

Subconscious Beliefs Limit your Life

Core beliefs are thoughts or beliefs you have about yourself and about your life that are hidden in your subconscious mind. It is a belief that you accepted to be your truth at some point in your life. Core beliefs can be new but often many were created in early childhood and remain hidden for years.

Through yoga therapy and other mind body techniques I help my clients discover beliefs about their fertility and pregnancy that they were never consciously aware of. Thoughts like “I won’t be a good mom” “Pregnancy will make me fat and ugly” “I don’t want to become pregnant, I want to adopt” and “My uterus and eggs are too old to conceive”. These are just a few of the many beliefs I have helped my clients discover. Each one had no idea the thoughts ever existed in their minds. Some core beliefs can interfere with your ability to conceive. As much as you want to become pregnant these deep seeded core beliefs can get in your way. So how do you clear your thoughts and old beliefs so you can get out of your own way?

1. Sit down in a quiet place with a pen and paper.
2. Close your eyes and focus in on your breath. Without changing the breath begin to observe your inhales and exhales. Invite a longer exhale making room for a longer inhale. Allow the breath to reach deeper into the lower lobes of the lungs, expanding through the ribs, belly and pelvic floor with each inhale and softening everything back in toward the body with each exhale. If your mind starts to wander gently bring your awareness back to your breath.
3. Ask yourself the following questions and allow the answer to come intuitively. Write down the first answer that pops up in your mind even if it doesn’t make sense.
 - Do I want to have a baby?
 - Do I want to become pregnant?
 - Is my body able to conceive?
 - My uterus is _____
 - My ovaries are _____
 - My body is _____
 - What belief do I have about fertility?

As you begin to review your answers do so without judgments. Remain open and curious. Journal about your answers and explore your thoughts about the exercise. Choose one belief and ask yourself the following questions.

- Is this belief true?
- Where did this belief come from? Is it mine or someone else’s?
- What new belief can I replace this one with? What thought would be more positive and supportive?

The key to changing a core belief is AWARENESS. If you aren’t aware of how you feel about your fertility and pregnancy then you can’t change it. If you need more help discovering and transforming limiting beliefs contact us for some guidance. Family

Passages offers Yoga Therapy, Mind-Body Techniques and Yoga for Fertility to help you transform limiting beliefs into inspiration and motivation.