

Limiting Beliefs

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IN EVERY MOMENT YOU ARE MAKING THE CHOICE BETWEEN AN OPEN-HEARTED RESPONSE TO LIFE OR A CLOSE-HEARTED RESPONSE. HOWEVER YOU CHOOSE TO APPROACH LIFE IS HOW LIFE SEEMS TO APPROACH YOU.

1. We all have limiting beliefs

Brian Klemmer: calls them programs

Teresa Romaine: calls them scarcity patterns

Bob Ford: calls them conditioning

They are referring to the same things...how we are trained (mostly unintentionally) to think, to behave in regards to the reality we created or that was created around us. Last week we talked about money, the issue around which we have the most programs. Others are endless! Judgments, attitudes, on who we think we are (strong, weak, competitive, apathetic, not worthy, not loved, not enough, worthless, no hope, no trust, etc.); on what the world is like (not enough to go around, scarcity in love, people are evil, ...)

The elephant story...

2. How do you distinguish these beliefs?

Awareness is #1

Start by asking “Am I feeling or reacting some way that I don’t like?”

Example: Instead of going through life with a healthy, free-flowing movement of emotions throughout your being, you are feeling chronically guilty, or so prone to anger that it’s damaging your relationships.

Use emotional issues as your doorway...Any feeling you are having

that you do not like....a sure feeling that somewhere you have a self-defeating belief that is simply not true.

Our usual approach: Who did that to me? Our language is riddled with expressions that say that other people make us feel some kind of way. The ridiculous question: How did that make you feel? It is not so much the circumstances but rather our life experiences, beliefs, hopes, dreams, that make you feel the way you do!

Examples:

- a. Unwanted child in large family...generated no confidence
Result: nervous every time speaking in front of others
So, ask the question how do you want to feel? Then, why not?
- b. Whining associate...constantly complaining about issues
Result: depression, creating her own reality of not moving forward
So, others reactions to products make her feel this way? No, her own life experiences...always has to be right and whenever challenged, back off her position to be right with others.
So, how do you want to feel? Then why not...why not have your opinion; respect others for theirs.
- c. Resentment towards successful Presidentials
Result: anger, inability to learn from them, lack of your own success
So, why do you feel this way? Kevin Robbins makes you? No, you have a belief that the economic pie is only so large and he has some of yours, scarcity mentality
Scarcity applies in many areas: love, money, success, health

4. Form the habit of looking at your beliefs

Ask four questions:

1. How you are feeling that you do not like feeling? Awareness step
2. What's that about? tie in the supporting facts
3. Why do you feel this way? answering this is tough; challenging our beliefs challenges our reality
4. Do you truly believe that?

Why you feel the way you feel, once you know what it is about, will always be a belief.

5. How do we get rid of “bad” beliefs?

Never make value judgments around the belief...not good or bad or you will get into a battle with the belief.

Rather, (1) is it true?

(2) how is it serving you?

Once you acknowledge scarcity is not true, then you can dismiss this belief. Replace the belief with one that will serve you. Use affirmations daily to support your shift.

Once you go through the epiphany of discovering a program or belief not serving you, it is exhilarating. Now you can move forward, however, your reality has been your reality for a long time so the process of eliminating a belief is not quite so quick.

Your old program will continue showing up for awhile, so this is why you develop the habit of examining your beliefs whenever you are feeling some way you don't like feeling.