

TRANSFORMATIVE SERIES



A MINDSET BOOKLET

THE POWER
OF BELIEF

WHY THINKING IS OVERRATED

Kimble Greene, PhD

The Power of Belief: Why Thinking is Overrated

Transformative Series
A Mindset Booklet

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The Power of Belief

Why Thinking Is Overrated

Kimble Greene, PhD

“Thinking is limited. Belief is limitless.”

Kimble Greene



You’re familiar with statements such as, “I’m stuck in my head”, “I can’t get this thought out of my head”, “My brain hurts”, and many more references to overthinking and overreliance on the limited cognitive capacities of our brains. Thinking isn’t a bad thing, it’s simply an overused and over relied on capacity.

This begs the question, aside from thinking, what capacities do you possess that provide you with the tools to solve problems and achieve goals? Thinking is specifically a cognitive, brain-oriented capacity. It is designed to maintain human survival and is limited to the 5 sensory (sight, sound, taste, smell, touch) human experience along with the material and physical realm in which humans exist.

There is more, much more, to existence than simply our physical reality. And, we more than brains and bodies, mere creatures of cognition and matter. In fact, frontier sciences such as Epigenetics have proven that we are primarily beings of energy and belief. In fact, it is the energy field funneled through our beliefs that determines how we experience ourselves and life. Cell biologist, Dr. Bruce Lipton advises, “Our field of beliefs and perceptions, individually and collectively, determine our biology and our reality.”

Conscious thinking, the tool we use for most everything, comprises less than 10% of accessible reasoning. Most of our cognitive processing takes place subconsciously (+90%) and is fueled by our beliefs which in turn create the energy that drives our selves and our lives forward.

Additionally, our innate intuitive capacity (6th sense) is how we access our highest intelligence. Einstein posits, “The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.” The ability to establish and sustain change, invention, creativity, along with envisioning limitless possibilities arises from your beliefs and intuition with thinking employed to follow through with the progression of thought from the immaterial to the material world.

Everything is energy and energy is everything. The power of your beliefs along with your intuition is the energy that fuels your engine, it’s the source of all that exists, it is your point of power and influence. If you have trouble discerning between thoughts and intuition, below are 12 tips:

1. *Intuition is calm and trust-based. Intruding thoughts are often hectic and fear-based.*
2. *Intuition is rational. Overthinking is frequently irrational.*
3. *Intuitive knowing focuses on the present. Intrusive thinking is often focuses on the past or the future.*
4. *Intuition is ‘quiet’. Thinking is loud.*
5. *Intuition usually occurs singularly. Intruding thoughts are repetitive.*
6. *Intuitive knowing is internal and comes ‘out of nowhere’. Intrusive thinking is triggered by external stimuli.*
7. *Intuitive thoughts open you mid. Intrusive thoughts close your heart and mind.*
8. *Intuition arises from your highest self. Intrusive thinking comes from your fearful self.*
9. *Intuition guides you forward based on what you believe. Invasive thinking compels you to obsess about what others are thinking.*
10. *Intuition is general and graceful. Overthinking is selfish and competitive.*
11. *Intuition shows you how to respond. Invasive thinking tells you how to react.*
12. *Intuition comes from a deep place in your soul with a direct link to cosmic wisdom. Thinking is a product of being stuck in your head.*

Trust what your soul believes, the whispers of your intuition. This is the source of your highest intelligence, your wisdom, and your pathway from surviving into thriving.

As you consider how to begin this shift, I dare you...*to rise to the task of loving yourself through what you see as your shortcomings - because they're actually keystones of growth. I dare you to embrace the opportunities hidden amongst the struggles – because it’s the struggle that creates strength. I dare you to love who*

you are at your core despite what you see as failures – because they're not really failures, they're disguised pathways toward learning and success. I dare you to love yourself even when it seems like no one else possibly could – because they do anyway.

I dare you to see beyond the bricks the world throws at you - because digging deep into your soul reveals the power and perseverance which endures within you. I dare you to be vulnerable with the ones you love – because they need it, you need it and the relationship needs it (whether you can see that or not). I dare you to stand up to the bullies of the world with compassion and gentle power – because compassionate power is so much more influential than anger and control. I dare you to look past the offensive behavior of your antagonists, deep into the soul of the human being who feels abandoned and afraid – because in the end, everyone has fear and everyone wants to be loved.

I dare you to remove the lenses of fear and lack and limitation, through which you so often see yourself, others and the world around you – replacing them with the eyes of kindness, strength and faith. I dare you to trust you are enough – now and always. I dare you to speak your truth and show up authentically - doing so with grace, humanity, and integrity.

On this day and every day moving forward, I dare you to be you, loving who you are and, at the end of each day gently let go of self-judgement, remembering...you are important and cherished.

Dr. Kimble Greene has been transforming lives and empowering leaders for 35+ years. She holds a PhD in Psychology and expertise in agency administration, strategic consulting, and personal/leadership development. Kimble is internationally acclaimed for her game-changing approach to personal transformation and evolutionary leadership - *The Monarch Method™*. Kimble's globally recognized method along with her groundbreaking philosophies (*The Catalyst Factor™*) are a unique blend of psychology, neuroscience, epigenetics, and quantum physics that takes her clients on an enriching journey of self-evolution and empowerment. Kimble's approaches, her expertise, and unassuming style makes her unique work with individuals and leaders transformative. She is the author of several books including the Amazon #1 bestseller - *You Are Not Broken; The Power to Thrive: When surviving is no longer enough; Powerful Beyond Measure: The pathway to evolutionary leadership; One: Embracing Life & Illuminating Your Spirit*; and *The Monarch Method™* 6-book series.