

Awakening Newsletter

#17

Beliefs, Agreements and The Truth Part 2

The mind sees what it believes, and then believes what it sees.

In the last newsletter we began an exploration of how beliefs structure reality, and are then believed to be reality itself. To see the last newsletter visit www.awakeningseminars.com/newsletters/newsletter_archives.html Beliefs are simply the agreements we make about reality based on our interpretation of our experience.

Don Miguel Ruiz of the Toltec tradition says this:

An agreement is something we decide to do to get something in return. A personal agreement is a bargain, a pact you make with yourself. Agreements based in fear are designed to keep us safe. When we are hurting, we make an agreement with ourselves to get the pain to stop.

Suppose you are seven years-old, fall down and begin to cry. Your father says, "Stop crying! Don't be such a baby!" You feel ashamed and hurt by his words. If this happens repeatedly, you might decide, "It's not safe to show my emotions. I can't let people know how I feel." That's a personal agreement based in fear.

Having an agreement like that might serve a purpose in the moment, but long after the danger of being hurt has passed, those agreements sink below the surface of conscious awareness and begin to run our lives. They color the opinions we have about everything. They define the point-of-view of our beliefs.

When these agreements are taken as Reality, they become fixed and act as unconscious filters through which we perceive the world. We think our way of seeing things is the “right” way and that others are ignorant or misguided, not recognizing that we are experiencing through the distorting lens of unconscious beliefs.

When a pickpocket meets the Buddha on the road, all he sees are his pockets.

Once a belief is formed, we will only experience those parts of reality that confirm what we already believe. We will resist forcefully if reality shows up in some way inconsistent with previously held beliefs. Ask Rush Limbaugh if any liberal has ever done any act worthy of praise.

In *Trading In The Zone*, Mark Douglas writes,

1. Beliefs take on a life of their own and therefore resist any force that would alter their present form. Beliefs maintain themselves in the face of extreme pressure and force. People have died or suffered greatly, or caused others great suffering, in defense of their beliefs.

2. All active beliefs demand expression.

3. Beliefs keep on working whether or not we are consciously aware of their existence in our mental environment.

4. We will structure perception so that our response seems to be the only possible one to circumstances.

Einstein postulated that energy cannot be created or destroyed. Once formed, beliefs cannot be eradicated. We can, however, deactivate them by rendering them ineffective – withdrawing our emotional energy from them and shifting it to another, more helpful viewpoint. The old belief can still exist, but without any effect. Doing this on a mental level (thinking better thoughts) is not often effective, as the energy is held at a far deeper level than the mental. Contacting the emotional energy that keeps the belief in place deactivates the “fuel” that keeps it going. Creativity happens when we desire something that is in conflict with a belief and we are willing to open up to different possibilities. We can then transfer energy from one concept to another that is more helpful in fulfilling our needs.

How can you tell what beliefs you currently hold? Look at the way you habitually experience yourself and your environment. Notice the recurring themes to the story – when you spiral down, you do so in a familiar, habitual way. Dig deeply – what is the theme underlying your life? How do you explain reality to yourself? Is it a story of being right/wrong, victimized, not good enough, missing something? What beliefs exist about money, relationship, religion?

What if we held our thoughts as relative mental positions? We can still have opinions but recognizing them as mental positions and not as the truth allows us flexibility in energizing new positions that serve us better. When you don't believe anything, especially the stories on your mind, you are then free to experience what is, freshly, without preconceived ideas. This is the optimal position for truth to actually be revealed.

Some comments from the last group...

“I am at peace. I was giving myself away, now I have come home. I look 30 years younger. I am immense power and have so much more to offer now. Boy does it feel good to be inside myself again. Wahoo!! –Diane, Sound Healing

“I got more than I came for. I feel glorious. I feel joy. I am 100% behind myself. I’m stronger, whole, energized, ready to face the world and live my destiny without reservation.” – Ruth, Registered Nurse

“I feel like a giant. No more hiding. I love and believe in myself. I have a new lease on life. I found empowerment, freedom, clarity and confidence. My life has been saved!” – Shawn, Business Coach

“I found where my strength comes from. It feels so right, so good. I am so excited to have found myself. It’s a beautiful life and I’m ready to live it. I am shining!” – Vanessa, Producer

“I found my authentic self. I am no longer carrying the pain and anger that was never mine to begin with. Now I have compassion and gratitude. I will live life giving my full contribution, and laugh and play more. This has been a blessing, a profound gift.” – Patricia, Systems Consultant

“I am so empowered and unshackled from the past. I embody love. Thank you. Thank you.” – Ken, Teacher

*“I found the foundation in myself, the courage to let people in. I am always my own source of power and security. I’m awesome!”
– Kim, Acupuncturist/Clinical Research Oncology Coordinator*

“I am brave and genuine. I have the ability to love to the fullest. I’m so grateful, I feel whole and complete.” - Tammy, MFT Intern

*“I feel great, confident, happy and strong! I am good enough. Whole again!”
– Lauren, Sales Representative*

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