

Discover Your Limiting Beliefs



WELCOME!

Are you consciously trying to manifest your vision, but you aren't experiencing the results you want?

Maybe you're hitting roadblocks.

It's common for people to reach a certain level of success, and then obstacles appear out of nowhere. Why does this happen?

You're most likely holding onto limiting beliefs that need to be cleared.

You may not even be aware that you have a limiting belief. But what you do know is that the goal you're chasing isn't progressing, and you just can't figure out why.

I'm here to help...

What are limiting beliefs?

A limiting belief is a well meaning thought that was there to serve as protection.

Just like a first time skydiver hesitates to take that step out of the airplane, our mind creates limiting beliefs to protect us from the unknown.

It's okay. We all have limiting beliefs. These thoughts once served a purpose. But in order to break through to the next level of success, it's time to understand your limiting beliefs and let them go.

Chances are the beliefs are deeply rooted. It could be a belief system that's been ingrained in your head since childhood. Sometimes we subconsciously take on beliefs that our parents had. Like:

'You have to work hard to make money', 'It's difficult to raise a family', 'Rich people are self-centered and wasteful', 'It takes a lot of time to get what you want', 'You have to make sacrifices and settle', etc.

It's simple: your thoughts create your reality.

If you expect things to be easy, fun, and rewarding – chances are that they will be. But if you dwell in the negative, are fearful of the future, and expect things to be difficult – chances are that's what you'll see. It's all about perception.

Two people can witness the same event and have two completely different feelings about it. Often, old hurts create our limiting beliefs. So it's great that we took the time to forgive yesterday!

Common Limiting Beliefs:

Fear is a big limiting belief.

You might have a 'fear of success'. That could mean you're scared of actually living out your dream because of the obligations that might come along with it. Like:

'If I make a lot of money, everyone will be asking me for it.'

Or

'How could I make more money than my parents?'

Or

'If I'm successful, I'll have to give up this part of my life that I'm comfortable in,' etc.

Another big one I've found is not feeling worthy of your dreams.

Well you wouldn't have the idea in the first place if you couldn't achieve it.

I love the expression, "If you can imagine it, you can create it!" It's true!

And yes, you are worthy of whatever dreams you can envision.

Don't Push Your Negative Beliefs Away

We manifest what our subconscious mind believes.

Our thoughts create our reality. But that doesn't mean we have to be positive all the time and push away those beliefs that aren't supposed to be in our heads. Instead of fighting the negative thoughts that show up, let them come.

Listen to them & acknowledge what they might be trying to tell you. They're there for a reason. Underneath that thought is usually a fear that can be let go of. It's a clue!

If you ignore it, you'll only be layering your positive thoughts over the negative ones, and you'll remain at a standstill.

Understanding your limiting beliefs gives you the opportunity to clear what's no longer serving you.

You simply need to allow them to come, and then allow them to go.

The Purpose of Limiting Beliefs

A limiting belief is a well meaning thought that was there to serve as protection.

It's a thought we have about what we can or cannot do, have, be, and accomplish.

It's a belief that we may not even be aware we have – often from past circumstances or things we've witnessed with others around us. They can come from childhood or previous "failures."

The Most Common Limiting Beliefs:

- I'm not worthy
- I don't have enough time
- I might fail
- I'm afraid of success
- I'm not good enough
- I'm not supported
- It's going to be difficult
- I can't be spiritual and make money

Understanding the Upper Limit Problem

Most of us have a hidden idea that we can only reach a certain level of success in our lives. It's what we've allowed ourselves to believe is possible for us in terms of business, relationships, & finances.

You might think there is only so much love you can have, or only so much money you can bring in. This capacity is your own inner glass ceiling.

When you start to bring in more than what you believe is possible for you, you subconsciously block yourself from receiving any more.

For example, if you already have a successful relationship, then how can you also have a successful career? This sort of self-sabotage is called Upper-Limiting.

How do you discover YOUR limiting beliefs?

Finish these sentences:

Life is:

I am a _____ person.

Earning money is _____ .

I cannot live out my Money Vision because:

If I live out my Money Vision...

I always _____ .

Rich people are:

Money is:

My spiritual beliefs taught me that money is:

The thing that I'm scared of the most about money is:

If my greatest gift lies behind my greatest fear, then that would mean that when I make more money, I will be able to:

Did you notice anything negative come up? These are beliefs you want to focus on clearing. We're going to use the Sedona Method to clear them.

A lot of times these beliefs aren't even yours. They were handed down to you from your family, the media, or society.

Are these Beliefs True?

Pick one limiting belief that you think is preventing you from moving forward the most.

Think about your limiting belief (ie: "I don't have enough money," or "I don't have enough time.")

First ask yourself, "Is it true?"

Then ask, "Am I absolutely sure that it's true?"

Sometimes we answer yes to the first question before we really think about it. So ask again and be sure.

Now ask, "How do I react when I think that thought?"

How does it make you feel? Maybe you feel anxious or worried. Maybe you feel tense in your belly.

And then ask, "Who would I be without that thought?"

You might be free and happy and joyful. You may feel abundant and full of energy.

Now ask, "Could I let it go?"

Then ask, "Would I let it go?"

When the answer is yes, then ask, "When?" And say "Now."

Say it again, "I choose to let it go!"

This process can be as easy as it seems. Sometimes just naming the belief and consciously letting it go is all that's necessary for an amazing shift to occur! If your limiting beliefs haven't gone away in this exercise, that's completely normal.

Oftentimes, limiting beliefs need deeper unpacking and releasing. And that's what we do in my Manifestation Masters program.

I'll be sharing information about the program once enrollment opens.

Meet Jen Mazer

The Queen of Manifestation



Jen Mazer is the Queen of Manifestation. She's always been able to dream up outrageous adventures and actually live them out—from rubbing elbows at a small private cocktail party hosted by Martin Scorsese, to living rent-free in the East Village of Manhattan for 10 years, to paying off over \$38,000 of debt in less than a year, having her artwork published in the New York Times, traveling the world, meeting the man of her dreams (a successful rockstar), giving birth at home to a beautiful daughter, and starting a green school in Africa.

Jen is a sought-after transformational speaker and coach. She teaches people how to manifest their biggest dreams while making an impact on the world. She is known for her signature Manifestation Masters Program and Private Success Coaching.

She's the author of '**Manifesting Made Easy**' and Co-Founder of the board game **Sparked**. Her work has been featured in the New York Times, Huffington Post, New York Magazine, Real Simple, Cosmopolitan, and ABC. She has interviewed some of the world's biggest thought leaders through her Manifesting interview series.

Learn more at www.queenofmanifestation.com.

What people are saying...



"Jen, I've been recommending you like crazy because of the instant results!"

Manifestation Masters helped me clear my blocks to money & abundance. I transitioned from not believing I could make \$3000 a month to confidently asking for \$5000. I have a rough business plan now that includes hiring help and setting sales goals. I no longer think of myself as "small!"

- Jeanee Ledoux, www.finelycrafted.net



"Manifestation Masters has really been transformational for me! I identified my blocks and changed the way I was thinking about things. I have increased my self-worth. I learned how to stay in high vibration and I now feel confident that everything I envisioned is manifesting. I'm grateful for the payment plan. Thank you Jen. You helped me understand the importance of investing in myself, and now I've been able to launch my art career. I love your work and all that you do!"

- Leah Guzman, www.leahguzman.com



"Jen put a spin on my negative mindsets and challenged me to re-write those beliefs and limitations. I now make more money than I ever have before doing what I love."

- Chantelle Adams, www.chantelleadams.com



"My life has completely turned around. I re-structured my business and got a publishing deal for a cookbook. The best part is: I'm now earning enough to support me and my son!"

Jen is fun, supportive and and incredibly knowledgeable. She's compiled all of the tools you need to manifest a beautiful and abundant life!

Working with Jen made me realize that I didn't have to be a victim of my circumstances. She gave me the tools and the clarity I needed to believe that change was possible. I created a business that is now my full-time job.

The support from Jen and the women in the community was invaluable and I have tools and resources that I've implemented into my everyday routine to keep me grounded and in a space of possibility and abundance instead of fear and lack."

- Jennifer Sterling, www.jennifersterling.com

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