

So, exactly why are my Beliefs important?

*“Put your ear down close to your soul
and listen hard.”*

— Anne Sexton

Every experience in your life, every person you meet and every emotion you feel has shaped who you are today. You choose to believe what you believe. Your life is what it is today because it feels true to you.

Your belief system affects every aspect of your life, positively or negatively. If you believe that you are a talented musician, then you’ll play music. If you believe that you’re not good enough to ask for a raise, then you won’t hit your earning potential.

Beliefs fuel your thoughts and your thoughts fuel your life — a kinetic energy that bounces through every aspect of your experiences.

*“Be not afraid of life. Believe that life
is worth living
and your belief will help create the fact.”*
— William James

The Formation of Your Belief System

Belief systems are based on your upbringing, parents, environment, personal experience and emotional state. Every life experience to date has shaped your beliefs, especially if that experience was emotionalized. It started with your parents—how they cared for you and met your needs. If they did it with love, kindness, and nurturing, then your belief system may tell you that you deserve love, kindness and nurturing. If your parents felt poorly about themselves, then they probably projected those feelings onto you and your belief system may tell you that you don’t deserve the abundance of the Universe.

As you grew and your world expanded, additional people and experiences impacted those beliefs. As you moved through life, religion, pop culture, the media and government also affected your belief systems.

At some point, we decide to buy into a belief system either as an individual or a group. (This normally happens when you hit your teen years or early adulthood. But it’s natural to question your beliefs at any time and at any age.)

Beliefs are ingrained deeply in your subconscious mind. In the beginning of this book, we learned that 85% of the mind is controlled by the subconscious mind. When you have deeply ingrained beliefs, even the best intentions to move forward become more difficult unless you change the beliefs in your subconscious mind first.

Whatever you give the subconscious mind, it accepts as ultimate truth. Gather a group of people who share similar beliefs, and you’ll find nuances of those beliefs.

Your beliefs have also been nuanced, or possess slightly different meanings to you personally. Think of them as another form of your DNA—they are designed around you, for you and only you.

Superstition

A simple example of a belief system is superstition. Superstar ball players believe that by wearing a certain jersey, using a go-to piece of equipment and performing certain rituals will help them win. They believe it, therefore it is true.

The superstition starts as a conscious thought. When the superstar wins a game, he emotionalizes the experience and it becomes a part of his subconscious mind. His HGS sends it out to the Universe so that whenever the superstition is performed, he wins.

If the superstar changes the superstition, he ignites the subconscious mind and he emotionalizes a different experience. The HGS then goes out to the Universe to validate the new superstition.

My son is almost 13, and by all accounts, is on his way to a successful career as a baseball superstar. And like all superstar pitchers, he follows certain rituals before each game—a favorite meal, a special jersey, his go-to glove. I don’t question or laugh at these superstitions. Working with eMerge, I know that these characteristics and rituals come from deep within his soul. He believes he can win, therefore he does. If he changes his rituals, he’s changing his belief system.

I shared this story with our eMerge team because I wanted people to know that every belief system is sacred. For many, belief systems deal with religion and dogma and the idea of right vs. wrong. But that’s not the case in all circumstances. Beliefs are deeply personal and should not be judged by anyone but the person holding them.

I’m almost certain that his rituals will change as his belief system grows and matures. But for now, I’m happy that he’s tapped into his spirit, that he’s playing a sport that he loves and that he understands his value to the team and the game.

— Lori, Boston, MA

Changing Belief Systems

*“Failure is not fatal, but failure
to change might be.”*
— John Wooden

The Law of Free Will or Choice says that you can change your belief systems. (Or, you can choose to keep them.) That’s the beauty of belief systems—they are never set in stone. It takes work, but the fundamental truths you’ve maintained can change.

But you first must decide why, then how, to change them. Remember, 85% of your brain is controlled by the subconscious mind. To change the beliefs, you must start in your subconscious mind first.

To change your belief system, first construct a conscious thought. Then start to emotionalize this thought, igniting the subconscious mind and bringing the new belief to life. Use all your senses to induce feelings and emotions. Once your subconscious mind is working, your HGS will kick in and will work with the Universe to attract situations and people to you that will validate this new belief.

It’s important to note that in order to achieve the goal, your belief system must be aligned with your journey. Take the time to examine, re-think and, if necessary, transform your beliefs to match up with your desires.

The PML has exercises that will help you evaluate and change your belief systems, if this is something you’ve identified as a component of your journey. Remember to do the Driver’s Daily Oath and the Three-Minute Advancement Routine every morning and evening to re-enforce the verbal messages you’re sending to the subconscious mind.

The most astounding concept I have learned from the eMerge program is that Belief Systems can be changed! Exploring and understanding where your belief systems originate sheds light on this concept. eMerge prompts you to evaluate your beliefs and decide whether you like them or not – and if you find one you do not like, CHANGE IT! There is no right or wrong answer. It is what YOU believe to be true that is important.

— Karen, Norfolk, MA

Your Values

*“Strive for integrity — that means knowing
your values in life
and behaving in a way that is
consistent with these values.”*
— Author unknown

Your values drive your life. If beliefs are your own personal truths, then values are how you communicate those truths to the outside world.

Take a look at the people around you. Can you tell what their values are? How do they live? Does family come first? Is intimacy important to them? Is making money important to them? Do they place value on having personal relationships?

Values are important—they help to dictate your relationships, your decisions and your satisfaction in life. Values guide you to like minds and kindred spirits, whose lives are on the same path as yours.

Remember when you first started dating? After exploring the surface life of the person sitting across from you at dinner, you delved deeper into values and what they hold true. By comparing and contrasting your date’s values to yours, you got a good understanding of whether or not the relationship would work.

Sometimes, you find values in another person that you want to emulate. Other times, you find values that you repel you, and it’s time to leave the relationship.

*“Go confidently in the direction of your dreams.
Live the life you have imagined.”*
— Henry David Thoreau



Please turn to Chapter 6 in the PML to Take Action, and to complete in-depth questions and exercises.