

### ***Creating Inspiration from Limitation***

1. a) Find each limiting belief that you are holding on to deep in your heart.  
b) Do you need to find where or at what age it originated?  
c) Ask to release the limiting belief. You may need to explore how it has affected them over the years and how it would change their life if they chose to throw it out and put a wonderful belief in its place?  
d) Now identify the best belief that you can to put in its place and go into Pure Consciousness to secure it.  
e) Do you need to do something else to cement it in place? Vision Board / Meditation / Place new Beliefs in many prominent places around the home and say them and smile when you notice them / Affirmations and feel what it would be like if it was here now / Hold the Space / Other.
3. If you need to find a limiting belief and it is not on the list, talk with the client, let it come through to one of you and, if necessary, muscle test to find the right words of the belief.
4. It may also be necessary find the limitations that are blocking them in a particular area. For instance; how many blocks are there to 'Total Health' or 'Being Migraine-Free'. Then find the limiting beliefs for the chosen goal in turn, release each one and find the best inspirational belief that you can and put it in its place.

I am alone	I'm too frightened to grab the opportunities that come my way
I am struggling and life is hard	I've done some horrible things and I can't forgive myself
I am unsupported	I feel as if I'm locked in a cage
I hate my life / myself	I've got too many worries
I am fearful of life	I don't deserve it
I am ashamed	I just don't believe my life could be great
I don't understand life	I'm no good at getting what I want
I can't! / I can't do it	I'm just not powerful enough
I am lost	Other people's energies interfere with mine
I am miserable	I am ignored
I don't deserve to be happy	I am always ill
I make other people unhappy	I'm not worth it
I have so many things getting in my way	I'm a failure
I always make the wrong choices	I will be a failure if I try to do new things
I am vulnerable	I have to pretend for people to like me
I need protection	I am dissatisfied
I just can't do it	There's something missing in me
Everything in me is telling me I'm rubbish	

I'm just not good at things	My family thinks I'm no good
People tell me I'm no good	I think I'm no good
It's all too much for me	I don't know who I am
We all have to suffer	I have no confidence
I don't have the right personality to succeed	I can never make a proper living: people just don't want to pay me for my expertise
I am not well enough to be happy and successful	I hate my life
I am unable to be fit and well: it is out of my control	I can never be a success
There are things wrong with me that I cannot fix	I don't know how to ...
I can't change	I just don't get it!
Nobody loves me	Life is passing me by
People don't like me	Life is too much for me
I don't like myself	I know all this already; I've heard it before
I can't do this on my own	I am powerless
Nobody listens to me	I'm all screwed up
I've got to do things by myself	It's hopeless
I'll feel like a failure if I let other people help me	I cannot relax
I try so hard but nothing happens	It's no good; it won't work
I can never succeed	It's impossible
People always let me down	I am a weirdo
People judge me	I don't fit in
I get overwhelmed	I don't know how to react / respond
I have a chronic illness	I do and say the wrong things
I'm not enough	I put myself down
I am mentally unstable	I am worthless
I am disorganised	
I lack motivation and drive	
I have no energy to do anything	
My life is awful	
It can't be easy; it must be hard	
People weigh me down with their troubles	
My friends think I'm no good	Other