



# Module 3

*Breaking down the barriers to your greatest potential...*



## What is possible?

***“If you had no limitations in self-judgement and beliefs, if you allowed your life to become infused with your deepest nature and resources, who would you be and how would you live?”***



## How does this relate?

- Module 1: What are you trying to see big picture
- Module 2: Step back so you can start to see it
- Module 3: How the map plays out in your day to day life



# Impossible...?

- Meir Schneider and eyesight
- Neil Patel and cancer
- ME/CFS recovery

Possibility thinking feeds possibility thinking

Negativity feeds negativity



# Positive thinking?

- Positive thinking is often magical thinking
- Most people are unrealistic in how negative they are
- The answer is being a realist, but that means you also have to embrace what is really possible!
- Law of attraction is not true – beliefs don't create your reality, they create your behaviors, and they create your reality!



# Creating beliefs

- Generalisations
- Deletions
- Distortions

We have to have a way of simplifying the world... this is what beliefs are!



# Two kinds of beliefs

## **1. If then beliefs:**

If I make money I won't be spiritual

If I take a risk people will laugh at me

## **2. Global beliefs**

People are bad

Life is scary



## Example...

- Here is a perfect set of beliefs for not finding love...
  - *Spiritual women are not aesthetically beautiful*
  - *Emotionally mature women are all too old for me*
  - *If I'm in a committed relationship I will lose my freedom*
  - *If I have a family, it will take my focus away from my work and life mission*





## Spiral Dynamics link

- There is a big link between spiral dynamics and your beliefs
- Spiral dynamics is what informs your beliefs
- It is like the worldview or filter through which everything else goes



# Your beliefs?

What do you believe about...

- Family
- Friendship
- Health
- Career/finances
- Relationships
- Contribution



# Is this really true?

- Is this really true?
- What is this belief costing me?
- What do I need to do to give myself the evidence it isn't true?
- What is true?
- What new actions do I need to take?



# Homework...

1. Uncover your beliefs in each of these areas
2. Focus on the top area that is important for you, and work through each of the beliefs
3. Continue with your meditation practice
4. Feedback questions



## Questions are...

- How are you finding the programme so far, now we are half way through the modules?
- How are you getting on with your meditation practice?
- How did you get on with Module 3 (this module!)?
- What work have you done with the inner critic/super ego before?