

# CLEAR FEAR, ANXIETY, AND UPGRADE THE LIMITING BELIEFS KEEPING YOU FROM FULFILLING YOUR HEART'S DESIRES

**Please think about something in your life you want but don't have yet and notice how thinking about this makes you feel.**

Do you feel any tension or constriction anywhere in your body?

If you do, you are not yet comfortable having or receiving it.

These statements we are about to work with are foundational beliefs which support having greater success and fulfilling love in your life. Please sit in the crossed posture as you read these so you can begin to get your body and central nervous system comfortable with them.

## THE CROSSED POSTURE

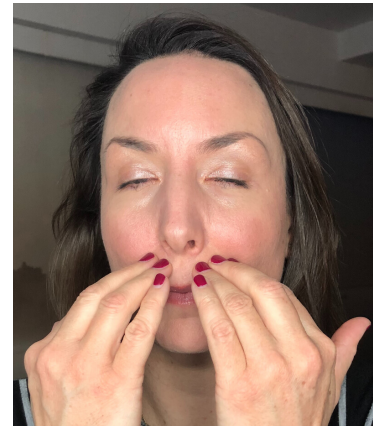
Crossing the ankles, wrists and fingers, simultaneously, can override a stress response by signaling the brain to work bilaterally. When you have a stress response, you automatically utilize your more dominant brain side. If you are predominantly a right brain thinker, more energy and blood goes to that side. If you are predominantly a left brain thinker, more energy and blood goes to that side. The crossed posture encourages bilateral brain function, and can bring the body into a restive, parasympathetic state.



## BELIEF STATEMENTS

- 1. I let go of the notion I have to do anything to be loved. I am lovable as I am.*
- 2. I let go of the need to prove myself. I do my best and my best is always good enough for me.*
- 3. It's healthy for me to want money and appreciation. I am proud of myself and deserve to be rewarded for my efforts.*
- 4. It's okay for me to have more money than I need and more money than my family, friends, and the poor.*
- 5. It's safe to give and to receive love.*
- 6. I learn and grow from all of life's experiences even the painful ones.*
- 7. I trust myself and the choices I make.*

Tap the following points as you repeat the script below it out loud or in your head.



"As I think about what I want, I am willing to release any stress or tension that I am feeling in my body. I am willing to help my body digest any of the trepidations or fears I may have about success or failure. As I tap, I can release these emotions and begin to accept all that is possible for me in my life. I have felt love before and I can feel it again. I have felt proud of myself before and I can manifest success again. I am loveable. My best is good enough. I can be appreciated. It's safe to give and receive love with clear boundaries. It can feel good to have an abundance of money and be an example of what's possible for others. I learn from all my life's experiences, even the painful ones and I can trust myself and the decisions I make."



Then say or think the following phrases as you tap each chakra, working your way up from the first chakra:



### 1st Chakra

I am willing to release any fear of the unknown or unfamiliar now because I know I can make choices along the way that keep me safe and free.



### 2nd Chakra

I am willing to release any and all expectations so I can focus on how excited I'll be as I get what I want.



### 3rd Chakra

I can release any "should's" or "shouldn'ts" about having what I want and get present to who I am, what I want, and how I can serve the world.



### 4th Chakra

I am more than enough and I have more than enough to get what I want.



### 5th Chakra

I can release any of the fear I may have about asking for what I want or what I need with ease and grace.



### 6th Chakra

I can see myself having what I want.  
I can visualize and see myself having what I want.



### 7th Chakra

I am willing to receive support, help and guidance from my highest self, my intuition, and all that is.

Please re-read the belief statements on the first page and see if they feel more true to you now.

**Please think about that thing you want in your life again.**

*How does it feel now? More possible?*

Also, pay attention to how you may be seeing things and reacting to situations differently in your life as a result of doing this exercise regularly.

You can have everything you want if you believe you're worthy of it and it's possible for you!

***Free your energy with this exercise and your dreams can follow!***