



Over 1000 Categorized Positive and Negative Beliefs – Third Edition

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Preface

My purpose in creating categorized belief charts was for ease of use with muscle testing. However, I have found that there are many people that do not muscle test, yet they are still able to utilize this book using their intuition. For some, they simply ask the question of which chakra the belief is found in, quiet their mind until the answer comes, and then ask which row, etc.

As you will find, I have not included any instructions on how to use this book in relation to releasing and replacing beliefs. There are so many different effective methods, I did not want to limit this book by placing any rigid protocols. I do have my own method of releasing that is a combination of different energy modalities that I am familiar with. Many people use such methods as EFT (tapping), Emotion/Body Code, affirmations, etc.

If you would like to know about my method of releasing, you may learn more at www.BodyBasedMindfulnessCourses.com

Finally, I would like to acknowledge you, the reader. Thank you for having the desire to heal and having the courage to look your negative beliefs in the face. It is a difficult and brave journey to look inside oneself and see the pain that lies there. However, there is spectacular beauty to be seen on this path as you acknowledge and accept the darkness within you. As you look within, I pray you will be able to release the weight of these beliefs and magnificently transform into a better, brighter, happier, and more loving person. My heart is especially thankful for those that endeavor to help others on their healing paths. Having a companion who is willing to take us by the hand and show us where they have gone before is a true blessing from God.

Belief Testing Chart - Third Edition

	#1 Root Chakra		#2 Sacral Chakra		#3 Solar Plexus			
	Negative	Positive	Negative	Positive	Negative	Positive		
Row 1	12	14	17	11	17	12		
Row 2	12	16	13	15	10	11		
Row 3	29	17	15	7	19	9		
Row 4	17	13	14	11	18	13		
Row 5	12	10	18	14	11	8		
Row 6	12	15	16	14	8	15		
Row 7			24	14	15	12		

	#4 Heart Chakra		#5 Throat Chakra		#6 Third Eye		#7 Crown Chakra	
	Negative	Positive	Negative	Positive	Negative	Positive	Negative	Positive
Row 1	13	13	13	14	13	11	9	12
Row 2	13	13	13	15	13	16	9	15
Row 3	7	9	14	7	15	6	14	12
Row 4	9	9	11	11	12	10	17	13
Row 5	10	5	15	9	8	5	6	6
Row 6	14	12	18	12	11	16	15	17

The belief chart corresponds to each chakra, row or subcategory, and the number is how many beliefs are in that row (negative or positive). To begin, we would muscle test which chakra the most harmful negative belief is found in. For example, we receive the answer is in the 3rd chakra which is the Solar Plexus. Next, we would test which row or subcategory it is in (1-7), number 6 is the answer. There are 8 negative beliefs in that row, we would then test 1-8 until we get the correct negative belief, and it is #4. I prefer to write the numbers down as I test, so it would be 3 6 4, - Chakra, Row, Belief. If you wish, you may test for several negative beliefs that are associated with each other, and then find all the positive beliefs to replace the void caused by the removal of the negative beliefs. After gathering the desired numbers, proceed to the correct corresponding beliefs and use them accordingly.

#1	<i>Root Chakra</i>	<i>Security and Survival</i>
	Negative Beliefs	Positive Beliefs
Row 1: Safety/ Survival	<ol style="list-style-type: none"> 1. I am/feel unsafe in my body 2. My body is my enemy 3. It is not safe to be me 4. I feel abandoned by my parents/others 5. I have no right to exist or thrive 6. I don't have what I need to survive 7. I am disconnected from God/Source 8. I am/feel unprotected 9. Everything/the world is unsafe and I have to protect myself 10. It is not safe to be me 11. I am desperate to be loved 12. I have no personal boundaries/others disrespect my boundaries 	<ol style="list-style-type: none"> 1. I am safe in my body 2. I am safe to feel myself in my body 3. I am safe to be me 4. It is/I am safe to express myself 5. I choose to feel all the love around me 6. I am divinely protected/surrounded by love 7. I am safe to be all I want to be 8. I am creating a safe healthy body 9. We are all safe to be powerful 10. It is/I am safe to be vulnerable 11. All I need comes to me effortlessly 12. The whole universe supports me 13. I am valued, cherished, and loved 14. I choose to be connected with my body
Row 2: Fear/ Peace	<ol style="list-style-type: none"> 1. I am over cautious 2. I am feeling wounded or broken 3. I am afraid to know myself 4. I am afraid of what other people think 5. I am afraid of misusing authority 6. I fear damaging/hurting others 7. I am afraid of always being taken advantage of 8. I feel threatened by those who use their power 9. I don't want to look within 10. I am afraid of turning out like Mom/Dad 11. I have to sacrifice myself to please another so they can feel safe 12. I am afraid to feel certain emotions 	<ol style="list-style-type: none"> 1. I create only peace and good in my life 2. I lovingly embrace my experiences with understanding and wisdom 3. I am experiencing more and more joy 4. I choose to be joyous 5. It is/I am safe to be vulnerable 6. I choose to live life through the open loving space in my heart 7. I love change 8. My source of happiness comes from within 9. I participate in healthy relationships 10. Harmony surrounds me 11. I am connected to all my feelings and sensations and process them easily 12. I use my power appropriately 13. I am self-empowered 14. I am free to ask for what I want 15. I have the power, strength, and resources to handle everything in my life 16. It is safe/I choose to embrace/experience all of my emotions and process them as my body can tolerate them

#1	<i>Root Chakra</i>	<i>Security and Survival</i>
	Negative Beliefs	Positive Beliefs
Row 3: Emotions	<ol style="list-style-type: none"> 1. Rage 2. Resentment 3. Hopeless 4. Weary 5. Depressed 6. Panic 7. Anxiety 8. Worry 9. Regret 10. Remorse 11. Undeserving 12. Unworthy 13. Unwanted 14. Unlovable 15. Incapable 16. Lonely 17. All alone 18. Isolated 19. Jealous 20. Envious 21. Exasperated 22. Disempowered 23. Annoyed 24. Irritated 25. Stubborn 26. Manipulated 27. Dominating 28. Blaming 29. Suspicious 	<ol style="list-style-type: none"> 1. I am gentle, yet daring 2. I am courageous and strong, yet wisely submissive 3. I choose to be joyous 4. I am created for joy 5. I am connected to my feelings and process them easily 6. I am an important/essential part of the whole 7. I am deserving 8. I am pure, and clean, and holy 9. I allow others the freedom to use their power and be who they are 10. I am true humility 11. I am experiencing more and more joy 12. I easily see all sides of an issue 13. I am approachable and receptive 14. I use my power appropriately 15. I am self-empowered/divinely empowered 16. We are all safe to be powerful 17. It is safe to experience all of my emotions; I welcome them and process them as my body can tolerate them

#1	<i>Root Chakra</i>	<i>Security and Survival</i>
	Negative Beliefs	Positive Beliefs
Row 4: Victim Mindset	<ol style="list-style-type: none"> 1. I am inadequate/never good enough 2. I don't know who I am 3. I am too submissive/over cooperative 4. I am/feel like a failure 5. I am/feel worthless 6. I feel/have no purpose 7. I am/feel empty 8. I am shameful; I feel ashamed of who I am 9. I am/feel wrong 10. I am a mistake 11. It/everything is all my fault 12. Others are threatened by my power 13. I am/feel misunderstood 14. I feel like the black sheep of the family 15. I have nothing to contribute/no value 16. I don't matter 17. I feel like a second-class citizen 	<ol style="list-style-type: none"> 1. I am confident and capable 2. I know who I am 3. I am secure in who I am, and why I am here 4. I recognize my own true worth 5. I love and approve of myself 6. I am proud of who I am 7. I am good enough 8. I am powerful and cooperative 9. I am part of the whole 10. I am pure, clean, and holy 11. I am a genius and full of intelligence 12. I am complete 13. I am approachable and receptive

#1	<i>Root Chakra</i>	<i>Security and Survival</i>
	Negative Beliefs	Positive Beliefs
Row 5: Patterns	<ol style="list-style-type: none"> 1. I have family DNA patterns that no longer serve my highest and greatest good 2. I have to steal other's power to survive 3. I expect criticism from others 4. I have/can't get rid of all the negative family and cultural expectations 5. I have to deny my feelings 6. I have co-dependent relationships 7. I need my addictions; they serve me 8. I need to prove myself 9. I am following family patterns in career, dress, money, and lifestyle choices 10. I am not taking care of myself 11. I feel guilty if I put others first 12. I can't stop/am always doing things to get attention 	<ol style="list-style-type: none"> 1. I am thankful to release DNA patterns that have kept me stuck 2. I am a continuous source of energy 3. I contribute to a united, loving, and peaceful family life 4. I allow others to resolve their own issues 5. I am processing life through healthy perceptions 6. I participate in healthy relationships 7. I lovingly support myself and my family 8. I am noticed and appreciated in the most positive ways 9. My stuck patterns are dissolving 10. I lovingly take care of myself

#1	<i>Root Chakra</i>	<i>Security and Survival</i>
	Negative Beliefs	Positive Beliefs
Row 6: Stagnation/ Movement	<ol style="list-style-type: none"> 1. I am stuck in family dysfunction 2. I am trapped in negativity 3. I can't make a choice 4. I can't let go of the rage 5. I am unwilling to involve myself in power 6. I am stuck in poverty 7. I am stuck in/can't get out of abusive relationships 8. I am stuck in pain 9. I can't find a way out 10. I can't handle this/life/anything 11. I can't feel too much; my emotions must be controlled 12. I will never be whole/healed/complete 	<ol style="list-style-type: none"> 1. I move past all limitations 2. I have the power, strength, and resources to handle everything in my life 3. I am listening to the authority within me 4. I am the power and authority in my life 5. I am free to ask for what I want 6. I trust in the divine plan 7. I choose to be successful 8. I relax and trust the flow of life 9. I am flexible and spontaneous 10. There is plenty of room for me to grow and change 11. I bend and flow with ease 12. I create my life the way I desire it 13. I know how to create a strong foundation for my life 14. I choose to embrace/experience all of my emotions; I welcome them and process them as my body can tolerate them 15. I am whole/complete/healed

#2	<i>Sacral Chakra</i>	<i>Creativity and Sexuality</i>
	Negative Beliefs	Positive Beliefs
Row 1: Safety/ Survival	<ol style="list-style-type: none"> 1. It is bad to disobey environmental, and/or cultural authority 2. Not safe to show my differences 3. Trying to fit my mold 4. Self-rejection 5. Self-hate 6. Self-punishment 7. Low self-esteem/self-confidence 8. Relationships are unsafe 9. Lack of love 10. Always feeling teased or provoked 11. I keep needing to sell myself 12. Fear of rejection 13. Fear that others will find out my secrets 14. Intolerant of my own weaknesses and others 15. Always feel like something is wrong with me 16. Need to hide 17. Not safe to put myself out there 	<ol style="list-style-type: none"> 1. I am safe to be different 2. I am innocent 3. I am accepted for who I am, flaws and all 4. I am enough 5. I am accepting myself on all levels 6. I am safe to create healthy relationships 7. I am wanted, welcomed, and deeply loved 8. I approve of myself and my choices 9. I love and cherish myself 10. I am cooperative and involved 11. I am divinely protected and guided
Row 2: Connected/ Resources	<ol style="list-style-type: none"> 1. My needs are not being met 2. I keep needing to sell myself 3. Everything I do is unacceptable 4. Feeling powerless to make others stop hurting 5. There is no partner to meet my needs 6. I won't be able to meet the needs of others 7. Give away too much of myself in business and relationships 8. False perceptions around money 9. Not worthy of money 10. Being without money keeps me humble 11. I wasn't meant to have lots of money 12. Unappreciated for my work 13. Selling myself short 	<ol style="list-style-type: none"> 1. I am a highly functioning emotional being 2. I am capable 3. I am appreciated and respected 4. It is my birthright to have my needs met 5. I trust that the right action is always taking place within my life 6. Life will always provide well for me 7. I express my needs and generously meet the needs of others 8. I allow myself to be nurtured by the love of God/Divine Source 9. I make the time and effort to nurture myself in healthy ways 10. I receive information easily 11. I am supported by life 12. I share responsibilities appropriately 13. I accept support/receive gifts with gratitude 14. I have within me all the ingredients for success 15. I am a magnet for divine prosperity

#2	<i>Sacral Chakra</i>	<i>Creativity and Sexuality</i>
	Negative Beliefs	Positive Beliefs
Row 3: Emotions	<ol style="list-style-type: none"> 1. Unworthy 2. Inflexible 3. Stubborn 4. Betrayed 5. Unprotected 6. Humiliated 7. Frustrated 8. Annoyed 9. Irritated 10. Overwhelmed 11. Unsupported 12. Overpowered 13. Nervous 14. Confused 15. Panicked 	<ol style="list-style-type: none"> 1. I breathe in life easily and fully 2. I am wanted, welcomed, and deeply loved 3. I am important 4. My internal dialogue uses the words of loving kindness 5. I am sincere and authentic in my words 6. I share my feelings and my love in appropriate ways 7. It is safe to feel and process my feelings
Row 4: Victim Mindset	<ol style="list-style-type: none"> 1. My needs are not being met 2. Denying myself happiness and pleasure 3. Not safe to have fun 4. I always feel like I must give my life to make others happy 5. It is not safe to feel my feelings 6. Fear of being labeled or stereotyped 7. Feeling numb, blocked, removed, or disconnected 8. Excluding certain feelings 9. Emotionally unfulfilled 10. I feel inferior to the world around me 11. I feel like something wrong has happened or will happen 12. Fear of powerful women or powerful men 13. Keeping others at a distance 14. Need to punish myself 	<ol style="list-style-type: none"> 1. I choose to fully occupy my body 2. I breathe in life easily and fully 3. My needs are important 4. I express my emotions in joyous, positive ways 5. It is safe to be vulnerable 6. I am safe to feel and experience pleasure 7. I am daring and motivated 8. I am open and receptive to all the good and beautiful in life 9. I open myself to love and joy 10. It is safe to ask for what I want 11. Whatever I am guided to do will be a success

#2	<i>Sacral Chakra</i>	<i>Creativity and Sexuality</i>
	Negative Beliefs	Positive Beliefs
Row 5: Sexuality/ Sensuality	<ol style="list-style-type: none"> 1. My needs are not being met 2. Lack of love 3. Lack of compassion 4. Disrespecting others boundaries 5. Fear of my sexual energy 6. Having sex with someone I don't want to be with 7. My sexuality is bad 8. Conflicts with being a woman or a man 9. Molested 10. Raped 11. Sodomized 12. Forced to have sexual encounters 13. Not touched or held enough 14. Fear about my sexual preference 15. Shame and/or disgust for private parts 16. Feeling frigid or sexually apprehensive 17. Sexually unfulfilled and/or overwhelmed 18. Unfulfilled with my femininity or masculinity 	<ol style="list-style-type: none"> 1. I choose to be healed and whole 2. I am confident in my gender 3. I am safe to sexually express myself 4. I honor my sexuality 5. I am a sexual being 6. I allow others to be spontaneous and do things the way they feel are appropriate for them 7. Every part of my body is holy and functions properly 8. I am gentle and respectful with my body and so is my partner 9. I allow my most painful experiences to be released from my body 10. I am desirable and rejoice in my sexuality 11. My sexual energy is natural and pure 12. I am cooperative and involved sexually 13. I share my feelings and my love in appropriate ways 14. I am of infinite worth and lovable just the way I am

<p>Row 6: Stagnation/ Movement</p>	<ol style="list-style-type: none"> 1. Keep losing myself in relationships 2. I feel smothered and controlled 3. Overwhelmed with emotional stress 4. Can't eliminate what is no longer needed 5. I pretend nothing is wrong 6. Thinking it is my fault others are sad or my responsibility to make them happy 7. Have to keep my secrets 8. Resisting life's purpose 9. Lack of giving and receiving love 10. Blocking my emotional environment 11. Can't express my love or affection 12. Feeling not good enough to be loved 13. Don't want to move forward 14. Need to withdraw my love in order to survive 15. I just can't talk about it. 16. Holding onto past hurts 	<ol style="list-style-type: none"> 1. I easily resolve issues and let them go 2. I create healthy boundaries for myself and others 3. I am willing to change the patterns within me that created this_____ 4. I now trust the process of life 5. I courageously let life flow through me joyously 6. I easily adapt to the new 7. I easily forgive and let go 8. I allow others to be spontaneous and do things the way they feel are appropriate for them 9. It is safe to express my affection 10. I accept the constant change in my relationships 11. I am sincere and authentic in my words 12. I now take charge of my body and my mind 13. I easily flow with my life's purpose 14. I allow others to be responsible for themselves
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#2	<i>Sacral Chakra</i>	<i>Creativity and Sexuality</i>
	Negative Beliefs	Positive Beliefs
Row 7: Fertility/ Childbearing Issues	<ol style="list-style-type: none"> 1. Feeling abandoned by God 2. God doesn't trust me to raise children 3. I am inadequate 4. God is punishing me because of my past choices 5. Feeling guilty 6. Loathing myself 7. Angry at my partner 8. Need to blame myself and/or others 9. I am incapable 10. I would be a dysfunctional parent 11. Fear of the state of the world, feeling like there is no safe place to raise a family 12. Fear of the unknown 13. Resentment toward my parents 14. Feeling incompetent, ill-equipped, unprepared, or undeserving of reproducing offspring 15. Rejecting my body 16. Feeling unsupported 17. Feeling lonely in my grief 18. I am broken 19. I cannot heal 20. I am not worthy to call myself a woman/man since I have not been able to reproduce 21. Have to make things more difficult than necessary 22. Feeling overwhelmed by the impossibility of my situation 23. Feeling guilty because I have no desire to have children 24. Feeling overburdened and overwhelmed at the thought of adding another 	<ol style="list-style-type: none"> 1. God is aware of me and my suffering 2. God supplies everything I need to love and serve others 3. I will be the kind of parent my child needs. 4. I accept the past and I am excited to move into the future. 5. I am complete 6. I am whole 7. I trust in God's plan for me and my family 8. My body is a safe vessel to create and nurture life 9. As I grow and progress, I will have all the knowledge and skills necessary to accomplish my calling 10. I am free from repeating the mistakes of the past 11. I have everything within me to create and nurture life 12. I am confident in my ability to be a parent 13. I accept and embrace all of my emotions, positive and negative; I am here to experience the good and bad to become strong 14. I trust that things will be exactly as they should be, even though the way is unclear

#3	<i>Solar Plexus Chakra</i>	<i>Self-worth and Emotions</i>
	Negative Beliefs	Positive Beliefs
Row 1: Safety/ Survival	<ol style="list-style-type: none"> 1. External world has full power over me 2. Over-sensitive to criticism 3. Frozen with fear 4. Feeling attacked 5. Persecuted 6. Ridiculed 7. Teased 8. Always expecting the worst 9. Creating crisis constantly to exist or to live 10. Overreacting 11. Needing drama to exist 12. I can't relate to other's pain or suffering 13. I don't want to reach out to others only to be hurt again 14. It is safer to be a hermit 15. Unable to love unconditionally 16. Feeling there is something life threatening 17. Lack of courage to take risks 	<ol style="list-style-type: none"> 1. I am free to become all I want to be 2. It is easy to stay in the present moment 3. I am seeing that all my needs are being met 4. Every day it is getting easier to remain focused 5. I belong right where I am 6. I am relaxed and move with joy and comfort 7. Everyone is safe when I express my emotions 8. I have the power, strength, and knowledge to handle everything in my life 9. I allow and welcome change 10. I give myself permission to change 11. It is safe for me to succeed 12. I give myself permission to do what is planted in my heart
Row 2: Connected/ Resources	<ol style="list-style-type: none"> 1. Lack of physical energy 2. I am weary 3. Drained 4. Exhausted 5. Burned 6. Pulling in energy from others 7. Can't keep up with my thoughts 8. DNA patterns that draw energy from mother and others instead of God/Source 9. Lack of generosity 10. Can't bring anything to completion 	<ol style="list-style-type: none"> 1. I am an abundance of high physical energy 2. I choose to align myself with the prosperous power of the universe 3. I am seeing that all my needs are being met 4. I am always loved and secure 5. I draw all my energy from God/Source 6. Every day it is getting easier to remain focused 7. I am trusting all my needs are being met 8. I am attracting the help I need 9. I am doing things on time 10. I give myself permission to prosper 11. I am creating balance in my schedule

#3	<i>Solar Plexus Chakra</i>	<i>Self-worth and Emotions</i>
	Negative Beliefs	Positive Beliefs
Row 3: Emotions	<ol style="list-style-type: none"> 1. Prejudiced 2. Critical 3. Judgmental 4. Martyr 5. Overwhelmed with all the should's and ought to's 6. Distorted thinking 7. Everything is always against me 8. Feeling like no one ever notices me 9. My needs are not being met 10. Hiding from responsibilities 11. Puzzled 12. Confused 13. Deprived 14. Baffled 15. Perplexed 16. Neglected 17. Rejected 18. Deep Grief 19. Despair 	<ol style="list-style-type: none"> 1. I am light hearted 2. I have the ability to receive the sweetness of life 3. I am fitting in 4. What I have to say is interesting to others 5. I am faithful and believing 6. I am attracting love wherever I go 7. I give myself permission to change 8. I am in the perfect place in my life 9. I am creating balance in my schedule

#3	<i>Solar Plexus Chakra</i>	<i>Self-worth and Emotions</i>
	Negative Beliefs	Positive Beliefs
Row 4: Victim Mindset	<ol style="list-style-type: none"> 1. Feeling shutdown 2. Repressed 3. Unfulfilled 4. Lack of self-discipline 5. Dissatisfied with my quality of life 6. Feeling incapable of succeeding in business 7. Paralyzed with self-doubt 8. Feels like nothing is coming together 9. Allowing the same experience to occur over and over 10. Feeling like it is always going to be this way 11. Frustrated that not everyone is happy at the same time 12. Unfeeling 13. Robotic 14. Numb 15. Participating in addictive behavior 16. I need someone to take care of me 17. Sadness 18. Helplessness 	<ol style="list-style-type: none"> 1. I choose to accept and use all my power 2. I am confidently creating my world 3. I am excited about all the possibilities that lay before me 4. I am mature and ready to progress with my life 5. My life is one success after another 6. I am noticing my inner feelings 7. I get things done 8. I am the perfect age to create the life I want 9. I am doing things on time 10. My actions are in alignment with my desires 11. I have the power, strength, and knowledge to handle everything in my life 12. I give myself permission to change 13. New doors are opening for me all the time
Row 5: Control Mindset	<ol style="list-style-type: none"> 1. Everything has to be my way because I know best 2. Need to control my environment and everyone around me 3. I can't relate to other's pain or suffering 4. Feeling a constant urgency 5. Unable to love without condition 6. Selfishness 7. Wanting everything for yourself 8. Unable to share 9. Won't take advice from others because I know what is best 10. Seeking revenge 11. Misuse of power 	<ol style="list-style-type: none"> 1. I allow problems to solve themselves 2. I am being true to myself in relationships 3. Loving others is easy when I love and accept myself 4. I assert my power wisely 5. I am giving away any need to criticize myself and others 6. I have an increase of patience and trust 7. I express my emotions in such a way that feels safe 8. I give myself permission to change

#3	<i>Solar Plexus Chakra</i>	<i>Self-worth and Emotions</i>
	Negative Beliefs	Positive Beliefs
Row 6: Stagnation/ Movement	<ol style="list-style-type: none"> 1. Swallowing other people's thoughts or opinions about me, or life in general 2. Not being able to move forward 3. Procrastination 4. Refusing to see it any other way 5. Mental thought processes that keep me stuck in old patterns which no longer serve my highest and greatest good 6. Having trouble making the connections 7. Can't let go of the past 8. Stuck in recreating pain over and over again 	<ol style="list-style-type: none"> 1. I am creating in positive ways 2. I am going beyond the limitations of my parents 3. I give myself permission to move forward 4. My life is one success after another 5. I am taking the necessary action to move forward NOW! 6. I easily recognize and release paralyzing habits and routines 7. I am noticing that things are coming together pretty easily for me 8. I am the perfect age to create the life I want 9. I have the ability to see things from many perspectives 10. I enjoy finding new ways of doing things 11. I am creating new thoughts about myself and my life 12. I give myself permission to change 13. I forgive my parents; my life is my own to create 14. I understand quickly what each experience is teaching me 15. I am starting and completing tasks quickly & easily

#3	<i>Solar Plexus Chakra</i>	<i>Self-worth and Emotions</i>
	Negative Beliefs	Positive Beliefs
Row 7: Self-Worth	<ol style="list-style-type: none"> Others' needs are more important than mine Fear of looking foolish or of humiliation Fear of aging Fear of being fat I can't be loved just the way I am Feeling like I have to conform Not being true to myself in relationships Pretending like nothing is wrong I am just not good enough Fear of disappointing God Lack of faith in my own good or my own goals I don't contribute Feeling I don't have what it takes to be successful Workaholic No one is interested in what I have to say 	<ol style="list-style-type: none"> I deserve joy and happiness I speak to myself, about myself, and about my life in positive ways I am open to and deserving of the very best life has to offer My needs are as important as others I deserve to be treated with kindness I see myself as equal I am an important part of a higher plan I am loving myself and others unconditionally I deserve to feel good I am the perfect age to create the life I want I give myself permission to change I know that I am worthwhile

#4	<i>Heart Chakra</i>	<i>Love and Relationships</i>
	Negative Beliefs	Positive Beliefs
Row 1: Safety/ Survival	<ol style="list-style-type: none"> 1. I don't have the ability to protect myself emotionally 2. Afraid to love 3. I am not lovable 4. Severely abused/beaten/denied food, love, and attention 5. I have to keep my distance in relationships because others will trample on my emotions 6. I can't be what I want because others won't be safe 7. I can't change jobs because my dependents won't feel secure 8. I have to change myself for others in order to be loved or lovable 9. I have to be weak or submissive in order to be loved 10. Always giving in to what others want 11. I have secrets I can't share with anyone 12. Have to keep appearances 13. My love is always being rejected 	<ol style="list-style-type: none"> 1. I access my ability to protect myself emotionally 2. I am grown up now 3. I can be strong and still be loved 4. I love and approve of myself 5. I can be myself and be loved 6. I am safe to commit to my heart's desire 7. I am safe to be myself in intimate relationships 8. My sexuality is safe and functional 9. It is safe for me to be open 10. It is easy to let go of secrets and still be completely loved 11. My heart is divinely protected and indestructible 12. I am safe to take risks 13. I am safe to trust myself and others
Row 2: Connected/ Resources	<ol style="list-style-type: none"> 1. I can't love myself or others unconditionally 2. Belief in limitation to love 3. Don't know how to give and receive love 4. Can't let love in 5. Denied food, love, and/or attention 6. Never hugged or touched enough 7. My main priority is to preserve my family or others' needs 8. I always have to sacrifice myself for the greater cause 9. I can't survive on my own 10. Disconnected from my true self 11. I don't remember the real me 12. I always give love, but there is never enough love for me 13. I have to earn love 	<ol style="list-style-type: none"> 1. I am willing to go beyond my own limitations 2. I am taking responsibility for my own life 3. I know how to nurture and protect my inner child 4. I am increasing in my ability to love myself and others 5. I am generous and kind 6. I am allowing myself to be loved, hugged, and touched 7. I am created for love 8. I am compassionate with high moral ethics 9. I am nurturing me 10. My love has no limitation 11. I am remembering my purity and innocence 12. I no longer feed off of the praise and acknowledgment of others; I praise and acknowledge myself 13. I am a precious gift to this world

#4	<i>Heart Chakra</i>	<i>Love and Relationships</i>
	Negative Beliefs	Positive Beliefs
Row 3: Emotions	<ol style="list-style-type: none"> 1. Resentment about dysfunctional tribal beliefs regarding love 2. Resentment about false and imitation love displayed in the media and in movies 3. Deep grief over the loss of a loved one 4. Deep, deep, deep sadness 5. Emotional suffering caused by DNA patterns 6. Feeling broken-hearted 7. Love is scary to feel completely 	<ol style="list-style-type: none"> 1. I easily express love to myself and others 2. I embrace the happy memories 3. I effortlessly bring joy back to the center of my heart 4. I lovingly allow joy to flow through my mind and body and through all my experiences 5. I allow unconditional love to occupy all of the past painful experiences 6. Feelings of loss are being replaced by feelings of love 7. I communicate in tones of love 8. My heart easily trades in feelings of pain for feelings of joy 9. I acknowledge all of my feelings
Row 4: Victim Mindset	<ol style="list-style-type: none"> 1. I won't let myself be forgiven 2. I won't love myself or others unconditionally 3. Life is unfair 4. Holding onto all the emotional abuse in my life 5. Need to hang onto all my unhealed wounds 6. Holding onto the pain so I will never allow it to happen again 7. I have to be sad if someone else is sad 8. My love is always being rejected 9. I have to earn love 	<ol style="list-style-type: none"> 1. I am free to let go 2. I forgive others whether they deserve it or not 3. I allow others to completely feel their emotions 4. My spiritual growth is independent of others 5. I easily forgive myself and others 6. I am increasing in my ability to love myself and others 7. I honor others' success and my own 8. My heart is wide open and ready to receive all of the good that God has for me 9. I am embracing the sweetness in life

#4	<i>Heart Chakra</i>	<i>Love and Relationships</i>
	Negative Beliefs	Positive Beliefs
Row 5: Control Mindset	<ol style="list-style-type: none"> 1. Belief in limitation to love 2. Lack of compassion 3. Lack of loyalty 4. Refusing to surrender 5. Denied food, love, and/or attention 6. I don't want to be touched 7. I have to keep my distance in relationships because others will trample my emotions 8. I don't want love, I want respect 9. Have to keep appearances 10. Others have to earn my love 	<ol style="list-style-type: none"> 1. I am willing to go beyond my own limitations 2. I allow others to completely feel their emotions 3. My love has no limitations 4. I give myself permission to experience intimate love 5. I allow total freedom for others to share their gifts as well
Row 6: Stagnation/ Movement	<ol style="list-style-type: none"> 1. Feeling unforgiving/can't forgive 2. Creating jealousy, bitterness, anger, hatred 3. Feeling like I am going to give up; I can't take it any longer 4. I can't commit 5. Resistant to follow my true calling or the desires of my heart 6. Stuck in the pattern because there is no other way to do it 7. Untrue to myself and others 8. Filled to the brim with unexpressed love 9. Resisting the natural rhythm of life 10. Left-brain overload 11. Paying too much attention to material or external world because feelings are not safe 12. Too much energy into intellectual activities 13. Think it through too much 14. Wearing a mask to impress others and receive external validation 	<ol style="list-style-type: none"> 1. I am free to let go 2. I am moving beyond judgement 3. I am spiritually connected to all of my loved ones despite their conscious and unconscious actions 4. I create loving successful relationships 5. Every day I am coming more from my heart and less from my head 6. I embrace all that is love and reject all that is unlike love 7. I am awakening new love and light within me 8. I am increasing in my capacity to receive joy and love 9. I am experiencing balance between my left and right brain 10. I have total freedom to share my gifts 11. I speak with respect and loving kindness to myself and others 12. I am releasing contracts that are no longer serving in my highest and greatest good

#5	<i>Throat Chakra</i>	<i>Communication and Expression</i>
	Negative Beliefs	Positive Beliefs
Row 1: Safety/ Survival	<ol style="list-style-type: none"> 1. Life has to be a struggle 2. If I speak the truth, I will create exactly what I am afraid of 3. If I speak the truth, I will lose the ones I love 4. I can't figure it all out, I don't understand what is going on 5. Allowing others to dump their energy on me 6. Obsessive/Compulsive Disorder 7. No intuition 8. Believing there is only one way to see things 9. Unable to choose again; believing all choices are final 10. Fearing I will repeat the patterns 11. Fear of doing it the wrong way or going against God 12. Fear of doing it all wrong and displeasing God 13. I have to defend myself 	<ol style="list-style-type: none"> 1. I am the authority in my world 2. I am a powerful creator 3. I create positive thoughts and actions 4. I easily focus and concentrate 5. I use my power to dissolve conflict 6. I am safe to express my feelings 7. I am perfect just as God created me 8. I am safe to be my spiritual self 9. I am safe to express my emotions and I am accountable for the outcome 10. I am safe to connect with myself and others 11. I am creating relationships with closeness and I am safe to be vulnerable 12. I am welcome and included 13. I easily dissolve any limiting belief 14. I am consciously aware of my thoughts
Row 2: Connected/ Resources	<ol style="list-style-type: none"> 1. I have no influence over my family 2. Out of control with money 3. Communication problems or disorders 4. Fear of telling the truth 5. Fear of being misunderstood 6. I don't want to hear all the conflict and arguing 7. Can't discern between my inner voice and other voices 8. Payoffs for creating mental illness 9. Refuse to listen 10. Unaware of what I really believe 11. Cut off from Divine messages 12. Creating evil in my life 13. Distorted perceptions 	<ol style="list-style-type: none"> 1. I am powerful within my family 2. I have power within my personal and professional relationships 3. I spend my money wisely 4. I am heard 5. I am on a positive mission 6. I easily release the negative hurtful words I hear or have heard from my family 7. I forgive myself; I am important to life's plan 8. I am creating resolution in my communicating with others 9. I listen with the intention to understand 10. I am hearing and following my higher self 11. I am breathing in life fully and my needs are met 12. My choices in life serve my highest good 13. I am accessing the divine language that was spoken to me before this life 14. I am accessing my power of discernment 15. I choose to completely occupy my space

#5	<i>Throat Chakra</i>	<i>Communication and Expression</i>
	Negative Beliefs	Positive Beliefs
Row 3: Emotions	<ol style="list-style-type: none"> 1. Dishonoring myself and others with my speech 2. Repeating destructive words heard in my family over and over in my head 3. Angry that I am angry 4. Afraid to express what is best for me 5. Using shaming words to keep people under control 6. Dumping my energy onto others 7. Expressing myself inappropriately 8. Shame and guilt over what was said 9. Unexpressed inner anger about what is happening 10. Have to choose my words carefully 11. Outraged and disgusted at others 12. Full of dread and doom 13. Full of worry 14. Full of suspicion 	<ol style="list-style-type: none"> 1. I use kind words to communicate 2. I honor myself and others with my speech 3. I speak honestly 4. I can communicate all sides of an issue 5. I validate myself with my words 6. I am releasing all the anger locked inside and recycling it into love and light 7. I am creating speech that reflects my loving thoughts and feelings
Row 4: Victim Mindset	<ol style="list-style-type: none"> 1. I feel like I have no authority in my life 2. I don't have the right or power to choose 3. Other people have emotional control over me 4. Lack of Integrity 5. Unaccountable for how I use my willpower 6. I feel disempowered in arguments 7. Smothering my needs 8. Dishonest with myself and others 9. Deceitful 10. Too phony 11. Doing exactly what I judge in others and not willing to accept in it myself 	<ol style="list-style-type: none"> 1. I am the power of choice in my life 2. I am safe to experience my own emotions 3. I allow others to experience their own emotions 4. I allow others their opinions and judgements 5. Others are starting to listen to me when I speak 6. My throat and vocal cords are opening and smoothing 7. I am releasing all influences that are unlike love 8. I release to the light: all energy or entities that do not belong to my energy system 9. I am the creator of my experiences 10. I surround myself with friends and family who love me 11. I make intelligent choices found in my highest truth

#5	<i>Throat Chakra</i>	<i>Communication and Expression</i>
	Negative Beliefs	Positive Beliefs
Row 5: Control Mindset	<ol style="list-style-type: none"> 1. I am out of control with power 2. Hyper-vigilantly judging my choices 3. Using shaming words to keep people under control 4. Manipulating what I hear 5. I feel a rush of power in an argument 6. I need it my way 7. Fueling the drama to get an adrenaline rush 8. Skeptical of others' ideas and capability 9. Can't accept feedback or correction 10. Manipulative 11. What others have to say is not important to me 12. I have to get others to see it my way 13. I am the only one that can do it right 14. Too obsessed 15. Arrogant 	<ol style="list-style-type: none"> 1. I allow others to experience their own emotions 2. I allow others their opinions and judgements 3. I am accountable for how I use my power 4. I dissolve conflict and create peace 5. I make intelligent choices found in my highest truth 6. I am releasing all influences that are unlike love 7. I release to the light: all energy or entities that do not belong to my energy system 8. I create positive thoughts and actions 9. I am finding ways where everyone wins
Row 6: Stagnation/ Movement	<ol style="list-style-type: none"> 1. Lacking faith 2. Fear of making a decision 3. Tuning others out 4. Stopping myself from speaking 5. Inability to vocalize my feelings 6. Loss of power of discernment 7. Shut down to new ideas 8. Discounting new ideas 9. Shunning society connections 10. Withholding information 11. Too rigid 12. Disengaging myself from conversation 13. Unwilling to accept other outcomes 14. Stuck in others' beliefs 15. Stuck in ignorance and outdated beliefs that are no longer serving me 16. Stuck in the future because I don't want to accept the past or present 17. Putting up my defenses 18. Can't make sense of all the conflicting information 	<ol style="list-style-type: none"> 1. I create positive thoughts and actions 2. I accept God's love and forgiveness 3. I am consciously allowing life to flow easily 4. I am faith 5. Making choices and decisions gets easier everyday 6. I am finding ways where everyone wins 7. I am increasing in mental awareness and health 8. I accept my responsibility 9. I quickly eliminate any hurt feelings 10. I am experiencing more balance in my life 11. I am willing to do things differently 12. I enjoy social community

#6	<i>Third Eye Chakra</i>	<i>Intuition and Comprehension</i>
	Negative Beliefs	Positive Beliefs
Row 1: Safety/ Survival	<ol style="list-style-type: none"> 1. Shutting down my inspiration 2. Feeling spaced out, ungrounded, and fuzzy 3. Unable to live in the present 4. I am afraid to be the real me 5. Can't be myself around my family 6. Fear of partner 7. Fear of changes 8. Hidden worries 9. Shifting my truth and beliefs just to fit in 10. I always mess things up 11. It is always my fault 12. I feel like a misfit 13. I will put up with abuse just to get a little love 	<ol style="list-style-type: none"> 1. I am feeling full and complete 2. I am fearless 3. I am efficient 4. I am more out-going 5. I am safe to be happy and circulate love and joy in every area in my life 6. I am free to connect with my spirituality 7. I enjoy a healthy self-image 8. I am listening to my true self 9. I support myself 10. I am safe to be myself in relationships 11. I am safe to be myself around my family
Row 2: Connected/ Resources	<ol style="list-style-type: none"> 1. I release blocks of intuitive sight and wisdom 2. I think I am crazy when I am actually receiving intuition 3. Others will think I am crazy if I share my intuition 4. Blocked mental creativity 5. Low self-image 6. Loss of positive self-perceptions 7. I am a burden 8. My skills aren't good enough to assist others 9. I don't know who I am 10. God is never there when I need Him 11. I don't deserve to be loved or to receive light 12. Lack of faith to create anything different 13. No one wants me 	<ol style="list-style-type: none"> 1. I am free to discover my highest truths 2. I am aware of my inner-directed path 3. I rely on my internal counsel 4. I easily access my intuitive wisdom 5. I am secure in receiving my information 6. I am safe to share my intuition 7. I am believing in unlimited possibilities 8. I connect to my spiritual vibrations 9. I am listening to my higher self and spiritual guides 10. I deserve to be happy and abundant 11. I am remembering my beauty and acknowledge it 12. I accept my spiritual vision 13. I have everything I need to reach my highest potential 14. I accept payment for my services and equal exchange in value for what I do 15. I share my wisdom freely with others 16. My skills are good enough to assist other

#6	<i>Third Eye Chakra</i>	<i>Intuition and Comprehension</i>
	Negative Beliefs	Positive Beliefs
Row 3: Emotions	<ol style="list-style-type: none"> 1. Lack of emotional intelligence 2. Anger 3. Anxiety 4. Hatred 5. Bitterness 6. Loneliness 7. Unable to function emotionally 8. Fear of the future 9. Fear of the past 10. Ashamed 11. Vulnerable 12. Weak 13. Disbelief 14. Skeptical 15. Cynical 	<ol style="list-style-type: none"> 1. I am releasing all the energy connected to pain, so I can create love and joy 2. I am fearless 3. I am a balance of consciousness and emotional intelligence 4. I am easily speaking my inner voice 5. I am safe to share my emotions 6. I easily release all my hidden emotions as they are experienced
Row 4: Victim Mindset	<ol style="list-style-type: none"> 1. Lack of reasoning or common sense 2. I release whatever keeps me running old behaviors of thought and perception 3. Can't keep track of time 4. Extreme self-negativity 5. I am not worth it 6. I don't deserve it 7. Have to reject myself and give you all the reasons I am not lovable 8. I am a burden 9. I am controlled by others 10. Feel like giving up; life is too hard 11. Unable to heal, nothing works 12. I need to suffer to prove my worth 	<ol style="list-style-type: none"> 1. I am the loving operator of my mind 2. My mind is calm and clear 3. I gratefully hold onto all the loving memories 4. My thoughts are getting more positive everyday 5. I have the ability to reason and have common sense 6. I am balancing out my time issues 7. I am disciplined 8. I easily release all outside influences not in harmony with my highest and greatest good 9. I am creating thoughts and am accountable for them 10. I have full power over my life choices

#6	<i>Third Eye Chakra</i>	<i>Intuition and Comprehension</i>
	Negative Beliefs	Positive Beliefs
Row 5: Control Mindset	<ol style="list-style-type: none"> 1. There is only one right way 2. I will get out of your way before you ask me to 3. I am just hard to deal with 4. Shifting my truths and beliefs so I don't follow the crowd 5. I am more intelligent than most people 6. I would rather believe in science than deal with God and faith 7. I don't want to know the truth 8. Resistant to discovering any other way 	<ol style="list-style-type: none"> 1. My thoughts are motivated by unconditional love and compassion 2. I easily see all sides 3. I allow others their perceptions 4. I am safe to be myself in relationships 5. I am confident in my intelligence
Row 6: Stagnation/ Movement	<ol style="list-style-type: none"> 1. I release the blocks in my mind that don't allow me to evaluate my beliefs and attitudes 2. I am unable to access my intellectual ability 3. I release what doesn't allow me to know and accept the truth 4. Tribal beliefs that keep me stuck 5. Unable to visualize 6. Missing all my destiny points 7. Unable to go forward 8. Stuck in the DNA cycle 9. If I change, I might lose myself 10. The small satisfaction I get in the moment is not worth the effort 11. I don't want to know the truth 	<ol style="list-style-type: none"> 1. I am looking within to find my path 2. I am balanced in my discipline 3. I create healthy boundaries 4. I am releasing DNA patterns that block my reasoning ability 5. I am integrating higher beliefs and attitudes 6. I am seeking only the truth and let everything else fall away 7. I am releasing all of my old outdated behaviors that no longer serve me 8. I have an increased ability to manifest what is in my heart 9. I am safe to flow my mental creativity 10. My body is learning to function in balance 11. I am willing to change and grow 12. I have unlimited possibilities 13. I am allowing more and more insight to develop 14. My mind and body are coming into perfect balance 15. I easily change when it is for the highest good 16. I am connected to my future

#7	<i>Crown Chakra</i>	<i>Spiritual Connection to the Divine</i>
	Negative Beliefs	Positive Beliefs
Row 1: Safety/ Survival	<ol style="list-style-type: none"> 1. Loss of capacity to cope 2. Fear of being attacked 3. Fear of being abused 4. Fear of what is going on in the body 5. Love in childhood was stripped away 6. I don't belong 7. I don't fit in 8. Lack of self-protection 9. Fear of what other people see and think of me 	<ol style="list-style-type: none"> 1. I am safe to travel through my endless journey through eternity 2. I have the capacity to cope with my life 3. I am safe in the presence of others 4. I am supported and loved 5. I fit in with many groups 6. I am safe in the presence of God 7. I have the ability to protect myself 8. I am part of the family of eternal love 9. I belong right where I am 10. I know I am seen by God 11. I am safe wherever I go in the universe 12. I appreciate, accept, and love my body
Row 2: Connected/ Resources	<ol style="list-style-type: none"> 1. Completely out of contact with my inner being 2. Completely severed from the Spirit 3. Coming up with ideas about how suicide would be acceptable 4. Unaware of my purpose 5. Cut off from my inner guidance 6. Blocked from my divine essence 7. Unable to repair my thoughts or collect any new ideas 8. Believing fulfillment is somewhere outside myself 9. I have no insight 	<ol style="list-style-type: none"> 1. I am safe to accept my divine identity 2. Although I am an individual, I am connected to the oneness of all things 3. I am a spiritual being having an earthly experience 4. I don't need all the answers right now 5. I remember I am always spiritually connected 6. I am an abundance of energy and clarity 7. I am aware of my purpose 8. I accept my inner wisdom 9. I am creating my life with joy and stability 10. I am free to create a new life that totally supports me 11. I know what to do to heal 12. I am perfect just as God created me 13. I am connected to God/Divine Source 14. God loves and supports me on my journey 15. I receive the abundance of energy from God/Source

#7	<i>Crown Chakra</i>	<i>Spiritual Connection to the Divine</i>
	Negative Beliefs	Positive Beliefs
Row 3: Emotions	<ol style="list-style-type: none"> 1. Can't express myself sexually 2. Literal fear of God 3. Feeling not worthy to connect with the Spirit 4. Great emotional shock 5. Great mental trauma 6. Guilt 7. Hurt 8. Resentment 9. Confusion 10. Deep sense of despair 11. Can't express what is on my mind 12. Vacant, deep inner sadness 13. Toxic thoughts and irrational fears 14. Unable to express my deepest insecurities, uncertainties, or concerns 	<ol style="list-style-type: none"> 1. I am opening my heart and communicating with love 2. I am spiritually and emotionally supported 3. My heart is open and flowing 4. I am processing my thoughts and feelings appropriately 5. I choose to break out in laughter more often 6. I easily process my personal feelings 7. I am giving and receiving unconditional love 8. I feel alive and excited about my life 9. My channels of joy are wide open 10. God loves and supports me on my journey 11. I am creating my life with joy and stability 12. I am remembering the higher purpose behind each event
Row 4: Victim Mindset	<ol style="list-style-type: none"> 1. Drug abuse and addiction 2. Deeply imbedded conflict 3. I just don't want to deal with it 4. Always putting other people's needs ahead of my own, because I don't deserve attention 5. Feeling completely isolated 6. I have to carry all the problems, but I can't complain 7. Others are usually right, I am always wrong 8. Feel completely dysfunctional 9. My desires are not important 10. My reality is too overwhelming 11. Silent cry of the overburdened mind 12. It's too hard, I don't even want to try 13. No one understands me and my deep pain 14. Boxed and trapped inside my head 15. Always needing sympathy 16. It is all about me; I can't talk about or focus on anyone else's needs 17. I need to suffer 	<ol style="list-style-type: none"> 1. I am increasing in faith and trust 2. I honor and love myself deeply 3. I allow others to support me in times of need 4. I connect easily with life and the people around me 5. I am remembering the higher purpose behind each event 6. I am full of positive thinking patterns 7. I choose to have a high, joyous vibration 8. I love and approve of myself 9. My opinions and thoughts are valuable 10. I am good enough 11. I understand the purpose of all my pain and release it willingly 12. I am the only one who thinks in my mind 13. I easily see a higher purpose for every experience

#7	<i>Crown Chakra</i>	<i>Spiritual Connection to the Divine</i>
	Negative Beliefs	Positive Beliefs
Row 5: Control Mindset	<ol style="list-style-type: none"> 1. I don't want to be here any longer 2. Shutting down my heart 3. Lack of tenderness 4. Emotionally withdrawing 5. Keeping others responsible for my choices 6. Ignoring what needs to happen because I just don't want to know 	<ol style="list-style-type: none"> 1. I accept my inner guidance, and guidance from my spiritual guides 2. I love listening to others 3. I know when to surrender and let go 4. I relax and trust the process of life 5. I am giving and receiving unconditional love 6. My heart is open and flowing
Row 6: Stagnation/ Movement	<ol style="list-style-type: none"> 1. Breakdown of communication between my nerves and neural pathways 2. Inability to carry on 3. Can't assimilate what has happened 4. Hypersensitive to others 5. Unable to relax 6. Constant miscommunication 7. Stuck in my old patterns and attitudes 8. Suffering years of inner conflict 9. Confused between realities 10. Fear of change 11. Unable to change 12. I don't have anywhere to go 13. Unable to have kind, hopeful thoughts 14. Lack of nourishment of the mind and body 15. Imbalanced in my right and left hemispheres 	<ol style="list-style-type: none"> 1. I am experiencing more and more mental calmness 2. There is plenty of time for me to learn and grow 3. I accept my body signals in perfect harmony and rhythm 4. I am easily assimilating all my life experiences 5. I am in contact with my inner being 6. I am resolving and releasing all my problems 7. My spirituality has complete permission to flow through me unrestrained 8. I am processing my thoughts and feelings appropriately 9. I am integrating the higher aspects of myself 10. I am doing my part to bring my spiritual body and physical body together 11. I love to take care of myself 12. I am moving beyond my family's limitations 13. I have the ability to shift thinking patterns 14. I love changing and creating new things 15. My nerves and intercellular pathways are connecting 16. I am moving forward 17. I am thriving, fueled by positive energy

About the Author



Jenny Rosengren is a busy mother of nine incredible homeschooled kids. She also enjoys supporting her husband, Dr. Kent Rosengren, with his online Body Based Mindfulness courses, an innovative approach to "finishing" trauma.

She has been certified in Emotion Code, trained in the Body Code, and is a Nutritional Herbologist through The School of Natural Healing. She has also completed one year in a two-year certification program to become a homeopath. She deeply enjoys mentoring others, especially on a personal basis, guiding them through their own trauma healing.

Her website is www.1000beliefs.com. There is also a Facebook group called [1000 Positive and Negative Beliefs](#) that anyone is welcome to join.

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