

Shifting Perceptions

By Steve Little

Last week I promised to provide you some tools for addressing the subconscious limiting beliefs that show up for you, especially in the context of creating a clear vision of what you want through the exercises I provide in the 2 part article series “[The Second Step: Know What You Want - Part 1](#)” and “[The Second Step: Know What You Want - Part 2](#)”

As the result of the exercise I had you do, you now have 7 pages of paper, each with a list of affirmative declarations on one side and a list of the negative or counter-intentional thoughts or feelings on the other.

If you have not completed that exercise yet, then you will want to go back and do so now.

The negative, counter-intentions on the back side of this list are evidence of the existence of subconscious limiting beliefs. These limiting beliefs are the reason you are not already enjoying the successful abundant life your perfect business will provide.

Let me restate that:

These subconscious limiting beliefs ARE the reason you are not already enjoying the successful abundant life your perfect business will provide.

Clearing these subconscious saboteurs is one of the critically important keys to finding your perfect business.

The “trick” is that the memories which actually source these limiting beliefs are very likely unconscious to you.

I am going to give you one of many techniques for excavating and eliminating them. I'll warn you now that you may be skeptical of this technique and may think the exercise is hokey and a waste of your time.

I want you to know that the resistance you feel to this process is itself a limiting belief; it is an enemy within. Sourced by your ego, it does not want you to break through this barrier.

I challenge you to try it before discarding it.

I am going to illustrate how to use this technique to eliminate the subconscious success bandits with a story:

It's about Aaron

Aaron had always wanted to be an interior designer.

Even as a young boy, he would sketch beautiful and extraordinarily creative re-designs of the homes and offices he was exposed to. There is a funny story I will relay at another time about the redesign he did for his Orthodontist.

He never showed these designs to anyone; not even his parents. They were relegated to the deepest darkest drawer of his desk. Over the years he accumulated hundreds of them and told me privately that he had thrown 10 times that many away as they got old in the drawer.

Why he did this was a mystery to him until he tried the exercises I am giving you now.

When Aaron began writing the affirmative intentions for each of the 7 areas of his life's desires, he was emotionally rocked by the intensity of the disparagement he heard from these inner voices.

When he wrote, "I am a brilliant, creative and successful designer", deep from within his subconscious mind erupted a torrent of self doubt, criticism and abuse. He described it as sounding like this, "You're kidding yourself, you're a fool, an untalented pretender, a joke..."

Where did these negative beliefs come from?

Who could have planted these seeds of doubt and unworthiness?

When were they put there?

STOP: As you evaluate your list of negative thoughts and emotions, ask yourself these same questions.

See if you are as mystified as Aaron was.

Aaron did what I am going to tell you to do right now:

He sat quietly and stared at the list of negative emotions that spewed forth as he visualized his desires and intentions.

He gave particular attention to how these limiting beliefs felt.

He described it as fearful; an anxiety laden pit in his stomach; a sick feeling.

I have heard others report that they felt warm with anger, or nervous with trepidation. I have also had people report aggravating headaches from this part of the exercise.

Here is the key.

Once Aaron had a firm fix on the feeling itself, he closed his eyes and using his imagination he traveled back in time.

Past the discomfort he felt the day he showed up for his job.

Past the anxious days of college and his inability to 'fit-in' with the cool crowd.

Past the embarrassment he experienced that time at the high-school dance.

Way back....

And there, in the recollection of an event which happened when he was a young boy, he found the villain.

He discovered the first time he could recall feeling exactly as he felt right now in this moment sitting in front of his list. It was an event he had been too embarrassed to recall since.

Here is what he saw:

He had always been very talented. One day, a malevolent teacher had praised his work privately before class and then had publicly ridiculed his choices of color and shading while reviewing the work with the rest class.

Young Aaron was confused and deeply hurt. He was so hurt he buried the incident in his unconscious mind and made two life altering subconscious decisions that day.

There is little wonder why he felt that someone could praise his work and not mean it.

There is even less surprise that he felt unworthy and incapable of pursuing his passion as a designer.

Reduced to its essence, Aaron's deep seated unconscious belief was that he was only kidding himself to think that he could draw and design.

This belief had dominated his thinking for decades.

Whenever anyone complimented him on his obvious talents he became deeply suspicious and resentful.

His discomfort with showing people his work is based on his distrust of others and the paralyzing fear that his beliefs about his lack of talent and artistry would be confirmed.

Whether you are willing to admit it yet or not, you have these kinds of memories too.

No, you may not have been ridiculed publicly, but there is no doubt that you have had some kind of experience in life that stifles you and keeps you from pursuing your passions.

Know how I know?

Because, you're not pursuing them.

In other words, the deep seated memories that source the subconscious limiting beliefs that keep you from pursuing and enjoying your perfect business are only visible to you here and now, experientially.

Because it is your experience, it is your belief.

Because you are not doing it, you have evidence that you do not believe you can.

Your next assignment is to do what Aaron did.

Step 1:

Choose one of the 7 pages and read through the affirmations there.

Step 2:

Turn it over and read through the negative limiting beliefs that come up for you. Add any new ones that might appear.

Step 3:

Now, close your eyes and explore how you are feeling. Describe the feeling.

Is it in your heart, in your stomach, or in your head?

Is it tension, pain, uneasiness, or is it a queasy feeling?

Step 4:

Once you have a firm fix on the feeling, begin rewinding the hands of time.

Think as far back into your past as you can and find the first time you can recall feeling exactly the way you just described. Keep in mind it doesn't have to be related to business or working in any way. You are looking for the time when you first felt as you describe this feeling.

Step 5:

Got it? GREAT – Now, write it down.

What was the story? How old were you? Where were you? Who was with you?

Aaron was a young boy in art class, his classmates were with him.

What happened?

Aaron was praised privately then ridiculed publicly for his work.

What did you decide it meant?

Aaron decided that this meant that people who praised him could not be trusted and that he was fooling himself for believing he could be a designer.

Step 6:

Ok. Now that you have the memory, I want you to ask yourself, is the decision you made about that experience true?

Know this: It is only true if you allow it to be.

Once you see that the belief you formed is a result of a decision made as a child under some kind of duress, you can see that you can change this belief and consequently change your current experience.

This will liberate your desire to create the life you want as recorded in these 7+ sheets of paper.

Here is how you will do it:

Step 7:

Re-write each of the negative limiting beliefs that you recorded last week as positive affirmations.

In other words, invert each negative thought or emotion into a positive affirmation.

It will look something like this:

If the original affirmative declaration from last week's exercise was:

I earn \$10,000 per month as an independent virtual assistant

And the limiting belief that came up for you at the time was:

I am not knowledgeable, worthy, smart or talented enough to earn that much money

Then the affirmation to write in this weeks exercise might be:

I am extremely talented and intelligent and worthy of earning \$10,000 or more per month.

Repeat this for each and every negative limiting belief listed on each of the 7 pages.

Step 8:

Beginning tonight and continuing for the next 28 days, read through these affirmations aloud twice a day; once in the evening just before you sleep, once in the morning just after you arise.

I guarantee if you do, you will no longer be subject to the fears, uncertainties and doubts of that little child.

You will be free to pursue the inspired ideas you are now prepared to generate in the search for your perfect business.

Aaron did this and now has a phenomenally successful commercial design business.

You can too.

Stay tuned for my next post. In it I escort you into the process of generating relevant new options for your perfect business.

I am standing for all that is possible for you in life and business.

I appreciate you listening.

Sincerely and gratefully,

Steve

ThePerfectBizFinder

www.theperfectbizfinder.com

P.S. If you enjoyed this article, please share it and the link to www.theperfectbizfinder.com/blog with your family, friends and associates. It will not only help them, it will help them help you.

P.P.S. Be sure to comment on this article. I am here to provide you the assistance you need and want to be sure I am getting the job done.