

BLOG: FABRICATING A MYTH OF OUR BELIEF SYSTEMS

How often people mistake, considering that circumstances govern their lives, and the environment shapes the character. I do not know more hype than this. Not the circumstances of life shape people. The belief system forms human character.

Most people feel that belief system is a sense of certainty. If a man or a woman says that he or she considers himself or herself a reasonable person, it is like as if he or she said, "I feel confident that I am a reasonable man or woman". This confidence enables the person to use internal resources, which give the opportunity to achieve the desired results.

A simple way to understand what a belief systems is evaluation ideas. The person can have a lot of ideas but do not really believe in it. For example, the idea that person is rich and successful. Stop for a moment and say to you, "I am rich and successful woman or man." Now this thought or belief enters the confidence person will feel like when uttering the phrase. If the person thinks, "Yes, but really I have no money and I am not quite successful." In essence, it would mean: "I do not feel confident that I am rich and successful."

The belief systems are the guiding force which tells to people what is suffering, and what is the enjoyment. Whenever and whatever happens in human life, the brain is always asking two questions:

1. Will this mean suffering or pleasure?
2. What should person do to avoid pain, and (or) to have fun?

The answers to these two questions are based on belief systems, and belief



systems are driven by generalizations that could lead to suffering and pleasure. These generalizations direct all actions and, consequently, the level of quality of human lives.

The generalization can be very useful. It is simply the identification of such samples. For example, what allows a person to open the door? Man or woman looks at the door handle and, although never before seen such a shape of the handle he or she stills believe that the door is open if he or she turns the knob to the right or to the left or click on it. Where did person get this conviction? It is simply life experience gives person enough evidence to create a sense of confidence that allows man or woman to open the door. Without this sense of confidence, people, in essence, would be unable to leave the house, drive a car, use the telephone and perform many other daily activities. Generalizations simplify human life and allow living more easily.

Unfortunately, synthesizing more complex areas of lives can lead to overly simplistic and sometimes create limiting beliefs. Perhaps person has had the experience of a lifetime, on the basis of which developed a belief that he or she is incompetent. If person believe it, it was to have a limiting condition. Man or woman may say, "Why I will try if in any case, I do not attain it?" Or perhaps even as a schoolboy, person do not memorize the lessons as quickly as was the case with the other children, and, instead of regarding it as another learning strategy, person have decided that he or she is "incapable".

The problem with all of these belief systems is that they are limited in future decisions. These systems make impossible to understand who person is and what he or she is capable. People must remember that most of the belief systems are generalizations about the past, based on how they interpret the painful and pleasant events in their lives.

People begin to treat our belief systems as something real, like a

commandment. In fact, people rarely question their entrenched belief systems. If a person has ever wondered why people do that, and not the other, then again, we should remember all our actions are the result of human belief systems. Whatever we do, it is out of the conscious or subconscious beliefs.