

Awakening Newsletter

#16

Beliefs, Agreements and The Truth Part 1

*Animals will kill for food, mating or survival.
Man is the only creature who will kill for beliefs.*

the mud wars

(paraphrased from the Feb. 2007 Avatar Journal)

Imagine you are a child encountering mud for the first time. You experience it directly. You feel its Essence without labeling, judging, or interpreting it as good or bad. You feel it, shape it, taste it, listen to it squish. There is nothing good or bad inherent in it – you directly experience it for what it is and learn from that exposure.

What if someone now tells you that mud is bad, or dirty, or that you will be punished for playing with it? Now the concept of “bad mud” is born and energized. Your childlike freshness and innocence will be lost and now you will “know the truth” about mud when you encounter it again. You have made an agreement about what mud is, and this will influence your reaction to mud in the future.

Now suppose there was a tribe that reveres mud. They hold it as sacred, rub their babies in it, worship mud statues. A child raised in that culture will also “know the truth” about mud, although a very different truth.

Who has the right “truth” about mud? We could argue it, debate it, form religions around it, recruit experts who can quote studies or scriptures to prove our view is right, ultimately have mud wars to prove whose belief is superior.

And still, mud remains what it essentially was when we first encountered it. But we no longer experience it as such, we now relate to it through the filters that we have agreed with as the truth about mud. We have narrowed our perceptions and are now limited in the possibilities we can experience about what mud is.

In **Trading In The Zone**, Mark Douglas writes,

A belief is a concept about the nature of the way the external environment expresses itself. When the positive or negative energy from our experience becomes linked to a set of words we call a concept, the concept becomes energized and is transformed into a belief about reality. A prominent characteristic of beliefs is that they make what we experience seem self evident and beyond question.

Mark sets forth 4 postulates:

1. The environment can express itself in an infinite number of ways.
2. Unless we can perceive every possible way, our beliefs will always express a limited view of what is possible, making our beliefs a statement *about* reality, rather than a statement of reality itself.
3. If our beliefs were a true, 100% reflection of reality, then our expectations about reality would always be fulfilled. If our expectations were always fulfilled, we would be in a perpetual state of satisfaction – reality would always show up just as we expected.
4. If we are not experiencing satisfaction, then we must be operating out of beliefs that do not correctly correspond with external conditions.

The “truth” then, is simply what works in regard to external conditions. If beliefs impose limitations on what we perceive is possible in an arena of infinite possibility, the more limiting the belief is, the less effective it will be at perceiving how existence is actually expressing itself now.

At any given moment, if we find ourselves in a state of satisfaction, happiness, or well being in relation to whatever we are trying to accomplish, truth (whatever beliefs we are operating from) is useful – it works. What we perceived was not only consistent with our objective, it was consistent with what was available from the environment’s perspective.

Internal freedom is the ability to consciously choose what we will believe and discard anything that proves limiting. Take a moment to list the predominant beliefs you are currently holding. How well are they working in reality? Which ones are causing you suffering? Which ones are limiting the possibility of perceiving reality directly?

In the next newsletter we will dive more deeply into how beliefs get formed, how they get empowered, and what has to happen for them to shift. Until then, remember that it is always possible to change deeply held beliefs – at one time you probably believed in something like the Tooth Fairy or Santa Claus, yes?