Beneath the Belief

A Root-Cause Approach to Releasing Beliefs and Stuck Emotions.

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You know the kind of change you want. You work hard at it. And yet, somehow, you find yourself returning to old patterns

You may have believed you simply needed to try harder or be more disciplined. But no matter how much effort you apply, the resolutions you envision don't seem to last. The progress you make at first fades. You may even feel like you've failed yourself again.

Please know this: you haven't.
It's not a lack of trying.
And it's not a lack of willpower.

It's because one essential piece is often missing.
Only about 10% of our behavior is driven by conscious thought—the goals we set, the intentions we hold, and the insights we gain.

The other 90% is driven by the subconscious.
This is where our emotional responses live.

Where beliefs about safety, self-worth, belonging, and relationships are stored.

And where behavioral patterns arise—often before we've had time to think.

This work is always approached gently and at your pace. Nothing is forced, and nothing needs to be shared before you feel ready.

We work with what feels accessible and safe for your nervous system, allowing change to unfold naturally rather than through pressure or effort.

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How Beliefs Are Formed

Many of the beliefs shaping our lives today were formed in a single moment in the past—

often when we didn't yet have choice, context, or the wisdom we hold now.

In an emotionally charged experience, the nervous system made sense of the world the best way it could—just to keep you safe.

That response settled as an emotional truth—a belief—held in the body and subconscious. Once formed, life often begins to organize itself around that belief.

Why Triggers Keep Repeating

You may recognize this pattern: similar situations keep showing up.

Different people. Different circumstances.
The same internal reaction.

This isn't random. It's the subconscious guiding you toward familiar territory.

A look. A tone of voice. A dynamic at work or in a relationship. Before logic has time to intervene, the body responds.

These moments are often called "triggers," but they aren't mistakes. Each one reinforces the underlying belief: "See? This is still true."

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The Role of Repetition

(What Most People Miss)

T These patterns don't repeat to punish you.

They repeat because the subconscious is always moving toward completion and resolution.

Each repetition offers another opportunity—this time with more awareness, safety, and support—to process what couldn't be processed when the belief first formed.

When the emotional charge beneath a belief is finally released, the pattern no longer needs to repeat.

Why This Container Works

I Insight and mindset work can be incredibly helpful.

They can change how you relate to your experiences and increase resilience.

But on their own, they often don't reach the level where beliefs and emotional responses were originally formed.

Lasting change happens when we work with the subconscious—where emotions, beliefs, and nervous system responses live.

This is why Beneath the Belief is designed the way it is.

This container is held through a combination of small-group sessions and private 1:1 support, so you're never doing this work alone.

Gently, within a safe and supportive environment, we work at a somatic level to resolve what's standing between you and the change you envision.

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Over three months, you'll focus on one core belief thread, identified through an in-depth intake session.

As that belief softens:

- Reactions become less intense
- Choices feel clearer
- Self-trust grows
- Life often responds differently—without the same effort or force

Is This For You?

If you've been craving to go deeper and experience gentle, lasting personal growth—this may be for you.

This container is for you if:

- You've already done some personal growth or mindset work.
- You feel something you cannot quite put a finger on, is shaping your reactions.
- You want change that feels calm, embodied, and real.
- You value going deeper.
- You're ready to release what's been holding you back.

What This Is Not

- This is not therapy, counseling, or crisis support.
- This is not a quick fix, breakthrough session, or emotional "deep dive" for the sake of intensity.
- This is not mindset work alone, positive thinking, or willpower-based change.
- This is not about reliving the past, but about gently resolving what's still held in the body.

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An Intimate 3-Month Personal Growth Container

Beneath the Belief is a 3-month personal growth container designed to feel safe, supportive, and deeply personal.

It combines:

- Life coaching
- Somatic awareness
- Root-cause–informed belief work
- Both group and private 1:1 sessions

All in support of real change at the level where patterns and emotional triggers are formed.

This is intentional work. A space to listen more closely to yourself.

What's Included

- A 90-minute Private Intake & Baseline Session (1:1)
- Three Monthly Group Sessions (60 minutes)
- Three Monthly Private Integration Sessions (90 minutes)
- One Core Limiting Belief Thread, explored gently over 3 months
- Life Coaching, Somatic Support, and Root-Cause Therapy principles

Complimentary Bonus:

A private 2-Hour Root-Cause Therapy intensive (1:1)

Gentle reflection journal prompts may be offered for those who find writing supportive. These are always optional and designed to support integration — not to analyze or relive the past.

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Why Both Group and Private Sessions Matter

Personal growth doesn't happen in isolation—and it also doesn't happen without individual attention.

The group offers connection, reflection, and the regulating effect of shared presence.

The private sessions offer depth, precision, and personal attunement.

Neither replaces the other.

Together, they create a container that supports both safety and lasting change.

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How We'll Work Together

The Private Intake & Baseline Session (90 minutes)

This is where we begin.

Before the first group session, we meet privately so you feel grounded, oriented, and supported from the start.

Purpose

To build safety and trust
To gently name what's asking to be released in this season of life

By the end of this session, you'll feel:

- Grounded
- Clear about your focus for the next three months
- Clear about why you're here, and why now
- Anchored to the belief or pattern you'd like to work on

Our Rhythm for these Three Months

Group Sessions
Three 60-minute group sessions, scheduled on the last Saturday of each month.

Time: 9:00 AM MT | 11:00 AM ET | 17:00 CET

Dates:

- **January 31**
- **February 28**
- **March 28**

Private Sessions
Three 90-minute private sessions, scheduled at a time that works for you—one per month. Evening and weekend availability is offered.

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Month-by-Month Focus

Month 1 – Safety & Awareness
Listening Inward

Group: grounding, understanding beliefs as protection, awareness without self-criticism

Private: tracking how your belief shows up, somatic awareness, self-kindness

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Month 2 – Gentle Repatterning
Allowing Something New

Group: nervous system regulation, staying present with discomfort

Private: root-cause–informed exploration and emotional processing

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Month 3 – Integration & Embodiment
Living From the Shift

Group: noticing natural change, strengthening self-trust

Private: reflection, preparation for the RCT intensive, closing with autonomy

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Complimentary Root-Cause Therapy Intensive

A 2-hour private session offered as a focused, supportive space to work more deeply with the belief you've been exploring—allowing emotional release and resolution at the root.

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When You've Released What's Beneath the Belief

When you've released what's beneath the belief, you might notice yourself saying:

- "I feel more settled in myself."
- "I'm less reactive."
- "I trust my decisions more."
- "I don't spiral the way I used to."
- "I'm kinder to myself—without trying."
- "I honor myself without sabotaging what supports my well-being."

No grand promises.

Just real internal shifts.

Real change that lasts.

Your Investment

The investment for the entire 3-month Beneath the Belief container is $1,200.
Payable in full or via a payment plan.

This investment reflects the depth of the work, the small group size, and the amount of individual support included.

If finances are part of what you're currently working through, you're welcome to reach out—we can explore what's possible with honesty and care.

Registration deadline for this container closes on January 10, 2026.

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Registration Process

This container is intentionally small and personal.

Rather than asking you to sign up right away, I invite you to begin with a short, no-pressure conversation.

This gives us both the opportunity to feel into whether **Beneath the Belief** is right for you.

During this consultation, we'll:

- Talk briefly about what you're noticing in your life right now.
- Explore what you're hoping to shift or understand more deeply.
- Answer any questions you may have about the container.

There is no obligation to join.

This conversation is simply a space to connect, clarify, and listen.

If it feels aligned, I'll guide you through the next steps.

To begin, you're welcome to book a consultation or reach out directly.

How to Connect

Book a Consultation:
https://calendly.com/bo-luppes/consultation

Send me an email:
bo@boluppes.com

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