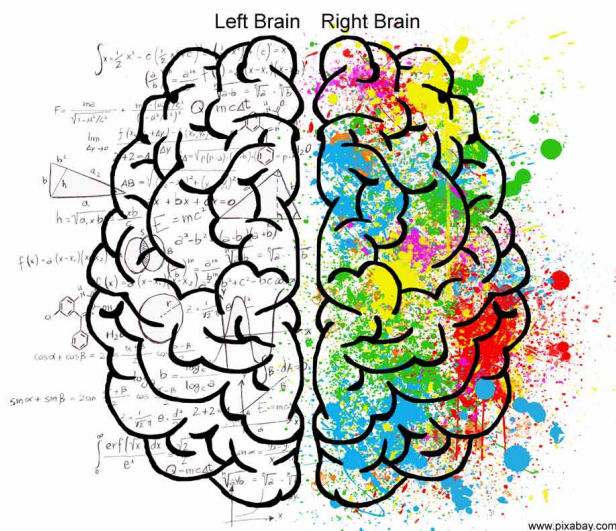


ELIMINATING SUB-CONSCIOUS LIMITING BELIEFS



Ever wondered why no matter how many times you say to yourself “I am rich and all my efforts pay off”, when you look at your dismal bank balance and reflect on how much time and energy you put into projects, they have not yielded the desired outcomes?

A substantial part of the reason is because we carry deep subconscious programming which sabotages our conscious efforts.

Let me give you an example of how easily limiting sub-conscious beliefs are formed ...

When Sally was 6, she was on the chubby side. Both parents worked and didn't have the time or the energy to spend hours in the kitchen cooking healthy, nutritious meals so they tended to consume a lot of processed, pre-packed foods they could quickly warm up in the microwave and serve. Sally's father had a job in which he was active all day but her mom's job was desk-bound. She did not get much exercise. Her father wasn't over-weight but her mother Anne was. Anne knew that the foods she ate had something to do with her lack of energy and enthusiasm about life but she was too drained and lazy to do anything

about it. Anne had always wanted to join the sales team but somehow her boss had always turned her down. It was a vibey hi-tech firm that was proud of its up-beat products and go-getting sales team. Anne thought she was constantly being turned down because she was too fat so she created the belief that “fat people do not get the jobs they want.” What Anne didn't know was that her boss had a chubby, cuddly wife of his own but she was bubbly and positive and would have been a great asset to the team had she wanted to work in her husband's company. Anne's downfall was that her negative self-talk about her weight was resulting in a flow of negativity which her boss knew would block Anne's ability to close a deal.

On a day when Anne was feeling particularly glum, her friend came in excitedly waving tickets (for a one-week stay in a safari lodge) she had been given as a result of being the top sales person for the year. While she was happy for her friend as she knew much she loved the bush and the sounds of the wild, she was also jealous and depressed.

Anne went home to find the TV blaring and a pile of empty sweet wrappers laying all over the lounge. Sally had been snacking while enjoying a movie on TV. Anne exploded. She grabbed her daughter by the arm and shouted “You are such a messy girl ... and look at how fat you are! One day you will grow up and be stuck in a dead-end job for the rest of your life.”

Whew. Sally's mom was making her scared. She burst into tears.

Sally looked at all the wrappers and thought of her toys lying all over the floor in her bedroom. Sally told herself “I am a messy girl.” Sally didn't really understand the ramifications of the word “fat” but because her mom said it with such a disgusting look on her face, she decided it was not a good thing. She was also too young to understand the world of work but what her mom was saying didn't sound very nice. Sally's little mind came to the conclusion that “fat was not a good thing” and somehow because she was “fat”, one day she would be unhappy.

Beliefs which had been planted in Sally's mind, began to grow. Sally wanted to make her mother happy again so before she went to bed, she put her toys in a pile. Her mom came to her room to say good-night and tripped over one Sally had missed near the door and immediately chastised her for being such a careless, messy girl. Anne had not noticed the neat stack of toys on the other side of the room. Sally decided that because she was an adult and her mother, Anne must be right. So now Sally told herself that she was not only messy but also clumsy too! Somehow, no matter how hard she tried over the next few months, her mother found a way to always find something that was not in the right place. Anne had told herself she had a messy daughter and constantly looked for ways to prove herself right. Sally had bought into this belief as being true and somehow no matter how hard she tried, there was always something she left lying around for her mother to notice and get angry about.

Both mother and daughter were building a neural pathway programming the brain to see and label something as being a mess. But the frightening thing was, was that Sally was not just seeing her actions as resulting in a mess which made her mother fed-up because she had to clean up after her. The more Sally told herself “I am a messy girl”, the more it became a case of “I am a mess.”

The same thing happened with her weight. There as always so much junk food lying around the house so it was natural for Sally to continue to pick up weight. As she grew heavier, she had less energy and even the kids at school started calling her a fatty.

“Fat” became associated with something that was “bad” but since Sally was too young to shop or cook, she had to eat what she was given and the weight piled on, all the while creating reinforcing beliefs in young Sally's mind that when she grew up she would be unhappy and get stuck in a dead-end job. Well, guess what she attracted when she got her first job! It was for a company which was ticking along but going nowhere fast, and there wasn't even an upward career path where Sally could develop her skills and take on a more exciting, higher paid job.

This is an example of how negative, limiting beliefs are formed and how they result in us having poor self-images and unfulfilling lives. It is not just about the issues that start them off. It is about how they grow into perceptions and judgements which create beliefs about ourselves which go to our very core. Sally's beliefs that she was messy, clumsy, fat and would end up stuck in a dead-end job, resulted in her losing her confidence. She felt that no matter how hard she tried to be neat, tidy and organised, she was a failure. Because she kept telling herself she was a failure, she felt she deserved to have an unstimulating, unrewarding job.

The perceptions, beliefs and values which are stored in our sub-conscious minds, control 95% of what we get to experience in life. Scientific research has revealed that only about 5% of what we choose to think and do is programmed on a conscious level.

You may be thinking by now that our sub-conscious mind is our worst enemy. No. This is not the case. It works like a computer, running the programme we feed it. It cannot differentiate between good and bad, right and wrong. It also cannot differentiate between reality and what you tell it. If you have kept feeding it with the programme "I am a messy girl", whatever the definition and perception you have of what being a messy girl is, this is what you will programme the sub-conscious mind to look for and to find. This will happen even if evidence exists to the contrary! You have issued a command and the sub-conscious faithfully goes about making you right and proving your statement true. "Messy" is a state which carries a certain frequency and like a magnet, your sub-conscious will attract everything that resonates at the same frequency.

Our beliefs determine our thoughts and behaviour. They affect every area of our lives from self-worth and how we perceive others, to spirituality, health issues, financial abundance, relationships and our working lives - you name it!

Beliefs arise from perceptions and judgements of ourselves, others and the world we live in. They are seldom based on facts or evidence. They are the result of our attempt to understand and create meaning in the world around us.

Many of our beliefs as adults, are the beliefs held by our role models (parents and other people close to us) which our sub-conscious absorbed during our formative years up until the age of 7. Through our DNA we also inherit the beliefs in our bloodline genealogy stack, which are stored in our body as cellular memories. Many of our beliefs also come from the dominant beliefs held by the people we associate with. We join groups which share the same beliefs and this gives us a sense of fitting in, of belonging. We create others as we journey through life. If you experienced your parents continually battling to make ends meet and if you often heard things like "You have to work hard to make a living", "Money is hard to come by", "Money does not grow on trees", you will have internalised these perceptions and in all likelihood, struggle to make ends meet as an adult.

Neuro-scientific research involves the study of how the brain functions. Findings show that the repetition of thoughts and beliefs over a period of time creates neural pathways which serve to reinforce dominant thought patterns. Over time, our beliefs become so ingrained that we no longer question them and they run on auto-pilot. This happens even when we are presented with circumstances and facts which contradict what we believe.

The exciting thing is, once we are aware of our thoughts and beliefs, we can create new neural pathways which reflect healthier more empowering belief systems.

One way to do this is to build new neural pathways based on new belief statements which will support us in living healthy, free and balanced lives. We create positive affirmations to replace negative statements and repeat them until they become the dominant belief pattern. In the above example, we would build neural pathways which carry beliefs along the lines that "It is easy to make a living. Money comes easily and I live an abundant life" or "I use my natural born God-given talents and people pay me loads of money for my services."

The process does involve taking oneself to the state of having the desired outcomes ... to the experience of what being financially abundant looks like and feels like. The clearer and more real you can create an imagined state and get to experiencing being in that state, and the more senses you involve in the experience, the stronger will be the template you create.

One of the problems in working with the subject of money though, is that money is not an organic component that exists in a natural form. It is man-made and stands between your natural organic abilities and the person who needs to or wants to, have or experience, whatever it is that your talents and abilities provide. Money is just a piece of paper (or coin) that collectively we have given a value to as something we can exchange for something else. Money has been created as a middle-man, as a means to an end. It is not and never will be the product itself! We only want more money because we think having more money will give us more freedom, more love and attention, more joy, greater happiness. These are the things we are mistakenly associating with money, that all the money in the world cannot buy!

Enter problem number two. What if we want more money so we can buy a fancy car! Why do we want a fancy car in the first place? Perhaps we think that if people see us driving the latest model, they will look at us as rich and therefore successful. If they see us as rich and successful they might also want to join the party and become our friend. When we feel successful we feel confident and worthy. When we have lots of friends, we aren't so lonely. But what happens when we no longer have that fancy car or a healthy bank balance? Bang goes our self-esteem and our self-worth. Many people don't want to be around us any longer because they feel our pain and it exacerbates their own pain and feelings of lack.

It should not come as a surprise to any of you when the financial system as it exists today, collapses. It cannot be sustained. But, by all means, you can work with limiting beliefs around money, or you can work on the more important, ultimate goals, of finding meaning, peace and joy in life. Far better to overturn a limiting belief that says "I am not worthy of leaving a great legacy behind" to "Who I am and the work I do improves the lives of many and the world is a better place for me being here."

Let's get back to how our brains work. The creative, exploratory, adventurous, curious side of our brain which is most closely aligned with higher dimensional engagement and thinking, is our right brain. Our left brain focusses on logic, evidence, processes and systems. Not only are both of these not functioning to the capacity of their potential, but also they are not communicating properly with one another. Our evolutionary path is leading us to greater development of right-brain capacity. This allows us to tune-into and bring in higher dimensional frequencies and abilities such as telepathic communication, clair-audience and clair-sentience (where you see, hear and feel in ways which are not limited to the eyes, ears and sensory organs). This is the state where remote viewing and animal communication take place and also where we talk to and understand one another without words.

With Neuro-linguistic programming, the embedding of new beliefs requires repetition and this takes time.

With a process called PSYCH-K, there are ways to test that the sub-conscious holds a limiting belief, to balance both hemispheres of the brain in such a way that they communicate better with one another and the sub-conscious mind, and then to plant the new belief statement and to test that it has been programmed into the sub-conscious. A sub-conscious limiting belief which has been sabotaging your conscious efforts to experience a happy and successful life, can be replaced with its supporting opposite empowering belief, **within an hour!** Your body will confirm that this process has indeed taken place!

In both cases, the actions required to support each process in unfolding to the positive outcome need to be taken. But – the beliefs which now resonate with the frequency of what you chose to attract into your life, will be in motion, working with you to achieve the condition you are desiring to bring to life.

Each of us, without doubt, has dozens, if not hundreds of limiting beliefs.

The good news is that we can replace them with empowering beliefs. And ... if we can identify the dominant core limiting beliefs which a stack of other ones are attached to, we can topple the stack by dealing with the core one.

Sometimes they are hard to find but often they are under our nose. They lurk behind statements like :
“Oh, I couldn’t do that ...” “I shouldn’t ...” “I cannot possibly ...” “That’s just the way it is.”

Later today when a few of your own pop up, imagine how free you will be without them!

If you would like to talk to me about this subject or could do with some help in getting rid of your limiting beliefs, drop me a mail or give me a call.

I wish you a joy-filled day.

Kind regards

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