

My Physics Teacher Said
10 Ways to Think Smarter and Live Better

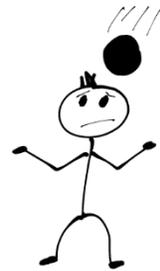
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FREE Sneak Peak

“What goes up, must come down!”

Overcoming Limiting Beliefs

There is a lovely story about Sir Isaac Newton sitting under an apple tree. Upon being hit on the head with a falling apple, he came up with a proposition of gravity. The story is fictional, though the spirit of the idea is accurate. Newton is also attributed with the idiom “what goes up, must come down”. It is likewise untrue.



What goes up can stay up. Yes, there are cycles for which the “what goes up, must come down,” saying holds true, but it is not universal. Herein lies the importance of interpretation: if we hold one truth as law for all situations, we will see unrelated topics through an incorrect lens.

If gravity were impossible to overcome, then we never would have sent rockets into space. If scientists had held the belief that everything must fall back to the surface of the Earth, building rockets to exit our atmosphere would have never been attempted.

What a shame it would be if everyone held a limiting belief! Yet we all do. Your limiting belief may not be “what goes up, must come down,” but we all have areas of our lives in which we are not living to our full potential. Where are limiting beliefs holding you back in life?

The first step to overcoming limiting beliefs is to become aware of them. Read the following statements. Which seem untrue? Which cause you to disagree? Just notice and be aware without judging yourself:

- I am loved
- I am deserving
- I am worthy
- I am smart
- I move from success to success in life
- I belong
- Everything in my life works
- My finances are well in order
- My life purpose is clear
- People appreciate me
- The work I do is important
- I am good enough

There is absolutely no reason why the above cannot become true for you. Ahhh, I hear the protests and excuses now. “You don’t know me, you don’t know what I’ve been through, I can’t have that because...” Just notice and be aware of whatever victim complexes arise for you. Those were true of the past. Perhaps they served you in the past. That does not mean that they have to be true for your present or future.

In science, we work within a common worldview or paradigm. It allows scientists to have consistency if everyone operates within a mutual understanding. It serves us for the moment. However, our worldview changes over time as new information about our universe and state of existence are revealed. It does not serve us to remain working in the old paradigm after new information has come to light.



For example, we once thought that the world was the center of the cosmos and that the heavenly bodies in the sky were perfect beings. Technology advanced and Galileo Galilei turned a telescope up to the sky, making discoveries such as craters upon the moon. With this new evidence that the moon was an imperfect physical object came resistance. Galileo was deemed a heretic and hanged.

Why do you resist change? Why do you resent the implication that you can be everything in the list above? It took years after Galileo’s death for the world to accept the “new” truth. Do not make the same mistake with your limiting beliefs. Allow yourself to let go of belief patterns that no longer serve you.

Exercise:

Make a list of what you believe about your life and the world. Which of these beliefs holds you back from pursuing the best version of yourself? Cross it out. Begin looking for evidence to the contrary. Rewrite the statement in a more positive light and be willing to change how you perceive that situation.