

## The Beliefs That Limit Us

In the work I do, I often speak to people about the beliefs they hold on a subconscious level that limit what they achieve in the present. Very often the beliefs they "hold" subconsciously are the opposite of what they consciously believe. For example, many women got the message in their families, in their schools and in their experience, that women are just not quite as good as men, and they really don't quite deserve the best opportunities. I have yet to meet a woman who consciously believes this, yet many of the emotional responses they experience within themselves indicate a different belief system beneath. How can this be? The key to understanding this is to realise how the subconscious mind works.

Our subconscious mind faithfully records all the experiences of our life, and files that information away on a cellular level. Our cells, and the energy that animates them, are the filing cabinets of our life. The power and strength of any cellular memory depends on some key factors: firstly, the emotional attachment with which it is filed; secondly, how often the experience occurred; and thirdly, who gave us that experience. Let's look a little more closely at these three:

1. **The emotional attachment:** When dealing with your conscious mind, if you really want to remember something, take the information you want to remember and connect it strongly to an emotional experience. The same principle works in the subconscious. If you are a girl who experiences your brother getting something you felt you deserved, that can be a powerfully disappointing and painful experience. So the file of "boys get more than girls" has an attachment of a strong emotion connected to it. Similarly if an experience of water is one that involves almost drowning in it, then the emotional content of the file "head under water" may have a powerful attachment of fear or panic. Often for that person, taking a leisurely dip is not on the cards, no matter how safe the conscious mind assesses the situation to be.
2. **How often:** If a message is repeated often enough in our childhood it creates quite a large subconscious file. The message of girls are not as good as boys is something that even today pervades many girls' lives.
3. **Who** gave us the experience: If we experience something with our parents, parent figures or siblings, it so often has a much greater impact than with a stranger. This is hardly a revelation, but if the experience of not being good enough as a girl is learned from a mother or father the cellular memory can be profound.

So if I have absorbed this limiting subconscious belief on a cellular level, how can I hope to change it? There are basic steps:

1. Find out what the belief is. I do this using muscle testing. Although there are some other wonderful ways of locating the subconscious belief, I find muscle testing so simple and accurate.
2. Release the limiting belief. This can be done in the clinical situation using some simple methods I use, or it can be achieved using some wonderful other processes, you can learn.
3. State the belief system you want to have and use your imagination to attach strong and lasting positive emotions to that belief. You do not attract to you what you think, you attract to you what you FEEL. Just stating something often, like an affirmation does not create the energy needed unless you can add an emotional content. As an example if you want to create the belief system that

'abundance flows to me easily" then you have to spend time imagining that free flow, and what that feels like to you. Luckily your mind does not distinguish between what is real or what is imagined, so use your imagination to create the feeling of receiving exactly what you want.

Below I have listed some typical limiting beliefs that I find often in the minds of my clients. When you read it, you might find a couple really jump out at you, "Oh, I might have that one". If you think that is true, decide the opposite belief system you want to develop, create a strong image of what result that new belief would have in your life, and imagine lots of scenarios where the experience of holding this new belief brings great joy and satisfaction to you. Don't just think it, FEEL it!

- I am unworthy to enjoy financial abundance.
- Life isn't meant to be easy.
- I am not allowed to just have fun.
- I fail at what is really important..
- No matter what I do it is never enough.
- I am not as smart as other people.
- Women have to work harder than men to get what they want.
- I feel guilty if I am better off than my family or friends.
- Intimate relationships always end up in pain.
- Being a mother is hard.
- Older people always start getting sick.

Good luck with these. Remember, **It is a law of life that we attract to us that which we feel. So keep tabs on what you are feeling, and change the ones you need to so that you can attract what you want.**