

Thursday, March 17<sup>th</sup>, 2009

## **BELIEFS**

The greatest stumbling block, preventing us from being all that we can be, are our negative beliefs. Subconsciously we walk around with an internal set of beliefs which we are not even aware of. It is the blueprint of our reality and our life is shaped around them. They determine how we experience ourselves and situations. Bruce Di Marsico says *"A belief is assuming something to be true, to be a fact. A belief is not caused, it is created by choice"*.

Kevin Sinclair, in his article "How to Change Limiting Beliefs", says that you start by recognising your limiting beliefs. Become aware of your self-talk and start listening for repetitions and patterns. You will be surprised how negatively you speak to yourself. If you regularly repeat a statement to yourself that relates to an area of your life that is stressful, there is a good chance that your self-talk reflects a limiting belief which is blocking your success in that area.

You have to identify the belief and acknowledge the effects on your life. Work backwards from your desired result. "What is holding you back from achieving the outcome you want?" "What do you think other people believe about themselves that allows them to have it?" "What do you think you need to believe about yourself in order to get the results you want?"

Limiting beliefs can only exist in the dark recesses of the mind, unexamined. Once they are brought to light, they can be seen for what they are. Reprogramme your mind and recognise that your limiting belief is a lie and that your new belief is the truth. You must answer the lie with the truth. When you catch yourself repeating a negative statement supporting an old negative belief, immediately answer with the truth. As your mind finds more and more reasons why the new belief is true, that limiting belief will lose its power.

Work out one or more positive beliefs and program them into your belief system. By creating that new empowering belief, you also create an entirely new reality in line with your heart's desire that will support you.

It takes time and effort to put new beliefs in place. But the more you consciously believe the possibilities, the more you begin to let go of inner limitations. What beliefs are holding you back to be the best that you can be?