BEING WOMAN

HEALING ARTS &
SPIRITUAL EMPOWERMENT

Food for Thought:

"It is your Spiritual Consciousness - your knowledge and acknowledgment of the presence of god within you as total and complete fulfillment that interprets itself as every form or experience in your world."

John Randolph Price
The Abundance Book

RE-FRAMING LIMITED BELIEFS

A limiting belief is the ***internal emotional and mental response or reaction to an external experience*** that limits or sensors our ability to move beyond what we hold to be true. A limiting belief is born out of your own projection onto other people and onto the world around you. When we create these filters or blinders through our emotional and mental reactions, we limit ourselves from experiencing the goodness of life.

The key to re-framing as well as eliminating limited beliefs is to identify the triggers associated with it. A belief is always tied to feelings, and when you are able to identify the feelings, you can make the necessary shifts to release them.

The process to begin identifying and releasing is through self-inquiry. These are questions that we ask ourselves to get to the root of issues and to bring up what's ready to be healed. It is also a way to reflect within yourself.

For this life assignment, think about a recent experience that triggered you. During your opening spiritual process remember to ask your Divine Higher Self to be open and to work with you. You may choose to write our answers here, or you use your journal to write your answers. Whichever way is supportive for you. Be as detailed as possible, even if you feel resistance to write, gently push yourself to continue. Seeing it written out will provide a visual framework for your healing process.

WHAT HAPPENED?

HOW DID YOU FEEL?

WHAT DID YOU DO IN RESPONSE TO WHAT YOU WERE FEELING?

WHAT WERE YOUR PERCEPTIONS ASSOCIATED WITH WHAT HAPPENED? (I.E.. *WHAT DID YOU THINK WAS GOING ON?*)

WHAT DID YOU TELL YOURSELF WAS WRONG WITH WHAT HAPPENED?

WHAT DID YOU TELL YOURSELF THAT YOU DID WRONG?

WHAT WAS THE RIGHT THING YOU BELIEVE SHOULD HAVE HAPPENED?

ARE THERE ANY JUDGMENTS YOU ARE NOW AWARE OF THAT YOU ARE

WILLING TO FORGIVE YOURSELF FOR MAKING?

IS THERE ANOTHER WAY YOU CAN CHOOSE TO SEE THIS EXPERIENCE?

HOW CAN YOU USE THIS NEW PERSPECTIVE TO SUPPORT YOURSELF IN FEELING BETTER ABOUT WHAT HAPPENED?