

Core Beliefs

by Garry Gallagher

Adapted with permission, from *Empowerment: The Art of Creating Your Life As You Want It*, by D. Gershon and G. Straub

What are the deep underlying beliefs that form the foundation of your thoughts and perceptions of the world? Have you ever wondered how you formulated these opinions?

The ideas we hold about ourselves and the world make up our core beliefs. Core beliefs are mostly unconscious and unexamined. Yet almost every action you take in your life is influenced by them. Changing unsupportive core beliefs can dramatically affect your scope for fulfillment. It begins with understanding the beliefs that influence your actions and changing those that don't serve you.

Mental Programming

Much of our pervasive mental programming comes in our childhood, from the beliefs our parents held, communicated to us through their words and actions. As children, with undeveloped filters to discriminate between helpful and unhelpful beliefs, all direct and indirect statements about ourselves and the world penetrate deeply into our psyche. We uncritically accept what we see and hear as fundamental truths, and rarely question these "truths" in later life.

Most of our actions today are molded by the core beliefs we took on at a young age, though our core belief structure is continuously being reshaped by family, associates, media, authority figures, our subcultures and daily life experiences. Considering we live in an

unenlightened world, it is to be expected that we continue to acquire discouraging programming.

Discovering Your Core Beliefs

How do you discover which beliefs are core? A core belief is one that is so basic to the way you orient yourself in your life that you never stop to think about it, you simply take it for granted and operate from it automatically. These beliefs may not influence the details of every daily decision, but they certainly influence the tone of these decisions and the overall direction they drive you in. These beliefs are fundamental to the way you orient your life.

Let's examine five areas where most people hold core beliefs – fundamentally affecting all thoughts and actions. There may be more, though most issues that people face stem from these five core belief areas. We all have a relationship to these beliefs, albeit in most cases unconscious. They are basic to our experience of being human and can be considered the core earth curriculum. Everyone is dealing with them on some level.

Core beliefs are like garden soil. In fertile soil, seeds will grow, but if the soil is infertile even the best seeds will falter. The dreams and visions we have in our lives are the mental seeds we plant in our soil. Fulfillment depends upon cultivating our mental soil - our core belief system - so that it is fertile for growth, not filled with rocks and weeds. We then nurture a bountiful life journey.

Self-Responsibility

When things don't work out the way you planned, what do you say to yourself? One inner dialogue might be: "Why does this always happen to me? He did it to me. I have bad luck. I wish my life was different." In this stance we feel victimized by an experience and perhaps immobilized. Unwilling to take responsibility for it, we attempt to place blame on something or someone else.

Another inner dialogue might be: "I feel terrible, it hurts. What can I learn from this? Let me pick up the pieces and gain some insight."

This stance reflects a different choice. Accepting the event, we don't deny the pain or sadness, yet we attempt to learn, grow and profit from what's happened. We take responsibility for our experience. One stance is life-negating, the other, life-affirming.

Life is a classroom of special lessons to enrich us as human beings. Some are fun and joyful, some are challenging and painful. We become adept at creative living as we take responsibility to be attentive and learn the lessons' life offers us. We surf the waves and gain some degree of mastery.



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Self Esteem

Do you feel you are a lovable person? Do you feel confident in your abilities? Do you believe you have what it takes to be successful in each area of your life? Worthy of happiness and abundance?

Most of us grow up with criticism, which injures our young and fragile egos. Grades, appearance, intelligence, athletic prowess, and social skills are common places we get negated. If we aren't affirmed, loved, accepted, and

encouraged to develop our unique abilities, we have self-esteem issues to sort out as adults, in those areas of our life where we hold a negative self-image.

You may have high self-esteem at work but in relationships you feel like a flop. You may feel wonderful about your spirituality but lousy about your body. You may take pleasure in yourself as a lover but not in your money skills. Any self-negating attitude will undermine you in that life area.



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Positive Focus

Do you look at a half-filled glass of water and perceive it as being half full or half empty? Do you see life as a problem to be overcome or an opportunity to be experienced? When something difficult happens to you, is your first response to look for the positive or negative in that situation?

A positive focus is not putting your head in the sand and attempting to say everything is okay. It means looking reality straight in the eye and seeing what can be constructively created from each situation encountered. When you lose something of value – your money, job, relationship – it may be to make room for something better.



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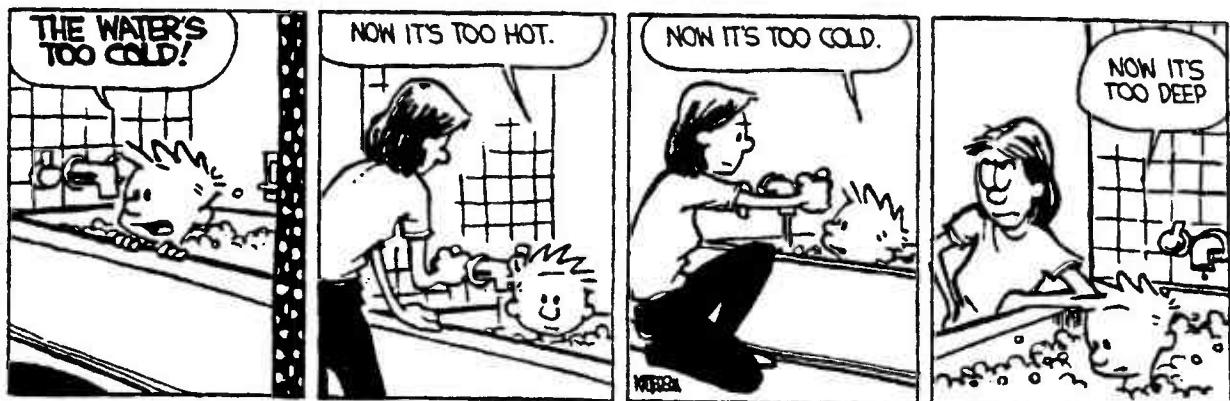
Flowing with Change

Do you get upset when something unexpected occurs and you can't control it? Most of us grow up believing life is about being secure and stable. We build our actions on this belief and work hard to create it. When changes do occur we are often stressed and unprepared. This is because we build our reality on an illusion – the illusion that stability is a natural law.

The nature of the universe is to change – things grow, evolve, break down, and transform into something new. In fact, the world is

changing more rapidly than ever before. Many major social assumptions are being challenged. We are living in a time of metamorphosis.

Life is a moving river and we can learn to flow with it. There is no one way to do this, each must find their own way. Some people enjoy change so much they seek out whitewater for greater challenge and excitement. Others choose to just avoid crashing into boulders. Whichever approach you take, it's smart to become comfortable with change -- we are heading for more of it, not less.



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Trust in the Universe

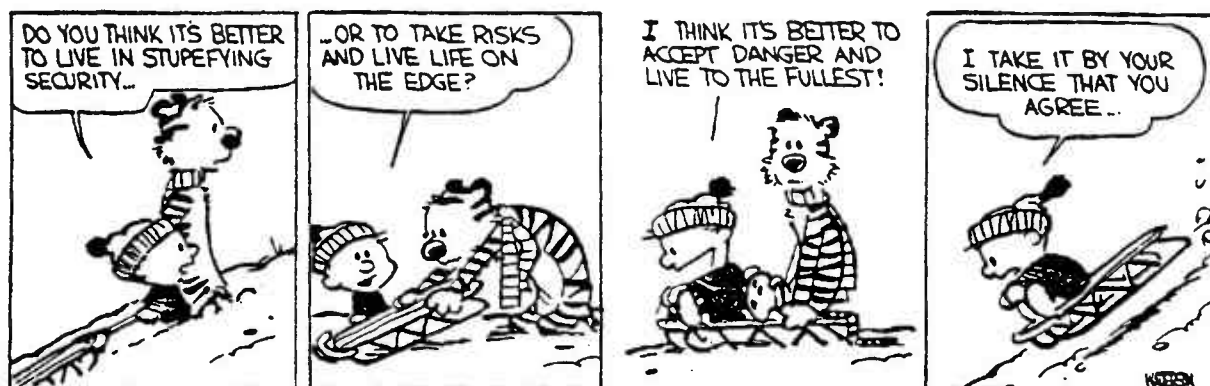
Do you believe you are part of an interdependent universe? That it's supportive and benevolent? Do you believe that there is higher intelligence at play in the universe that supports your well-being and from which you can draw upon in times of need? How you answer these questions will have a powerful influence on how you orient your life.

People who trust the universe feel supported in life and act with a sense of security. They are willing to take more risks because they feel part of a connectedness to life. They know that if they fall they will be okay. Rather than being gripped by

fear, they have a feeling of inner peace. The larger context for their lives allows them to feel buoyant.

Those who don't trust the universe feel they're in life all by themselves. They protect themselves and move through life with caution, fear, and inner loneliness. They feel unsupported.

Some of us have this trust, some don't. It has nothing to do with what we've read or studied. It transcends ideas and even the kindest heart. It's out of the domain of religious teachings. You can't be told to trust; it comes from a place deep inside. We can cultivate or deepen this attitude of trust however, for it is like any other belief - available to anyone who wants it.



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The Growing Edge

How healthy are your core beliefs? It's normal to be holding core beliefs that need some tending. We need not keep infertile core beliefs that sabotage the new mental seeds that we plant. Nurturing beneficial core beliefs, our mental soil, is essential to foster growth or success in any life area.

First let's look at our growing edges, the places where we want to create new beliefs. The growing edge can have any emotional texture, from scary and confusing to joyful and comforting. When you're on your edge there's always a lot of energy -- the energy of new growth coming into existence, like a bud opening for the first time. It is a state of aliveness and possibility.

You may find you have a growing edge in any or all of the seven life areas: the body, work, money, relationship, emotions, sexuality and spirituality.

Bibliography

1. Gershon, David and Straub, Gail, *Empowerment: The Art of Creating Your Life As You Want It*, Dell Publishing, 1989.
2. Watterson, Bill, *Calvin and Hobbs*, Andrews and McMeel, Universal Press Syndicate

Inner Soil Test for Common Growing Edge Issues

By exploring these statements you may bring some of your dusty subconscious beliefs to the surface. Note any that bring up fear, excitement or emotional charge. Here is your growing edge.

Self-Responsibility

- * I'm a victim to forces beyond my control.
- * I don't have the power to change my life.
- * I don't know how to deal with difficult things.
- * I stay confused so I don't have to take responsibility for my life.
- * I can't change my life, I've got bad karma.
- * It's my parents' or so-and-so's fault that my life is messed up.
- * I'm always the one who gets the raw end of the deal.
- * I don't have the time, the skill, the expertise, the support, the money...!

Self Esteem

- * I don't have what it takes to be successful.
- * I don't deserve prosperity, a loving relationship, health, etc.
- * I'm not smart enough.
- * I don't like myself.
- * I don't approve of myself.
- * I'm not capable...lovable...good enough...attractive...!

Positive Focus

- * Life is a struggle.
- * My fate in life is to suffer.
- * The world is a corrupt place.
- * Nothing I do makes a difference.
- * Something bad always happens to me.
- * Corporations, government, politicians, are bad.
- * It'll never work.
- * I never succeed in life.

Flowing With Change

- * Unexpected changes will overwhelm me, I won't know what to do.
- * I need to have security to feel safe in my life.
- * I'm afraid change will hurt me.
- * What I can't control won't turn out right.
- * Change is too painful and difficult, I'd rather keep things the same.
- * I don't have the willpower to sustain any changes.

Trust In The Universe

- * I'm all alone in my life
- * I don't believe that there is a benevolent being or universe.
- * I can't let go.
- * I can't give up control to something larger than myself.
- * If I don't constantly look out for myself, I will be taken advantage of.
- * I don't know how to trust.
- * If I do what I love and trust, the money won't follow.

Skeleton Affirmations for Common Growing Edge Issues

A skeleton affirmation, with some personalizing, may serve as a foundation for your own unique, self-created affirmation, your growing edge in a nutshell. Find the ones that speak to you.

Self-Responsibility

- * I take responsibility to create my life.
- * I have the power to change my life.
- * I have created my past and I have choice in the creation of my future.
- * I am the creator of my life.
- * I use the full capacity of my being to manifest my life as I want it.
- * I learn from every experience I have in my life.

Self Esteem

- * I'm a lovable person.
- * I love and accept myself on all levels.
- * I'm capable of doing the things I want.
- * I allow myself to experience the infinite intelligence of the universe.
- * I'm the most wonderful person I know.
- * I tell others how special I am with ease and grace.
- * I'm worthy of all the abundance the universe has to offer.

Positive Focus

- * Life flows easily and joyfully for me.
- * My needs are easily met in this world of abundance.
- * I move through life with grace and ease.
- * My life is abundant with opportunities to contribute meaningfully to the world.
- * I take responsibility to make my world a better place.
- * It can be done, I'll find a way.
- * Everyone I meet teaches me.
- * My life is an extraordinary blessing.
- * I expect nothing but the best for my life.
- * I am grateful for being alive on this earth.

Flowing With Change

- * I trust that change brings good things.
- * I soften around change, and I am open to its teaching.
- * I go gently and patiently with the process of change.
- * I accept that change is a process and that it doesn't happen all at once.
- * I play with change with a light spirit.
- * I am fluid like a river as I flow with the changes in my life.
- * I embrace change as an essential ingredient in my life process.
- * I surrender to the flow of change.

Trust In The Universe

- * I trust the universe as a benevolent place that supports me.
- * I believe in people.
- * I step out into my life with trust.
- * I breathe freely as a child of the universe.
- * I am loved and supported by my creator.
- * I love playing in my home, the universe.
- * I create my universe every day.
- * The infinite power of the universe/creator flows through me, helping me create my life.

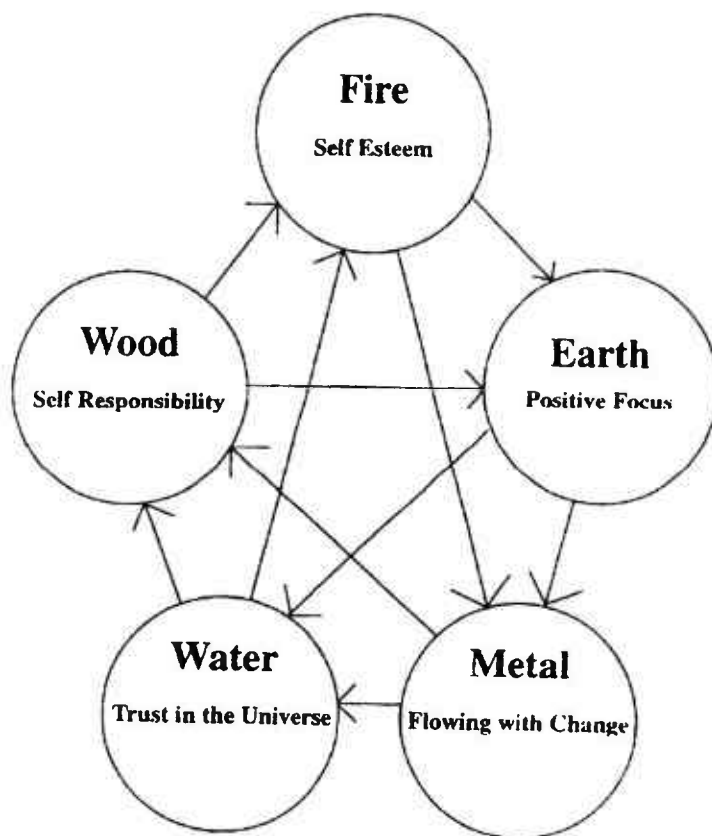
Core Belief Balance

Objective: To build a strong foundation of self-responsibility, self esteem, positive focus, serenity and trust to create the healthiest view possible of yourself and your ability in all seven life areas.

Prechecks: Refer to **Core Belief Inner Soil Test Wheel**

1. **Determine Key Element:** Have your partner think about Fire, Earth, Metal, Water, Wood. Check a clear indicator muscle (IM) on each. If IM changed on more than one, find the priority.
2. **Confirm Core Belief:** If IM changed on Wood, have testee think about 'Self Responsibility'...on Fire, think about 'Self Esteem'... on Earth, think about 'Positive Focus'... on Water... 'Trust'
IM Unlock (eg; on Self Responsibility) = unwilling (to take responsibility) on some level
3. **Determine Life Area:** Think about the core belief in Seven Life Areas, check IM; Emotions, Money, the Body, Work, Sexuality, Relationship, Spirituality – find priority if necessary
IM Unlock = the life area that this core belief presently affects (the stressor)
4. **Growing Edge Survey:** Declare samples relating to the core belief from the *Inner Soil Test for Growing Edge* list; eg, from Self Responsibility: "I am a victim to forces beyond my control"
IM Lock = a belief in this to be true. • Make a note of any beliefs that you discover to be held
5. **Scale in Percentage:** Example, Self Responsibility, say, "I take responsibility for myself around (the life area; my body, emotions, money, etc) more than 10% of the time"... "more than 20%"...
IM Unlock = not true to any higher degree

Core Belief Inner Soil Test Wheel



Indepth Checks: Find the Age, Emotion and Key Meridian

6. **Age to Balance:** Age Recess if necessary.
7. **Find Emotion:** Using PKP Emotions Chart or equivalent. 'In relation to self'... 'others'... 'life'...
 - Hold ESR's
 - Inquire: "What does this mean in your life right now?" This helps to recognize the significance.
8. **Determine Key Meridian:** Think about the core belief, eg; 'Self Responsibility'
 - Check and balance Central and Governing
 - Check the other twelve muscles/meridians and determine Key Meridian

Corrections

9. **Balance and Challenge Key Meridian** while thinking about the core belief and related emotion.
10. **Anchor all under and over energy meridians.**
 - Anchor Growing Edge Issues noted in Step 4 (repeat statements that were noted)
11. **Another age or level:** This or another core belief, at any other age or level. Check Alarm Points.
 - IM Locked = no stress at this moment
 - IM Unlock = more to do, repeat from step 1

Postchecks and Anchor

12. **Affirm Core Belief:** eg; "I take responsibility/love myself/hold a positive focus/flow with change/trust ... on all levels, more than 60% of the time"... "more than 70%"... "more than 80%"...etc...
 - IM Lock = level of self-responsibility, esteem, positive focus, flowing with change, trust
 - Tap Thymus.
13. **Declare a Positive Emotion:** (if you have included emotion in the balance). Check IM: "When I think of age ____, I believe (Core Belief) and feel (Positive Emotion) ."
 - Tap Thymus.
14. **Declare Sample Affirmation:** Declare samples relating to your priority core belief from the Skeleton Affirmations List. Check IM:
 - IM Lock = a belief in this to be true.
 - Tap Thymus.
15. **Establish Home Re-inforcement:** "This system is best served by Home Re-inforcement" (T/F)
 - See **Skeleton Affirmations:** example, under Self Responsibility;
"I am the creator of my life". "I learn from every experience I have".
 - Choose one and customize, if appropriate (add a positive emotion):
"I take responsibility to create my life and am (Positive Emotion) on all levels"
 - Frequency: check for minutes, times per day and weeks to reinforce the balance
 - Check for holding NV's for Key Meridian. Thymus Tapping? Including a Visualization?

Celebrate !!!

Garry Gallagher, Yes Educations Systems
1745 West 4th Ave, Vancouver, BC V6J 1M2
(604) 734-4596