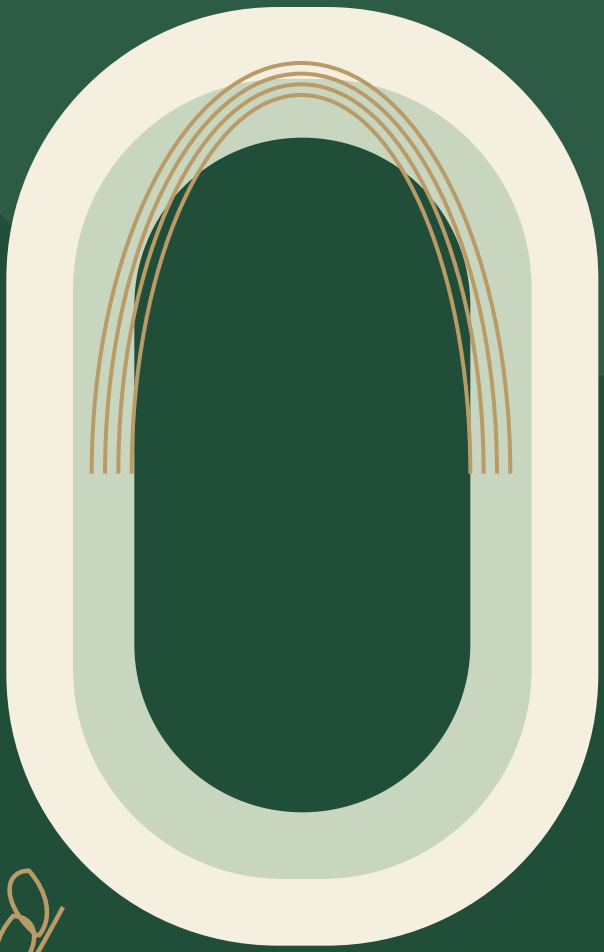
REBECCA GUEZ / LIVING IN THE MAGIC

A LITTLE *SPACE*

THE MONTHLY EDIT



THE WORDS *WE LIVE BY*

A fresh look at limiting beliefs, everyday language and the space between a thought and a choice.

ISSUE 01 · NOVEMBER 2026

READ · LISTEN · REFLECT · BEGIN

A note on this issue

Editorial introduction prepared by BEEP from public podcast and Journal material. Not a personal letter attributed to Rebecca.

There are sentences we use without noticing how familiar they have become. A small mistake turns into “I always do this.” A challenging day becomes “I’m simply not good enough.” The thought may pass quickly, yet it can shape the choices we make next.

This month, we are looking closely at that moment: the instant an experience becomes a story about identity. Rebecca Guez explores this theme through the Living in the Magic podcast, including two conversations about limiting beliefs and a guided meditation.

These pages are designed to be used, not merely admired. Read the feature, listen to an original episode, and try the small reflection on page five. There is no ideal outcome and no requirement to feel different by the end.

INSIDE THIS ISSUE

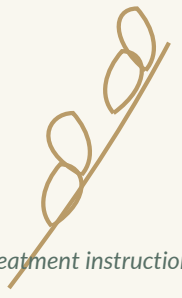
03 The words we live by

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A useful distinction: a thought can be familiar without being the most accurate interpretation of what happened.



Sources and attribution appear beside the relevant links. All exercises are original editorial reflections, not treatment instructions or statements Rebecca has personally written.

The sentence we carry

FEATURE STORY · Limiting beliefs and the language of everyday life

AN OPENING

Some thoughts arrive so often that we stop hearing them as thoughts. They begin to sound like facts.

THE STORY IS NOT THE SAME AS THE MOMENT

Notice the difference. “I had trouble with that conversation” describes an event. “I always ruin important conversations” turns one moment into a permanent identity. The second sentence leaves fewer possibilities open.

In Episode 7 of Living in the Magic, Rebecca compares a repeated belief to a song that plays in the background. It can become so familiar that we hear the refrain before noticing we are humming along.

The first step is not forcing a new, cheerful belief. It is separating what happened from the meaning we assigned to it—and from the larger rule we may have created about ourselves.

WHAT A DIFFERENT SENTENCE MAKES POSSIBLE

Language changes the atmosphere. In Episode 8, Rebecca uses an everyday parenting example: spilled milk. The mess still needs cleaning, but our response can focus on the action without defining the child as careless.

The same distinction matters in relationships and work. A specific request—“Can we talk about sharing this responsibility?”—makes more room for a useful conversation than a global verdict like “You never help.”

This is not a claim that words erase real constraints or solve every relationship problem. It is an invitation to speak precisely, notice patterns, and choose one realistic next step.

> *“A mistake can be a moment to respond to, without becoming a label to live under.”*

READ THE FULL FEATURE rebeccaguez.com/journal/change-limiting-beliefs

Listen a little deeper

Three public episodes, one gentle sequence. Listen at your pace, or begin with the article that speaks to you.

01

NOTICE THE REFRAIN

Episode 7 · Limiting Beliefs

15:11

Recognize the familiar sentence that may narrow your choices.

LISTEN TO EPISODE READ COMPANION

02

QUESTION THE LABEL

Episode 8 · Limiting Beliefs #2

8:51

Explore how everyday words shape beliefs, self-talk and relationships.

LISTEN TO EPISODE READ COMPANION

03

MAKE ROOM TO PAUSE

Episode 9 · Limiting Beliefs Meditation

9:19

Try a guided spiritual reflection. Stop or adapt it whenever needed.

LISTEN TO EPISODE READ COMPANION

After listening: What sentence did you notice? You can simply write it down. You do not need to resolve it today.

The ritual of the month

A five-minute daily practice: The Clearer Sentence. An original editorial exercise inspired by the podcast themes.

ONE SMALL PRACTICE, SEVEN DAYS

A thought is not always a fact. Pause, notice your story, and choose a sentence that feels fair and believable.

1	**Pause**	Notice one moment that stayed with you.
2	**Name**	Write the exact sentence you told yourself.
3	**Check**	What actually happened? What did you assume it meant?
4	**Choose**	Write one kinder, more accurate sentence—and one small action.

TRY A DIFFERENT QUESTION EACH DAY

MON · What sentence plays on repeat?

TUE · Where did I first learn it?

WED · What does the evidence actually say?

THU · What would I say to a friend?

FRI · What is one accurate alternative?

SAT · What small action could test it?

SUN · What did I notice—without judging?

Keep the example manageable. If a memory feels overwhelming, pause, choose a neutral moment, or seek appropriate qualified support. This practice is educational, not therapy.

Take the next step

The magazine is a doorway, not a finish line. Choose what fits your curiosity and readiness.

READ MORE

The Journal holds longer reflections, podcast companions, and questions for daily life.

Explore the Journal

LISTEN MORE

Living in the Magic is where these questions began. Hear Rebecca's original podcast conversations.

Browse the Podcast

CONNECT WHEN YOU ARE READY

Curious about private intuitive coaching?

You can review Rebecca's current session options, or choose an optional free discovery conversation. A calendar booking is not a payment confirmation.

Explore Private Sessions

Optional Discovery Call

CLASSES, SEMINARS & GATHERINGS

Explore available group experiences and ask about future classes or seminars. No event date is announced in this issue.

VISIT REBECCAGUEZ.COM/GROUPS

Editorial provenance: BEEP prepared this original issue from published Journal content and public podcast references. No private client stories or quotations appear. Spiritual reflection is not a substitute for medical or licensed mental-health care. Release note: Rebecca's personal editorial approval is pending.