



UNBOUND

Break through your limitations and step into personal freedom

SPIRITUAL LIMITATIONS

Spiritual limitations include:

- what we have faith in
- our language around / understanding of our faith
 - our ability to surrender to that faith
 - our ability to see the divine within ourselves

Most spiritual limitations fall into one of two categories:

Self-Concept

God-Concept

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SPIRITUAL LIMITATIONS

#1: Self-Concept

Our self-concept is really about our belief of what's possible for ourselves. One example is our idea of purpose and the belief that if we find our purpose (typically believed to be connected to a career and finances) then that ultimately equals our self-worth. However, a spiritual perspective offers the concept that finding that divine source within you shows up as self-worth without ever having to find purpose, have a career or prove yourself in any way. It is the idea that everything you want is possible for you simply because you're alive.

The limitation happens when our self-concept is small. This is common in a culture where we are conditioned to believe that we have to earn our place in life.*

The real challenge here is when we begin to compare ourselves to others. **Comparison is a very natural human thing to do.** We can't expect ourselves to stop comparing, because in its healthy form, it is what challenges us to strive for more. What we need to be careful of is when we fall into 'compare and despair', which really comes from the belief that what is possible for others is not possible for ourselves.

We begin to think we're different from others, and that we can't have all of the same experiences of life that someone else can have.

***A note about supremacy culture and gaslighting:**

A small self-concept can be related to a past experience where someone else undermined your reality by denying the facts, the environment, or your feelings. This can lead to the loss of self-trust and dependence on the other person. This most commonly happens in relationships where the other person has more power/authority over you*, but it isn't always malicious or intentional, though it still hurts and affects your self-concept.

**In some cases, we are responsible for giving someone that power.*



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#1: Self-Concept

When our spiritual limitation is a small self-concept, your brain will try to convince you that you are different from others. It will present itself as thoughts such as:

- I don't have/deserve (feelings of lack)
- I'm not able to/capable of
- Other people can have these things but not me

Developing our self-concept helps us to see clearly and to define what we think is possible for ourselves. This requires a belief in who you are beyond the human experience, but as a divine being with a birthright to be here - to create, love, belong and to experience all the things that you want for yourself.

Limitation:

A small-self concept will keep you in your patterns.

One of the Universal laws, the Law of Attraction, presents the idea that like attracts like. When our self-concept is small we aren't able to bring big things into our life. When our self-worth is small, we will struggle to feel worthy and make money. When our self-love is small, we will struggle to feel loved or attract loving people into our lives.

A small self-concept will show up in your behavioral patterns - the jobs you take, the people you date, the friends you have, etc. because even though you have experienced unhappiness, you haven't learned to love yourself first, acknowledge your own worth, etc.



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#2: God-Concept

Our God-concept is our understanding of and relation to the energy that is bigger than ourselves - that which is the life force of all living beings and the Universe. Whether you are a person of faith, of science, or both, you cannot deny the existence of a greater governing life force.

Our God-Concept includes our belief system, the language that we use to describe it and relate to it, and the practice that we have to connect with that energy (prayer, ritual, being in nature, meditation, etc.)

As we develop our own self-concept based on the idea that the divine exists within us, so too can we deepen our connection with others as we begin to see the divine within them. This allows us to experience deep compassion, forgiveness, and personal freedom as we accept and love others for who they are (human faults and all).

Finding fellowship in connection to your faith is also a profound growth opportunity. As the belief and trust within you is ignited, it will light up others. The same is true for you as others expand and deepen their faith. This is different from a group of friends that you can talk about life with or vent to. People who share the same spiritual perspective as you will challenge you to find your edges and limitations. This is particularly true in communities where a mentorship structure is encouraged (such as 12-step programs).

The reason this works is because you are no longer working on yourself by yourself. You are tapping into the divine gifts in others to amplify your growth and expand your belief in the biggest way possible. It also provides structure to support you through accountability and the reminder that you are not alone.



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#2 God-Concept

Without a strong God-concept, we will believe that we are alone and that if we don't have a "good enough" practice, God won't support us.

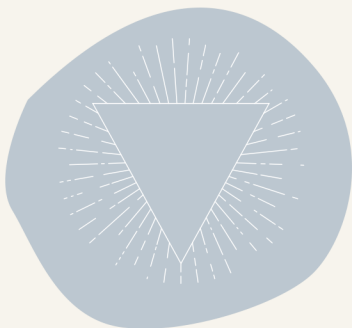
Limitation

The thought error we have is that God is "out there". Even the term "higher self" still puts that source energy outside of you, which doesn't really allow you to connect to the divine within you. If you could allow yourself to visualize this "bigger than life" force that exists within you, not outside of you, how may you be able to show up to your life differently?

The second main limitation in our faith is our ability to surrender.

When we have a strong belief in something bigger than ourselves, it is easier to accept that perhaps there is a divine agenda, divine timing, divine connections. That allows us to take a step back and let God/the Universe take the lead, and to trust that all will work out for us.

When we have a small self-concept and God-concept, we aren't able to surrender. This is because we don't have faith that everything will be okay, and that there might be an even better outcome than we can imagine. Without this faith, without the ability to surrender to this possibility, we try to take control over everything (circumstances, actions, outcomes, other people). In this way, we will manifest small results or undesired outcomes, which further enforces our belief that we are not capable/worthy.



Belief Triad

A belief triad is a tool that you can use for any area of your life. It is always made of three things: yourself, your tools/abilities, and the other people (your clients, customers, God, etc.)

A spiritual belief triad might include: your Self-concept, your God-concept, and your faith.

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