



DOWNLOAD THIS PRESENTATION

www.theancientmaster.co.za

Breaking free

Jath van der Westhuizen

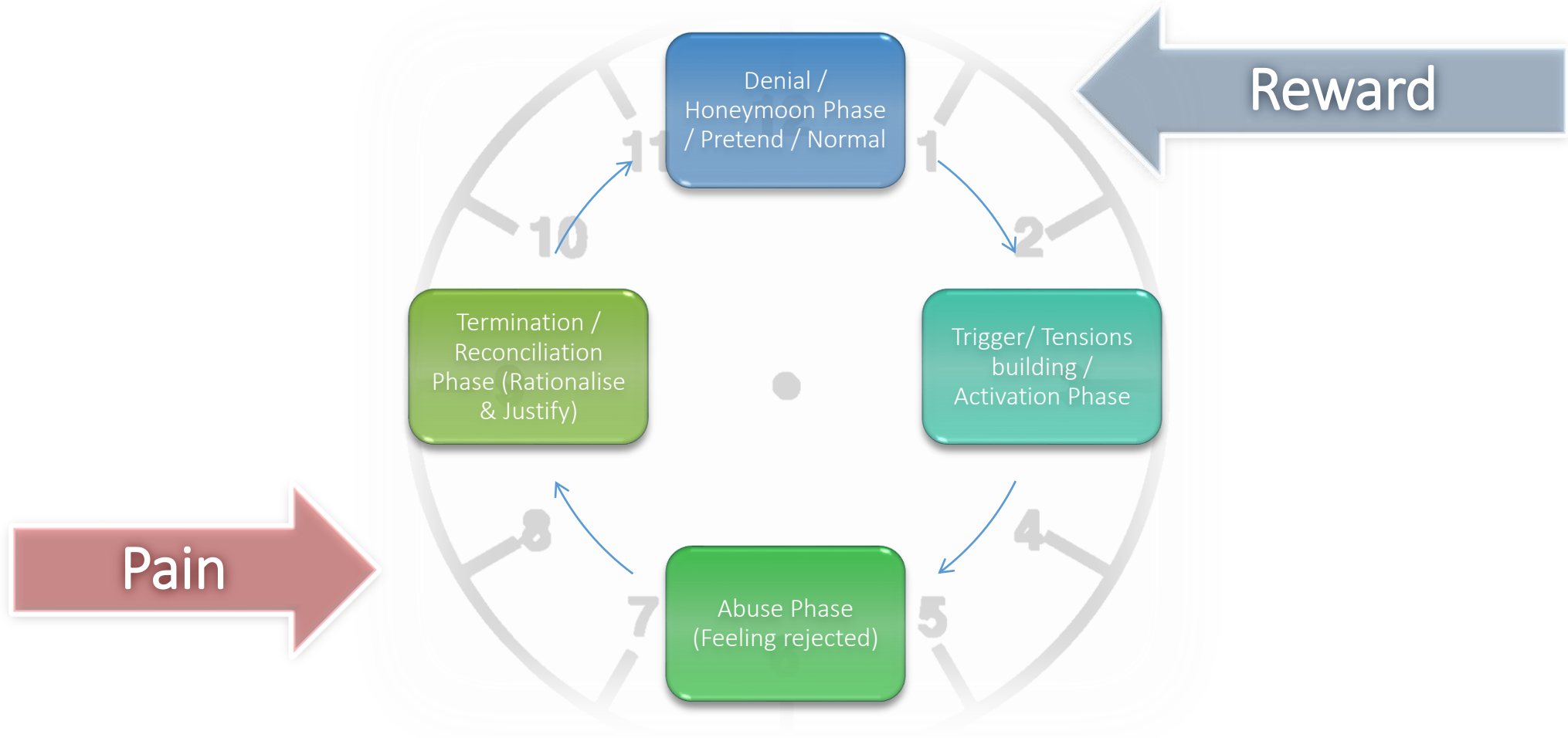
Social worker & Spiritual Counsellor

082 255 8344





Cycle of pain and staying in bondage



Limiting beliefs

About yourself

About others

About the world

Limiting beliefs about yourself

Thinking you're the best at everything you do or that you are above the rules can be just as dangerous to your well-being as an exaggeratedly negative core belief about yourself.





Limiting beliefs about others

Believing everyone is against you, untrustworthy, or manipulative will make it impossible to develop healthy relationships.

Similarly, believing everyone can be trusted or that everyone is a kind person can cause you to be taken advantage or to get into relationships that aren't good for you.

Comparing myself to others.



Your competition isn't **other people**.

YOUR REAL COMPETITION

- Your procrastination.
- Your ego.
- The unhealthy food you're consuming.
- The knowledge you neglect to learn.
- Your lack of discipline.
- Your distractions.
- Your bad habits.
- The negative behaviour you're nurturing.
- Your self-doubt.

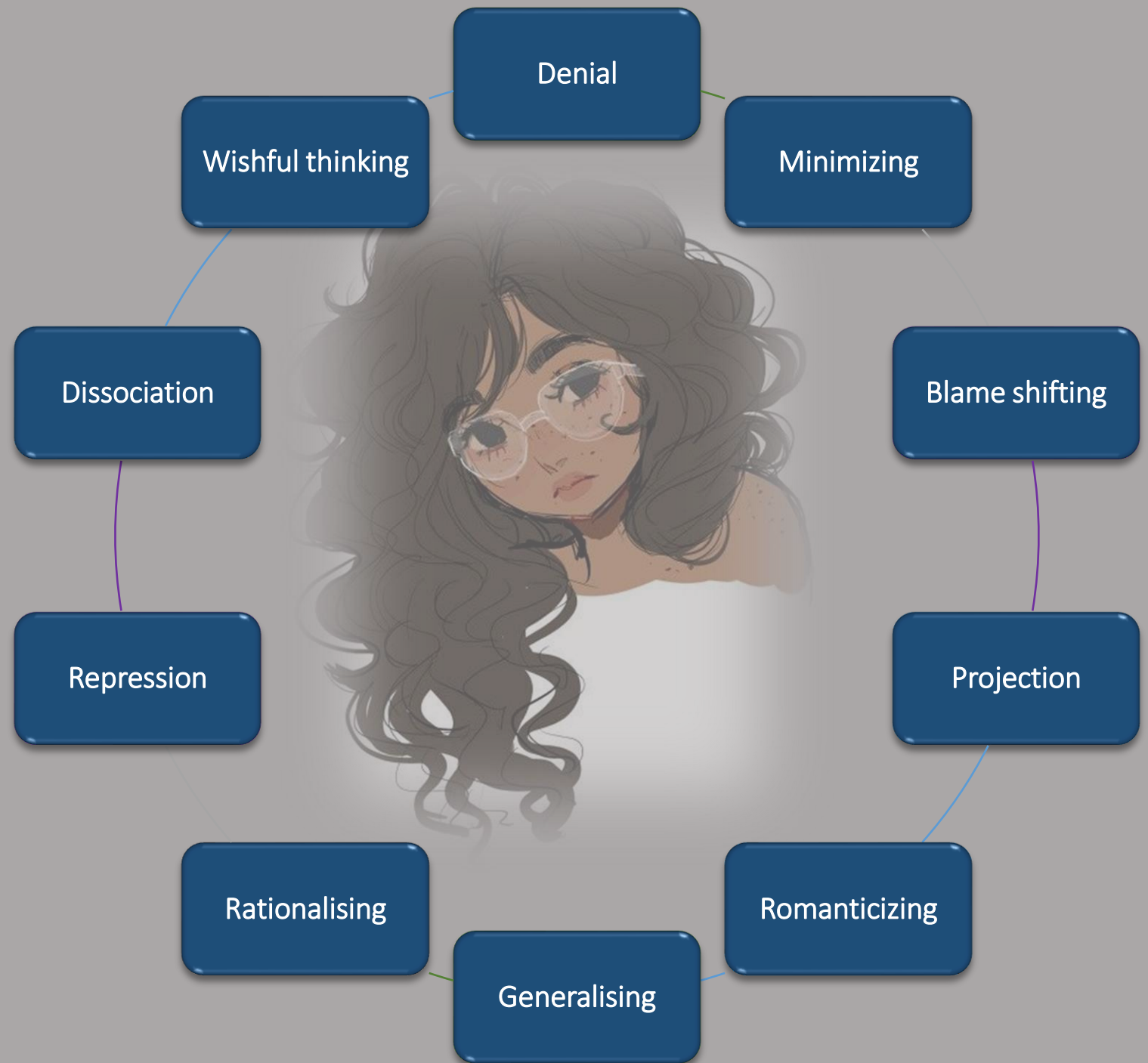


Limiting beliefs about the world

Assuming you can't succeed in today's world or thinking that the world is too dark of a place to ever be happy will take a toll on your life.

On the flipside, minimizing social problems and looking at the world through rose-colored glasses isn't helpful either.

Defence
Mechanisms that
obstruct people
from breaking free



The Process of breaking free

Retreat

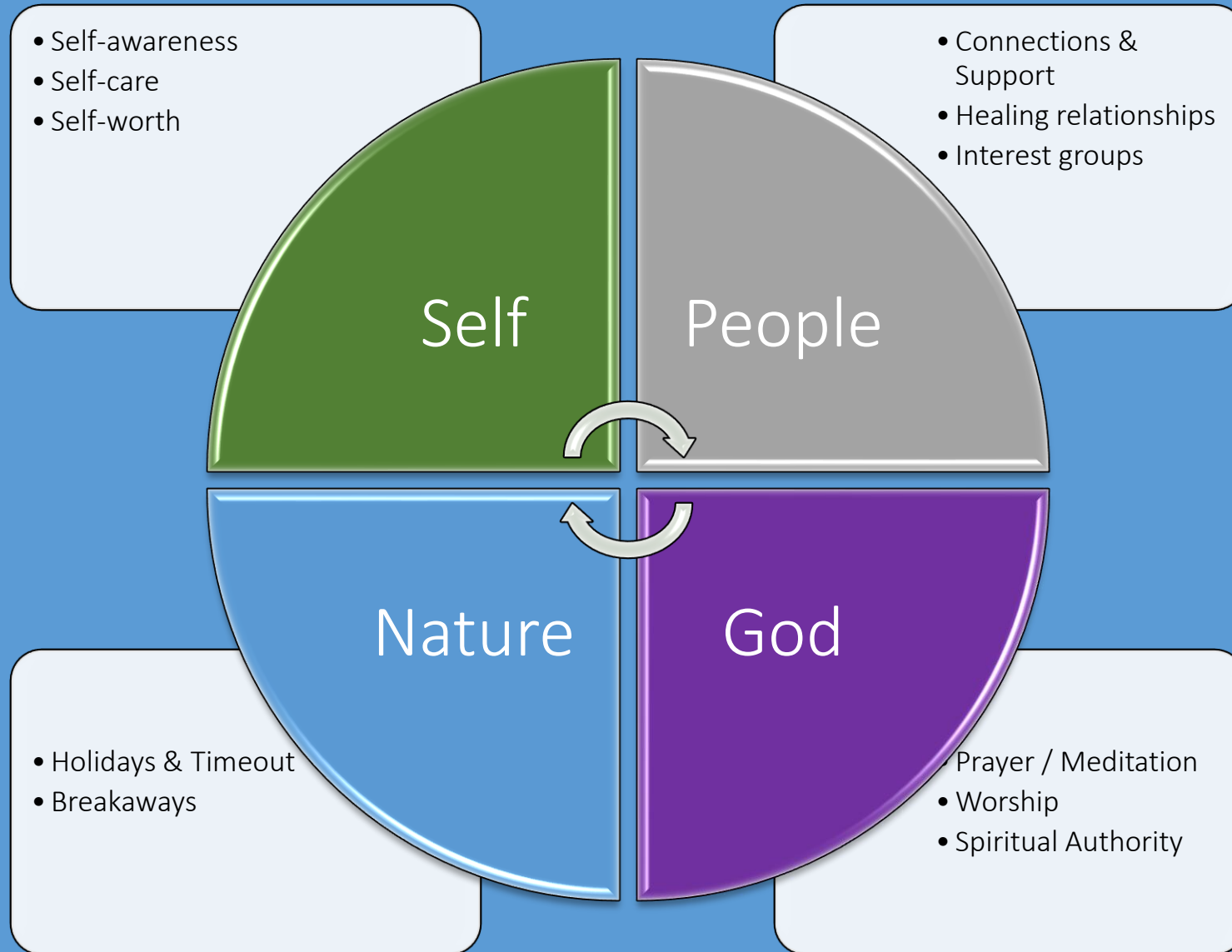
Review

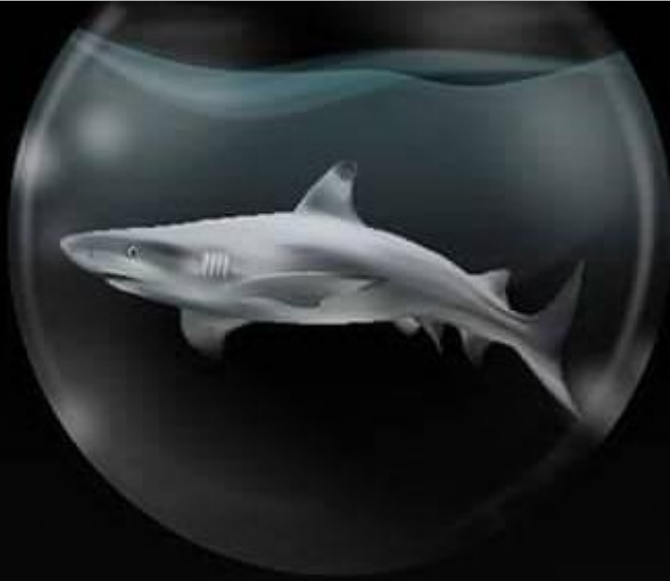
Realign

Recharge

Reconstruct

Breaking Free: The Matrix





A SHARK IN A FISH TANK WILL GROW 8 INCHES, BUT IN THE OCEAN IT WILL GROW TO 8 FEET OR MORE. THE SHARK WILL NEVER OUTGROW ITS ENVIRONMENT AND THE SAME IS TRUE ABOUT YOU. MANY TIMES WE'RE AROUND SMALL THINKING PEOPLE SO WE DON'T GROW. **CHANGE YOUR ENVIRONMENT AND WATCH YOUR GROWTH.**

Breaking free from a limiting environment

In a moment of negativity, remove yourself from the bad situation.

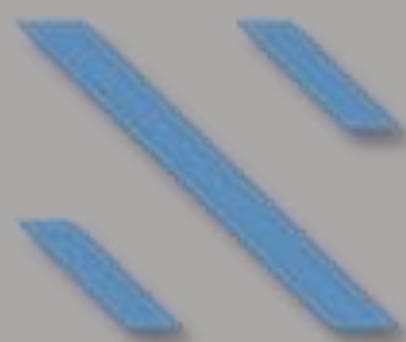
In a moment of clarity, express your need for positivity in your life.

In a moment of connectivity, find new friends that are positive and new experiences that are meaningful.



DOWNLOAD THIS PRESENTATION

www.theancientmaster.co.za



THE ANCIENT MASTER

Ancient wisdom for successful living

