daily repetition or emotional impact that you've accepted and held as your belief.



# Change Your Belief, Change Your Life

## Understanding the conscious and subconscious mind

So then, how do you know what you believe?

This is where you need to become quiet, stop and feel your emotions about a situation.

Say it's about relationship or happiness; stop and ask why you don't believe that you can keep a relationship or have the relationship you want or even live a happy life.



# Change Your Belief, Change Your Life

## Understanding the conscious and subconscious mind

This will take some repetition - reminding yourself that you have a new belief, much like the need to remind yourself that the year is now 2010 and not 2009.

Even though you consciously know that the year has changed you may still have the tendency to write 2009.



# Change Your Belief, Change Your Life

## Understanding the conscious and subconscious mind

So by constant conscious reminder and repetition, you plant the new thought into your subconscious until by the time February rolls around, you have no problem with writing 2010.



# Change Your Belief, Change Your Life

## Understanding the conscious and subconscious mind

If you still agree with that belief that you can't keep a relationship or have the relationship you want or even live a happy life or whatever it is you desire, then until you change your way of thinking and then ultimately your belief, you'll still continue to get the results you're getting now.



# Change Your Belief, Change Your Life

## Understanding the conscious and subconscious mind

Take the time today to have a talk within yourself and even more so, listen to what your feelings are telling you.

They hold the key to what your subconscious mind has been programmed to believe.



# Change Your Belief, Change Your Life

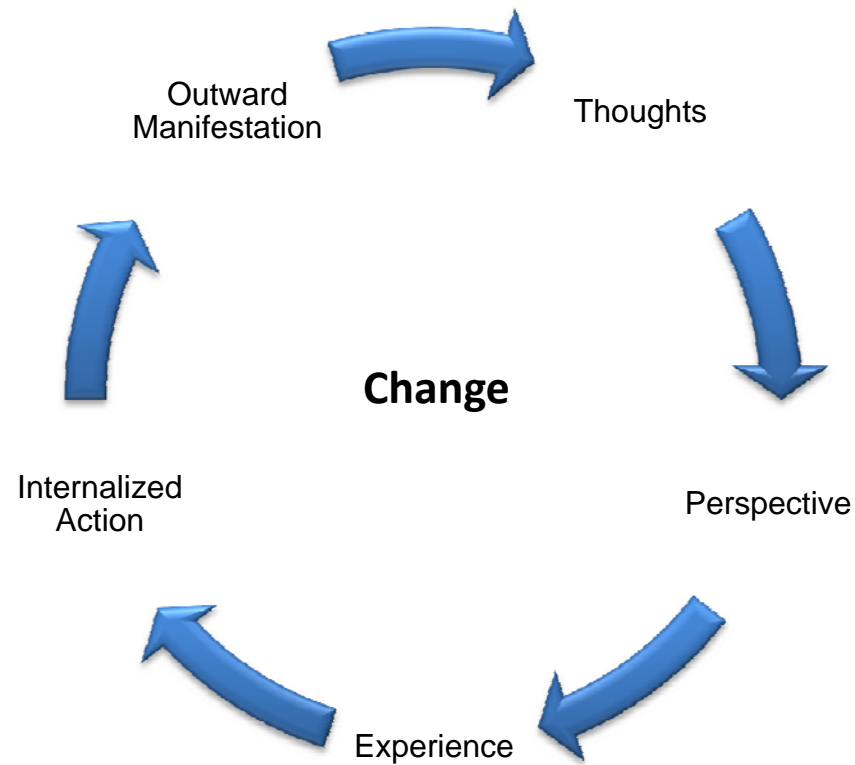
## Understanding the conscious and subconscious mind

Use this method to transform any area of your life – wealth, health, relationship, career - and change your belief, change your life.



# How do we change?

## Chart 1







## How do we change?

When we change our **THOUGHTS**, the way we're thinking about our life and our circumstances, our **PERSPECTIVE** changes - the way we look at things change.

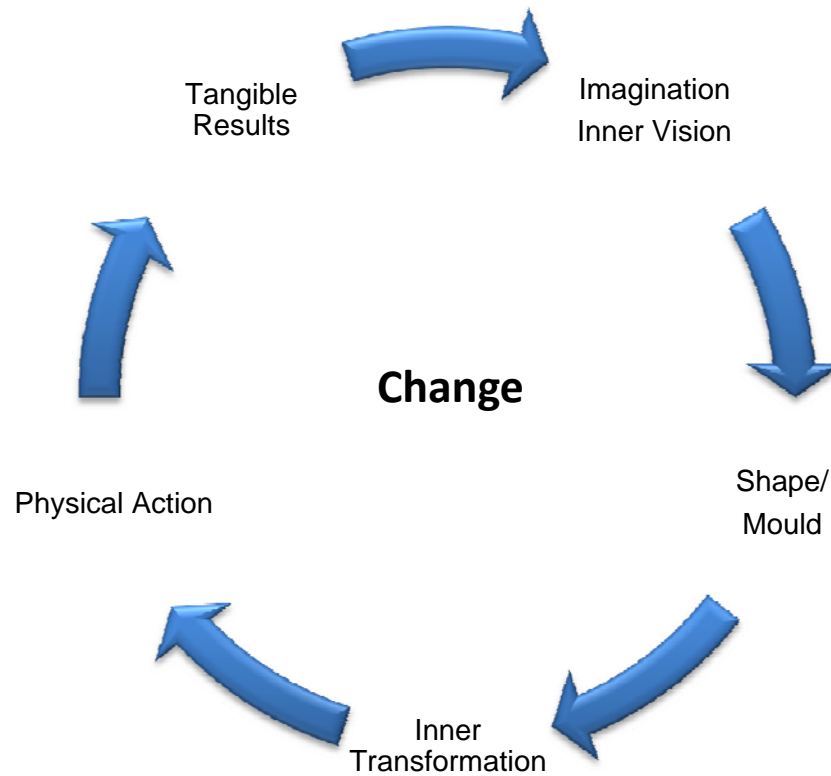
Once our perspective changes, our **EXPERIENCES** change, as well.

As a result, our **INTERNALIZED ACTION**, those action steps in the form of inspired ideas, lead to **OUTWARD MANIFESTATION** of our desires.



# How do we change?

## Chart 2





# How do we change?

Our **INNER VISION** is seen through our **IMAGINATION** which **SHAPES AND MOULDS** us into the person we become resulting in **INNER TRANSFORMATION**. This inner transformation is reflected in our **PHYSICAL ACTION** producing **TANGIBLE RESULTS**.



## How do we change?

Let's now look at both charts together:

Our changed **THOUGHTS** influence our

**IMAGINATION AND INNER VISION**

which in turn changes our **PERSPECTIVE,**

**SHAPING AND MOULDING** us into the person we

become.

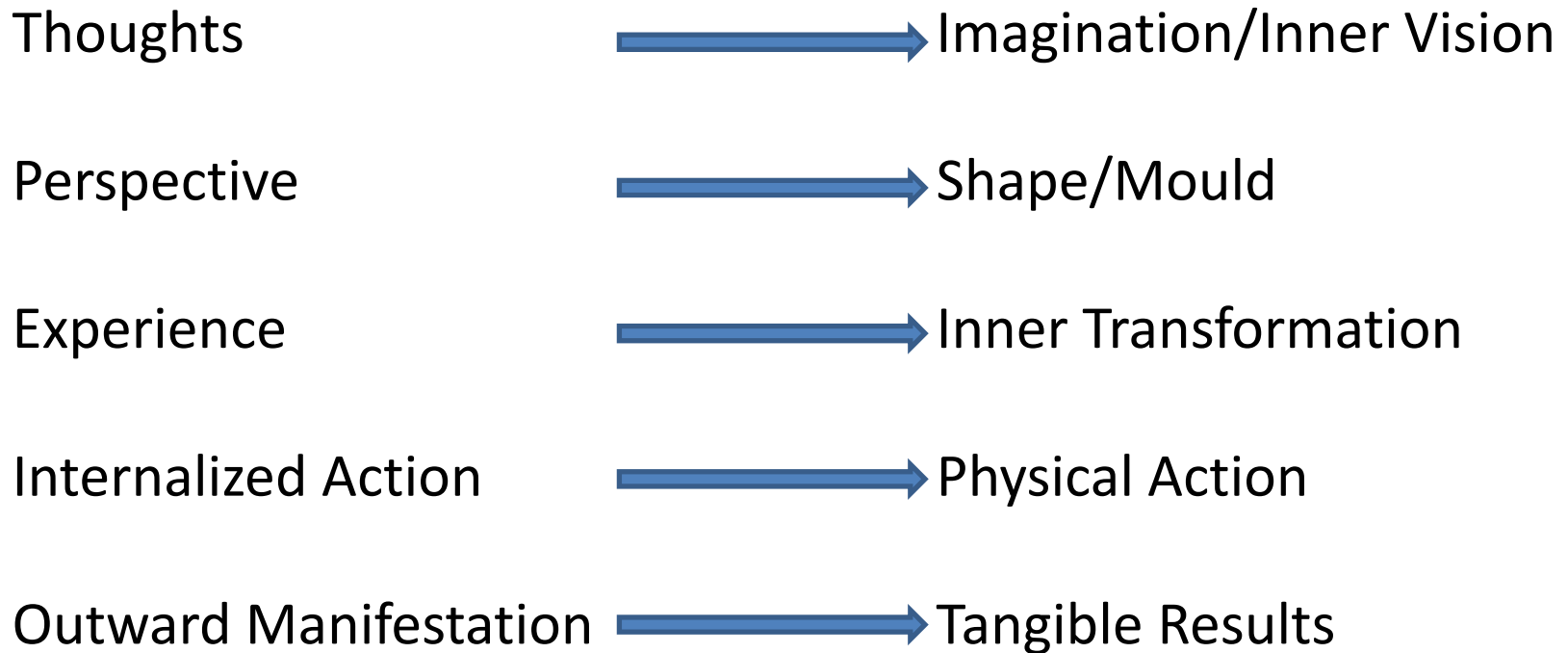


# How do we change?

As we enter the **EXPERIENCE** of **INNER**  
**TRANSFORMATION**, **INTERNALIZED ACTION** in  
the form of inspired ideas, leads to **PHYSICAL**  
**ACTION**, producing **OUTWARD MANIFESTATION**  
creating **TANGIBLE RESULTS**.



# How do we change?





## How do we change?

Our thoughts begin to change as we replace them with new thoughts.



Our new thought seeds begin to germinate until they mature and produce external fruits.