

Masters of Destiny Class 3 : Identifying Limiting Beliefs Worksheet

Most of you will already have done substantial work on identifying limiting beliefs – those ideas and thoughts that have impacted your decisions, choices and behaviours that have often led to challenging life circumstances.

The Sixth wave 'mind' holograms are an enormous source of our limiting beliefs as a result of the egoic Self stepping into the driving seat so to speak.

The categories below represent characteristics of the Sixth Wave holograms that have given rise to limiting beliefs that have become embedded and reinforced over time, through ancestral lineages, life experiences etc.

Think about scenarios where you've acted in negative or toxic ways and think about why. If you look closely at your toxic behaviors, you might discover that the underlying cause is limiting beliefs.

For instance, if you find it difficult to speak your mind when someone has offended you, you may possess the limiting belief that conflict is bad. This, in turn, could keep you from having truly intimate relationships as you're unable to speak your mind and have healthy confrontations.

Once you have identified some of these beliefs, choose one that may be particularly challenging and then utilize the biohologram (holodyne) process to assist with the transformation. Remember that you are working with an aspect of consciousness that lives within you, and is therefore a living force that you can communicate with. Notice as you engage with it and the Biohologram process, how different this feels to other processes where the pattern may be experienced as more inert.

The questions to help you focus are simply suggestions & I'm sure you will find more as you explore!

You can obviously do this as many times as you wish as you transform and open the pathways to embody more of your True Self – to step more fully into the Ninth Wave resonances.

Sixth Wave Limiting Belief Patterns

1. Safety & Security

(where do you not feel safe in the world, what are your fears, where is there a reliance on an external provider of safety & security?)

2. Authoritarianism and Control

(where do you allow others to control how you feel, rely on others to tell you what to do, where do you deny your inner authority, what are the fears around standing up to perceived external authority etc?) Think religion, familial, societal etc. Where do you feel a need for overly structuring and organizing elements of your life (or the opposite)?

3. Guilt

(where have you stifled your natural responses and emotional flows through imposition of blame and guilt-tripping by external sources. Where do you respond to certain events from a sense of Duty as opposed to from Love or Truth? “I have to, otherwise.....”)

4. Victimhood & Persecution

(Where do you act out of either polarity? Where have you been subjected to either of the above? Where do you feel powerless? Where do you abdicate responsibility?)

5. Trust

Where or in whom do you place your trust? How deeply do you trust in yourself and your inner voice/guidance? How balanced are the energies of your inner masculine/feminine? Where do you 'talk' yourself out of things even though you inherently know them to be right?