

Our Belief System

Our beliefs are a very powerful directing force in human behaviour because they define and shape who we are and determine our potential. The distinction between a fact and our attitude towards that fact is our belief system and so it is the single most important influence that controls the direction and destiny of our life. Our beliefs determine and guide our thoughts, our actions, our goals and even our relationships with other people so they are not easily changed.

The source of our personal belief system lies in our childhood and although as children our belief systems are quite open and therefore, non-limiting and non-judgemental, our beliefs are built up in ever-growing layers as we grow to adulthood. They are absorbed from the teachings and actions of those closest to us as we grow and mature – our parents, family, friends, and authority figures and also by our culture and environment. The belief system thus created determines what we value, how we live and the levels of success we are likely to achieve in our life through the amount of our potential we are able to tap into.

No belief is right or wrong - it is either empowering or limiting; however, our beliefs become habits and we all know how difficult it is to change a habit. Limiting beliefs cause us to act and react in ways which limit our potential. If a limiting belief says you are a failure, then you will fail. If, however, you believe you are capable of being a successful person, you will succeed. We can do or be anything if we will let go of our limiting beliefs. Yet many people never try to reach the goal of what they should do and be in life –of capacity living – reaching their full potential. Why don't they just "go for it"? Often it is not, unfortunately, because they are afraid they may fail. Instead they fear success. Don't allow fear of anything to take hold - it will limit what you can do with your life. Instead, be courageous and take advantage of opportunities to change your circumstances and habits and you will add new and positive perspectives to your life. There is a saying that is worth remembering, "You change your circumstances when you change your habits; you change your habits when you change your beliefs".

Our subconscious mind is a powerful tool but it is not capable of determining what is good or bad for us. For instance, the mind cannot tell the difference between something real (fact) and something unreal (imagined). It will just accept what our imagination tells it and then it will search for the facts to support this decision. For example, if my imagination says "If I step on that swaying bridge I will fall into the water" my subconscious will say, "There is no way that I will step on to that bridge" even though you have been assured it is safe. Thus my belief in the possibility or impossibility of a situation determines the outcome.

A paradigm is a pattern or example that forms a basis for something. For the purpose of this subject I am using the word in relation to our belief systems which are patterns bedded down into our subconscious mind from birth. These belief systems act as

perception filters through which we discern our world. By their nature our paradigms limit our field of perception. This is not necessarily a bad thing as our conscious mind is unable to handle a plethora of information all at once. It will bring to mind the necessary amount of information that is needed for that moment in time and it is our paradigms that direct what that information will be. There is much going on in the world that we do not notice unless, for one reason or another, it is brought to our attention. You may visit a seafood restaurant; you really enjoy it and it makes a positive impression on your mind. Suddenly you begin to notice a lot of seafood restaurants you had never known to exist before. You may decide to buy a particular make and colour car. You may not have noticed many such vehicles around before but suddenly you seem to be seeing them everywhere. These are your paradigms in action. They are often called paradigm shifts because each time you make a change in your view of life new information that you had previously not noticed, will come to the fore and become quite obvious. There can be a radical change in your basic assumptions or approach to something and even to your level of belief. Such changes can give you a new perspective on a particular subject.

Note that everything you see, hear, learn and come into contact with in life from birth to death is absorbed and imprinted on your subconscious mind and will only surface if and when needed. These include sounds and smells in the background that we may be unaware of consciously. As an adult we may smell something that reminds us of our childhood. All these things affect us in ways we still don't understand.

Change is a matter of choice. You can accept conditions as they exist or accept responsibility for changing those conditions. If you are willing to change, start by believing in yourself and your potential and give yourself time to make the changes. Change must, of course, be made at the subconscious level and carried out at the creative level of your mind; just thinking a few positive thoughts will not make the depth of change necessary for a major paradigm shift. You need to change from a negative state of mind to a positive state of mind and consciously remain that way until you fully believe that is the only way to live.

Too often we react to life rather than living life in a creative, positive and spontaneous way. We are not normally conscious of our paradigms but they influence our thinking, decision-making and actions. To have everything you want, you need to stimulate a positive mindset and your attitude to success will determine your degree of success. In other words, your success is measured by the strength of your belief; therefore, get your mind and your mental images on the present and the future.