

Releasing Blockages on the Way to Your Great Future!

By Hera Marano for Psyched for Success on ediets.com

Part Three in Our Series: Lasting Change-Removing the Roadblocks

The route to lasting change and getting what you really want in life is through a sustained vision of the future. When you assemble a detailed vision of the future you want, and visit it regularly, it becomes an ongoing source of motivation to get there.

The biggest obstacle that people face in getting what they want in life is their failure to define what it is they really want. If you know where you want to go and sustain the passion for getting there, chances are you are on your way.

The next biggest hurdles to getting what you want are your own fears and doubts. Having a vision of a wonderful future is absolutely necessary-but it typically stirs up a set of emotional roadblocks. These come at us in the form of fears both of failing and of succeeding, and in doubts about our own worthiness for success.

The fears and doubts make their presence felt in “negative” emotions. We fear that we can’t really get what we want, that we will fail at losing weight because it has proved too difficult in the past, or that we’ll never figure out how to get where we want to go.

The fears and doubts cluster around a few kinds of issues. All of them are false conclusions from past experiences that limit our future. And all are hooked to beliefs about ourselves-that we don’t deserve love and success and a wonderful future, that we are not good enough, that we do not have the power to create the solutions to our problems-or beliefs about the nature of the world-that life really requires struggling and even suffering.

We have been taught by society, our parents, our religions, and even by psychology and our movies that life is a struggle, and as long as that is what we believe, that is what we get, because we are powerful enough to create it. As Henry Ford said, “Whether you believe you can or believe you can’t, you are right.” All the great teachings and quantum physics prove that our beliefs create our reality.

When fears and doubts arise, these negative emotions are so unpleasant that most people go to considerable lengths to cover them up or banish them. “We use alcohol, cigarettes, food, drugs, overwork and even “positive thinking” to cover them up or distract ourselves from feeling them,” observes Ti Caine, a hypnotherapist and life coach in Sherman Oaks, California.

But that is like calling your smoke alarm “negative” and attacking it with a baseball bat. Those feelings are signaling us, to warn us that there are specific underlying beliefs that are holding us back. Instead of squelching the smoke alarm we need to fix the fire.

“It’s imperative to look at the roadblocks as a friend,” says Caine. “If you will follow those feelings to the core belief below the surface, and then change that belief, your whole life can open up.”

Caine goes so far as to say that all our emotions are positive, even the ones like sadness and fear that are typically thought of as having a negative valence. All emotions serve a positive purpose. “They exist to help us move forward in life,” he says. “They are your very best friends, trying to call your attention to the beliefs that are holding you back.”

Attacking the smoke alarm is the simple fix, like just jumping into a new relationship or a new diet, and like all simple fixes, they create difficulty, because they never work. Ti says passionately “Life is not simple, you are not simple.” Dealing with the underlying beliefs is recognizing and honoring life’s complexity; the irony is that “if you acknowledge and work with the complexity, life can actually get easier.”

The beliefs that limit people are different for everyone: I am afraid that I will never really get the love I want. I can’t get what I want because I am not powerful enough. But they usually boil down to one bottom line: shame, there’s something wrong with me.

So here is how you can start healing your beliefs and making your life more successful right now.

-Imagine, as clearly as you can, your ideal future.

-Feel the feelings of excitement, and pay attention to the doubts and fears that come up and write them down.

-Look under the fears and doubts and write the beliefs they are coming from.

-Once you have identified the core beliefs that are sabotaging success, write out a new set of beliefs that you want to live by. Connect with the basic human truth that you are a valuable person and that you deserve love and success. And that you are powerful enough to create your life.

-Then connect with the feelings those new belief generate. That success feels great, that love feels terrific, and there is lots of it out there.

-And visualize a future that incorporates those new beliefs. You don’t do this just once. Successful people keep on doing it. This will continually motivate you to go through the process of peeling back the curtains on your core self, and with each change, your life can become easier and more successful. (You can get more information, free worksheets and a free audio guided visualization to help you at www.ticaine.com)

As you get closer to the core, you tap the source of all change and success-self-love, and forgiveness for past failures. We’ll talk more about them in the next issue of *Psyched for Success*. Keep feeling, and we’ll see you in two weeks.

HEALING BLOCKAGES **ON THE WAY TO YOUR GREAT FUTURE**

We want to help you, and we know how challenging and scary it can be to make a change, any change, in your life. In order to create the future that you want, first, **YOU MUST CONNECT WITH THE FUTURE YOU DESIRE**. The designing your future worksheets will help you do this, and then you can understand and heal the roadblocks that are keeping you from creating the life that you want.

This exercise is designed to help you explore the depth of your real feelings and examine, maybe for the first time, the limiting core belief systems that were instilled early on which have created feelings of self doubt, lack of self worth and blockages that have kept you from creating a happy, fulfilling life. We all have the ability to create our own reality ... So here is how you can start making your life happier, healthier and more successful right now.

- ◆ First off, download the Guided Journey Into Your Future, and make time for yourself in a quiet setting, without interruptions, to listen to the meditation. This meditation journey will help you develop a connection to your ideal future, and that connection will help you go deeper when doing the worksheets.
- ◆ As you feel the connection with your bright future and feel the feelings of excitement and enthusiasm, write them down on the worksheets, and then pay attention to the doubts and fears that you have, and write them down on the worksheets also.
- ◆ Look under the fears and doubts and write the beliefs that they are coming from. Once you have identified the core beliefs that are holding you back, write out a new set of beliefs that you want to live by. Connect with the basic human truth that you are a valuable person and that you deserve love and success. And that you are powerful enough to create your life.
- ◆ Then connect with the feelings those new beliefs generate. . . That success feels great, that love feels terrific, and there is lots of it out there.
- ◆ Now do the meditation again and visualize the future that incorporates those new beliefs. The more you do the meditation and the more you build the connection with your future, the more comfortable you'll feel, and the more hopeful and relaxed you will feel. Successful people do this frequently. Regularly connecting with that happy future and changing your beliefs will lead to your success. This will continually motivate you to go through the process of peeling back the limitations, to reveal your true magnificent self, and with each change, your life can become easier and more successful.
- ◆ We've included a copy of the article, and encourage you to read it over a couple of more times, so that you can fully understand and absorb the ideas more thoroughly. The more you understand the concepts in the article, the more confident you will feel as you do the process. When you truly understand the blockages and the beliefs that have been holding you back -- you will be able to heal them, to choose new beliefs, and move forward into future that you really want.
- ◆ (You can also email the meditation to the people in your life that you want to have a happy future.)

Please don't give up on yourself! You deserve to be happy! Be patient, passionate and take the time to do the work ... you will be rewarded!

Thanks, and please email me at ti@ticaine.com to share your progress and your successes!

