



# TODAY I UNCOVER MY LIMITING BELIEFS.

## DAY.10

**The outer world,  
is a reflection of our inner world.**

We see the world not as it is, but as we (unconsciously) programmed ourselves to believe it is.

For example, when I have the limiting belief 'I am not good enough', I continuously, unconsciously search for evidence in salutations and people around me to confirm my belief.

Our beliefs form the subconscious mind, which is responsible for 95% of our thoughts. The subconscious mind defines us. We are only aware of the 5% of our thoughts.

Dr. Bach,(1886-1936), a surgeon in the College Hospital of London, quit the orthodox medical path, to create natural remedies that cure living beings in the core. He was tired of seeing doctors treating diseases, not people as a whole alive system (body, emotions, stories).

He refused to put labels on people with physical or mental symptoms. He created natural remedies, inspired by nature and homeopathy, to help humans, animals and plants to heal from their own limitations. He faced emotions and body conditions as symptoms. For him, all kind of sicknesses, and emotions or characteristics like jealousy, fear, insecurity, loneliness, bitterness are symptoms that can be healed, so a living being can be free from his limitations.

# DAY.10

Phrase of the day: 'Today I uncover my limiting beliefs'.

Please also write this phrase in your journal.

We still today use the 38 Bach remedies, and they are thousands of people saying how they truly healed from a flower remedy.

*The test that you are going to do today, it's the Bach test.*

PRACTICE 1:

1. Set the intention to be open and true to yourself during this practice.
2. Listen to the '**BREATHE**' or the "**AFFIRMATIONS**" meditation and then
3. Fill in the test of DAY 10, '**LIMITING BELIEFS**'.

PRACTICE 2: Write in your journal any insights that you have (if you have) during the PRACTICE 1.

Good luck!