



PHOENIX RISING

The Healing Room

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Message from Glenyce

Many of us have beliefs that limit our true happiness. One of the most important things you can do is recognize your own limiting beliefs and reprogram yourself to have beliefs that will assist you in creating your dreams. I recently taught a Law of Attraction workshop and noticed that the biggest hurdle for the participants was identifying their limiting beliefs.

There are times that the beliefs are so ingrained in our belief system that we have a hard time believing that it can be any other way.

For example many people believe that they need a college education to be successful in life. Did you know that 20% of America's millionaires never set foot in college? And 21 of the 222 Americans listed as billionaires in 2003 never got their college diplomas, and 2 never even finished high school? And that Bill Gates dropped out of Harvard and later founded Microsoft?

Another example is that many people believe that what their Doctor tells them, or anyone in an authority position, is truth for them.

There were two men in the hospital and their charts were accidentally mixed up. One man had pancreatic cancer and was given 3 months to live; the other had gallbladder problems and with proper diet was told he could get rid of the pain he was experiencing. Because the charts were switched each man was given the wrong information. The man who was told he had cancer and had 3 months to live – died 2 days short of 3 months later. Remember, in reality all he had was gallbladder problems. The other man, who in reality, had pancreatic cancer – continues to live a healthy life, cancer free. Stop and think about that for a minute. Where in your life are you telling yourself that you can't do or be something that your heart wants to do or be? Pay attention to those yearnings, those desires that come up so strong & so powerful. Listen to your self-talk when they come up. Whatever you are saying to yourself to stop yourself from doing or being those things – those are your limiting beliefs.

Maybe you desire to own

oceanfront property with a beautiful spacious home where you can write and enjoy life with your husband during the Canadian winter months. Some of your limiting beliefs may be that you don't have the money, that your extended family wouldn't approve, that it would be too hard to find someone to take care of your current home while you were away, and that you aren't worthy of such extravagances.

Your job is to look at those beliefs and turn them around to what you do want. Implant new beliefs through repetition of affirmations or if you need more help, then I would recommend hypnosis to really discover and change those deep seated beliefs. Take charge of your life. There are 4 steps on the following page that will help you get started.

I am a true believer that if your heart desires it - then you can create it. You can be and do anything you want, it is truly up to you! Know that I believe in you and your continued success.

Love, light and smiles,
Glenyce Hughes

"Your subconscious mind does not argue with you. It accepts what your conscious mind decrees. If you say, "I can't afford it," your subconscious mind works to make it true. Select a better thought. Decree, "I'll buy it. I accept it in my mind."

Dr. Joseph Murphy
Author of The Power of Your Subconscious Mind

"Brain researchers estimate that your subconscious data base outweighs the conscious on an order exceeding ten million to one. This data base is the source of your hidden, natural genius. In other words, a part of you is much smarter than you are. The wise people regularly consult that smarter part.

Michael J. Gelb
Author of
Think Like Leonardo da Vinci

"Nothing changes until you do."

Unknown

On the Road...

Glenyce will be available for appointments/workshops:

Wainwright - March 4

& April 26

Turtleford - March 14

Edmonton - March 19 & 20

Bonnyville - April 5

Hanna - April 13 & 14

The Healing Room now accepts Visa, Mastercard and Debit Cards!!

Don't Waste Your Life Believing You Can't

In 1977, in Tallahassee, Florida, Laura Shultz, who was 63 at the time, picked up the back end of a Buick to get it off her grandson's arm. Before that time, she never lifted anything heavier than a 50 pound bag of pet food.

Dr. Charles Garfield, author of *Peak Performance* and *Peak Performers*, interviewed her after reading about her in the *National Enquirer*. When he got to her home, she kept resisting any attempts to talk about what she called "the event." She kept asking Charles to eat breakfast and call her Granny, which he did.

Finally he got her to talk about "the event." She said she didn't like to think about it because it challenged her beliefs about what she could and couldn't do, about what was possible. She said, "If I was able to do this when I didn't think I could, what does that say about the rest of my life? Have I wasted it?"

Charlie convinced her that life was not over yet and that she could still do whatever she wanted to do. He asked her what she wanted to do, what her passion was. She said she always loved rocks. She had wanted to study geology, but her parents hadn't had enough money to send both her and her brother to college, so her brother won out.

At 63, with a little coaching from Charlie, she decided to go back to school to study geology. She eventually got her degree and went on to teach at a local community college.

Don't wait until you are 63 to decide that you can do anything you want. Don't waste years of your life. Decide that you are capable of doing anything you want and start working toward it now.

*Taken from the book *The Success Principles* by Jack Canfield*

4 Steps to Changing Limiting Beliefs

Step 1. My negative/limiting belief is:

Step 2. The way it limits me is:

Step 3. The way I want to be, act or feel is:

Step 4. My turnaround statement that affirms or gives me permission to do this is:

For example:

1. My negative/limiting belief is:

It takes money to make money.

2. The way it limits me is:

I feel stuck because I don't have the money to make money.

I stay in debt.

I feel depressed because I can't do or have what I want.

I don't try any of my idea's because I don't feel like I have the money to follow through with them.

3. The way I want to be, act or feel is:

Abundant in all ways.

Free to follow through with idea's to generate more money.

Energetic.

4. My turnaround statements that affirms or gives me permission to do this is:

I enjoy utilizing my power to create all that I need to do and be everything I desire.

I am whole, I am enough.

My vibration is lovingly in sync with the vibration of money.

How to Overcome Limiting Beliefs

When you change the way you look at things, the things you look at change.

-- Dr. Wayne Dyer

We are what we believe we are, and we can do what we believe we can do. Yes, I know that sounds all touchy-feely and new age, but you don't have to be a metrosexual to climb onboard the belief bandwagon.

There is an interesting connection between our conscious mind and our subconscious. Our subconscious is tasked with the responsibility of making what we consciously believe is true, actually come true; at least to the best of our subconscious mind's ability to make it true.

So, if you think you can do something, you can. And, if you think you can't, you can't. It sounds simple, right? Well it is simple, sort of.

Back up at the top of this article is a quote from motivational and self-help author Dr. Wayne Dyer. I picked the quote because it embodies the entire concept of overcoming self-limiting beliefs. Think about it. When you CHANGE the way you look at things, the things you look at CHANGE. Let's examine that statement.

Prior to that fateful day, on May 6th, 1954, everyone in the sports world believed it was impossible to run a mile in under 4 minutes. And because everyone believed it, it became true. But there was one athlete who didn't believe it. Roger Bannister believed that he COULD break the 4 minute mile. And, when he changed the way he looked at that barrier, the barrier changed. Even more amazing is that after Bannister crossed the 1 mile finish line in 3:59, nearly every professional runner had broken the 4 minute mile within the following year. Why? Because they believed it was possible once Bannister proved it to them.

But you don't need a Roger Bannister to overcome your own self-limiting beliefs. All you need to do is believe in yourself and the goals that you want to accomplish. Believe it or not, it's as simple as turning a can't into a can and then visualizing your success.

If you want something, start acting as if you already have it. This programs your subconscious to go about the task of making whatever it is actually come true. The best way to accomplish this is through the use of affirmations.

Affirmations are positive statements that you speak out loud when you need encouragement. They are always formatted to accentuate the positive as if the desired results have already been achieved.

So, if you are being held back by the self-limiting belief that you'll never be successful, for example, you could start saying these affirmations:

I deserve the success that has come into my life.

Every day I achieve more and more success.

It is my right to enjoy the success I am achieving.

If you repeat your affirmations several times in the morning, whenever you have spare time during the day, and again before you go to bed, you will be conditioning your self-conscious mind to start the process of making you successful by removing the mental barriers that are holding you back.

Before you know it, your personal 4 minute mile barrier, whatever that may be, will disappear.

Terrence Young

Upcoming Events at The Healing Room

Law of Attraction - March 24, 2007

9:30 am to 4:30 pm. The Law of Attraction states that you attract to yourself whatever you give your attention, focus or energy to; whether it is wanted or unwanted. This workshop will assist you to understand and work with this Law to create the life that your heart desires. We will watch the movie "The Secret", followed by discussion, group & independent exercises. Your investment is \$85.00 which includes a vegetarian lunch, beverages, and a manual with worksheets. **Please register by March 16, 2007.**

Reiki Advanced - March 30, 2007

9:30 am to approx 5:00 pm. Pre-requisite Reiki Level 2. Vegetarian lunch, beverages & manual included. Your investment is \$450.00. **Please register by March 23, 2007**

Reiki Level I & Reiki Level II – April 21 & 22, 2007

9:30 am to approx. 6:00 pm both days. Reiki is a technique for stress reduction and relaxation that allows everyone to tap into an unlimited supply of "life force energy" to improve health and enhance the quality of life. Vegetarian lunch, beverages & manual included. Your investment is Level I investment - \$170.00 and Level II investment is \$225.00. **Please register by April 13, 2007**

**To register for a workshop please contact Glenyce by the date highlighted to pay registration fee.
We now accept Visa, Mastercard & Debit cards!**

Upcoming Events on the Road

To register or for more info for any of the workshops listed below please contact
The Learning Center, Hanna, AB at 780-854-2099

6 Things You Can Do Every Day to Have a Wonder-Filled, Energized, Inspired, Happy & Miraculous Day!

April 14, 2007 in **HANNA, AB**

10:30 am - 12:00 pm. This fun and interactive workshop will show you 6 different things you can do to have the best day - everyday!

Beginner Meditation Workshop

April 14, 2007 in **HANNA, AB**

1:00 pm - 3:00 pm. Meditation is very important in our spiritual and physical lives. It helps to decrease stress and connects us to our inner guidance. This enables us to live our lives from Spirit rather than ego. In this amazing workshop you will learn the benefits of meditation, how to meditate and experience six different meditations.

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An Afternoon with Angels

Invite a group of 8 or more friends to your home to enjoy an Afternoon with Angels.

Joining us will be Spirits of loved ones who have crossed over to the other side. You may be selected by Spirit to receive messages they wish to pass on.

You will also learn about divine spiritual energy and connections, experience meditation and learn how to get your own answers from Spirit.

Contact me for more details.