

The Empowered Entrepreneur Show

Episode 028

<https://empoweredentrepreneurshow.com>

Intro: Welcome to the Empowered Entrepreneur show. Discover your life's purpose, reprogram your mind for success, and attract an abundance of paying clients to your business. Now here's your host, Tom Tenaglia.

Tom Tenaglia: Aloha, Empowered Entrepreneur. I am Tom Tenaglia, and you're listening to the Empowered Entrepreneur show, and today I want to talk about the power of one belief.

I remember looking for a romantic partner. I remember seeking out somebody while I was looking to date, and I had written down basically the type of person that I wanted to be with, and I had looked. It would help, when you know what it is that you want to find, it helps to be able to see it, because there's so much information going on in our day to day lives that if we know what it is that we're looking for, our unconscious mind can present that information to us. No different than, let's say if you're looking to buy a certain make and model of a car, all of a sudden you start seeing it on the road everywhere. The car was there all along, it's just now you're seeing them. And so I wrote out all these qualities that I wanted to find in a partner, and I would go on dates and for whatever reason I wasn't finding her.

And I then took a look at the qualities, and I said, what's going on here? So I had released all of my negative emotions. I'd released anger, sadness, fear, and guilt using release techniques, and I felt pretty good about what I had written down. And then it dawned on me that I didn't believe that I could find her, and a limiting belief like that, it doesn't feel like a negative emotion. A limiting belief is mental, and the emotions are emotional. So anger and the limiting belief of, I don't believe I can find her, feel very different. And so I wasn't even aware of this limiting belief at the time, until I had done an honest check of, hey, here's what I'm looking for, where is she, why aren't I finding her? I'm going on dates. Well, what's going on?

And then I did a release technique to let go of the limiting belief that, I don't believe I can find her, and within 24 to 48 hours, I can't remember the exact duration, but it was very fast, within the same week for sure, the woman that I had put onto the avatar, onto the paper of all the list of things that I would want to find, showed up in my life.

And then it dawned on me that that's the power of one belief. One limiting belief can derail everything. I had a client who had a limiting belief that just basically everything that we looked at, all the problems that he was having in his life, bubbled up to that one belief. He let go of the limiting belief, his life changed.

And so I bring this up because with all the release work that I help people with, I think it's important that as an empowered entrepreneur that you're aware that there is a way to release your limiting beliefs. Now, it's not necessarily a process

that I could teach on a podcast, but that doesn't mean I don't want to talk about it. I definitely do. I want you to know that it's possible, and I want you to know that your beliefs directly affect your reality. If energy is coming in from the spiritual, from source, and it hits the mental, and if the mental has a limiting belief, it totally mucks with the energy of what it is that you want to manifest, even before it gets to your emotions.

Same thing with negative emotions. Same thing with things that can derail you. So, it's important to look at these beliefs, and as we go about our businesses, what is it that we believe to be true? And as a result, we will unconsciously behave in ways that allow our beliefs to be well demonstrated in the external world.

So I think about that and I ponder on what are the beliefs that I want to have, and what are the beliefs that are necessary for the results that I want to have? So if I believe money comes easily to me, then whenever I need money, money shows up. Likewise, if I believe that it's hard to find clients, well then everything I do is going to prove that it's hard to find clients. But if I believe it's easy to find clients, clients show up in the strangest of ways. If I believe working with clients can be really easy, then easy clients show up. If I believe I can get paid what I'm worth and the prices that I charge, then clients who are willing to pay that show up.

It really does come down to your beliefs, because you can't experience something that's contradictory to them. Your unconscious mind will seek out and filter reality to align with your beliefs. And so the purpose of this episode is really just to share with you the importance of beliefs.

And the work I do is very one-on-one. The work I do is, when people say, "Well, why not do it at larger scale?" And it's because each of us have our own reality. Each of us have our own situations. And so I go pretty deep with people in terms of release work, in terms of creating the life that you want, and each person is an individual. And so I work with people one-on-one to handle their particular beliefs, because I can't give you a universal solution over a podcast, and yet there are tools and techniques that I have that I can assist you in letting go of things that are getting in the way.

So, I want you to think about, what are the beliefs that are necessary for you to manifest the results that you want, and then what are their beliefs getting in the way, and what would you like to believe instead? And if you've done that exercise, you can send me the answers if you'd like. You can go onto empowerdentrepreneurshow.com and send them. You can also reach out to me if you'd like help releasing the limiting beliefs, and making the beliefs that you would like to have a reality, and reprogramming them in your mind basically.

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One belief can totally shift your experience, and it can totally get you to manifest exactly what it is that you want. So there is power in that, and I'm totally willing to help you with it. I was hesitating starting this podcast so many months ago, because I knew a lot of the stuff that I did is one-on-one. And then it dawned on me that there are people who don't know that you can actually let some of these things go, that you can create the life that you want in ways that I'm able to help people with.

And so I figured getting the message out there, getting that word out there would be extremely helpful so that the people who don't know that it's possible to let limiting beliefs go, can connect with me and I can help them do it, and we can get on with living the lives that we want. So while I can't demonstrate a particular limiting belief release process on the podcast, rest assured that it does work, and if you reach out to me and we talk about it and we see if we're a fit to work together, then you'll get to experience it too, and it can completely change your life. I've seen it time and time again.

So that's what I want to leave you with for now, just ponder that. Think about the beliefs that you have, the beliefs that you want, any beliefs getting in the way, what beliefs you would want to have instead, and then let me know if you want help with them.

With that, *Aloha, a hui hou*; talk to you again soon.

Outtro:

Thank you for listening to the Empowered Entrepreneur show.