



Perceptual Lenses

Did you know that your experiences in life are colored by the perceptual lenses you wear? These lenses filter everything that happens to us. They're created by the invisible optometrist we call our ego, These lenses are transparent, and *since we've worn them all our lives, we often have no idea they're in place.*

Where do these perceptual lenses come from?

Children are like sponges. They absorb attitudes and perceptions from their parents, siblings, religious institutions, school, friends and society *without any filters and without question.* Life experiences can also color these lenses. If your parents were abusive, you may see life through the filter that life isn't safe. If your siblings told you you were stupid, you might feel that you were. In fact, two people can perceive the same incident very differently. What could be devastating for one person, might be shrugged off by another.

Self-Limiting Beliefs

You are amazing, limitless beings of pure awareness. Your essence is pure joy and unconditional love. When you see clearly, without perceptual lenses, you can do just about anything you set our mind to: Create financial abundance, attract the perfect soul mate, have an attractive, healthy body. It's your self-limiting beliefs, that cloud your vision and shroud your beautiful inner being. When they're in place, you will experience every area of our lives through these lenses, and you won't realize they're holding you back.

You block your flow of money with beliefs like:

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

We block our flow of health with beliefs like:

I just don't have time to work out

I'll never get better
I'll just have to get used to it
This is what happens when you get older

We block our relationships with beliefs like:

I'll never find anybody
Why would somebody good want me?
Men (women) are all the same
It's really hard to find a good man (woman)
I'm too fat, flabby, ugly, etc to find somebody good

We keep ourselves small and contracted with beliefs like:

Things always go wrong for me
I'm too old to change
People just don't like me
I'm too old (young, fat, stupid, etc) to do that
I'm not good enough

We block our careers with:

I can't do that
That's for people who _____
I'm not smart enough to _____
I don't have enough contacts
I don't have enough training

Now read through the lists of limiting beliefs in the different life areas. I've added them below 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 by the ones that you recognize as yours. Then write down some of the challenges you've been experiencing, and make a list of "because's" for each one, to create your own list of limiting beliefs.

Limiting Beliefs

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

Limiting beliefs about the body:

I hate my body and that's not going to change
I'll never look like a model 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'll never reach my ideal weight
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

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 just keep repeating it
Relationships never work out
I always attract controlling mates
Men (women) are always unfaithful
All marriages end in divorce
They always leave me

Limiting beliefs about Work and Career:

I will never make enough money doing what I really enjoy
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
I can't make a living without sacrificing
It's a dog-eat-dog world

How do you recognize if you have a limiting belief about something?

One good way is to look at a challenge you're having, and add the word *because*. Because requires a reason, 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

Continue to write your list, until you're tapped dry, then look at your reasons. They may be limiting beliefs, or they may be facts that you can't possibly change, and you may not be able to tell the difference. If they are beliefs, you may notice an emotional charge around them. I find it best to treat every reason you write down like a belief, and assume that you can release it.

Write your limiting beliefs here:
