



Lesson 4

Shifting Your Beliefs

As humans we have been given the gift of reason, so that we can decipher what we want to experience and choose accordingly. We know that we are dreaming all the time whether we are sleeping or awake. Our beliefs are like a beautiful palette of colors that we as humans use to express ourselves on the canvas of life. Your beliefs are not you, nor do they really define you. They do help you form the story you are telling. If we know that our beliefs are not us, then we see that we do not have to be anything or believe any specific thing. You are in control of your beliefs, not the other way around.

Look at someone you know who holds beliefs that are the exact opposite of something you believe. Politics is an easy playground for this exercise, but it can be anything where opinions conflict. You believe one thing is right and the other person believes something else is right, true or correct. If you both use logic, evidence and other supporting arguments to prove you are right, you may convince yourself even more that you are right. But, you may not convince the other person. Then you may think, "This person must be crazy or a liar. They must know I am right. They are just being stubborn." The truth is they *do* believe their opinion just as much as you do. They are probably having similar thoughts about your rationality. As we have discussed before, whatever you believe is your truth, your perspective. How can two intelligent, reasonable people completely disagree on something so simple? Unless we understand the way we all create our stories, our truths, it may seem insane. Can you see now, how what someone believes is completely personal and subject to their truth. They are right! And, so are you! From each of your perspectives, you are each right. If you bring more people into the exercise you will get even more variations of truth about the same subject. So you can see how a person you respect can believe something completely different than you on a subject. Can't you then also believe anything you want about any subject?

Nothing is stopping you from believing or being anything and everything you want to be. Nothing is stopping you but you. We recover our free will, and we are free to choose whatever we desire. You have invested time and a great deal of practice to be where you are at right now. You have developed habits and ways of thinking around the beliefs that you currently hold. You have given them a great deal of your personal power, even to the point of believing you have no power to change them. If you have the desire to change a current belief that you hold, you will find that as you begin to hold your new belief in place there will still be things in your environment that support your old belief. That is okay. Allow these beliefs to be, but remember your new belief and keep moving forward. Eventually your environment will come to meet your new belief.

It is not important if this shift is not immediate. Everything you have created up to this moment was in support of your former beliefs. Even your own thoughts will continue to come back to the old beliefs. You have free will to choose what you believe, but do you have strong, focused will. You can create what you wish and focus upon what you wish to create. Your will is important. Your focus and attention must remain on your new belief system. It is not a problem if you bounce back and forth. Some beliefs have been formed and reinforced for years, these may lure you back. Just be aware of what you are doing, and choose again to employ your new belief. Surround yourself with things that now support your new belief. Be aware of what you are thinking about, what you are speaking about and what you are expressing with your actions.

Are you still behaving as if the old belief is true?

Are you supporting this new belief with your thoughts, words and actions?

Be aware of where you are investing your energy. Choose what you want to build in your life. The mastery of transformation is about seeing your creations and choosing new stories, new beliefs and a new dream. It is about choosing a dream you want to enjoy and a dream you love to live. If you love your dream then keep it. If you are unhappy with your dream, then see that you have the power to change all of it or part of it.

You are changing your story all the time, but you may not be doing it with awareness. Think about the things you believed about yourself when you were ten, twenty or thirty years old. Can you see how really each day you are changing and growing? The way you view your world and those in it is always in flux and constantly evolving. Now you will be setting the stage for this change. You will be at the wheel, steering the ship. You will no longer be holding on to the back of the ship in a fearful and lost state, unsure where you are headed.