

## *Welcome to your 3 Easy Steps to Un-Stick Yourself Now*



Do you know that you are the only person who can actually stop you doing anything?

Well it's true. You are the only person who can stop you doing what you want to do, being who you want to be or changing what you want to change. No one else has that power!

Think about it for a moment – could anyone stop you changing direction right now without using physical force? No?

But you have commitments and people relying on you or you just don't really think you can or you've been listening to someone else who's convinced you'd never do it or you'd regret it or whatever ..... Is that right?

So do these excuses, because that's what they are, start to sound a little like home-made chains?

I don't know about you but I find that so refreshing! What if you could destroy them just as easily as you make them?

So the reality is that we make our own reality by what we believe. I'm not the only person to believe this! See below.

Henry Ford - "Whether you think you can or whether you think you can't - you're right."

Bruce Lipton - "Your subconscious beliefs establish the limits of what you can achieve."

Buddha - "As we think, so we become."

So now it's time for a change in our beliefs and an energetic spring-clean to get those unwanted beliefs on the move.

*Step 1 Define the problem*

*Step 2 Define what you think is in the way*

*Step 3 Define what you want the outcome to be and then ask What do I need to do to invite this into my life?*

Most people don't know where they want to go or how to get there which is why they need help in the first place. But by asking these 3 questions and noting what we really believe we can start the journey.

I had this dilemma a few years ago when I knew that my successful business as an artist wasn't giving me all I wanted from my life. And although I'd found my soul mate and had a lovely family there was something else missing. I didn't really feel I was giving back anything and also that I was dependent on people buying my paintings and prints in order to feel worthwhile and inspired.

So my question was how to feel worthwhile and inspired every day on my own.

When we define ourselves by our clients, which a lot of therapists do, we give them the power to keep us alive! That's not a healthy way to function but it can be seen across the board and in all walks of life. So let's take these steps one at a time.

### *Step 1 Define the problem.*

I came across a wonderful quote from Wayne Dyer some months back which went “What’s in the way is the way.”

Look at your situation and see what you love about it. How does it serve you? What’s good about it? What’s bad about it? What’s really the problem?

It’s interesting that when you ask these questions what you find is that the problem isn’t always what you thought at first.

So now - what’s really the problem?

### *Step 2 Define what you think is in the way.*

Step 1 will give you a clue to this. What’s in the way often keeps you safely in your comfort zone. Is that true for you? It could be money or a lack of time or a lack of self-confidence. In each case it’s just a load of LBS. What’s this?

Limiting Beliefs Systems are what we subconsciously construct to keep us from going any further. They’re very powerful and sometimes appear to arrive from nowhere. However when you know where to look for the cause, and what to do about it, it’s relatively easy to change them.

That’s where you need help. Even if you’re a therapist yourself it’s hard to start looking for something you’ve hidden from yourself for so long on your own.

I know, believe me. So now you’re on your way to step 3. You’ve got an idea of what’s wrong and what you need to change but are you sure about where you want to go?

### *Step 3 Define what you want the outcome to be and then ask What do I need to do to invite this into my life?*

Now this is the hard bit because when we’re stuck we’re not in a place to make decisions or to see possibilities. However you should be getting a clearer sense by now. The best question to ask in this respect is What else is possible? Meaning

what else is possible right now. It's an energetic invitation to the universe to show you what's out there for you. Try it. Just being open to possibilities you never thought of makes all the difference.

We're about to come onto the questions which don't require answers but have the ability to set you free.

Curious? Are you ready for more now? If so contact me now  
[safaya@btinternet.com](mailto:safaya@btinternet.com)

With my heartfelt wishes for you reaching your own magical potential

*A sample from the Life Change testimonials*

"Thank you so much for all your support and inspiration Safaya This stuff works!!! Big improvement in my relationship with both my sons, I feel more alive, lots of opportunities and ideas around now. It's as if I'm becoming unstuck.....even had an estate agent here to value the house. So watch this space.. what else is possible? " *M.A. Coventry*

"I can't believe I've shed this burden so effortlessly after a lifetime of carrying it with me and shrinking from the shame." *Cheltenham client*

"I hadn't realised how my attitude to money has coloured my life so entirely and now I feel so much freer." *London client*

"I've never told anyone this before because I didn't think there was any way I'd get over it - but now I wish I'd found you years ago.

" *UK client* "A wonderful, magical experience! " *Said by many people over the years*