

Lesson 51: The Beliefs Behind Your Emotions ~

Expanded conscious awareness comes by way of an elevated understanding of the nature of your personal reality. The more you understand the nature of your personal reality the more your consciousness awareness is expanded. To the degree of your expanded awareness lies your ability to better align yourself with your desired life experiences and fulfill your life's purpose. A limited conscious awareness brings into your experiences an exact measure of circumstances and events that correlate to your limitations. The past fifty lessons have been designed to help you sort through your own personal realities by raising your conscious awareness to the blind spots that have contributed to any undesirable circumstances and events you may have experienced and to alleviate you from any false sense of guilt or victimization. The lesson this week will focus on the beliefs behind your emotions and the steps you can take to identify your beliefs and come to terms with your emotions.

You might be inclined to think of your beliefs as something that follows after your emotions or is separate from your emotions. You may not realize that your emotions are intricately connected to your beliefs, that your beliefs precede your emotions and are the driving force of your emotions. In the past lessons the matter of the emotions has been closely examined from many different perspectives especially in regard to the importance of keeping your emotions in balance. In order to balance your emotions you must first recognize where your emotions are on the scale of what is known as the emotional guidance system (see Lesson 9). The emotional guidance system operates on a scale from low to high. Of course the lower your feelings are on the scale the more indicative it is that something in your life needs your attention. The process of learning how to balance your emotions is, of course, to identify what in your personal environment appears to be out of balance. The imbalance can be internal or external and will have to be investigated in order to change or alter your personal environment according to your desires. However, the trick to changing or altering your personal environment lies in your willingness to peer through an entirely different set of lenses than those that you are ordinarily accustomed to viewing your experiences through.

Such an investigation involves an honest self-examination of your overall mental attitude, how you perceive yourself and your environment as well as your thoughts, feelings and beliefs. To help you with your self-examination this lesson will focus on the importance of recognizing the beliefs you hold that are behind your emotions as well as to help you learn how to ride your emotions long enough to process the beliefs behind them. Riding out your emotions just long enough to process the basis of them affords you an opportunity to be in direct touch with your emotions but also to change or alter any undesirable circumstance or event, past, present or future. It also avoids the risk of adding another layer to an already undesirable situation or worse yet creating an entirely new undesirable circumstance or event. There are aspects involved in the

matter of riding out your emotions which will be explained in more detail later in the lesson. In the meantime we will begin the process of coming to terms with the beliefs behind your emotions.

The first step is to recognize the range of your emotions whether in general or in the midst of an undesirable situation (see the emotional guidance scale following the lesson). The importance of such an examination is that the psychological framework in which you shape and form your mental attitude as it relates to your life experiences sets the stage for the range of emotions that will be generated in response to the circumstances and events you attract to yourself. Your mental attitude is, of course, formed by the beliefs you adhere to. While many of your beliefs reside in your conscious awareness there are many that you are unconsciously aware of. This is because these beliefs were impressed upon you from infancy and are so ingrained within you that you accept them at face value, therefore, you do not question their validity or their worthiness in the framework of your psychological or spiritual being. You simply react to your unconscious beliefs in a habitual manner of speaking; you act on those beliefs without any conscious thought on your part. In fact you are so oblivious to your unconscious beliefs that generally speaking you are not the least bit aware that they are driving not just your emotions but your behaviors too, which in turn forms the basis of your experiences.

If you are familiar with the internet movie *The Secret* or have read the book you might remember hearing or reading about a concept referred to as “shifting your conscious awareness.” The concept as described in the movie and the book was ambiguous to many people. Consequently they were left in the dark because they did not fully understand how, why, when or where they should shift their conscious awareness. An injustice was done because time did not permit a proper and suitable focus on such an important matter in the movie and in the book. The concept of shifting conscious awareness is actually a life-changing mechanism that holds within it a great deal of positive energy once the basis of the principle is understood, assimilated and integrated into day to day life. Through the course of this lesson the idea of shifting your conscious awareness will become more apparent as will the benefits derived from having done so. Shifting your conscious awareness is not a onetime event but is a step by step process that begins with an honest examination of your beliefs, followed by your emotions, thoughts, feelings and perceptions. Each of these is a building block that builds upon the other in a circular-like fashion. No one block is independent of the other but that each is interrelated to the other which is why it is so important to begin the process with an examination of the beliefs behind your emotions.

Your emotions tell you a lot about what is going on within the internal portions of your being but because you are so inclined to look at your past, present and future experiences through external lenses you miss seeing the most vital pieces of information

about yourself and your experiences. When you examine what is going on from the inside you see beyond the external, you see the underlying mechanisms that form the foundation of your experiences - past, present and future. The exercise then is to examine the beliefs you hold in regard to how you view yourself and your experiences. The older you are, the more experiences you are likely to have had which are still affecting your current and future experiences. The younger you are the fewer experiences you will have had; nonetheless they are also affecting your current and future experiences. Either way it is essential to examine your beliefs but you may want to do this exercise experience by experience. Use whatever tool or method suits you best. You can work it out in writing, you can make columns or headings; you can use a spreadsheet or a journal. If you tap into your inner creativity it will provide you with a practical means to work through this exercise. The point is that you have a way of listing your beliefs in regard to each of your past experiences. Bear in mind that this is not a finger-pointing exercise for the purpose of either blaming yourself or any external person, place or thing. You are only to focus on bringing your core beliefs to the surface of your conscious awareness. As you work through the exercise you should begin to see a pattern of feelings emerge in regard to how you feel about yourself first and foremost. As this pattern emerges and enters into your conscious awareness you should, with honesty, see how your inner most beliefs about yourself have affected your experiences, even those that you previously believed were outside of your control. In addition you should also begin to see how you were never really out of control in any of your experiences but that your own beliefs threw up boundaries or fences that blocked you from reacting in a more positive manner. As you work through the first two steps you should begin to clearly see the range of your emotions and how the beliefs behind your emotions have been and still are affecting your experiences. You might have been inclined to think that your emotions were affecting your experiences but at close range you can see how the opposite is true. Your emotions are the by-product of your beliefs.

The next step is to see how your thoughts are a direct correlation to your beliefs as well as your emotions. It stands to reason then that if you hold beliefs that, for example, undermine or threaten your sense of worthiness your thoughts will follow along the same path as will your emotions. Your actions, reactions, responses and behaviors will be directly in keeping with your thought patterns which are in keeping with your beliefs. Your overall feelings about yourself and the circumstances and events you experience will be in direct alignment with your beliefs. Your beliefs form the framework for your thoughts which form the framework for your feelings which form the framework for your emotions. The aggregate of these, the sum total that is, forms your mental attitude. This is why you cannot just arbitrarily change your mental attitude without changing or altering the components that blended together become your mental attitude. In spite of your best intention to change your attitude you might find it to be a losing battle; an exercise in futility because it does not produce the results you are looking for. This is

because you are attempting to make external changes without making internal changes. Your mental attitude does not reside solely on the surface, i.e. your ego but rather it spreads its roots well into the soil of your inner self. It is here that any change or alteration must take place before it can be manifested externally.

Prosperity gurus and the schools of positive thinking profess that if you change your mental attitude you can change your experiences. This is quite true but they tend to omit a very necessary piece from the whole of the picture. To change your mental attitude or to change your “mind” requires changing or altering the inner components as well. You may have noticed that on occasions you have indeed changed your mind about something and you even did it on the QT. In doing so you may not have realized that you also changed the components within you which accounts for the change in the external experience – good or bad – desired or undesired. When you choose to change your mind you are actually changing the associated beliefs, either to your benefit or not, depending on which direction you have chosen to go in. But the change or alteration doesn’t stop there. You are also effecting a change or alteration in your thoughts and feelings which affects your emotions. The overall affect is that you change the synergy, the combined effect, of your mental attitude which, of course, changes the experience to being positive or negative, desired or undesired. The choice has always been yours to make, thus the consequences will always be relative to the choices you make and why you made them.

Life is full of all sorts of probabilities from which you pick and choose your realities and experience the nature of them. When you choose or select a probability, which you do each time you make a choice and a decision you engage in the energy of that probability; you attract to yourself other people, places or things that are a part of that particular probability. No probability ever stands apart from the integration of other people, places or things. In other words, each time you make a choice, regardless of what that choice is you are giving energy to a probability that becomes your next experience which then becomes your past experience and which affects your future experience because the energy of that probability externally manifested is eternal. When you make choices and decisions you do so by the acceptance of new beliefs you choose to hold or if you choose to abide by previously accepted beliefs. You also establish a pattern of thinking in line with those beliefs; your feelings and emotions follow along the same path. How you perceive the probabilities that became your experiences also follows in line with your beliefs. In all cases you perceive what you believe and what you believe forms your thoughts and feelings.

This brings us to the third step which has to do with your perceptions. Although the matter of perceptions has been addressed in many of the past lessons it is nonetheless important to address it again within the context of this lesson because of its implications. In this lesson the implication of your perceptions takes on another aspect

with which to better understand the nature of your personal reality. As you examine the beliefs that relate to yourself and your experiences you will find that your perceptions are in alignment with your beliefs, thus you can always expect to view the matters of your life in accordance with your beliefs. Your pattern of thinking as well as your feelings and emotions will coincide with your perceptions. You do not contradict yourself in the sense that your perceptions do not stand outside of your core beliefs, regardless of whether you are consciously aware of your beliefs or not, but rather they will stand right in line with your beliefs. The exercise in this step is to examine how you perceived your past experiences and how the energy of those perceptions is affecting your current experiences. You may not be aware that unless you change or alter your perceptions they will in turn affect your future experiences. Just like your beliefs your perceptions carry an infinite energy that will always affect the lenses you view yourself and your circumstances through.

Once you have examined your perceptions you should be able to see the expansion of the pattern that began to emerge as you worked through steps one and two. You should be able to see how your beliefs formed the framework of your experiences as well as the validity of your worthiness or the degree in which you view your self-worth. You should be able to see how your feelings and emotions were being affected by your beliefs and not by your circumstances and that your perceptions validated your beliefs. Your feelings did not form your circumstances but your beliefs did. Your feelings, emotions and thought patterns are the by-products of your beliefs and perceptions. Now that you have been able to put the horse in front of the cart instead of putting the cart in front of the horse you are positioned to actually change or alter your past experiences, thereby changing the energy of your present and future experiences. The truth is that the past is not the past because the energy of the past lives on in your present and will continue to live on in your future. Changing the flow of negative energy to positive energy is essential if you wish to have experiences that are far more desirable. However, you must remember that life is a learning experience so even though you are empowered to change or alter your past, current and future experiences there are always going to be obstacles in life that will challenge you in one way or another. This is a necessary part of your expansion and your evolution which ultimately affects the race at large. You are positioned to meet those unforeseen challenges with a much clearer mindset when you are empowered by a belief system that is working for you and not against you.

The first goal in this lesson was to help you to identify and weed out any beliefs that are not beneficial to you. The second goal was to help you to see how your emotions are tied directly to your beliefs and the third goal was to enable you to understand how your perceptions serve to validate your beliefs. The fourth and last step was to encourage you to learn how to ride or hold your emotions just long enough to process them before you manifest them in a negative or undesirable way. This step will prevent you from coming apart at your emotional seams before you've had a chance to honestly examine the

matter at hand. You may be accustomed to emotionally acting out first and then wonder why the situation seems to only worsen. You are being challenged now to hold your emotions, to ride them out and allow yourself time to see the whole picture before you react and exhibit a behavior that will definitely inflict a related consequence in addition to the one you have already been confronted with. By acting on your emotions without examining your beliefs from an honest perspective, not what you are inclined to justify is honest but what is really honest on a deeper level, you are merely adding insult to injury, you are making matters worse which means you will have that much more clean-up to do, some of which you can take back and some of which you can't depending on the situation.

In all cases it is never advisable to sweep your emotions under the carpet or to ignore them. Emotions are the gauge that measure and alert you to what is going on in your life, internally and externally. While you are riding out your emotions you are still very much in touch with your emotions. Feel them freely but do not inflict them on anyone until you have thoroughly examined the situation that brought them to the surface to begin with. If you do each of the exercises suggested in this lesson you will be surprised to find that the situation may turn out to be something other than what you thought it was initially. When you arrive at that pivotal moment of recognizing your role in the situation do not lash out or blame yourself. You did the best you knew how with the knowledge you possessed at the time, however, once you have acquired this new knowledge and have expanded your conscious awareness you have no further means from which to point a finger of blame at anyone or anything anymore than you have a right to allow your emotions to run wild.

It was the hope that from having performed the exercises recommended in this lesson as well as the information provided that you will have indeed expanded your conscious awareness. If you consciously and honestly work through these steps in conjunction with all the material in the past lessons you should be able to see your circumstances very differently as well as to view your self-worth from a new perspective. As you come closer to understanding the true nature of your psyche, your being, you should find the fulfillment of your life purpose that much easier to recognize and attain. The same will be said about the dreams you still desire to manifest and the goals you want to achieve although these may change in accordance with your expansion. The miracle hidden within the expansion of your consciousness is that you stand a much better chance to have experiences that will even exceed what you thought was possible. This becomes possible when you learn how to take control of what beliefs you will hold and abide by. Your emotions become balanced, your thought patterns are restructured and your perceptions will no longer deceive you. You will have learned how to "shift your conscious awareness" and in so doing you will have rebuilt the framework that composes your mental attitude. As your consciousness expands so does the frequency on which you transmit your thought energy. As you transmit on a higher vibrational

frequency you decrease your limitations and increase the scope of your probabilities. With the right knowledge you will be better prepared to meet new challenges that may come to you even on a higher frequency. Before you act on your emotions you will know how to stop and examine the beliefs you might be unconsciously if not consciously holding in regard to any particular challenge. Everything in life and in the universe is relative, nothing stands outside of itself; everything is connected and interconnected along fields of electromagnetic energy.

In presenting this lesson to you we hope that you have a much better understanding of the beliefs at work behind your emotions and how they form your personal realities. Should you have any questions or comments please feel free to submit them to the email address below.

Many Blessings,

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Recommended Reading:

Ask and It Is Given, Learning to Manifest Your Desires by Ester and Jerry Hicks (The Teachings of Abraham).

Choice Theory, a New Psychology of Personal Freedom by William Glasser, M.D.

Molecules of Emotion, the Science behind Mind-Body Medicine by Candace B. Pert, Ph.D.

Power vs Force, The Hidden Determinants of Human Behavior by David R. Hawkins, M.D., Ph.D.

The Biology of Belief, Unleashing the Power of Consciousness, Matter & Miracles by Bruce H. Lipton, Ph.D.

The Nature of Personality by Jane Roberts – A Seth Book

The Power of Now, a Guide to Spiritual Enlightenment by Eckhart Tolle

The Secret behind the Secret by Travis S. Taylor, Ph.D.

The Emotional Guidance System (See Lesson 9):

1. Joy/Knowledge/Empowerment/Freedom/Love/Appreciation
2. Passion
3. Enthusiasm/Eagerness/Happiness
4. Positive Expectation/Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration/Irritation/Impatience
11. "Overwhelmed"
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred/Rage
20. Jealousy
21. Insecurity/Guilt/Unworthiness
22. Fear/Grief/Depression/Despair/Powerlessness