

THE UPPER LIMIT
PROBLEM CURE



AM I WILLING
TO FEEL GOOD
AND HAVE MY
LIFE GO WELL
ALL THE TIME?

UPPER LIMIT PROBLEM ADDICTED TO SUFFERING

SOME SIGNS OF THE ULP

ARE YOU DOING ANY OF THESE THINGS?

- Not enough sleep / too much sleep for no obvious reason
- Not enough to food / over eating for no obvious reason
- Excessive TV - movies (done without consciousness)
- Random internet surfing that leaves you feeling weird
 - Getting trapped in serial TV shows
- Wasting time with people who drain you
- Worrying about things you can't change
- Getting upset about things you have no control over
 - Making yourself sick for no reason
- Filling your day with too many things so you run around endlessly...
 - (and then look back and realize it was pointless)
- Pursuing addictions when things are going well
- Not being willing to do little things that improve the quality of your life
 - Saying "I can't" habitually without any real reason
- Wasting money on things that don't make a positive impact on your life
 - Getting into arguments that don't make any sense at all
 - Feeling Angry/Depressed/Bored for no reason
- Avoiding learning things that will change your life (e.g. this program)
 - Starting things and not finishing them
- Not being willing to have hard conversations with people to make breakthroughs
 - Going to bed late for no reason
 - Not taking risks that could radically upgrade your life
 - Getting into weird self-inflicted 'accidents'
(e.g.. cutting yourself, silly driving, banging into things)
 - Breaking things randomly
 - Makings messes and cleaning them up
- Believing in the stories in your head that make you depressed or angry
 - Not letting yourself receive compliments and blessings
- Not being willing to buy things or have things that would make your life better
 - Ignoring your conscience
 - Not being willing to accept the 'call to adventure'

WHAT ARE YOUR UPPER LIMIT BELIEFS ON
ALL LEVELS OF YOUR LIFE?

Spiritual Upper Limit Problem

I can't experience deep bliss, become enlightened and have a close connection with God/Divine because

Mental Upper Limit Problem

I can't experience a clear peaceful mind because

Emotional Upper Limit Problem

I can't experience deep peace, love and joy because

Physical

I can't feel healthy and vibrant in my body because

Dharma

I can't do what I love and serve the world in a real way because

Relationships

I can't have magical, deep, meaningful relationships because

Environment

I can't experience a beautiful, supportive environment, home and living situation because

Money/Wealth

I can't expand into my full wealth and abundance potential because

UPPER LIMIT PROBLEM

HOW TO BREAK FREE?

STEP 1: Notice the Upper Limit Problem

When you do things, do them FULLY-
Focus only on those things while you do them.

STEP 2: When Triggered - Use The Magic Question

“Am I willing to feel good and have my life go well all the time?”

STEP 3: Consciously Let Go of Negativity* Practice Surrender & Use the Magic Mantra: “I Am Surrendered to the Highest Good for All.”

STEP 4: Notice And Allow The Good Back Into Your Life

Notice what good feelings are wanting to come into your life. Be willing to feel them. Focus on the Good Feeling in your body. Open to the good feelings. Be grateful for life already. Focus on the Good.

*NOTE: You can also practice surrender after the fact.