

Let Go of Limiting Beliefs and Reclaim Your Energy

with

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Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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.



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



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



Sources of Limiting Beliefs

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



Breaking Through Limiting Beliefs

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



