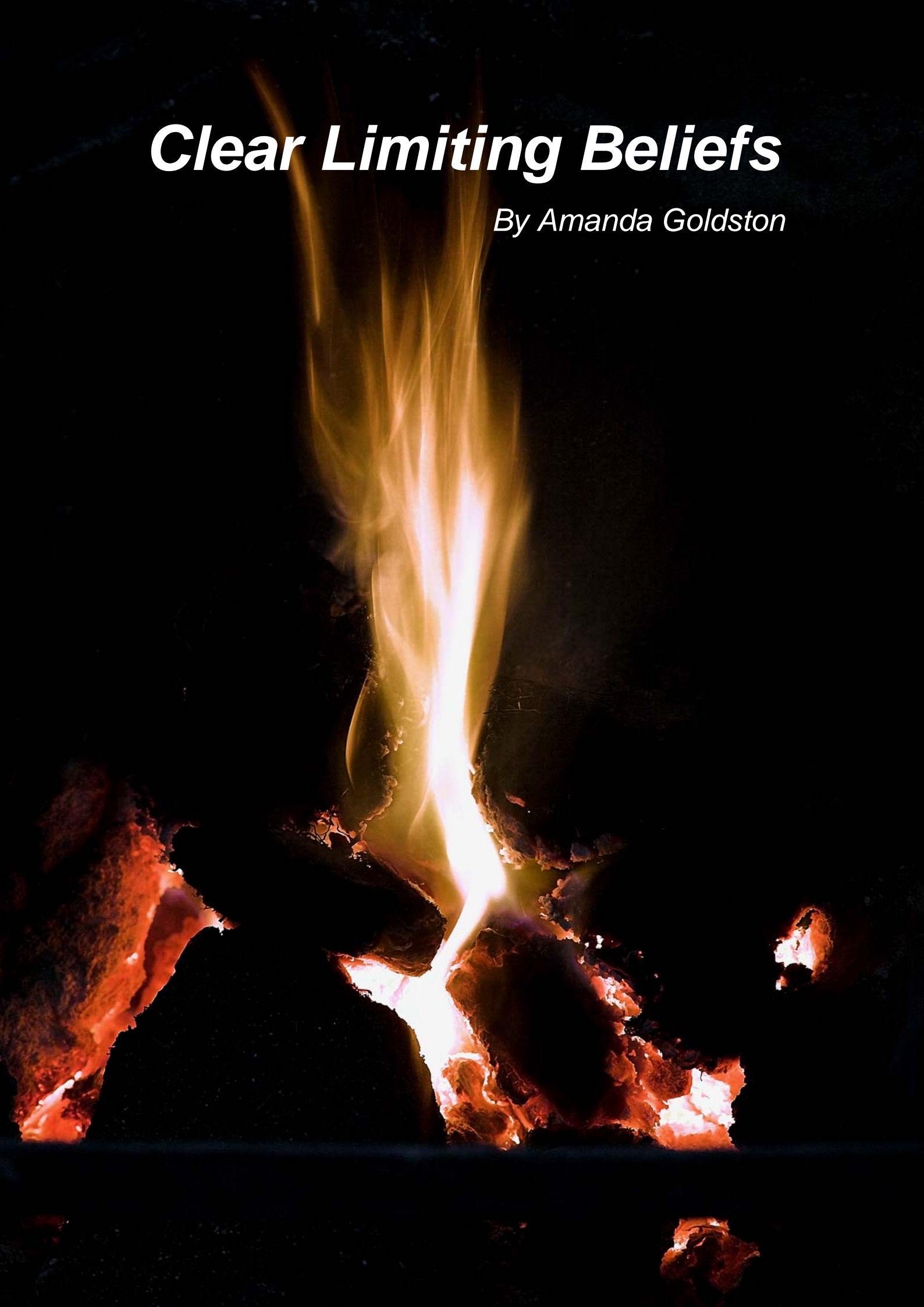


# ***Clear Limiting Beliefs***

*By Amanda Goldston*



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## **Introduction**

This e-book has been written to supplement the “Clear Limiting Beliefs” CD. I hope that you will find this book both extremely useful and rewarding. By illustrating and guiding you through various techniques, you will be able to unravel and remove those destructive limiting beliefs that hold you back.

As you progress through this book you will be asked questions. Write your answers down, as this will be extremely useful in helping you determine and remove those destructive beliefs.

## **What is a Limiting Belief?**

A limiting belief is a mental block stored in your mind, which limits your ability to achieve the goals you set yourself. This does not mean that by removing, for instance, a block on flying, that you will grow wings and fly away. The limiting belief could be, however, that you are scared of flying and by removing that block, you will be able to get onto a plane and to go wherever you want.

A limiting belief is an intangible barrier that stops you from having the success you want and deserve. It may be something you do out of habit without thinking, or it may be a reason you have, where you say “I can’t be/do/have that because...”

Like many of us, you may have acquired some very unhelpful, unsupportive beliefs over the years, especially around how deserving (or not) you feel you are of money and success, about your health and weight, and your worthiness to be sexy and attractive and to enjoy passionate, loving relationships

The one thing you should always remember is that you are not alone. Everybody has some limiting beliefs, no matter how small they may be. In the same way that nobody is “100% perfect”.

Through the power of relaxation (which in itself is very good for you), the aim is to target and remove these limiting beliefs and allow your full potential to come shining through. The limit belief could be over money, over health or over relationships. Each of these limiting beliefs is tackled in the same way. No matter what the limiting beliefs you have, somebody else has had that belief and has removed it.

### **Interesting Limiting Beliefs.**

To emphasise that limiting beliefs can be overcome, here are a few examples of limiting beliefs that at one time were stated as fact and through the ability of certain individuals that belief and perception has been removed.

Dr Roger Bannister was the first person to run the Four Minute Mile. Many of the leading experts in the field of human physiology at that time believed that the body could not stand the punishment it would take in running a mile in under four minutes. It was almost taken for granted that the heart would probably explode under such pressure.

Dr Roger Bannister disagreed with his colleagues and set about proving them wrong. Nowadays, a top middle distance athlete who cannot run a mile under four minutes is considered slow.

This is a great example of the limiting beliefs of others being forced on the majority. Against the odds of the time, Dr Banister proved them wrong and hence the limiting belief was removed.

Another great example was the speed of the railways when the steam locomotive was invented. It was readily believed that the human body could not stand the forces applied to it if a train went faster than thirty miles per hour. As train speeds increased and the human body was better understood, that myth was proved to be utterly false.

Edison was once asked after many failed attempts, why he kept trying to make the electric light bulb. His reply was that he had not failed he had just found a thousand ways that it did not work.

What have these examples got to do with limiting beliefs? In each case it was the belief of normally well-educated people that held back the majority. It is the same with us. Well-intentioned people we know place limiting beliefs into our subconscious mind. These limiting beliefs are not deliberately put there, but are developed over time and continuous reinforcement.

## **Where do Limiting beliefs come from?**

Many of our beliefs stem from our childhood- what we repeatedly heard, saw or experienced as children around the often-taboo subjects of money, sex or food can still have a great effect on us today.

Often we run these patterns unconsciously and have no idea why we seem to have our own "Sabotage Button" which we stamp on with huge force from a great height just as we start to be successful at something.

Anyone got one of those? I had one for years. I would get within sniffing distance of success and then I would hit that button with all my might, and often end up further back than when I started.

E.g. I would start a diet, lose a few pounds and then wreck all my efforts with a chocolate binge or something equally as destructive, and then end up weighing at least 5 pounds more than when I started.

I have started more business projects than I care to admit to, and done exactly the same thing. Once, I built up a networking business to the point where I had my best ever cheque, over £1800 for the month, and then I walked away from it. Totally illogical!!

We very often run the same patterns in our own lives as our parents did. We can find ourselves unconsciously sabotaging ourselves just at the point of success or even pushing money and success away. This then shows up in FEAR patterns, where we get frightened to take action or try something new or pursue our dreams.

## **What Fears do you have?**

Take five minutes to think of any fears that you might have.

Fears can be anything from:

Fear of Failure

Fear of people laughing at us

Fear of not being good enough

Fear of not being loved

Fear of losing our friends if we become more successful than them

Fear of Rejection

Fear of what "they" will say about us

And some of the real biggies are:

Fear of Success

Fear of BEING who we really are in case others do not like or accept us

Fear of our own GREATNESS and POWER

## Top 11 limiting beliefs

### 1. Fear of our GREATNESS

For many people this is the biggest one, though often the least discussed. What if I was really GREAT at my own business? My job? As a spouse/partner? As a parent? As a public speaker? Etc. What would other people say? What would my "friends" say if I suddenly outshone them or my income took off? I bought my dream home or my dream car etc?

For most people this is one of the most uncomfortable thoughts they can consider, and as a result holds more people back than almost anything.

As Marianne Williamson said in her book, a Return to Love (1992):

"Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness, that most frightens us."

And also:

"Your playing small doesn't serve the world.

There's nothing enlightened about shrinking

so that other people won't feel insecure around you"

and:

"As we let our own light shine, we unconsciously

give other people permission to do the same.

As we're liberated from our own fear,

our presence automatically liberates others"

## **2. Fear of Not being (good) ENOUGH**

If you have a dream or a desire to be, have or do something, then you already have everything you need within you to achieve that dream. You already have all the skills, talents and abilities that you need

You cannot be given the dream and then not have the resources to achieve that dream

So many people hold themselves back by feeling they need to read one more book, take one more course/seminar or do one more thing before they go for their dream.

## **3. Fear of NOT being LOVED**

This is quite closely linked to the previous belief. Often people fear that if they are their true selves, people will not like and love them and they will lose their friends and end up alienated and alone.

Many people go through life trying to BE who they think other people- family, friends, employers, employees, partner etc- want them to be, in order to win love and acceptance from those people.

The most important person, however, is ourselves. It is far more important to totally LOVE & ACCEPT ourselves exactly as we are. Once we can do that, we attract to us people who also love and accept themselves and they can then love and accept us exactly as we are.

The Universe and Our Creator love us exactly as we are. Children and animals do as well. We don't have to pretend to be something we are not to love ourselves and to be loved by others

#### **4. Fear of Rejection**

This comes in different forms, from not asking for the date with the person you really want to be with, to being afraid to make that all important call or being afraid to ask for the raise you deserve or not asking for the order, just in case the person says "NO".

Well, what if they do? What's the worst that could happen? Probably nothing much, yet they might say YES! In most cases, people are not rejecting you as a person, they are most likely simply not accepting what you are offering to them.

Success is a matter of ASKING, and keep ASKING until you find the right person who can help you achieve your dreams. If someone says NO to you, it's a signal to either change your strategy or ASK someone else

Look at a child who wants an ice-cream in a shop. What do they do? First they ask Mum, then Dad, then Grandma or Granddad, and if that doesn't work they change tactics. Do they eventually get their ice-cream? Frequently. And when they don't, they ask for sweets in the next shop or a cake in the next and a toy in the next- just for good measure!

One tip: ASK with the biggest SMILE you can and start nodding your head! It is amazing how often people will follow you and agree to your request

#### **5. Fear of FAILURE**

What if I try this, and it doesn't work out? Failure is often considered to be something bad, to be avoided at all cost. However, it is the flip side of success, and in order to succeed you need to try different things- some will work out, others won't.

Most successful people don't use the word failure. In fact they consider it simply as a learning experience that showed them a way that didn't work, and try another approach, while still moving towards their dream. You can decide how long you allow yourself to feel bad or you can move on and try the next thing

OK, other people may laugh at you or talk about you for a short time. Most likely they are too busy with their own lives and problems to even notice you or anything that may have happened to you.

## **6. Fear of SUCCESS**

This is closely linked to most of the above, especially number one. People often fear the positive changes, maybe extra responsibility, that great wealth and success brings. They get caught in all the old negative programming about rich people being mean, selfish, arrogant and not spiritual and that money can only be acquired by foul means, and decide that it is not for them.

They get caught in negative thoughts of people begging for money and others taking it away from them, or what if they make it and then lose it? How much of an idiot would they look then to their friends and family?

Yet, Success and Abundance is our birthright. We were not meant to live in poverty or stress. Once we hook up to our source of Abundance, we know that money is like air- there is always more than enough for everyone, and it flows as freely as air.

The more Abundance you have, the more you can freely give to others and help them to improve their lives. Abundance is very spiritual. Money builds homes, schools, hospitals, and many other great things.

## **7. I don't DESERVE/ I am not WORTHY of SUCCESS**

Who decides who is worthy/deserving of success or not? It is not the Universe or our Creator because they want us to have all the abundance we can handle. Our natural state is joy and abundance.

What are the criteria for someone to be considered worthy/deserving of success? Is family background? education? age? sex? religion?

You can CHOOSE for yourself that you are worthy of success and abundance. Claim your birthright NOW!

## **8. Rich People are...**

"all mean, selfish, arrogant, unspiritual crooks who have made their money by cheating others."

If you hold these beliefs then it is likely to be very difficult for you to allow yourself to have great wealth. If that is how you see rich people, then it is unlikely you would really want to become one.

Today there are more and more "Enlightened Millionaires" (Robert Allen & Mark Victor Hansen- The One Minute Millionaire 2003) than ever before. These people made their money by SERVING others and helping them grow in every sense of the word.

They know and understand that the more abundance they allow to flow to themselves, the more they can help others, and the quicker and easier poverty is eliminated.

### **9. I have layers of deep-rooted beliefs that hold me back**

A belief is a thought and You can choose your thoughts. In any instant you can choose an empowering belief or a dis-empowering one. Why choose to hold onto old beliefs and keep bringing them back up. Let go of them

### **10. I have to work long and hard for my money**

Why? That is often a pattern that many of us saw from our parents. Yet for many people, working longer and harder does not actually produce more money or a better quality of life. Most millionaires only work long hours if they choose to, and many of them do not work particularly "hard". Wealthy people create money through creative ideas. If you follow your heart and your passions, money will follow and your means of earning money will seem like PLAY

### **11. You need money to be able to make money,**

***and I don't have any!***

Many great fortunes have been built from nothing, sometimes less than nothing. Creativity and ideas are the starting point of riches. There are plenty of people out there, who have more money than time, and who will back good ideas.

Money is an energy and creating money begins by creating wealth in your mind. By living and experiencing great wealth, and truly knowing and believing that it is on its way to you because you deserve it. It begins by BEING wealthy and abundant in your mind, and making it so real that the physical then must catch up.

**Some suggestions:-**

Go shopping for a luxury car, your dream home, go and have a coffee or a drink in the cafe or bar where the millionaires meet or buy yourself a small item from the best store in town. Mix with the people you aspire to be like. Many of them are very pleasant, very approachable people. You will soon become like them.

Many of the beliefs we hold about ourselves, our worthiness for success and great wealth come from our experiences as a child. Many of the attitudes we hold towards money and rich people are generational.

## **Generational Beliefs**

If we are experiencing lack of abundance in our lives it is very likely, we are following the same patterns and beliefs as our parents and grandparents did, and are probably teaching the same beliefs to our children.

This can easily be healed, and you will be doing your family a huge service by clearing the old, generational beliefs about money. You free your ancestors from the burdens of lack and you attract the energy of abundance for all your family now and from now on. (see clearing section for information on how to do this)

## **Notice what you are noticing**

From being children, most of us have had huge amounts of "lack programming" from our family, our peers, our school, our church, the media, and society around us. Do you find yourself repeating those same phrases in your own life?

Listen to your **language** around money. If you find yourself saying "I can't afford it", **STOP** yourself immediately and change it to "HOW can I afford it?" - That gets your creative brain going and gets you out of lack.

Do you get involved in negative conversations with others about how bad things are? Or what's going wrong in your life? In the lives of others? In the Economy? **STOP** at once.!!

We create more of what we **FOCUS** on. If we focus on lack and not enough and how bad things are, we create more of the same.

## **Your Birth**

If there is any negativity at all around your birth, it is very likely that you carry all the negative emotions right through your life. Feelings of being unloved, unwanted, in the way, unsupported, having to do everything for your self and being fiercely independent in everything you do, not having your emotional needs met as a child will carry right into your life and affect your every day actions.

These are deep-rooted patterns, which are mostly unconscious, and which most people are not even aware of. They are very easy to clear and heal. Mostly it is a matter of simple exercises of unconditional love and forgiveness.

Every human being was born into the perfect family for them at the perfect time for the lessons they came to learn.

## **THE GOOD NEWS!**

The Good News is that these beliefs and fears can easily be identified and permanently cleared just as easily. It is our own choice whether we hang on to these limiting beliefs, or whether we are willing to let go of them and move forward in our lives. Here are some of the most effective exercises I have found to do just that.

So how do you identify limiting beliefs?

(Follow the instructions below and write down your answers)

Think of something you want in your life.

Ask yourself **“Why don’t I yet have it?”**

Listen for any thoughts that pop into your head. Be honest. These reasons “why you can’t...” are limiting beliefs and they can be replaced with far more helpful ones if you choose.

## **What frightens me the most about having this goal?**

This is a mind-blowing question to ask yourself. It will bring up a lot of the limiting beliefs you have around an issue.

E.g. "What frightens me about being slim and attractive?" might throw up an answer such as- "I might attract unwanted attention and I don't know if I could cope with that".

Or, "What frightens me most about having money?" might bring up something like "I would have to pay much more tax, and I might get a tax enquiry " or "I might turn out like that nasty, mean, arrogant businessman that lives in the biggest house in town and parks his Rolls Royce in the middle of the street, so you can't get passed."

Listen for the answers to that question because it will give you a really good idea of what is holding you back.

It is also an excellent opportunity to question your motives behind a goal you think you want, and to see how you would **really** feel if that goal became a reality.

## **Beliefs Questionnaire**

By completing the Beliefs Questionnaire you will find out which one(s), if any, you can identify with. Some may resonate with you, others may strike a deep chord, there may be more than one, and there may not be any. Relax and trust your heart for your answers.

Are you willing to PERMANENTLY let go of anything and everything that has held you back in the past?

Are you willing to step into your GREATNESS and to have the SUCCESS you DESERVE and the LIFE of your DREAMS?

YES? Good! Complete the Beliefs Questionnaire

## **BELIEFS QUESTIONNAIRE**

Please answer the following questions. There is no right or wrong. Trust your intuition with the answers. Your first thought will usually be the right answer. Tick all that apply.

This process is designed to quickly identify limiting and unhelpful beliefs which may be consciously or unconsciously causing you to hold yourself back, and not to step into your true **GREATNESS**.

This will identify most, if not all, of the beliefs which may be holding you back. Once you are aware of them and decide they no longer serve you, you are already a long way down the road to clearing and healing them.

Sometimes a simple awareness will cause your brain to say "That doesn't make any sense- I'm not doing that any more!" and change can happen in an instant. They are only ILLUSIONS- they are not the TRUTH of who you really are!

With a committed willingness to be finally rid of anything unhelpful, ALL negative beliefs can be shifted in under an hour

## Family

### Was your family:

Wealthy?  Just Got By?  Poor?

### Were your Grandparents:

Wealthy?  Just Got By?  Poor?

### Did you hear any of the following as a child?

- Money doesn't grow on trees
- We're poor/ordinary Working class people
- There is never enough
- You can't have everything
- We have to scrimp and save
- We can't afford it
- Go to School, get an education and get a good job for life

### What other phrases did your regularly hear?

**What did you experience around money as a child?**

- Parents Worked long hours?
- Never Enough Money?
- Were you looked after by others while your parents worked?
- Other?

**Did you ever hear of the following:?**

- You're stupid!
- Why can't you be like your brother/sister?
- You're brother/sister is much cleverer than you!
- You'll never amount to anything!
- You're a bad boy/girl, and you don't deserve...

**Did you ever feel any of the following or say them to yourself:?**

- Other people's needs are more important than mine
- I must do what other people want because they are more worthy/ more deserving/ better people than me.
- I have to think of other people before myself
- If I do exactly what other people ask me then it will make them happy
- It is selfish (and bad) to think of myself first
- Other people will not like me if I put myself first

**Finish the Sentences:**

**Money is...**

**Money isn't...**

**Rich People are...**

**You can only have/make money if you...**

**I can't have great wealth because...**

**My childhood was...**

**In my family, my brothers and sisters are...**

**Circumstances around your Birth**

As a baby, were you:

- Planned, Wanted & Loved?
- Unplanned, Unwanted & Unloved?
- Were your parents in a stable relationship?
- Were you the product of violence or other negative situation?

**What was Your Mother's health like during her pregnancy?**

- Good?
- Poor?

**What was your birth like?**

- Normal?
- Easy?
- Hard?
- Was your mother full of drugs?
- Were you born by Caesarean section?
- Were you born by Forceps delivery?
- Have you been reminded all your life how difficult your birth was, or how your mother almost died at your birth?

**Are there any other circumstances around your birth?**

**Think of something in your life that you want & don't have.**

**WHY don't you yet have it? (Write down whatever comes to mind)**

I DESERVE great WEALTH  Yes  No.

I Am WORTHY of ABUNDANCE  Yes  No.

I felt LOVED as a child  Yes  No.

I feel LOVED & SUPPORTED now  Yes  No.

I LOVE & ACCEPT myself  Yes  No.

I am in perfect Health  Yes  No.

**My Body is...**

I Love my Work  Yes  No.

I do my current work because it pays the bills  Yes  No.

**I do my current work because...**

**I would rather be doing...**

I live in my Dream HOME  Yes  No.

I drive my Dream CAR  Yes  No.

I am in a perfect loving Relationship for me  Yes  No.

**I am...**

**People around me are....**

Things happen to me  Yes  No.

Other people are to blame for my unhappiness  Yes  No.

I am a victim of circumstance/bad luck  Yes  No.

I create my own reality with my thoughts  Yes  No.

I can change my current reality  Yes  No.

I would be more successful if I could:

Get more organised  Yes  No.

Get a lucky break  Yes  No.

**Other**

**If I had nothing holding me back, I would BE...**

**HAVE...**

**DO...**

Completed the questionnaire?

Are you ready to start clearing anything unhelpful?

GREAT!! Let's get started!

## Clearing Your Limiting Beliefs

For a huge number of people, it boils down to a FEAR of our own GREATNESS and what we could achieve, if we allowed our true BEING to come out.

Many of us have been so programmed with the "lack mentality" by everyone around us as we were growing up, that SUCCESS also frightens us. The thought of being alienated, not loved, not accepted, not considered spiritual if we are successful and have money is very common

The TRUTH is it is not noble or spiritual to be poor. The Universe (or God or whoever is a Higher Power for you) does not want you to be poor. The Universe wants you to have everything your heart desires, so that then you can do far more good in the world and help far more people.

### Step 1

First of All, and Most Important! **SET YOUR INTENTION** to discover anything and everything that is holding you back, and **DECIDE** to clear it, once and for all, NOW! Ask your Angels and Guides for help with the clearing process. It is vitally important that you are willing to totally LET GO of it. None of it is serving you.

### Step 2

BELIEVE & TRUST that it CAN and WILL all be released in one session. A belief is a thought, and we can choose the thoughts which make us feel negative and restrained or we can choose the thoughts which make us HAPPY & EMPOWERED.

Once you have identified and cleared a negative belief, it can only come back with your permission. Why would you want it back? When you clear it, fill the space with the more empowering Vision of WHO YOU TRULY ARE and your GREATNESS

### Step 3

WRITE & RELEASE Take 2 pieces of paper. On the first piece, write everything which comes to mind, when you think of Success & Money- we'll start with this one because it is one of the most negatively charged word's in the English language, and many of the beliefs which hold you back in this area will be the same ones that hold you back in other areas as well.

#### **Step 4**

Write everything you can about your current money situation, what it looks, sounds, feels, tastes, smells like. For now, really get into the feeling of it, as you are writing it.

#### **Step 5**

When you have finished it, put it to one side. Now on the 2nd piece, write out your money situation as you would like it to be. Put all the wonderful things you would do, buy, have, places you would visit, what your bank account looks like. Describe it in full detail and include as many of your senses as you can.

What does it look, sound, feel, taste, smell like? Where are you? How are you dressed? Who is with you? Are you smiling and happy? What are you doing? Who would you BE, to have all these things? What beliefs would you need to have to BE that person and to have all those fantastic things?

Put as much feeling into it as you can. When you have finished, look over both sheets of paper, and make a decision as to which you prefer. If it is the positive one, then take the other and say, "This is no longer my truth. I am done with this. I release this all now from every cell of my mind, body and spirit". Then get rid of the piece of paper.

#### **Step 6**

Burning it is best! You might find that you have trouble burning it, because your EGO will not want you to let go of all the old because it resists change. For you to be able to move forward, your EGO in its present form must die and be reborn, so it can serve the new YOU.

Take the 2nd piece of paper, make a conscious choice that this is now your TRUTH, put it in your purse or wallet and carry it everywhere with you. That is powerful enough to clear anything.

## **Other techniques**

### **The Inquiry Process**

Question your Beliefs, and see through the Illusion

If you are caught in a story and seem to be going round in emotional circles, often repeating the same "I can't because..." phrases, try this:

When you have a negative thought about yourself or someone else e.g. "I don't deserve money", ask yourself:

"Is that statement an absolutely TRUE statement? Could it be proved beyond a shadow of doubt in a court of law?"

"How does that thought make me feel?" - Probably not very good

"Can you think of one stress free reason to keep that thought?"

"Who would you BE if you did not have that thought? Who would you be with the other person?" (If someone else is involved)

Now write the OPPOSITE of the old thought – "I deserve great wealth"

Which statement is more true, the old one or the new one?

Where have I DONE that very thing in my own life? E.g. sabotaged my money-making efforts, refused a gift, not accepted a compliment?

What thought would make me feel better?

## Generational Clearing

This is an amazingly powerful exercise to do, if there are long standing issues within your family, which appear to follow the same pattern through several generations.

Imagine you are sitting beside a campfire. You may want to have someone to support you, such as a friend or a guide. Ask that everyone is safe and protected. Make this full of dark blue flames. These are **flames of transformation**, which turn negative energies into positive ones, without any person needing to take them on.

Call forward the generations of your family- past, present and future. You don't have to see them individually, just get a sense of their presence. See them coming forward carrying big backpacks and heavy weights, which represent all the burdens created through these beliefs.

Ask them to take off these burdens and throw them in the fire. Watch them all burn in the blue flames.

See the relief come over their faces, see them start to smile, jump and dance and be happy. Make sure that everyone discards their burdens and no-one wants to hang on to them.

When all the burdens are in the fire, see the blue flames rise up above everyone and turn into a beautiful white healing, cleansing light which is full of gold flecks. This is the white and gold of love, abundance, peace and healing.

See it showering down on everyone, filling them full of wonderful, positive things. Let everyone soak up as much as they want. When everyone has had as much as they want, see all the generations fading away.

Thank all your helpers and protectors and gently come back to your physical body and your present place.

## **EFT (Emotional Freedom Techniques) For Clearing**

Write a list of everything that has bugged you in the past or still bugs you today, everything that is not right in your life, things people have said to you, anger, resentment, people laughing at you, old failures etc. The very fact you remember it means it will still have some charge for you

There is a very simple process called EFT (Emotional Freedom Techniques) which is a hugely powerful way of clearing negative blocks, WITHOUT needing to go back into the trauma and the emotional upset of the situation.

It has been shown that by "TAPPING" on certain meridian points on the body, emotional energy is released. The process is very simple.

For a detailed explanation of exactly how to do this, you can go to [www.emofree.com](http://www.emofree.com)

## **Other ideas**

### **Dominant thought**

Most of us have a dominant thought, which controls our lives and everything we do. We tend to say this to ourselves repeatedly, and often are not even aware that we are running this thought process.

It could be something like, "I can't do that, people might laugh at me" or "I need to make sure everyone is OK, and my needs don't really matter" or "any good that comes my way won't last" or "things always go wrong for me".

To find out what it is, you need to really listen to the thoughts going around in your head, notice how you react in certain situations, where you hesitate before making a decision or where you give yourself a hard time when you have done something wrong.

Through the awareness of knowing what it is, you can then choose to change it.

### **What beliefs would serve me better?**

A simple question to ask yourself. Write the opposite of all the beliefs you have already written down. Remember, a belief is only a thought which you hold to be true. You can choose your thoughts and beliefs E.g.

“I have to work long and hard for any money I have” could become “Money flows easily to me and I choose the hours I work”

“ I can’t because I don’t have the education” could become “ I have all the skills I need to achieve my dreams”

You don’t have to accept the new beliefs for now, just identify what would serve you better. You can then start to bring them into your life.

### **“I am” Affirmations**

Affirmations have been shown for centuries to be one of the most powerful ways to create change in yourself. If you repeat something often enough- with FEELING and EMOTION- it will become a truth for you, even if it wasn’t when you started out.

Listen to your self talk. If you hear yourself saying, “I am stupid, I am clumsy, I always do that, I always make that silly mistake, I always get it wrong etc”, then you are reinforcing that belief, and you will probably end up doing the same thing again the next time.

Make a list of things you say to or about yourself and write the opposite to each one.

“I am stupid” could become “I am smart”

“I can’t manage my money” could become “I am managing my money better ever day”.

### **Who do you want to BE?**

Make a list of all the qualities you would like to have, and how you would like to be. You already possess most, if not all, of these qualities and they simply need bringing to the fore. Some examples could be,

I am confident

I am willing to try new things

I attract only people who are for my highest good

I attract positive opportunities

I am decisive

I am an excellent communicator

## How can I be..?

Take all the qualities you have listed above, and make them into a question-with a difference!! This is an example of the first one I wrote, to show you how to do this.

“How can I be **EVEN MORE** full of Love, Joy, Happiness, Peace, Passion, Prosperity and Vibrant Health, and attract **EVEN MORE** Unlimited Abundance into my life **RIGHT NOW?**”

This is great to trick your subconscious mind, because it is working on the assumption that you already have these things and you want more of them. Therefore it has to provide them for you.

If you feel they are currently not there at all, then your subconscious mind will work to create them for you in your life.

Write this out on a piece of paper or a 3” x 5” card, and read it whenever you get a chance.

Read it as LOUD as you can, with as much FEELING and as much MOVEMENT as you can. If you can jump about or jump on a trampoline at the same time, then so much the better.

The reason this can work so well, is because you actually get all those feelings and emotions into your nervous system and into your body.

## Reinforce the New

Once you have decided on the beliefs that would serve you better, it is time to reinforce them, so they become as much of an automatic habit as breathing or as the old habits were.

## 21 Days

It does seem to take around 21 days to create a new habit. In that time, you will need to remind yourself of your new beliefs, catch the old ones as they pop into your mind and change them and act as if you really believed the new beliefs.

### **Act as if**

Susan Jeffers coined a wonderful expression for her book titled “Feel the Fear and Do It Anyway”. It is quite natural to feel uncomfortable as you are making changes in your life. Some days it will probably feel a lot easier not to bother and to go back to the old habits.

If you want to be confident, start to act confidently- even if your stomach is tying itself up in thousands of knots; if you want to be more successful in your career, dress and act in a way that make you feel confident and successful.

If you want to be happy, start to notice the times during the day when you feel happy and the things which make you feel happy and introduce more of them into your life.

## **Success Trigger**

If you are feeling a bit low, or find yourself slipping back into your old habits, then it can help to have a quick trigger to get yourself back into a positive frame of mind.

Think of a time when you felt really happy or confident or successful or whatever you would like to be. If you can't think of a time, then imagine what it would be like if you were totally confident or happy or successful. Really try to experience it.

Stand how you would stand, if you were totally successful. Stand up tall, throw back your shoulders, take a few big deep breaths, smile a huge smile and feel successful. Stride along feeling great.

When you are in this state, you need to create a trigger. Maybe squeeze your thumb and middle finger together or something that is a unique gesture. You are linking all those good feelings to that trigger.

Release your fingers, and do it again. Each time you do it, really feel all the wonderful, success feelings. You may need to do it a few times to set up the trigger

You can then use this to get yourself back to that frame of mind as you need to, so you can pull yourself round if you feel yourself slipping back to the old habits

### **Gremlin voice**

Watch or listen for the “Gremlin voice”, which is the little voice you often hear in your head, telling you all the reasons why you can’t, why it won’t work, reminding you of all the times you have tried something similar before and why it didn’t work then and therefore it won’t work now, and everyone might laugh at you and...

It needs to be silenced, at least temporarily. I used to see this as a large toucan bird, with a huge beak, sitting on my shoulder and chattering in my ear. I used to see myself wrapping a huge, strong ribbon round its beak to stop it, or so I could not hear what it was saying to me.

Or better still it needs to be re-trained, so it warns you when you are in genuine danger or when greed is getting the better of your good judgement.

### **Forward Focus**

Keep your goals and plans constantly in the front of your mind. Maybe carry pictures of them or other things which remind you of where you are going.

The more you can focus on where you are going and all the reasons why you can achieve what you want, the less room there is for unhelpful beliefs and habits to creep back into your life.

“The Past does not equal the Future” – Anthony Robbins

You cannot change what has gone in the past, however you can change what you choose to believe and how you choose to live from now onwards.

Very often the simple awareness of what has been holding you back is enough to make a change and to move forward.

You can set yourself a belief such as “I now choose the beliefs that support me in my goals, and I easily change any unhelpful beliefs”

## **Going Forward**

I hope you have found this e-book useful. Please let us know if you come across any other tips for clearing unhelpful beliefs and we will use the best ones in future editions, and send you a free, updated copy.

Wishing you every success with all your goals and dreams

Amanda Goldston

<http://www.getyourdreamlife.com>

## About the Author

### Amanda G. Goldston

After graduating from the University of Salford in 1989, I worked in various positions as a self-employed sales person in industries as diverse as encyclopaedias, driveways, booklet advertising and ended up as one of the top sales reps in a large national window and conservatory company, where I worked for 6 ½ years.



I began to apply simple relaxation techniques before my sales calls and found this had a marked increase in sales. I became fascinated by the ideas of using my mind to help create success. I also spent a lot of time teaching, training and inspiring others, both in the field and in classroom situations.

I found that the more I could relax and visualise my ideal outcome, the more successful I became. As a successful female in a highly male dominated industry I was on the receiving end of a lot of jealousy and highly destructive energies.

Learning how to protect my energies was one of the first things I learnt and now teach others to do. This led to a keen interest in energy healing and the awesome power of our thoughts in creating our lives.

### **Other products that might interest you:**

We have a range of relaxation CDs, ebooks and courses to help you attract your DreamLife in the shortest possible time. Here are some of the other products our many clients have found useful.

#### **Creative Problem Solver Relaxation CD and Workbook**

Whatever challenge you have in your life, you can quickly and easily generate a flood of creative ideas to move past it.

Using both the analytical, logical side of your mind and the imaginative, creative side you can access the ideas to solve your problems in double quick time.

Use the workbook to generate as many ideas as you can logically. Then switch on the CD or MP3 and let your creative mind come up with the solutions for you, while you relax.

<http://www.getyourdreamlife.com/creativeproblemsolver1.htm>

#### **Create Your Ideal Day**

This brilliant book cuts through all the goal setting material and helps you to start creating and living your Ideal Day- TODAY!

Simple tips to discover exactly what you want – more importantly what you don't want- and why and offers proven ideas to turn every day into a joyful experience.

<http://www.GetYourDreamLife.com/idealday.htm>

For more resources please visit <http://www.GetYourDreamLife.com>

With abundant blessings

Amanda Goldston