

# Belief.

## Doubt masquerading as confidence.

PETER GREBOT - JULY 2021



**Most of us have beliefs, most of us argue for our beliefs, countries fight wars for their beliefs, beliefs somehow seem to be held in high regard.**

**If you look up the definition of 'belief' in the Oxford dictionary, you will see it says: An acceptance that something exists or is real, especially one without proof. That's interesting, 'especially one without proof', let's look at that.**

If two people were looking out of the same window and it's a sunny day they wouldn't say "we believe it's a sunny day" they KNOW it's a sunny day, belief doesn't come into it. If however, one said to the other "I believe it's raining" you wouldn't even bother to argue with that person because you know from your direct experience that it's not the case.

Where do beliefs come from? Well, most of them seem to be handed down to us by our parents, or should I say imposed on us by our parents. And when we are quite young it's difficult for us to challenge our care givers even if what is being said doesn't quite sound right.

And so, it goes in and the programming starts, unquestioned, unchallenged, untested and unconscious programming (belief) handed down from generation to generation.

We become so attached to our beliefs, as if they are a matter of life or death. Maybe there's some truth in that! We often define who we think are by our beliefs so who would you be if all your beliefs were taken away? You would still be conscious, aware but without all the limitations and restrictions that the programming (belief) imposes on you. In fact, that sense of a solid me would be somewhat diminished but in exchange for a more open, sensitive response to life. Not a bad deal, so are you willing to ditch your beliefs? Or at the very least, challenge them?



## Are you living life compulsively or consciously?

Take a closer look at your ability (or inability) to interact with the world around you. If you are living life compulsively then your interaction will be limited. If you are living life consciously then you are open to the whole of life and you have the capability to meet life as it presents itself.

If you are caught up in psychological suffering, if you find life difficult or sense it has a lack of meaning, then there is work to be done. Are your thoughts dictating play? The mind will control your behaviour if you allow it to (know that you are not your thoughts), the mind thinks it is protecting you but actually it can be your worst enemy. Remember, you don't have to believe or everything you think. Try paying more attention...to all that's going on around you!

To live a harmonious life, first you have to meet yourself in truth. If you live in a state of perpetual turmoil and/or disappointment, it's because you are setting yourself up for failure, think about it...how many times do we measure happiness? '...I will be happy when...' '...I am unhappy because...' these are all make-believe stories that we live by, they only keep us separate from life. If we continue to live compulsively and unconsciously, slaves to our negative thoughts, then we will remain slaves to suffering. If we can live consciously, everything will change for the better.

Can you accept life as it is, without judgements, prejudices, fears, anxieties, without worrying what others think, without the ego being overactive? All of this is within your capability.

By Maria Casale



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