

Finding your energetic blocks for yourself

The purpose of life is not to suffer. The purpose of life is to live in a reflection of your current energetic vibration. This allows you the opportunity to own, heal and create change that is in line with your highest potential. It is true that what ever we believe about ourselves and our lives is the exact experience we will experience everyday.

Here is a quick journaling exercise to find for yourself some of the beliefs and energetic expectations which may be setting you up for your current experiences. The more honest you are with your self the quicker and deeper you can create healing and change in your life.

Make three quick points for each of the following questions.

What do you really believe about Yourself?

What do you really believe about Relationships?

What do you really believe about Family Life?

What do you really believe about Money?

What do you really believe about Love?

What do you really believe about Your Partner?

What do you really believe about God?

What do you really believe about Education?

What do you really believe about Men?

What do you really believe about Women?

What do you really believe about Life?

What do you really believe about Work?

Now look at your answers and reflect on your life within each of the categories. Is your life a reflection of your true beliefs?

- Are you experiencing exactly what you believe you will experience within your life?
- What if you decided one day to change what you believe to be true?
- Try deciding tomorrow to change one thing about what you believe to be true.

You may want to argue that your beliefs are a by product of your current life experience and that your life has **caused you to come to certain conclusions**. Yes, this is true, in that your life has allowed you to see certain things about yourself and provided every opportunity for you to acknowledge your current vibrational energy. The gift is that once you own it, you can change it!

You can continue to blame your life circumstances for your beliefs, but that gives your past experience power over you right now, and it keeps you a victim. You can take back control when you choose to no longer be defined by these experiences and the negative beliefs that you formed from them.

Changing at this level allows you to experience a shift in your reality. Changing your beliefs allows you to vibrate at a higher level and thus attract a matching higher vibration. In this you will experience more stability and joy.

Everyday is a choice. You can give in to your fears or lower self that tells you nothing can change for you, or you can develop your inner strength to choose something different.

To gain assistance in changing any belief patterns that you are not able to shift for yourself refer to [Private Consultations \(www.thesoulgarden.com.au/private_consult.html\)](http://www.thesoulgarden.com.au/private_consult.html)