

## How to Process Limiting Beliefs

A manifestation event occurs any time you feel an emotion based on your perception of the event. You either feel a positive emotion that indicates the existence of a beneficial belief, or a negative emotion that exposes a limiting belief.

**Note:** The Manifestation Event process is a treasure hunt. It is, quite literally, an opportunity to create a preferred reality deliberately. You may perceive an event as negative, but your Inner Self always sees the event as perfect, and for good reason. The Inner Self's perspective holds a vibration of pure joy, and that perspective is the treasure waiting to be discovered.

To reach the high-level, beneficial perspective that's eluding you at this point, you need to establish a connection to your Inner Self. Answering the questions of the Manifestation Event Form in as much detail as possible establishes that connection.

It's difficult to prove a limiting belief false when you're tired or pressed for time. You'll want to set aside at least 30 minutes for "minor" manifestation events, and at least 1 hour for "major" or recurring manifestation events.

### 1. Describe the event

Describe the event in detail. For instance, don't just write "Fight with Jill." Rather, describe exactly what happened. For instance: "Jill and I were having dinner. I sensed that she was in a bad mood. I asked what was wrong. She was evasive, which really worried me, etc."

**Note:** Going into details serves two goals:

1. you analyze your perspective of the event as objectively as possible, and
2. you pave the way to your Inner Self's perspective of the event.

### 2. Describe the emotion you felt in you immediate reaction to the event

Come up with at least 3 emotions, and define them clearly. Avoid writing things like:

- I felt cornered;
- I felt invisible;
- I felt tricked.

These are not actual emotions.

Try to pinpoint the emotions that you truly felt. In this case, a more accurate description would be:

- I felt hopeless,
- I felt lonely,
- I felt ashamed.

Explain WHY you felt these emotions. For instance:

- I felt hopeless because nothing ever changes, it's always the same old story, there's just nothing I can do about it.
- I felt lonely because nobody ever listens to me or cares about how I feel.
- I felt ashamed because I wasn't prepared. I can't believe I didn't see this coming.

**Note:** Understanding the reason for your emotions often helps to uncover the limiting belief(s) that triggered them. For instance, our examples above could point to the following LBs:

- I don't believe I'll ever be happy.
- Nobody truly loves me.
- I can't do anything right.

*Remember: The more intense your negative emotions, the more intense the limiting belief(s)—and the more discrepancy there is between your and your Inner Self's perspective.*

### **3. Did the event trigger positive or negative emotions?**

### **4. What were the initial thoughts you attracted due to the emotions you were feeling?**

Write down as many thoughts as possible—not just one or two.

**Note:** Many of your initial thoughts directly point to your underlying limiting belief(s), so write them down conscientiously. Compare them to the reasons why you've felt your emotions. This process helps to clarify your actual limiting belief(s) in point 10 below.

### **5. Did you have the urge to change or control the conditions or the people involved?**

### **6. If so, what were those urges?**

Be honest and detailed. If you felt like punching the wall, write it down. If you're unsure whether your reaction was based on an urge or if it was inspired, remember that urges always feel bad. Inspiration, on the other hand, always feels good—even though it is generally followed by fear.

**Note:** If your Manifestation Event triggered heavy negative emotions AND you didn't have any urges to change the conditions, it could mean that you felt entirely powerless during the event. If so, add that to your list of emotions and explain why exactly you felt powerless. This in itself is a limiting belief, so consider it when you select your Limiting Belief in point 10 below.

## **7. Did you take action on any urge you felt to change the condition?**

## **8. If so, what was the result of the action?**

Again, be honest and detailed. Understanding the impact that your urges have on your reality helps to soften them and ultimately eliminate them.

## **9. Can you identify the belief that triggered the emotions you were feeling?**

Whether or not you can identify your limiting belief, answer this question with an emphatic YES. Doing so sets your intent. Trust that you will be guided to the exact limiting belief that you are ready to tackle at this point in your life, and that you can and will disprove it one way or another.

## **10. What is the belief?**

Write down all the limiting beliefs that come up. Be clear and concise. If you identify several beliefs and elaborate on them in long sentences, sift and sort. Ultimately, you'll want to decide on ONE limiting belief, and ONE ONLY. Choose the one that you feel best represents the emotions and thoughts you experienced during the event. Don't worry if your LBs all seem to be connected (they generally are!), or if you're not sure which one to choose. The LB you do select is the one that you're ready to tackle at this point in time.

**Note:** If your limiting belief is "I'm not worthy," DON'T PROCESS IT. Lack of worth cannot be proven false, because trying to prove your worth will only make you feel less worthy. So put this limiting belief aside, and choose an upper layer limiting belief instead. For instance, "I believe I'm not good enough. Or "I believe I'll never be successful and respected. Or "I believe I'll never have a long- lasting, loving relationship," etc.

## **11. Is the belief limiting or beneficial?**

## **12. Is the belief true or false?**

If the belief is limiting, it is always false. If the belief is beneficial or empowering, it is always true.

## **13. Prove that the limiting belief is false**

Find evidence that proves that this belief is not true for you and write it down.

Just start writing.

If you don't know where to begin, write just that. For instance, "I have no idea how to prove this LB wrong. So let's see what I can come up with."

Try to prove your LB false based on what you know to be true intellectually. This is your starting point. For example, if your LB is, "I'll never be successful," think of moments where you actually were successful, even if those events weren't work or money-related. Demand to come up with ANY reasons you might have to prove your LB false, regardless of the area or importance level.

If you can't come up with any reason, write just that—"I just can't come up with any reasons that would prove to me that my limiting belief above is false." Then wait and see what thought comes up. Write that thought down, whether it seems related or not.

Eventually, a thought will come up that you will find interesting or intriguing. When this happens, you'll typically have a physical reaction. This could be a sigh, a yawn, a desire to sit up, stretch, or take a sip of water, etc. These are all signs of RELIEF. Which means that you've now established a connection with your Inner Self, and that you're about to uncover a hidden, hitherto unknown perspective. Write the signals down as they occur. For instance: "I just heaved a sigh of relief. This is good. I'm getting somewhere. Okay, what else? How else can I prove this false?" And wait for whatever comes.

Conclude this section with a clear statement of having proved your limiting belief false. For instance, "This limiting belief of mine (that I'll never be successful) has no validity whatsoever. In fact, the opposite is true: I have been successful on many occasions." Etc. This will cause you to feel positive emotions ranging from minor or major relief, to satisfaction, and ideally, sheer excitement and elation. These positive emotions are your evidence that you've processed the event successfully. If you've reached that stage, bravo. Give yourself a good pat on the shoulder. You did very well, indeed.

If you're not quite able to reach your Inner Self's high-level perspective, acknowledge that you're dealing with a big limiting belief and that it's only natural that it would require a little more work. Then state that you intend to revisit this particular LB in the near future.

#### **14. Can you see how this event was for your benefit?**

You'll be able to answer this question with an emphatic and exhilarated YES when—and only when—you've proven your limiting belief false. If you haven't reached that high level of clarity yet, simply acknowledge that you need to go a little deeper, and that you will do so, soon.

### **15. If so, how was this event for your benefit?**

Describe in detail how this Manifestation Event and its resulting negative emotions, were for your benefit. Ideally, you'll realize that the event itself was one of the best things that ever happened to you—because without it, you couldn't have achieved the new level of personal liberation and awareness you're now experiencing.

Use this section to listen to your Inner Self and write any additional thoughts that may come up. At this stage of the process, you're deeply connected to your Inner Self, so take advantage of anything else it might want to share with you.

If you can't see the benefit of this event just yet, explain why not and what's missing. These details will be helpful in processing your particular LB when you revisit it again.

### **16. Can you now look at this event from the higher perspective and understand why it came to you when it did?**

Describe your new understanding in detail. Again, use this section to listen to your Inner Self and write any new thoughts that might come up.

If you can't understand why the event came to you when it did, acknowledge that and intend to gain more clarity when you revisit this event in the near future.

### **17. Can you appreciate the event from where you are now?**

Ideally, you'll be able to answer this question with an emphatic and exhilarated YES, and be filled with gratitude for the clarity that you have attained. If not, simply acknowledge that you need more clarity and that you'll revisit this event and your underlying limiting belief soon.

### **18. Do you fully accept this event as being for your benefit and growth?**

As above, you'll be able to answer this question with an emphatic and exhilarated YES if and when you've processed the event fully.

Again, use this opportunity of vibrational alignment with your Inner Self to reiterate or explain how exactly it helped you expand. If you cannot accept the event as being for your benefit, state that you'll try again as soon as possible.