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If our beliefs and thoughts really do dictate what happens to us in our lives, then it makes sense that we dig out the unconscious beliefs that are holding us back. Two great places to begin looking for unconscious beliefs are your karma and dogma.

In Hinduism or Buddhism, karma is the sum of a person's actions in this and previous lives, which determines the events of their future and determines their fate in future existences.

Dogma on the other hand, is a set of beliefs, usually religious in nature, adopted by the members of a group, without being questioned or doubted, and in this case also references the childhood beliefs you were reared with.

Karma is sticky and it's a place where you will often self-sabotage, because you're working with self worth.

So for example, you may find it easy to believe that you do not deserve to have abundance, wealth or success because of something you did wrong in this lifetime, or even a pervasive belief that you must have been a terrible person in previous lifetimes and obviously deserve to be punished now.

Dogma can mess with you equally as much, for example a belief that drug addicts are bad people. If you then took drugs once, you are therefore a bad person who deserves to have bad stuff happen to them.

Likewise dogma creates expectations.... husbands and wives should act in a certain way, and I should be married by the time I'm 25, for example.

When that expectation (even if it's totally unconscious) is not met, we get depressed and feel disempowered – often without knowing why.

Even though many of these events, and certainly other people, are completely outside your scope of control, you get stuck in a cycle of negative thinking that gets more and more difficult to break out of, or you keep hitting a glass ceiling when you aim for goals.

So park your karma literally means put aside the idea that you're a bad person and deserve to be punished and curb your dogma challenges you to not take anything at face value and to question your beliefs and ideals – especially when they create a conflict or obstacle for you.

The idea of changing longheld religious and childhood beliefs can be daunting, but as the intro to A Course In Miracles states, you will have to question everything at a point on your path – nothing is sacred. Sometimes you will come to a new conclusion, sometimes you'll reach the same old conclusion packaged in a different way, but the process of questioning is the only way to really learn.



THE SHOULD'S EXERCISE

A great exercise for identifying where these conflicting ideas and limiting beliefs lie is to unpack where and what all the 'shoulds' in your life are.

You can do the exercise in a number of ways, written or just as a mental exercise.

You can do the exercise in general or you could create headings or keywords for the issue you're currently working with and ask yourself should questions around that.

If you want to identify where or who a belief stems from so that you can release the person or clear the incident, then ask yourself when you identify a should:

- Who said that should happen?
- Why should that happen?

SHOULD QUESTIONS

ABOUT YOURSELF

- How much work do I think I should put in?
- How much should I be worth?
- What should I be entitled to in life?
- What should you always do?
- What should you never do?

ABOUT OTHERS

- How much work do I think others should be doing?
- Is there a specific way I think this should be done?
- How should people treat you?
- How should you treat people around you?
- How should you respond to requests and favors?
- How should you react to personal or intimate information?

ABOUT EVENTS

- What do I think should happen here?
- What do I think the outcome should be?
- By when should I see results?
- What should rather have taken place?
- What should you have done differently?
- How should you have reacted differently?

ABOUT RELATIONSHIPS

- What should my partner do for me?
- What should my partner be responsible for?
- What should intimacy and sex be like?
- What should people do if they love me?
- What should people automatically know if they love me?
- What should people do when they show me appreciation?

ABOUT MONEY

- How much money should I/my partner be earning?
- How should I spend my money?
- How should I prepare for retirement?
- How wealthy should I be?
- How much work should I put in to be wealthy?
- How much should be enough for me to feel successful?



categories



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Life Coaches Toolbox has a number of free diagnostic tools and resources that coaches, trainers, mentors and managers can use with clients, or that you can use on your own.

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- Affirmations
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