

## **Beliefs – Limiting or Empowering**

The belief system we have created ultimately determines what we value, how we live and the levels of success we achieve in our lives. Our beliefs act as filters and control everything we think, our reactions and our emotions. Whether we like it or not, our beliefs run our lives. As we grow older we tend to reinforce what we believe by surrounding ourselves with people who share our beliefs.

Our present beliefs will determine how much of our potential we will be able to tap into. That is why it is wise to examine some of our beliefs in detail and identify which beliefs we hold are limiting our progress. If we uncovered our beliefs, many of us would be surprised to see them overflowing with negativity and shortcomings. Limiting beliefs are beliefs that cause us to act and react in ways which limit our potential. We can do or be anything if we will let go of our limiting beliefs.

No belief is right or wrong – it is either empowering or limiting; however, our beliefs become habits and we all know how difficult it is to change a habit. No matter how negative, it is easier to hang on to them than to change. Once the limiting beliefs and habits have been identified and acknowledged it will be easier to change a particular behaviour pattern. Knowing this should stimulate us to be the master of our thoughts and beliefs and not a servant to them. Unfortunately, sometimes emotions get in the way and they are a major cause of negative beliefs.

Limiting beliefs can have devastating effects on our lives such as creating poverty, preventing us from getting the job we want and keeping us lonely and feeling unloved. Millions of people believe they are in poverty or have failed because of some strange force over which they *believe* they have no control. Because of such negative beliefs they have actually created their own misfortunes. The results of a negative, or limited, belief system which says that “success is unattainable and if it’s bad it will happen to me”, causes weakness of spirit and physical illness. Such people do not know how to look after themselves properly and tend to be insular, easily falling into the trap of feeling sorry for themselves. They don’t know how to be confident and affirmative in their dealings with others and because they do all the wrong things, they eventually put themselves in a position where it has a physical effect on their body. All these things happen because of a lack of knowledge. Such beliefs can be changed by determining strongly to substitute a positive belief system for the self-limiting system they have been living by.

We always live the life we believe. If your limiting belief says you are a failure, then you will fail. If, however, you believe you are a successful person, you will succeed. This is not being egotistical. Believing in yourself is to know and accept your weaknesses as well as your strengths and to be prepared to overcome your weaknesses and develop and use your strengths. Mahatma Gandhi once said, “A man is but the product of his thought, what he thinks he becomes.”

I am sure you have heard the story of the four-minute mile. For years people believed that it was impossible for a human being to run a mile in less than four minutes until Roger Bannister proved them wrong in 1954. Within one year, 37 runners broke the belief barrier; and the year after that, 300 more runners did the same thing.

Why is it that people put themselves through the pain and distress of negative and limiting beliefs? It is not necessary to do so and when they realise this it becomes so much easier to turn things around and free themselves to enjoy an empowering life. You owe it to yourself to think only of unlimited and empowering prosperity because abundance is reality.

Commit to attaining mastery of your thoughts by stepping back for a moment and looking at yourself, your actions and your state of mind. Begin verbalising the thoughts that you want to experience. Retrain your brain to focus on thoughts that feel empowering, joyful, gentle and loving. When you incorporate this new thinking habit into your life, positive experiences will become evident every day. There are no limits except what you impose on yourself. Prosperity doesn't start with someone or something outside you. Your success or failure begins and ends with you!