

The English dictionary gives the definition of the word "belief" as "something believed; an opinion or conviction."

Looking up the word "believe", it states: "to have confidence in the existence of something without proof that one is right in doing so."

A belief system then is *what* you have confidence in without requiring proof that it is correct. Every person alive has a belief system. This does not mean that they have a specific religious, political or cultural belief. It simply means that there are opinions and convictions they hold that they have confidence in without requiring proof.

What is your belief system? Is there an actual system that what you have confidence in without requiring proof? Perhaps what you believe in does not equate to a system. It might be a segmented selection of thoughts that you feel serve you. Do they? Do your beliefs serve you . . . or do you serve them?

Beliefs, some people call them "faith", carry the connotation of a set of ideas that support you. Do they? Or do you support them? By this I mean, are you afraid of not believing what you believe? What would happen if you let go of the opinions and convictions that you hold so dearly? What fear looms up in this asking?

Ask yourself these questions about any of your beliefs:

1. Where did the belief originate?
2. Why do I believe it?
3. What do I feel when I think about not believing it?
4. Is fear part of this belief?
5. Does the belief serve my sense of inner peace or is it serving someone or something else?

Ask these four questions of all your beliefs . . . everything . . . every single one of them including what you claim to be your spiritual knowing. If you truly follow this exercise to its foregone conclusion, you are going to find that 99.99% of what you have confidence in can be traced to someone's need to be right and/or control.

Remember ~ your belief system may not be a reflection of your **personal truth**. Do you know what **Your Truth** actually is?