

Shorter Write-Up of the Release Limiting Beliefs Process with Marci

This powerful process will help you become “the witness” to core limiting beliefs inside you and will support your healing process. While you can take 15 or 20 minutes to do this process, you can also just spend a few minutes going through this at any time of day (by just taking a moment with each step).

To begin, start with some gentle breaths in and out.

Sit comfortably, close your eyes and take some nice deep breaths in and out. Allow your body to relax deeply in the chair in which you’re sitting. As you inhale, imagine your breath going down through your chest, down through your hips, through your legs and feet and connecting down to the Earth beneath you. Feel that deep connection and support coming from Mother Earth.

Next, put your attention on one of your Miracle Intentions that you feel the most blocked in manifesting.

Think of one of your miracle intentions that you feel that you have the most trouble manifesting or the area of your life where you feel the most blocked. Put your attention on that miracle intention. Then, think about all the times in the past that you’ve made an effort to create that result that you’re wanting but it hasn’t worked out.

For example, maybe you’ve set an intention to have a great relationship but instead of that, you keep meeting inappropriate men or women or the ones you’re with leave you or they don’t treat you well. Or maybe you’ve tried to increase your wealth and abundance but you don’t end up doing anything that creates a change there. Or maybe you’ve tried to find what your life purpose is but you feel as confused now as you did 10 years ago. Whatever it is, just feel into that one area that relates to one of your miracle intentions where you feel stuck and feel that feeling of stuckness.

Next, feel that frustration and disappointment. Where do you feel it in your body?

Maybe you’ve been trying for many years and it just doesn’t seem to happen. Feel those feelings of disappointment and notice where those feelings are coming up in your body. There’s generally one main area where you have those feelings of frustration or disappointment or stuckness coming in your body. Put your hand on that area of your body to the best of your ability. If you can’t reach that area, don’t worry. Put your hand as close to that area of your body as you’re able to.

Welcome those feelings and allow them to be there.

Welcome those feelings of frustration or disappointment or stuckness and just allow them to be there. Let go of any judgments. Just breathe into those feelings in the places where those limiting beliefs are being held into your body and allow them to be there.

Next, give a voice to the belief that feels the most prominent.

Next, you're going to give a voice to that belief that seems to be most prominent. That belief has a certain energetic vibration that comes with it. And we're going to give it a voice and a name.

Here are the most common limiting beliefs. Notice which you resonate with: *I'm not wanted, I'm alone, I'm bad, I don't belong, I'm a failure, I'm not enough, I'm not good enough, I'm too much, I'm not important, I'm invisible, I'm worthless, I don't matter, I'm powerless, I'm not safe.*

If that feeling had a name, which one would it be? You may have a few but just go with one for now and trust yourself with which one it is now.

Say whichever belief resonates with you the most out loud.

When you connect with that, you may actually start to feel a little bit teary, or you might even feel a little nauseous with this. That's okay. When you have some strong emotion or even physical sensation that comes up with it, it's one way to actually know that you're really getting close to this core belief.

Ask yourself: how old is that part of myself that is feeling this?

Is that part of you four years old? Is it seven years old? Is it a little baby? Is it ten years old? It's usually a very young part of yourself that feels this limiting belief of "I'm not good enough" or "I'm always alone" or "I'm invisible" or "I'm not safe." Just get a sense of how old that part of yourself is (whatever age comes up – trust it).

Become a witness to this energy and notice it is not you.

Notice how big the energy is that's there. And notice that this is not you.

Right now, you're actually being a witness to that six-year-old or seven-year-old (or any other age) part of yourself who's taken on this false belief or this false identity.

Becoming the witness to the feeling is a powerful part of the healing process. Once you can feel this core belief in your body, and once you can see and name the pattern and see how old it is, you can start to have more distance from the belief and it stops running you.

If you'd like to go further with this practice, you can also do the Ho'oponopono practice of forgiveness to yourself.

The Ho'oponopono Practice of Forgiveness to Yourself

Imagine that younger part of you sitting in front of you and send these phrases towards the younger part of you. This is a way to send love and compassion to that younger part of you that has held on to limiting beliefs as a way to protect you, and to set that part of you free.

I'm sorry, please forgive me. Thank you. I love you.

I'm sorry, please forgive me. Thank you. I love you.

I'm sorry, please forgive me. Thank you. I love you.

I'm sorry, please forgive me. Thank you. I love you.

I'm sorry, please forgive me. Thank you. I love you.

I'm sorry, please forgive me. Thank you. I love you.

When you're finished, slowly come back to yourself, feeling your heart and feeling gratitude for yourself for having gone through this process, and bring your attention back into the room where you are.

This is a powerful, energetic process that will help you free up the old energy that keeps old patterns stuck in place and helps you to feel freedom from those old beliefs.