

## **OVERCOME THE ENEMY WITHIN**

Years of working with people from various areas has taught me that the biggest obstacle to success is not typically the individual's ability or potential but rather their self-imposed limitations. You are limited by your own disempowering beliefs. On some level (big or small), your mind is a barrier to your possibilities.

### **Let's start by understanding what exactly are beliefs?**

Beliefs are a set of generalizations we make about others, life in general and ourselves. They are not facts, though we act as if they were fact. Beliefs form our version of reality based on what we feel and perceive about our experiences. There is never any hard evidence to support these feelings. However, we build the results of our experiences into beliefs that become a set of rules by which we conduct ourselves. For example: If I believe that my job is not easy, I therefore believe that my job is hard. If I believe that township life is not free, I therefore believe that it is a prison.

Once we have formed a belief, we will continue to live our lives by the rule of the belief. This is similar to programming ourselves. We continue to find 'evidence' to support the belief. A simple exercise in support of this is to set yourself the task of spotting as many blue things as possible in your room. Having spent time counting blue things, try and remember how many other things of different colours you saw. The chances are you won't remember how many green or red things there were. You know there were some, but your attention was drawn to spotting only blue things.

Likewise, how is it that you can hear your name being called in the midst of a crowded and noisy waiting room? Surrounded by so much chaos you still pick out your name because you were focused on it.

The same narrowness is true of our beliefs. We become very good at finding 'evidence' to support our beliefs.

## **Some typical examples of Self Limiting Beliefs**

**It's not possible**

**It's Too Hard/Too Much**

**I can't do it.**

**I Don't Have Time**

**I am unlucky.**

Sounds familiar .Are you holding on to any of these self-limiting beliefs? If so, are they a result of past programming? If so, get rid of the negative programming and eliminate those self-limiting beliefs. They are guiding your actions and creating your reality! Believe that you can do anything and have anything you want, and you will!

### **Possible sources**

Limiting beliefs could come from the things people said to us and about us while we grew up. Now is the time to devastate these weeds. They could also come from listening to negative people, watching/listening to negative TV and radio programs, reading negative books and magazines, and repeatedly hearing negative song lyrics. An important source is negative self talk. Always be on the look-out for possible sources, not fearfully, but with the view to detect and devastate them.

### **A proactive approach**

A better way to deal with self-limiting thoughts is to prevent them in the first place. Examining the list of sources above will give you an idea of where their opposites (self-empowering beliefs) can be found – in the opposite directions! If you spend time with wholesome people and material, this will build healthy, wholesome thought patterns. A mind that is girded with strong, empowering thoughts is in fit enough condition to resist invasion by these malicious, illegal aliens.

Invest in inspirational books, movies, seminars, CDs etc. Engage in positive self-talk or affirmations.

And just in case few self-limiting thoughts have slipped through unnoticed, do some self-evaluation. How to change the existing limiting beliefs?

## **Breaking through**

### **The first two steps to creating positive change are**

- (1) Awareness and
- (2) Acknowledgement.

We acquire most of our beliefs unconsciously. Once accepted and imprinted into our subconscious mind, it takes a conscious effort to remove and replace them with positive life enhancing beliefs. That is the reason why I advocate conscious living.

There are many ways to identify our self limiting beliefs and all require a conscious effort to be mindful of our thoughts, speech and action.

Below is a list of the areas we need to focus on in identifying our self limiting beliefs, beginning with the most obvious problematic area and slowly working towards the more subtle area of the mind.

1. Recurring problems
2. Patterns of behaviour
3. Emotions
4. Speech
5. Thoughts

For the next few days stay conscious and observe your thoughts, speech, emotions, behaviour etc. Get curious about it, wonder where it came from, ask yourself why you think that or why did you behave the way you did and what beliefs are behind that thought or behaviour.

Finally, ask yourself what belief you would prefer or would be more beneficial for your life now. Make an affirmation of it and use it regularly. Watch any resistance and keep repeating this process. The moment you change your beliefs, you would see so much more possibilities.

What I have asked you to do is simple Once you have recognized your limiting beliefs and where they came from, you can consciously decide to change your beliefs. Learn not to generalize and instead to treat each situation, person as unique.

## **Redirect your thoughts**

By directing your own self-talk in positive directions you direct your thoughts, emotions and actions. The words you use about the world around you and your own inner world of thought and belief supports your expanding view of yourself and your universe. Through the use of positive affirmations you can literally talk yourself to success and achievement.

Affirmations based around positive statements of intent can alter your belief system to reflect whatever you want it to reflect. You must realize that your subconscious mind can not discriminate. It believes everything it is told and will do everything in its power to make that belief a reality in your life. When you realize that your subconscious mind is responsible for almost all of your behaviour and actions then it becomes apparent why you should take steps to ensure the messages it receives about you and your world should be of a very positive nature.

The use of positive affirmations is not new. Many millions of people have used this approach to change themselves from the inside out and also mould their lives into their own vision of the world. The only requirements to be successful with affirmations are an open mind, a willingness to change and the persistence to speak your affirmations regularly with conviction and belief.

Now at the outset when you speak an affirmation that appears to contradict the reality of your situation, the subconscious mind will rebel against the statement. Your inner mind will throw back at you thoughts that the statement is a lie and your internal dialogue or self-talk will most likely be extremely negative. In fact you may well experience some very negative emotions also including sadness, frustration or even anger as your subconscious mind fights to keep the status quo intact. With persistence and time though your new affirmation begins to penetrate the depths of your subconscious mind and once this happens you will have formed a new belief! At this point your belief system changes and you start to display actions, reactions, thoughts and emotions that correspond to your new belief. When you change how you think, feel and act you begin to move in a different direction that ultimately changes your entire life.

Regardless of what goal you have set for yourself using positive affirmations as a means of programming your mind is extremely powerful. As long as you keep at it and don't allow negative emotions to distract you from your daily affirming you can achieve anything you set out to achieve.

To make it simple understand the below mentioned formula:

**(Positive Self Talk + Positive Feeling) X Repetition = Empowering Brain Memory = Breaking the Habit.**

## **MY FINAL WORD**

The truth is that many of us spend much of our lives under-achieving, not because of circumstances, events, luck, fate, destiny, chance or other people but primarily because of our self-limiting beliefs. Some of us have spent decades letting our fearful, negative mindset get in the way of our amazing potential and countless opportunities. Maybe it's time to change that?

**Get out of your own Way. Become an unlimited Personality.**

**By: NTC Team**

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