



SAY THAT AGAIN IN A NUTSHELL

Beliefs: What You Need to Know



Your beliefs contribute to the overall frequency of your being.

A belief is a thought we think more than once. The more we think a thought, the more energy it accumulates—which transforms the thought into a belief. Moreover, this energy continues its accumulation by the attraction of thoughts of a similar nature. The combined energy of all our beliefs produces a unique electromagnetic frequency that is an integral part of our being.

Beliefs become attitudes and truths by which you lead your life.

Over time, some of our beliefs accumulate so much energy they grow into *attitudes*. An attitude's energy will govern our thinking processes and behavior—it will determine what is possible for us. Eventually, with a great deal of energy invested in a belief, it can move past being an attitude and become a *personal truth*. Personal truths are beliefs that we do not question as to their validity. The more vehemently we express our opinion, the more we reveal the intensity of energy behind a belief that has likely become a personal truth.

A belief is neither good nor bad—it is a neutral construct.

We often identify our beliefs as being either positive or negative. In actuality, they are *neutral* constructs—simply energy given over to an idea. If we *feel* a belief to be positive (engendering excitement and creativity), this indicates that the belief is one that allows for the expression of our Self. If we *feel* a belief to be negative (provoking fear), concentration of thought upon it will lead to restrictions in the expression of our Self.

Core beliefs you hold can be invisible to you.

A *core* belief will have attained enough energy to become at least an attitude, if not a personal truth for us. It will act as a tinted lens within our perception, filtering out from the physical world only those events that correlate with it. Core beliefs can reach into the most intimate areas of our life and no evidence will be forthcoming to disprove them because we will only be able to perceive that which confirms it. They thus become camouflaged or invisible to us.

Your beliefs help create the physical reality you perceive.

Our beliefs form a filter of expectation through which we *perceive* our reality. It is our *perception* that acts as an ever-changing blueprint or template by which we *create* our reality. Beliefs are thereby an integral element in the design of our personal and shared realities. Our beliefs continuously influence our perception of the world and *our perception of the world is an action of interpretation of our reality*.



Changing your beliefs will change your reality.

The reality we experience is the product of our beliefs. Reality *reflects* what we expect to perceive in accordance with our beliefs. There is no reality then, except what we define it to be through our beliefs. Thus, by changing our beliefs, we can change our reality. By “changing” we mean reassigning the energy behind the beliefs we are currently utilizing.

You incorporate *all* beliefs but utilize relatively few.

In changing our beliefs, we are reassigning energy from one belief to another. The beliefs themselves do not change. All beliefs are available to us, so we can choose, consciously, which beliefs we prefer to assign energy to through our thoughts. Beliefs are not our enemy—realize that from a broader spiritual perspective, they are the way in which we physically express ourselves and we can consciously choose them from moment to moment.

Acceptance of beliefs nullifies their power.

Accept beliefs for what they are—a vast bank of concepts that we can move energy between as and when we choose. To *accept* beliefs, we need to suspend any judgment of them—remember that they are neither bad nor good, they are *in themselves* neutral forms of energy.

You can learn to use your beliefs more efficiently.

Recognize that we always have the power to re-assign energy to our beliefs of preference. Preferences are merely preferred expressed beliefs. We can prefer one belief from another knowing that this is not an absolute judgement of the belief itself. Do not apportion blame to someone who gave you a “problematic” belief—this act engenders a judgement of the belief as well as the person involved. We must suspend judgment so that we can accept the offending belief, and thus nullify its power.

You are what you believe yourself to be.

Your perception mirrors that which you believe. Get in touch with your beliefs. When you begin to identify your beliefs, you begin to recognize what you are creating and how you are creating it. Every belief incorporates many influences—recognizing how it is influencing you can bring about the choice of how you would prefer it to influence you—if at all.

Seeking out and addressing the core beliefs that hold back the full expression of your Self, together with those fear generated beliefs and attitudes that you habitually nurture, leads to a personal shift in consciousness.

It is also of supreme importance that you recognize and revel in the existence of joyful thoughts and beliefs. Believe in the Natural Principles—accept and allow, compassion, forgiveness, gratitude and appreciation, creativity, spontaneity, patience, cooperation, and openness and vulnerability.

Cultivate the positively felt thoughts and beliefs you come across in your joyful, creative, and beautiful Garden of Beliefs. Such a garden will propagate a feeling of excitement, which when followed, will bring you the reality you prefer.

This information comes from various metaphysical literature sources: The Seth Material; Elias Transcripts; Abraham-Hicks transcripts; Bashar sessions documentation; and Omni (channeled by John L Payne). Some wording is verbatim, however, much has been reworded and edited for the sake of brevity.