



Dr. Ann Marie

Limitless Vitality

Dr. Ann Marie Nielsen, Ph.D.

Whether patients come to talk with me concerning mental-emotional reactions to challenges with health, relationships, abundance, or spiritual/connectivity concerns, I detect a recurring underlying core theme: *A Perception of Limitation*.

Would you allow yourself to become aware of the vast difference between having "limitations" and having "*perceptions of limitations*"?

Limitations are often viewed as (or more significantly, strongly felt at the emotional gut-level) as real, difficult or impossible to change. However, they really are changeable appearances that often can shift amazingly quickly in the most surprising ways. The *perceptions* about the situations are what make it feel fixed, rigid, impossible, frustrating, binding, constricting, and disempowering. These perceptions-feelings-beliefs are what keep the same limiting condition of health, relationships or abundance, replaying over and over like an outworn movie on a DVD track.

We can change the DVD track by a simple, yet profound shift in seeing yourself as less limited, and then coming to even understand your Self as limitless. As a start, you can just be willing to allow yourself to feel a little more capable, flexible and curious. With countless patients, as well as my own experience, again and again, I have seen that when the perception of a limitation shifts, the constricting boundary in health or relationships completely lifts and new life emerges.

So how to shift the perceptions? Here are a few keys:

- 1) When something feels "hopeless" or "impossible", recognize it as an opportunity to heal a misconception of yourself (or your body, or another person, or life) and to heal this from within yourself, not outside of you.
- 2) Release resistance to the mental/emotional thoughts and feelings of "can't", "not enough", "never", "too many obstacles", "fear of failure". Just be with those patterns, aware of them, feeling them, and releasing them.
- 3) Make a conscious choice to simply release the thoughts and emotions that are not life-supportive of you and others.

- 4) Allow yourself to find small ways and larger ways to begin to shift your perception of yourself from limited to limitless (or at least as able to expand and grow in exciting ways).
- 5) Be willing to increase awareness of the vast reservoirs of love, joy, enthusiasm, talent, creative expression, and wisdom that is already within you.
- 6) Realize that nothing and no one has the power to limit your experience.

Realize that because you exist, you have been granted the gift of Limitless Life. With that Life you have the capacity to create wellness, connectivity, fulfillment, beauty, happiness, and an abundance of love and good will to share.

In sessions together, we cultivate the experience of these qualities within you until they become reference points and set points that you naturally relax into and live from. Then it becomes your natural way of living and you effortlessly move from: illness to vibrant health; from a sense of separation to loving connection with others and all of life; from financial lack to overflowing abundance.

You have a spark of magnificence and of the miraculous. You truly are more Limitless than you may have known or imagined. What if you were to allow yourself to have a perception of yourself as more limitless than you do now? What would happen? See how much vitality and wellbeing; how much love and compassion; how much service and abundance you can create and share.

Wishing You Happiness,

Dr. Ann Marie Nielsen, Ph.D.

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*Anti-Aging, Cellular Regeneration *Living from Changeless Happiness and Equanimity
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*Energy/Vitality *Intuitive Guidance *Awakening Inner Brilliance *Relationship Oneness
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