



10 things about your beliefs you won't believe

Your beliefs contribute to the overall frequency of your being.

A belief is a thought you think more than once. The more you think a thought, the more energy it accumulates—which transforms the thought into a belief. Moreover, this energy continues its accumulation by the attraction of thoughts of a similar nature. The combined energy of all of your beliefs produces a unique electromagnetic frequency that is an integral part of your being.

Beliefs become attitudes and truths by which you lead your life.

Over time, some of your beliefs accumulate so much energy they grow into “attitudes.” An attitude's energy will govern your thinking processes and behavior – it will determine what is possible for you. Eventually, with a great deal of energy invested in the belief, it can move past being an attitude and become a “personal truth.” Personal truths are beliefs that we do not question as to their validity. The more vehemently we express our opinion, the more we reveal the intensity of energy behind a belief that has likely become a personal truth.

A belief is neither good nor bad ~ it is a neutral construct.

We often label beliefs as either “positive” or “negative.” In actuality, they are *neutral* constructs, simply energy given over to an idea. If you *feel* a belief to be positive (engendering excitement and creativity), this indicates that the belief is one that allows for the expression of your Self. If you *feel* a belief to be negative (provoking fear), concentration of thought upon it will lead to restrictions in the expression of your Self.

Core beliefs you hold can be invisible to you.

A core belief will have attained enough energy to become at least an attitude, if not a personal truth for you. It will act as a tinted lens within your perception, singling out from the physical world only those events that correlate with it. Core beliefs can reach into the most intimate areas of your life and no evidence will be forthcoming to disprove it because you will only be able to perceive that which confirms it. They thus become camouflaged or invisible to you.

Your beliefs help create the physical reality you perceive.

Your beliefs form a filter of expectation through which you perceive your reality. They are also the blueprint, or template, by which you create your reality. Beliefs are thereby an integral element of the creation and design of this physical dimension we call reality. Our beliefs continuously influence our perception of the world and our perception of the world is an action of interpretation of our reality.



Changing your beliefs will change your reality.

The reality you experience is the product of your beliefs. It is a reflection of what you expect to perceive in accordance with your beliefs. There is no reality then, except what you define it to be through your beliefs. Consequently, by changing your beliefs, you change your reality. By “changing,” it is meant that you reassign the energy behind the beliefs you are currently utilizing.

You incorporate ALL beliefs but utilize relatively few.

In changing your beliefs, you are actually reassigning energy from one belief to another. The beliefs themselves do not change. ALL beliefs are available to us, so you can choose, consciously, which beliefs you prefer to give energy to through your thoughts. Beliefs are not your enemy; realize that from a broader perspective they are the way in which we express ourselves and you can choose them from moment to moment.

You can learn to use your beliefs more efficiently.

Accept beliefs for what they are – a vast bank of concepts that you can move energy between as and when you choose. In order to accept beliefs, you need to suspend any judgment of them—remember that they are neither good nor bad or right and wrong, they are in themselves neutral constructs.

Acceptance of beliefs nullifies their power.

Recognize that you always have the power to re-assign energy to your beliefs of preference. Preferences are merely preferred expressed beliefs. You can prefer one belief from another knowing that this is not an absolute judgment of the belief itself. Do not apportion blame to someone who gave you a “problematic” belief – this act engenders a judgment of the belief as well as the person involved. You must suspend judgment in order to accept the offending belief, and thus nullify its power.

You are what you believe yourself to be.

Your perceptions follow that which you believe. Get in touch with your beliefs. When you begin to identify your beliefs, you begin to recognize what you are creating and how you are creating it. Every belief incorporates many influences – recognizing how it is influencing you can bring about the choice of how you would prefer it to influence you—if at all.

Addressing the core beliefs that hold back the full expression of your Self, those “negatively” felt attitudes and beliefs, leads to a freer expression of your Self.

It is also of supreme importance that you recognize the existence of joyful beliefs. Cultivate the “positively” felt thoughts and beliefs you come across in a joyful and creative Garden of Beliefs that fosters the emotion of excitement in its building of your reality.

The above wisdom draws from various metaphysical sources:

[The Seth Material](#); [Elias Transcripts](#); [Abraham-Hicks transcripts](#); [Bashar through Darryl Anka](#); and Omni through [John L Payne](#).