



CONSCIOUS CO-PARENTING INSTITUTE

www.consciouscoparentinginstitute.com

Sourcing, Processing and Clearing Decision Forming Incidents and Limiting Beliefs

This process can immediately transform your limiting beliefs and fears. Instead of allowing them to prevent you from moving forward, it converts the trapped energy into thoughts that actually propel you forward, enabling you to let go of the things that have been creating roadblocks in your life.

As you go through this process, you will gradually accept each fear and limiting belief as helpful knowledge. You will release the negative energy trapped behind them and step into the power you've had all along.

To Transform your fears and limiting beliefs you first must raise them into your awareness, you must show gratitude for the opportunity to learn and grow, you must be honest with yourself about where the fear or limiting belief came from,

the original Decision Forming Incident, then let it go and celebrate moving forward on your journey of life.

1. Write down all your fears and limiting beliefs in your journal. It is important to accept that this could be any limiting thought or belief no matter what you call them including "I don't know," doubts or confusion. These can be large or small. If you are finding it difficult to locate a specific fear or limiting belief, this is normal your lower self-likes to clump them together and make it difficult to see things clearly. Follow these steps to assist you in raising them into your awareness. As you go deeper use these questions to locate the fear and limiting belief. In your journal, you should have already compiled a list of limiting beliefs and fears from lesson one.

 How does fear show up in your body?

★ **Example:**

Do you close down?

Do you get angry at other people?

Are you mean to other people?

Do you yell?

Do you sleep a lot? Does your heart race?

Take five minutes and write down how fear shows up in your body.

How does fear show up for you when you have to turn inside to find the answers? Think about a time you had to make a major life decision, like purchasing your first home, deciding to get married or deciding to get divorced. Remember what made you uncomfortable or fearful of having to make the decision. Take five minutes to write down your answer.

Recognize the fear, Write down each fear and limiting belief separately.

Examples: I'm not good enough, I can't do this, I can't make a difference, etc.)

Write your accurate fear or limiting belief statement in your journal under the tab False Beliefs. Doing this helps you remove the fear or limiting belief effectively. Doing this also helps you see that these fears and limiting beliefs are illusions based on past events or experiences and they are thoughts and not the truth. You should have plenty of fears and limiting beliefs from processing your Decision Forming Incidents (DFI) in your journal.

I am Afraid _____ Because _____
I Believe _____ Because _____

Examples:

- 🔊 I am afraid that if I don't explain and educate my children about alienation they will blame and hate me forever.
- 🔊 I believe that I don't deserve to have my children because I cheated on my spouse.
- 🔊 I believe the Legal system is broken and I have no power to help my children.
- 🔊 I believe that my children hate me and want to have nothing to do with me.
- 🔊 I believe I am a rejected alienated parent.

It is important to process each fear and limiting belief individually. Each fear or limiting belief should be very specific just like locating and processing a DFI. Review each statement above to be sure they that are specific and not general. Once reviewed write then out in concise statements.

Example: I'm afraid that if I tell people what is happening with my family, people will see that I was not perfect in my marriage or did bad things and they won't trust me, believe me, or like me.

As you can see fear/ limiting belief statements have two parts. Get centered in your body and ask yourself which part has the bigger charge in me? Which one feels like it is rooted in my soul? One side will have a stronger fear charge to it then the other. This is the sign the truth needs to come from this perspective. From the concise statement from above, circle the part that gives you the greatest charge. This is the root of your fear statement. Now write the root of your fear statement:

Seeking the Truth: Now that you brought your fears and limiting beliefs into your awareness and fully understand where the fears and beliefs came from (Decision Forming Incidents) there are a couple more steps to take to really

create positive change in your life. These final steps like all things in life help you create new, healthy positive ways of thinking and being in the world. These create the habits that create the growth and quantum leaps in your life. It's time, to tell the truth. It is important to help the lower self-see the old picture it captured in your brain in a new light.

“All Truths are easy to understand once they are discovered.”

-Galileo

Now, you need to find the truth and write it down. This seems simple. However, it is time to dig deep. Only you know what the real truth is. This is the one truth that will release the individual fear or limiting belief. Once the truth is uncovered you will write the truth statement the negates the fear or limiting belief statement.

Read your fear statement out loud and be aware of which of the parts give you the greater fear. While you are doing this, you will encounter many truths. It is important that you discover what is your “one” truth that will negate each specific fear or limiting belief.

Example: if your fear statement is: I'm afraid that if I don't get my children to understand what is happening, they will blame and hate me and think I am a bad person.

So it is important to ask yourself which part of the statement gives you the most anxiety. Verbalize the two parts of the fear statement and observe how you react physically and mentally to the different parts. Let's say that the part from the example is that “my children will blame and hate me.” This becomes the fear statement for which you need to find the negating truth statement.

- 🔊 Ask yourself probing questions to reveal the truth related to the fear or limiting belief.
- 🔊 What is the truth?
- 🔊 What do you really believe?

Using the example above you may ask:

- 🔊 Why do other people really like me?

- 👤 How can I tell when people really like me?
- 👤 If nobody see what happening can I save my children myself?
- 👤 Am I really powerless?
- 👤 If other people blame me and hate me, do I really want those people in my life?
- 👤 Where am I hating and blaming others? (hint lawyers, system. Incompetent mental health professionals)

Keep probing and digging and comparing truths that negate the fear or limiting belief. Find the one that completely negates it or gives you a sense of release. If you use the two-part statements from above, you can continue to go deeper and ask "why?" Continuing to go deeper approaching it from all angles until you feel clear.

Write out the fear or Limiting belief and then the negating truth. As you write your answers, remember you are stating TRUTH. This is not a hope or affirmation. The TRUTH is much more solid and powerful. It's not a statement of how you would like something to be. You are looking for the truth as you know it. In the chart below, write your fear or limiting belief and then write the possible truth that negates it.

Write your TRUTH statement. Clearly state your negating truth and reference your power to protect yourself. Begin the Truth statement with:

The Truth is:

Remember: Your truth statement needs to be as concise as your fear or limiting belief statement. You will know when it is right when you look back at your fear or limiting belief statement, and your fear is completely gone.

Now that you have uncovered several truths, it is important to locate the one truth that completely negates the fear or limiting belief. You will know this when you feel something open up, something changes, and feel a sensation in your body when you read the fear/ limiting belief statement. When you state the

truth, it will resonate with you even more at this point, and the fear/ limiting belief statement will seem like a distant memory.

Honor, Cut, Forgive and Release!

I Love You, I'm Sorry, Please Forgive Me and Thank You!

Now that you have listed out your fears and limiting beliefs, you have flushed out the truth around the fears and beliefs it is time to go into the process that brings mind, body, and soul altogether. Learn the **Process of Honor, Cut, Forgive, and Release with Gratitude and Love.**

Honor:

With your hands together at your heart in praying position bow and verbally say I honor myself exactly as I am here and now for fearing _____ or believing _____ (State the fear or limiting belief) and recognize that it is just a fear or limiting belief.

Cut:

The fear or limiting belief from your body. Visualize your hands like a knife cutting a cord and physically take your hands in the praying position and move them away from your body while verbally saying I cut this fear _____ or this limiting belief _____ (State the fear or limiting belief) from my mind, body, and soul from this lifetime and previous lifetimes through all generations and all of the time.

Forgive:

Yourself for having the fear or limiting belief understanding that we are all Higher Self beings and that everything in our lives we are 100% responsible for and from this Higher Self perspective everything is exactly as it should be here and now.

As you separate your hands and move them out to your sides, arms fully extended at your sides, hands open and facing outward verbally say I forgive myself for fearing _____ or believing _____. (State fear or limiting belief)

Release: The fear or limiting belief into the universe, while moving your hands from your sides up over your head palms facing upward verbalize I release _____ (fear or limiting belief) into the universe for transmutation, and I let go of _____ (fear or limiting belief)

This steps can be deceptive, but it is crucial in really letting go and helping your lower self-release old information or data and allow for new information to come in. This also allows you to create the positive truth that inspires new actions in your life. Remember when you treat your lower self with love and gratitude it is more likely to accept growth and change. With you're your hands back in the praying position say out loud

I LOVE YOU!

I'M SORRY!

PLEASE FORGIVE ME for playing out this old fear and limiting belief in my life and **THANK YOU** as you say thank you bow into your life with gratitude I am grateful for this opportunity to learn the truth about who I am and state your negating Truth statement here, and I love you for bringing the old story into my awareness to be felt, processed, healed, released and then transmuted into my higher self-truth.

Example: I honor myself exactly as I am here and now for believing that I am not good enough to be in my children's lives and recognize I that it is just a limiting belief. I cut this limiting belief that I am not good enough to be in my children's lives from my mind, body, and soul from this lifetime and previous lifetimes through all generations and all of time. I forgive myself for believing that I am not good to be in my children's lives. I release this limiting belief of not being good enough to be in my children's lives practice to the Universe for transmutation, and I let go of this limiting belief. I LOVE YOU! I'm sorry, please forgive me for playing this old limiting belief. Thank you for this opportunity to learn this lesson from my limiting belief and the truth that I am the chosen parent with the wisdom and knowledge that goes beyond my current circumstance. I love you for bringing this into my awareness to be felt, processed, healed, released and then transmuted into my higher self-truth.

How You will Know if it Worked:

You will feel like something has cleared in you when you state the old fear or limiting belief you will feel that it is completely gone.

You might also feel kind of silly for having the fear or limiting belief in the first place. That is just you and your lower self-connecting and sharing some humor about how you held onto emotional pain and drama just a few moments ago.

How will I know if it does not work?

If you don't find a release, then one of the four things has occurred.

You have not found the one truth that applies to the specific limiting belief or fear. So you need to go back and ask yourself more probing questions to find the one truth that negates the fear statement.

You have written hopes and aspirations. While these can be helpful in other situations, they will not release the fear or limiting belief. Go back and make sure you are writing truths.

You did not fully isolate the fear or limiting belief. Go back to your fear statement and make it more specific and clear. Break down any generalizations and identify the details.

You have not fully processed the fear or the limiting belief. You need to go back through the process and do it as many times as you need to release the energy.

Note: Often when you have released a fear or limiting belief another one will pop up. This is because you are creating the space to clear the limiting beliefs and fears. When this happens to go through the process to clear the next fear or limiting belief. A few may also appear to be stubborn. You have been holding onto them and allowing them to grow attended by your lower self for a really long time. This may have become a habit or a pattern in your life so you may have released the fear or limiting belief but the habit or pattern may still show up in your life. If this happens to go back and do the Honor Cut Forgive and Release as many times as needed until you feel the release from the pattern or habit.

It may only require you going back and reading your fear statement out loud, express gratitude for attracting this lesson to your life, and then reading your truth statement out loud.

Happy Processing! May your lives and relationships never be the same.

Much Love- Dorcy