

7 Secrets to Happiness—Module Five

What's Holding You Back?



You have powers you never dreamed of. You can do things you never thought you could do. There are no limitations in what you can do except the limitations of your own mind.

-Darwin P. Kingsley

There is something I should address this week for those of you who may have attempted the exact same goal you set for this 7 week period, or any goal for that matter, and found it challenging to manifest your desires in the past.

There could be a fairly common, overriding reason for this. You could have a mental block or a limiting belief.

Unlike a conscious doubt, mental blocks stem from deep seeded programming that we acquire predominantly in our childhood, generally between birth and the age of 6.

Examples of limiting beliefs include:

Rich people are bad.
I'm not rich enough.
I'm not good enough.
I don't deserve it.
Money is the root of all evil.



Don't be too quick to write these off with self-talk along the lines of:

"I don't entertain those thoughts." OR

"I don't think I have a limiting belief"

Most of the time we live with these completely unaware of their existence—which is exactly what happened to me.



In January of 2008 the Mind Movies Team worked with an accomplished NLP (Neuro Linguistic Programming) Trainer and fellow Aussie, Lynda Dyer, on a program called the “*How To Series*”.

This program consists of 6 coaching modules, one entitled “*How to Eliminate Limiting Beliefs*”.

While we filmed Lynda for this module, she explained how she leads her students through a process and that she needed one of us to go through this process with her on camera.

Inasmuch as only two other people stood in the room and Glen was operating the camera, guess who they nominated? Correct. Me.

I was more than a tad bit (that’s Australian for “*little*”) apprehensive about the whole process for two reasons:

Firstly, I had no idea what to expect and whatever it was, would then be on video for all to see.

Secondly, I really didn’t think I HAD a limiting belief about anything. I was happy with my life and a confident person. I didn’t believe that anything was holding me back.



When we sit down, Lynda suggests that we use money as our subject as a lot of people can relate to that. In retrospect, I’m almost sure she intuitively knew to choose this topic.

My mind began to race....money? money? Do I feel negatively about money?

Before I could over-think the whole process we started filming and Lynda instructed me to relax, breathe and get comfortable.

She then lead me through a series of questions with an almost unbelievable outcome.

Not only did I blurt out answers that I have no idea where they came from—I also experienced a full emotional release.

I cried.

Tears tolled down my face. Both Glen and stood almost numb with shock. After 10 years of marriage he'd only seen me cry twice!!!

The feeling of relief was palpable. I had no idea that I was holding myself back financially. I thought I was happy with my current financial situation and told myself I didn't need more money...that it would be greedy to want more than my lot (that's Australian for "share").

"Hello, Natalie!!!" That's a limiting belief right there!

It is remarkably easy to settle with what you perceive as the best that you can be when in reality, by releasing a limiting belief, you can realize a far greater potential.

Several months after filming with Lynda we relocated to the US and orchestrated the huge, successful re-launch of Mind Movies.

The limiting belief, that I was completely unaware of, is now gone. I haven't entertained anything but positive, outrageous thoughts about money since.



If you want more information about Lynda Dyer and the "How to Series" or if you just want to see me balling my eyes out, you can check out her website at www.lyndadyer.net

So how do we accumulate limiting beliefs?

They stem from our previous experiences and as I mentioned earlier, developed predominantly in our childhood.

Check out Lynda Dyer's explanation...

As children, specifically between the ages of 0 and 6 years of age, our brains are predominately theta and delta brain waves...in other words VERY impressionable.



I like to call this “*sponge mode*”.

We soak in everything—how to act, how to respond, how to think.

All of this information we absorb from our family, parents, brothers, sisters, grandparents, care-givers, teachers, friends and so on.

This forms the basis of our internal programming.

This means that...

If you're mum told you that “*looks aren't everything*” you could have issues with self confidence.

If you're dad said things like “*money doesn't grow on trees*” or “*Rich people are criminals*” you may have issues with money.

If you were told by other kids you were fat, you could have issues with your body image.

If you were told you were stupid, you probably think you are stupid on some level.

Sometimes, a limiting belief originates from a minor event such as your mother bringing home a gift for your sister and not you or your father taking your brother on an adventure and leaving you at home.

The “*infant you*” may have interpreted that situation to mean that you were not loved or not good enough. That subconscious belief now influences all your decisions and behaviors.

Most of us are completely unaware that these deep seeded imprints even exist much less influence our decisions every day.



During my process with Lynda I remembered going to school and feeling “*different*” to the other kids because they wore “*better*” clothes and had “*better bags*.” I thought they were “*better*” than me because in my mind they had more money.

I grew up in a family of 8 kids. Just about everyone at my school had “*better*” things and more money than us. I decided two things from that childhood perception:

1. I didn't like the kids that made me feel bad. Therefore, for me that meant that having money was a bad thing.
2. I never wanted to make other people feel bad.

I built those perceptions at the age of 5.

Can you believe that 34 years later that 5 year old still heavily influenced my life?

These beliefs remain rooted in the unconscious mind in a “*file*” called the gestalt.

The mind then refers back to this “*file*” each time you form an opinion, make a decision or take action, or in some cases inaction.

“That's right—I can't be wealthy because rich people are crooks.”

“That's right—I can't do anything right because I'm stupid.”

“That's right—I can't be fit and healthy because I've ALWAYS been fat.”

Each time you come across a particular situation you refer to the "file", ADD to it and strengthen the "infant you" belief.

"See, I knew I couldn't do it."

"See, I knew I wasn't smart enough."

"See, I knew I wasn't strong enough."

Your belief strengthens unconsciously, trapping you.

How do you know if you have a limiting belief?

Think about the goal you are focusing on for this course. Do you entertain any of the following thoughts?

Money –



- Money is bad.
- Money is not spiritual.
- Money is the root of all evil.
- I don't deserve money.
- Rich people are greedy.
- Rich people are damned to hell.
- I'm not good enough.

Health –



- Diets don't work.
- I hate exercise.
- Healthy food tastes gross.
- I inherited "fat genes".
- I'm destined to be fat.
- Fat people are real people.
- Fat people are happier.

Relationships –



- I'm not rich enough.
- I'm not pretty enough.
- The opposite sex has never liked me.
- I don't deserve to be happy.
- I'm not good enough.
- I'm destined to be single.
- I'm happier single.

You could be someone who doesn't think they entertain thoughts like this. Ask yourself this question: do you find that things don't always work out for you? Do you find that you often appear to be blocked or constantly sabotaged when striving for a goal?

Look at past situations that relate to this subject – can you see any patterns?

When was the last time you felt upset about something?

Why did you feel upset?

Do you experience the same “challenge” over and over?

Do the same things create an emotional rise from you?

If you answered yes to any of the above, chances are you have a belief that could be holding you back from achieving your goals.

I highly recommend that you first ask yourself these questions and then take 15 minutes to meditate about your discoveries. Because the events that sparked these beliefs are so deep in your subconscious mind, meditation can be a tremendous help to tap into that.

Don't worry if it takes you a few sessions to get past the “adult ego”. Remember that your ego has taken ownership of your current behaviors and beliefs. Make sure that you have pen and paper to write down your thoughts during these meditations.

After Lynda Dyer helped me to clear my limiting belief, I had so many thoughts flood into my mind—many of patterns that I adopted as a child but was completely unaware of.

I confronted many patterns. Here are two examples:

1) Every time Glen and I had a discussion about money, I found myself trying to change the subject and saying things like *"Well money isn't that important."*



2) When money was tight I would choose to *"not think about it"* and procrastinate instead of doing something proactive to help the situation. I somehow hoped that it would magically work itself out. How naïve!

My pattern was to avoid anything seemingly negative around the topic of money, or for that matter, money in general.

Today, my thoughts run like this:

"I can easily pay this bill."

"I feel fantastic paying this bill BEFORE the due date."

"I LOVE shopping since now I can afford the things I like."

"I have the freedom to choose what I want. Money is abundant."

Talk about **FEEL GOOD** thoughts!



How do we rid ourselves of limiting beliefs?

I have a few suggestions. Some require research on your part. This first one you can do right now.

Option One: Consider finding a certified and reputable NLP Practitioner to lead you through a clearing process. Make sure you explain that you want to get rid of a limiting belief that you recognize in yourself. Verify with them that they are competent in releasing this for you.

Option Two: You can also research different available methods that might work for you. My suggestions include:

- The Sedona Method
- EFT - Emotional Freedom Techniques
- Byron Katie - www.thework.com

Option Three: The following exercise is something you can do right now. Joe Vitale details this in his book "***The Attractor Factor***". I highly recommend that you add this book to your educational library. Pick up a copy on Amazon.com

You will need 2 pieces of paper and a pen.



On the 1st piece of paper describe the limiting belief you feel you are experiencing. FEEL the emotions associated with it. Even though this will not likely feel very good, the more you are in the FEELING of the situation, the more likely you are to release it.

Are you there? Can you feel the negative emotions of this limiting belief?

Next, on the 2nd sheet paper describe the ideal situation. Unearth the happy, positive, joyful FEELINGS associated with having, doing or being what you want. Totally immerse yourself in this positive "***FEEL GOOD***" energy. Again the more you are emotionally in the FEELING, the easier it will be to anchor the new image in your mind.

Here's the fun part—BURN THE FIRST SHEET.



That's right! Grab a lighter and set that thing on fire!

Make sure to observe safety precautions of course—you might do this over the sink or outside.

Finally carry the 2nd sheet around with you for at least a week.

That's it.

This action should feel enlightening and empowering. You should start to see differences in how you look, feel and react from now on.

The child is no longer in charge.

Your past is not your potential. In any hour you can choose to liberate the future.

-Marilyn Ferguson

The Habit of Dream Discussion

This habit doesn't particularly relate to this week's module. I decided to include it anyway as it is an important part of my daily routine for success.

I originally started doing this after reading the Manifestation Manual by Jafree Ozwald and Margot Zaher.

Requirement: This habit requires a partner, spouse, workmate, family member or anyone who is related to or can help you achieve your goal.

If necessary, this can be done over the phone.

Dream discussion involves having a daily conversation with a partner about what your life will be like or your perfect day once you already have what you want to achieve.

If you can't find a reliable partner or don't feel comfortable discussing your goals with other people, a powerful alternative is to write out this "internal" discussion in a journal daily.

My daily exercise regime has me up and out around 8am for a 5K run. I then wake my husband Glen up and we walk to the gym to do a daily 1 hour workout.



During the walk home, we have a dream discussion about how great I looked being a size 10 again, where I would shop for new clothes, who we would catch up with that day that hadn't seen me since I slimmed down and what their reaction would be, how my mother would tell me I'm not eating enough, how strangers would walk past and smile because of the positive energy I was giving out because I felt so good about myself.....and on and on.

Get the picture?

While you are having this conversation you are vibrating at a complete match to that which you want to manifest. The longer the conversation, the better the vibration.

Okay, here are the particulars:

Your discussion must happen in present tense and you talk about everything you can think of—from what time you wake up, what you wear, who you hang out with, what you do—the colors, smells, food, scenery.....everything.

It is a lot like role playing. With the right partner you can really go wild!

Dream Discussion is an activity that can be done while exercising, during lunch breaks, after hours when the kids are in bed (maybe the kids would love to join in), hands free on the phone while stuck in traffic.....any time.

To help create this as a HABIT, make the commitment with your partner to either do this at a similar time each day or to specifically schedule daily times one week in advance. Either way, make sure you have your time scheduled for the week ahead.

Your discussion should last at least 15 minutes in duration though you will find that the more you do this, the easier your conversation will flow.

Dream Discussion can also be used in a group situation if you have a team that has a common goal.

Be sure to check the box on this week's worksheets once you complete this habit for each day.