



**Blast Away your Limiting Beliefs and Achieve Your Goals**

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## **Index**

### Chapter 1

What exactly are limiting beliefs and how did I get them?

### Chapter 2

Why do they stick and am I stuck with them forever?

### Chapter 3

Can I not just ignore them and live with them?

### Chapter 4

How can I 'change my mind'?

### Chapter 5

What are limiting beliefs really capable of?

### Chapter 6

A few simple steps to retrain your brain

### Chapter 7

So what next?

## Chapter 1

### What exactly are limiting beliefs and how did I get them?

Limiting beliefs are negative paradigms (programmes) that we hold in our subconscious mind. We do NOT hear them, as the subconscious mind is the silent part of the brain (it's the conscious mind that you can hear 'thinking') but our subconscious works like a computer, playing out all of the pre-programmed beliefs and instructions in the background.

Why do we need a subconscious mind?

The subconscious mind is the part of the brain that we use to do all of the tasks that we have *already learned to do*. It enables us to do them on autopilot. For example, can you imagine how difficult your life would be if you had to think of every simple step for EVERY task that you do throughout your day? It would be physically impossible for you to get past getting dressed and out of the house in the morning! The mind functions mostly on our pre-programmed subconscious and occasionally we switch to our conscious mind, when we need to make a decision or a choice (ie we can do most things on autopilot when we get up in the morning, but our conscious mind would activate to decide if we wanted toast OR cereal for breakfast – once we make the decision, we go back to functioning in our subconscious as it takes us through the process of making the toast or cereal).

So our subconscious mind is vital for enabling us to function as busy human beings. It enables us to multitask and if you have taken a phone call at the same time as making the dinner, you will know exactly what I mean – this is all because of your subconscious mind being hard at work in the background.

Unfortunately most of us walk around in an unconscious state when it comes to our beliefs. Most of the time our belief system is formed before we even reach the age of 6, as 'beliefs' are programmed directly into our subconscious mind by the adults and peers around us in our early childhood.

So in other words, if your mother had very negative views on money – she would have made this impression on you and once the ‘belief’ is programmed, it sticks!

Some really strong beliefs are passed down from generation to generation. Physical abuse is a ‘belief’, ie the mother or father thinks it’s ok to hit their child, and generally it will pass down the family for many years, until one generation *decides to break the cycle*.

This will happen if they see other families that are not abusive or if they have some positive influence in their lives - they will re-learn that physical is **not** actually the norm, or acceptable, and therefore they can make the decision not to hit *their* children.

These are the most common limiting beliefs - could you be harbouring one of them? Do you ever feel like this or say these things to yourself?

1. I'm not good enough
2. I don't deserve (love/money etc)
3. I am not worthy
4. I am bad (eg I'm a bad parent)
5. I will never....
6. It's too late for me to.... (change my career etc)
7. I always disappoint people
8. I can't change
9. I'm too selfish/loud/shy
10. I am not pretty/slim/clever enough
11. My father was an alcoholic (or had cancer) and that means so will I
12. I will never find love
13. All men cheat/ all women are bitches
14. I will always be fat
15. I have a slow metabolism
16. I hate exercise
17. Money is evil
18. I will never be rich
19. There is never enough money (or money doesn't grow on trees)
20. Money makes you unhappy
21. My dream will never come true

And a bonus one for good measure;

**"I can't do it!"**

## Chapter 2

### Why do they stick and am I stuck with them forever?

Before the age of six, all of the information around us goes directly into the subconscious mind, rather than into the conscious mind – because when we are under 6, we don't 'think', we learn. This is how our programming starts – we learn how to speak, eat, interact with others, how to dress ourselves, how to read, how to play – all of this comes from the information around us. So it makes sense that if we see something negative, it will create a negative programme in our mind.

These are some of the reasons why these paradigms are so difficult to overcome;

- We've had them a very long time
- We can't actually hear them, they are in the background
- We often don't know what they are or even if we have them
- When we receive information as a child, we have no reason to believe it is anything other than true if this is ALL that we see, so we just accept it
- If a mum says to a child that 'you are stupid' often enough, their conscious mind wouldn't reason back like an adult's would 'no I'm not' it just goes straight into their subconscious.

So taking these points into consideration, how do we get rid of limiting beliefs?

Firstly, you would have to look around you. Your limiting beliefs WILL show up in your life. If you have limiting beliefs about money, it is likely that you will have problems with a low paid job or you would be in debt. If you believe that you are ugly, you would have people treat you accordingly or may have struggled to find love.

**Look for patterns.** If you have had various partners throughout your life that have cheated on you, think back to when you were a child – did any of the adults behave in this way or did any of the adults speak about people this way (such as 'all men cheat' etc). If you don't believe that you are worthy of a loving and caring partner, you will attract one that isn't loving and caring.

## Chapter 3

### Can I not just ignore them and live with them?

Yes you can live with them, and if you were happy living a life where you had negative patterns or beliefs about yourself, then yes you can probably ignore them.

But just because you ignore them, doesn't mean that they will go away or that you can live up to your full potential.

In fact, ignoring them is a sure fire way to unhappiness.

If you go through life saying to yourself 'I'm not good enough' or 'I don't deserve to be happy', these limiting beliefs are holding you back from doing what you really want to do.

### Is my mind trying to hurt me?

NO! far from it. Your mind creates limiting beliefs to try to protect you. For example, if you are rejected or teased as a child for getting something wrong – your mind will create a fear of failure limiting belief so that you do not try to do something out of your comfort zone again. When you think about doing something new, like entering a competition or starting a business – your limiting belief will come out of the woodwork to remind you of your previous rejection. 9 times out of 10 this will convince us to retreat and stay small.

So as you can see, it's only by learning to overcome our limiting beliefs that we enable ourselves to live the life that you desire.

Ignoring them is possible, but not advisable!

## Chapter 4

### Ok, how can I 'change my mind'?

Lots of things can help you to overcome your negative beliefs. For example, simply building your confidence will help to cancel out those early childhood memories. When you get a promotion at work and the boss tells you that he really believes you are the man/woman for the job – this will help you.

But really getting to the core beliefs in your subconscious takes time and effort. Especially if you grew up in a negative environment or grew up around people who regularly spoke negatively.

For overcoming limiting beliefs the best formula for changing your subconscious mind is by using a mixture of techniques. One of the reasons I developed Healing That Feeling was because it deals with this issues as I truly believe (after years of experience and set backs) that there is not one method that helps to solve all of our emotional issues.

For example, Reiki has helped me enormously over the years to relieve stress and help me to rebalance my energy when I am run down or overworked. It also helps me to sleep, but it does NOT help with resolving phobias or even severe trauma. EFT has helped me greatly with a number of issues and is now being recognised all over the world as a fantastic self help aid for many ailments - even physical illness. But it does not work on everything *for everybody*.

I've been involved in the Self Development world for many years now and I can guarantee that if you are willing to work through a number of different methods for your different problem issues, you will have fantastic success.

Limiting beliefs can be erased with EFT, but I've also used PStec and subliminal messages for my really deep routed limiting beliefs.

It all helps. Don't dismiss a method for everything just because it didn't work on *one* of your issues, it could be fantastic for one of your other problem issues.

## Chapter 5

### What are limiting beliefs capable of?

You may have heard the story of Karl Rabeder, the millionaire that gave away his fortune because he discovered it made him unhappy?

What Mr Rabeder realised was that after all of the years of chasing his fortune (he grew up in a poor family) was that once he had the money, he didn't feel any happier – so in other words, when he was poor he wanted to be rich and when he was rich he wanted to be poor.

His subconscious mind had received all of the usual programmes from his environment when he was growing up, and then in his early adult years his experiences would have 'proved' to him that these pre-programmed beliefs were FACTS.

But beliefs are not facts! They are only *our perception* of what we see or experience.

His poor background would probably have taught him that 'you have to work hard in life to get material wealth' but his parents or guardians in early life may have told him that 'rich people are greedy' or 'money is bad'. So he has received conflicting subconscious programmes.

But money CANNOT make you happy or unhappy. It is only our pre-programmed perception of money that is positive or negative, so as he has gone through life being poor and then being rich, he has blamed his unhappiness or unfulfilled life on his lack of money and then his wealth!

#### **He's not alone!**

Unfortunately, most of us go through life without even realising that we have these hidden beliefs – we just assume that they are *facts*.

Mr Rabeder has now experienced being poor *and* being rich, from the story featured in The Telegraph, he didn't sound particularly happy being either – so his beliefs are still present and until he learns how to deal with his beliefs, he will always believe that money (or lack of it) is the cause of his unhappiness.

## Chapter 6

### A few simple steps to retrain your brain

In this brief introduction to Limiting Beliefs, we have looked at how easily limiting beliefs can start, why they stick, what they do to hold us back in life and the ways that they can affect us.

Now let's look at a few ways that you can retrain your brain and change your beliefs to **limitless beliefs**.

These are just a few of the many ways that you can change your thoughts and change your reality;

**This first step is an absolute must and this is the way to find your limiting beliefs. The other 6 steps are all options you can use to *change* those beliefs.**

- 1) **Set yourself a BIG goal.** This is the perfect way to get your limiting beliefs to make an appearance. So if you are struggling to get to the bottom of your beliefs look around at your life and think about the things that you are not happy with. Then set a BIG goal around that topic and start to notice the excuses and the reasons that your mind comes up with to show you why you have never, and WILL never achieve that goal. Write them all down and use EFT or PSTec on these, then replace them with positive beliefs.
- 2) **Get out of your comfort zone.** Your comfort zone **IS** your limiting beliefs, it is the net that your mind has put there to protect you. Go outside this zone and all of the reason that you 'can't' or 'shouldn't' will show up.
- 3) **PSTec** – this simple technique is free to use and is absolutely ideal for changing your beliefs. Use it to break your thought patterns that you have had for many years.

After PSTec, I suggest that you add in some new beliefs – **positive affirmations**. Make your new thoughts really positive and watch the world around you totally change.

- 4) **EFT** – this is the method I suggest for getting to the bottom of those tricky buried beliefs. It is a long process, but it can be done. You've had the beliefs for many years, so it is going to take some time to get to the bottom of the real deep routed ones.
- 5) **ZPoint** or other general energy healing techniques such as **Emotrance** or **TAT**. Sometimes, you need to be a bit more global than EFT will allow and this is where other energy healing techniques come into play – they work with much less specific topics, so you can work on a whole subject, rather than specific events or phrases.
- 6) **Subliminal Messages**. Many subliminal MP3s can be purchased as a silent track, so stick it on overnight and forget about it. In a couple of weeks you should really see and feel the benefits. For those of you that are stuck at your computer during the day, don't forget the recommendation I made for Subliminal Blaster – it's free to download and if advertising techniques are proven to work, what makes you doubt that subliminal programming doesn't?
- 7) **Vision Boards/Movies**. Imagine your life exactly the way you would have it if ALL of your dreams had come true, get together some images and affirmations that reflect that dream future and make a vision board, or even better – a movie. Most of us have some sort of movie maker on our PC, so it's free and really easy. Just remember, no limits! Really go for it. Watch it at least twice a day.

**Go for it;** If you use just a couple of these techniques and suggestions, you will really blast away those limiting beliefs and your life will really start to change.

## Chapter 7

### So what next?

If you are relatively new to the world of self development, mind techniques or energy healing you will probably be feeling a little overwhelmed right now. But my advice is always to take things slowly and work through the steps mentioned above, one at a time.

You've carried around these limiting beliefs for many years, so don't try to rush to erase them all today – work through each one slowly and meticulously, making sure that you *really get to the root of each one*.

That way, you will really get great and lasting results.

#### Would you like some help?

If you would like help with specific issues – such as a limiting belief that is causing you to stay stuck. Please [get in touch](#) - you really do not have to stay stuck forever, I am positive proof of that.

I offer a short term EFT Package and also a 6 month coaching programme that will really help you to move forward.

Contact me to discuss your specific issue or requirements and I will be happy to advise you on which package is more suited to your needs.

**Mel Trudgett**

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**PS don't forget....**

All of the other **Free Resources** that you have received along with this ebook AND the **7 day mini course!**