

Stop the Bullshit You've Been Telling Yourself

and
**BUST Through
Limiting Beliefs
Forever!**

Eli Hans & Joseph Bennett

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By

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contact:

info@SublimeGuys.com

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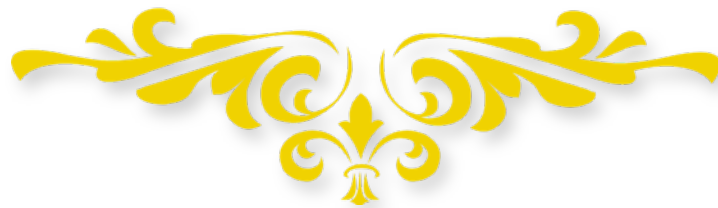


Dedication



This guide is dedicated to all who strive to live their lives to their highest potential, despite having endured pain, self-doubt, and self-sabotage.

Let's KNOW that we each have the power to create meaningful and fulfilling lives, sharing our natural gifts to make this a better world for all.





Preface

Who would you be without your perceived limitations, free to truly be yourself? Imagine being able to get out of your own way, living your life to your highest potential, without limits. Wouldn't that be amazing?

If you're not fully showing up in your life because your thoughts are limiting you - and that's most of us - then you're not being who you came here to be.

Our unexamined limiting beliefs have a lot to do with why we find ourselves stuck when it comes to money, career, creative expression, our love life, our mental and physical health and wellbeing.

The world needs you. And there has never been a better time to fully express who you are and share your natural gifts with those around you.

How would the world be if each of us loved our lives fully, if we felt fulfilled and successful, and contributed our innate gifts in meaningful ways that truly made a difference?

This guide is a start, to inspire you to pay attention and remove limiting thoughts and beliefs that get in the way of creating the life you were meant to live.

In this guide, we have purposely kept things brief and to the point to avoid having this eBook become yet one more big thing to have to get through. There are other techniques you may want to explore, yet we feel these are simple, doable, and a great starting point.

Both of us are fortunate to have a shared passion: to support others to live their lives to their highest potential. That's why, as of this writing, we are birthing our new site [SublimeGuys.com](http://www.SublimeGuys.com) where you will find inspiring ideas on our blog, as well as fun videos, healthy recipes, webinars and online courses to help you achieve your dreams and goals.



We would love it if you would consider becoming part of our growing community of like-minded, awesome women and men who are committed to making this world a better place through improving their own lives.

Please join our private Facebook Group [Sublime Guys](#) for a place to connect with members of our community for ideas, questions, inspiration and mutual support.

We hope this guide serves you well on your journey to personal freedom.

Thank you!

To your highest,

Eli and Joseph
Summer, 2017





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Introduction

Our lives are a direct result of all of the decisions we've made so far. That's a great thing to know when our lives are working well. On the not-so-great days, it's a little more difficult to swallow.

If your life isn't where you'd like it to be, this isn't a reason to beat yourself up, or feel guilty or ashamed, but rather it's an empowering thing to realize!

We are the screenwriters of our own movie, as well as the casting directors - choosing who is present in our lives - the directors and, most of all, the heroes of our story.

And you thought you had nothing to do with the movie business! You are a veritable production company!

So, what kind of movie do you want to be living in?

We all have natural gifts and talents that only we can share with the world. So, we need to free ourselves from anything that holds us back in order to do our greatest work. We can then become who we came here to be, to live a fulfilling life that is rich, meaningful, happy, and productive.

We are at choice at every moment as we make hundreds of decisions each day.

Yet, when those decisions are rooted in the context of limiting beliefs, if not examined, those beliefs can keep us small, deprived, depressed, lonely, anxious, and stuck.

Have you ever wondered why some people make six-figure incomes and others barely scrape by, always struggling, never having enough?

While a lot can be said about obtaining a high degree of skill, education, and training, underneath it all, one person has an expanded belief system about money and abundance, while the other has a fundamentally limited one.

Why are some people joyfully partnered in a loving relationship that is fulfilling and meaningful, yet it somehow eludes others?

Might the latter believe at some level that relationships are challenging and painful, while the former believes that relationships can be supportive, loving, kind, and empowering?



Why are some people healthy, vital and energetic, and never seem to catch a cold, while others struggle constantly with symptoms of disease?

Yes, it has to do with having a stronger immune system. But, guess what? Our immune system responds to our inner dialogue, both positive and negative thoughts.¹ Every cell in our body does.

In order to end a negative pattern, or any habitual and unconscious behavior, we must take an honest look at the belief system in which it is rooted.

If we're not producing the results we desire, we can change our thoughts and, effectively, change our lives.

So, the key question is:

What are you thinking?

Some research shows we have between 50,000 and 70,000 thoughts every day, while other research suggests we have as many as 600,000 thoughts per day with a lifetime average of 114,847,771,860,000,000! ²

That's a heck of a lot of thinking!

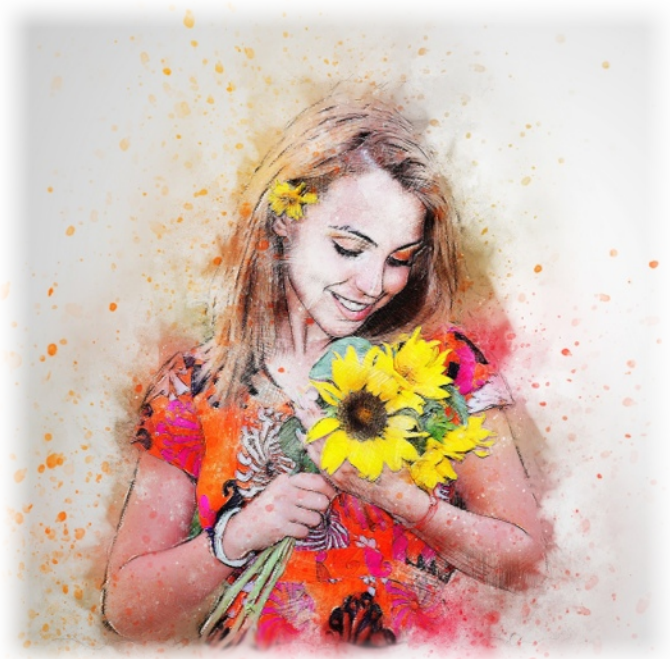
And if it's true that as many as 80% of those thoughts could be classified as "negative" and 95% are exactly the same repetitive thoughts as the day before, ³ can you see the benefit of paying attention to what you're thinking?

There's tremendous value in learning to identify limiting and self-defeating thoughts, and learn to BUST through them. When we do, it opens the doors of opportunity that allows us to live our lives to our highest potential.

Wouldn't it be great to be at peace with yourself, to have YOU as your strongest ally, instead of continuing to give power to the old, nagging, negative and limiting voices inside?

This guide will motivate you to become aware of your limiting thoughts and will provide you with some powerful tools to create breakthroughs in your life.

*Who would you be
without the thoughts
and beliefs that limit you?*





What is a limiting belief, anyway?

Beliefs define how we perceive the world and how we act in it. They are “fundamental to our lives and come in many forms, from trivial to profound, forming our reality, telling us not just what is factually correct, but also what is right and good, and how to behave towards one another and the world.”⁴

Many of our beliefs are empowering, supportive and give us a sense of belonging. They form part of our positive self-image, help us finish what we started, bring us joy, and a sense of connection. They make the world seem right.

Limiting beliefs, however, are false beliefs that we acquire as a result of consciously or unconsciously giving meaning to a series of events in our life.⁵ They’re disempowering, and usually relate to our personal abilities and our relationship to others. They prevent us from living our highest potential and, over time, keep us living small.

Limiting beliefs live in those areas of our lives where we’re not producing the results that we want. One of the biggest differences between those who succeed in life and those who don’t is their ability to locate and eliminate limiting beliefs.⁶

Do any of these phrases sound familiar?

There’s something wrong with me.

I’m not a good enough _____ (artist, writer, wife, person...)

I feel like an impostor.

I don’t know how to make money.

People with money are greedy.

It’s too late for me.

I’m too old (too fat, too unattractive, too...)

I’m too set in my ways.

I’ll probably never fall in love.

Who would want to give me a job?

I’ll never be able to finish (or start) that book.

Being rich is selfish.

I’m not worthy of success.

It’s hereditary, I can’t do anything about it.

That’s just the way I am.

Some of us are unaware that many of these unconscious beliefs are automatic and habitual, constantly running in the background of our minds.

No wonder we’re exhausted all the time! Want some serious energy? Drop all the thoughts that are dragging you down!



To some degree, we're just like a Jack Russell Terrier dog.

In college, Eli had a friend called Wendy with a hyperactive Jack Russell Terrier. Cute as a button, but he never stopped!

One day Eli looked out Wendy's kitchen window and noticed a skinny circular path in the center of her large grassy yard.



"What is that?" he asked.

"Oh, the dog just runs around in circles, over and over."

"But, he has the entire yard!"

"I know, but he's addicted to running around in circles. It's a habit, I can't get him out of it."

Get it? Sound familiar?

Just like Wendy's dog, when we have a thought we create a path called a neural pathway. If we have the thought over and over again, that neural pathway becomes stronger and the fastest way to get from point A to point B.

Before we know it, the path is well formed and it becomes the way we automatically react whenever that thought is triggered.

And that's just for one thought!

We have intricate spider webs of thought patterns that have become automatic pathways and beliefs.

And if those pathways were created by unhealthy responses to situations, or by the faulty meaning we

have given to them, guess what? We tend to repeat them and react the same way.

And, we wonder why we get stuck!

We tend to use the same path, over and over again, even though the entire grassy yard is available to get from one point to another.

The saddest part is, there are all kinds of goodies and secret miracles in other areas of the yard we may never discover because of it.

So, what are we to do?

Keep reading.





Become Your Own Private Eye

Each time you come head to head with something that makes you angry, upset, or frustrated, stop for a moment. Take a step back and think: Ahh, there's something underneath this.

What do I believe that's being challenged right now? What am I thinking that might be contributing to these feelings?

Likely there is a belief that you hold - which is not the ultimate truth, yet at this moment it absolutely feels that it is so - that is being replayed underneath and trapping you in your own self-imposed prison.

Only we have the key to unlock anything that limits us. It might seem difficult, yet many people with seemingly insurmountable challenges have made it through to the other side. Are they a special case?

Yes, they are.

Maybe you were hoping we'd say: "No, they're not special. Anyone can do it."

However, most people aren't aware that they have the power to change and break through limitations.

It takes, courage, willingness and insight.

Those "special folks" who have done so are tenacious, committed and told themselves they could.

And so can you. YOU can be a special case. And through you, others will also learn how to do the same.

We just need to be vigilant and mindful, and lovingly help ourselves get through those often challenging spots.

If you want to free yourself from struggle, sadness, anxiety, worry or depression you need to be willing to take a look at what you're thinking and what you believe.

And if it isn't serving you to your highest good, then, guess what? You can let it go!

If you need further support, we encourage you to seek professional guidance with a trained practitioner or mental health professional.

Everything's possible, if only we can manage to **get out of our own way** and allow the bigger plan, the bigger picture of who we came here to be, to unfold.





How to BUST Through Your Limiting Beliefs

We'll generally do whatever we can to be right ⁷. And that means adhering to our beliefs, no matter what. It's a natural human tendency.

But, would you rather be right or be happy?

What follows are 10 tools and ideas to help you BUST through your limiting beliefs.

Most of them require a paradigm shift, which Webster's refers to as: *an important change that happens when the usual way of thinking about or doing something is replaced by a new and different way.*

Another way of saying this is: these tools will encourage you to change or shift the way you think about yourself.

Be patient and kind as you begin a new relationship with yourself, exploring, identifying and releasing beliefs that have kept you in a less than desirable place.

There are also suggested action steps that you're encouraged to follow. When you take action and change you're thinking, you will be much more successful in your path to breaking through all things that limit you!



Congratulations, in advance, for having the courage to grow, to be the best possible version of yourself!





One: Take a Look

Thoughts can travel at incredible speeds ranging from 70-120 miles per second.⁸ So, in order to know what you're thinking, it's very important to SLOW THINGS DOWN. Once you are aware of your thoughts, then you can choose to do something about them.

An excellent way to slow things down is to *write them down*.

- Think of an area of your life – money, relationships, self-image – and write down core beliefs about that.
- Identify limiting beliefs that may not be serving you well. “I don’t know how to make money.” “I’m only comfortable making _____ per month.” “Money is dirty.” “Rich people are selfish,” etc.
- Take a look at the belief - any belief - that you're carrying around and fast forward 5-10 years down the road. Write about who you will be if you're still carrying this thought around with you. How will having that thought serve you or, more likely, not serve you? How will it affect your relationships? How will it affect your physical, emotional, psychological, sexual and financial health?
- What is having this belief hanging around costing you? Where is continuing to believe it likely to lead?

Write down your answers and take an honest inventory of where you are, and where you'd like to be.

What needs to happen in order for you to create your breakthrough?

Here's a hint:

Think back - when did you make that decision? What happened to cause you to form that conclusion?

We are often attached to the STORY related to an event in our past.



The truth is, that event occurred and it's over; except for the meaning we attached to it.

We continue to rehash it over and over, often relishing as we retell the story to anyone who'll listen, which reinforces our perception of it, strengthening the neural pathways, making it more real all the time.

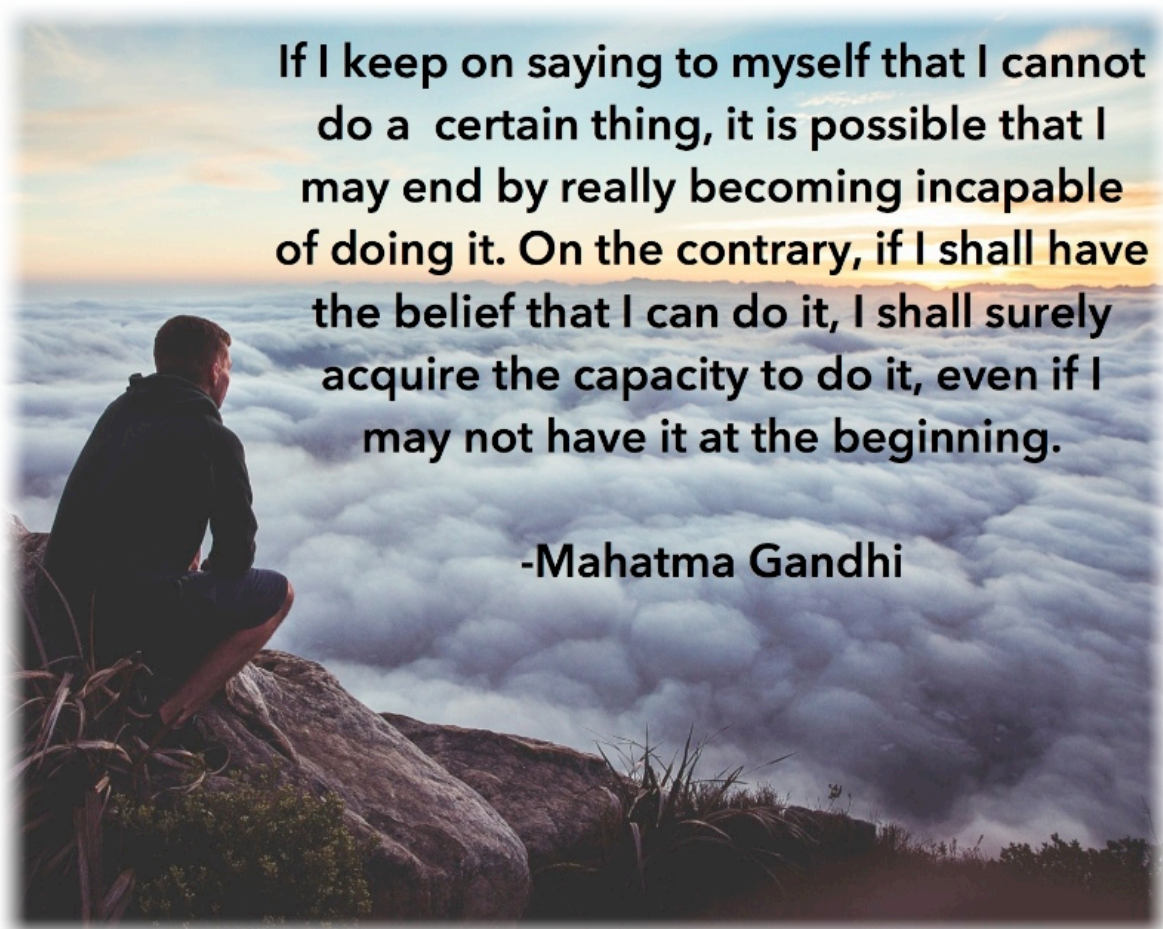
You see where we're going with this?

Once you realize it's the story you're attached to, it is much easier to let it go!

ACTION STEP: The next time you catch yourself allowing a belief to limit you, stop. Breathe. Remind yourself that it's *just a belief or just a story*. And you are powerful enough to change it.

If you're going to have thousands of thoughts per day, make them beautiful, empowering and loving!

That is where freedom is found. You can do this!



If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I shall have the belief that I can do it, I shall surely acquire the capacity to do it, even if I may not have it at the beginning.

-Mahatma Gandhi





Two: Two Magical Words

What we're about to share with you is so simple, yet so powerful, it has literally changed our lives in hundreds of positive ways.

When you're able to remember these two magical words, and use them, your life will change for the better! Guaranteed.

As we've mentioned, we're all running around with firmly held stories we tell ourselves over and over. We're so good at telling them that we have convinced ourselves of their validity.

That is: *Until Now*.

These two words can and will have immense power in helping you break through your limiting beliefs. All you need to do is place them at the end of ANY limiting statement you make about yourself. And BAM! Suddenly, a field of possibility opens up.

Let's say that you have a belief such as: "I can't save money." Now, instead of telling yourself that 'story' over and over again, let's try attaching the two words to the end of it: "I can't save money, until now."

What these two words do is multi-faceted:

- They help you immediately create a new belief system and shift away from your old story.
- They remove any judgment that you're carrying about your financial health, or lack thereof.
- It sends a clear signal to the Universe that while your inability to save money may have been an issue in the past, it is no longer true. You are now open to the possibility that things can be different!



These words can serve you in so many instances:

- I have difficulty making friends, until now.
- I can't stop eating junk food, until now.
- I feel disconnected from my family, until now.
- I spend a lot of time worrying, until now.
- I don't take proper care of my health, until now.

ACTION STEP: Find a friend and agree that you will remind one another to add “Until Now” when you catch each other saying any limiting statement.

Make THIS a new habit. And watch your world change for the better!





Three: Work Backwards

Ask yourself “What do I really want from this life? Who do I want to become?”

Connecting to your future, successful Self - the one who has already achieved what you’re envisioning - can be a powerful and beautiful process that helps you pave the way to get there.

What does your ideal future-self look like, act like and think like? What traits do you admire in that person and why?

Who knows you better than YOU? Connecting with your ideal, healed future-self can be life changing. If you ever wished to have a mentor, now you do!

We’ll tell you a secret: For Eli, this was a critical method of healing from cancer. In the midst of chaos and fear and confusion, he did the steps mentioned below many times, accessing his future healed-self, a cancer thriver, and asked him: “What did we do regarding chemo? What diet did we follow? Do I take this supplement or that one?”

The information and wisdom he gained paved the way to his full recovery. So try it for yourself! Be patient, as some people have an easier time visualizing than others. You might feel a presence instead, or just hear the answers quietly.

CONNECTING TO YOUR FUTURE-SELF

- Find a quiet place and make sure there are no distractions or interruptions.
- Sit comfortably, close your eyes, take a few deep, calming breaths.
- Bring to mind your future healed-self, 5 or 10 years from now. Have her or him sit in front of you. Notice how amazing they look: perfect weight, strong, glowing, happy, grounded, successful.
- See your future-self seated directly in front of you and look into each other’s eyes, feeling the powerful love between you.
- Allow yourself to feel what it feels like to be that person.



- Now, say hello to your most trusted friend and mentor! Begin a dialogue. Ask specific questions you might have: how did she lose all the weight? How was she able to stop taking her medications? What did she do to start her own successful business? What did she do to find her ideal mate?
- Do your best to listen. The answer will not be heard in your ears, it will be heard in your heart, your gut, inside of you. Write the answers down, being mindful of remaining in this semi-altered state.
- Allow this information, emerging from the highest part of you, to inspire you, guide you, encourage you.
- At the end of each session, say thank you, send love and gratitude to her or him. Slowly bring yourself back to yourself.

HINT: You might be tempted to discredit this process by telling yourself you're making all of this up. It may feel that way at first. So what if you are? Some part of you KNOWS what's right for you.

This will require you to **really listen to your intuition**. Some of the messages you will hear may not be what you expected, or be popular, or approved by others.

Yet, if they FEEL right to you, then honor them.

ACTION STEP: Trust the process. Start taking action to become THAT person! What immediate steps are needed to achieve your goal? What beliefs did future-you need to let go of? And how did you do it?

This powerful process could transform your life. Be patient with yourself and do it as often as you need to. It is wonderful to know there's a wise part of you who is willing to guide you and mentor you to achieve your dreams. It works!





Four: And Then What?

When working with a client recently, he shared that when he's faced with needing to make a choice, he looks at the possibilities with the question "And then what?" over and over to help him futurize, notice possible consequences, and make healthier choices.

In his example, we talked about his limiting belief that he wouldn't be able to quit smoking, and would likely pick up cigarettes again.

So, we went through the process:

"And then what?" Then he'd likely buy a pack.

"And then what?" He'd likely start smoking in the mornings before work again.

"And then what?" He'd identify himself as a smoker and harm himself for years to come.

"And then what?" He might become sick and die, therefore not attend his daughter's wedding and would never meet his future grandchildren.

The future consequences of a less than healthy decision were instrumental in helping him to break free.

How might this apply to you and your limiting beliefs?

Let's say you have the belief "I'm afraid of flying."

"And then what?" Then you'd pass up the family reunion in Paris to avoid the flight.

"And then what?" You might become resentful of the family members that did go.

"And then what?" You might shut down emotionally when you're around them.

"And then what?" You would feel disconnected from them.

"And then what?" They would stop asking you to join them at other family events, exacerbating your feelings of loneliness and disconnection.

So, by asking ourselves these questions we can recognize that holding on to the limiting belief produces negative consequences. With this insight we are more likely to release it and replace it with a healthier choice.

ACTION STEP: Next time you catch a limiting belief, explore "And then what?" as a constructive way to release it, perhaps helping you avoid unnecessary angst and disappointment.





Five: Set the Clock

Sometimes, our limiting beliefs feel like a source of protection. If you're not ready to release a limiting belief you've been carrying around because you're too comfortable with it - and most of us are more comfortable with the "devil we know versus the devil we don't" - you may wish to give yourself a time limit to let it go.

"I'm not ready to give this up yet. I'll give myself _____ more weeks to carry this baggage around, learn from it or get sick of it, and then I'll let it go."

And then KEEP YOUR PROMISE.

Mark a date on your calendar and work backwards. Start taking action in the direction of your desired outcome. Talk to your friends and family (see: Tell The Truth) and keep this eBook handy to refer to over the course of those few weeks.

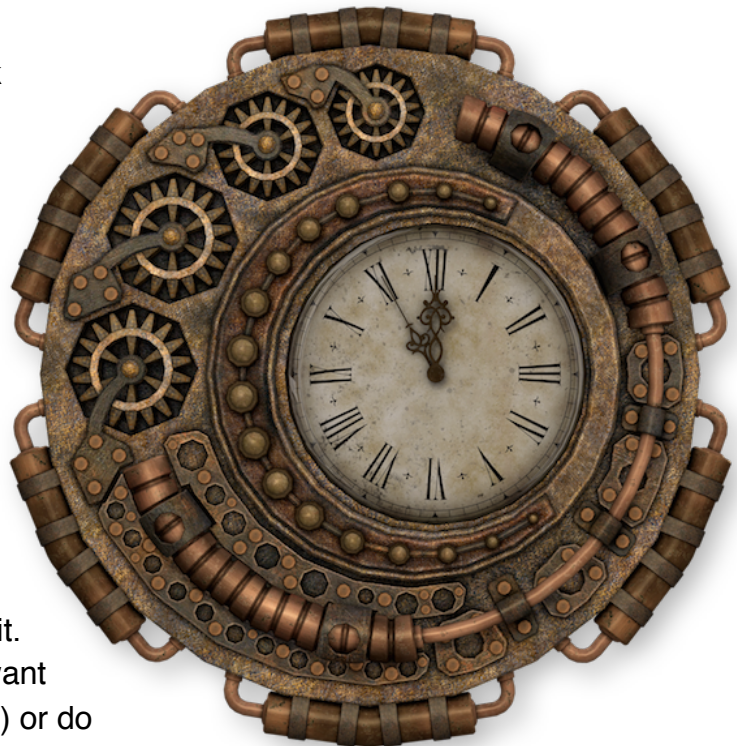
Sometimes it's easier to just yank the Band-Aid all at once, but once in a while, you may need to gear up for it. And that's okay.

Be gentle with yourself, and commit to it. When the date approaches, you may want to plan a ceremony (see: Got a Match?) or do something symbolic to honor the release.

HINT: Make sure you're not using this step as a reason to self-sabotage or continue to procrastinate. When the date arrives, do something loving and magical, and -

Let. It. Go!

Then, celebrate your freedom.





Six: Tell the Truth

When gathering with friends and the conversation turns to: *So, what have you been up to?* Instead of talking about work, or vacations, or *Oh, you know. The usual...* Here's a novel idea:

Tell the truth.

Tell your loved ones: "I'm working on letting go of limiting beliefs, so I can improve my life."

SQUEEK! Record Scratch! *Huh?*

If you're lucky enough to be surrounded by supportive, fellow human beings (and we trust that you are, or that you're actively working on creating that support) the conversation will likely turn toward topics that are meaningful and rewarding.

Maybe you can have a conversation about what they would love to release as well? What is getting in their way?

You may want to share about beliefs you've already released, or are working on releasing, and how that is helping you.

Sometimes, telling the truth opens up a whole new world of meaningful connection. And most importantly, by stating the truth, you are sending a powerful message to the Universe that you are committed to making this so.

We haven't yet mentioned the Law of Manifestation - and perhaps that's a topic for another time. However, when intending to manifest things into form, it's very powerful to speak your truth.

The short version is: when trying to create anything in your life, see it clearly first (in this case you being free, joyful and happy,) FEEL IT deeply in your heart, and state it out loud.

What you focus on expands. If you continually dwell and what's not working, guess what results will show up? So, sharing the truth about releasing your limiting beliefs will keep you focused on that. And before you know it, you will set yourself free!





Seven: Got a Match?

Many of us respond beautifully to ceremony and ritual. Below are several ideas; see which of these speaks to you.

Burn it - A great idea to help you release limiting beliefs is to invest a few quiet moments and reflect on what you're letting go of and why. Once you've identified what that is, write it down and burn it safely and mindfully.

It's helpful to place your hands over your heart as you watch the paper burn in your burning bowl. You can also say an affirmation either out loud or to yourself. "I am now ready to release this, and am open to –" Fill in the blank, with a positive statement.

Let It Go Box - Eli's favorite is his "Let It Go" box, which he created at one of our recent art workshops. Decorate a box, or other container, in a way that inspires you and reminds you to Let Go. Then write down beliefs, worries or habits you want to release, as they happen, and place the paper in the box. The trick is to completely **trust and have faith** that the Universe is handling it. It's not your job any longer. What a relief!

Months later, when you open the box and read what you were worried about, you'll be amazed at how it got handled on its own. It works!

Send it away - Another fun ritual is to write down your no-longer-useful belief and mail it far, far away. The address to the North Pole is: 325 S. Santa Claus Lane, North Pole, AK 99705

Wash it Away - Shower time can be a very powerful ritual. As you step into the warm water, bring to mind a belief you're ready to release. Imagine the magical gold or bright white water literally washing away the belief that's keeping you stuck.

Just as dead cells of your body go down the drain, never to be retrieved again, imagine your belief doing the same. Once it's gone... It. Is. Gone!



Meditation - Another powerful ritual or practice is meditation. Simply find a quiet place, without distractions, and close your eyes. Become aware of your breathing. Enter into a rhythm that calms you. Focus on the sound of your breath.

You may want to identify a sensation you'd rather not be feeling, such as anxiety. What is the opposite? Peace. Visualize inhaling tiny peace particles, collecting anxiety, and then exhaling them, immediately becoming neutralized with the air around you.

Do this until there is no more anxiety left in you and you inhale peace, and exhale peace. It's beautiful, calming, centering and grounding. Experiment with other words and emotions, and make this a simple and fulfilling process.

Morning Pages - In the wonderful book "The Artist's Way," Julia Cameron introduces us to the power of the Morning Pages process.

First thing in the morning, grab a thirsty journal or notebook and a pen. Then just write! Anything. It doesn't have to be beautiful or perfect or scholarly. Just release whatever's on your mind onto the page. She suggests writing three pages. Then stop. Don't even read them. You may choose to look at them at a later point; especially if you got a sense of having written some pearls of wisdom from your higher Self.

This is a great tool to become aware of what you're thinking! If limiting thoughts emerge, highlight them later with a yellow marker, and then try one of the techniques in this guide to let them go.

Gratitude Journal - This one is extremely powerful in helping us break free from feeling stuck in a negative place. After your meditation, or any time that feels right to you, write lists of what you're grateful for in that moment. It's also a wonderful thing to do just before going to bed. We both tell each other seven things we're grateful for or enjoyed during the day, right before going to sleep.

Smile. Connect with how fortunate you are to have a place to live, to have food, or pets, or your wonderful friends or your fabulous mate. Or that nothing hurts at the moment - or that only one thing hurts, or two, instead of ten!

You get the picture - there's always something to be grateful for.

Remember, what you focus on expands. Focus on the positive things you already have - or what you want to create - and stop obsessing with what's not working.

The tools in this guide will help you get there!





Eight: Act As If

If a certain belief is not working for you, believe something new!

How do you get yourself to do that? Be like a child, and make believe! Use the creative forces working through you and trick yourself into believing something new, simply by acting as if.

If you're scared about doing a presentation at work because you believe "I'm not a good speaker," act as if you are! How would a dynamic speaker walk into a room? How would they open their talk and connect with their audience? Have fun with this!

When you walk into the room, it will be the "dynamic you" filled with presence, enthusiasm, and connection. We all have these amazing qualities inside of us, we just need to access them.

How to do this?

- First identify a limiting belief. Let's say that one of your limiting beliefs is: "I'm shy, and I can't talk to people at parties."
- Tell yourself that it is a belief, UNTIL NOW, and it's not true (even if you think it is.)

If you want to argue that it IS true, remember that when you argue for your limitations, you get to keep them! So, just for fun, let's agree that it's just a thought and it's not a given.

- Try on a different belief: "Until now, I've been shy. Now I am grounded and confident."
- Don't just say it, do your best to really get into it. FEEL what that feels like.
- Now, act as if the new belief is real!

This might feel scary; yet remember that everything worthwhile takes effort. The energy that it takes to get out of bed in the morning when you're feeling comfy and warm, is the same energy as trying on a new thought.

So, how would a grounded and confident person dress? How would they walk? What would they say? Practice this, be silly, have fun, and then...



Take action!

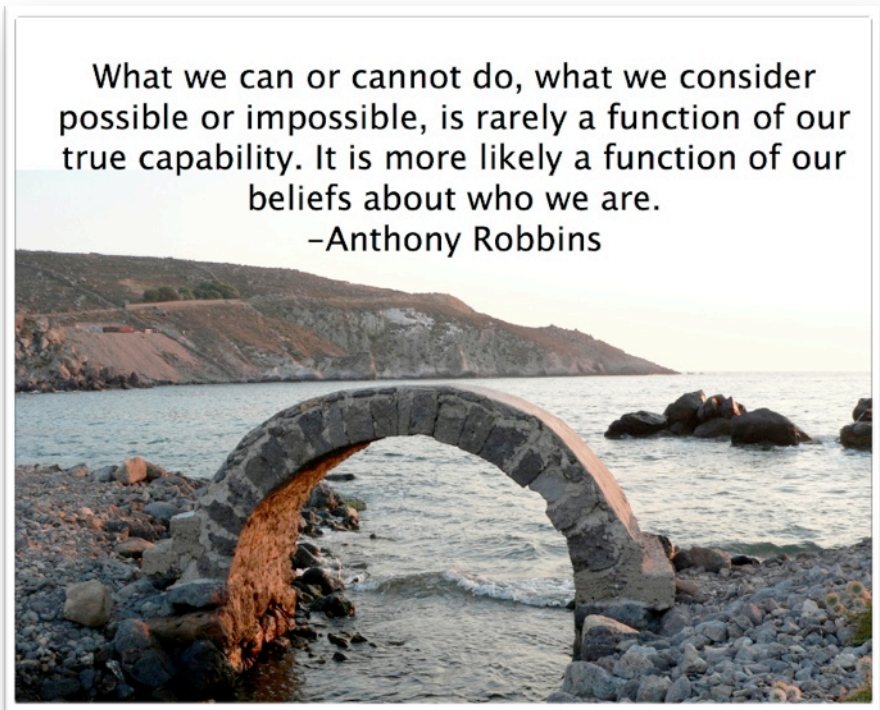
Even the smallest step will help solidify your new pattern. Your first steps don't have to be perfect, just headed in the right direction.

Wearing this new belief, "act as if" and go shopping for a new outfit. Remember to use "act as if" responsibly. 😊

Say hello to a stranger in passing. Gain confidence little by little. Then choose the event you want to go to and, like the hero of your own movie, act the part! BE grounded and confident. Say hello to people, smile, have interesting stories pre-planned you may want to tell. You may even wink at a stranger!

Get it? Yes, it will be a stretch! AND, this is how a strong new belief is created.

Remember the Jack Russell Terrier story? You are at choice: you can do the same thing you've always done (hide out in a corner) or visit the unexplored parts of the grassy yard where new and exciting things can be found.



Nine times out of ten, our fear about an imagined event in the future is much worse than the reality. Become addicted to breakthroughs! They give you energy, they make you happy, and they spark LIFE FORCE running through your veins!

Oh, and one last thing. Be sure to acknowledge yourself when you've taken that new step. You were brave and you did it! Now, pat yourself on the back like you really mean it.

Congratulations!





Nine: Believe in Your Self

Why is it that many of us seem to be hardwired to not believe in ourselves?

UNTIL NOW. (See how that works?)

What if you were to start a daily practice of believing in yourself? What would that look like? What kind of conversations would you be having with others, and more importantly, with your Self?

Watch your language.

A great way to start believing in yourself is being aware of what you say to yourself, and others. Not only your inner dialogue - actually how you express yourself to others.

It's time to change your vocabulary when it comes to certain words. It may seem trivial, yet it is more powerful than you know, unless you've experienced it directly.

Watch out for words like: can't, should, but, busy, worry, have to. It's amazing how the energy shifts when you replace those words.

Change:

“I can't” → “I'm willing”

I can't lose weight (is self-defeating.)
I'm willing to lose weight (opens up possibility.)

“Should” → “Could”

I should go to the gym today (invokes shame.)
I could go to the gym today (invokes choice.)

“But” → “And”

I love you, but... (creates separation.)
I love you, and... (inclusiveness, connection.)



“Busy” → “Active”

I’ve been so busy lately! (creates a mind-set of hecticness.)

I’ve been so active lately! (is productive, involves creativity.)

“Worry” → “Concern”

I am so worried about... (fuels the worry energy, making things worse.)

I am concerned about... (takes the charge away, diffuses worry and reframes it.)

“I have to” → “I get to”

I have to go visit my mother next week (duty.)

I get to visit my mom next week (privilege, opportunity.)



While we’re at it, do your best to eliminate the words **“I’ll try.”**

Truth is, you either do or not do, but “try” is a word that usually accomplishes nothing. It allows room for failure. “I’ll try to work out tomorrow.” That’s just an opening for an excuse.

Decide either to do something or not do it. If you don’t want to do it, don’t do it. It’s okay. Just don’t pretend that *trying* is the same as *doing*.⁹

While we are on the topic of vocabulary, we want to make sure to include another powerful quick and easy technique to bust a limiting belief:

As soon as you are aware that you said it, or even thought it, say out loud:

Cancel, Cancel!

And mime cutting the statement with imaginary scissors.

Do you really want to affirm that negative statement to the Universe? No. So cancel it as soon as possible and replace the thought or statement with what you would rather believe that empowers you!

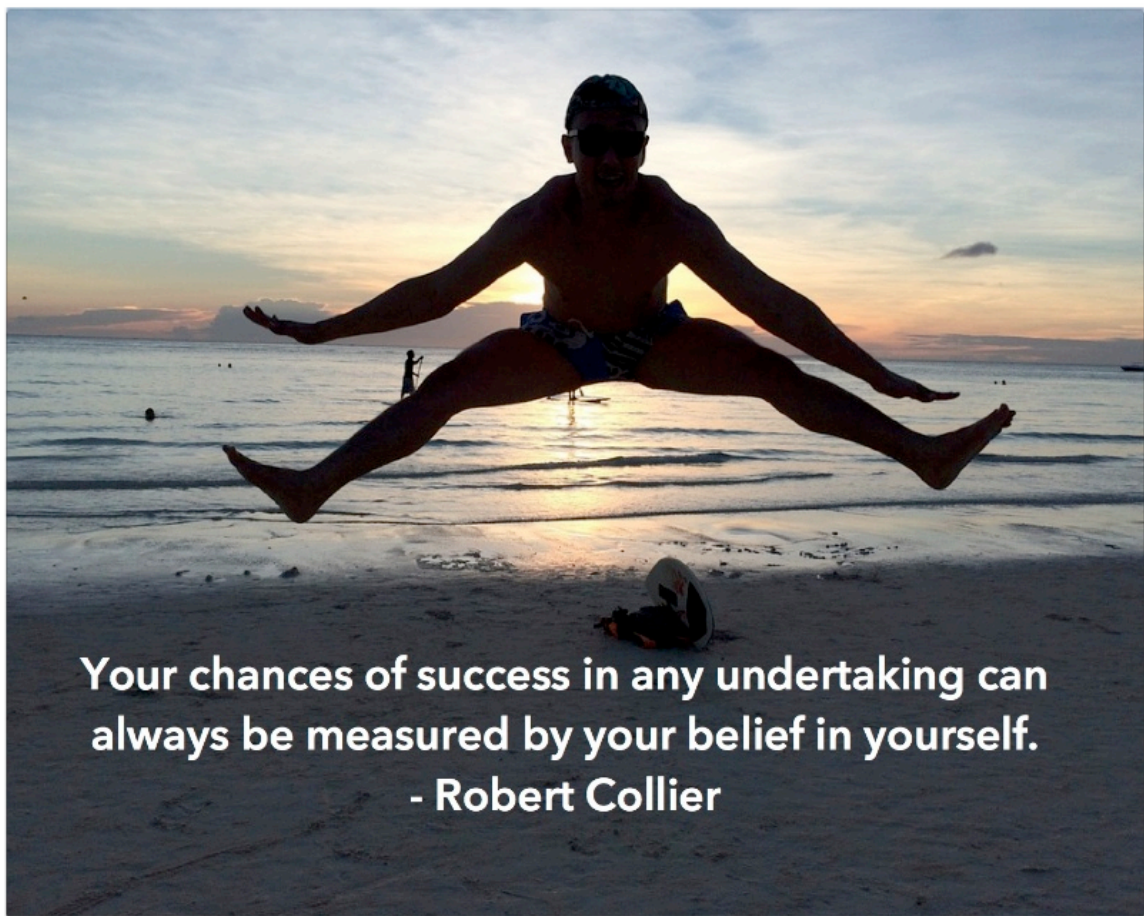




HINT: Treat all of this as a game! Please don't get too serious about it or beat yourself up. That's all part of the past, right?

Have fun, laugh, and keep it light and easy. That will help you speed through the process.

Believe you can, and you will!



**Your chances of success in any undertaking can
always be measured by your belief in yourself.
- Robert Collier**





Ten: The Work

We couldn't explore the topic of releasing limiting beliefs without mentioning a powerful method called "The Work" by Byron Katie.

The Work is a simple and very profound method to free yourself from unexamined thoughts that are holding you back. Katie is masterful at getting to the root of issues and working through them.

Her website TheWork.com has many tools available, including trained practitioners you can access on the phone who will guide you through the process, for free!

How did The Work come into being?

The story is that Katie was stuck in a deep depression for many years. She was completely non-functioning, suicidal, paranoid. She hadn't been able to go out of her house for years. She hated herself, her children hated her, and even the women at the halfway house she finally took herself to, were afraid of her.

So much so that they sent her to the attic to be by herself. She felt so miserable, and so unworthy that she decided a bed was too good for her, and she opted to sleep on the floor.

One day, as she lay there, wallowing in her deep despair, a cockroach crawled on her foot. In an instant, her pity party ended as she scurried away from the creature. At that moment, somehow an enormous shift occurred as she realized that everything begins with a thought, and when her thoughts got interrupted, her state of mind shifted.

And, as she examined this, The Work came into being. Katie now travels all over the world teaching people how to free themselves from their self-imposed prisons.

The Work is a way to identify and question the thoughts that cause all our suffering.¹⁰



Byron Katie is a self-proclaimed lover of reality. She is fiercely passionate about accepting “what is” and examining our uninvestigated thoughts.



Basically, The Work asks four questions, and then three turnarounds for the limiting thought.

As explained in the The Work website, imagine you have a thought like: *Paul doesn't listen to me*. And that thought causes you a lot of pain and misery.

Ask yourself four questions:

1. Is it true? (Yes or no. If no, move to 3.)
2. Can you absolutely know that it's true? (without exception, yes or no.)
3. How do you react, what happens, when you believe that thought?
4. Who would you be without that thought?





In our experience in working with this process, typically the first answer is Yes. We are fully invested in this belief or thought being true. “Of course it’s true that Paul doesn’t listen to me!”

Question 2 asks you to look further. Is it absolutely true in all ways, in all instances? Are there times when Paul DOES listen?

“Oh,well, maybe, sometimes. Once or twice he does.”

Okay, so maybe it’s not 100% true, all of the time.

Question 3 asks to identify how believing this thought feels inside your body. “Makes me angry, I become anxious, and get a stomachache and headaches. I feel miserable!”

Question 4 asks: if you didn’t have this thought, if this wasn’t part of your reality, who would you be? The answer might include: “I’d be happy, feel free, have energy, feel loved, be at peace, etc.”

By this time a person usually begins to realize: Ah, interesting... so if I hold on to the thought I feel crappy. If I let it go, I feel good!

Sometimes, that’s all it takes and suddenly Poof! We disengage from the energy we had attached to the thought that was making us miserable.

Or, sometimes, we might revert right back to: But, it’s true! Paul really doesn’t listen to me! It’s not just a thought!

All we’re doing is investigating. Katie never asks anyone to drop the thought. She only asks people to examine what the thought is, and how it’s affecting us.

Then we move on to turnarounds. What are they?



TURNAROUNDS

There are three ways to turn around the limiting thought, helping you to look at it from different perspectives. With each turnaround we find evidence that the new statement has validity.

The statement *“Paul doesn’t listen to me”* becomes:

1. *“Paul does listen to me.”* Find at least three specific, genuine examples of how the turnaround is true for you in this situation.
2. *“I don’t listen to Paul.”* List three examples of how YOU don’t listen to Paul sometimes, from his perspective.
3. *“I don’t listen to myself.”* Is that turnaround as true or truer? Identify three concrete examples of how you don’t listen to yourself. This might be getting closer to the core issue. Maybe your intuition has been guiding you and you haven’t been listening?

Typically after you’ve completed this process, your thoughts begin to lose their grip on you. You realize that your suffering stems from your own thinking and you have the power to change that!

There are dozens of videos on You Tube with Katie doing The Work with many people who have limiting thoughts that might be similar to yours. There is even one about a woman terrified of the 45th president!

This is only a brief introduction to The Work. If you’d like to know more, please visit the website at TheWork.com

OUR ANTIDOTE VARIATION

We developed a seven step variation of The Work that uses an “antidote” to counteract the toxic effects of negative thinking. We hope it helps you.

1. Identify the thought. For this example let’s use “Making a lot of money is stressful and makes me ill.”
2. Where did you acquire this belief? Go back into the past and identify the moment you formed this belief: “My biggest year in business, three years ago, almost killed me.”



3. How do you feel when you say that statement or have that thought?

“I feel sad, disappointed, like things are futile, like I’ll never be truly successful. Makes me tired and depressed.”

4. Who would you be without that thought? “I’d be free and not afraid to make money. I’d be wealthy and have greater peace of mind, feel energized, happy!”

5. Write the antidote to the limiting belief. This is the direct opposite that, in essence, vanquishes or neutralizes the limiting belief (a sort of turnaround.) Write this in the positive, present tense:

ANTIDOTE: “Making lots of money is wonderful, fun, and easy. I love making money and it energizes me as I remain completely healthy in all ways.”

6. Write at least three examples where the statement (the antidote) has been true in your life.

“Last month I earned unexpected income and was able to remain totally healthy.”

“I received a generous birthday gift and there was no struggle attached to it.”

“Two years ago a client gave me a huge bonus and I took my parents to Europe.”

7. Write the antidote statement on several index cards and place them in obvious locations where you can see them and be reminded of your new truth. Read the statement out loud many times per day, with a smile on your face, and feel the excitement of the new thought becoming reality.

Do this consciously for at least 30 days. And watch as your reality begins to shift!





Final Words

Sometimes, some of our thoughts can truly terrify and terrorize us. We tend to give power to certain thoughts that soon spin out of control and take over as we descend down the rabbit hole. You know the ones, right? It's no fun!

Here's something to consider: Thoughts that terrify us often come from a very scared inner child living inside us whose very existence is being threatened, at least from that child's perspective.

She is trying to protect both of you. What if this or that happens and we end up on the streets or worse? What if we get sick? What if we get hurt again? Those scary thoughts are very powerful and tend to be rooted in fear.

Eli had an epiphany when he was dealing with cancer a few years ago. He realized that the terrorizing thoughts he was having weren't actually his but his inner child's.

And, he had given the kid full power to drive the bus!

Imagine a child of six or seven driving a speeding bus on a busy freeway! And you, sitting in the back seat, terrified!

What would you do?

You would somehow manage to stop the bus and YOU, the adult, would get behind the wheel, that's what!

So, why would you continue to allow your inner child to drive you?

What your inner child needs from you is love and reassurance, and being an assertive leader. Talk to her or him. What is scaring them? What are they afraid will happen if this or that? Have a loving chat together, perhaps during a meditation.

Then hold them tenderly and lovingly, let them know that you are here to protect them. You will make all the right decisions to make sure both of you are going to be fine and safe.



YOU are the adult and it is your job to do this. So, lovingly ask your little one to take a seat behind you, fasten her seat belt and trust you.

This is exactly what Eli managed to do. He assured his little boy that he was going to make all the right decisions to keep them both alive throughout their ordeal. They worked on building faith, together. They established a new way to communicate.

And here they are now, feeling well, healthy and happy, having recovered from a traumatic experience with love, patience and commitment to one another. (Aside from all the love and support he received from family, friends and his loving community.)

The antidote of fear is faith. And trust. So trust yourself and your capabilities to take care of the little person inside of you, continually parenting yourself with love, kindness and patience.

You can now stop beating yourself up. What if it's not the adult you who's scared and confused, but the little one inside? So, be gentle, and give love and support to each other from now on.





Now It's Your Turn

Much of what limits each of us, as we've learned together, is the bullshit we continually tell ourselves. Hence, the title of our book!

The key to transforming our lives is becoming aware of what those thoughts and beliefs are, and doing our part to bust through them and replace them with what empowers us.

We are far more powerful than we have been led to believe. It's time to remember who we really are.

The negative messages we tell ourselves constantly, and often unconsciously, are not true. And even if we believe them from time to time, it's our responsibility to discover a way to disengage from the stories and limiting beliefs that keep us locked up, so we can then find the freedom to become who we want to become. To be who we came here to be.

Regardless of your age, you have the power to create a rich, wonderful life filled with meaning, fun, abundance, health, and anything you desire.

You need to believe that, and let go of anything that keeps you small.

Now, it's up to you to be mindful, to become the gate keeper of your thoughts, to lovingly bring your Self back to a reality that supports your growth, your joy and your absolute health in all ways.

You deserve to have the life of your dreams. And, you can do it, one step at a time.

If we can, in some way, inspire you, remind you, guide you, it would be our greatest joy.





Thank you!

We want to thank you for reading! We put a lot of love and care into this guide, and even if we may not know each other in person quite yet, we wrote it for YOU!

Our sincere hope is that this guide motivates you to continue to grow, enjoy your life, and get out of your own way in order to create the life you deserve.

And now, let's stay in touch!

We invite you to visit our website SublimeGuys.com, explore and share our blogs, try out our healthy recipes, enjoy videos, writings, and attend our live and online seminars and courses. All of which are designed to SERVE YOU, and inspire you to live your life to your highest potential.

We would love for you to join our Facebook page [Sublime Guys](#) to connect, build a community of like-minded wonderful people who are all improving the quality of their lives, get inspired, and make new friends.

And, the Facebook page is a great place to post your comments and feedback about this eBook, too!

If you need support, consider working with us through [life-coaching, relationship counseling, hypnosis and more](#).

Please feel free to share this eBook with your loved ones. Having people in your life who speak the same language and are committed to healing together makes an enormous difference in the quality of your relationships.

Thank you!

In love and gratitude,

Eli and Joseph
www.SublimeGuys.com.





About the Authors

Eli Hans and Joseph Bennett met and instantly “married” during a mass commitment ceremony in July, 2000. They were perfect strangers who happened to be standing at the right place, at the right time, and were inspired to step outside the box and say YES to a divine impulse.



This powerful partnership of multi-passionate entrepreneurs co-founded a successful interior design firm [Sublime Design Interiors, LLC](#), in 2002. They have enjoyed many creative endeavors that include co-producing theatrical productions, more than a dozen sold-out performances with their improv troupe [The Improv People](#), and have developed art workshops, community outreach programs, personal growth classes and seminars.

Eli, a Renaissance man, is a writer, actor, designer, gifted chef, a [wellness & life coach](#), passionately committed to inspiring others to make more life-affirming choices, especially after overcoming a cancer diagnosis through a variety of conventional and unconventional strategies. He is a certified facilitator of [The Passion Test](#) process and is currently developing courses and seminars on personal development. He holds degrees in Television and Film production as well as fine art and design.

Joseph is an [artist](#), actor, [clinical hypnotherapist](#), [an inspiring life coach](#), and spiritual counselor specializing in working with individuals with creative blocks, limiting beliefs and those living with fear, indecision and worry. He has founded community outreach programs that have enriched the lives of thousands of people. Joseph worked as a psychiatric social worker for over a decade, and holds degrees in Human Services, Education and a Master’s in Business Administration.

Together they have created [San Miguel Retreats](#) in magical San Miguel de Allende, Mexico - a wonderful place to rest, heal, thrive and become inspired!

They are on a quest to share their ideas on how to live a truly inspired life through their blogs, videos, writings, seminars and courses. Please visit the authors’ website at [SublimeGuys.com](#)





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