



Polarity Process to Release Limiting Beliefs

Identify the limiting belief you want to shift and identify the root word that represents it.

What is the exact opposite belief you would like to embody?

Example: Unworthy - Worthy.

Now begin the process to integrate.

Step 1:

- Close your eyes and breathe and center.
- Bring into your awareness the feeling of the limiting belief you are experiencing. Example: Unworthy.
- Feel this feeling fully for a minute or two and see if you can get the intensity of the feeling up to a 10 on a scale of 1-10.
- Speak out loud what is coming up for you in this present moment.

Step 2:

- Bring into your awareness the feeling of the belief you want to experience. Example: Worthy.
- Feel this feeling fully for a minute or two and see if you can get the intensity of the feeling up to a 10 on a scale of 1-10.
- Speak out loud what is coming up for you in this present moment.

Repeat process 3-10 times before moving to the next step.

** You will know you are ready to move on when the limiting belief/feeling doesn't have much juice anymore. There may not seem to be any difference between the two.

Step 3:

- While feeling the quality you have awakened (Worthy)...
- Visualize the center of your brain where your pineal gland is located...
- Draw a golden light in from all around you into the center of your brain as you breathe in and exhale golden light out to fill your body, the space around you and beyond...
- Do this for 5-10 breaths.

Ask yourself and write down the answers:

What is good about doing this process for me?

What is good for others about me doing it?

What did you learn about yourself?

What is one Inspired Action that you can take to ground this into your life?
