

Busting Through Beliefs

Beliefs are real to us. They permeate our psyche. Our thoughts, which dictate our actions, are the outcome of the deep-seated beliefs that we hold about ourselves and the world around us. Many of our foundational beliefs that we live by are not even our own. We picked them up from our parents, our peers, our community and sometimes the society at large.

Listed below are examples of beliefs that may describe how you feel about your physical body. Read through the list of not-so-positive beliefs and circle the ones that apply to you. After you identify some of your limiting beliefs you will be able to work through a series of exercises to hopefully free yourself from the beliefs that are keeping you from having the body (and the life) you desire.

Old beliefs:

I must take medicine in order to heal.
I am a product of my genetics.
Chronic illnesses never get better.
No body is perfect.
My body has issues.
I catch every illness that goes around.
Fatigue is a by-product of my lifestyle.
Everyone gains weight as they age.

All women suffer through menopause.
Others have better bodies than I do.
It's all downhill from here.
My body is out of control.
Some diseases are unavoidable.
My mind is way more important than my body.
My body is too...

Choose one of the beliefs that you circled and follow the steps of the exercise below.

1. First, ask yourself, "At what age or time in my life did I first start believing this?"

- Early childhood (0-5)
- Middle childhood (6-11)
- Adolescence (12-16)
- Early adulthood (17-25)
- More recently
- After a traumatic experience
- Other

2. Then, ask yourself, "Where did this belief come from?"

Parents
Grandparents
Ancestral line
Peers
The media
Gender norms
From my own experience
Other

3. Now, ask, "When I think about this belief, the time in my life when I started to believe it and the person/institution from whom/which I learned it, I feel anger, sadness, pain, grief, shame, frustration, fear, hurt, numb, empty, other." Choose any and all emotions that apply. How active or charged does this emotion still feel?

4. Imagine yourself going back to that time in your life and having the ability to say anything you would like to that yourself or the person or institution from whom/which you received this belief and say or write it now.

Some examples are:

"This is yours and not mine, and you can now have it back."

"Thank you, but this belief is no longer serving me."

"I am the master of my own destiny."

5. Ask yourself if you are ready to let go of this belief. If the answer is yes, imagine the belief floating off, blowing up, returning to its original owner, sinking to the bottom of the ocean or create your own special release!

6. Finally, choose another belief from the list below or create your own belief to replace the one that you just released.

New Beliefs:

My body is a miracle!
My body has an infinite capacity to heal
My body and I will work together.
My body is the ultimate gift
I just don't get sick.
I CAN take exquisite care of myself.
My mind will be my body's healing partner.

I can feel better and better., everyday
I find appreciation in all my body does.
My body is my greatest ally.
Help and guidance surrounds me.
Illness is an opportunity for growth.
I am compassionate with myself.

Congratulations! You have just busted through old beliefs and made room for new, healthy, present time beliefs to flow through you.

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