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Abundance: Releasing Limiting Beliefs



Workbook created by Jan Brouwer

Acknowledgements

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Introduction

Hi, this is Jan Brouwer and in this self study program I will take you through a number of video clips, articles, experiences and exercises that will help you understand and release any limiting beliefs you have about abundance. The program will **normally take you 7 days** to complete.

I highly recommend that you first complete the ***understanding and changing your reality*** course before starting with this program but it is no problem to do this course without having done the other course.

To maximise the effects of this workbook I kindly invite you to:

- Take sufficient time to review the information and complete the assignments. You may want to reserve **30-60 minutes each day**;
- **Be honest** and clear with yourself at all times when you are asked to reflect on your own issues. There is no reason or benefit when you “beat around the bush”; on the contrary it may keep you from realising the changes that you want;
- **Be open minded**. Some of the information that is provided may challenge you. Remember, the changes which occur in someone’s life are often triggered by information that was either new, inspiring or confrontational;
- **Use your feelings** as a way to discern information¹. As you will see in this workbook, your mind has certain limitations and prejudices when it comes to absorbing and understanding new information;
- **Not to judge yourself**, but to have compassion when you reflect on your own life. Often we have a tendency to judge the circumstances we are in and the way we act, think and behave. There are no good or bad things, just experiences, as you will soon discover for yourself;
- **Trust yourself** when you try to integrate the concepts and teachings that resonate with you. When we change our life routines it often takes a period of time before we see results;
- **Consciously use your breath** in order to help you move energy and release emotions and issues;
- Explore more information if you feel attracted to a certain source or channel. For example, there are hundreds of interesting video clips on YouTube that I didn’t use in this workbook which may be of great interest to you.

How to use the Program

The best way to use the program is to **follow the daily assignments** as there is a particular and deliberate flow and sequence. You may be curious or interested to fast forward and take a peek at future days, but you may lose a lot of the effect from this workbook while doing so.

¹ If this concept of using your feelings is new for you, you may want to view this [introduction](#) with Zen DeBrucke about your internal guidance system.

And, later assignments may even make no sense at all for you if you have not reviewed and applied the information provided before.

You may also feel tempted to just listen or read the information and then disregard the assignments. Although you will benefit to some degree from just absorbing the information, the impact of the program will be much deeper and stronger when you **take the time to do the exercises**. Having facilitated many transformational workshops it has become clear to me that real changes are only realized when people allow themselves to go through the experience.

In other situations you may feel an urge to skip information because you "already know it". Well, be alert because very often you may know the "theory" but have not been really applying it in your life. A good example is living in the now moment, a well known spiritual concept. Although many people know of this concept, few actually practise it. So, indulge yourself and still go through the information and the exercises.

When you feel time strapped, or when you feel a need to spend more time on a certain topic, for whatever reason, allow yourself that time. **Don't rush yourself** in trying to keep up with the daily schedule. This is not a race against time, nor will you have "failed" if you are not able to complete the course within seven days.

Finally, and most importantly, **enjoy the program**. Often people take "spiritual courses" way too serious and forget what life is really about, i.e. to experience and to enjoy yourself. To lighten things up you will find a lot of humour throughout this mini course and whenever you find yourself going through a difficult moment, breath, look in a mirror and smile.

I hope the program will inspire you to make the shifts that you want in your life.

Namaste,

Jan Brouwer

Important Notice

The program uses articles and YouTube video clips that are freely available on the Internet. Although all links have been checked when publishing this self study program, it cannot be avoided that sometimes certain links are disabled or removed. Please notify me by sending an email to jan@thespiritualcoach.com if you happen to come across a link that doesn't work so I can update the program.

Thank you.

Day 1: Your Beliefs About Abundance

An important element that influences the way you experience your reality are your belief systems. A belief system consists of all the things that you learned and experienced and you now accept as your “truth”. A different way to understand this concept is to describe it as your social “conditioning”.

This conditioning, or programming, leads to all kinds of limiting thoughts about the way you live and experience life. For example, many people believe that you need a university degree to earn a lot of money, even if there are many examples of high school or college drop outs who became multi millionaires, e.g. Steve Jobs (Apple), Bill Gates (Microsoft) and Richard Branson (Virgin). Understanding and releasing limiting beliefs will be an important step to free yourself and enjoy life and abundance in a different way.

Before beginning with today’s assignment, let first take a few, good deep breaths.

Part 1

Write down a list of things that would make you feel abundant. Be honest, don’t try to give “spiritually” correct answers, but write the things you always wanted to have that would make you feel good and abundant.

You can use a schedule like the one below.

Notes:

Things that will make me feel abundant				
- lots of money, - nice house, - expensive car, - private jet, - big yacht, etc.				



Please, take a short break before moving on to the next part of today’s assignment.

Part 2

Write after each item that will make you feel abundant, the things or circumstances that currently prevent you from having it.

Notes:

Things that will make me feel abundant	Things or circumstances that prevent me from having this			
<ul style="list-style-type: none"> - lots of money, - nice house, - expensive car, - private jet, - big yacht, etc. 	<ul style="list-style-type: none"> - I don't have a good job - I have too much debt - My education is insufficient - etc. 			



Next, take a break. Get some fresh air, walk a little and do some breathing. Observe your feelings. How do you feel right now about all the things or circumstances that stand in your way of enjoying abundance? Do you feel frustrated, helpless, annoyed, irritated, powerless? Remember, there are no good or bad feelings, just observe and be honest with yourself.

When you get back finish the third part of today's assignment.

Part 3

Write after each circumstance or thing that prevents you from feeling abundant the belief system that is intrinsically supporting your viewpoint.

Remember: this is not an exercise about good or bad beliefs. They simply are just that, beliefs.

Notes:

Things that will make me feel abundant	Things or circumstances that prevent me from having this	Belief system that is supporting this view point		
<ul style="list-style-type: none"> - lots of money, - nice house, - expensive car, - private jet, - big yacht,etc. 	<ul style="list-style-type: none"> - I don't have a good job - I have too much debt - My education is insufficient -etc. 	<ul style="list-style-type: none"> - I need a good job to have lots of money - You need to borrow money to afford a nice house - Without a good education you cannot earn a lot of money -etc. 		

 Finish today's assignment(s) by taking some good deep breaths, relaxing yourself and then completely let go.

Day 2: Beliefs And Their Limitations

Yesterday we reviewed your beliefs about abundance. Today we will review how your beliefs influence your thinking, create limitations and even fears in your life.

Before starting with today's assignment, I invite you to take a few, good deep breaths.

Part 1

Please read the following articles and listen to the video clips:

- [Beliefs and Limitations](#) by Timothy Paul
- [Our Beliefs Are Our Limitations!](#) By Lance Rennka
- [Self Awareness: The Power Of Belief Systems](#) (6:19)

How do you feel now? Do you see how your beliefs create limitations and fears? Write down your thoughts and observations.

Notes:



Please, take a short break before moving on to the next part of today's assignment.

Part 2

Have a look again at the schedule with belief systems that you wrote down yesterday. To what degree would these belief systems create limitations or fears for you? Write your notes next to the belief systems you identified (see schedule below).

Notes:

Things that will make me feel abundant	Things or circumstances that prevent me from having this	Belief system that is supporting this view point	Limitations and/or fears this belief system creates
- Lots of money,	- I don't have a good job	- I need a good job to have lots of money	- I would only focus on my career and discard other possibilities that could bring me money, -I would fear losing my job



Perhaps it is a good idea after completing today's assignment, to go out for a walk, spend some time in nature, do some breathing and then reflect some more on your belief systems and what type of reality and limitations they create for you. As always, pay attention to your feelings.



Finish today's assignment(s) by taking some good deep breaths, relaxing yourself and then completely let go.

Day 3: Shifting Your Beliefs About Money And Abundance (1)

In the past two days we focused on your beliefs about abundance. In our society abundance is usually translated as being wealthy, having a lot of money. Today and tomorrow we will look into these beliefs about money and abundance more closely and offer different points of view.

Please take a few, good deep breaths before starting with today's assignment.

Part 1

Please read the following articles by Chris Joosse:

- [Why become rich?](#)
- [Myths about money](#)
- [Getting There versus Being There](#)

What do you think of money now after reading these articles? Please write down the thoughts and feelings you have.

Notes:



Please, take a short break before moving on to the next part of today's assignment.

Part 2

Please have a look at the following video clip:

- [09-Eckhart Tolle interview from Living Luminaries](#) (9:21)

What did struck you most in this interview with Eckhart Tolle where he shares his insights about money and abundance? Please write down your thoughts and feelings.

Notes:



Perhaps it is a good idea, after finishing this assignment, to go out for a walk, spend some time in nature, do some breathing and then reflect some more on your belief systems about money and abundance. Ask yourself, could I feel abundant without money?



Finish today's assignment(s) by taking some good deep breaths, relaxing yourself and then completely let go.

Day 3: Shifting Your Beliefs About Money And Abundance (2)

Yesterday, you explored some new view points about money and abundance. Today we will continue to help you shift your beliefs in this area.

But before you start with today's assignments, please take a some, good deep breaths first.

Part 1

Have another look at the list of things that would make you feel abundant (day 1). Now try to define the essence of what your desire actually represents. You can use a schedule like below.

Notes:

Things that will make me feel abundant	The essence of what it actually represents			
Lots of money	The ability to do whatever I want, freedom			
Nice house	Comfortable living			



Please, take a short break before moving on to the next part of today's assignment.

Part 2

Please view the following clips:

- [The Real Meaning of Success with Deepak Chopra](#) (1:35)
- [Abraham Hicks - Take Money Out Of The Equation- Part 1](#) (8:17)
- [Bashar on Abundance and Trusting What Is](#) (6:13)

How do you feel about money and abundance now? Has your perception changed? Have another look at the list you created. Can you take money out of the equation and talk differently about the things you want? Would you be able to realize or experience the essence of what you want in a different way?

Please write down any thoughts and feelings that you have.

Notes:



After you finished watching this video clip you may consider taking a walk outdoors, sitting in nature besides some trees or water and do some more breathing. Look around you, enjoy the beauty around you in your creation and feel the abundance you already have.



Finish today's assignment(s) by taking some good deep breaths, relaxing yourself and then completely let go.

Day 5: Choosing, Changing And Dissolving Beliefs

In the past couple of days you have been looking at your beliefs about abundance and money, exploring different viewpoints. Perhaps some of your beliefs started to shift, especially when you defined the essence of what your desires for abundance actually represented.

But, you wouldn't be the first to still feel some inner resistance of letting go of mainstream ideas and beliefs about abundance. In the next two days we will therefore review how you can choose, change or release beliefs at any given moment and offer you some practical tools and techniques to help to free yourself from limiting thoughts, e.g. regarding abundance.

Before starting with today's assignment, let's take a few, good deep breaths.

Part 1

Please watch this video clip:

- [BASHAR Changing Core beliefs 3](#) (10:01)

Can you imagine that opposing beliefs are equally valid, or, as Bashar would say, situations or circumstances are neutral until you assign a meaning or preference to them? That if a certain belief limits you, that you can simply choose a different belief system so things will open up and change?

Please write down the thoughts and feelings that you have about choosing your beliefs.

Notes:



Please, take a short break before moving on to the next part of today's assignment.

Part 2

Have another look at your list of belief systems regarding abundance and the things or circumstances that prevent you from experiencing them (day 1). Now, just for the fun of it, write behind each belief system an opposing belief system (see example below).

Once you have completed the list, just observe to what degree you feel able to accept those opposing beliefs. Is there a belief that feels more “true” to you? You can highlight them in yellow or any other color.

Important: don’t judge these belief systems, they are just that. This is just to identify which beliefs are currently the strongest for you.

Notes:

Things that will make me feel abundant	Things or circumstances that prevent me from having this	Belief system that is supporting this view point	Opposite belief
-Lots of money,	-I don’t have a good job	-I need a good job to have lots of money	-I don’t need a good job to have lots of money



Please, take a short break before moving on to the next part of today’s assignment.

Part 3

You probably found that certain beliefs feel much stronger than others and that it is not always easy to just choose another belief, and really embrace and accept that belief. This is perfectly normal as many of your beliefs have been part of your life and social conditioning for 30, 40 years or even longer.

Spiritual teachers acknowledges this, but they also have suggestions how to deal with those deeply embedded beliefs. Let's listen to what Abraham has to say.

- [Abraham-Hicks – Changing Patterns of Thought](#) (9:04)
- [Abraham-Hicks: Find Better Feeling Options](#) (10:29)

How do you feel about what Abraham is explaining here? That you reinforce and perpetuate your limiting beliefs by just observing what is? And, that in order to change or remove these limiting beliefs, you have to concentrate on changing your feelings, your vibration first, as this, through the “law of attraction”, will create a different “what is”?

Please write down your thoughts and feelings.

Notes:



Finish today's assignment(s) by taking some good deep breaths, relaxing yourself and then completely let go.

Day 6: Consciously Choosing Your Beliefs, Thoughts and Feelings

Today, we will delve deeper into this relationship between beliefs, vibration, feelings and reality, and how this relates to what you manifest and experience.

Before starting with today's assignment, I invite you to take a few, good deep breaths.

Part 1

After yesterday, you may have been wondering how on earth will I be able to “manage” all my beliefs and thoughts and make sure that I have a positive vibration at all times? Feels like an impossible job, right? So, how do you practically deal with this?

Please listen to the following clip:

- [Abraham Hicks: What is Your Point of Attraction?](#) (6:39)

Does it relieve you to know that it is not “bad” to have negative thoughts and emotions? That once you are conscious of them, you always have a choice to change them, even if this takes you days or weeks? That through this choice you have the ability to free yourself, at any given moment, from any negative belief, thought or feeling?

Please write down your thoughts.

Notes:



Please, take a short break before moving on to the next part of today's assignment.

Part 2

Please watch this video clip:

- [Abraham: ALIGNING WITH YOUR VERITABLE FORTUNE](#) (8:52) note: veritable fortune is Abraham's concept that you are energetically surrounded with everything that you ever asked for or wanted.



Perhaps it is a good idea after this last clip to go out for a walk, spend some time in nature, do some breathing and reflect on the past few days and all the information that you absorbed. Now ask yourself:

Am I able to consciously choose positive thoughts, even if my reality is reflecting something else? Can I speak in the direction where I want to be, instead of looking over my shoulder to where I have been?

Once you feel ready, relax, let go and return home, observing and enjoying your energy and everything around you



Finish today's assignment(s) by taking some good deep breaths, relaxing yourself and then completely let go.

Optional

Sometimes people, or to put it more accurately their minds, like the idea of having a concrete technique or routine to help them release certain (limiting) thoughts, beliefs or blockages. Below are four examples of methodologies that are widely used and practiced:

- the Sedona method;
- the Emotional Freedom Technique (EFT);
- Neuro Linguistic Programming (NLP); and
- Psych-K.

Feel free to review the information and if you feel attracted to a certain method, simply try it. Remember, there is no good or bad methodology. Bashar would say they are just "permission slips". But one method might be better aligned than another with your current belief systems.

a. Sedona method

[The Sedona Method Introduction](#) (14:19)

[Sedona Method: 3 Sedona Method Questions](#) (3:57)

[Ways Of Using The 3 Questions Of the Sedona Method Part 1](#) (8:34)

b. Emotional Freedom Technique (EFT)

What is EFT: http://en.wikipedia.org/wiki/Emotional_Freedom_Technique

[How Emotional Freedom Technique \(EFT\) Works](#) (3:58)

[163. How it All Works: Trainer's Secrets — Faster EFT NLP, Robert](#) (17:24)

[144. Why Does Tapping Work? — Faster EFT NLP Robert Smith](#) (9:58)

[94. How to use The Quick Tap Method Faster EFT](#) (9:51)

[96 How to Mental Tap Faster EFT](#) (4:29)

c. NLP

Introduction about NLP: http://en.wikipedia.org/wiki/Neuro-linguistic_programming

Video's

[NLP Submodalities Belief Change Part 1](#) (8:34)

Live demonstration:

[NLP Training: Submodality Belief Change \(Part 1/2\)](#) (4:31)

[NLP Training: Submodality Belief Change \(Part 2/2\)](#) (6:07)

d. Psych-K

Introduction:

<http://psychology.wikia.com/wiki/PSYCH-K>

<http://dev.psych-k.com>

Video's

[Rob Williams Explains Why PSYCH-K Works](#) (4:25)

[What is PSYCH-K® intro : What is it? How do you use it? Who can do it?](#) (6:39)

Live demonstration:

[The Psychology of Change Rob Williams 4 of 8](#) (9:51)

[The Psychology of Change Rob Williams 7 of 8](#) (9:53)

Day 7: Celebrate The Gifts And Joy Of Life

You have come to the last day of this course about understanding and releasing limiting beliefs. Although we used beliefs about money and abundance to make you aware how your beliefs create limitations or even fears in your life, the principals, concepts and tools that you explored can be applied to any belief on any subject.

The ability to release and change your beliefs is the key to freedom and abundance in your life. However, as you may have discovered in the past few days, letting go of certain beliefs is not always easy. That’s okay and fully understandable in light of the many years that you have been “programmed” with the beliefs that are dominant in our society.

From my own experience I can tell you however that once you become aware of how belief systems work and continue to practice with consciously choosing your thoughts and feelings, your life and abundance will definitely change.

For this last day, I have one simple and easy exercise for you, i.e. to consciously appreciate and enjoy everything you already have (instead of focusing on all the things you don’t have) and then you will finish with a beautiful channel.

Please take a few, good deep breaths before you start.

Part 1

Please listen to following short video clip:

- [Gratitude - with Deepak Chopra](#) (2:43)

Now make a list of things or circumstances that are already present in your life and which make you feel abundant and grateful.

Notes:

Things or circumstances that are already present in my life which make me feel grateful				
Nice friends, supportive family				
Wonderful view out of the window				
My new dress, my espresso machine, etc.				

Going forward, you may want to briefly and consciously acknowledge and celebrate each positive thing or moment in your life while it is occurring (this will also help you shift your vibration and point of attraction).

Part 2

You have now come to the very last channel in this course. It is a compassionate channel with Abraham reminding us of our true and core beliefs.

Please take a few, good deep breaths and then listen.

- [Abraham Speaks: Finding My Core Beliefs](#) (9:00)



After you finished watching this video clip you may want to go out for a walk, sitting in nature besides some trees or water and do some more breathing.

Then look around, enjoy the beauty and just smile, knowing that you are Creator and that you can choose and change your beliefs at any time and thereby experience abundance in anything. Remember, You are God also.