

I don't believe it!

For the last year I have been studying how our conscious and subconscious **beliefs** play a big part in creating our reality.

During our formative years, we learn what our parents want and we adapt to please them. They respond with pleasure, and we begin to learn how to shape our beliefs to get what we want.

But some of this imprinting can convey small but destructive messages that influence our lives.

Let me give you some examples: -

A mother says to her daughter 'Be quiet, don't speak until you are spoken to'
The brain deciphers this as '**Your opinions are not valuable to others**'

The girl may grow up with low self esteem and lack assertiveness skills. And apparently one in three of us have low self esteem.

That means you, or someone sitting next to you!

In Ulrika Jonson's autobiography she tells of when she was a young child on the beach. Her mother would draw a 15' line on the sand, and Ulrika was not allowed to cross it. Consequently Ulrika was conditioned to believe that she must stay in the confines of her 'safety zone'.

Later her mother abandoned her, leaving her with a loving but irresponsible father, who had chains of girlfriends. Ulrika had to compete to get his attention, and he often let her down. Ulrika developed the belief that she was unlovable, and that she had to work extra hard, sometimes competitively so, to make people love her. She also ignored her own needs in her drive to please others.

This crossed over into adult life and, at one stage; she became emotionally unstable and depressed, until she started questioning and changing her ways of being.

This story demonstrates that our **relationships** can be the worst battlefield for our belief system. This, in my opinion, and experience, is one of the biggest reasons why relationships fail.

You may have variable ideas on how a relationship should work; you may have opposing beliefs on how to raise your children, or contradictory ideas as to the way that you live your lives.

The fact is that a belief is not a truth, and yet people hold onto their beliefs like a skinny terrier hangs on to a fat juicy bone.

I would like you to consider the worldwide effects of our belief systems.

Let's take **Racism** as an example. To me it seems utterly ridiculous that the colour of another person's skin can create as much hatred as it does. What logic is there in that?

Another example is **religion**, which is founded on an immovable iron wall of beliefs. You can call it faith if you like, but faith, after all, **is based** on what we believe.

Out of the discord of different faiths, we create war. People were, and are, needlessly slaughtered because we will not consider a different belief system. Mindlessly we kill each other, in the name of defending our country.

In my opinion this is farcical, because in truth we are defending the **beliefs of our country**, or at worst, the **beliefs** of our leaders. And as I said before a belief **is not** the truth, it is simply a belief.

If only we could somehow convey this message to our world leaders, and encourage the thousands of religious groups to respect our differences, **not fight** over the right to worship, nor **kill** in the name of God.

So why is it so difficult for us to change?

It is tough because the process demands a commitment to a major shift in our thinking. We have to slaughter our pride and ego, and throw out our sanctimonious and judgemental opinions. These changes have to be powered by passion, purpose and responsibility, and awareness that we are all connected on this planet. We all need to work together, not pull apart the bleached bones of our existence.

And not only that, we must also consider that another person's way **is not right or wrong**.

It is simply different to ours.

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Every day I challenge the thoughts that I have, and the things that I do. I ask myself 'is this me. Is this what I truly believe deep in my heart?'

Maybe you aren't ready for this yet; and that's ok. All I ask is that you begin to question your own words and actions. But be aware that when you uncover a belief that does not belong to you, it's a very strange feeling. You may feel disorientated and confused.

This is because the **neural pathways** in your brain are screaming '**what the..!!!**' Scientists call it a process of entropy, creating order out of chaos.

Order **always** comes out of chaos; remember that, it's important

As your beliefs shift, you may find that life becomes easier, you feel calmer and less judgemental, and experience less need to be right. Your relationships may improve and your work may thrive.

It's a bit like a long chewy piece of liquorice, stuck into a powdery sherbet dip. You know that you won't get the good taste of the dip, unless you wiggle the liquorice stick around a bit.

For the next few weeks just imagine that you are that piece of liquorice. Notice how you struggle to question a belief. Stay awake to, and stand back from your thoughts and actions, and watch with interest to see what happens!

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