

Transforming Limiting Beliefs: Steps to Unlock Your Potential

by Ingrid Melia Stadtler-Pree, 11/2024

Negative beliefs can be like invisible chains that hold us back, preventing us from reaching our full potential. Whether they stem from past experiences, societal pressures, or internal fears, these beliefs have a profound influence on how we perceive ourselves and the world. Coping with blocking beliefs requires awareness, understanding, and a conscious effort to replace them with healthier perspectives.

Limiting beliefs are often formed during childhood, when our subconscious mind is most impressionable. During early development, we absorb information from our surroundings without much critical thinking. A constrictive mindset can arise from repeated negative messages, traumatic experiences, or witnessing the behaviors of influential figures. These beliefs become embedded in the subconscious mind, shaping how we perceive ourselves and limiting our potential as we grow older. This is why a holistic approach that engages your thoughts, words, internal images, feelings, and even physical posture is crucial to change these ingrained patterns and replace them with empowering beliefs.

Here is a step-by-step process based on Huna, a Hawaiian philosophy, as an effective way to change limiting beliefs:

1. **Identify the Limiting Belief and Understand Its Benefits:** Acknowledge the specific negative belief you want to change and consider if it provided any perceived benefits, such as protection from failure or avoidance of risks. Ensuring the previous benefits in the new belief is an essential step towards change.
2. **Think of a New, Empowering Belief That Still Ensures Those Benefits:** Formulate a new belief that empowers you while ensuring any perceived benefits are honored. For example, if your negative belief was "I need to stay small to avoid criticism," your new belief could be "I am strong enough to grow, and I am calm about other people's opinions."
3. **Define the Desired Belief:** Ensure your new belief is positive, in present tense, and within your own competence. For example, "I am confident and capable."
4. **Change Your Thinking:** Replace upcoming limiting thoughts with positive affirmations whenever you are aware of them. When a negative thought arises, praise yourself for having noticed it instead of criticising yourself and then patiently counter it with your desired belief.
5. **Use Positive Language & Affirmations:** Speak about and to yourself in empowering ways. Use positive language and affirmations that support your new belief as much as possible. You can use guided meditations and affirmations, preferably with binaural beats as background or try recording your own positive affirmations and listen to them maybe first thing in the morning and before falling asleep.
6. **Visualize Your Success:** Spend a few minutes each day visualizing yourself aligned with your new belief. Imagine the actions you will take and the positive outcomes you will experience.
7. **Feel the Emotion:** Emotions drive change. As you visualize, feel the associated positive emotions—e.g. joy, confidence, love or peace.

8. **Adopt Empowering Posture and Practice Your New Behavior:** Stand tall, relax your shoulders, and smile. Adopting a confident posture reinforces the feeling of confidence. Be aware: your mind influences your body and vice versa!
9. **Repetition and Consistency:** Repeat affirmations, visualizations, and empowering behaviors daily. Consistent repetition will strengthen the new belief over time.

In the field of energy psychology one can find valuable additional tools for working with limiting beliefs and facilitating positive change. One fast and effective technique is the Dynamind Technique* (DMT), developed by Dr. Serge Kahili King, the leading expert in Huna. Following this article, you will find practical resources on this valuable self-help technique.

Even if you have struggled with your limiting beliefs for decades, believing that change can be fast and even playful can help you shift your mindset more effectively. By embracing the possibility of quick and easy transformation, you open yourself up to new possibilities and reduce the resistance that often comes with self-improvement. Recognizing, challenging, and replacing limiting beliefs reduces their power over your life. With persistence and practice, you can replace those invisible chains with wings, freeing yourself to unlock your full potential.

***You can learn more about Dynamind from the following resources:**

- 1) [Help yourself with Dynamind](#), a free booklet that describes how to do and use the technique in PDF form.
- 3) [Healing For The Millions](#), Serge Kahili King's book about the development and structure of DMT with numerous case studies of different applications from DMT Practitioners around the world.
- 4) [Empirical Evaluation of the Dynamind Technique](#), an excerpt in English of my Masters Thesis in Counseling at the Danube University in Krems
- 5) Would you like professional support for your personal development? Feel free to contact me for a [SunCoaching session](#).