

Paradigms Soul Work: Part I

What is that thing you do and you don't know why you do it?

Write out one thing you do or believe in, yet you cannot explain why.

Recognizing when we carry someone else's beliefs about things allows more of our programmed beliefs to rise to the surface.

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Could it be true that my habitual patterns were handed down to me?

Write out patterns you see in your family that you also notice in yourself.

Recognizing when we carry someone else's beliefs about things allows more of our programmed beliefs to rise to the surface, where they can be released and repatterned!