

FOREWORD BY LISSA RANKIN, M. D.



AS CHILDREN, WE OFTEN get programmed with limiting, self-sabotaging beliefs by our parents.

Unbeknownst to them, our well-intentioned mothers and fathers were programmed with limiting, self-sabotaging beliefs themselves and passed them along to us. We are not conscious of most of these limiting beliefs. They live in our

subconscious mind, where they create our reality like a thwarted computer operating system.

I firmly believe that if life is a movie, we are the scriptwriters and movie directors of the story of our lives. We are not victims of random, haphazard, traumatizing events inflicted upon us by a hostile Universe. Instead, we are cocreating reality with a Divine force, and the script of what we are cocreating is often written into the subconscious mind from programs we inherited from painful moments in childhood.

For example, a self-sabotaging belief like "Good people are not wealthy, and wealthy people are not good" would play out as money challenges in the movie of your life. A belief that says "All good things come from struggle" requires you to work very hard for any blessings and can block effortless and ease. A belief that Mommy abandoned you because you are unlovable might create a movie full of dysfunctional relationships and abandonment issues. Reality is always trying to create coherence between your unconscious beliefs and the events of your life. So if your unconscious belief is that you have to be in poverty to be a good person, you will find ways to

ensure that you are financially struggling, because your desire to be a good person will override your conscious desire to acquire wealth.

But here's the good news. You are not a helpless victim of your life. You can heal your limiting beliefs and rewrite your movie script, and Steve Sisgold is here to help you learn how. I don't give this endorsement lightly--it comes from personal experience because Steve is my therapist, and I trust what he teaches. I have done Whole Body Intelligence sessions that have helped me uncover what Steve calls "viral beliefs," hidden like viruses in the body, and have showed me how to release them and embody new "vital beliefs."

My work with Steve has been absolutely, unequivocally life-changing. After 12 years of medical education, I had become a walking cerebrum, completely dissociated from the compass of my body. After all, as a doctor, I couldn't sleep when I was tired, eat when I was hungry, or go to the bathroom when I was scrubbed into the operating room. I had to come to work when my body was sick. And I wound up taking seven prescription medications by the time I was 33. My body was literally screaming at me, but I had learned to dissociate from it in order to survive the almost inhuman levels of physical and emotional trauma that accompany medical education.

Steve granted me a huge gift by helping me reclaim my relationship with my body so I could learn to feel and interpret what my body was telling me. It has become a tuning fork that guides me in all aspects of my life. My body compass guides me as part of my spiritual guidance, right alongside my intuition and external "signs from the Universe," which often appear as almost miraculous synchronicities. I have

learned how to use sensations in my body as a marker of limiting beliefs that get stuck in my body, beliefs which must be healed before I can write joyful, effortless success, health, love, and miracles into the movie of my life. I have learned how to clear these beliefs in my body through the kinds of techniques you will learn in this book.

Because limiting beliefs can be such blind spots from the conscious mind, most of us aren't even aware of the viral beliefs that run our lives. They operate as unconscious programs without any awareness in the conscious mind. Yet, as our collective consciousness begins to wake up, more and more of us are becoming aware of these limiting beliefs that hold us back from living smack dab in the center of our purpose. As these beliefs come into awareness, those of us brave enough to do deep psychological and spiritual work need the kinds of tools taught in this book in order to free ourselves from whatever weighs us down and holds us back from our capacity to create miracles in our lives and on the planet.

My work with Steve has helped me reclaim my health, heal unhealthy relationship patterns, grow on my spiritual path, and heal my money issues so I can rewrite the script of the movie of my life. This is still an ongoing process for me.

I suspect you may also have limiting beliefs like I do, beliefs that are holding you back from stepping fully and vibrantly into your richest, most loving, meaningful, passionate, fulfilling life. Rachel Naomi Remen said, "You can't force a rosebud to blossom by beating it with a hammer," and I know this is true. None of us can be forced into awakening. But this book can be your fertilizer. As Anais Nin said, "And

the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom." Let this book help you burst into full bloom with all the aliveness in your beautiful, trustworthy heart.

--LISSA RANKIN, MD, New York Times bestselling author of Mind Over Medicine

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