

#### Lesson 4: Core Beliefs and Personal Experiences ~

Starting from birth you begin to form what will become your structure of core beliefs. At first they are instilled in you by your mother or primary caretaker, from your family and then extend out into your social, educational, cultural, political and religious environment. Over the course of your life some of these beliefs will undergo changes and alterations in response to the changes that occur along the path of your life. Sometimes these changes or alterations can be subtle whereas others are more dramatic but will always be relative to how they affect your personal experiences.

Your core beliefs, such as they are, serve you all throughout your walk of life in that they will guide you, motivate you, sustain you or they will do the complete opposite. They will either become a negative or positive influence depending on what they hold as truths about the nature of yourself and your reality. Your core beliefs are in fact the underlying influence that directly affects your experiences, therefore, it is in your best interest to consider examining them from time to time to be sure they are not steering you in the wrong direction or causing you to have a negative experience.

Your core beliefs can be a positive or negative influence in your experiences when they are instilled in you in accordance with the beliefs of those in your circle of life. Loving parents or well meaning teachers, friends, religious leaders, co-workers, etc., can consciously or unconsciously pass onto you their fears, insecurities, personal life experiences, religious and cultural doctrine, education and financial successes, failures and fears that may not be suitable to your desired experiences. Once these beliefs become instilled in you they become the driving force that dictates the outcome of your experiences.

An example of just how a core belief works is to imagine yourself succeeding in something that you have a burning desire to bring into your reality, however, your best intentions seem to be getting you nowhere. Your burning desire is not becoming an experience in your reality even though you have made countless attempts to succeed in your endeavor. You become more and more frustrated and eventually after enough failures you cast your dream to the wind and settle for whatever life doles out to you. So what went wrong? Why were you not able to push through and reach your desired finish line?

The clear picture you had of your vision was jeopardized right out of the starting gate without your conscious awareness. The reason why your dream didn't stand a chance is because what you desired in your conscious mind was in opposition to what is stored in your subconscious mind. Anytime there are two opposing forces at work they cancel each other out, consequently, your request never enters into your reality because your desire and your core belief do not match up.

Your core beliefs are the underlying factors that generally speaking go undetected in your conscious awareness yet they form the very fabric of your life experiences which will either be to your liking or not. Your core beliefs will also affect your thoughts and your emotions. When you consciously strive to attain a goal or to realize a dream the belief you hold in your subconscious mind will determine what the end result will be.

For example, if you were told by someone in your circle of life that you will never amount to anything because you are not smart enough you will either hold that as a core belief in your subconscious mind or you will make a conscious choice to not accept that person's criticism as an absolute truth or as a fact. Unfortunately, such forms of criticism that occur during childhood are usually taken at face value and not typically questioned. Children have a tendency to believe adults whether or not the criticism is valid. I'd like to share a little story I came across while I was doing research for my dissertation. The story is too lengthy to quote so I will paraphrase what happened.

A young boy in a classroom was thought to ask impossible questions, refused to reveal what he knew even in the face of punishment and was labeled a "dunce." This young boy's primary school experience lasted only three months after which time he was expelled because his teacher reported to the inspector that he would never amount to anything. This young man was put at risk to spend the rest of his life in the grips of the negative labels he had been branded with had he chosen to accept that labeling as a truth about him; however, an unexpected event occurred that changed the outcome of his life. His mother went to bat for him, the story goes that she marched into the school and let everyone know that her son was not a dunce. The negative effects of having been labeled a dunce by his teacher and his peers quickly dissipated upon hearing his mother's very positive support. He chose to accept his mother's belief that he had more brains than the teacher or anyone else associated with the school. Later in life he said, "She cast over me an influence which has lasted all my life." That young boy's name was Thomas A. Edison.

The point of telling this story is of importance because what we hold in our subconscious minds as truths about who we are is not always an accurate representation or depiction of our true identity but rather these distortions fracture our potential or desired reality. Consequently it is imperative that these supposed truths be closely examined for their validity.

In addition to fracturing our reality these mistruths throw up roadblocks or barriers. In the form of core beliefs they become fences that surround us and these fences represent the boundaries of our imposed limitations. When these limitations are accepted as fact they are stored as data in our subconscious memory bank. However, this stored data that likens itself to a string of mathematical commands responds to certain "what if"

scenarios that can be overwritten to produce desirable results once you are cognizant of the fact that you are holding a false command line in your subconscious mind.

These fences also keep us locked into a false sense of security or comfort zone. We are often hesitant to unlock the gate and walk out into the field of uncertainty because someone criticized us or labeled us with distorted perceptions or we have been influenced by other external restrictions. Ultimately, the negative influences we cast on ourselves or allow others to cast upon us become mental and emotional blocks to realizing our dreams and achieving our goals. Another obstacle that gets thrown into our path as the result of our imposed limitations is fear and is something we will have to learn how to overcome as well if we are to ever reach our full potential.

Our personality becomes a factor here as well. Some people are not affected by the negative influence of others and do not accept the beliefs of others. They form their own belief structures suitable to their desired experiences, they are determined and confident. On the flip side of the coin are those people who are easily influenced by the opinions, fears and perceptions of others and may not be aware that they are actually ingesting into their subconscious minds such disabling beliefs.

There are also certain beliefs that we have a tendency to just take at face value and never question how the contents of those beliefs may be affecting our experiences, we accept them as a statement of fact and never consider any further investigation because they appear on the surface to be indisputable for one reason or another and are typically accepted collectively speaking.

The bottom line is that the self is never limited; there are no boundaries other than the ones we allow ourselves or others to impose on our innate freedom to choose our desired experiences. Regardless of what negative underlying core beliefs are stored in your subconscious memory bank they can be changed or altered relative to your own personal circumstances. An excavation of these core beliefs is not necessary for they lie just beyond the veil of consciousness – they are not that hard to find.

In closing I would like to quote James Allen: “Belief is the basis of all actions, and, this being so, the belief which dominates the hearts or minds is shown in the life. Every man acts, thinks, lives in exact accordance with the belief which is rooted in his innermost being, and such is the mathematical nature of the laws which govern mind that it is absolutely impossible for anyone to believe in two opposing conditions at the same time.”

I sincerely hope that this discussion serves to enlighten you in regard to the matter of core beliefs and the role they play in your desired experiences.

Linda