

# TRANSCENDING LIMITING BELIEFS USING CONTEMPLATION

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## **Transcending limiting beliefs using contemplation**

In this short eBook we are going to learn how to use the ancient art of contemplation as a scientific method for eliminating any and all subconscious beliefs that are holding you back. Contemplation has been thought of as a tool for philosophers, poets and thinkers but it is really a highly valuable tool for all spiritual seekers. Let us start by defining what it really is. Contemplation can even be used to achieve total enlightenment and is a vital skill to learn.

Contemplation is a method of asking a question that directly contradicts a thought that some part of us still feels is true. We can either believe a thought OR question if it is true. We cannot stop believing something in the deepest parts of our psyche just because we consciously know it is not true. Positive affirmations of the opposite of the belief will also not work for long (if at all) because it is just covering over the issue with a cosmetic solution and not destroying the root of the issue.

In any moment we can either believe a thought or question if it is true. You cannot do both at the same time. Contemplation is a way of asking if a particular thought is true and you will experience the answer as your life. Most of us have been unconsciously believing certain thoughts to be true and our life then becomes the living embodiment of those beliefs. In a way we have all been contemplating already; but we have contemplated thoughts that no longer serve us. Have a look at your life circumstances and see what you need more of or want and you will see what you have been believing to be true. Do you need more time, money, freedom, respect, joy, purpose, love or confidence? Whatever seems to be missing from your life is the direct evidence of what you have believed deep down to be true.

None of us would intentionally believe thoughts such as “I am not safe” or “I don’t deserve happiness” and we may even be telling ourselves the opposite every day with a positive pep talk but it will not cause any lasting change until we get to the roots of the problem. Each subconscious belief that is causing us to suffer is hidden from our conscious mind and awareness (“sub” means “under” and so “sub-conscious” is the thoughts we believe that we ARE NOT YET AWARE OF) and so we can only notice they are affecting our lives by the results of those beliefs. The physical, emotional and

mental results of those beliefs are playing our in our lives all the time. If we believe we cannot get what we want then we will continue to experience the same patterns of lacking what we want and need over and over. We may even get what we want for a short time but then it seems to be snatched away from us again.

Let's take a look at why does this happen for us-why do our beliefs constantly affect us and what are we continuously playing them out without realising it? Why is our life stuck on repeat? You are the Infinite Reality of all that is. You are infinite and everywhere and there is nothing that is not you. You are infinitely powerful and so anything you believe to be true you will immediately and totally experience as if it were very real. Everything you touch feels real to you because you imbue it with reality. All of us start out believing that we are only this body and mind; that we are a separate being that was born, is living a life and one day will die. So each of us experiences a life of being a separate and limited being and it seems so real to us that we never even think to question "fact" until it becomes simply too painful to keep living a lie. Now we have to consciously direct our mind and get it to contemplate something useful and helpful. If we do not do this then we will be contemplating the same old negative beliefs over and over and living the result of that and we call it "my life".

### How do we use contemplation?

Let's use the example of the feeling of unworthiness as it is a very common belief. We may not notice we are believing this thought but we may see our life not going the way I want it to. We must ask the question "is it really true that I am not worthy of happiness?" and allow the answers to come. The art of contemplation is to persist in our questioning until we see and feel an experiential shift in our level of consciousness. That means that we must not be fooled and accept a thought answer or an emotional answer. Here, we must be wiser than the mind and notice the sequence or levels of answer we will receive.

At first when we contemplate, we must ask an open question such as "is it really true that...." and we will have a thought answer appear first. Usually we receive an answer that goes something like "well of course it's true because I keep seeing it happen in my life". As we persist with our sincere and open wish to see if this belief is actually true (and not just presumed to be) we will begin to receive different thought answers

such as “maybe it’s only been true because I believed it” or “maybe it has never been true but I have put my attention on it long enough that it had to show up”.

As more and more of these new thought answers come we will move to the second stage of contemplation which is usually some sort of emotional answer. We will begin to feel more positive and optimistic, we will feel that we have a choice now to change our path, we will feel happier in general. This is a breakthrough but we must not stop here. We must continue to ask the questions until not only do we experience a different manifestation (i.e. a positive manifestation) but also an experiential shift in our awareness. It is vital to see that our contemplation is not complete until we have felt ourselves let go of something, released a burden or we feel lighter or more expansive.

Another way we will notice that a shift in our level of consciousness has occurred will be that the trigger event that causes us to feel unworthy no longer pushes our buttons and creates an emotional response. The very same event can happen but we remain at peace inside. If we are to transcend the beliefs, we cannot accept a mind answer or an emotional answer. Emotions are the results of the thoughts we believe and are not reliable enough evidence that we have moved beyond a particular mind pattern. More positive emotions are a good sign that we are on the way to letting this go finally but not the end goal.

What we have just described is how to effectively use your mind to transcend your mind. Mind asks the question and the final answer is when the question no longer is relevant, it will be so obvious to you that it is not true, nor has it ever been. You believed a thought so it appeared to be true as you experienced it.

We must come to always and only accept a shift in our consciousness as an indication we have been successful in our contemplation. This is the key to moving beyond the reach of the mind once and for all. Accepting mind answers will only lead to more things that need questioning!

We can even use contemplation as a way to fully awaken to the Realisation of the Self. To do this we need only keep asking the question “what am I?” and make sure we never are satisfied with any (and all) thought answers; but instead will not compromise and demand the direct experience of it.

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