

Break Through Blockages With Ease

by Judith Waller, "The Soul Connector"

So you want to change your life... Perhaps you've started using affirmations, those powerful statements that support your desire to think and behave in new ways, but you've got stuck or you're finding it harder going than expected. Or maybe you'd like to shift the negative old patterns in your life, but don't know what to do or where to begin. This article outlines a simple yet incredibly effective method of making positive changes – helping you to overcome blockages and ensure you never get stuck again.

THE PROBLEM...

Even if you begin with the clearest of intentions, blockages can occur when you encounter a negative pattern of thought or behaviour that is deeply entrenched, or where there feels to be too much of a gap between the current situation and your desired change. The major stumbling block here is the Ego – the subconscious part of you that has been built up through years of conditioning and is resistant to change.

Imagine for a moment that your mind is like a big field of tall grass... There are many well-worn pathways across the field – these are your old thought patterns. What you're trying to do in making positive changes is to flatten the grass and create new paths, but this takes time and consistent effort. Your Ego instinctively wants to take the easy way out, and will try and influence you to stick to those rutted old tracks.

The Ego is that voice inside which undermines every positive effort with a negative put-down. For example, if you desire to bring about a better state of health by losing weight, you might create an affirmation such as: "I am now my ideal weight and feel vibrantly healthy." But every time you say it to yourself, your Ego counters with things like: "No I'm not – I'm hopelessly overweight! I can never stick to diets!" And it seems as if the harder you try, the louder and more insistent the voice gets...

THE SOLUTION...

Well don't despair, you *can* break through those obstacles and create the new pathways you desire! The way to overcome this negative Ego response is by reframing your affirmations as questions – what Denise Linn calls 'noble questions'. Just like affirmations, noble questions are positive in intent, but are posed as affirmative *questions* rather than simply as statements.

These kind of questions are action-oriented and support the notion that change is a journey, helping to generate ideas on how to bring your desires into reality. "How can I get more of what I'm wishing for?" is much easier to consciously accept than "I already have all that I desire," isn't it? This is the key to generating a belief within yourself that positive change *is* possible, without being undermined by that negative Ego voice.

Using the above weight-loss example, turning your affirmation into a noble question would result in: "How can I be even more slim and vibrantly healthy?" This completely silences the Ego (which, you'll remember, can only respond with negatives), as it has no answer for this! Instead, your unconscious mind is prompted to search for a *positive* answer rather than a negative one, accepting without question the underlying premise that you already *are* "slim and vibrantly healthy" (no matter to how great or small a degree) and works to bring more of this into your life.

Obviously, to bring about sustainable change, whatever you're affirming also needs to be accompanied by meaningful action. But truly, if you believe it, you *will* see it...

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