

020 Video

In this video training we'll mostly focus on teaching you skills that will allow you to help others eliminate beliefs with the Lefkoe Belief Process. However, this training will also help you learn how to use the LBP on **yourself**.

There are two valuable reasons for doing it on yourself: First, you will get more value out of this course if you are able to remove your own limiting beliefs. Second, by using it on yourself you will be able to practice some of the skills more often than if you have to always find a partner. As a result you'll grow in your ability to use this process more quickly.

Since the lessons primarily focus on learning skills that will allow you to help **someone else** eliminate a belief, they involve some skills that you won't use very often if you only do this process on yourself. However, I urge you to consider applying these skills to help others even if that is not your main goal in this course. Helping others will not only help you to transform someone else's life, you'll also deepen your knowledge of the Lefkoe Belief Process in ways that will allow you to better use it to transform your own life.

OK, let's get started.