

Abundance Mindset Part III

Topic is clearing your Limiting Beliefs using Quantum Linguistics. This technique is called "**Cartesian Coordinate**" to delete limiting beliefs and discover your hidden emotions. Please keep your homework handy!

This is a necessary process, especially if you have tried all other methods to manifest your dreams and goals, such as meditation, journaling, vision board and affirmation. Haven't they yet quite worked? That means that you have blockages like limiting beliefs and negative emotions.

This **Cartesian Coordinate** technique is a bit tricky so here are some examples of this exercise.

It's very important for you to know that there are no right or wrong answers. It's Quantum Linguistics so let go of your duality mindset! This work is not for your smart brain! This is work for your Unconscious Mind! So, the more confused you are, the happier you will be for this exercise!

There are 4 questions that you are going to answer.

1st What would happen if you were.....?

2nd What would not happen if you were....?

3rd What would happen if you were NOT...?

4th What would not happen if you were not...?

Let's use this example of Limiting Beliefs!

"I am not good enough."

Let's apply this limiting belief to Cartesian Coordinate sentences.

Please answer each question as if this is one of your limiting beliefs.

What would happen if you were good enough?

What would NOT happen if you were good enough?

What would happen if you were NOT good enough?

What would NOT happen if you were NOT good enough?

Were you able to answer the questions?

Again there are no right or wrong answers.

Make sure to use the past tense!

Let's practise it using another example!

"I never have enough money."

What would happen if you did have enough money?

What would not happen if you did have enough money?

What would happen if you did not have enough money?

What would not happen if you did not have enough money?

When your answer is "I don't know, nothing," or you cannot simply answer it, that means that the limiting belief is deleted from your Unconscious Mind!

Work on the list of your limiting beliefs one by one to delete the limiting decisions and false beliefs in your unconscious mind and also see what hidden emotions you can discover!

Practise this technique multiple times!