

## Let Go of Limiting Beliefs and Reclaim Your Energy

### Transcript

Hello and welcome. This is Dr. Ritamarie Loscalzo, and I'm here to talk to you about a topic that's actually quite near and dear to my heart and it's something that we don't hear about or talk much about in our health care circles and that is letting go of limiting beliefs. Limiting beliefs are a big factor in keeping you from reaching the level of health that you deserve, so the title of this presentation is Let Go Of Limiting Beliefs And Reclaim Your Energy.

It's amazing as we start to dissect these limiting beliefs, how much they are zapping your energy, how much energy and time it actually takes to keep these limiting beliefs alive, and to live within the bounds that these limiting beliefs put you. Let's get started.

Before we begin, I just want to make sure that anything I'm talking about here is not intended to replace a one-on-one relationship with a medical doctor or medical practitioner of any kind. It's not medical advice. I'm just sharing from my experience and my expertise in the clinical cases that I've worked with to you, to just open up some different ways of thinking about things, but if you are under the care of a practitioner and you have specific conditions or on medication, just make sure that anything I share with you you bounce off your practitioner before you begin.

With that said, let's start with one of the things I love to talk about, which is the concept of head, heart, habits. Here's the deal, like if you go about and decide that, "Hey, I'm going to improve my health and I've heard that eating this or not eating that or taking this particular supplement or doing this particular exercise, is going to help." You'll just jump right in and start to make changes, start to try to change the habits. Before you change your thought process about it and your feelings about it, you may find yourself frustrated and having a hard time making those new habit stick. What I believe is, we start with the head and we shift the heart and then the habits will naturally flow.

Let's talk about why that is. Well, what's experience plus belief equals thoughts, so your thoughts are not just random things that occur in your brain. They are based on things you've experienced in the past and your beliefs: what you believe about life, about people, about relationships, about all different things, and those beliefs we'll talk about more come from all different places, but when you have certain set of experience and a certain set of beliefs, that creates your thoughts.

If you look out the window and it's raining out and you think, "Oh no, it's raining out. What a horrible thing. It's going to ruin my day." That's a set of experiences. It says, well rain is bad, and if it's raining out, then I can't have a good time. Maybe it's based on an experience of having had a planned picnic or excursion canceled because it rained. Experience plus your belief equals your thoughts. "Ah, I'm going to have a bad day because it's raining out."

Whereas, you can also look at the window and see that it's raining and say, "Wow, what a great day. It's raining out." That would be a thought. What would that thought be based on? Well, it's certainly would be based on a different set of experiences and beliefs than the one we talked about first. It may be, "Oh, wow, when it rains, the flowers and the grass all get nourishment and they grow" or "my vegetable garden is going to get nourished and grow. Oh, wow, that's a good thing." Maybe it's based on an experience of having had really great time on a rainy day and going out and jumping in puddles when you were a little kid, but your experience plus your beliefs led to that thought.

The thing is we can change our thoughts and the thoughts that pop into our head instantaneously by working on changing the beliefs. We can't really change our experiences, although there are ways to trick your mind into thinking that you've had certain experience that you change your memory of those things or you could relive them in a different way, but that's not what we're talking about here. We're going to be talking about being able to change your beliefs so you could change your thoughts.

Here's the deal. When you have certain thoughts, they will trigger the emotions, so the thought may come into your head, "Oh, it's raining. I'm not going to be able to do XYZ," which triggers a thought, a feeling, "Oh, I'm sad. I'm disappointed. I'm frustrated. I'm angry." The thought triggered the emotion.

Emotions and thoughts are nothing more than energy. There's these firing of nerve impulses that take those impulses from one part of the body to another, and we perceive them as particular emotions and particular thoughts, but they are really just buckets of energy.

The thing is about emotions, they can either benefit or harm your physiology because they trigger a series of molecular changes. If you experience fear, your body is going to react in a certain way. It's going to trigger certain hormones and neurotransmitters that help you to get away from the dangerous or perceived dangerous situation, and those molecular changes are real biochemical changes, changes we can measure by measuring blood in urine and saliva. When you have those emotions triggering those molecular changes, your body responds in a certain way.

With its fear and frustration and anger, you can have negative effects on your physiology. Maybe short-term benefits, which causes you to get away from harm, but long term it can lead to damage. Whereas if the emotions that you're experiencing or joy and exhilaration and anticipation in love, it's going to trigger a whole different set of molecular changes.

What's really empowering is to understand that we can control the molecular changes that happen in our bodies, just by changing our thoughts and emotions and going backwards from there and changing beliefs.

When you have beliefs that are limiting you, it's going to end up triggering a set of molecular changes that are not good for your body. When you get your head and your heart aligned, you can create these beneficial habits that can replace all destructive ones. If you're feeling like, "Darn, I got to go on this diet or do this exercise to get better, and I'm just real frustrated and it's not fair," and you start making these habit changes, they're going to be short lived because you're not deeply committed and glad that you get to make them. You feel like you have to make them rather than you get to make them.

Let's just delve into some ways that we can help you to change some of the beliefs that will help to change the thoughts and then the emotions which will create a whole new set of molecular changes that are more beneficial to you.

First, just take a step back and say what are some of the major causes of stress and illness. I put limiting beliefs at the very top. I'm going to delve into the limiting beliefs in a little bit more deeply. It's also though letting out of alignment with your core values. If you value connection and you value people, times with family members and loved ones, and you're working like 20 hours a day and not spending time with those people you love, that's living out of alignment with your core values. That's going to lead to distress in your body. It can lead to illness.

I put illness on here and you may say, "Wait a minute, you said what are the major causes of stress and illness." The reason I put illness on there is because illness can breed illness. If you have a particular illness, say you get a cold or flu. That's a source of stress on your body, and then if you allow the stress to go unaltered, if you don't get in and intervene with the stress, it can cause you to have more illness. If you get frustrated and angry about having this illness or you have this illness and it's causing a stress that you don't take care of the illness, it's going to breed further illness, so illness is actually a cause of stress and illness.

Injuries. Get into a car accident, trip and fall, break your arm; source of stress, major stress. If you don't have techniques in place to manage and control and transform that stress and prevent it from creating havoc in your body and your biochemistry, that injury can lead to illness.

Career and lifestyle changes, those top the list. If you've moved or you've changed careers or you've got married or gotten divorced, these things are major causes of stress, and again without the proper intervention and techniques to manage that, can lead to illness.

Finances are another one; your response to your finances. When people perceive themselves in a financial bind and feel trapped, that's a source of stress, which can lead to illness.

Certainly relationships, whether it be with a significant other, with your children, with parents, with co-workers. Relationships can be a source of stress and illness. They can also be a source of joy, but they can be a source of stress.

Then, world events depending on how you take those in. If you spend a lot of time listening to the news and watching the news on TV and getting wrapped up and getting all upset about other people's hardships, that can cause stress and illness. I'm not saying not to be empathetic or sympathetic, it's more likely the best choice of word there would be compassionate, so you can do something. Contribute to causes and keep yourself abreast, but when you get yourself just enmeshed in every single bad event that's happening around you, it can cause stress and eventual illness. It's really an important thing to learn to separate from that.

Let's just pick the one at the top because that's what this presentation is about, and let's go deeper into limiting beliefs.

What are some common limiting beliefs? I'm sure you said some of these or felt some of these or believed some of these and may be still do and be many of these. These aren't all of them. There's a lots more, but these are just common ones that I hear. I can't. I can't do that. I can't do that because ... I can't do that because I don't have the time. I can't do that because I don't have the money. I can't do that because I don't have the skill. I can't do that because I'm too fat, too thin, too ugly. I can't. It's a limiting belief. I am not yet able to.

I remember having a conversation in a hot tub with a 4-year-old or so, 4 or 5-year-old, years ago. I was sitting in the hot tub and we were talking about something swimming and activities and I said, "So, are you a good swimmer? Do you know how to swim?" or maybe it was tumbling. I don't remember the exact conversation, but I asked her about something that she did not yet know how to do, and instead of saying to me, "Oh, I can't do that or I don't know how to do that." She said, "I haven't learned that yet, but I'm going to work on that." I was like such an empowering way for a little kid to talk. She didn't say I can't. I can't is a limiting belief.

I shouldn't. Oh, I shouldn't spend too much money. Oh, I shouldn't buy that new car. I shouldn't stay out late. I shouldn't. I shouldn't, I shouldn't. I mustn't. Shouldn't and mustn't similar. I mustn't. I mustn't.

Here's another one I hear all the time. I'm not good enough, and also I'm not smart enough. I'm not something enough, fill in the blank, right. I'm not good enough. I'm not smart enough. I'm not thin enough. I'm not strong enough. I'm not powerful enough. They're limiting beliefs. They're limiting beliefs. When you believe that and you keep stating it, you keep getting enmeshed in that. When you don't change that, it limits you in what you're doing.

I'm too shy, thee. I hear that all the time, no. How do you get up on stage and talk to all those people? I couldn't do that. I'm too shy. I now remember talking through a cousin of mine. We were actually at a funeral, and I was going to get up into a talk, it was my sister's funeral. Her brother was going to get up and read a letter from their sister and it was interesting because we had this conversation right before going in, and she said to me, "How could you do that? I could never do that. My brother is going to do that and you can do that, but I can't do that. I'm too shy." I said "Really?" so we started talking, and I just kind of dissected. I asked questions, and I dissected it. She just smiled and that was it.

We went inside, and when it came time to do the talk, I got to the end of mine and I said my cousin is going to share some thoughts from his sister who can be here who really wanted to share her thoughts. I go to point and who comes up on the front but her, my cousin, who I had spoken to, not her brother who is supposed to do it. She just whispered, "He said he couldn't do what he had to, so let me do it." I just was there with her. I said, "I know you can do this." She did. She made it all the way through to probably the last line. Then, she was just very emotional and choked up, and the tears kept her from doing it and she handed the paper to me and I finished it.

She shifted that really quickly. Didn't she? From a "No, I can't do that. I'm too shy. I can't, and I'm too shy" to she did it. She did it because she felt like, "Wow, this is really important and my brother is not going to do this and somebody has to do this." She did it. Okay, you can overcome these things really quickly.

The other one I'm going to break apart, which I believe is limiting belief is I'm sick. People latch on to their illnesses. I'm sick. I have fibromyalgia, I have chronic fatigue. No, I can't do that. I have chronic fatigue. I can't do that because of my rheumatoid arthritis. I can't do that because of my illness. My illness, I'm sick. My illness, I'm sick. We take on these limiting beliefs. We take on these things that really we shouldn't be taking on. Yes, may be you have symptoms that would lead to someone diagnosing you with a particular illness, but don't take it on as your identity. It's just a temporary thing. It's just a phase. It's not yours. I'm sick, ownership.

If I feel like a cold is coming on and I'm working on getting it out of there with vitamin C and zinc and echinacea whatever else I might take, I'm not saying I'm sick. I'm saying, "Hmm, this little cold is trying to get hold of me. I'm not going to let it." I won't say I'm sick.

Here's another one that holds people back big time. Money is evil. Money is the route of all evil. We heard that. I heard that growing up all the time. Rich people are bad. Poverty is the way to God. That's a bunch of limiting beliefs. There are some amazing things you can do when you have the money to do it. You can share, you can care. Money is not evil. It's how some people use it, that's evil. It's when people get greedy, that maybe that's evil, but wanting to earn money and make a good living is not evil, it's a limiting belief.

I'm weak. No, I can't. I can't lift that, I'm weak. I can't do that, I'm weak. What about if you said I am getting stronger every day. You know after I my broke arm and I had to have surgery and I was really thin and frail. You would ask me about it, and I'd say, "Look, I can almost straighten it, even though was just still not quite there. Look at this, it's getting stronger every day. I'm working on it." I wasn't going to say I'm weak. "Yeah, I was weaker on one side than the other. Absolutely." I'm not taking the identity on. I'm not believing that I'm weak. Not letting that hold me back.

Some others related to relationships. If I get too close, I might get hurt, I might get rejected, and that holds people back from being intimate and sharing their feelings. They are limiting beliefs, and they can be shifted. We're going to talk about how we can shift some of these.

Here's another one, I can't trust people. I hear that all the time. After somebody's gotten out of a bad relationship, "I can't trust people," and that limits their ability to have successful and intimate and caring relationships.

Success take sacrifice. Oh, I don't want to get successful. I don't want to create a successful business. I don't want to rise in my career, because that's going to take sacrifice. That takes work, but it doesn't have to be negative. It can be exhilarating.

Here's one that I hear all time and it limits people in their health is self-care is selfish. I can't take care of myself. I can't go exercise. I can't go to the gym. I can't take time to make my special meals, because then I would be taking away from other people. That's selfish of me. Selfish of me to want to make myself special food when the rest of the family doesn't want to eat that way. It's selfish of me to go to the gym or to take time to take a bath or take care of me. That can be further from the truth. It's a limiting belief. You can't take care of anybody unless you take care of you first. Self-care is the ultimate unselfish act. Ultimate unselfish act.

There's more. What I would encourage you to do right now is to stop this recording and just make a list of some of your common limiting beliefs. What are some of those beliefs that are holding you back. Go ahead and stop the tape, and make a list. Make sure there's at least five, because everybody has them and just get in touch with what they are. If they just keep coming, just keep writing until you're done and then turn it back on.



All right, so welcome back. By now you should have a nice list of what are some of those beliefs that you feel are holding you back. Those limiting beliefs. We're going to take you through a process to get rid of them.

First of all, we're going to talk about where do these come from. Like, where we get these limiting beliefs? Where do we get the I can't, I'm not good enough, I'm not pretty enough, money is bad? Lots of places they come from. Addict on your family. Now, there's certain limiting beliefs that entire families hold.

Other ones come from the culture, right. Different religious cultures, different ethnic cultures have different sets of beliefs, about humbleness, about not ... I being a woman not stepping out because you're a woman. Those are some cultural things. Believing that your role is to take care of others. Why those come from cultures? Women shouldn't this. Men shouldn't do that. Men shouldn't cry. It's bad for men to cry. It's bad for women to leave the home and have a job. Women should be the caretakers. Men should be the breadwinners. Things like some cultures it's not okay for women to show their faces in public because the limiting belief is that that's a bad thing to do, that it's a sexual crossing lines thing that only their husband should see. There's all kinds of cultural limiting beliefs.

Media. Well, yeah. Thin is in. Got to be thin like those models, right. I'm too fat is one that people get even though they are not, because they don't live up to the standards on the media.

Community. Same thing, whole communities can hold sets of beliefs as same as religious institutions. There's a lot of limiting beliefs in religious institutions, and they're big, they're embedded, they're ingrained. There's a lot of guilt around maybe letting go of some of those limiting beliefs and identifying what those are.

Then, your experience has created. You know lot other things around, not trusting people or feeling like men are evil. They are out to just get us and women should stay away from them. I mean these all kinds of things that come from your experiences, so these are where they come from.

Let's talk a little bit about what we can do about these limiting beliefs. There's a number of different processes. I wanted to share something about the term, make belief. Remember when you were a kid and you would make believe you're fairy or a teacher, a doctor, whatever. You just made believe all the time. Belief, it's a belief. Make belief.

We made belief, and sometimes we really felt like it was real. When we're little kids, we do feel like it's real. You can make believe. You can make new beliefs by just deciding that you're going to make new beliefs. You can take each of your beliefs and decide this isn't serving me.

What can I do differently? You can go back and you can recreate situations in your mind. Well, what would happen if I had this belief instead and reinforce those beliefs.

The other thing you can do is ask questions. This is a good one. This is one I learned from a dear mentor, Barry Neil Kaufman. He wrote a book called *To Love Is to Be Happy With*. He wrote number of books on this whole process, and he has this thing called the dialog process where you just keep asking questions and you can do it with another person, have somebody else ask you the questions or you just ask yourself about those beliefs.

He told a really interesting story about a woman who was, oh, she was probably close to approaching 80 in her 70s or so, and she was sad because her grandchildren and her children had moved away to another state, and she hadn't seen them in a really long time. He asked her, "Well, how come ... Why don't you just go and travel to see them?" She said, "I can't. I can't, I'm too scared." "You got scared, really? Why are you scared?" "Well, I'm afraid that the plane is going to crash." He said, "Ah, so you're afraid of dying in a plane crash." She said, "No. I'm not afraid of dying. What I'm afraid of is I'm going to die, and it's going to be over water or over a big forest or something, and my body is not going to be found and I won't be able to have a proper burial, and then I won't be accepted into the kingdom of God."

He stopped her there. He said, "Okay, so this is your belief. You have a belief here. You have a belief that in order to get into the kingdom of God, your body has to have a proper Catholic burial?" She said, "Yes. That's what I've been taught. That's what I believe."

He said, "Okay." He said, "You've been living. You've been religious woman, and you've been living according to these beliefs for all these years, and do you believe that God loves you?" She said, "Of course. My God loves me. Of course, I've been a model student. I've gone to church. I take care of other people. Yes, of course God loves me." He says, "Okay, so this God that loves you. Do you believe that if you did not get a proper burial because your body was lost through no faults of your own, would this God who loves you and sees you as a humble servant not honor you and bring you into his kingdom?" She said, "Wow, when you put it like that. No. My God wouldn't do that. He would understand that I had no control over that."

She shifted her belief. She had this limiting belief because she just didn't question it, and it was eating away at her and keeping her from visiting her grandchildren. Well, he said over the next six months he was getting postcards from her from all over the place. She was visiting her grandchildren. She was going on vacations, so she was having a grand time. She was fine all over the place because he helped her to get rid of that limiting belief.

When you have a limiting belief like I'm not smart enough. You can say to yourself, "Hmm, am I not smart? What about me is not smart? Do I really believe that?" Start and ask that.



Do I really believe I'm not smart enough? Not smart enough for what? Do I really believe that? Just start asking questions and dissecting it down. It's an amazing process. It really helps to have someone else do it with you because sometimes you can't see. You can't see all those different places, so just have somebody ask me, "Do you really believe that? What about you makes you not smart enough? What would it be like if you were smart enough? How would that be? What would you have to do to become smart enough?" You break it down and then you practice, practice, and practice the new beliefs.

I'm sick becomes I have symptoms, I'm working on improving, and I'm working on getting better every day, and you practice that. When the limiting belief comes through, you practice the new belief.

Finally, getting in touch with your dreams and your visions. What are those things? What is it that these limiting beliefs are keeping you from and then get so attached to those dreams and visions that you would do what it takes. When you see that the limiting beliefs are holding you back from what you really want, you can let them go.

I recommend that now you take a few minutes, and next to each of those limiting beliefs, think about some questions. Think about some questions you can ask yourself about those. Do you really believe them? Where did it come from? What if I let go of that? What would happen if I said I am smart enough? What would I do differently? What would I do if I was smart enough and then do it and do it. What would I do if I was strong enough, and then do it and do it. Practice it. Start small and work your way up. What would I do if I had energy? I'm sick. I'm tired. I'm fatigued. What would I do if I had energy? Ask yourself questions. Ask someone for help and let go of the limiting beliefs.

The first thing to do is start by identifying them and then really breaking them apart. I wish you everything good. When you can let go of those limiting beliefs, the horizon is bright with promise. Your health will improve dramatically. Make belief. Take those limiting beliefs and write a more empowered belief and make believe that so, what would it be like if that was so, and just go for it and reach for the stars. I'm here to support you.

This is Dr. Ritamarie Loscalzo. Good luck in letting go of your limiting beliefs.