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The Power of Joy

it's nothing short of
MIRACULOUS...

MarBeth Dunn

The Power of Joy Workbook©

by

MarBeth Dunn

Identify the Causes
Part I

The first step in creating more joy, is to look at what might be blocking it. This can include any feelings of hurt or loss, unhealed events or situations from your past, feelings of victimhood or blame, all of which can trigger regret, pain, sadness, grief, numbness, which are the antitheses of joy.

What hurts or losses are you aware of in your life?

- **Have you lost a loved one through death, divorce or the end of a relationship?**_____

_____

- **Have you lost money, friends, jobs, self esteem, desirable experience, security through a business, finances, or health setback?**_____

- **Have you experienced "hidden losses"? Do you feel that you have...**
- **Lost your beauty, youth, sexiness?**_____

- **Lost yourself in a relationship?**_____

- **Lost your self respect? self esteem? Your trust?**_____

- **Experienced empty nest?**_____

- **Lost your personal power?**_____

Additional Hurts or Losses

_____

_____

_____

_____

_____

_____

_____

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_____

_____

What impact have these hurts or losses had on your life?

- In your relationships, professional and personal? _____
- In your work? Your finances? _____
- Your ability to take risks? _____
- Your feeling stuck?_____
- Your health, your weight, or sleeping patterns?_____
- Your ability to focus, your outlook on life?_____
    - Your overall ability to function?_____
    - Have they affected your finances?_____
    - Have you lost your clarity?_____
    - Do you feel sadness or yearning?_____
    - Do you clean compulsively? _____
    - Have you become a workaholic or developed other addictive patterns?_____

      _____
    - Are you in a downward spiral? _____

Are you being impacted in other ways?

_____

_____

_____

_____

What's not working in my life

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My Dream Life

Do the Forgiveness Exercises, visualizations and meditations now

NOTES

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Part II Your Perceptual Lenses

What Limiting Beliefs are holding YOU back?

Read through the lists of limiting beliefs in the different life areas below. I've added them to the workbook to give you a head start, and I'm sure you will be relieved to know that there are many that you don't have!

Put a star next to the ones you recognize as yours...

Limiting beliefs about Money:

Money doesn't buy happiness
Money doesn't grow on trees
Money is hard to come by
Money is the root of all evil
People won't like me if I'm rich
There is never enough to go round
I can't afford it
Money won't solve all my problems
There isn't enough
You have to work hard for your money
Money doesn't come easily
We have always scrimped and saved for everything we have
Money is isn't spiritual
Rich people are stingy, tight fisted, crooks, mean, nasty, (you complete the sentence)
Money always seems to slip through my fingers
You have to rip people off to have money
Who did they rob to get that nice car/ house? etc
I am unlucky
The higher you go, the harder you fall
Things always go wrong for me
I don't deserve money
I can't handle money

Limiting beliefs about the body:

I hate my body and that's not going to change
I'll never look like a movie star, so why bother?
I'm always tired and I just don't have enough energy
My body's just not healthy and it will never be
I'll never reach my ideal weight
I'll never have the perfect figure
I don't have enough discipline to follow through on an exercise or weight loss program
I don't have enough time to take care of my body
I can't change what is-- it's too far gone
You can't change the way things are
This condition isn't curable
I hate exercise

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I'm ugly and it will never get better
When you get this flabby and out of shape you're over the hill

Limiting beliefs about Relationships:

I'm not good enough to attract the man/woman I want
My partner will be just like my father (mother)
I'm stuck in the pattern of my parent's relationship. I'm destined to keep repeating it
Relationships never work out anyway
I always attract controlling mates
Men (women) are always unfaithful
All marriages end in divorce
They always leave me
I'm not attractive enough
The good ones always pass me by
No matter what I do, it's not going to work out anyway
Men (women) are controlling (abusive, inconsiderate, cheap, immature, etc)
Love is for other people
I always pick losers

Limiting beliefs about Work and Career:

I will never make enough money doing what I love
I have to work so hard I burn myself out
I don't have what it takes to be successful
I can't afford to leave this job, even though I hate it
The good jobs are for people who come from money (are pushy, political, kiss-asses, etc)
I can't make a living without sacrificing
It's a dog-eat-dog world
I don't have enough time to create my own business
I'm a procrastinator. I'll never get anything together for myself
They always pick someone else
I can only get so far
I'm too poor to get ahead
I'm not clever enough to succeed
I'm not educated enough
I'll never get ahead

Limiting beliefs about You:

I'm not good enough
Deep down I know I don't deserve love
I'm to old, too young, to fat, too thin, etc.
Good things always happen to other people, not to me
I'm a loser
I'm stupid
If it's not one thing, it's another

Recognizing YOUR Perceptual Lenses

How do you know if you have a limiting belief?

If you're feeling limited in one of your life's areas, there's a good chance at least one of those pesky limiting beliefs is to blame. They're not always easy to spot, because the universe is constantly reflecting your beliefs back at you, "proving" their validity. For example, if you are holding the belief "good things happen to other people, not to me," the universe will create that belief in your world, to prove it to you.

The good news is that once you spot a limiting belief, it easy to release it. The difficulty up to now has been spotting them! Here's an easy way you can identify your limiting beliefs, just by adding a simple word. Look at a challenge you've been experiencing, and add the word ***because***. ***Because*** requires a **reason**, an excuse, if you will, and chances are, that reason will be a limiting belief.

Here's how it works:

I haven't found my significant other ***BECAUSE***
- I'm too fat
- There are no good men (women)
- The only men/women on the online dating sites are losers
- I'll be hurt if I open my heart in a relationship

I can't leave my old job ***BECAUSE***
- The economy's terrible
- I won't be able to find something better
- I'm too old to find another job

I can't get in shape now ***BECAUSE***
- I have no time
- It's too much work
- I haven't taken care of my body in years. I wouldn't know where to start

1. **Make a list of your challenges below, then write the word *BECAUSE* beside each one.**
2. **Write your reasons under each challenge. Write quickly, without hesitation.**
3. **Don't stop writing your list until you either run out of reasons, or you start repeating yourself.**
4. **Say each excuse on your list out loud, and notice whether it resonates with you. Is there an emotional charge on it? Does it affect you. On a scale from 10 - 0 (10 is the greatest), how much is this excuse affecting you, holding you back? Mark the number beside it.**
5. **Put the higher numbers (5 and above) on a new list, and begin to release the higher ones first.**

Are they limiting beliefs or facts? Your excuses may be limiting beliefs you can change or they may be facts that you can't possibly change. You may notice an emotional charge around your beliefs, but you may not be able to tell the difference between fact and belief. For example. "The economy's terrible" might be seen as a

fact. It is, however a limiting belief, an excuse for holding you back. If you treat every reason you write down as a belief, and assume that you can release it, you can't go wrong.

Write your Challenges and Limiting Beliefs here:

****Clear Those Limiting Beliefs One by One****

Clear your Energy Field

How do you know if you're carrying someone else's emotional "stuff"?

1. You notice that you're not feeling up to snuff. You may notice feelings of depression or sadness. that don't ***feel*** like you. You may feel PHYSICALLY uncomfortable in some way.

2. Ask your body to show you a way for you to communicate with each other. Wait a couple of moments for your body to respond. Let your body show you how to receive its information. You may feel your head nodding "yes", or shaking "no", from side to side. You may discover a new sensation in a finger, or other part of your body. I use a muscle testing technique, where I insert my right thumb into the circle of my left thumb and index finger. I press the right thumb against the place where the finger and thumb join. If the answer is "yes", the left thumb and index finger remain strong and resistant, and my right thumb stays within the circle. If the answer is "no", my right thumb slides through the fingers easily, with no resistance. Now, ASK yourself, "Is this feeling (depression, sadness, pain) mine?" Wait for the response in your body.

3. If the response is affirmative, push the "stuff" out with your hands. I imagine myself reaching inside my body, and physically pushing it out. I ask my angels and guides to take it to the light, and to bless the person it belongs to.

4. Check in again and notice what you're feeling.

Notes

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Clear Your Space

There are several easy ways to clear your space. Choose one that feels good to you.
You are very powerful, and your intention is the driving force.

Smudging:
Native Americans burn sage, or white sage to clear old or dense energy. The sage comes wrapped with thread, and creates a strong smelling smoke when lit. While clearing a room with burning sage, make sure to wave it thoroughly through each room, or space. Be especially careful to cover the corners.

Angels;
First raise your vibration, by doing the angel meditation. Then ask your angels to clear the space for you, and IMAGINE them clearing it, filling it with golden white light. You can post angels around a space to keep it safe for you. You can ask them to surround your house, as well. You can even ask them to clear a space before you arrive!

White light:
Envision a pure white light filling the space, dissolving everything that's not pure and of the light.

Notes

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