

Limiting Beliefs

“We are like computers, and our beliefs are the software with which we’re programmed. Often our beliefs are programmed into us without our knowledge by our culture, community, religion, and family. Even though we don’t choose those subconscious programs they run our lives. They control our decisions, perspectives, feelings and interactions, and so they control our destiny. What we believe we become. There is nothing more important than unearthing what we really believe to be true about ourselves and our world.”

Glennon Doyle

The White World-Bridger Wavespell is about letting go of all the stuff that needs to be released in order for you to become the most authentic and true version of yourself that you can possibly be. Maybe you’ve had glimpses now and then of something “more” and then quickly dismissed the thoughts as fantasy...

Ask yourself: *Is my life the truest and most beautiful I can imagine?*

If not, chances are you have beliefs that are blocking your path to true happiness.

Understanding your own beliefs is the first step towards releasing the ones that are not helpful. Many of our beliefs are formed in childhood... but are they still true?

Here’s a few prompts for exploring your own beliefs. Approach them with an open mind, take some time to breathe slowly and think, then journal out anything that comes to mind. How might your beliefs be holding you back?

- What were you taught to believe makes a good child?
- What do you believe makes a good husband/wife/partner?
- What were you raised to believe about gender roles?
- How were you taught to express love?
- What were you taught about faith and religion?
- What ideals were you expected to strive for?
- What parts of yourself were you taught to be ashamed of?
- What feelings were you taught to repress?
- What do you believe about money and success?