

Our Beliefs Define Our Limits

The universe is vast, its dimensions inconceivable, its potentialities unimaginable, and we know too that our own consciousness has depths to it that are virtually infinite, and yet despite this enormity within and without, we choose to confine ourselves to beliefs in scarce resources.

These beliefs, like all our beliefs, are not true, yet, because of the earnestness of our conviction and our genius in adumbrating the numerous aspects of our impoverishment, we take our beliefs to be true.

Countless people have shifted their thinking, emerging from isolation into companionship, from illness to health, and from poverty to wealth, and we know, in the secret places in our hearts, that we, too, can rise above the quotidian and touch the sky of our aspirations.

We live in a limitless universe, and we have the power to overcome all our obstacles. We can, if we feel truly committed, change any aspect of our lives through sheer willfulness. What is unclear to us today can through study and strategy be made clear tomorrow. And what is weak in us today can through patience and sustenance of passion be made strong in us tomorrow.

The process of changing our beliefs is not difficult, but it does take persistence. Changing our beliefs is literally changing our minds about how we choose to view and experience things. Our greater self is only a thought away.

No extraordinary techniques, no esoteric traditions, and no elaborate process of subconscious cleansing is necessary for us to change our beliefs about anything.

By simply changing our mind with the same ease with which we change our socks, we can move from lack to abundance, absence to presence, persecution to empowerment; and by observing our internal dialogue and reversing the content, pitch, cadence, and conviction of our thoughts in another direction entirely, we can, as an artist before a canvas, paint a whole new reality before us.

As Marc Allan once said, "We can consciously choose to create a more satisfying life experience."

Source: <http://www.articlecircle.com>

About the Author

Saleem Rana got his masters in psychotherapy from California Lutheran University. His articles on the internet have inspired over ten thousand people from around the world. Discover how to create a remarkable life. Free information. <http://theempowersoul.com/enter.html> Copyright 2005 Saleem Rana. Please feel free to pass this article on to your friends, or use it in your ezine or newsletter. It's a shareware article.