



8. BELIEFS

Beliefs are concepts we hold to be accurate, although they might be false evidence appearing real. Why, because they might come via religion, our culture, our upbringing, and be created from what we experience, watch, hear, think, and read. Beliefs are different from having faith; which comes from others instilled in us from a young age; instead, faith trusting implicitly, something that is part of the soul psychology and brought with us.

Happy people aren't unfair.

There is one tenet my father instilled into me about equality, one that stuck with me all my life, and is nigh on immovable. When a tutor said I wasn't intelligent enough to do her course because I hadn't a degree, two beliefs my father instilled in me had me chuckling and standing up for myself. In a considerate but firm way, for I believe when someone is unfair, then maybe they're not happy people.

My father would say:

'A Cat could Look at a King,' but changed this to a Queen. I can't help but reflect how forward he was in terms adapting an old saying from male to female, for men of that era tended to stick to the status quo. Sometimes he'd sing it, as a three-year-old I remember marching around the house or up to the end of our street and back again, him in front and me behind and me chanting like a little soldier.

However, my fathers saying gave me secure tenants about who I was. And a powerful belief at the time, it also created a powerful identity of who I was and who I could be; consequently, I felt confident around anyone no matter what position or status they held.



POSITIVE & NEGATIVE

I was so unflinching in my self-worth, I dismantled a tutor's negativity and opinion of me in seconds. We can re-evaluate beliefs, but when set in stone changing them will be slow if not impossible and why positive impressions are vital for building our personality. Positive or negative beliefs can shape your world. They can be powerful and precious to us or be an enemy, and never more so if instilled by people, we look up to, love, respect and admire. Nevertheless, beliefs can give us something to aim for, and if struggling, and believe life will get better, then it usually does.

We need to believe we can succeed.

And that comes from people who instill in us values and beliefs when we're at our most impressionable age and why ethical ones are essential. However, if our expectations are fragile, and we feel vulnerable, then we can often experience downturns in our mental and emotional state. I've learnt a lot from my step-grandson who has struggled with negative beliefs and self-doubts, and he has had reason to, but he imagines the fears and self-doubts about himself in a bubble and pops it. I used to do something similar.

Mine was a balloon

I blew the fears, self-doubts and worries into a balloon. (I was a great worrier, I had a severe perception of poverty). A negative belief that money was in short supply because as a child we had so little, nevertheless, I've seen massive transformations in people like my grandson when ready to change, especially when mentors trigger something profound within the person. However, we have to believe with the mind, heart and soul.



DIFFERING BELIEFS

Hope is never enough and even prayers, won't work if a valid, authentic belief is missing, or if we fail to use the right formula. But sometimes these can be shattered and compromised, especially if we're let down by someone we thought was honest, who we trusted, and that can often be difficult to repair. Back in the 90s, my husband lent someone he knew a hundred pounds so he could buy his tools from the liquidators. He promised faithfully to pay this back, bearing in mind the amount of money was our weekly salary.

He never did pay us back.

But we couldn't let this sour our beliefs that fundamentally most people are honest and honourable. But we did emotionally delete them from our lives, not out of spite; they drifted away anyway. And they did because our beliefs and values were too far apart. They felt the discordant energy as we did; it's disappointing and annoying than an entitled person such as this man disappoints people and himself in the long run. However, to hold onto the disappointment would have affected us, so we also deleted the feelings of being let down and soon made up the shortfall to our income.

My father used to say,

Always keep an ethical company, and of course, he was right. But my husband's friend seemed genuine at the time. He supported his church and was in the Round Table; we assumed he was noble and decent, matching my husband's philosophy in life. But he was false evidence appearing real. We were to find out later he had a reputation for this cavalier attitude, and maybe we should have questioned why others hadn't offered for he had a considerable range of friends and work colleagues. However, this never tainted us of providing help to others.



REFRAMING

But how did we delete the disappointment? We reframed the whole episode and removed big time. As I said to my husband at the time, put another '0' at the end of the hundred pounds, how would we have felt at losing a thousand pounds. After that reframe we both considered we got off lightly, but to rid that nasty feeling of being let down we did something else. But we also used a well-used formula.

Delete, Delete, Delete.

- ❖ My husband listed his grievances on paper
- ❖ Then we had a burning ritual in the garden
- ❖ He said he felt immeasurably better about doing this ritual
- ❖ I, on the other hand, created a file on my computer
- ❖ Then I trashed them, then emptied the trash can
- ❖ We kept doing this until we feel satisfied

How can you tell if you've deleted enough?

You find yourself exhaling long and hard as if the body is shifting everything disagreeable. You may find yourself doing this a few times until you are different about the situation; where all negativity has gone. It's not a sign of despair, it's an exhaling; there is a difference. When we hold onto things, we do damage to ourselves.

While I can relate this story, the rough edges have long gone. And while past is past deleting everything would erase vital information, to use as examples so others may learn. A belief that it's okay not to pay your debts is unethical. And of course, Albert Einstein was right when he said insanity was doing the same thing again and again and expecting different results. He continued being unethical and justified it.



SUMMARY

No matter how long you've travelled along the wrong path, know that some of your beliefs are not working for you any more, you can always stop, step back, reflect and turn around again. I have many times stopped, stepped back, reflected, and when ready, I can move on, and always feeling more upbeat, more positive and happier. Often relieved.

- ❖ Negativity is extremely catching.
- ❖ Rarely do opinions change
- ❖ Unless something drastic happens.
- ❖ Beliefs create the foundations of who we believe we are.
- ❖ Beliefs are from prior learning
- ❖ If those beliefs are no longer viable to you
- ❖ You can create a new one.
- ❖ Nothing happens to you; personally,
- ❖ It happens for you, it's a lesson learnt.
- ❖ Change the format.
- ❖ Delete the old negative beliefs.

No hand can make the clock strike the hours that are gone. We have to wake up and change ourselves. We can have mentors, but if we don't listen, we're wasting time and energy. We can have a family, but if we don't hear, nothing will work. If we don't believe, then life seems pointless. Beliefs are concepts we hold to be true.

They might come via religion, culture, upbringing, and are created from what we experience, from all of our senses. Beliefs are different from having faith: they mostly come from others instilled in us from a young age, but may also be something that relates to the soul? Or maybe we brought these with us as one teenager said to me one day when we were talking about beliefs and value.



STUDENTS PERCEPTION OF BELIEFS

These are the answers I had on a workshop on beliefs.

- ❖ A principle, views, or proposals,
- ❖ A concept, that's accepted as true
- ❖ An opinion;
- ❖ Often a firm conviction
- ❖ A religious faith, a doctrine, can be a dogma
- ❖ A level of deep and abiding trust,
- ❖ A confidence in a person or a person's abilities
- ❖ A knowing

I love children beliefs

They're pure and often wise. They accept life, death and love without question and why children are often happier than adults. Their matter of fact, attitude and artistic sense of irony and humour lifts your heart. Ashley, aged seven, said: 'My angel is my grandma who died. She got a big head start on helping my brother and me while she was still here on earth.' How wonderful if we all lived with such beliefs?

Faith is more transcendent and loyal than beliefs.
Belief is someone else's thinking,
And they fluctuate, they're the passing on of notions;
I'd rather have faith any day; it's absolute.
But if I must have beliefs,
Then I make them important ones.

Sylvia Lerigo