

By now most people have seen, read or heard about the Secret and the amazing law of attraction. People have spent millions of dollars and time reading, watching and talking about this powerful newly discovered truth that can make you rich, give you the relationship of your dreams, instantly plop a new car, home or dream job down right in front of you.

As a teacher I hear far more stories of disappointment and confusion than I do stories of amazing changes and instant success.

Why is this? Is something missing, did something get left out of all the books, movies and conversations?

Yes, it did.

While the idea of imagining yourself in the situation you really want is great and will eventually work over time if you make the inner changes necessary to line your vibration up with what you want.. there is a faster and easier way.

Find out which areas you are not in line with first. Sounds simple and it is.. not so easy for a lot of people though.

The reason it's not so easy is most folks just are not honest with themselves about their own limiting beliefs and expectations.

The purpose of this little book is to give you a head start in understanding what your limits are and why they are there. We will then work on how to release them and move forward.

What are limiting beliefs and where do they come from?

You have been acquiring beliefs about everything since you were born. Your parents taught you their beliefs and you accepted them early on as a young child. You had to in order to get along in the world. You accepted that the stove was hot and would hurt you. You accepted that you shouldn't put things in your nose, ears and electric outlets. This was important and a matter of necessity.

As you grew older your parents and teachers continued to share their beliefs about how it all works with you and you continued to accept most of what they said as truth.. even fact without offering too many questions. It's easier to accept the beliefs of those in authority of you when you are a child, things go more smoothly than when you ask too many questions.

As a young adult you found yourself bombarded with the beliefs of your employers and co workers. What started as a foundation of beliefs had now grown to walls, high and stretching for miles and miles around you and your life.

The important thing about beliefs is they are thoughts you've had over and over again until they became beliefs. Truth for you, without searching to see if they still work or if they ever did, you just accept them as fact.

You can get a pretty good idea of what your beliefs are by looking closely at the beliefs of your parents. Even if you don't follow them in every area, for the most part their beliefs about safety, health, love, success, spirituality and relationships influenced you and still do today.

How do you feel about the opposite sex? What do your past and present relationships tell you about your beliefs.

Take a piece of paper and write down your off the top of your head answers to the following questions.

Men/women are
love is
relationships are

Where did these ideas come from? You might say experience has taught you these “truths”.. actually your experiences have proven to you just what you expected.

Do the same for how you think people see and accept you.

I am
people think I
My body is

How people treat you is a perfect reflection of how you see yourself.
It's natural for children to accept their parents idea of who and what type of person he/she is. The problem is you carry this mis information with you most if not all of your life.

What do you think about money and the role it plays in your life?

Money is
people who have lots of money
Rich people

How about success?

To be successful you must
Successful people are

By going through you beliefs in each area of your life and identifying your core beliefs you begin to get a clear picture of you built in limits.

Money, like thought and emotions is energy. Pure and simple, everything is energy. All energy vibrates, just at different rates.

If you are vibrating on the level of poverty, disease, depression, then this is all you can attract, more of the same energy vibration.

It's like trying to listen to radio station 102.4 by tuning in to 98.7, it just will NOT work. You have to be on the station, the same wave length to listen to the station or watch the movie on TV.

The energy vibration level

Scientists are discovering that everything is energy. It moves, flows and acts in response to who is watching and what they expect. Now this is powerful news!!

What you believe/think about co creates with the energy of everything and everyone around you to pull together experiences in line with your thoughts/emotions and beliefs.

This is the Law of Attraction in a nutshell.
As a man thinketh in his heart, so is he. The Bible.
You'll see it when you believe it. Wayne Dyer.

The thing most people just don't understand is what a powerful, awesome, life creating energy their thoughts and emotions are. This is how it works. What you believe about any and everything dictates your thoughts on that subject. Then your thoughts turn into emotions which in turn attract more of the same kind of thoughts. They are delivered almost at once. These those become more deeply felt emotions which begin calling all similar vibrations into line with them which in turn congeals into experienced reality.. experiences.

Most folks look at the experiences as say, “see it's just what I thought/believed/expected”.. and over and over it goes in a loop.

In order to get off this roller coaster ride of beliefs, thoughts, emotions, situations you must get to the root of it.
Your life right now is the proof of what you believe and expect and yes, create over and over again.
Getting to the root of why you are creating what you are presently experiencing takes a bit of work and time, lots of honesty and subtle shifts of beliefs.

Go back to the above exercises and begin keeping a journal of you experiences. With each experience write down what your thoughts and emotions were before, during and after the experience.
This is powerful stuff here. You are sifting through a life time of mindless creations to discover the how of them. You will begin to notice common threads of thoughts, beliefs and emotions.

After a week or so of journaling you can then begin not only seeing what's at the root of your energy creations, but understand the thoughts, beliefs and expectations which continue to bring them about.

Take your beliefs one at the time, perhaps two and begin reshaping them into beliefs that better suit you.

For example if you discover that you think money is the root of all evil, that rich people are greedy, that in order to succeed you have to work your tail off or be very lucky, change these beliefs into something that works better for you.

Money is an energy exchange that aids us in living beautiful, joyful lives and having the means to help family, friends and charity.

Google some rich people and just see how much they give to medical research, the homeless, etc.

If you believe that success is only the result of working yourself into stress related disease, do a search on rich people who had a simple idea and got rich in one year's time.

Bottom line is, if you want to change your outer life, the conditions in which you find yourself; you must change your beliefs.

Once you get started it will be like an Easter egg hunt as you discover all the limits you have built up and can now take down by understanding where they came from and replacing them with ideas that work to create what it is that you really want.

While this is not all there is to say on this subject of healing your life and creating abundance, it is a good start.

Don't get discouraged when things don't magically change overnight. It took you a lifetime of believing to get where you are right now. It will take time to move into new energy.

Continue with your positive affirmations, work with your vision boards. These things are all powerful tools to keep you on the course to a new creation.

Get in the groove with the energy you wish to flow with. When you catch yourself going back to old thinking and you will, just laugh and choose another thought more in line with what you desire to create.

Take time each day to be still and quite. Focus on your breathing and enjoy the stillness. From this stillness comes inspiration, insights and wisdom encouraging you towards the next action you need to take.

Rushing about all day long in chaotic energy brings about results created with the energy of chaos. By being still and allowing yourself to feeling inspired, you will then create with a powerful energy.

Blessings