

## Changing Your Limiting Beliefs Part 1

Now that you have created your Personal Power Affirmation and it feels really good. You can use this anytime you wish with your Yoga Nidra. Now I would like to move on to an extremely important part of this course. It's called Changing Your Limiting Beliefs. Your outmoded and limiting beliefs are, quite simply, the biggest obstacle to deliberately creating your life the way that you want. These limiting beliefs are what stops you from creating your dreams and desires and is what makes you feel like the law of attraction isn't working for you. So in this process I want to teach you how to change your outmoded and limiting beliefs. It's specifically designed for you to replace those limiting beliefs with positive, and empowering beliefs.

What often happens, when you try to deliberately create your reality or use the law of attraction, is your limiting beliefs contradict your dreams and desires. In other words these beliefs which continue to play out from your subconscious mind, are often in opposition to the things you want. Thoughts and beliefs such as "I'm not good enough" or "I'm not smart enough" are in opposition to creating the abundance or attracting the relationships you want. As I have stated before, these beliefs are mostly formed when you're a child when you readily accepted suggestions and thoughts from your environment. These accepted suggestions and thoughts form your beliefs in your subconscious mind. Beliefs are subconscious states of being. They start with thoughts and feelings that you think and feel over and over again, until they ultimately become habituated or automatic.

So if you want to change a belief you have to first change your state of being and changing your state of being means changing your vibration. We change your state of being and your vibration by entering into hypnosis either by the guided meditation provided, or your own self-hypnosis. We also want to do that with a clear combination of thought and emotion. The more that you get in touch with the emotion of the new thought and make it as powerful an experience as you can, the more you will begin to change your beliefs to more desired thoughts.

Only one belief or thought can exist in your mind at any one time, and the present thought and feeling you are thinking right now is also your present point of attraction. That is, what you will attract next into your life with the law of attraction. You don't have to get rid of the old limiting belief, you just want to replace it with a new one. For example you can't feel depressed and happy at the same time it's just not possible. So if you can feel good and be happy you have achieved what you need for the law of attraction to begin bringing you more good feeling thoughts and experiences.

So now I would like you to ask yourself what beliefs have you been unconsciously agreeing to, that you'd like to change in order to create this new state of being? This is a question that requires some thought because with many of these beliefs we aren't even aware that we believe them.

Since beliefs and perceptions are based on past experiences, does this mean they are true? This is a good question to ask yourself. Even if they were true at some point in time that doesn't necessarily mean that they are true now. In fact beliefs are neither true nor false they are just thoughts that your subconscious mind has accepted as true, and thought about over and over until they have become a habit. With the law of attraction drawing to you similar thoughts and experiences you have seen the proof of these beliefs because you have been drawing to you what you believe.

For this process I want you to find your core beliefs in the areas of money career and abundance, health energy and body, relationships family and love and spirituality and self-love.

To help you decide on the belief that you want to change in this belief changing exercise, get a piece of paper and draw a vertical line down the middle. On the left side write down all the beliefs you want to change over time. Then think for a minute if you don't want to believe these things any more, then what do you want to believe about yourself and your life? And if you did believe those things how would that make you feel? Write down the new beliefs that you want to have on the right side of the paper.

You may already be aware of beliefs you want to change, but please also check out the List of Beliefs file provided where there are a few suggestions in each area to help you find the limiting beliefs that you want to change. Look over them and any that resonate for you write them down on the left side of a piece of paper. The List of Beliefs are a guide that will get you thinking about what your specific beliefs are in these areas. You could also look at your list of desires and desired changes in the Manifest Your Desires process, and see if there are any beliefs there that you want to change specifically. Your limiting beliefs are not unconscious, so you are aware that they exist, but because they have become subconscious and automatic you don't always recognise that they, are stopping you from attaining your dreams and desires. But with some thought and self-discovery, you will find these limiting beliefs and bring them into full consciousness so that you can change them.

Once you have finished writing all of your limiting beliefs on the left side of your paper, then write the positive empowering beliefs that you want to change them to, on the right side of the paper. Please do this now.