

The following is an excerpt that discusses limiting beliefs around success, for the 6FN group in support of unlimited success.

3. Reprogramming Common Beliefs & Attitudes that Block Success

Most programs on achieving success will cover the area of changing limiting beliefs and behaviors only. While this is a big step toward achieving success, it is not enough, as is revealed by the rationale for the many activations in this module that cover so much more. However, the area of limiting beliefs and behaviors is an important one, and we recommend that you spend some time processing limiting beliefs in order to clearly understand what areas of your life will benefit from greater conscious awareness and deliberate reprogramming.

But conscious inner processing is not always enough, as there can be deep-seated belief structures that are difficult to identify because they are all that a person has known in life. I have found that many clients I work with have belief structures below the level of conscious understanding that are “show-stoppers” in areas where they are deeply unhappy. These were established at such an early age that there is no conscious awareness of them but only a sense that something is blocking or holding them back—almost like a force outside of them.

As difficult as they may be for the person to identify, they are quite easy to uncover in therapy. Clients are always very surprised at first when they find out what programs the subconscious mind is running. I refer to these rigid belief structures, which are inviolable to the subconscious mind, as “impasses”. They literally block a person from moving past that unwanted state in life. Impasses are characterized as follows:

- They were established in early childhood and deny the self.
- They block any significant movement forward in life, are at the root of all self-sabotage; and they keep a person operating within a narrow band of experience.
- The energetic states they engender in the emotional/mental bodies are all a person has known, and so there is no easy access to another way of being.

Subconscious Impasses

I discovered subconscious impasses in the course of meditating on the process of manifestation. I was asking for clear insight into what blocks most people from becoming powerful co-creators, and the answer was that **most people don't want to be**—for some the resistance is conscious, but for most it is at a subconscious level. While wholly relevant to the topic of conscious manifestation, subconscious impasses are equally relevant to holistic success, which is possible only as we become unstuck and able to move forward unrestricted and in freedom.

The characteristic of a subconscious impasse is that the belief structure stops the flow of life in a significant way. It usually covers up an original wound that was overwhelming—the childhood events were such that there was no room for the person's essential nature to find expression or validation and it was therefore suppressed. The beliefs are there to protect the person from feeling the original pain and self-denial, as they engender behavior patterns that will successfully avoid all exposure to similar experiences.

Examples of subconscious impasses are as follows:

- a- I can't have [things], therefore I don't deserve them or they are not possible for me.
- b- It hurts to want things I can't have (or that are not possible).
- c- Therefore, I **don't want** [things].

From beliefs a and b, the person has concluded the belief that *I don't want [...]*. The things wanted may have started out small, but the end belief can be all encompassing, preventing a person from reaching for success, love, happiness, wealth, etc. And no matter how much they consciously strive for things, the subconscious mind will not violate the program. Many people with the program of not wanting love, fulfilment, pleasure, happiness, etc. end up with addictions because the suppression of their needs and desires creates such a build-up of energy in the astral body that it blows up as cravings for food, cigarettes, alcohol, material things, etc. Depending on the person's personality, they may be bitter and resentful of those who have these things, or they may be so shut down and apathetic that they simply can't relate to what may motivate others.

Depending on the childhood story, some people don't want certain things like love, friendship and intimacy, while others don't want anything at all. One of my clients had the blanket statement of not wanting anything at all. And his life expressed this clearly as it was devoid of any avenues for any sense of pleasure, happiness, fulfilment, love, friendship, accomplishment, stability, or success. His main complaint was a sense of emptiness and purposelessness, and though he consciously wanted to change, he simply could not harness his will toward any goal at all. When we cleared the subconscious impasse and identified some other belief structures around being blocked in his will by life itself, things started to change for him.

Another example is

- a) Anger and resentment are bad, and I feel those. Therefore I am a bad person.
- b) Bad people need to be punished
- c) I need to be punished in life.

A person with this can go through their entire life suppressing anger and the subconscious mind will make sure they are continually 'punished' by life. The only way to have good things for someone with this program is to clear all repressed anger and resentment; however, this is impossible since anger is bad and cannot be acknowledged and processed. A person with this program will suffer from bouts of depression. (Please note that not everyone with depression has this particular program, but rather everyone with this program will inevitably suffer from depression.) This type of person may always

strive to do good in order that others see them as ‘good’, but will be resentful when their efforts are not appreciated, thus reinforcing the proof that they are bad and deserve to be punished. Others may simply act out the bad label, not believing that they can ever be good.

- a) I am not worthy of existing and feel invisible (or unimportant).
- b) I am only visible (important) and feel that I exist when people need me and I do for others.
- c) I need to be needed and only doing for others is valid.

A person with this impasse will encourage others’ dependence upon her, while also feeling unappreciated, taken for granted, dumped on, used, etc. To ensure *worthiness to exist*, the subconscious takes care that she is needed with no time for herself, while at the level of the conscious mind she may want to be left alone and feels resentful about the situation. Most ‘martyr’ types have some variation of this impasse. Success is impossible to achieve with this program as there is no healthy self-centeredness because everything must be other-oriented. Moreover, *doing* leads life and so there is no appreciation of *being* as foundational to inspired action—life is then experienced as a burden and a struggle.

- a) Life is disappointing
- b) It hurts to expect good things and then not have them happen. And, if I expect good things, I will be only be disappointed.
- c) I **won’t** expect anything good...in fact I’ll stay ahead of the game and expect the worst so that I’m not disappointed.

For this type of person, it is not safe to expect good things and much safer to always have negative expectations. The wound of disappointment, which brings up a deep sense of unworthiness is too raw and must be avoided at all cost. So the person avoids expecting anything good, and if something good happens he does expect it to last. This person is chronically negative and often prone to anger, blame, bitterness and despair, and will often push away good things and good people in his life.

- d) There’s no place for me in life
- e) Life is painful
- f) I don’t want to be here

This type of person will have problems initiating things. Taking initiative, which is a move toward life, will therefore be experienced as a painful process. They will have such resistance to initiative that they will look like poor achievers, procrastinators, drifters, etc. They may feel that all their ideas can’t be anything more than fantasy, because there is no place for them in the world.

There are so many configurations of beliefs that constitute reasons for the subconscious mind to block success and create significant limitation in order to be safe. In the examples above, if you feel you deserve to be punished in life, then allowing good things

is fearful because it's like bypassing the law...and you will get nailed eventually and that is worse than simply living with the limitation you have been used to.

If you are afraid to want things because you won't get them due to unworthiness, you will feel safer not wanting anything and shutting down all will to reach out for things. If you were so suppressed as a child that any attempt at life was painful, you will have chosen against life and will have strong tendencies to shrink from it. Success and any initiative will meet with such resistance that you will feel defeated and hopeless before you even begin. If you were always let down in life and developed negative expectations to not get hurt, success will feel way out of your comfort zone as you would be intensely anxious waiting for the other shoe to drop, so to speak.

Along with subconscious impasses come many layers of limiting behaviors and beliefs. For those who don't believe they can ever have success, there will be many beliefs supporting the reasons why not, and there may be patterns of jealousy or judgment of others who are successful. There may be a sense of injustice with those who have ease in life. These patterns will impede personal success because there is the fear of getting all that negative energy from others should one become successful. Especially if there is need of approval of others, success will be avoided for fear of scrutiny and dislike from others.

The way to move through these blocks is to clear the wounds of the past as well as to ponder on the principles of success, the divine mind, and creation. For example, when you understand that you are a unique being with a unique viewpoint and goals for life and that your self-realization expands creation, you will drop comparison with others and begin focusing on what stirs within your being. You will move from being other-focused to a healthy self-centeredness where your sense of success comes from greater self-awareness and self-realization. And rather than react with envy, you will see your own potential mirrored in the success of others and feel inspired by it. And as you allow others great success, so you allow it for yourself. Through greater understanding of your role in creation and the Creator's support given to each individual, you will more quickly transform old dysfunctional patterns that no longer support your current reality.

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Please note that reading about the negative beliefs (listed below) and spending time contemplating on how they may have limited your life experience will **not** activate or magnify them in you. Quite the contrary will occur, as identification and making the connections in life is the first step to seeing things more clearly and being in a position to change. And when you conscientiously stop them as they arise and replace them with the highest truth that opens you to infinite potential, you will soon find that the old energies morph into new supportive patterns. So long as your intention is to clear and heal, then contemplating on negative beliefs or behaviors will not magnify them. I mention this

because clients are often reluctant to go into feeling their dysfunction, for fear that it will amplify painful outcomes in their life. Intention is key, always.

The following are some of the more common beliefs that present impediments to success, which may need to be cleared for you. The lists given are by no means exhaustive, but they do cover common limitations that hinder most people from achieving success. The activations in this set support clearing of all dysfunctional beliefs that you may or may not be conscious of, which are preventing success or making it difficult to achieve. They will also support conscious understanding of the issues that will benefit from your conscious awareness..

As you work through the list of limiting beliefs and attitudes, adjust each until you find a good fit. Look for active beliefs that may be playing out in your self-imposed constraints on success. For example, you may think that there is price to pay for success and that it is impossible to have it all. The price may be in loss of family time and you may thus feel guilty toward your family as you pursue success. You may be experiencing some measure of limited success but will block any more out of guilt. Or you may have opted to focus on family relationships, but feel deprived of success (and resentful over this).

The lists of limiting beliefs with each of the broad beliefs and attitudes are provided to help you explore related themes. The lists of beliefs to reprogram can also be used for this purpose.

All limiting beliefs create the terms of negotiation that we are under contract with ourselves as we determine the course of our life. Release these and you are free to pursue your most ardent desires. Follow the inner stirrings and you will be aligned with deeper purpose and higher will, and will find that the universe supports you in many ways. We are all here to maximize our positive impact and expression in the world. When you are ready to make this happen, you will open to receiving and enjoying all the good that life has to offer.

Common Limiting Beliefs & Attitudes About Success

1- Success is not for ordinary people. You have to be born into it or lucky. Or you have to be a certain type: ruthless, driven, workaholic, selfish, arrogant, etc.

Limiting Beliefs:

I am not smart enough to be successful.

I can't move above my station in life.

I am overlooked or unimportant to God.

I'm ordinary...average and proud of it.

I'm too unlucky for success.

Successful people are [ruthless, selfish, arrogant].

Successful people are driven by greed...are power hungry.

Reprogramming:

My level of success is determined by my desire for and depth of self-realization.
I am free to have any experience in life that I desire.
All life experiences that I desire from the truth of my being are open to me.
I am important to God.
God is with me in life always.
God's deepest desire for me is that I thrive and be joyful in life.
I am a unique part of the Creator and all of creation benefits from my active participation in life.
There is no ordinariness, only conformity and self-denial. I now choose to be my unique self—free from the confines of all conditioning.
Truly successful people are self-realized and driven by love and gratitude for life.
Truly successful people are empowered to create their own reality.

- 2- *There is a price to pay for success—relationships will suffer, it's lonely at the top, it's too much work, you have to be aggressive and ruthless, and other scary consequences such as loss of integrity.*

Many people believe that success means hard work and work and freedom are at odds (whereas in truth, becoming truly successful is only possible by becoming inwardly free). Look for all beliefs around what success may be at odds with (e.g. success and ease, success and spirituality, success and sound family values, etc.)

Limiting Beliefs:

There is a high price to pay for success.
Can't have success and fulfilling relationships.
Can't have success and be a good parent.
Successful people are unhappy in love.
It's lonely at the top.
It takes too much work to be successful.
Successful people are aggressive...ruthless...dishonest...immoral.
If I'm successful I'll surely lose in other areas.
It's wrong to pursue success.
It's nobler to make do with as little as possible in life.

Reprogramming:

True success is holistic—the outcome of being—, and encompasses all areas of life.
Fulfilling relationships are the outcome of a successful life.
The more successful I am, the more deeply connected I am with loved ones.
The universe supports me toward realizing success.
Truly successful people support freedom and unique expression in others.
The path to success is through inner freedom to be myself.
Success is the path of evolution toward greater consciousness and self-realization.

- 3- *Success is all-consuming*—look for beliefs that you have to earn everything, that you are all alone in life and so will have to do it alone—so there are limits...*there are only so many hours in the day, only so much energy available to you in a body, and you can't work any harder than you are.*

Look for patterns where you feel *you* have to do it all, where you've interpreted "*God helps those who help themselves*" as meaning that you have to work hard and only then will God pay attention and reward you. Look for feelings of being unsupported in life. Look for patterns where you want to be the one to do it all and believe that all that you have achieved is through your effort alone (pride).

Limiting Beliefs

I won't have time for anyone else if I pursue success.
Success is a selfish pursuit.
I have to *earn* everything I have in life.
I have to do everything myself.
Everything I've achieved, I've done all by myself.
I take credit for everything I've done.
Hard work has never got me anywhere.
I don't know how to let others help me.
I can't count on anyone's help.
If I want something done right, I have to do it myself.
I don't have any more time or energy to become successful.
No such thing as a free lunch.
I'm a hard, honest worker.
If I accept help from others, I am indebted to them.
I can't count on anyone to help me.

Reprogramming:

Success consciousness is an alignment with the truth of my being.
In alignment with the truth of my being, there is ample time to fulfil my destiny in joy and ease.
My self-realization is the best thing I can offer to those I love.
Success is my right and my responsibility toward the Creator.
I must allow things in order for them to enter my life.
Of myself I can do nothing; in alignment with the Creator, I can move mountains.
Success consciousness opens me to wonderful synergies, ease and grace.
I know how to let others help me.
I can count on others to help me—it is their joy to help me.
Only what I do in partnership with Spirit is worthy of creation.
The kingdom of God is mine to embrace in consciousness.
I embrace and allow greater ease and grace into my life by welcoming Spirit guidance.
The Creator flows resources to support my success through the people and circumstances in my life.

- 4- *Success complicates life—too much work to sustain it...too much pressure and expectations when you're successful.*

Limiting Beliefs:

Success will complicate life.
I won't be able to be myself if I have success.
It's too much work to sustain success.
Success is a burden and heavy responsibility.
Responsibility scares me.
If I'm successful, people will expect too much of me.
Success means pressure to keep performing.
Unsafe to have high expectations of myself; I'm afraid to be a disappointment.
I can't manage any more in my life.
I will have to do great and significant things in the world if I'm successful.

Reprogramming:

Success fills my life with wonderful blessings.
In success, my life comes together into a unified whole.
It is safe to strive for and expect the best of myself.
Responsibility is the ability to respond to life.
Being responsible is a great power and freedom.
The expectations of others are none of my business; I am accountable to my god self alone.
I embrace ever greater success from an expanded sense of being.
My expanded consciousness naturally sustains a larger more abundant life.
In success, my presence has impact on those around me.

- 5- *It takes money and status to be successful. If you have neither, then there is no hope and no use even wanting it.*

Limiting Beliefs:

You need resources to be successful.
Success comes from knowing the right people.
Can't move above my station in life.
Success is not possible for me.

Reprogramming:

Success is the natural outcome of self-realization; it is an inside job.
I am free to be whatever my heart has desire to be.
I am a unique being with significant understandings to bring to the world.
All that I need comes to me effortlessly as a result of my intention and devotion to realize my full potential.

- 6- *Success means taking risks.* Although success may mean taking risks, the risk has more to do with pushing oneself beyond our comfort zone. This limiting belief is used as an excuse by those who fear taking risks. You may believe you make wrong decisions or that you are foolish in managing things so that ‘making it’ in the world seems impossible and success not even an option.

Limiting Beliefs

I am a poor money manager.

I am afraid of making the wrong decisions...afraid of failure.

Having [money, power, status, recognition] is scary.

It's safer to stay in routine and what I know.

I am not the type to ‘make it big’.

I don't mind my job or my life so much...I can stick it out until retirement...I can make due with what I have.

I have to work for someone else.

I should be grateful for what I have...

It's wrong to want more in life.

Life is about compromise and lowering expectations as you grow older.

Reprogramming

The pursuit of success is a challenges to face myself.

Safety comes from knowing I am supported by the Creator in my pursuit of self-fulfilment.

Success is an on-going process of engaging fully in life.

Compromise denies the Self, which is the Creator's gift to me.

Wanting to be more is the natural impulse of life and evolution.

Being grateful for what I have is a stepping-stone to reaching for more still.

There is no limit to the depth of my being and its expression in the world.

- 7- Success depends on things happening in the external world. *I have to be the best in my field to be a success...I have to find a niche market, a way to stand out, have a genius idea. There are thousands of others who are better than me...any idea I have has been thought of before... I have to know the right people to be successful. I have to be in a certain field...etc.* This belief is about success depending on things in the external world—the big idea, the important connection, the right place at the right time, etc.

In truth success occurs as the result of a *state of consciousness* in which you recognize your important role in creation and the magnificence of your being. You don't have to be anything other than yourself and you don't have to do anything other than what you came into life for in order to achieve success. Success is the most natural thing available to anyone who uncovers the truth of being. This belief reveals a narrow understanding of success as an outcome of making the right moves rather than as an outcome of being.

Limiting Beliefs

Can't be myself and be successful.
Have to achieve something external...do something great to be successful.
Have to stand out above others to be successful.
Success is being in the right place at the right time.
Success is for the select few. Not everyone is destined for success.
Success means being in competition with others.
My ability to succeed depends on having the right connections/getting the big idea/having the competitive edge/etc.
Success depends on things outside of me over which I do not have full control.

Reprogramming:

Success is the natural outcome of self-actualization.
Success is the outcome of fulfilling my destiny in life, of being my true self.
Success awaits all who pursue joyful living and wholeness of being.
Everyone is destined for unbounded success.
Successful lives expand creation.
Success is a state of consciousness that recognizes the Creator within.

- 8- *Success is money, power, fame, status, etc.* Many people have associations with success that also reflect a narrow understanding of what it is. And furthermore, they believe that these externals will make them happy, secure, or fulfilled. The first error in thinking is that success produces specific effects in outer reality. Success is as individual as people are and it will look differently for different people. For some it may include fame and fortune, but for others it may translate into robust health. For some, success may translate into impacting large groups of people, whereas others may enjoy success in quiet lives.

The second error in thinking is that externals have the power to give you something. The fact is that nothing external to you is a source of anything—externals are effects, and effects are not creative and therefore cannot impart anything to you. You can certainly enjoy the effects of your consciousness that may appear in your outer reality, but you will only be able to enjoy them if they emanate from your consciousness of them within you. In other words, your consciousness of your source of anything (security, happiness, abundance, fulfillment, etc.) as an activity of your love enables you to *feel* (secure, happy, abundant, fulfilled, etc) and therefore to enjoy external effects of that (security, happiness, etc), such as wealth, a happy marriage, good friendships, etc. But without the consciousness of security or happiness emanating from within you, for example, no amount of external wealth will give you those feelings.

Limiting Beliefs

Success is having [money/power/status/fame/etc].
The effects of success will give me security/happiness/fulfilment/self-respect.
Success will make me somebody.

I want success for vindication or to prove myself to the world.
With success, people will finally treat me right.
I won't have to feel ashamed anymore once I'm a success.
It is wrong to have material possessions or to seek status and fame.

Reprogramming

The external effects of success are unique to each individual.
My success will result in life conditions that are right for me.
Success is a state of being that is not measurable by external possessions.
My consciousness is the creator of everything.
The attainment of security/happiness/abundance/fulfilment/etc. is a result of the activity of my consciousness.
Security/happiness/abundance/fulfilment/etc. emanates from the activity of Love within my being.
My consciousness of the Creator as the source of my security/happiness/abundance/fulfilment/etc. is my security/happiness/etc.
I welcome all expressions of blessings in life.

- 9- *People won't like me if I'm a success...I'll no longer fit in or know how to relate to my friends or family. I'll outgrow them...won't need them anymore...won't have anything in common with them, etc.*

Limiting Beliefs

My [family/friends/siblings/spouse] does/do not want me to be successful.
I will lose my [family/friends/siblings/spouse] if I'm successful.
People will feel threatened if I'm successful, or I will be a threat if I'm successful.
It's not right to [earn more, have a better job, be more successful] than my spouse/partner.
I won't fit in with [family/friends/siblings/spouse] if I'm a success.
I will outgrow [family/friends/siblings/spouse] if I'm a success.
I won't have anything in common with [family/friends/siblings/spouse] if I'm a success.
I will be better than [family/friends/siblings/spouse] if I'm a success.
I feel inferior to successful people.
Successful people scare me.

Reprogramming

Everyone supports my success, happiness, and freedom
My [family/ friends/siblings/spouse] love me for who I am and are happy to see me thrive in life.
I can be a success and still love, appreciate, and respect my [family/siblings/friends/spouse].
All people are equal in potential, though there are differences in levels of consciousness at any point in time.
Success is the consciousness of freedom to be and love of life.

10- Success would be disloyal to my parents...it would invalidate their lives, make them wrong. Stuck in the family group consciousness of poverty, mediocrity, middle-class, working for the boss, etc. Or it may be the opposite, that is, that you must be better than your family of origin to prove something to them. In either case, you are unfree to pursue and engage in life on your own terms, having to reach some state relative to others.

Limiting Beliefs

It's wrong to do better than others in my family.
It's wrong to have more than others in my family.
It's wrong to earn more than my spouse.
I have to do better than anyone in my family,
I have to have more than anyone in my family.
I have to be better than anyone in my family.
I have to prove myself to my family.
My role in the family is to fail.
My role in the family is to succeed.
Loyalty means being content with my family's station in life.
I have [poverty, middle-class, etc.] consciousness.
What was good enough for my parents is good enough for me.
I reject everything my parents stood for (whether poverty or wealth).

Reprogramming

I am free to be as empowered and fulfilled as I can be.
I accept myself completely and deeply just as I am.
It is right to continually strive to be better and more deeply aligned with the stirrings of my soul.
I am a being with a unique viewpoint and unique gifts—here to birth something new into the world.
I measure myself in terms of contentment in life and connection with All That Is.
Loyalty to my siblings means honoring and valuing each one as a unique being.
Loyalty to my parents means honoring them, and understanding and appreciating their contribution in bringing me the life experiences that my soul was seeking.
I have wealth consciousness as a child of God; I am heir to the Kingdom.

11- Success means visibility and loss of privacy. Fear of exposure and scrutiny. I'll have to be perfect. It's safer and easier to remain unseen by being mediocre. People will say, "Who does she think she is?" Fear of not conforming. Feeling inadequate to be seen on your own terms.

Limiting Beliefs

I'm afraid to stand out in life or be noticed.

It's less responsibility to go unnoticed in life.
Others are more [important, capable, worthy] than I am.
It's not safe to be visible.
It's not safe to be the center of attention.
Success means loss of privacy,
Visibility means scrutiny.
I look for fault in successful people.
I'm afraid I'll be exposed or humiliated.
I care about what others think of me.
What others think of me can impact (either diminish or increase) my sense of self.
I'll have to be 'on' all the time if I'm successful.
I'll have to have a high profile and do important things in the world.
It's easier to be mediocre and have low expectations of myself.
I'll have to be perfect if I'm successful.
I'll feel pressure to perform if I'm a success.
I'm afraid to be different from others and to follow my own path....what if I'm wrong?
There is safety in conformity...the consensus can't be wrong.

Reprogramming

It is safe to be visible in the world.
It is safe to be the center of attention at times.
There is no hierarchy among people. I am as [important, worthy, capable] as others.
I am the most capable person of making choices for and living my own life.
I am transparent and open.
Successful people inspire others to strive for greatness.
I accept and appreciate successful people.
I am acceptable exactly as I am.
I am comfortable with myself.
The opinion of others—good or bad—is none of my business.
My sense of self is unchanged by what others may think of me.
I can still be myself and enjoy great success.
With success, I have more choices open to me in life.
I am accountable toward my life.
I am accountable to myself alone.
We are each unique individuals with a unique viewpoint and path in life.
Life is enriched by each individual expressing his or her uniqueness.
Conformity denies the self and hinders freedom and evolution.
I courageously follow my own heart in all that I do.

12- *Jealousy, envy, resentment, and judgment toward successful people - People won't support me in success...they will find it threatening and be jealous, envious, resentful... They will want to see me fail.*

Limiting Beliefs

I am envious of successful people.
I don't want others to succeed.
I am critical of successful people.
People will be jealous of me if I'm a success.
No one wants me to succeed because they will be envious.
People will be threatened by my success and will want to see me fail.
People won't support me in success.
I will be the target of resentment and gossip if I'm a success.

Reprogramming

I am inspired by the success of others.
I rejoice and celebrate success in others.
My success will be an inspiration to others to strive toward their own success.
My success and fulfillment benefits those around me.

13- *I won't know who my friends are if I'm a success. People will treat me with falseness, just as I treat successful people. I can't trust people.*

Limiting Beliefs

People will use me.
I won't know who my friends are.
People will want what I have.
If I'm a success, my children won't learn good values...they will get spoiled.
If I'm a success my [children/siblings/parents] will want it all.
I'll have to give it all away.

Reprogramming

I have many true friends that I value.
I am discerning with people.
My success will set a good example for my children.
My children will learn that they can be anything they want to be in life.
With success, greater choice in helping others is open to me.
I can enjoy the benefits of my success without guilt.

14- *Success will ruin my character. I may get carried away and tempted into immorality. Lack of success keeps me in line...* A related belief is that success is a trivial and materialistic pursuit. This relates to distortions about success as meaning money, status, fame, etc. In truth, success is the will of the Creator for all its children.

Limiting Beliefs

[Success/money/status/power] will get to my head.
[Success/money/status/power] is corrupting.
It is harder for a rich man to get into heaven, than for a camel to go through the eye of the needle.

I will be tempted into [lust/materiality/immorality/laziness/etc.] if I have means.
I will become arrogant.
Lack of success keeps me in line.
Lack of success keeps me humble.
Pursuing success is trivial and materialistic.
Spirituality and success don't mix.

Reprogramming

Having greater choice empowers those choices made.
I trust myself to do what is right for me according to my values and ideals.
My motivation for self-realization and growth is unchanged with increased means.
I have a strong character and trust myself to be true to my ideals.
Being in the flow of abundance opens the world up to me.
Everything that I achieve has been possible by the support of Spirit.
Success is my birthright and responsibility toward life.
Success born of love is God's will for me in life.

- 15- *Can't achieve success... I missed the opportunity (wrong education, married wrong person, born into wrong family, etc. If it hasn't happened yet, it won't happen now. Can't happen because of what was done to me (blaming others, chronic negativity or feeling hard done by, etc.)*

Limiting Beliefs

Nothing is ever right in my life.
I have bad luck.
It's my [parent's, teachers', boss'] fault.
I missed the opportunities needed to become successful.
Nothing good ever happens to me.
It works for others, but not for me.
People owe me for what they've done to me.
I am the living proof of all the wrongdoings of others.
I am bitter about my past and can't let go.
I am a victim in life.
If success hasn't happened yet, I can't see how it could happen now.
It's too late for me.

Reprogramming

Everything that has happened in my life has meaning to me.
I forgive and let go of my past, and eager to create anew now.
I am blessed in many ways.
There are always opportunities for those who seek them.
So much good has come and continues to come into my life.
I have faith in my power to consciously create success.

I forgive everyone from my past and know they acted out of ignorance of the truth of being.

I have grown from my past experiences and am now free to move forward in life.

I am empowered and deeply grateful for the gift of life.

I know success is possible for me now.

- 16- *Sense of worthlessness* (allowing abuse, servitude, here for others...all beliefs that do not support your right to be alive and to thrive, to be yourself)

Limiting Beliefs

I am worthless.

I am undeserving.

I have no right to [be here, exist, thrive, have, be myself, my own life, etc].

I am here to serve others.

God does not know I exist.

I deserve to be punished.

Reprogramming

I am worthy of having the Kingdom.

I am deserving of all the blessings life has to offer.

I have a right to [be here, to exist, have my own life, thrive, have my needs met, have desires fulfilled, be myself, have my own beliefs, etc.]

God is with me always.

- 17- *Chronic self-doubt and insecurity* – you need to be your most fervent *cheerleader* in life in order to consistently feed images of success. Self-doubt and insecurity will have you undoing your efforts before they have a chance to gain momentum.

Limiting Beliefs

I have nothing of value to offer.

I can't do anything right or good enough.

Everything I do turns sour.

I can start things, but can't see them through.

I must be lazy because I always lose interest halfway through.

I like to be told what to do.

I don't trust myself do know what is best.

I don't trust myself.

Nothing I do ever turns out well.

I screw things up.

Reprogramming

What I have to offer is unique and of value to the world.

I do things 'good enough'.

I have great perseverance and staying power when I undertake something.

I have sustained interest and focus in things that are meaningful to me.
I have good initiative.
I trust myself and my inner guidance.
Everything I do turns out better than expected.

18- *Plagued with regrets in life – Chronic guilt or sense of shame – Regret keeps you in the past, unable to recognize or seize the opportunities in the present.* Guilt leads to self-punishing behaviors that hinder success, and in shame we feel undeserving of the blessings in life. (Please also refer to the behavior pattern of self-punishment/self-sabotage with Activation #5.)

Limiting Beliefs

It's too late for me to be successful—I missed my chance at success.
If only I had [gone to school, taken that job, done it differently, etc].
That [mistake] cost me and I'll never recover from it.
I missed my chance at success.
I am guilty for [situation].
I screwed up my [partner, children]'s lives.
I'm to blame for everything that goes wrong.
I am ashamed of myself.
I don't deserve to succeed.

Reprogramming

Success is possible at any stage in life.
I am capable of more now because I have learned from past experiences.
Success and self-fulfilment take many forms.
I release guilt and courageously engage those energies needed to do things differently now.
I always did the best that I could.
A part of me may have known better in the past, but not the whole of me. When I know with my whole being, I always act on that knowing.
I release the arrogance of thinking that should have known better.
I accept that I am in the process of learning in life.
I release all shame that I may see myself as the Creator sees me.
I deserve to experience great success in life.

19- *Fear of failure—what if I try and don't have what it takes? What if I'm just not good enough?* For some, it's easier to keep things a fantasy and blame circumstances for not having, rather than try to achieve, fail, and lose all hope. When we stop perceiving failure but rather see all experience as part of the process toward growth, then we become far more open and bold in moving forward in life.

Limiting Beliefs

I'm afraid to fail.
I don't have what it takes to succeed.

I don't believe in myself.
I don't believe it's possible for me to be a success.
If I try and fail, I will lose all hope.
Everything is either a success or a failure, right or wrong, win or lose.
I am worthless if a fail.

Reprogramming

There is no failure, only experience and learning from experience.
Every attempt at engaging in life is a worthwhile experience.
I have the consciousness of success.
I am a success in life.
It is possible for everyone to lead a successful and fulfilling life.
Everything presents opportunity for insight and growth.
I am open to learning from everything in life; therefore I cannot fail.

*20- Fear I can't maintain success—can't sustain it. Too hard to keep it up. I'll mess it up.
Long way to fall from success...*

Limiting Beliefs

Success means there's a long way to fall.
Afraid to lose it all and reveal myself as a failure.
I have to spend every penny I earn.
I have to save every penny I earn.
I hoard things for a rainy day.
I have to give everything I have to others.
Uneasy having a surplus of money—I have to make plans to absorb any surplus.
What do I do for an encore? It's too hard to keep up with success.
Fear I will screw things up.
Nothing good lasts for me.
My experience is always one step forward followed by two steps backward...

Reprogramming

Success comes from my being and is easily sustained.
I allow good things to consistently come into my life.
Money flows easily into my life, and more flows in than out.
I am comfortable having a continual surplus of money.
Growth and self-actualization is a continual process leading to ever greater joy of life.
I deserve good things and they last easily for me.
I can get ahead and make steady progress in life.
The more successful I am, the more easily I am open to even greater success still.

21- Any *subconscious impasses* (as discussed above) around life, love, deserving, having desires and dreams, relating to and appreciating others, and self-acceptance, as these will directly block your ability to make any significant moves forward in life.

Limiting Beliefs

It's not safe to be here.

It's not safe to be me.

I don't know who I am.

I don't know what I want.

It's safer to hold back in life.

It's not safe to want or expect things..

There's no place for me in this world.

I have no right to exist.

I have no right to have desires or wants.

I have no right to be self-determined.

I have no right to my own life and must fit into the lives of others.

I am not fully in my body.

God exists outside of me.

I need others to need be to feel validated.

I want to get this life over with.

I don't want to be here.

I deserve to be punished.

I am unworthy/not good enough/undeserving

Reprogramming

I have a right to exist/be myself/have/be self-determined/my own beliefs/have my needs met/have desires and wants/my own life/

It is safe to exist/be myself/etc.

It is safe to have expectations of life.

It is safe to release dependencies with others and have freedom in relationships.

I choose to be in my body.

God is within me always.

I embrace this life and choose to engage in it fully.

I choose to be here.

I have a place in this world.

I deserve to experience good things in life.

I am worthy/good enough/deserving

The following are some beliefs and patterns blocking joyful living or freedom, which are also blocks to success:

22- Sacrificing the present for the future - Having to take care of security issues before enjoyment is possible; having to become somebody in order to be content, etc. So there is little presence of being in the now.

Limiting Beliefs

I need to save for a rainy day.
I worry about my future.
I have to get somewhere before I can relax in life.
I make choices based on what I need to be secure in future.
I seek to 'make it' in life according to social standards.
I have to prove to myself that I can be somebody.
I sacrifice the present for expected future benefit.
I look forward to later on in life when I can finally relax.
I'm just trying to get to a comfortable place in life.

Reprogramming

Security in life comes from knowing that God within is the source of my security.
I know my future is blessed because I take care of being wholly present to life right now.
As love that is the ordering power of my life, my world is eternally secure.
I make choices based on what feels deeply right for me now.
I follow the path of joy in life.
I do what I am deeply passionate about in the present, and know that all good things are thereby continually attracted to me.
I seek fulfilment from within my being.
Only the present moment is real and where I dwell.
I am content right now.

23- Inability to have joy if others around you are negative, miserable or suffering. So your joy depends on others.

Limiting Beliefs

It's not right for me to be happy when others around me are suffering.
Love means feeling other's stuff with them.
Love means worrying about people.
I am happy if those around me are happy.
I can't relax if others are upset or negative.
It's my job to make everybody happy.
I feel unsafe when people around me are upset or in a negative state.

Reprogramming

My state of being is unaffected by how others are around me.
I can feel compassion for others without having to take on their illusions.
My constancy is a strength that uplifts those around me.
Worry serves no purpose and has nothing to do with love.
My perceptions see through conditions and lead others out of their negativity.
My perceptions uplift, while I also allow others to experience life as they choose to.
My peace of mind is healing to those around me.

24- *Life is not meant for joy; it is meant to be hard. It is nobler to suffer in life/ Ethic of hard work...making hard work and modest living into something virtuous.*

Limiting Beliefs

Life is a struggle.
It is noble to suffer in life.
You have to bear your cross in life.
Christ suffered for our sins.
Life is about hard, honest work.
Modest living and denying pleasures is a virtue in life.
Pleasure seeking is trite and leads to no good.
We are meant to toil in life.
If I didn't work hard for it, it's not rightfully mine.

Reprogramming

My covenant with the Creator is written in joy.
Joyful living is the path of true self-fulfilment.
Life is *Love in action*.
Acceptance of what is, is the first step toward change of conditions.
Christ transmuted all error and thereby evolved the Resurrection Body, revealing that error is illusion and has no place in eternity.
The deed of Christ was triumph over all illusion and death.
Life is about self-actualization and finding the Kingdom that is our heritage.
The more evolved is my consciousness, the larger the impact of my life.
Appreciation leads to life being pleasurable.
Life is meant as a gift and the greatest joy of consciousness.
The Source of all that comes into my life is God, and I welcome God's support from all avenues.

25- *Not right to make money doing what you love. Can't make money from god-given gifts.* (Many healers have the belief that you can't charge for healing work). But not charging is dishonouring of the value of the work, and will quickly lead to burnout and resentment. Moreover, money exchange is a show of value, and when things are free or undervalued, the services lose their value to the recipient. When we do what we love, our self comes out most powerfully and the work is always of high value to the world. On the other hand, when we don't like what we do, we are partaking of inefficiencies, holding ourselves back, and putting out what is of little value.

Limiting Beliefs

It's not right to earn money doing what I love.
It's not right to charge for healing work (God's work).
I can't charge for my service to God.

It's not right to make money from other people's suffering.
It's easier to charge for work that I don't enjoy.

Reprogramming

Work that I love is the most meaningful for me and nourishing to my soul.
The highest calling in life is to be in service to humanity.
Earning money by doing what I love is one avenue through which I welcome
God's support in life.
It is right to value the work that I love through the exchange of money.

26- Belief in suffering or vows of suffering, poverty, or powerlessness (often from past lives)

Limiting Beliefs

I don't trust myself with power or wealth.
Power or wealth will get to my head.
It's not possible for me to be powerful or wealthy.
I may hurt people if I am powerful or wealthy.
I don't deserve power or wealth
I don't deserve to live without suffering.

Reprogramming

I release all vows, promises, covenants, or contracts of suffering to have my gifts.
I welcome my spiritual gifts without the need to give anything up in life.
I release all vows, promises, covenants, or contracts of poverty in life. . I welcome
wealth and ease in life without guilt.
I release all vows, promises, covenants, or contracts to remain powerless in life. I
am able to wield power responsibly and with wisdom and love.

27- *Not right to do what you want—it's selfish or self-centered. Sacrificing self for others is noble* (so always having to be other-focused and never free to pursue your dreams).
You have to compromise, etc. In truth, compromise is stifling to all parties involved.
In order to reach solutions that are for the highest good of all, often we must reach a
higher ground of consciousness in which we allow everyone greater freedom.
Sacrificing self for others leads to resentment and is also harmful to all involved.

Limiting Beliefs

My needs are not important.
I put others' needs before mine always.
Looking after myself is selfish.
I sacrifice myself for others.
I always take care of others first.
My life must fit into the lives of others.
I'm not as important as other people.
You can't get your way in life.

Life is about compromise.

Reprogramming

My needs are important to me.

I consider my needs and others' involved in all that I do.

There is no conflict between my needs and others' needs.

Looking after myself is being responsible and having integrity in life.

I have a right to my own life and to choose what I will experience in it.

I am the center of my life.

Understanding my needs leads to greater self-awareness.

The solutions for the highest good of all are never in compromise.

28- Needing to meet the expectations of others in order to be accepted. Conformity to be accepted or safe. Unsafe to be different.

Limiting Beliefs

I am afraid to be different.

I need to conform to [family, the group, society, etc.] in order to be acceptable.

I don't have my own ideas, so conforming is safe and comfortable.

I am what others want me to be.

I have to meet the expectations of my [spouse, family, boss, children, church, etc.]

I don't know who I am.

Reprogramming

I am free to be myself.

I continually deepen my sense of self the more I explore my own beliefs and desires for life.

I am emancipated from all group thought.

I have a right and responsibility to be my unique self.

The expectations others have of me are none of my business.

I allow others to be their unique selves.

I do not impose expectations on others, and uphold freedom and respect in all my relationships.

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