

UNLOCKING ABUNDANCE: A Step-by-Step Guide to Identifying and Overcoming Subconscious Limiting Beliefs



A step-by-step guide
to identify and transform subconscious
limiting beliefs.

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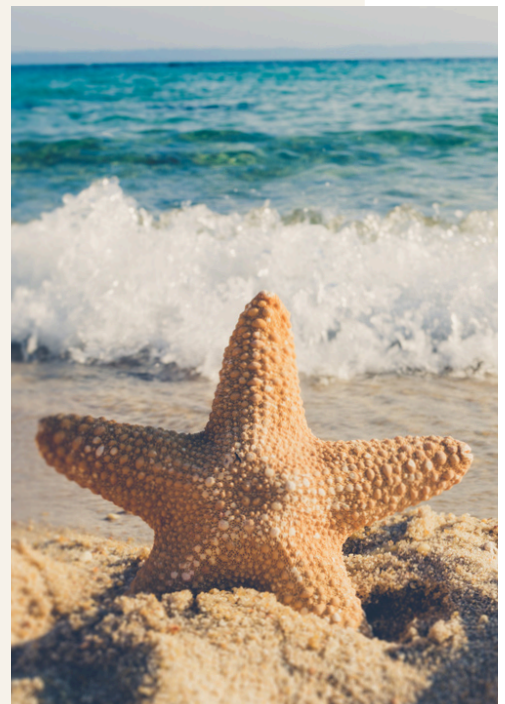
What are Subconscious Limiting Beliefs ?

Your Subconscious limiting beliefs are your deeply rooted thoughts and convictions that operate below your level of conscious awareness and keep you in toxic cycles such as self-sabotage, attracting toxic situations or relationships, fear of change, reinforcing negative patterns, low self-esteem, anxiety, depression, perpetuating negative beliefs, money blocks, and more. Despite desperately wanting to progress in various areas of your life, if you have not identified and reframed your limiting beliefs to more positive and empowering ones, you will continue to find yourself in the same toxic cycles and behaviours.

Your subconscious beliefs shape how you perceive yourself and the world around you and significantly influence your behaviour and decision-making processes. They are often formed during early childhood or through repeated experiences.

Take this for example....

Perhaps you grew up in a family where your parents had high expectations and were often critical. When you brought home a report card with mostly good grades but one lower grade, a parent may have only focused on the lower grade and criticized you, saying things like, "Why can't you do better? You're smart enough to get all A's." They may have rarely praised you for your achievements or efforts, focusing instead on what could be improved...



Over time, as a child you begin to internalize the idea that nothing you do is ever good enough. The repeated focus on shortcomings and lack of positive reinforcement leads you to develop a belief that you are not capable of meeting expectations, no matter how hard you try. Even if you excel in other areas, the emphasis on criticism makes it difficult for you to feel confident or worthy.

Without realizing it, your subconscious mind begins to form a core belief that you are inherently flawed or inadequate. This belief may manifest as low self-esteem or low self-worth, affecting how you perceive yourself and your abilities. In adulthood, you might struggle with self-confidence, shy away from challenges, or constantly seek validation from others to feel good about yourself.

These early experiences and the associated emotional responses are often internalized, becoming part of the subconscious mind. As a result, they can influence thoughts, behaviours, and self-perception well into adulthood.

Key factors that formulate Subconscious Beliefs:

Parental Criticism: Consistent negative feedback can lead to feelings of inadequacy.

Lack of Positive Reinforcement: Absence of praise or acknowledgment can prevent the development of a healthy self-image.

High Expectations: Unrealistic or overly demanding expectations can make a child feel like they can never measure up.

Emotional Climate: A lack of emotional support or warmth can exacerbate feelings of loneliness and unworthiness.

Ways in which Subconscious Limiting Beliefs affect us?

5. Mental & Emotional Well – being

These beliefs can contribute to stress, anxiety, and depression. They can create a negative inner dialogue that perpetuates feelings of sadness, worry, or frustration.

6. Career & Personal Growth

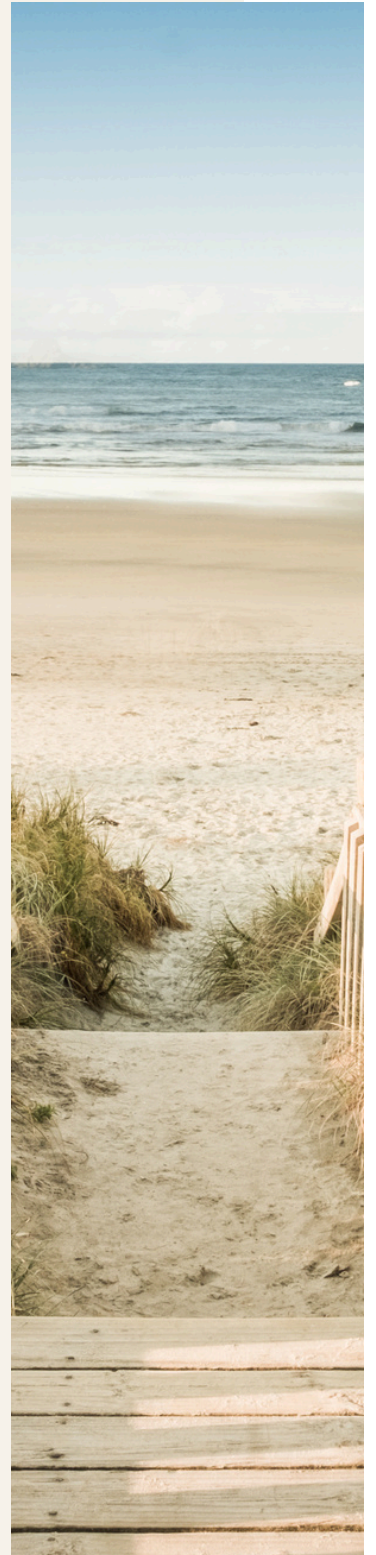
Limiting beliefs can prevent you from reaching your full potential. They can cause you to settle for less in your career, avoid seeking promotions, or stop you from starting a business.

7. Physical Health

Chronic stress and negative thinking associated with limiting beliefs can manifest physically, potentially leading to issues like headaches, fatigue, or other stress-related conditions.

8. Manifestation & Law of Attraction

Your limiting thoughts can affect what you attract into your life. If you constantly think negative, limiting and scarcity type of thoughts you will attract negative experiences. This follows the universal principle, “like attracts like” and universal laws, “ Law of Attraction” and “Law of Assumption.”



Proven Methods for Identifying Subconscious Limiting Beliefs:

“Identifying subconscious limiting beliefs is a process that takes time and patience. Combining these methods can provide a comprehensive approach to uncovering and addressing these beliefs. Identifying your subconscious limiting beliefs involves a combination of introspection, observation, and sometimes external guidance.

Self-Reflection & Journalling:

1. **Pay Attention to Self-Talk:** Notice the recurring thoughts or phrases you say to yourself, especially in challenging situations. Negative or limiting statements can reveal underlying beliefs.
2. **Journal Regularly:** Write about your experiences, emotions, and thoughts. Patterns may emerge that highlight limiting beliefs.
3. **Try Prompt-Based Writing:** Use prompts such as "I can't achieve my goals because..." or "I don't deserve success because..." or "I feel scared because..." to uncover hidden beliefs.
4. **Free Writing:** Write continuously for a set period (e.g., 10-15 minutes) without worrying about grammar or structure. This can help reveal subconscious thoughts. Try free writing for the above prompts.

Proven Methods for Identifying Subconscious Limiting Beliefs:

5. **Emotional Reactions:** Pay attention to moments when you experience strong negative emotions such as anxiety, frustration, anger, sadness, or fear. These reactions can signal the presence of a limiting belief.
6. **Identify Triggers:** Note situations or people that trigger strong emotions. Reflect on why these triggers affect you and what beliefs might be underlying them. Determine what triggered the emotional response. It could be a situation, a comment from someone, a failure, or even a thought.
7. **Examine the Underlying Thoughts:** Reflect on the thoughts you had at the time of the emotional reaction. Ask yourself, "What was I thinking in that moment?" or "What did I tell myself?"
8. **Monitor Behavioural Patterns & Strong Emotions:** Intense emotional reactions, such as fear, anger, or sadness, can be indicators of underlying beliefs being triggered.
9. **Observe Repeated Behaviours:** Patterns of behaviour that seem counterproductive or self-sabotaging can be signs of limiting beliefs.
10. **Look for Avoidance:** Avoiding certain tasks, people, or situations can indicate fear or beliefs about inadequacy.

11. **Pay Attention to Dreams:** Dreams can provide insights into subconscious thoughts and beliefs. Keeping a dream journal can help you identify recurring themes or symbols.
12. **Practice Mindfulness:** Being present and mindful can help you observe your thoughts and emotions without judgment, making it easier to identify patterns.
13. **Meditation:** Regular meditation can help you access deeper levels of your mind and become more aware of subconscious thoughts.

To find out how to meditate to develop self-awareness and regulate your emotions discover Reiki Energy Healing:



Effective Methods to Overcome Subconscious Limiting Beliefs:

Overcoming limiting beliefs is essential for creating lasting change and unlocking your full potential. Here are several powerful methods that you can begin using today to shift those subconscious beliefs and step into a more empowered version of yourself:

1. **Affirmations**

Start with positive affirmations that challenge your limiting beliefs. The key is to choose affirmations that directly oppose the beliefs you're trying to shift. For example, if you have a limiting belief that "I'll never be successful," replace it with "I am worthy of success and I attract it easily."

Example:

- Limiting Belief: "I don't deserve financial success."
- Reframe: "I am worthy of abundant financial success, and it flows to me effortlessly."

When you repeat these affirmations daily with conviction, you begin to rewire your subconscious mind. Say them out loud or write them down to solidify their impact.

2. **Visualization**

Visualization is a powerful tool that allows you to picture yourself living the life you desire, free from the limitations of old beliefs. The more vivid and emotional your visualization, the more it will affect your subconscious.

Example:

Close your eyes, take a deep breath, and picture yourself achieving your goals. Imagine the feelings of pride and joy as you experience success. See yourself making confident decisions, earning abundance, and living a fulfilling life.

3. Journaling

Journaling helps to uncover subconscious beliefs that are often buried deep. Write freely and without judgment about the limiting thoughts that arise. By putting these beliefs into words, you begin to detach from them and gain clarity on how to shift them.

Exercise:

- Write about the beliefs that hold you back in your personal or professional life.
- For each belief, ask yourself: Is this belief truly mine? Is it based on facts or assumptions?

4. Reframing

Reframing involves changing the meaning you attach to certain situations. For example, if you believe that failing means you're incapable, reframe this belief to understand that failure is a step toward growth and learning.

Exercise:

Take an experience where you failed or didn't succeed as planned. Reflect on how you can view that experience from a different angle, focusing on the lessons and growth it brought you.

5. Energy Work (Reiki or Chakra Healing)

Sometimes subconscious blocks are stored in our energy fields, which can impact our beliefs and emotional states. Practices like Reiki or chakra healing can help clear these energy blocks and release limiting beliefs stored in your system.

Example:

Focus on areas of your body where you feel tension or discomfort, such as the heart or solar plexus. Use a healing modality like Reiki to release emotional baggage and allow positive energy to flow freely.

Why Hypnosis is Faster and More Effective in Shifting Limiting Beliefs:

While the methods listed above are highly effective, hypnosis stands out as one of the fastest and most profound ways to break free from limiting beliefs.

Hypnosis works directly with the subconscious mind, which is where all of our beliefs, habits, and emotional patterns are stored. Unlike traditional methods that often require conscious effort and repetition, hypnosis allows you to access the deeper layers of your subconscious, where the root causes of your limiting beliefs reside.

Why Hypnosis is More Effective:

- **Bypass the Critical Conscious Mind:** The conscious mind is often resistant to change. Hypnosis helps you bypass this critical filter, allowing for deeper suggestions to be accepted and integrated directly into the subconscious mind.

- **Immediate Shifts:** Hypnosis often produces quicker results because it works at the root cause level. Instead of only addressing the surface-level thoughts, hypnosis gets to the core of the beliefs and transforms them from the inside out.
- **Permanent Change:** Because hypnosis works directly on the subconscious, the shifts tend to be longer-lasting. Unlike affirmations or visualizations, which require repetition, the changes made in a hypnotic state have a deep impact and continue to work even after the session is over.
- **Personalized Transformation:** In hypnosis, the process can be customized to your specific needs. A trained hypnotherapist can tailor sessions to address your unique set of limiting beliefs and help you shift them with precision.

Imagine being able to release years of limiting beliefs in just one session, allowing you to move forward with confidence and clarity. This is why hypnosis is often a game-changer when it comes to overcoming blocks and achieving success.

"The only limits that exist are the ones you place upon yourself. Break free from your subconscious barriers, and you'll discover that everything you desire is already within your reach."

Align with Abundance — Exclusive First-Time Offer!

As a spiritually-driven entrepreneur, you know the power of mindset when it comes to manifesting success. But sometimes, those hidden inner blocks can prevent you from stepping into your full potential. It's time to break free and align with the abundance you truly deserve!

For a limited time, I'm offering you an exclusive 15% OFF your first online hypnotherapy session. This is your opportunity to dive deep, uncover and release limiting beliefs, and align your mind with the success and fulfillment you're meant to attract.

Use code **FIRSTTIMEVIP** at checkout when booking your first online hypnosis session within the next two weeks to claim your discount.

In our online hypnotherapy sessions, we'll work together to:

- Overcome inner blocks that are keeping you stuck.
- Shift your mindset from scarcity to abundance.
- Empower you to confidently grow your business and live a life aligned with your true purpose.

This is your moment to unlock the abundance that's already on its way to you. Take the first step and book your session today—before the offer expires!

Conclusion and Next Steps:

Click the QR CODE to schedule your first online hypnosis session now and start your journey to empowered success! Step Into Your Power. Manifest Your Abundance.

Michelle K. Rose,



Thank you!

I'm a Transpersonal Hypnotherapist, Reiki Master Teacher and Healer, and an Alignment Coach based in Montreal, Canada with services around the globe. Empowering spiritually driven women entrepreneurs to master their mindset, overcome inner blocks, and align with abundance in their business and life.



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