

ERC: Let Go of Limiting Beliefs and Reclaim Your Energy

Let Go of Limiting Beliefs and Reclaim Your Energy with *Dr. Ritamarie Loscalzo*



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Head, Heart Habits

- ★ Experience + Beliefs = Thoughts.
- ★ **Thoughts** trigger **emotions**.
- ★ **Emotions** and thoughts are **energy**.
- ★ Emotions benefit or harm your physiology via a series of **molecular changes**.
- ★ When your **head and heart are aligned**, new **beneficial habits** can replace old destructive ones.



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Major Causes Of Stress and Illness

- ★ Limiting beliefs
- ★ Living out of alignment with core values
- ★ Illness
- ★ Injury
- ★ Career and lifestyle changes
- ★ Finances
- ★ Relationships
- ★ World events



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Common Limiting Beliefs

- I can't
- I shouldn't
- I mustn't
- I'm not good enough
- I'm not smart enough
- I'm too shy
- I'm sick
- Money is evil
- I'm weak
- If I get too close, I might get hurt
- I might get rejected
- I can't trust people
- Success takes sacrifice
- Self-care is selfish



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Sources of Limiting Beliefs

- Family
- Culture
- Media
- Community
- Religious Institutions
- Experiences



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Breaking Through Limiting Beliefs

- ★ Make Believe
- ★ Ask Questions
- ★ Practice
- ★ Dreams and Visions



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