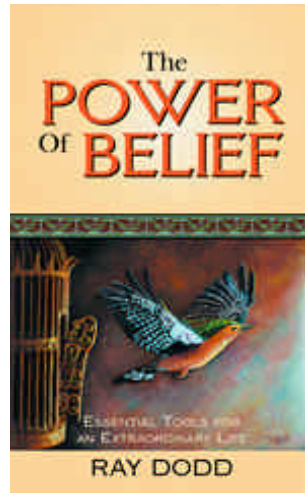


## Interesting Talking Points on the new Book:

### *The Power of Belief* by Ray Dodd

A new release this September by Hampton Roads Publishing



### Some Possible Topics for Radio Interviews

- **How to Heal a Broken Heart**
- **Top 10 Tips for Dealing with Difficult People**
- **Why People Say One Thing and Do Another. Is it personal?**
- **Surprising secrets for reading others like a book.** *Learn to sidestep countless communication problems*
- **Why Does Love End?** *-How hidden beliefs can ruin your relationship*
- **The Key to Extraordinary Leadership**
- **The Power of Belief at Work** *- Tools for Transforming the Way We Work*
- **How to Make Better Decisions** *- A New Approach to Taking Action*
- **Applying Ancient Wisdom To Contemporary Life** *– A New Look at Old Ideas*



## Radio / TV Interview Questions and Answers:

You have written a book called *The Power of Belief*. Why is belief so powerful?

Because what you believe creates your reality. We all want a happy life with wonderful relationships, a great work environment and financial health. But if things aren't working out the way we want them to, there may be more going on. Something below the surface, an undercurrent that runs our life. That undercurrent is frequently what we really believe.

Isn't belief just in your head? In other words, isn't what you have decided in your mind as true what you believe?

Not entirely. Many times that is just your opinion about how things are. Many people say one thing and when they get stressed behave out of character with what they say they believe. Belief is not just an intellectual agreement, in fact what we believe controls what we think. Because we are unaware of our beliefs, what we *say* we believe is very often *not* what we actually believe.

Then how do you know what you believe?

Look around you! Be honest about what is happening in your life. Many times the inner circle of people in our lives are in our movie reading off our script.

To know what you believe takes awareness beyond intellectual understanding. Listen to the voices in your head telling you how everything is. They are giving you clues about what you really believe. You see, your beliefs are a series of filters you perceive through, and without awareness they dream your life for you - whether you are awake or asleep.

Can you give me an example?

Lets say as a child you were told over and over again that you can't sing. At some point if you paid attention to what was being said, you may have agreed to the idea that you can't sing. And it is the culmination of agreements that lead to the place of no doubt – the place where your faith is absolutely invested in the belief that you can't sing. That becomes a component of the lens you see life through.

With the upcoming elections, emotions are really heating up. What is your take on how people should vote? And what does voting have to do with what we believe?

We all like to choose our candidates on how well their opinions match ours. What is interesting however, is how invested we are in changing the opinions of others around us. It is the great drama of "Who is right". Politics is a lot about being right. But what if we each have a different lens – a different filter based on what we believe. Then, who is really right?

In your book, you write about giving up the need to be right: Does that mean you shouldn't vote?

Absolutely not. Voting is a personal power, a privilege that empowers us. Obviously there is nothing wrong with a friendly debate, and having a difference in opinion is also okay. However, when feelings of anger and the desire to get others to conform to our point of view take over the result is often drama and stifled communication. To the extreme it leads to terrorism and war.

Often when we try to persuade others to accept our point of view by being right the driving force is we really don't feel like we are okay unless others agree with us. What we really want is the prize of being accepted by others.

So why would I give up the need to be right?

One good reason to give up the need to be right is because it feels good. What does it do for your relationships when you get in a heated debate with colleagues or family about who's right? What kind of drama ensues? Your opinion is only your interpretation. What is true are the facts and not the interpretation of the facts. If you have your own filter that creates your personal virtual reality then the same is true for every human being on the planet – all 6 billion of them.

Can I really change my beliefs, things I learned as a kid? Things I have accepted living in society and in this culture? And why would I want to?

The rite into adulthood is often when we begin to live the culmination of others opinions. And we may not even be aware that those opinions are what we have chosen to agree with. Ninety percent of all your beliefs are really just someone else's opinion of what is. What if you were really aware of this? What possibilities might open up? What about the person who was told they couldn't sing? Is it true or just someone else's opinion?

In your book, *The Power of Belief*, you talk about the broken heart. Why is that significant?

Whenever a portion of our personal world collapses, we develop strategies to protect ourselves. Our attachment to how things are *supposed to be* causes great suffering when things fall apart. In effect the structure we have built collapses and we never, ever want to hurt that way again. So we manufacture protection and it eventually creates a habit of holding back.

The fall-out from being brokenhearted is we make up all sorts of stories that prevent us from really living. The passion in living is about taking the risk to connect with life! Living with all that protection dissolves our courage and strangles our passion.

What if I believe I can't change? What if I try this and it doesn't work?

Changing belief is not an instant remedy. It takes practice. It is similar to physical exercise, it takes more than 1 afternoon of "working out" to be fit. In other words, it is a process. What took years of investing energy to build doesn't change overnight. But if you worked at it for 30 days you will see a tremendous change.

Sometimes beliefs help me explain the world. They make me feel safe. Why should I change any of those beliefs? If I did that I would feel like I have no control.

You should definitely keep the beliefs that make your life better - the ones that work for you that make you successful and happy. We are talking about changing the beliefs that hold you back, that keep you fearful and in reaction - that create conflict in your life.

Why do you think changing your beliefs can change your life?

Belief affects everything. Work, finances, love, family and most importantly your relationship with yourself. Belief creates your personal reality; a unique world-view where often what is true is only true for you. All the things you have experienced, everything anyone has ever said to you, and all the things you have ever read form a filter of belief through which you interpret everything.

If you want to change your life – RIGHT NOW - there is nothing more powerful than changing what you believe!