

Breaking the Chains of Belief: Chris Lonsdale

打破信念的枷锁：龙飞虎

(clapping)

(掌声)

Chris: Good morning. I want to start with a couple of questions.

上午好，开始之前我想先问几个问题。

First, if you are perfectly 100 percent satisfied with the track that your life is on, raise your hands.
首先，如果你完全100%满意自己的生活轨迹，请举手。

Okay, about half a dozen people. Fantastic!
好的，大概有六七个人。非常好。

Everyone else has a little bit of work to do.
其他人就有事情要做了。

Second question: if you have to perform at something in your life, some area of your life, and you find that you have hit a limit that you can't break through, raise your hands.
第二个问题，如果你在生活中的某个方面需要做一些事情，但是你觉得你的表现已经到极限了，不能再突破了，请举手。

Okay, so a few people and everyone else seems to be doing great.
好，只有几个人。那么其他人看起来做得都很不错。

Well, for those of you who are stuck at a limit, I want you to consider an idea that your limit is not your limit.
对于那些被极限所困的人，我想请你们考虑一个观念：你的极限其实并不是你的极限。

I say this because people very often quit right here just below a perceived limit.
我这么说是因为很多时候，人们在这里就放弃了。恰好就在你感觉到的极限下面一点点。

But your real limit is way, way beyond that perceived limit.
但你真正的极限，远比你认为的极限要高很多。

This happens because we all have switches inside us, and very often, these switches are flipped the wrong way. So if you flip the switches the right way, you can break through those performance limits.
这是因为我们体内有一些开关，而且很多时候，这些开关的方向都错了。所以如果你往正确的方向扳动开关，你就能突破那些极限。

For instance, a few years ago, I worked with a guy. We'll call him Sebastian.
比如说几年前，我跟一个人合作，我们就叫他 Sebastian 吧。

He was a very, very good amateur golfer. However, he could not win any tournaments.
他是一位非常非常出色的业余高尔夫选手。但是他却没法赢得任何一场锦标赛。

He was 60 years old, and he thought that he had hit a limit and he couldn't go through that.
当时他 60 岁，他认为他已经到了极限，不可能再有突破。

Well, we did some work together, and that year, after he flipped the switch, he went on to win the amateur golf tournament in Hong Kong.

于是我们一起做了一些工作，就在那一年，他扳动开关之后，在香港的业余高尔夫锦标赛上他赢得了冠军。

Now, these switches don't just apply to performance. They apply to every aspect of our lives. 这些开关不仅适用于个人表现，同样也适用于我们生活的方方面面。

So for instance, if you have difficulty with people, if you have relationship challenges, well, there are switches for that, too.

比如，如果你跟人相处有困难，如果你面临人际关系的挑战，那么也有对应的开关。

You find them, you flip them, and you can actually then move on and have great relationships with people.

你找到它们，扳动它们，你就能改善并获得良好的人际关系。

You see, we all these switches. So, you can change your relationships by flipping these switches.

你会发现，我们都有这些开关。所以你是可以通过重新扳动这些开关来改变你的人际关系的。

Maybe—and I'll just talk about a story here briefly.

也许——我就简单说一件事吧。

I worked with a school a few years ago and the school had two boards.

几年前我跟一所学校合作，这所学校有两个董事会。

The upper board and the lower board had a massive conflict going on between them that was causing massive stress.

高层董事会和低层董事会之间一直有激烈的冲突，并给双方造成了巨大的压力。

The members of the two boards couldn't even talk to each other.

两个董事会的成员互相之间甚至没法说话（沟通）。

Well, there was a switch in that situation as well and once they flipped it, the relationship was healed and they were able to move the school forward.

这种情况里也有一个开关，一旦他们扳动了开关，关系就得到了修复，他们就能使学校继续向前发展。

Maybe you're just having a terrible year. Maybe you feel at the mercy of events around you.

也许你今年过的很糟糕。也许你觉得你被周围的事情所摆布。

Well, I want you to consider for a moment that the world is not as it seems.

我想请你思考一下，这个世界并不像看起来的那样。

Consider the possibility that you have more choices and more influence over your own life than you might imagine it's possible.

考虑一下这种可能性，对于你自己的生活，你比自己想象的有着更多的选择和影响力。

All you have to do is find the right switches.

你所要做的全部就是找到对应的开关。

For the last 30 years, I've worked with thousands of people individually and in groups, helping them to improve their lives, helping them to build better businesses, helping them to break through performance barriers.

过去 30 年来，我与成千上万人合作过，有个人也有组织，我帮助他们改善生活，把事业做得更强，帮他们战胜行为上的阻碍。

And in every single situation, every single time, there was at least one switch, sometimes more than one switch.

并且在每一个案例中，每一次都至少有一个开关，有时候更多。

I'm talking about beliefs. If you want to change your life, change your beliefs.

我说的就是信念。如果你想改变你的生命，先改变你的信念。

If you want to master your life, you've got to become a master of your beliefs because beliefs determine our actions and they filter our perceptions.

如果你想掌控自己的生活，你必须首先成为自己信念的主人，因为信念决定我们的行为和我们的认知。

In that situation with the school boards, we see that happening.

在那个有两个董事会的学校里，我们已经看到了这个情况。

Because the upper board had a veto role and everybody on the lower board believed very intensely that one person on that upper board was always using the veto to block things that the lower board wanted to do.

因为高层董事会有一个人的投票否决权，而低层董事会的每个成员都紧张地认为这个人总是使用否决权阻碍他们想做的事。

While in the middle of a facilitated conflict resolutions process that I designed, one man on the upper board was complaining about the school.

在我设计并实施的冲突解决过程中，高层董事会的一名成员开始抱怨这所学校。

He was saying, "You know what? The school has too many amenities. It's too cushy. It's making the students soft."

他说：“你们知道吗，学校里有太多的便利设施，一切太舒服了。这让学生们变得太嫩。”

Somebody on the lower board was very, very angry with him and said, "Look, the way the school is today is completely a result of decisions that you guys made on the upper board, so how can you say this?"

低层董事会里有人非常非常愤怒的对他说：“看，学校现在运作的方式完全是你们高层董事会决策的结果，所以你凭什么这么说呢？”

The man on the upper board simply said, "I never used the veto. In fact, none of us ever did."

高层董事会的这个人回答：“我从未使用过否决权。实际上我们都没用过。”

You could hear a pin drop. You look around the room and you could see the faces changing as that belief dissolved.

房间静到连一根针掉在地上你都能听见。环顾四周，你能看见那个信念化解后，人们的面部表情都变了。

The belief was filled in every communication between the boards and the minute the belief dissolved, the communication changed.

之前，两个董事会的每一次交流，都带着那个信念，当那个信念被化解的那一刻，（他们之间的）沟通就变了。

They were able to solve their problem.
他们开始有能力解决他们的问题了。

See, beliefs are not reality but they absolutely do create our reality.
要知道，信念虽然不是现实，但是它们绝对创造现实。

Even when you're learning, beliefs affect it.
即使在你学习的时候，也会受到信念的影响。

Very often, people give up learning something because they don't see themselves making any progress.
通常情况下，人们放弃学习，是因为他们看不见任何进步。

Who's had that situation? I'm sure lots of people. Right. You start to believe that this is too hard for me. This is something—I don't have the genes for this.
谁有过这种经历？我相信很多人都有过。没错。你从一开始就相信这太难了，就好像说——我没有学这个的基因。

However, these beliefs themselves are actually causing the problem.
但是，实际上正是这些信念本身导致的问题。

Because you see, when you're learning anything, progress is happening but it's incremental. It's small.
因为你知道，当你在学任何新东西的时候，进步总是渐进的，它很小。

If you believe that you're not good enough or that you're stupid or that you're a slow learner, your belief blocks the perception of the incremental change.
如果你相信你不够优秀，或你很笨，或你是一个很慢得学习者，你的信念就会妨碍你察觉到这些渐进的微小变化。

So, literally, your belief stops you from perceiving your improvement and that is what causes you to give up even though progress is happening.
所以呢，你的信念妨碍你发现自己的进步，这就是为什么即使你进步了还是会放弃的原因。

Now, these are beliefs that we can talk to.
这些是我们可以说出来的信念。

"I can't." "I'm a slow learner." "I don't have the genes for it." "Those people are evil." "我不行！" "我是一个很慢的学习者。" "我没有那种基因。" "那些人是恶魔。"

All of these things actually don't matter. I call them big beliefs.
所有这些说法都不重要。我叫它们大信念。

What matters is the beliefs that control us are small. They're subtle.
真正重要的，是控制我们的小信念。他们非常微妙。

They are feelings. They're unconscious.
它们是感觉，它们是无意识的。

They're granular inside us. They are the cause and the big beliefs are the effect.
它们是我们体内的粒子。它们是引起大信念是原因。

With Sebastian and his golf game, it was very interesting because Sebastian would lose in tournaments because he copied his opponents' errors.

就像 Sebastian 的高尔夫球赛，这个案例很有意思，因为他输掉比赛的原因是他总是复制对手的失误。

So if an opponent put a shot into the water, Sebastian would put his next shot into the water.
如果一个对手把球打进了水里，Sebastian 下一杆也会打进水里。

If an opponent put a shot into the rough, his next shot would go into the rough and all of this was being caused by a belief.

如果一个对手把球打进了长草区，那他的下一球也会打进长草区，而这一切都是由一个信念引起的。

He would swing his club. A belief would fire in his nervous system.
每当他一挥动球杆，这个信念就在他的神经系统里启动。

This would cause his muscle to twitch. His shot would be deflected.
这会导致他的肌肉抽动，他的球跟着就打偏了。

So you had a belief which is an idea that was operating as a feeling directly on his muscles.
所以这个信念是以感觉的方式，直接作用于他的肌肉上的。

You're probably wondering what sort of belief would do that.
你也许会好奇，这是怎么样的一种信念呢。

See, Sebastian believed he had to be the perfect gentleman.
从 Sebastian 的案例中，他相信自己必须得做个完美的绅士。

And in his mind, the gentleman always goes second.
在他的脑子里，绅士总是第二位的。

This was all operating outside conscious awareness. The minute the belief became conscious, he was able to edit it.

这些都是运营在有意识之外的（现象）。一旦这个信念成为有意识，他就有能力能编辑它了。

That's right. We can edit our beliefs.
是的。我们可以编辑我们的信念。

Our beliefs are like code, like computer code, but in our nervous system and we can edit this.

我们信念就像是代码，和电脑编码一样，只不过（它们是储存）在我们的神经系统里的编码，而且我们也可以编辑它。

I'm going to, in a minute, tell you how you can go ahead and edit your beliefs.
我很快就告诉你，怎样去编辑自己的信念。

But before I do so, we need to understand one more thing about beliefs. Beliefs directly affect our biology.

但在此之前，我们需要理解多一点关于信念。信念直接影响我们的生理。

If you want to get into the science of this, I recommend you read some of the work of Bruce Lipton.
如果你想更多了解这方面的科学，我推荐你读一些 Bruce Lipton 的作品。

In one of his books, Bruce Lipton talked about fire walking.
在 Bruce Lipton 的其中一本书里谈到了在火上行走。

Now, if you, in the middle of a fire walk, if you absolutely believe that you can walk barefoot across burning hot coals and be unharmed, you will be fine.

如果你（有机会）在火上行走，过程中，如果你非常十足地相信，自己可以光着脚在烧的滚烫的碳上行走而不会受伤，你就不会有事。

If you hesitate in that belief, if you are skeptical, you will get burned.
如果你犹豫或怀疑这个信念，你就会被火烧。

I can personally vouch for this. I've done two fire walks in my life.
我个人可以担保这是真的。我一生中已经完成过两次在火上行走。

The second one was fine. The first one, I got burned.
第二次很好。但第一次，我被火烧了。

Because halfway through the fire walk, one side of me got skeptical and one side of me got burned.
因为当走在火上（途中）一半时，我的一边开始怀疑，于是我的这一边就被烧到了。

I've seen it with all the clients that I've worked with.
在跟我合作的客户身上，我也看到了这一点。

Very often, you have beliefs directly affecting the biology of a person.
通常，你有一些信念会直接影响到自己的生理。

So one woman I've worked with a few years ago had a new role—a very important role in a multinational in Hong Kong.

几年前我合作过的一位女士，她刚刚得到一个新职位。是在香港一家跨国企业里的非常重要的职位。

She was struggling with her role.
这个新职位让她很痛苦。

But not only that, she had health problems.
但是不仅如此，她也出现了健康问题。

She had insomnia. She had acid reflux. She couldn't get pregnant. A whole lot of stuff going on for her.

她失眠，胃酸反流，她没法不孕。很多事情发生在她身上。

When we started working, her big belief was, "I'm not fit for the role."
当我们开始一起工作，她的大信念是：“我不适合这个职位。”

But deep inside her, she felt that she would be punished for every decision that she made.
但进入她内心的深处，她感到她做的每一个决定都将会受到惩罚。

That came from trauma that happened to her in the classroom when she was a child.
这个信念来自于她童年时，在教室里的一次精神创伤。

Once we healed the trauma, she went on to absolutely enjoy her role.
当我们治愈了她的精神创伤，她就开始完全享受她的新职位了。

She did a fantastic job. She can meet all of her challenges.
她的工作表现非常出色。她能面对自己所有的挑战。

Her acid reflux disappeared. A year later, I got a lovely letter from her with a photo of her new baby.
她的胃酸反流也好了。一年之后我收到她的信，信里有她可爱的宝宝的照片。

So beliefs fundamentally filter our perceptions.
所以信念能在根本上过滤我们的感知。

They dictate our actions and they directly influence our biology.
信念支配我们的行动，并直接影响我们的生理。

So if you want to master your life, you have to master your beliefs.
所以如果你想掌控你的生活，首先要掌控自己的信念。

Don't get me wrong. A lot of beliefs are good beliefs and they help us create the lives that we want.
不要误会，也有很多信念是好的，并且它们帮助我们创造我们想要的生活。

But at the same time, all of us carry around a whole lot of limiting beliefs and these limiting beliefs are like chains on our brains.
但同时，我们也都带着很多限制性的信念，这些限制性的信念就像是我们大脑的枷锁。

They make things hard. They make things impossible for us.
它们把事情变得困难，它们把事情变得不可能。

So if you want to live the life that you choose, you absolutely have to break these chains.
所以如果你想选择自己的生活，你就必须要打破这些枷锁。

And then the question is, well, where do I focus? What belief should I be editing?
接下来的问题就是，我该把注意力放在哪儿呢？我该编辑什么信念？

Well, I have three simple rules of thumb.
我有三条简单的经验法则。

If you have a belief that limits you in any way, especially if other people can do something and you can't yet—so it's doable—then you should look at editing your belief.

如果有一个信念，在某一个方面限制了你，尤其是一些别人能做但你不能做的——就是说，此事是能做的——那么你就要考虑编辑你的信念了。

If you have a belief that causes you to harm yourself in any way, you should look at editing that belief and if you have a belief that causes you to harm other people in any way, you absolutely should look at changing that belief.

如果你有一个信念，导致你在某个方面伤害自己，你应该考虑编辑那个信念，如果你有一个信念导致你从某个角度伤害别人，你绝对应该改变这个信念。

How do you do it? Actually, it's a simple four-step process.

怎么去做呢？实际上，有个很简单的四个步骤。

Number one: identify what the unconscious beliefs are.

第一步：发现潜意识的信念是什么。

Number two: do an ecology check.

第二步：评估是否能保持身心的整体平衡（心内的生态平衡）。

Number three: find out where the beliefs come from and number four: edit them.

第三步：找出这些信念的来源。第四步：编辑信念。

When you identify an unconscious belief, you simply look at the situation that challenges you and you ask the question.

当你发现一个潜意识的信念时，只要审视一下面临挑战的处境，然后问自己这个问题：

In this situation, what am I believing?

在这种状况下，我在相信什么？

And something will pop up. Sometimes you're lucky, you get there straight away.

然后有些东西会跳出来。有时幸运的话，你就能直接找到答案。

But more often than not, you have to dig down a few levels.

但通常，你必须深挖几层。

See, when you hit the belief that's making the impact on you, you know it.

当你找到影响你的信念时，你会知道的。

Intuitively, you sense it and sometimes you get a very strong emotional reaction when you find it.

直觉上，你能感到它，有时当你找到它的时候，你可能会有激烈的情绪反映。

Once you found it, the next thing you do is an ecology check which really just means check for unintended consequences.

一旦你找到它了，下一步你要做的就是评估是否能保持身心的整体平衡，就是说确认会不会产生意想不到的结果。

You ask the question, if I change this belief, am I going to lose anything of value in my life?

你可以问自己：如果我改变了这个信念，我的人生会不会因此而失去任何价值？

Sometimes the answer is, yeah, be careful.
有时答案是：会的，要当心！

But more often than not, it's like, nah, it's an old belief. It's no longer useful. It probably never was. You can get rid of it. You can change it.
但是更多时候答案是：不会的，这是个旧的信念，已经没用了，也许一直都是没用的。你可以去掉它了。你可以改变它了。

Which is, you ask yourself, why do I believe this? Where does this come from?
接下来，你再问自己一个问题：我为什么要相信这个？这个信念从哪儿来？

The answer will come from one of two directions.
答案通常会来自一个或两个方向。

Either it's going to be a life event that happened to you or it's going to be indoctrination. Just those two, that's it.
要么它是你生命中曾经发生过的生活事件，要么它是曾经被灌输的。就这两种情况。

In Sebastian's case with his golf, it was indoctrination because he grew up in a family and a world where being the gentleman was important.
在 Sebastian 的高尔夫案例中，他的信念就是被灌输的，因为他从小长大家庭环境很好，整个环境（文化）都认为做绅士是很重要的。

So from early childhood, he just absorbed this idea into himself without questioned by osmosis.
所以从童年开始，他没有任何质疑的，完全潜移默化的吸收了这个信念。

We get a lot of our beliefs this way. We never think about them. We just absorb them and we think that that's the way the world is.
我们有很多信念都是这么来的。我们从不思考它们，我们只是吸收它们，而且我们认为这世界本来就是这样。

Life events are a little more interesting and a little more complicated.
生活事件更有趣一些，同时也更复杂一些。

I want to share a story about a man I worked with. We'll call him Alfred.
我想分享一位我曾经帮助过的人的故事。我们就叫他 Alfred 吧。

He was the CEO of a major company in Hong Kong. A very high profile role.
他是香港一家大公司的首席执行官。（他在）一个非常高的职位。

He came to spend a little bit of time with me and we talked through an issue he was facing.
他来找我聊了一会，并跟我讨论了他正面临的一个问题。

You see, everyone around him thought he was doing a really, really, really good job.
要知道，他身边的每一个人都认为他真的做得特别好。

Alfred felt he was failing. In fact, he felt he was going to do things that demonstrated for the whole world to see just how bad a failure he was.
但他自己却觉得很失败。实际上，他感到他要做的事情就是向全世界展示他有多失败。

You're probably wondering how on earth could a successful CEO have this sort of a feeling?
你也许会好奇，为什么一个成功的首席执行官会有如此感觉呢？

Well, it turned out that when he was three years old, he failed his kindergarten entrance exam.
原来，在他三岁时，他的幼儿园入学考试失败了。

Why on Earth anybody would think that a kindergarten entrance exam is a good idea, I do not know.
But somebody did, and he failed his.

（真不知道）为什么世界上有些人觉得幼儿园入学考试是个好主意，但有人这样做了，而且他曾经失败了。

He went through his whole life actually believing he was a failure.
他整个一生中都认为自己是个失败者。

Every role he did, he was fantastic at the role and every role he did, he believed he was a failure.
他曾经担任过的每一个角色，他的表现都非常优秀，但是他仍然相信自己是个失败者。

But we healed this and he went on to have a balanced and really successful life going forward.
我们治疗了这个，之后他开始拥有一个平衡并且非常成功人生。

So, once you know what the belief is, you need to move to editing it.
因此，一旦你知道了这个信念是什么，接下来你就要去编辑它。

Now, if it's an indoctrinated belief, generally, it's quite simple.
如果它是一个被灌输的信念，基本上就很容易了。

Because as soon as you know what it is and where it came from, most of the time, it just looks very, very, very silly.

因为一旦你知道了这个信念是什么，以及它的来源，大多数情况下，它都会看上去非常非常的愚蠢。

That silliness, that humor of the situation makes you go, "Hang on a minute. This is bullshit," and you change the belief.

那种愚蠢，那种幽默的讽刺会让你觉得：“等等！这纯属荒谬！”于是你就改变信念了。

Sometimes you need to do a reframe.
有时候你需要重新构建一个框架。

So, when Paul came to me, one of his beliefs was, "Well, I've never learned a foreign language before so I can't learn a foreign language."

所以当保罗（高飞）来找我时，他的其中一个信念是：“我从没学过外语，所以我不可能学会外语的。”

I simply said, "So how did you learn English, your mother tongue? Because when you were a baby, it was a foreign language."

我只是简单地说：“那么你是怎么学会英语的呢？你的母语？因为当你还是个婴儿的时候，英语对你来说就是外语。”

That change in perspective is all it took to change the belief. Very simple.
那次观点的改变就是改变信念所需要的一切。非常简单。

When you get into emotionally charged events that happened throughout your life, you actually need some special tools.

当你碰到生活中发生过的情绪创伤有关的事件，你就需要一些特别的工具。

I tend to like using NLP and EFT but there are a lot of really good tools in the world.

我倾向于使用 NLP 和 EFT，世界上真的有很多优秀的工具（可用）的。

So if you meet these sort of challenges, go find the tools or find people who are skilled at using these tools to help you through it.

所以如果你遇到这类挑战，去找到工具，或找到精通这些工具的人来帮你解决。

So that's really it. The four-step change process.

就是这样，按照那四个步骤来改变。

You identify the beliefs. You do an ecology check. You find out where they come from. And then, you edit them out.

你发现信念，评估是否能保持身心的整体平衡，你找出信念来源，然后把它们编辑好。

If you think that your beliefs are sacred and that they should not be touched, that's fine but you need to accept your life the way it is without complaining.

如果你认为你的信念是神圣的，不可触碰的，那也可以，但你需要接受自己的生命之路，没什么可抱怨的。

However, I don't buy that personally.

但我是不会接受这种倾向的。

I think that we have massive potential as human beings and part of the process of achieving our potential is to master our beliefs.

我相信作为人类，我们有巨大的潜力，而激发潜力的过程之一就是掌控自己的信念。

So let me share one final story. This is Brian.

让我最后分享一个故事。布莱恩的故事。

He came to see me in Hong Kong when he was 81. His memory was failing terribly.

他81岁时来香港看我。（当时）他的记忆力已经严重衰退。

He had no muscle strength. His muscles were so weak, he couldn't get up out of a chair without assistance.

他的肌肉没劲儿，他的肌肉弱到，在没人帮他的情况下，他没法从椅子上站起来。

He couldn't put a power adaptor plugged together for an Apple computer.

他没法把苹果电脑的插头和电源连上。

This is a man who worked most of his life as a hands-on mechanic and engineer.

这个人一生中都在从事手工操作的机械师和工程师工作。

He believed he had seen all dementia and that his life was soon to be over.

他相信自己已经老年痴呆了，而且他的生命已经快到尽头了。

When he was 84, he was doing weekly 50-kilometer endurance bike rides.
而当他 84 岁时，他每周都会进行一次（长达）50 公里的耐力骑自行车。

Every day, he would send me his heart rate monitor graphs from the short interval aerobic training that he was doing.

每天他都做短间隔的心肺功能训练，并将心率图发给我。

He could problem solve software issues on his computer.
他能够使用电脑软件解决问题。

He could do online research. So what happened?
他能上网做搜索调查。那么到底发生了什么呢？

When he came to me, he had a number of bad beliefs.
当他来找我时，他有很多坏的信念。

He believed that his life had no value. He believed that this rapid decline was his destiny and he believed that doctors were responsible for his health.
他相信自己的生命没有价值。他相信快速衰退就是他的命运，并且他相信医生应该为他的健康负责。

He changed that belief to, "I am responsible for my own health and for the quality of my death."
他把那些信念变成了：“我自己为我的健康和死亡的质量负责。”

He decided to die well rather than fade away like a vegetable.
他决定光荣地死亡，绝不能像蔬菜一般慢慢腐败。

Based on that, he did two things.
在此基础上，他做了两件事。

He took himself off some very strong medication that he was taking.
他停了一些他正在服用的强效药。

This medication was a major reason for a lot of the problems that he had. Side effects.
这些药也是导致他很多问题的主要原因。（药的）副作用。

But he also started doing short interval aerobic training because the other problem was lack of oxygen to the brain.
他也开始做短间隔有氧训练，因为他的大脑缺氧导致其他一些问题的出现。

And so, he did those two things.
所以，他做了那两件事。

Three months later, his muscle strength was back.
三个月后，他的肌肉恢复了力量。

He was problem solving on the computer.
他能够使用电脑处理问题了。

He was doing a whole lot of things and this led to a new belief being formed which was, "I can reverse this process of decline."

他能够做很多事情，这也让他形成了新的信念：“我能逆转衰老的过程。”

So he kept doing that and he did some other things as well.

所以他继续坚持做他做的那些事情。

He started doing emotional healing and a whole bunch of things.

他开始治疗自己的情绪和很多其他问题。

At a year out, his doctor at his annual checkup gave him a clean bill of health.

一年后，他的医生在他体检后，给了他一张健康的体检表。

At age 83, he re-qualified for his driver's license.

83岁的时候，他重新考上了驾驶执照。

How do I know all of these about Brian? Well, actually, he's my dad.

我是怎么知道布莱恩的这些事情呢？实际上，他是我父亲。

So, you can change your life trajectory.

所以你能改变自己的生活轨迹。

If you have performance barriers, if you have health challenges, if you have learning difficulties, if you have problems with relationships, start flipping some switches.

如果你正面临行为表现的障碍，如果你有健康的挑战，如果你有学习的困难，如果人际关系问题，那就开始扳动开关吧。

Turn off your bad beliefs. Turn on some good ones.

关闭你的负面信念。打开好的信念。

Re-code your nervous system and reset your life.

重新编辑你的神经系统并重置你的生活。

Take those chains that limit you. Break them.

抓住那些限制你的枷锁，打破它们。

Break those chains of belief that limit your life and create the life that you really want.

打破限制你生活的信念枷锁，创造你真正想要的生活。

The power is in your hands. Thank you.

力量就在你自己的手中。谢谢！

(clapping)

(掌声)