

Willowing Arts Ltd

TRANSFORMING LIMITING BELIEFS INTO LIBERATING BELIEFS

This month we will be looking at some of the beliefs we hold that limit us in life. Sometimes we find ourselves stuck in certain areas but can't really figure out why. We find ourselves repeating certain behaviour we don't really want and we find it difficult to change it.

Many of us have developed beliefs systems over the years that can inhibit, stifle & limit our happiness/ development or growth.

The beliefs you hold to be true influence and make up your experience. If these beliefs are strong, they will feel like deep truth and hard to change. At times we do not even realise that certain beliefs are actually causing our lack of change or progress. Often beliefs have been created subconsciously.

Many of the beliefs we have are actually not true (what is truth anyway?). We think they are 'real & true' because we were either: raised to believe them (passed on beliefs by parents/ teachers/ society), or certain experiences in your life made you draw conclusions which in turn created beliefs. These beliefs are only 'true' because we decided they are.

Beliefs only hold any weight if you don't examine & deconstruct them. If you agree with them (subconsciously or consciously) they can continue to stop you from the having the things you want & need.

It's important to explore and become consciously aware of these limiting beliefs. The first step to changing them is by becoming aware of them!

So let's take a look at some of our limiting beliefs and let's transform them into liberating beliefs! :)

Here are some examples of limiting beliefs:

I'm not worthy • I'm not good enough • I don't deserve to be happy • It's hard to making a living off a creative career • My paintings are not good enough • I can't paint • I should not shine/ be seen/ be noticed • Dreams are silly • Working must be a chore • Life is hard • I will never be able to ... •

Today we will be using our 'inner wise woman (or man)' to help guide us in this process.

The exercise below helps you identify and then transform your limiting belief into a *liberating* belief by answering 8 questions per limiting belief.

The hows.

The questions help you identify your limiting beliefs (you might not even realise you have them), then we look at how these beliefs 'serve' you (many times our limiting beliefs 'help' us one way or another). After you've looked at how the belief is actually serving you, we then we look at examples in which ways your belief is actually not true and not serving you (in *all* ways).

We all have an incredible amount of deep wisdom living inside of us. Today I'm asking you to find that wisdom in you by imagining that an 'old wise woman' (one of the feminine archetypes) lives inside of you, she is the one that contains all that wisdom. We ask her what she would say to counter the limiting belief. This person is considerate, loving, compassionate, wise and kind, her response will be of kindness and compassion.

The last 2 questions look at why and how you might be able to let go of this limiting belief and we write down a liberating belief that is opposite to our limiting belief.



Today we will work on 1 limiting belief only (just so you can get a feel for it), but remember that you can do these exercises in your life whenever you want or need to. If you're finding this really useful though, you can do as many as you like! I'll include more options for writing down more limiting beliefs.

Disclaimer:

Please be sure to work on these beliefs in a mindful way. Choose something - initially - to work on that is small and isn't too emotionally loaded for you. This is so you can gently learn about yourself and the exercise, once you feel more confident, you can work on bigger/ harder limiting beliefs.

At all times:

If you have suffered from severe abuse in your past and/or are prone to depression or if you are easily triggered, then please take extra care around doing the personal development exercises on this course. I urge you to only embark upon the deeper healing exercises if you have a good support network around you of family, friends or a therapist who can help you and support you in case any of the exercises trigger you.

HOW TO WORK THROUGH A LIMITING BELIEF - EXAMPLE

Start by identifying an issue/ area in your life where you struggle with resolving something or where you feel stuck or struggle to take action. Example:

➔ **The struggle:** "I struggle to keep making art even though I really want to."

Identify a limiting belief you have around your struggle. If you find it hard to find it, ask yourself: why am I struggling? What is stopping me from going ahead? Your answer is often a limiting belief, for instance:

➔ **A limiting belief might be:** "I shouldn't be doing art, it's frivolous and self-indulgent. I need to do more useful things with my time."

Consider how this belief is actually serving you. Often these beliefs are helpful to us one way or another. They may have been created consciously or subconsciously to protect you from a painful experience. We do this step, really to find some compassion for why we have this belief in the first place. With compassion it's easier to let go of the belief. For instance:

➔ **How does this belief serve you?** "If I don't do art and do 'something useful' instead, it protects me from being confronted with the pain when a painting I like does not please me. I will also be less likely to be criticised by people who have that same belief (my partner, mum, dad, child, friend, can't tell me I'm wasting my time); that makes me feel safe."

Now think of examples and reasons how and why your belief is untrue. If you find it hard to think of reasons why it's untrue, imagine it's not your belief, but your best friend's belief, what would you tell him/ her? Example:

➔ **How is your belief untrue?** "The belief is untrue because: making art makes me feel better about myself, it relaxes and soothes me. If I feel better about myself I can be a better person in the world. If it makes me feel better: it's not a frivolous indulgent activity, feeling better is good for everyone. People need time to relax. It's important to do things in life that bring us joy. It's important to make time in our lives for things that are less about outcome and more about process and beingness."

Now ask yourself what your 'inner wise woman' would say in response to the limiting belief. Imagine her answer to be wise, kind, loving and compassionate.

➔ **What would your 'inner wise woman' say?** "Dear one, your creativity is a gift that keeps giving, to you, to others, to the world. Your making art benefits everyone, not just you. Keep on making art, even if it's a bit scary, even if it breaks your soul open. Keep on keeping on, feel it all, be there, keep going. You can do this. It is so very important to look after your own needs as well as other people's needs. Communicate with your loved ones. Explain that it's important to you that they are ok, but you also need to be able to do things that make you ok also. It's ok to look after yourself and make time for your precious self."

Considering everything you've learned so far about your limiting belief, now think about how and why you can let this limiting belief go.

➔ **Consider how and why you can let go of this belief now.** "I can let go of this belief now because I can see that though the belief attempts to protect me from uncomfortable feelings, I'm doing myself a disservice by believing the belief is true. I'm not allowing myself to have an experience that helps me to relax me. I want to feel more joy and feel enriched by the creative process. I can balance my needs with the needs of others and talk to them more clearly about why art making is important to me."

Are there any requests you can make of yourself or someone else to help you take steps towards changing your limiting belief and its associated actions (or lack thereof)?

➔ **Are there any things you can do to take a positive step towards change in relation to your struggle?** "Yes, I can talk to my partner/ loved ones about wanting to dedicate 30 minutes a day to my art practice. I'll explain how important it is to me and work with my loved to make sure everyone else is ok also. I will also work on finding the courage to face making art that I don't like and keep pressing on anyway."

Now consider what might be a happier/ healthier more liberating belief to have with regards to thing you struggle with.

➔ **Write down your liberating belief:** "Making art helps me feel relaxed and joyful and better about myself. When I feel better about myself, I can be a more loving, lighter, happier partner/ mother/ daughter/ friend. Spending time on myself is useful. I love making art and will try to make time for it as much as possible!"

Your Turn! :-)



LIMITING BELIEF NR 1.

Write down your answers below, while writing, really consider these thoughts & beliefs, become aware of the impact these beliefs have, simply shine a light on them, just discovering them can be hugely helpful.

What is the struggle?

➔ _____

What is your limiting belief?

➔ _____

How does this belief serve you?

➔ _____

Consider examples of how your belief is untrue:

➔ _____

Call upon your 'inner wise woman/ inner crone' - what would she say to you in response to this belief? (If you find it hard to connect with an *inner* wise woman, you can also consider an *external* wise woman who you know or don't know in real life. Imagine this person to be considerate, loving, compassionate, wise and kind, her response will be of kindness and compassion. You might know someone like that in your life (a grandmother who is still here or who has passed) or a good friend. It could be a character in a book/ film or it might be a religious/ spiritual figure for you.).



➡ _____

Consider how and why can you let go of this belief now?

➡ _____

Are there any requests you can make of yourself or someone else to help you take steps towards changing your limiting belief and its associated actions (or lack thereof)? Are there any things you can do to take a positive step towards change in relation to your struggle?

➔ _____

Now consider what might be a happier/ healthier more liberating belief to have with regards to thing you struggle with. **Write down your liberating belief:**

➔ _____





LIMITING BELIEF NR 2

Write down your answers below, while writing, really consider these thoughts & beliefs, become aware of the impact these beliefs have, simply shine a light on them, just discovering them can be hugely helpful.

What is the struggle?

➡ _____

What is your limiting belief?

➡ _____

How does this belief serve you?

➡ _____

Consider examples of how your belief is untrue:

➡ _____

Call upon your 'inner wise woman/ inner crone' - what would she say to you in response to this belief? (If you find it hard to connect with an *inner* wise woman, you can also consider an *external* wise woman who you know or don't know in real life. Imagine this person to be considerate, loving, compassionate, wise and kind, her response will be of kindness and compassion. You might know someone like that in your life (a grandmother who is still here or who has passed) or a good friend. It could be a character in a book/ film or it might be a religious/ spiritual figure for you.).



➡ _____

Consider how and why can you let go of this belief now?

➡ _____

Are there any requests you can make of yourself or someone else to help you take steps towards changing your limiting belief and its associated actions (or lack thereof)? Are there any things you can do to take a positive step towards change in relation to your struggle?

➔ _____

Now consider what might be a happier/ healthier more liberating belief to have with regards to thing you struggle with. **Write down your liberating belief:**

➔ _____





LIMITING BELIEF NR 3.

Write down your answers below, while writing, really consider these thoughts & beliefs, become aware of the impact these beliefs have, simply shine a light on them, just discovering them can be hugely helpful.

What is the struggle?

➔ _____

What is your limiting belief?

➔ _____

How does this belief serve you?

➔ _____

Consider examples of how your belief is untrue:

➔ _____

Call upon your 'inner wise woman/ inner crone' - what would she say to you in response to this belief? (If you find it hard to connect with an *inner* wise woman, you can also consider an *external* wise woman who you know or don't know in real life. Imagine this person to be considerate, loving, compassionate, wise and kind, her response will be of kindness and compassion. You might know someone like that in your life (a grandmother who is still here or who has passed) or a good friend. It could be a character in a book/ film or it might be a religious/ spiritual figure for you.).



➡ _____

Consider how and why can you let go of this belief now?

➡ _____

Are there any requests you can make of yourself or someone else to help you take steps towards changing your limiting belief and its associated actions (or lack thereof)? Are there any things you can do to take a positive step towards change in relation to your struggle?

➡ _____

Now consider what might be a happier/ healthier more liberating belief to have with regards to thing you struggle with. **Write down your liberating belief:**

➡ _____

