



BARRIERS
TO
GROWTH

KISHORE
CHAINANI

BARRIERS TO GROWTH

-
Do you feel you are constrained in life?

You would like to do and achieve so much more in life, but no matter how hard you try, it only seems to move further away from you?

Whether it is career or business growth, health, money or relationships.

I would like to believe that we are born limitless. A child dreams big. No constraints. But as we grow up, we acquire certain beliefs that start to shape our thought process. And this thought process gives us the thoughts of what we can do and what we cannot. Our past experiences and the emotions associated with our past attempts, start to define what we are capable of and what we cannot achieve. We start to give up on many of the dreams which we really wanted to pursue.

As a child, one of the many dreams I had was to be a fighter pilot. To join the country's Air Force and be able to fly one of the supersonic fighter aircrafts thousands of feet high in the sky. But as I grew up, I realized through the day-to-day struggle of being brought up, that what was much more important was money. I could see I could not afford what I wanted because of lack of money, which always seemed to fall short. This experience of lack triggered a certain sad emotion, being unfortunate or born unlucky. So I gave up on the dream of being a fighter pilot and started to pursue a career that could give me money. And while money came about, I could see that the emotion of lack didn't go away. It seemed to continue and no matter how much money came in, it again seemed to fall short and the same emotion associated with it continued.

Today, I have more than enough money, thanks to meticulous planning, discipline and neuroscience based tools that I learnt, that helped me re-program my mind for abundance. And I am also able to switch my emotions, at will, from that sense of lack, to abundance and joy, but I see a lot of people struggle.

I can see that they are struggling with age old emotions of lack, of sadness, of regret, guilt, anger, frustration and being a failure at multiple attempts.

And I strongly feel the urge to help them.

Like, when you know how to ride a bicycle, you want to be able to help someone who is struggling with it. Or you know how to drive a car and you know very well that you can help your younger sister to also learn it. We have all done this.

I personally feel very blessed and I am filled with gratitude on being so fortunate to be able to get rid of all my past emotions using this science.

And since the past many years now, I have been sharing this knowledge of being able to re-program your sub-conscious mind with forwarding beliefs and it's power to help people create and design literally a new life. A new life of their dreams. This inner-most shift that happens, helps you generate new kind of thoughts and motivation from deep within you. You are self-propelled. You don't then really need any external motivation. Because you get those positive forwarding thoughts all the time, self-generated, from deep within you. Your whole psychology has changed.

Are you keen to know how to go about on this journey of inner transformation? To be able to fill the deep voids within you? To be able to find the answer to all the unanswered questions?

Let's begin on this step by step journey.

Discovering Oneself

What do you say to yourself when things really go wrong. When things do not go as per your expectations?

Most people, in these low moments of their life, have some conversations, similar to the following, going on in their head.

"I am not good enough"

“Why does this always have to happen to me”

“I must do something now to prove myself”

“I don’t deserve this”

“I am unlucky”

“I am born unfortunate”

It could be one of the above, or similar or a few like above. The key is to identify the conversations you have with yourself. Especially when things are not going the way you like them to go. It is during these weak moments that these negative beliefs show up. When the going is good, everyone can manage themselves. It’s when things are not going your way that we need to learn on how to manage oneself and still stand strong. Because if we have managed this, then we are able to tide over the rough patches. If we can bring about strength, automatically from deep within, during these low phases of life, then we are able to slowly re-program our mind with new patterns that propel our thought, our emotions and mind.

Step One:

I would like you to write down these conversations, what you say to yourself during these low moments.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

The important check now is how true are these statements that you seem to be saying to yourself?

You will be able to see very quickly that logically they are not always true. They may have been true at some point of time in life in the past. Most of them are interpretations or meanings I made up, when I failed in the past. When things didn’t go right. When expectations were not met. So I said to myself, I am an unfortunate human being, I am not

good enough. I lack a few things. Maybe I am dull, etc. That's how we explained to ourselves on why these things are not working out. While logically we are able to see that this is not actually how I am. I have capabilities far exceeding what I say to myself. I have been able to actually surpass my beliefs many times.

-
Step Two:

And as a next step it's important to be able to write down all of one's accomplishments. All that one is proud of. Write down all those achievements. Somewhat magical moments of life, when unbelievable things happened to you.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Make sure you stretch yourself and write all ten.

-
Step Three:

How do you feel now, after writing all of the above accomplishments? Write down your ***feelings and emotions*** as you think about these achievements and magic that you created. Do you feel excited, happy, energetic, joyful?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

8.

Again, I would like you to write at-least eight.

Step Four:

Go back to those low moments of your life. Think about those, when you felt like a failure, things not working out. I want you to **really** be able to imagine them once again. Take a couple of minutes to bring those moments alive for you. How do you feel now? What is the emotion? Write it down.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Close your eyes and try and locate within your body, on where you feel these negative emotions. When you have identified the location of these negative emotions like sulking, anger, frustration etc. Where do you feel these in your body? Gut, heart, head, identify the body part where you feel them. Write down the body parts where you feel them.

Now, do you want to keep these emotions with you? What do you want to do with them? If you want to release them, then make a gesture as if you are reaching out into that particular body part with your hands and pulling these emotions out and dumping or throwing them away. If you have a garbage can or box nearby, make the actions of dumping them in the garbage box. Repeat the dumping action with your eyes closed, with full intention. Repeat as often as you like, till you check and feel that the negative emotion as gone away.

Step Five:

Now again, think about all your good things in life. All your accomplishments once again. All your achievements. List them down here once again!

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Write down the feeling you feel and the emotions you experience as you think about each of these.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Where in your body do you feel these emotions and feelings. Write down the body part – Gut, heart, head, legs, arms?

How will you ensure that you are able to return every-time to your good feelings? Think of some creative ways.

What is a name you would like to give to your state of being when you are thinking of these good things and accomplishments? Some people

call it their “bliss state” or “Peak State”. You are free to choose a name you want to give this.

We have come to the end of this exercise. You were able to transform one of those areas of your life, which pertains to a strong negative belief about yourself. How do you feel about it? Imagine if you were able to address:

1. All the negative beliefs about you
2. All negative beliefs about all the important and close people around you, including your spouse, your parents, your boss, your children, siblings, your team. Everyone.
3. All negative beliefs about money and wealth
4. All negative beliefs about Sales and selling, so you can position yourself and your services well in the world.
5. All negative beliefs about time, which impacts your peace of mind and fulfillment.
6. All your deep rooted fears, anxieties and phobias.

How would your life be then? If you are interested drop me an email on kckishorechainani@gmail.com. We run an extensive program called the Extra-ordinary Results program which helps you transform all the areas of your life including growth, money, relationships and love.

Copyright www.kishorechainani.com
All rights reserved.