

Dissolving Limiting Beliefs



Dissolving limiting beliefs will shift your perception and open you to greater love. Ask the following questions for any belief that limits your love or hurts you in some way.

1. Write down a negative judgment or limiting belief that keeps you stuck or blocks your experience of love. A belief is a perception of reality or a conclusion that you've come to, based on past conditioning. Some examples are "I'm not good enough," or "I can't do it."
2. Write the following questions on paper. After you ask the question, notice your first thoughts, body sensations, images, then write your responses without editing:
 - Do you believe that? Even if you believe it just "sometimes," it's still affecting every decision you make.
 - Why do you believe that? You have some reasons you've used in the past to build your case, trying to prove the belief is true. Explore those here.
 - Do you know if it's true? Ask yourself why might you believe something that you don't know is true?
 - What might concern you if that belief were gone? This is a crucial question to answer. In other words, "What might happen that you wouldn't like if that belief were gone?" There's a concern about the belief being eliminated, otherwise it wouldn't be there. It's serving you in some way. Let this question sink into your heart and it will awaken you.
3. If another limiting belief is uncovered during this process, then begin with Step 1 again and question a new belief.

Simply questioning your limiting beliefs—and the reasons you may have been holding on to them— allows those limiting beliefs to start dissolving automatically. When you realize a limiting belief is no longer true, you feel freer, happier, and more open to love.

(From Deborah Mendel and Lenora Boyle: www.ChangeLimitingBeliefs.com)