

11-13-2016: Healing into Light: Energy Healing and Spiritual Process

Self-Knowledge - Sneaking up on your Belief Systems

*Nothing binds you except your thoughts; nothing limits
you except your fear; and nothing controls you except
your beliefs*

Marianne Williamson

From, 'A Pilgrim In Your Body'

Jim Gilkeson says, "Beliefs play a unique role in the development of your gifts. Your experience and your beliefs are joined in a chicken-and-egg relationship: what you experience is highly influenced by your beliefs, and, conversely, your most solid beliefs are formed, inevitably, by your experiences. If you are an energy healer, [and you are], you will surely see how unconscious beliefs affect those who come to you as clients [or friends, or family...].

Getting at Your Own Beliefs: Because the energetic dimension is not a part of most people's everyday conscious world, we do not have anything approaching a cultural consensus about it. When you become involved with energy work, you venture out over the edge of what most people take to be real. There are moments when you realize that, belief-wise, you have snuck away from the crowd and you're suddenly on your own. It's a predicament many energy healers face: you have to get comfortable with these beliefs of yours without a supportive mass mind propping them up, and that means first becoming aware of them. An effective way to become conscious of your own beliefs—not just the ones you can name off the top of your head, but the deeper, less conscious ones, too—is to try and articulate them to another person who is willing to listen. If you have ever tried to tell the story of your inner life or write something like a spiritual autobiography, you may have found that articulating something as close to the bone as your deep personal experiences has a way of moving your whole inner process. Inevitably, you run into the contours of what is real for you, the bedrock of your inner world. And when you take an inventory of your beliefs there are some questions that need to be asked:

Are your beliefs really yours? Or are they are part of the mass mind, things that everybody assumes automatically, without reflection? Or have they been borrowed from someone else? Reflect on whether your belief came to you for your parents, your school, from your religious instruction, your guru or spiritual teacher? Contrast this with what you believe because it is part of your own direct, personal experience. These are likely to have a different power.

Are your beliefs progressive? That is to say, do your beliefs change and grow as you change and grow? This may be the best way to find out if a belief is truly your own, or one that you have accepted from an external source. One of the great problems associated with having other people's experiences (which is basically what you are doing when you accept uncritically an external belief structure) is that you have no means of evolving a belief that is not your own beyond a certain point.

[What do you believe about being a healer for self or others? A Guided Reflection: page 69]

Getting to know your limiting beliefs is really about getting at what is real for you, and it is important preparation for working with [self and] others. A by-product of digging into where your beliefs come from is that you gain respect for the beliefs of other people, and for their way of putting the world together. This will make a deep listener out of you. One of the greatest skills to be learned in the art of energetic healing work is that of working with the beliefs of the other person, and not overriding them with your own. Many people,

for example, are going to jump ship if you mention reincarnation as a possible context for what they are experiencing in this life. The very same person, however, might be very open to understanding that he is carrying something of his entire line of ancestors in every cell of his body, in his DNA.

Mapping Project #1: *Spiritual Autobiography*: Maps organize your experience. They are tools for reflecting on where you are, where you've been, where you're heading. Different maps show different features of the territory. A topographical map and a political map offer different takes on the same landscape because of their differing ways of organizing information. Personal maps—often the form of stories—act as divining rods for probing into life's journey. The very act of consciously recalling and collecting together the various stations of your life—the form could be as simple as reminiscing about the houses you have lived in, the cities, states, and lands of your life—can give you fresh clues as to your present “location.” When you get together with a group of people and introduce yourself by telling about yourself, where you are from, what you do, and so on, a certain set of stories emerges. But try switching the focal point and watch how differently personal history is organized. What happens if each member of the group tells the stories behind the scars on their bodies, their children, their divorces? Go to a nursing home and listen to the “organ recitals,” as residents regale one another with the minute details of the operations they've had. The focal point that organizes the information is part of the map.

Creating a spiritual autobiography is a way to sneak up on the story of your inner path. It is a challenge that yields all kinds of insight if you rise to it. It is relatively easy to see where you have been, but not so simple to recognize what it is that has *moved* you. Enter the project with curiosity about the river that has carried you from one station of your life to the next, and see if you can discover the grace working behind the scenes. Jump in. Give it cache and a snazzy title, maybe *The Secret Spiritual History of Pilgrim X*, or *My Spiritual Autobiography and the Story of my Unfolding as a Healer, Teacher, Artist, Leader*, etc.... Include:

- Events and experiences which have lead you to your belief system concerning the spiritual dimension of life;
- Peak experiences;
- When have you become aware of your particular spiritual gifts?
- What have been the elements of your growth as a healer, teacher, artist, leader, etc....?
- What have been the elements of your growth as a healer?
- When were you introduced to tools having to do with conscious development—for example, meditation, prayer, or healing exercise?
- Create a section called, “My Secret Training.” Look at the circumstances and predicaments in your life, especially the times of crisis. *What have the turns in your life forced you to learn?*
- What is it that has pushed or pulled you into new phases of your life?
- What themes, challenges, and lessons recur, and what patterns emerge?

From IQMatrix.com/Limiting Beliefs

Identify Your Limiting Beliefs: Your limiting beliefs often hide beyond conscious awareness. However, there are key signals you can look out for that will provide you with the clues you need to identify these limiting beliefs. These key signals will be evident when you *confront* obstacles and challenges along your journey towards your goals. Your limiting beliefs can potentially manifest in the following ways:

- When you make excuses.
- When you blame others.
- When you complain about things.
- When you indulge in unhelpful habits.
- When you indulge in unhelpful thoughts.
- When you talk to yourself in limiting and unhelpful ways.
- When you make assumptions.
- When you hesitate to express your fears.
- When you worry about failure or about making mistakes.
- When you think about procrastinating.
- When you think about indulging in perfectionism.
- When you feel resistance when you think about a goal.

What are some of your limiting beliefs (fill in the blanks):

- I could never be [_____], or I could never do _____.
- I am afraid of _____.
- My body is _____.
- People are _____.
- Republicans are _____.
- Trump will cause _____.

Let Go of Your Limiting Beliefs

It's important to mention that each of your limiting beliefs serve a purpose. They are there because they are protecting you from something. This "something" often manifests as a form of pain. Now, of course this doesn't mean that the belief makes any sense at all, or that it's practical in the present moment. What it does mean is that each of your limiting beliefs has good intentions, and these intentions are there to protect you from pain. However, oftentimes when it comes to limiting beliefs these intentions can be misguided. They might keep you away from *short-term* pain, but will often lead to *long-term* pain.

Silently, ask yourself:

- What good intention does this belief provide me with? [pause]
- What value am I gaining by holding onto this belief? [pause]
- What would happen if I let go of this belief? [pause]
- What new possibilities might emerge? [pause]

Transforming Your Beliefs

Your limiting beliefs have the support of many references. A significant amount of these references probably have a lot of emotional investment behind them, which is where the problems lie. Your limiting beliefs are only as strong as the references that support them. And often your limiting beliefs probably have a plethora of references that make them very real in your life.

It's important to keep in mind that these references were only once ideas that became opinions, and later came together to form your beliefs. As such, they aren't real. Change your perspective and opinion about them, and you will likewise throw doubt on your limiting beliefs. And that is exactly what you're going to do right now. You are going to throw doubt upon these beliefs from all possible angles and perspectives. Here are some questions to get you started with this process. However, there may be many more questions that you might like to ask that are very specific to your situation. This list will hopefully get you started, but you should certainly add your own questions as you move through this process.

- Have I always believed this? Why?
- Was there a time when I didn't believe this? Why?
- What evidence is there that disproves this limiting belief?
- What's the exact opposite way of thinking about this belief? How is this helpful?
- What is funny about this belief? What's embarrassing about this belief?
- Is this belief helping me get what I want most in life?
- How does the opposite of what I believe work for other people? How is this of value?
- What are the critical flaws in believing what I believe? How is it silly to think this way?
- How would I think about this belief if I was Albert Einstein? Bugs Bunny? Harry Potter? A child? An entrepreneur? A rock? An elephant? An ant?

Keep building evidence against your limiting beliefs in favor of your empowering beliefs. Once the evidence begins to overwhelmingly support your empowering beliefs, that is when the tables will turn and your mindset will permanently shift.

Strengthen your new beliefs:

- Find some famous quotes that support the philosophy behind this new empowering belief.
- Write them down, memorize them, contemplate them
- Each time you read these quotes you build stronger references that will help support your new empowering beliefs.
- Keep an eye out for stories, documentaries and films that support your empowered beliefs.
- Being receptive and willing to adapt to changing conditions
- Emulate those who seem to be expressing from an empowered belief system.
- You can use the process of anchoring to condition this new belief into your nervous system. This basically involves anchoring a physical sensation to your body that will automatically allow you to get into an optimal state-of-mind that is congruent with your new empowering belief.
- You can "act as if" you have already operationalized your new belief.