

Energetic Business Development - Removing Limiting Belief and Unlocking Potential

The Hivery Entrepreneurs Circle – July 20, 2017

Tips and Tools

Building Awareness

- **5 minute Awareness Meditation** – (do morning, evening, during the day)
 - Close your eyes, feel your feet connect to the floor, hands relaxed on your lap
 - Take 4-6 deep cleansing breaths focusing your exhale on releasing stress in the mind/body
 - Imagine a giant redwood tree, its strong trunk and root system anchored into the ground, model this and anchor your own grounding into the center of the earth.
 - Bring your awareness to any tightness/discomfort in your body, release it
 - See the same redwood tree stretching to the sky, reaching for light and air for growth, model this and connect your mind to the vastness of the limitless sky and universe
 - Breathe in this vertical connection to both the sky and the center of the earth, sit in this stillness
- **Recognize when Ego vs. Awareness is at play**
 - Ego – fear, lack, pushing drive, worry, anxiety, overwhelm
 - Awareness – open, calm, flow, ease, right timing, connection, alignment
 - When you find yourself in reactive states, simply use awareness meditation above to help bring you back into connection. Use your awareness state to create optimal decisions, conversations, parenting, driving a car, etc.

Removing Limiting Belief

When you find yourself in ‘doing’ mode, stuck in fear or other negative emotions

- Write it out!! Write down all the limiting thoughts you can muster and get it ALL out on the page, keep writing until you can’t write anymore.
- Fold the paper and write on the outside, ‘Thank you Universe for transmuting all this negative energy into love and light. Shred it or tear it up and discard it outside your environment.
- Think of the exact opposite of your limiting belief and create your new Limitless Affirmation
 - This becomes your new mantra, something your mind focuses on instead, write it on post-its, hang it everywhere in your house, office, car, bathroom mirrors, etc.

Creating Intentions

- Intentions is a way of being in the world, a frequency of what you want to attract
- Intention is the BEING state that drives all goals/actions/thoughts
- Intentions statements are: I AM...or My Intention is to BE...
- Intentions can be different daily, such as My intention today is to BE flow and ease, or larger such as My intention is to BE an inspiration to people and business seeking growth and possibilities

Books and Resources –

Dr. Masaru Emoto, The Hidden Messages of Water
Spirit Led Instead Playbook, Jenai Lane
The Law of Attraction, Esther and Jerry Hicks
Think and Grow Rich, Napoleon Hill

Movies

“What the Bleep do we know?”
Finding Joe: The Hero’s Journey, Joseph Campbell