

OUT WITH THOSE SELF-LIMITING BELIEFS

by Bernadette Baynie



OUR SELF -LIMITING BELIEFS

I believe that we all have within us unlimited potential to achieve great things. We also have within us the tools that we need to deal with and successfully overcome anything that the world can throw at us. Unfortunately, the limiting beliefs that we have about ourselves and others operate to unnecessarily constrain our lives. They impact upon us negatively and hold us back from achieving the important and passionate things that we desire. They are usually brought to life by that little voice in our head that repeatedly says: "I can't or "I don't think I can", or "I must/must not" "I am/am not"...This is the voice of doubt which sadly conditions us, time and time again, to refrain from doing the wonderful things that could make a positive impact on our lives.

Dean Karnazes said in his book, "Ultramarathon Man: Confessions of an All-Night Runner", (2006) Penguin:

"The human body is capable of amazing physical deeds. If we could just free ourselves from our perceived limitations and tap into our internal fire, the possibilities are endless."

HOW SELF-LIMITING BELIEFS ARE FORMED

All of the experiences, feelings and thoughts that we have ever had in our lives are imprinted in our sub-conscious, including the conversations that we have heard or overheard about ourselves, irrespective of whether they are true or not. They all combine to shape our emotions and feelings and in turn such emotions and feelings become our beliefs. These beliefs then have a powerful ripple effect upon the expectations that we form about our future.

In early childhood, we start to stream lots of information about our experiences and surroundings. Our mind starts to associate things from this information. We express feelings from such associations either positive

or negative and then form core belief patterns about our place in the world and those around us. When we get older we start to form more complex thoughts around such beliefs. When we repeat them over and over again they become entrenched within our subconscious and are hard to let go.

Louise Hay, the famous positive psychology author, once said: "We learn our belief systems as very little children, and then we move through life creating experiences to match our beliefs. Look back in your own life and notice how often you have gone through the same experience."

There is a noteworthy story about the large elephants that you see in circuses and the way that they develop self-limiting beliefs patterns through their training. These great animals could dwarf each of us with their supersized bodies. Putting aside issues regarding the genuine "political correctness" of using such animals commercially in this way, the remarkable thing is that each elephant is held in its place, not by a large chain, cable or cage but by a simple small rope that is tied around its front leg - a rope that it could so easily break away from.

You might ask - what could possibly hold an enormous animal in place in this manner? The reality is that when such elephants are very young they are held in place by small ropes which they cannot break away from. They are then trained to believe they cannot escape from them. They then grow up with the same belief. They accept that the same ropes can still hold them in place, so they do not try to break free.

As human beings we are just as magnificent as elephants and so much more. Though many of us go through life conditioned to believe that we are bound to remain in the same place, even if, our inner voice tells us otherwise.

These "limiting beliefs" are like chains that bind us to positions, places and situations that we may have outgrown.

The one thing that sets us apart from elephants and other animals, is our capacity to think and to change our thoughts and circumstances readily, if so desired.

I believe that in each moment of our lives we have the power to change our limiting beliefs and consciously plant the seeds of our choosing for the future.

Sometimes we just need to remember that we are better than we currently think we are and the chains that bind us to our current circumstances, no longer serve us. When we change our mind, we then change our experiences.

As Bob Proctor, the Canadian American author and entrepreneur, once said: "You can't escape from a prison until you recognize you are in one. People who have chosen to live within the limits of their old beliefs continue to have the same experiences. It takes effort and commitment to break old patterns."

Your potential is unlimited and you just need to believe it so. When you do, you change your thoughts about yourself. You can then dare to ask the question that could unlock your future potential:

"What would you attempt to do now if you knew you could not fail?"

The key to unlocking the chain is to simply catch yourself and "recognise" your current thoughts as "limiting beliefs", which do not serve you any longer. By recognising them in this manner you get to choose what emotions and reactions you have to them. You can choose to take the important step of gently releasing them from your subconscious – and making room for new and higher beliefs about yourself. By doing so, you acquire the keys of courage and conviction to move out of your comfort zoneinto a new and higher vision for your future.

As Mahatma Ghandi once said: "Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning."

So don't limit yourself. Go as far as your mind and heart lets you. Remember what you believe....you can achieve. Never let your own limiting beliefs or the insecurities and beliefs of others - limit what is possible for you. As Wayne Dwyer, the famous author once said:

"The only limits you have are the limits that you believe!"

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