



How are your beliefs creating your life?

The American Heritage Dictionary defines *belief* as something believed or accepted as true. Part of our human experience is to develop and create a set of beliefs about the world and how it works. We begin establishing beliefs from a very early age.

When we are young, we learn about the world through our parents or families eyes. Children are often taught not to question authority, and so we believed innocently almost anything that someone we respected told us. We believed our parents, our teachers, our pastors or spiritual guides.

As we get older, we begin to create more individual beliefs. We begin to explore what works for us, even if it doesn't work for others. We experiment with beliefs, and decide which ones we want to keep and which ones we want to toss.

Now, the thing is that beliefs are very sneaky, and once they've made themselves comfortable in you, they rarely want to leave. Beliefs will put up a pretty good fight before letting go of you.

So, how are your beliefs creating your life?

You see, beliefs are habits of thought. In other words, they are thoughts we keep thinking. The Law of Attraction says we attract to our lives whatever we give our energy, focus and attention to whether wanted or unwanted. If we keep thinking these thoughts we call beliefs, we are giving them a lot of energy and focus; and therefore, attracting more of these manifested thoughts into our lives.

You may say that many of the things you believe in are true. And you are right they are true, but they are only true because you *think* they are. When you keep thinking a thought, you project a vibration into the Universe. The Universe in turn will match that vibration, and manifest in your physical life. So, of course your beliefs are true.

- What happens then when you believe in things like:
- "Money doesn't grow in trees"
- "Once a cheater, always a cheater"
- "People are out to get me"
- "Love hurts"
- "Bad things come in 3s"

What happens is that the Universe matches these vibrations and sends into your lives tons of evidence that these statements are true.

But think about this: The Universe is an endless source of well-being. Meaning it could give you anything that you can possibly desire... anything! Basically, you can chose to believe whatever you want and the Universe will provide you with evidence that it is true. If that is the case, then why would you want these statements to be true? Why not chose statements that bring joy and abundance into you life?

Do you want to change some beliefs to better feeling beliefs?

First, be gentle with yourself even if you find it hard to change your beliefs. Remember beliefs are habits of thought, and habits take time to create. Know that to create a new set of beliefs it will take



time. Chose a starting point, and take it from there. Tackle one belief at the time, instead of all of them at once.

Here are a few things you can try to begin this journey into better feeling beliefs:

1. Think about the main areas of your life (e.g. family, spirituality, prosperity, health, etc.) and chose which one you want to begin with. Then make a small list of your core beliefs about the subject.
2. Chose which beliefs are serving you well, and which ones you want to toss.
3. Think about the beliefs you want to toss. What do you want to replace them with? Make a list of new things you want to believe.
4. Think about how you get into the habit of something. How does it happen for you? Do you set aside time for your new habit everyday? Do you have things around your house that remind you of your new habit? Do you talk to others about your new habit? How do you get a habit to become part of your routine?
5. Practice, practice, practice your new habit. Be mindful that when you begin a new habit most people usually start slow, and get better as they practice.
6. As you practice your new habit, begin to look for evidence of this new belief being true. Because the Universe will begin to match the vibration of your new belief, it will manifest all kinds of scenarios affirming your new belief in your life. Stay open to receive the evidence, know that it may not appear in the way you expect it (after all the Universe also has a sense of humor), but evidence is evidence.

Above all, I say have fun with your beliefs! Good or bad they are a part of you, and you have the power to change them or keep them. Play and experiment with your beliefs, and see beautiful things begin to unfold for you. Remember, the Universe is *always* listening.

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