

The Goddess Within

Challenging Limiting Beliefs

By Jenna Logan

Limiting beliefs have been the subject of many a self-help book in recent years. The premise that we experience what we believe is extremely valid. We make our lives the way we believe they should be, according to what we have each learned on our journey through living.

But what if we continue to believe things that are no longer of any use to us? What if we have been conditioned to believe, act and think in a certain way that becomes more and more outdated as we grow older? These old ways of thinking and being are what constitute limiting beliefs. They are so much a part of us that we may not even realize how they hold us back, narrowing our perspective and marring our personal progress.

During this time of Half Moon, we focus our minds on identifying the obstacles within our belief systems that cause us to deny the Inner Goddess. We must ferret out beliefs that have placed the Goddess on the shelf. With discernment and intelligence we can identify how we hold ourselves back by continuing to cling to ideas that do not serve our greatest good.

Ancient cultures revered women. We were seen as powerful because our bodies were connected to the cycles of the moon and carried the mystery of creation. We were seen as wise because of our natural knowledge of the earth and all her gifts. We were seen as strong because of our nurturing spirit and our ability to support others in so many different ways.

Current views in our patriarchal belief system have negated and invalidated the Goddess in everyday life. Her absence has affected women in very profound ways. Too many of us now plunge headlong into cycles of physical abuse and unhealthy codependence as a result of denying the Goddess.

In an age of emotional distance and dishonesty, incorporating the inner Goddess back into our lives has never been more important. This emotional dysfunction is largely responsible for the epidemic breakdown of families all over the world. People do not settle in life anymore. They move from one place to the next, from one relationship to the next, from one job to the next - without ever getting into deeper aspects and meanings of where they already are.

Feminine wisdom is held bound in this kind of wandering society, and the belief in 'progress' and 'the changing times' has entrenched beliefs that are limiting, debilitating and derogatory toward women in general. Beliefs such as:

1. We need to be in a relationship or have someone in our lives to be a valid person.

This is, of course, completely untrue. The belief that we are nobody unless someone else (preferably a man) thinks we are valuable has made women afraid to live alone. It has gone so far as

to make us afraid to admit that we can be perfectly happy living on our own because when we do admit it, those around us look at us like we have sprouted horns or something. This belief is the sole reason many women stay in situations that rob them of their identity, their character and their self-determination. It is a belief that locks us in a cell that is very difficult to break out of - but it can be done!

2. We must have children - if we don't we are somehow abnormal.

Some women are simply not cut out for motherhood. That is not a crime, but older women who are single without a family are usually labeled 'old maid' and people automatically think there is something wrong with her in some way. A worse consequence of this belief is the impact it has on women who are unable to conceive. Sometimes a woman simply cannot become pregnant physically. This belief makes those women feel incomplete or inadequate as people and is often the cause of marital and personal breakdown. This suffering is needless because this belief is based on the perceived need to keep women 'in their place' by tying them down with children to care for.

3. We are the weaker sex - showing any kind of strength is not feminine.

A strong woman is often labeled a troublemaker or even a bitch. Speaking our minds invites emotional abuse and efforts to manipulate us into keeping our mouths shut about what we feel. The fact that we can express our feelings is what makes us strong and we have kept quiet for far too long.

4. Women's intuition is a myth - there is no such thing and listening to it will lead us astray.

A woman's intuition is the essence of the Inner Goddess. It is strong, reliable and real. Men tend to ignore our intuition because they do not understand it or because it scares them. As a result we tend to allow ourselves to ignore it as well. How many of us have said, "... I knew that was not the right thing to do! ..." after we have made an unhealthy choice? We could stay out of some very sticky situations if we turned back to our own inner knowing instead of letting others invalidate this God-given feminine gift.

5. We need to look outside ourselves for security, happiness and self-worth.

Nothing outside ourselves can offer us any of these things. Having security, happiness and self-worth are choices a person makes within herself. A relationship cannot give it to you. A job cannot give it to you. Having a family cannot give it to you. These are things you give to yourself by making the choice within. No one else can make those choices for you.

6. Asserting our Inner Goddess will make us look silly.

Reincorporating activities that allow the Goddess to shine in our lives may look silly to others. Singing, dancing and laughter often make others uncomfortable. Looking silly should not be our concern. We would do better to think about how drab and uninspiring our lives are without these things and challenge others to join us in our enjoyment of the world around us.

7. Maintaining emotional presence and honesty is too hard to do on a daily basis.

It's not about anyone else - it's about us. We have to make the choice to assert our Inner Goddess, to stick to our intuition and follow it no matter where it takes us. That can mean serious upheaval and change - but in the end, it will be worth every single step we take.

If any of these limiting beliefs (or others - there are many more) are making your life less enjoyable than it could be, take a good, long look at them. Realize where they came from and throw them out of your mind. The Goddess will be there to fill in the gaps and see your feminine power returned to you.

May you all see clearly where the limitations in your lives lie, and may you free the joyful Goddess within to erase them all!

Next Issue: Keeping your wild, free inner Goddess ever before you.

*Originally published at www.moondance.org (2003) under the pseudonym, Jenna Logan.