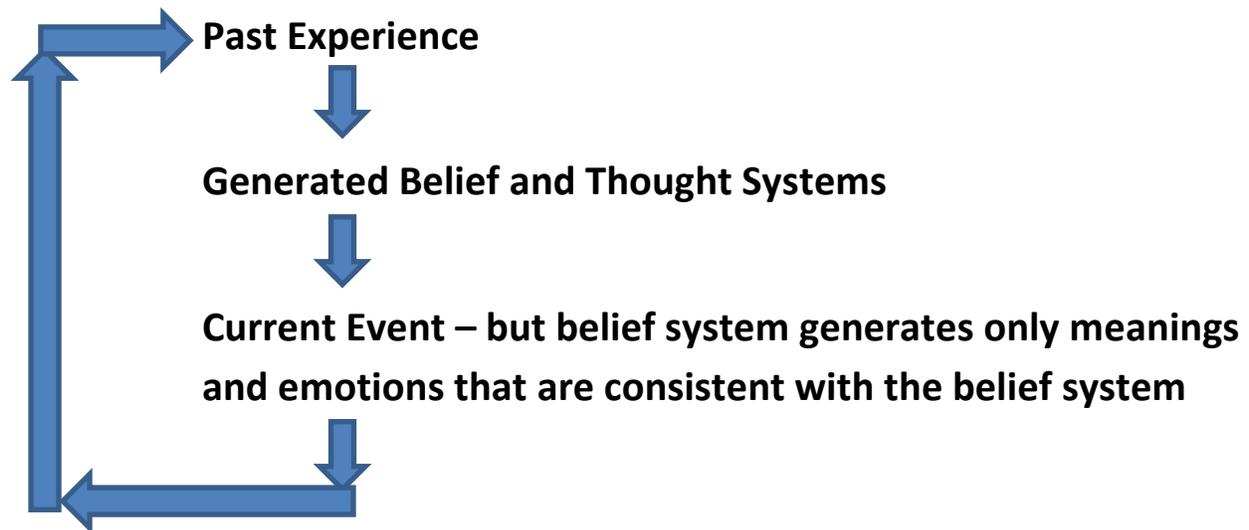


# Beliefs

We are continuously making up meanings in response to the events and situations around us. As these meanings establish certain repetitive patterns, they can be called beliefs. Beliefs, as they become rigidified, establish a self-perpetuating life of their own. What we start to believe becomes increasingly reinforced. Eventually, this keeps us locked into repetitive qualities of experience.

Many people believe that their personality (who they are) is based upon their past experience, but don't pause to question their meanings or beliefs. Are these beliefs actually serving them to find more love, joy, peace of mind, or freedom?

Without questioning or awareness, our default pattern looks like the following. Our belief systems get reinforced and rigidified as we collect more and more evidence to cement in our belief system. The unquestioned belief system becomes a fortress of defense.



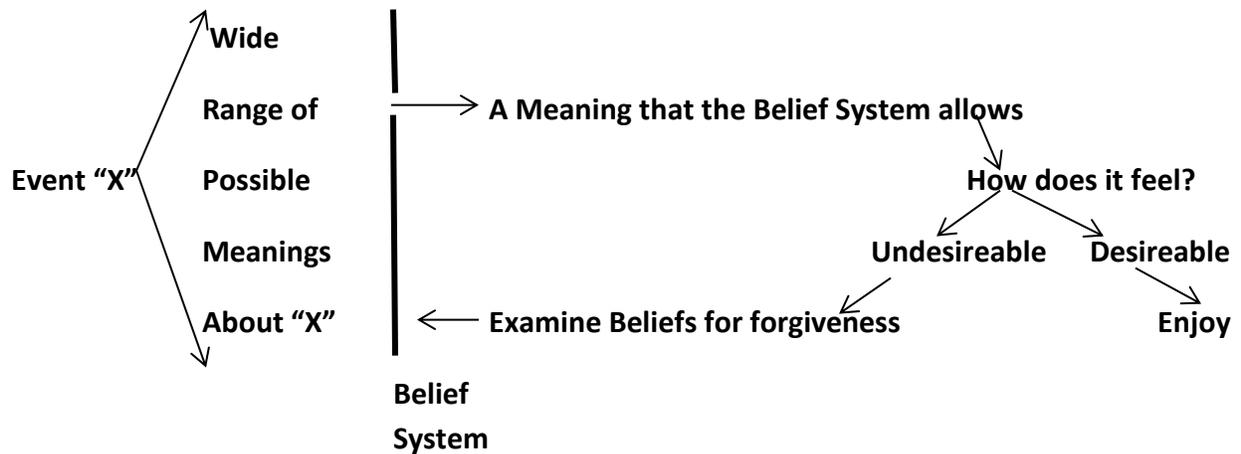
Most people say that they seek love, happiness, or freedom. However, we create belief systems that keep us away from actually experiencing these qualities. Our self-perpetuating ego-personality engages in a “seek but do not find game”. For example, a lonely man often says he wants companionship. However, when an opportunity for intimacy comes along, a fear arises. At first, this may be due to one strong memory of rejection. However, without awareness and questioning, it repeats. Soon, it manifests as many lost opportunities for companionship. All this continues while he still yearns for companionship. Such “seek but do not find games” happen in every area of life and all over the world.

We cannot realistically turn-off our meaning generation. However, with awareness, we can notice how these thoughts feel and deliberately release them OR find other beliefs / meanings.

“Forgiveness”, in this context, is the release of a belief that no longer serves us.

# Forgiveness as the Release of Beliefs

Our meaning-making is so immediate and spontaneous, that we hardly notice them. However, we do notice when we have a feeling that hurts. Notice the feeling that has been generated.



- The unquestioned belief system becomes like a “defense system” that constantly reinforces and fortifies its battlements.
- An old unworkable belief that is truly released allows for many new possibilities of experience. This is true freedom.
- Most people do not question their beliefs when an upsetting feeling arises. Instead, they go into resistance (“fight or flight”) with the event or people involved in the event. What they resist, persists.
- The event itself is meaningless and neutral. However, the meanings generated are not neutral. Meanings can pull us well away from love, peace, happiness or freedom. Also, meanings can draw us into more love, harmony and joy.
- We are not upset about the event. Our bigger, pervasive upset is because of “what we’ve held onto” in a long series of events similar to “X”. We are frustrated because we are not being Who We Really Are.
- This is NOT suggesting that we only change our beliefs and never change our circumstances. Indeed, it is often important to change the circumstances too. However, when there is a pattern that hurts, releasing unworkable beliefs will also help for changing the circumstances. It will also give us peace whether others change or not.
- New Intention: “The past has no meaning and no power over me, except for the meanings I choose to keep. I choose to keep the blessings and let go of what is not a blessing.”
- It is recommended to keep a steady practice of awareness and releasing beliefs. The benefits will prove themselves by more love, happiness, peace, grace, freedom, etc.
- Occasionally, we might release a “major chunk” of our belief fortress. When this happens, the loveliness of creation will bring us to our knees in awe and wonder.

# Release of Beliefs Process

This is intended as a series of questions that a coach might ask someone who wishes to forgive. Our belief system (and ego personality) is so entrenched in preserving itself, that it is rare for one person to escape their own defenses on their own. However, after some practice and persistence, it is possible for a person to do this on their own.

(1) Distinguish the neutral events from the meanings made up about events. What happened and what meanings (or beliefs) are you holding onto about what happened? *(It is important to recognize the difference, because the generation of meaning is so immediate that most people do not realize that they've done it)*

(2) Acknowledge feelings chosen. How do you feel about it?

(3) Look for the pattern. Is the feeling, belief, or meaning familiar? When did you first experience this similar feeling, belief or meaning?

(4) Get the significance and impact in my life of the meanings held onto. What has been the impact of holding onto this belief? What patterns have you created? How have you treated others or yourself? What do you judge others for? What do you blame others for? How have you or others done harm? *(Examine the full impact. This will provide motivation to release the larger pattern.)*

(5) Own the projections. If there is any blame or judgment of others, how have you been like the other that you judge or blame? *(Many times we have done something similar, but our mind gets so focused on blaming the other that we don't want to own it. Sometimes, we may seem to be the polar opposite in our external behaviors, but our internal or hidden thoughts still keep us in the pattern of blame, judgment, and/or disconnection from ourselves & others).*

(6) Find other realities. Find new possibilities. Who would you be without this meaning or belief? What evidence can you find that this new belief is true? Without this old belief, what possibilities can you create?

(7) Forgive (or let go of) meanings, beliefs, and thought patterns (repeat for all limiting, disconnecting, judgmental, or blaming meanings). I want to forgive this belief that... OR Forgive me for believing that... Instead, I create the possibility that I ... *(The person declares what they release and the possibilities they create instead. Repeat for all relevant beliefs)*

It is often better to get clear on a topic with someone who is familiar with this process and who can hold the space for the release. Later, it is still helpful for a person who is releasing to authentically share with others in their life who may not know this process. Also, they are encouraged to share the new meaning or new possibility that they are creating. If they notice that others are moved or inspired by their sharing, then others will probably recognize the benefit of the healing too.