

Believe it or Don't: How Your Beliefs Shape Your Results and Experience of Life, and What You Can Do About It

by Bill Harris, Director

I've written about this topic before, but since what you believe is such a powerful part of what determines your results and experience of life, I've decided to revisit the topic in more detail.

Let's start with a definition of beliefs: Beliefs are those things we trust to be true, and which are instrumental in creating our actions and our experience of life.

As you may know by now, I am of the opinion that living with suffering and emotional pain is not necessary, regardless of your past or present circumstances. In addition, there are definite ways to change your life to one in which you can choose to be happy and peaceful all the time.

Whether you can see it or not, you are the creator of your life, your reality, and all your responses to whatever happens around you. You may be creating all of this unconsciously and automatically, but, nonetheless, what happens, and how you respond to it, comes...

...from you.

While outside events may trigger a response or an action in you, all your responses and actions originate from something inside of you, even if the process is hidden from your awareness.

There are two keys to ending suffering and living a happy, peaceful, and conscious life:

* First, you must end your resistance to people and situations being as they are. Instead, you must develop the ability, emotionally, to let whatever happens be okay-even while you may be taking action to change it.

* Second, you must develop the ability to choose, and then create, the moment-by-moment results and responses that best serve you.

Ironically, if you're letting whatever happens be okay, it ultimately doesn't matter what results you create, at least in terms of your level of emotional suffering, since when you are not attached to your results, your level of inner peace and happiness remains the same regardless of what happens.

On the other hand, the more you emotionally allow people and situations to be the way they are, the more the resulting inner peace gives you the ability to be effective in creating the results you want.

One of the little mysteries of life.

How, then, are you creating the outer results and inner responses that create your experience of life? And how do you make this process conscious and volitional, rather unconscious and automatic, as it is with most people?

The results and responses of your life flow from a whole variety of internal mental filters, processes, and strategies--what I call your Internal Map of Reality. You could call it the software that creates your life. Your beliefs are very important part of this internal map, and how beliefs contribute to the results you get in life, and how you can take control of this process, is the subject of this article.

Important principle #1:

Based on early life interactions and experiences, especially with our primary care-givers, we all develop beliefs about who we are and what our relationship is to the rest of the world.

We don't choose these beliefs. We soak them up from our life experiences when we're too small to have any way of evaluating them. Beliefs become core components of how we see ourselves, other people, and the world.

Important principle #2:

Your beliefs, in combination with other aspects of your internal map of reality, create the results, circumstances, and experiences of your life. Regardless of what you believe, you will find a way to create consistency between your life and your beliefs. For this reason, beliefs, for the believer, are always true.

This principle is critically important to your happiness. The brain is a goal seeking mechanism, and a very powerful one. Your brain will either make whatever you believe is true actually come true in your life, or will at least make it seem to be true (which amounts to the same thing, as far as your actual experience of life is concerned).

This happens because human beings have a powerful need for consistency between the world and what they believe. The impulse to create this consistency is so strong that people will do almost anything be right about their beliefs, even when doing so creates failure, suffering or unhappiness.

You will arrange to be right about your beliefs by creating the circumstances that confirm to you that they are true.

We create this consistency in three ways:

*Method #1: We attract, and are attracted to, people and situations that confirm the truth of what we believe. If, for instance, you believe that no one will ever love you, you will somehow feel a magical attraction to men or women who do not have the capacity to love you, even though you have no way of consciously knowing this about them in advance.

This is why some people keep attracting essentially the same person, but in a different body. As long as you entertain the belief that no one will ever love you, you will, as if by a hidden radar, continue to attract and be attracted to people who are unable or unwilling to love you. Doing so creates consistency between what you believe and the actual events of your life.

*Method #2: We find ways to distort what we perceive so as to make a belief seem true, even if it is not. Believing that no one will ever love you, you interpret other people's behavior as evidence that they don't love you, even if that isn't what it really means. Of all the possible interpretations, you will pick those that confirm that your belief is true and filter out any interpretations that contradict your belief.

*Method #3: We act in such a way that people finally comply with what we believe and act in the way we feared. You believe you won't be loved, and that fear causes you to act in such a way that eventually someone who may actually love you finally really does stop caring.

With all three methods, you get to be right about what you believe, and create consistency between your beliefs and your life. If you would rather be right than happy, this is a great strategy, but if you would like to be happy and peaceful, it's a losing proposition.

Important principle #3:

Significant negative emotional experiences create beliefs that are not resourceful and cause us to focus on what we do not want. Since the mind takes whatever you focus on as an instruction to create something, this is not resourceful. To get what you want, you must focus on what you want and have beliefs that tell the mind to create that result.

People who have had significant, negative emotional experiences often focus on what they don't want (i.e., a repetition of the significant emotional experience, or anything that reminds them of it). Consciously or unconsciously, they have a belief: "I must avoid "x" at all costs!"

When you notice yourself focusing on what you do not want, immediately change your focus to what you do want. Your mind doesn't know when you focus on something that you do not want it. It always takes whatever you focus on as an instruction to go get something and bring it to you. For this reason, it is crucial that you immediately replace thoughts of what you do not want (for instance, beliefs that create negative outcomes) with thoughts of what you do want.

Important principle #4:

Since everything is true to the person who believes it, evaluating beliefs based on whether they are "true" or "false" is not helpful. Doing so is indulging in circular, fallacious logic. Conscious, happy people evaluate beliefs based on whether or not they

are resourceful--in other words, on whether or not they create the desired results and experience of life.

Beliefs have consequences, and the best way to evaluate a belief is by what consequences it creates. Since all beliefs seem to be true to the believer, believing something "because it's true" is useless, at best, and often dangerous.

Important principle #5:

The most effective way to replace beliefs that do not serve you with those that do is to adopt the witness posture--to watch the process of how a belief creates the results of your life. This watching process causes whatever is not resourceful to fall away and whatever is resourceful to remain. A very effective and easy method of developing the necessary conscious awareness and the ability to do this is to meditate with Holosync.

The easiest and most effective way to replace beliefs that do not serve you with those that do is to learn how to watch as these beliefs create the results of your life. When you do this, you don't have to figure out what is resourceful and what isn't. You just watch with awareness, and whatever is not resourceful falls away, automatically. This is based on the principle that you can only continue something that is not resourceful if you do it unconsciously.

The best way to develop this ability to watch with curiosity is to meditate, and meditating with Holosync is much faster and more effective than traditional meditation. It is also helpful to practice this type of consciously aware watching every chance you get. Doing both together is, of course, most powerful of all.

When you watch it with awareness, the process of creating your results and experience of life no longer happens unconsciously and automatically. Instead, you begin to consciously observe how this happens. As you do this, it becomes impossible to create results that do not serve you. Such undesirable results can only be created unconsciously--outside your awareness.

Being the witness does not mean merely knowing that you do something, it does not mean mentally analyzing what is happening, nor does it mean being dissociated from what is happening--or any other kind of mental gymnastics. It simply means watching whatever is happening, with intense curiosity, as if you were a scientist, without any agenda for what should or should not be happening. It means observing your thoughts, your feelings, your actions, and the results of your actions.

Any number of things can keep you from successfully watching with awareness. One popular way of lapsing into the unconscious, automatic mode is to place the cause for what is happening outside of yourself. If you think something outside of you is creating your experience or outcome (rather than acknowledging that, regardless of appearances, whatever is happening is coming from something inside of you), you will be unable to

witness what is happening. Instead, your awareness will be busy looking for something to blame (this phenomenon is called projection by psychologists).

Humans have an almost infinite number of methods for lapsing into unconscious and automatic thinking, feeling, and behaving. In using any of them, you become unable to notice how you create the results of your beliefs. Analyzing and dissociation are two other popular ways of going unconscious, but there are many others, including overeating, drugs, alcohol, television, sex, anger, depression, anxiety, fear-and thousands of others.

At first, it takes practice to learn to witness what is going on without slipping into some kind of distraction or other way of going unconscious. One of the most amazing benefits of daily use of Holosync is that it automatically creates and enhances the ability to be consciously aware and watch what is happening, both inside and outside of yourself. This ability to be more conscious allows all kinds of internal processes that create our suffering to fall away.

Important principle #6:

Once you have watched the creative process with awareness, and, as a result, have caused an non-resourceful belief to fall away, you can then consciously choose a more resourceful belief that creates the mental, emotional, spiritual, and physical results and outcomes you want.

You can choose what you want to believe, and therefore experience the results of that belief in your life. You don't have to believe whatever seems to be true based on past experience. Once you actually see, from start to finish, and with awareness, exactly how you create "no one loves me," or "I'll always be poor," or any other belief that does not serve you, the non-resourceful belief will fall away and you will be able to consciously choose a new belief that gives you the results you want.

Beliefs are nothing more than instructions to your mind to make something happen in your life. Instead of accepting results you do not want created by beliefs you did not choose, you can consciously choose more resourceful beliefs. In doing so, you can create whatever results you want in life.

Important principle #7:

The first step in the process of replacing automatic, unconscious, non-resourceful beliefs with conscious, resourceful beliefs is to discover what your core beliefs are.

One way to begin is to make a list of ways you would complete the following sentences:

I am _____.

People are _____.

The world is _____.

You could probably make a long list for each of these categories. In doing this, you're looking for what you say to yourself when things have gone wrong and look bleakest. You are not looking for what you learned in self help books—those things you think you should believe about yourself, such as "I am one with everything." "The world is filled with abundance." "People are basically good." "Everything happens for the best," and so on. If you really believed these things, you would be creating them in your life, and you probably wouldn't need to be reading this article.

Instead, we're looking for those things you believe about yourself that keep you from being happy and peaceful all the time--statements such as "I'm never going to be a success." "No one will ever love me." "There's something wrong with me." "I can't seem to do anything right." "People always take advantage of me." "Men always leave me in the end." "No one cares about me." "The world is dangerous and chaotic." "Making money is not spiritual." And so on. These statements are big clues to what negative and non-resourceful core beliefs you have.

Important principle #8:

The most effective way to determine your core beliefs is to examine the results you are getting.

A second, and actually much more effective, way to determine your core beliefs is to look at what is actually happening in your life, your actual results. You could fake your way through the sentence completion exercise, but you can't deny the actual results of your life. Since what you believe manifests in reality, you can tell what a person's core beliefs are just by looking at the results they get.

If, for instance, you are having trouble sustaining a close relationship with the opposite sex, you must have a core belief about relationships that is manifesting as this result in your life. If you are having trouble with prosperity, or health, or any other issue, you must have a corresponding belief about that subject that is manifesting in what is actually happening. Of course, if you have resourceful beliefs in these areas, you will have positive results. In some cases, people have conflicting beliefs, causing them to go back and forth between results they want and results they don't want.

When you look at other people who are getting better results, you can be sure that they have different, and more empowering, core beliefs on that subject.

Important principle #9:

As long as you continue to hold the same beliefs, you will continue to get the same results. There is no way to continue to hold the same beliefs and get different results. To

get different results, you must be willing to adopt different beliefs-the beliefs of others who are getting the results you want.

A common stumbling block is wanting to keep the old beliefs (even though they result in outcomes you do not want) and yet somehow get different results. Please be very clear that this is not possible. One tongue-in-cheek (but very accurate) definition of insanity is doing the same thing over and over while expecting different results. There is no way to change your results other than to change the contents of your internal map of reality, and a key component of that map are your beliefs.

Once you know what your core beliefs are (and, again, we're concerned here with the negative beliefs-the positive ones, those that are giving you the results you want, don't need attention), and have made the decision that you want new and different results, the next step is to decide what beliefs would be more empowering and resourceful, and would create the results you do want.

Important principle #10:

To install a new belief, focus on it as often as possible and in every way you can think of.

Once you have chosen what you want to believe, based on the results you want, you can begin to adopt this new way of thinking about yourself. This will automatically begin to create new results. To install a new belief, you have to start feeding it into your mind, over and over, while wiping the old belief out of your mind whenever it pops up. The only reason the old belief seems true is that you have focused on it for so long and assumed that it was true, which makes it play out in reality, which of course makes you focus on it more, which makes it play out...on and on, in a self-reinforcing cycle.

Focus on this new belief. Think about it while meditating, while driving, while showering, as often as possible. Doing so may bring up old and uncomfortable feelings and thoughts, so be prepared for that--the old belief will literally fight for its life. Don't let that bother you. Just keep focusing on what you want.

Create a Technicolor movie of yourself getting the result of the new belief, and feeling happy and satisfied by it--the more vivid the movie, the better. In addition to playing the movie during meditation, play it right before you go to sleep and right after waking up. Then, whenever you find yourself thinking about the old, non-resourceful belief, immediately switch your focus to the movie of the new belief. At first this will take effort and will seem awkward, but over time it will become more and more natural and effortless. Eventually, the new belief will be part of you.

You can also read books by people who share your new belief, socialize with people who share it, or find a mentor who will help you adopt the new belief. Flood your mind with the new belief in every way you can.

Let it be okay that there is a learning curve...

This process of changing core beliefs can happen in the blink of an eye. Realistically, however, for most people, it takes several years to complete. This is because, on an unconscious level, people associate the old way of being with safety, and tend to unconsciously fight against change, even when they consciously desire it. Take it one step and one day at a time, and let the pace of your progress be okay, whatever it is.

Meditation with Holosync greatly speeds up this process, because it helps you become more conscious and aware of what you are creating, and it takes the emotional charge off things in your life and allows you to look at things from a more dispassionate perspective (i.e., be the witness).

However long this process takes, it is worth undertaking. There is a big difference between being an unconscious automatic response mechanism. Living out beliefs that create suffering, and being a conscious being who chooses what to believe based on what kind of world they want to live in.

You are already an expert at creating what you believe and focus on. It's just that you did not choose what you currently believe and focus on, and it continues to automatically create the results you are getting in your life. It is in this manner that most people are nothing more than automatic response mechanisms. To begin getting what you want in life, both internally and externally, you must consciously change your internal map of reality, and what you believe and focus on is a very important aspect of that map.

You CAN do this. There is no reason to continue to experience outcomes and feelings that you do not choose. Meditate daily with Holosync and consciously choose how your internal map of reality is constructed, and you will gain control over all aspects of your life.

I'd like to wish everyone who reads Mind Chatter a Happy New Year!

Be well.

Bill Harris, Director

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