

RELIEF FROM BELIEF



A COURSE IN EXAMINING YOUR BELIEFS

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Lesson One: Five Basic Beliefs That Rule Your Life

There are at least five fundamental beliefs that rule everything you think, feel, say and do. I use the number five because that number aligns with the concepts you have about:

- 1) yourself,**
 - 2) your parents and raising,**
 - 3) your present relationships,**
 - 4) how you should perform and**
 - 5) your hopes for the future.**
- Everything you experience bases itself upon these five premises.**

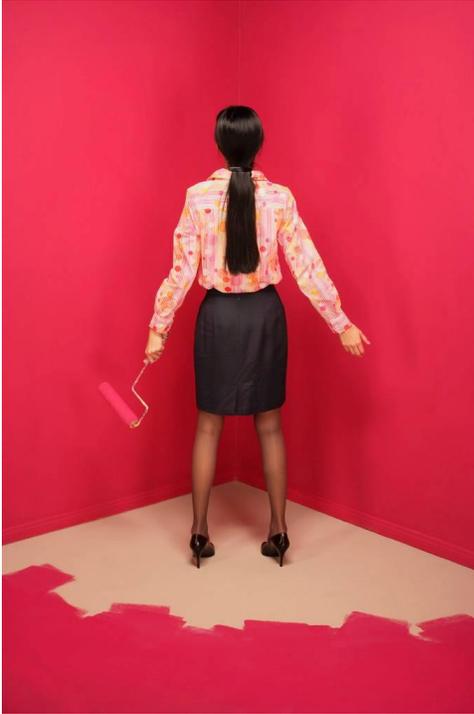
You will not ever change the beliefs you are so firmly attached to until you are ready to let them go. Even taking this course will not change your belief system if you are not ready to let go of it and create a new life.

One of the uncommon realizations that you will find in this course is that you are usually not living within the integrity that you would like to suppose you do. You are not being authentic. You are living a *programmed* life and it has nothing to do with what you really are as I AM. It is certain that you realize how many compromises you make every day and usually think that you are doing well because you have been taught to compromise. The basis for any fear you have in your life links to these five premises and all that they connote for you.

When you begin to realize that you base your entire life upon a false set of ideas furnished to you by someone else who, also, had their concepts furnished to them, then you can see where all of this leads. So many people want the world to change, not realizing that everyone else wants the same thing, though due to the conditioning it keeps going around in pretty much the same circle.

Remember that what you believe is real for you is only a subjective perception of what you have been taught to believe. Your beliefs are not real. They are as fictional as any novel you might delight in reading.

Where are you right now as you read these words? What are your beliefs about this course? What self-imposed boundaries already exist as you begin reading words designed to describe your beliefs, your boundaries? Are you



experiencing this moment from your head, your heart, your body, your gut or some other place entirely?

The truth of who you are expresses through your choices, your memories, your intentions and expressions. You are as authentic in your expression of yourself as your beliefs allow you to be. Perhaps you compromise. Perhaps you fear. You act as you truly desire to act, speak as you truly desire to speak or do not do so based upon the self-imposed confines you believe are true for you.

The original blueprint of your consciousness from your first breath to this moment sends what you believe you are out into the world. In that first breath, perception was born, the difference between the light as you knew it in your environment and your light as you truly are. When you allow yourself to settle into life, into the pattern of what you are, you can stop arguing for changes in what you are experiencing. When you accept what *is* in your life, then you are able to create the changes you wish to experience rather than believing that something outside of yourself has to make the changes occur.

Your attitude and alignment regarding what you believe is "out there" shifts your perception and consciousness. What you believe is real for you is only a subjective perception of what you have been taught to believe. **Your beliefs are not real.**

The information you use to create your worldview is bound in thought and feeling fields embraced by the walls of your beliefs. These energetic fields of information exist as invisible patterns in space resonating with what you are experiencing. If you continue to experience the same action repeatedly, it enhances your belief that your experience is "true" and creates your sense of reality. As the habit patterns define themselves in your life, they become your convictions and you base your life upon this matrix. This blueprint informs your consciousness.

The magnetic fields that encompass you and all that you experience and observe arrange themselves much like the iron filings shape themselves due to the pull of a magnet. Since you *are* an electromagnetic field that is composed of thought forms and feeling forms, those energetic signatures comprise your magnetic attraction. The pull you exert on life bases itself upon your magnetic pattern. The pattern is your belief system.

Question Everything

Question your life. Question everything in your life: what you believe, what you eat, why you wear the clothes you wear, work at the job you work at (or not), look at the entertainment you choose, read the books you read, socialize with the people you mix with – everything. You will surprise yourself with the answers you come up with if you are honest with yourself.

What are your desires? What are you concerned about in your life? How do you see yourself and why? Do you have hopes for the future? Do you use *faith* to circumnavigate the rapids and waterfalls of your life? What do you do when something happens you did not anticipate? ***Question everything.***

What do you trust? Why do you trust it? What does it mean to trust that person or set of circumstances? Did someone teach you to believe in certain concepts that either enrich your life or force you to do things that do not fulfill you? Why do you believe those concepts? ***Question them.***

You are I AM. You have no needs. All that you believe you need is a desire for something that the human mind believes it needs. As I AM, you are eternal and infinite. There is only you as I AM. Everything else can disappear and you will remain as you are.

Your consciousness operates in this world and raises its concerns about your health, welfare and happiness. Yet, your health, welfare and happiness are only concepts of this world. Living as I AM, all is provided and no fear, harm or lack is possible. When you question all of your life, it becomes apparent that you are living a story, a novel written by you for you and acted out by you.

Enjoy all that life has to offer and question everything. *Why would you make a statement about yourself when the only words you can truly offer is “I AM”?* Anything else is up for questioning.

Defining Beliefs

The English dictionary gives the definition of the word "belief" as something you believe or your opinion. The word "believe" means having 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 spiritual 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 or systems? Is there an actual system that 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? How do your beliefs sustain the life you want to lead? We will be talking more about this in later lessons.

How Belief Works:

You are 99% space even though you appear to be physically solid. Between these molecules, even within the atoms that make up the molecules, are immense areas of space.

Within these spaces, light's wavelengths infinitely flow carrying within their vibration your feelings, thoughts and actions.



The energy contained within the thought you are having right now while you are reading this lesson will influence a life in another galaxy billions of light years from now. A light year is the distance light will travel in a year, which is about 5,878,630,000,000 international miles. You might want to consider that the feeling you are having in this moment is experienced on some conscious level by life in a dimensional frequency millions of times faster than the one in which you are now.

Yet, even while all of these feelings, thoughts, vibrations of sound and action multiply within you, they do not even begin to occupy the space within the atoms of your body. The protons and electrons are actually modes of potential awaiting a signal to collapse into a particularized state. That is when they "become something". You may envision this on a macrocosmic level as *you* in your wave state collapsing into the individuated particle that you call "yourself". This is where your beliefs come into play.

The space you are living within is a "field". In the case of this dimension, that field is electric and magnetic making it an electromagnetic field. A field is a condition in space that has the potential of producing a force. Charges within the field create a condition in the space around it so that the other charges feel a force. Fields fill the universe creating forces that interact with each other. *This includes you.*

A field is composed of energy that is a force or power manifesting in wavelengths of different frequency. The energy carries information that is a pattern, form or structure. The frequency of the information is created by how many times the energy oscillates in a given period (usually a second, measured in hertz). The form unfolds itself through a process of emergence creating a non-linear experience for all sharing the field. The frequency of the wavelength can be coherent or incoherent. A coherent wave has even crests and troughs (highs and lows). An incoherent wave is uneven in its distribution of its crests and troughs. Coherent waves create the feeling of "good vibes" while incoherent wavelengths are experienced as "bad vibes". The waves are not good or bad, positive or negative. They are simply waves of energy.

How your beliefs play out their energy:

1. You believe something is true;
2. You act on that belief (disturb the medium);
3. You place expectations upon others based upon the belief (additional disturbance);
4. Your energy stream contains the information that you expect your belief to come true although your mental frequency doubts it;
5. The energetic field responds in like kind;

6. You realize you have not received your supposed expectation, rather the energy stream you have radiated;

7. You radiate again the same expectation, and the loop continues.

Examining Your Beliefs:

What are the concepts you have about the following:

- 1) yourself,**
- 2) your parents and raising,**
- 3) your present relationships,**
- 4) how you should perform and**
- 5) your hopes for the future. Everything you experience bases itself upon these five premises.**

Write these answers out concisely in the accompanying workbook. You don't have to go into a long story. You already know what you believe about all of these concepts. Now put it down on paper so we can discuss it.

Lesson Two: How Do Your Beliefs Expand and Enhance Your Life?

Either your beliefs expand the boundaries of your life or they limit your life. Since beliefs, by their very creation, are set to control people, the boundaries are usually quite apparent.

If you have any beliefs in your life that do not allow you to feel empowered, alive and filled with zest for the life you are living, you will want to ask yourself why you would adhere to them. The very moment you are reading this, your mind is examining the beliefs in your life and, most likely, you are not finding many expansive beliefs.

What would an expansive belief look like? It would tell you that you are divine, I AM. The belief would encourage you to live your life to the very fullest without comparison to other people or fear that you are not enough.

Expansive beliefs allow you to look into the mirror with an enormous smile and recognize that your life is absolutely in your control. There are not many beliefs that you need to incorporate since there are few beliefs necessary to begin living divinely.

Examples of expanding beliefs:

I can be and do anything I choose
I am liked and loved for who I am
Life is filled with endless opportunities
I know myself well enough to make appropriate decisions
My divine heart speaks clearly and I listen

Listening To Your Heart

There is only the Heart of the One. Put your hand over your heart and hold within the knowing that there is nothing more important than loving your life without any distinction. Make this belief the foundation of your expansive life. The heart creates the connection moving you into present consciousness. Listening and living from your heart creates a connection with All That You Are and all that you experience in life as the I AM.

This foundational resonance creates a connection between you and all expansive beliefs. Your heart is open and in alignment. The heart is your physical connection within All That Is - the true essence in the moment that is empty, has nothing in it, nothing to explore, nothing to remember, nothing to go toward, nothing to forgive - only I AM.

Your heart is first no matter what the intention. It is the ultimate in vulnerability - integrity in the consciousness of love. Nothing else matters.

In listening to and living from your heart, there is no challenge; no reactivity and no agenda. There is no hope for anything, no visualization of anything and no need to heal someone from something. The heart creates in the moment - that is freedom. You exist as one energy field with everything. You stop thinking.



The experience of your heart opens your perception past your "story", your reactivity or level of responsiveness. You dissolve your perspective, your belief systems, need to control, need to hold on, cling to or to be afraid. It is your divine evolution.

Each time you respond from the divine guidance of your heart without having to conform to a belief, it is a new experience within your consciousness. You release the tension within your life.

The heart allows you to come together with all of the elements of life without attempting to prove anything. It comes from nowhere and is not about anything. It has no meaning and needs nothing. It belongs to no one and to everyone. It makes you free and it makes you connected. It is the natural state of being. That is where joy comes from. When you live as joy, you are boundless and limitless. It is neutral joy – not joy based on someone's beliefs.

Living without boundaries carries with it the availability of your awareness as I AM. You no longer need to believe in something to make sure

everything turns out the way you believe it “should”. When you live without the boundaries of limiting beliefs, you are not only free, those around you respond to that freedom and you carry it into all of your transactions and communications. Every circumstance brings with it the trust you furnish within your freedom to live without bounded beliefs.

Living In Freedom

You have created many beliefs which you have placed between yourself and your idea of I AM and created the world as you see it, as individual as that may be. Trust is present but obscure. You do not recognize the difference between the truth that exists without concepts and beliefs and the extension of yourself that you see as the truth. *You are able to perceive the real world only when you know yourself.* You are free when you perceive nothing but the truth.

All of your unbounded beliefs will allow you to perceive your divinity. There is nothing in your life that is not divine. Only the interpretation you use to govern the events of your life will upset the apple cart of your divine self. There is truly no upset occurring, only you believing it as such. When you realize that there is only one belief and truth – I AM Divine – then the quality of your life follows that principle and you are free.

The memory of I AM instantly restores you to your proper place and perspective. Your mind will receive this so easily when you use expansive beliefs to fuel your life. Your mind desires to welcome them if you will only focus upon your personal freedom.

If you let go of the mass consensus hold over your consciousness, there is only one place to go – straight to Creative Source. Deeper than the world’s foundation, and stronger than it will ever be is your intense love for the Source of your being and Its love for you. You are one and the same. In this is your freedom.

Beneath all the grandiosity the world holds so dear is the real call to be free and divine. It is an unquestionable plea in answer to the Source's awareness of you. In your hidden, inner self is the will and desire to re-member the freedom of home. This urge changes your perception. Nothing can keep you from your ultimate freedom. Only the true freedom that is your actual condition will satisfy your endless yearning.

Be Aware

The current human condition supports, allows and encourages following the mass consensus as dictated by television, popular opinion and the newspaper headlines. There is not much encouragement for being consciously aware of what your perceived beliefs are creating. Individual thought and living life according to the dictates of your own consciousness, your true Self-realization, is not available in conventional media.

Awareness is your full participation with the expansion of your being. You are aware of being full, free and divinely gifted. You place no limitation upon your life in any way.

Source Consciousness *is*. You are Source Consciousness and as such, you have absolute and complete access to all information existing everywhere. That is why your beliefs must expand your life. You not only have access to all information; you *are* all information.

Are you aware of information you do not have cognitive knowledge of? Within this eternal information is the realm of all possibilities. This



dimensionless *area* contains every particle of "data" infinitely. It has no past and contains no future; yet, it includes both. It simply is. Again, you have access through your conscious awareness aligned within it. In this alignment, this awareness, you find your freedom.

All beliefs programmed into your world no longer have reason to be there. Only the freedom of constant change, transformation and the freedom of living divinely activates your life.

The world you live in, the world you came from and the world you will experience next is not physical. It exists and is available to you when you make the decision you want to live your life more **consciously aware of**, **consciously** linked *to* that which already exists. It is not outside of you and

it is not inside of you. It simply *is* and in that, so *are* you. *You simply are.* This is awareness. In truth, you cannot keep from having communication with the subtle, etheric realms. All you *can* do is keep yourself from knowing it.

Surrendering

All beliefs that are without boundaries will feel like surrender. You will experience a sense of letting go as though you need nothing to hold on to since there are no walls around you or boundaries with which you need to comply.

Boundless beliefs create resonance in your field. Because what you believe is true in your reality creates the frequency of the wavelength that you emanate, your belief system is responsible for the creation and maintenance of your field's effluence. Your beliefs emanate from that which you know yourself to be as I AM in form yet become conditioned (filtered) by your immersion within mass consciousness.

Releasing your ties to the mass consensus frees you from your pre-programmed conditioning. You can actually feel the freedom in your life. When other people are feeling “stuck”, you are not. When others are fearful or anxious about the future, you feel relaxed. It all comes down to only relying on the beliefs that allow your divine nature to be your focus.

You then experience your beliefs as great waves, quantum waves, instead of discrete particles with given names. These conscious waves have the opportunity to be beneficial, loving and compassionate plus all of the other attributes that you may wish to interject into your existence, yet they are not constrained to be so.

One of the attributes you will easily come to understand is that *the freer flowing your beliefs, the less you need to rely upon them.* There is then a constant impression of living divinely - and you can read that word as “all that you wish in your life”. There are no yearnings, unfulfilled desires or urgent needs cropping up to disturb your life. You feel like the flow that you profess to believe in through your spiritual concept of life.

When you surrender your belief that you are the limited human being you believe you are, you come to a space in which there is nothing. This is I AM. It has no role, no script and no position. It is. You are.

Rather than making the idea of surrender into something you are supposed to do to become more spiritual, see it as letting go of the need to know, be right, have an opinion or get your own way as the human actor. When you *allow* surrender rather than “try to surrender”, you will find that it is the most natural way in which to live.

As you allow your consciousness to become ever more quiet, you will find your mind will slowly open up to surrendering its need for control, allowing you to step into the awareness of I AM. You surrender to the awareness of your divinity.

Expansive Beliefs:

Go back to the beliefs you listed in Lesson One and note which of these beliefs are expansive. How does each of these beliefs open your life to living with no limitations?

Write these answers out concisely in the accompanying workbook. We will discuss these expansive beliefs in our first conversation.

Lesson Three: How Do Your Beliefs Limit Your Life?

Limiting beliefs have one thing in common: *fear*. They all come from a place of being afraid that something adverse will happen to you if you do not believe in a certain manner.

You will also find resistance in your body when you contemplate your limiting beliefs. Resistance stops you from being clear. *Resistance is a hint that it is time for a shift. What am I afraid of seeing about myself? What truth can help me move forward? Why am I arguing for my limitations? What is the payoff of believing as I do?*

The fear and resistance leads to a need to control, hence believing that a certain way of seeing the world will result in more control of it. It always results in less control in the way you would hope to experience your reality. The tightness creates incoherency, which in turn leads to more tightness. It is a never-ending circle of discomfort.

Unfamiliar ideas proposed to you result in a state of fear followed by doubt, uncertainty and insecurity. The origin of this stress is based upon the reptilian part of the brain that weighs everything from the standpoint of, “Do I eat it; does it eat me? Do I kill it; does it kill me? Do I mate with it; does it mate with me?” These edicts were the original survival mechanisms of the species and they are still in place even if not appropriate in certain experiences.

It really is a matter of control. Whatever you are attempting to define, you are attempting to control. Defining yourself is another way of controlling. *Once you let go of the definition of yourself, you let go of control.* You are free to release resistance whether you are familiar with the situation or not. When you no longer need to control another person’s opinion of you, how a situation plays out or whether everything will *stay the same*, you are free. Then the familiar and the unfamiliar sit side-by-side in your life in neutrality bringing you closer to your conscious awareness of your divinity – which is neutral and expansive.

This awareness allows you to go beyond the teachings of your parents, your schools, your religions and social structure. It invites you to be aware of your divinity and to follow that no matter where it leads. It means that no matter what the pieces look like, they are all part of the Whole and you pay

Living in harmony in this world as I AM means that there is no room for fear in your life. If you feel or experience any fear about anything, ask yourself why you have chosen a reality that is completely illusion based on fear. **The only reality is I AM. You are I AM. Make that your only reality.**

All of the pieces of your story create your identity and that identity is what you know as you. Your identity, sometimes referred to as your ego or your personality, has expectations, desires, hopes, and judgments. If you do not fulfill any of these attributes or you believe they are not going to be fulfilled, you begin to fear. You fear you will be *without*, that you will not be wanted, that you will be left out in the cold and that no one loves you. **From those four beliefs, all other fears stem.**

Examples of limiting beliefs:

You are afraid to do something you want to do because someone else might not like it.

You fear dying because you do not know if you will go to heaven or hell.

You are unhappy in your present job or career, yet won't make a change because you don't believe that you will be able to find another job.

You often say "yes" when you really mean "no" so that people will like you.

When you look in the mirror, you don't like what you see.

There are many more examples I could give you, yet I am sure this gives you the basic idea about how limiting beliefs can be. Beliefs are in place to control. Since they also can expand your life, you have a choice which type of beliefs you are going to allow into your life.

Results Of The Fears That Limit You

There are basic results of the four fears when you believe your life has boundaries. They are:

Fear of abandonment causes stress
Fear of lack results in doubt
Fear of being alone causes anxiety
Fear of not being loved results in mistrust

Anywhere you see or experience stress, doubt, anxiety or mistrust in your life, one of the four fears (or a combination of them) is running your life.

You may believe that it is “easier said than done” to release yourself from these fears and I would tell you this: ***The belief you cannot do it is the cause of the emotion you experience based upon the fear.*** The very idea that a limitation in your life cannot change is why it is there.

You are the creator of your life – your whole, *entire* life. Everything that you experience in your reality is your manifestation as I AM in this realm. If you feel limited, you are inviting yourself to release limitation. If you feel anxious, you are inviting yourself to relax.

Fear Leads To Helplessness

Acquired helplessness - the place where you are miserable, yet it is safe. There is no trust or perception of what a change might require, yet the illusion of helplessness can be replaced by knowing that you do create your own world. This knowing releases stress once you know that you have some control over your environment. This positive sense of self-control feeds creativity.



Ask yourself - How do I know when I am in alignment with myself internally? If you spend lots of time mentally pointing fingers, you are not in alignment with yourself.

Stress and depression depress the immune system. Negative feelings let you know that you have separated yourself from Source within your mind. You are not ever separate from that which you *are*, yet you can believe that you are and create additional stress through your sense of abandonment.

In physical life, you build your own version of hell by staying attached *to* and unconscious *of* your need to control. You are attempting to find a way to manage the world instead of allowing your Source-driven knowing to guide you. You then live in a defended zone fenced in by fear.

People who see change as an opportunity are mentally and emotionally hardy. They understand that to be in control sometimes means letting go of control. The mystery of your life wants to unfold, and it does unfold, when you listen to your intuition and allow order to blossom despite seeming chaos. Give yourself permission to be "messy" - the spirit's preference and experience the richness of life - out of that, order will come.

Remember that chaos is more information attempting to enter a system. Chaos is very messy. Out of it comes the order of all the verses, not only this uni-verse. Out of the chaos in your life (feeling out of control) comes the limitlessness of new knowing, which overcomes and dissolves all limiting beliefs. Once you let go of the desire to maintain a specific type of order in your life due to the beliefs that create your illusionary reality, you are free to examine and live in the new order this knowing brings about for you.

Back to the Four Basic Fears

Fear of abandonment causing stress
Fear of lack resulting in doubt
Fear of being alone causing anxiety
Fear of not being loved resulting in mistrust

You fear abandonment because from the moment of your birth you sensed separation. If you attach importance to this idea, you will find yourself living in a great deal of stress. This world is a dual/polar world. There is at least two of everything here from concepts to people, from objects to situations. A sense of abandonment can be important or not.

Your sense of lack usually has its original root buried in your upbringing. If you were raised in a wealthy environment, you will only feel lack if you don't have luxuries. If you were raised in a home without much money, your sense of lack stems from the viewpoint of your parents. Perhaps they told you that there is never enough money. Or, perhaps they supported you in so many ways that lack was never a question. Your ideas around lack in any way lead to the doubt of your ability to live a full life, including doubting yourself.

A fear of being alone is connected to abandonment. When the umbilical cord was cut, you became aware of aloneness. No amount of holding, hugging, feeding and cuddling replaces that exact moment. The anxiety that arises from this fear of being alone is not prevalent in all of humanity. It depends on how you decide to interpret what it *means* to be alone. Aloneness and being in silence satisfies a deep longing in nearly every human. The aloneness can turn into loneliness if you don't use it to acquaint yourself with your *sacred* self, which is your true self including the identity you use to define yourself.

Wrapping up all of the fears is the idea that *you are not loved*, either by others or by yourself. ***Self-love must be present before you can accept love from another person.*** A sense of not being loved and then finding someone who “loves” you will not satisfy the feeling of “lack of love”. Trusting that loving yourself first will lead you to fruitful relationships with others can replace your belief that you are not loved. It is dependent upon you trusting yourself.

Limiting Beliefs:

Go back to the beliefs you listed in Lesson One and note below which of these beliefs are limiting. How does each of these beliefs limit your life through fear and doubt?

Write the answers down in the accompanying workbook. We will discuss these limiting beliefs in our first conversation.

Lesson Four: The Purpose of Beliefs

As a wave arises within the ocean, it disperses as quickly as your conscious awareness of any event. The waves of the ocean are accurate representations of human beings incarnating and then dissolving into the One Ocean that is I AM. The ocean of consciousness contains all that you are as I AM.

As a wave within this ocean, you assign various attributes to your flow. You base these aspects on what other people tell you to assign to your personality.

Dependent upon your desire to experience your “wave-self” without conditions or judgments and the strength you allow within that desire, you will see yourself as simply another wave among waves or as separate. There is no separation in any of the ocean’s waves though the physical eyes may believe that it occurs. *Be aware that your consciousness operates within the One Ocean of I AM.*

How strong is your focus upon the neutral, limitless arising of you as I AM? Where do you place your attention each day? Do you set aside “special” spiritual time as though the rest of the day is different?

Your beliefs can foundation your divine awareness. Each of them can be a building block in the conscious awareness of you as divine.

If you use your whole, divine heart, mind and physiology to live your divinity as I AM, you will recognize the other “waves” as being a reflection of you and you of them.

In the short time that the wave is a wave, while firmly anchored within the ocean, it revels in being itself as energetic water. It has no preconceived conditions about how it is to perform as a wave. It simply *is* what it is and then it is not.

The importance placed upon various spiritual practices, how to bring spirituality into the physical life and the separation that these concepts convey will disappear upon realizing that as the wave, you are the ocean. There is no difference or segregation between you and I AM whether you picture it as an ocean or as the No Thing. You are It. It is You. *All is one.*

Keep your focus on an impersonal, neutral exploration of your water world. Let the ocean within which you emerge be your foundation and your home. You are It. It is You. *You arise within it. You dissolve within it.* Any other focus is only a story you are telling yourself. Let the story be I AM.

Beliefs Create Perception

What you perceive, you are. You see blame and shame where it does not exist and align yourself with, or separate yourself from, what you perceive. Seldom do you see that the personality's desire to present a false picture over which you feel you have no control clouds your perfect vision as I AM.

If you were to create a picture that is synonymous with love, absolution and well-being – and make that picture one that equals you – the ability to carry guilt or shame and promote blame would drop away in the twinkling of an eye. Yet, the result would also create loss of your mind's control and illusion, something your personality structure strictly avoids. The perception is, in itself, of no worth and yet you cling to the self-same threatening, fear-ridden ideas day in and day out for fear of losing your grip on your perceived control – a control that does not exist.

When you allow the perception of your beliefs to mirror only the reality of being divine, then fear flies out the window. Remember, *you are the pattern* your mind creates and attaches to as its belief.



The paper you are holding or the computer you are looking at, the chair in which you are sitting, the walls of the room around you . . . and *you* – are interference wave patterns. Hence, there is no objectivity reality because the observer, the process of observing and the object observed are the same thing. Non-locality is a manifestation of unity underlying all things.

Since nothing really *is* then you can begin to see that the purpose of your belief is to make sure that you create a world that feels physical and firm, rather than the wavelength and frequency it truly is as electromagnetic energy. Everything in this world is composed of electricity and magnetism.

This includes you and your thoughts. The creation of beliefs about what might happen, the fear that something will or will not, is the basis for the stress in your life.

The perception you use to create a completely new system of believing becomes your inner knowing as spirit – I AM. Then you can release your hold upon the material world and see how easily the etheric realm becomes your identity.

Beliefs Can Lead To Increased Coherency

The idea of being coherent is what people mean when they say they want to be a higher frequency. The common definition of coherency is to be orderly or to be relatively consistent in relation to other parts – in this case other humans and your environment. It is the fixed or stable phase relationship that allows you to feel what coherency creates within your physiology, including the mental and emotional bodies. It implies order and harmony. *It is the natural you without the imposition of your personality's beliefs.*

Coherent people speak clearly, make sense in their statements and are easy to follow when explaining an idea. An incoherent person is usually unintelligible, disoriented (and disorienting) and confused in their speech patterns. Sometimes it is easy to feel that you are incoherent because there is so much information attempting to enter the human system.

The most harmonious experience is coherent waves, which are slightly higher or lower than each other in frequency. This is usually what is experienced in a unified field since each person has a slight variance in his or her frequency and all are seeking a coherent field. As the various frequencies meet each other, the edges can be similar or uneven. Dissolving these edges creates a feeling and experience of union. When union occurs, edges collapse and disappear fluidly in light, spirit in form.

Since coherency is what carries the information in your DNA, any belief you have that tells you that you are well, healthy, divine, courageous, wise and loving insures that your frequency flows easily. It is the feeling you experience as “well being”.

Examining the beliefs in your life that feel incoherent will assure that you will find the concepts that create fear, distrust, unease and confusion in your

life. If you release these beliefs so that your mind only focuses on the beliefs that confirm your divinity, your frequency will follow suit.

The information in your body creating the experience of entrained union travels through your cells. The cellular information relies upon your heart and brain to communicate with your DNA and your genes to create the commands necessary for coherency. Coherency is the purpose of beliefs.

Coherence is the underlying principle of all systems within this dimension. The universe and all within it shares union within coherence. Resonance and harmony are the result. It is easy to feel a sense of well-being, harmony and resonance when you are in a group that is like-minded with one clear focus. All are able to communicate instantaneously with each other through non-locality. During these times of harmony, your physiology is operating at its



optimum and clear thinking, open-heartedness and compassion are easy attributes to embrace.

This does not mean that you or your physiological systems have to be exactly the same frequency. Each of your body's constituent parts (brain, heart, organs, muscles,

etc.) relies on an entrained, synchronized participation. When your heart is coherent the remainder of your systems follow suit more easily, including the brain. This entrainment allows more biological systems to resonate within the same frequency. Harmony can be the result.

When your beliefs link you to a feeling of coherency, when fear and distress are not your daily companions, you begin to realize what it means to be divine, to be I AM. There is no distinction between what *should be* and what *is* in your life because your judgments do not stand in the way of your coherent harmony.

If the idea of holding only divine beliefs seems like a big step to take, that is good. It means that you are beginning to recognize that you haven't yet taken the step and might be ready to do so.

Beliefs and Your Personal Field

The personal biological field is a very strong region of influence that not only perpetuates your experience as a standing wave (see photo below) it also influences the reality of others in your environment. Your *personal field or environment* is much larger than you normally imagine. *Feelings* (first) and *thoughts* (second) are constantly creating energetic influences streaming in all directions – that is *every* dimensional frequency not only those in a lateral or directional capacity.



As a standing wave, all information is contributed to the expanses of your local environment while, at the same time, emitting the “information” infinitely in every direction and dimension. It is either a contribution to the changes or an addition to the dismay and confusion of this dimensional plane. *All are contributors to the experience humanity is having right now.*

You spend a significant portion of every day attempting to influence activities in and around your personal environment. Within these fields of constant change what is felt, thought and done **manifests** based upon *intention* in the moment. The electromagnetic heart is the perfect magnifier of that intention. Beliefs creating coherency resonate with awareness of I AM.

From living joyfully and well in the physical world to having consistent meditative states, from being able to communicate easily with others to tapping into the Cosmic Mind, all of your faculties rely on your consistent congruency and coherency. There is nothing more valuable than aligning with the message you brought to this earth – consciously and with a depth of awareness enabling you to fulfill your deepest yearnings for your life.

This *is* the purpose of your beliefs – the creation of coherency and harmony in all areas of your life. If your beliefs do not create this resonance within your field, you want to ask why you believe in them. What are they creating in your life that you are maintaining as a part of your individuation as I AM?

The Purpose Of Your Beliefs

What is the purpose of the beliefs you have been working with in this course? Do they assist you in remaining in a coherent, harmonious state?

If not, why do you believe them?

Write the answers down in the accompanying workbook. We will talk about them during our next course conversation.

Lesson Five: The Purpose of Being Human

Perhaps the best place to begin this lesson is with the second chapter of my book, *Divining Truth*. The question asked is: *Who Am I?* The answer comes from the Divine I AM:

When I look at this question, I immediately see that you believe you are some one. Isn't that the way of this world you live in?

Would it surprise you to know the personality you feel you are is as fleeting as the pictures that dance upon your image screen? And, at the same time (since you live within a concept of time and space), it feels solid and real to you. Who you are is the objectified sense of your personality.

So, to keep that character in your story happy, let's talk about who you are:

You are the sum total of every experience you are having in every dimension, time, space, world and "reality" that emanates from Creator. While you experience the microcosm you live in as appearing to be all that you believe you are, it is the pinpoint of your focus for this momentary life.

Though you may wish to be of the opinion that you are good (whatever that means to you) and are trying your best, in many other realities you do not care whether you are "good" or not. You are delighting in being the "bad girl" or the "incorrigible boy". You are playing it to the hilt.

At the same time, when you decide to do something "wrong" in this dimension (for whatever reason), you are living simultaneous lives you would consider "sacred" and "holy" in yet another realm of experience.

You are a totality of all of these parts and the collections of roles you are playing are without number. Every time you think a thought, you stimulate a connection within a life you are maintaining in another dimension somewhat outside of your present conscious awareness. Those lives influence the presence of this reality and vice versa. You are in constant flow and flux among all of these existences in some type of form.

Much more than a "who", you are a "what". The question would be more easily phrased as "What am I?" and answered as:

You are an emanation of consciousness emerging within ME as it emanates from within Creator. Since Creator is an effluence of ME and you materialize within Creator, you originate from and proceed within ME. You are I AM.

Your various religions and authorities have spent a good deal of time attempting to divest you of this knowledge. They have done a very good job. You no longer feel worthy to call yourself what you are and therefore live within limitations imposed upon you (you believe). Actually, the boundaries are self-imposed because there is nothing outside of ME so whatever you allow into your frequency stream also emanates from within ME.

When you experience yourself as a “what” rather than a “who” (if you make that choice within your free will), you begin to feel like you are “coming awake”. Some of your teachers and preachers tell you that you are “waking up”; that you have been asleep.



You are not sleeping or dreaming. You are experiencing an aspect of consciousness that is only aware of what it desires. When you begin to feel the stirrings within you of feelings telling you it's time to change, you will do so.

You incorporate every aspect that I AM. Nothing has been “left out of you”. You are not incomplete any more than I AM incomplete. Your capacity to know this truth is actuated within you right now. Your free will acceptance of it brings it fully into your consciousness and you begin to respond to life from the abundant abilities that are always yours.

The “what” that you are is sporting about in a planet you call earth, wearing a label you call your “name” and exhibiting attributes your personality wishes to experiment within your present form.

As such, you are a true and complete expression of ME. You might say that I AM sporting and cavorting about in planet earth through the expression of

your personality. This is your individuation; it is the individual “whatness” of you that embraces your “whoness”.

All of this exciting (to you) activity is recorded in a “place” you call your soul. It is a record of your comings and goings in all of those realities and dimensions that I was talking about earlier.

When you allow yourself to access the information contained within your soul record, you begin to see how these lives can impact this life if you desire. Remember, that it is “if you desire”. You are making the choices here – as ME. Every choice is the correct and appropriate selection in each moment of your time and space.

You can redefine your “who”; you cannot redefine your “what”. You can give new names and ideologies to the “what” yet it will always remain undefined. The attempt to give it definition belongs to the “who” which does not understand that it is a “what” and always will be.

Your only reality is what you are as a state of aware consciousness. When the “who” lies down to surrender its costume to the earth of this dimension, what you are experiences another entrance into realms upon realms of living. You continue infinitely in expression as I AM.

Being An Expression Of The Divine

From the above text, you will understand that you are a divine being using a human body to travel in this world. Your body lives within you, not the other way around. Your physiology exists within your field of consciousness.

Since your consciousness is neutral, the beliefs you aspire to and take on as your system of living belong solely to you and foundation what you believe is your individual experience. You can change any belief you have in any moment and for any reason. *The reason you may cling to specific beliefs is that it, or they, give you a sense of security even though that security is an illusion.*

You may argue that you cannot live in earth without a belief system and I would agree. Even taking this course is due to your belief that, in some way, it will enhance your present life. What you want to establish is how beliefs

are functioning in your life and which of them lead you to a greater understanding of divinity versus the sense that you are “only human”.

Hu – man means god in form as a homo sapiens. “Hu” is an ancient form of the word “god”. So when you say you are “only human”, you are saying that you are “only God”.

Living fully realized that each feeling, thought, word and action is an expression of your divinity removes from you the concept that you are not perfect. Any belief that tells you that you need to be or do more is up for examination by you as the I AM.

You Are Constantly Moving, Changing Energy

You are e-motion (energy in motion). It is neutral (neither good nor bad) and contains only the positive or negative significance assigned to it by you through your beliefs. The brain/mind may look for that which is familiar and attempt to place all unfamiliar interactions into a more comfortable context through the energy of emotion. Emotion is personal and relative to the manner in which you are experiencing it. There is no definition of “no” within I AM. When you place attention upon an interaction, you create more of the same until the focus or the belief is shifted. ***There is no significance attached to anything except that which you give it.***



You create your own sense of "hell" within through trapping yourself in rage, horror, guilt, envy, jealousy or terror. Some of you have dwelt in hell from your first breath or even before that, unwanted and despised within the womb. Sometimes it feels as though the humanity has been burnt out of a person; often they appear to live to inflict their inner hell on others.

There are no fires of hell unless you choose it to be so. In the spiritual, unseen dimension, thought creates everything instantly. Everyone is naked.

This can be a difficult concept to understand. You are creating your reality and you are creating the reality of what you will experience in the afterlife, as well. Awakening now allows you to emerge in the afterlife awake there, also. It is *all* about consciousness.

True liberation consists of knowing that everything emanates from within Source - love, hate, fear, joy, humor, vomit, fresh fruit, mud, your parents, your lovers, your children, your employers and your bodies, etc. The significance you give to each of these ideas, what you actually think about them, creates what they mean to you.

When you have come to the point in your understanding that you know that energy follows thought, you will not want to form damaging thoughts about another. All are involved in creating a consensus of reality.

Move from watching life to being life - it *is* a state of being. Spirituality does not take you out of your life or ask you to rise above it. Be *in* your life fully while recognizing that the primary relationship is as Source – I AM.

Remembering Your Purpose

In this age of instant information, you have filtered out an awareness and relationship with life. You have filtered out inner knowing. It makes everything look like facts. You must participate in the process of life if you are to "get" and understand the messages of your life. Receiving your own messages opens you to the belief system that is perfect for you.

When you begin to "step out" of the movement of living a dynamic life (isolate yourself), you begin to experience the onset of "issues", "problems" and "dis-ease". You separate yourself through the boundaries you create between you and the "other" so that you will feel safe. What you are really doing is stopping the flow of life force.

Much of your life's work is involved in recovering from the way you were parented. Re-mem-bering that your parents raised you based upon the very best they knew how to do will allow you to absolve them of error. Only the formative mind of the child believes the parents to be all-knowing. What did your parents say vs. what you experienced in this parenting? Do you still believe they "know all"?

When you lose your awareness of the *unfolding* in life, you lose the meaning of your identity; you mentally lose your place in the universe. The void you feel is the absence of life. Self has become a thing to be observed.

Spirituality is not separate from life. It *is* life. Spirituality is participation in life - it is not ritual, techniques and practices.

You dis-empower yourself when you focus on the external for what to feel, think and experience. Spiritual health means taking responsibility for your self. Your present beliefs may support an environment in which you rely on those outside of you to bear the responsibility for your actions, thoughts and feelings. The more you place your reality outside of yourself, the more reliant you become on those within that reality.

When you own where you are, what is going on inside of you, you can move on. Many of the difficulties you create for yourself can be traced to disembodied thinking - you have cut yourself off from what you feel in your bodies. You have separated your emotions from your experiences, your head from your heart and your consciousness from your being.

Remembering Your Purpose – Being I AM

Take time right now to sit down and write down in your workbook the beliefs you hold that express you are divine.

We will discuss these divine beliefs in our next conversation.

Lesson Six – Now What?

Now that you have looked at your beliefs and examined their meaning in your life, what do you want to do next? *I am not going to give you the answer because it is up to you.*

You might hope that this course is going to tell you how to change your beliefs. Why would it do that? Then, it becomes just another belief system to follow rather than opening you to investigation of yourself.

I would ask you to consider what you are getting from the beliefs you call your own. You most likely use them to feel more secure, to align with others so you don't feel ostracized and you find them convenient. Changing those beliefs so that you are living the divinity you *are* may feel like asking a lot of you. If that were true, I would ask you this question: *Why did you decide to take this course?*

Do your beliefs keep you feeling stuck in certain patterns? Do you fear (sometimes greatly) what will happen if you decide to make such big changes that others will no longer see you in the same way?

If you could “take” what you want in this moment, really step forward and say, “This is me; take it or leave it,” what would that feel like? What would happen? Who would leave you because your belief about your relationship with them bases itself upon the illusion of the belief system you have accepted? What would change in your life?

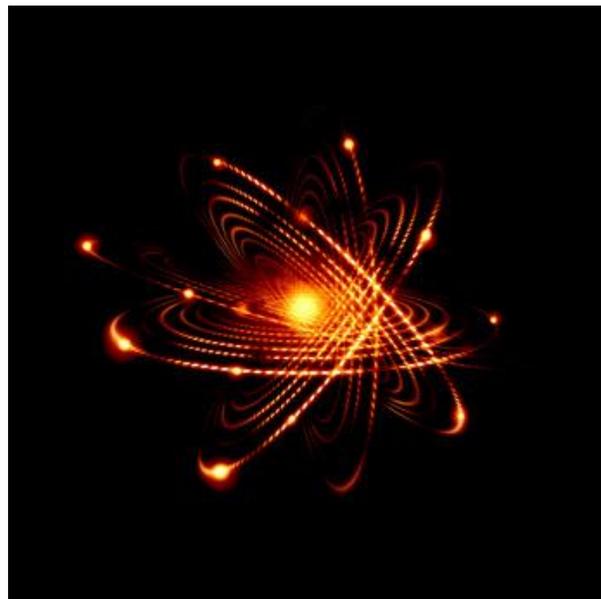
Change?

If the idea of changing your beliefs or changing you in any way causes you fear or pain, you may want to ask yourself why you would be afraid of welcoming in your divinity in a clearer way. The reptilian portion of the human brain fears change because it used to mean that the unfamiliar meant someone was going to eat you or kill you. No longer is this true. Now the fear begins to come up when you are unsure that another will like you, remain in the same relationship with you or that you might lose the means of your financial support. Any of these reasons can create a sense of distrust and fear within your mind.

Life is lived through changing from one perspective to another within your divinity. Either you are aware and present right here, right now or you are not. While you might say, "Yes, I am here yet I am thinking about the past and I am still living," I would like to offer this ~ so long as you are reflecting "back" or prognosticating forward, you are not experiencing your life, right here, right now. So, no, you are *not* living life, being life, you are either fearing based on the past, apprehensive of the future or simply wanting everything to be different because it all appears to be too much. When this occurs, it feels as though you have separated yourself from recognition of your divine union. While this is not true, it can appear that way.

How many times do you say, "My life would be so much better if this person or situation (fill in the blank) was not in it or was different"? What's stopping you from living that life?

Do you fear the change it will bring into your life? That fear is bringing that person or circumstance into your life to challenge you to live your life and you are saying you want the challenge to stop. *You want the life you would prefer to live to appear without your participation.* You cannot fool your energy field. This field is how you define your sacred personality within this dimension. Your energy field defines your experience, which then defines your energy field. This in turn begins the next round of metamorphosis as the divine in physical form.



You, a human being, are constantly expanding conscious awareness. The shifts in realization are happening rapidly and the energetic transformations are exponential – that is, rather than occurring in a straight, linear line, they are on a curve that continually accelerates taking you with it. The scientific world as well as the spiritual community now realizes that knowing, wisdom and knowledge is unfolding so quickly that there is no linear period in which to calculate its result before the next occurs.

Therefore, the frequency of the vibration of your DNA wave must be expanding in awareness ("as above, so below") and DNA responds to your thoughts, feelings and words. The frequency of your thought patterns, your words and your feelings must be coherent (troughs and crests equal in amplitude) to access the acceleration with ease and grace. Coherent frequencies allow you to consciously communicate with your DNA and create the space in time for the DNA to embody these frequencies of transformation and transmutation.

Your thoughts, words and feelings are derived from your belief systems about your life, hence your spirit and its incarnation in this world, in this dimension, in this time. Some of these assumptions assist you in creating coherent frequencies in your body and some do not.

Human beings are routinely revising themselves, exteriorly as well as interiorly within I AM. Each variation either requires realignment of thought patterns or strengthens the ones already present. *Every time you apply energy in a different manner to any situation, the ability to grow and sustain an evolving pattern increases.* Your spiritual development follows the structure of the energy system in its constant fluidity.

Any agitation you express is the result of your resistance to this natural changing flow. When you release your control of how you are expanding and transforming, simply letting it occur, it will be less unsettling. There exists within I AM a conscious awareness that all are invited to experience. It lives within your inner core allowing you to know the freedom of being. Within this space is the acceptance of not knowing anything at all. Within this awareness, you realize that what you do believe you know is ***only based upon conditioning you have accepted within your life and called it real.***

When you come to the realization that it is impossible for you to “know” anything, then you are truly free. Freedom is the absence of necessity in choice or action. When you sit firmly rooted in the sense that you do not know, you are then free of the necessity to choose or act in a certain way. Within this liberation lies your transformation, the transition.

What Is Freedom?

In what you might call the "original design for the world" as you know it, a specific intention was manifest by Source. I like to call it "Source sourcing Itself"; you might call it "God". This intention was, and is, a composite of all experiences – and all of these happenings and states of being are encompassed in what you know as love. This love is everlasting. It is infinite. And yet, you see a perishable world and the thought that the world as you know it may disappear invites fear, hence loss of freedom. This perceived deprivation is formed by learned beliefs that create a particular perception of lack within your life. Are those beliefs true? If the fear you experience is caused by lack of truth in perception, then perhaps freedom from that fear may be obtained through a change in the method of perceiving.



Your original blueprint, that which is your Self, is love. You are a co-creator in this dimension and have direct access to this original blueprint, the initial intention of creation. The originating wave/particle that is your expression is without perception or concept. In this world of illusion, **it** is real. Within its reality, there is no fear, no loss, no abandonment, nor separation.

If your perception of lack and aloneness, fear and sorrow are part of the world of illusion, then perhaps a change in perception will create a new freedom in life. You might say that by changing perception, you begin to accept your personal, active access to that which is real – the peace and love of creation as well as that not created. What is necessary is the willingness to make the choice for change – to accept *you* as neutral, impersonal love.

What does this change involve? A lasting change in perception that aligns with the beneficence of its origin must include only that which is impersonal, neutral. "Ah," says the ego personality, "I cannot believe in only neutrality. There is so much bad in the world and I will prove it to you. I will separate you from that which is bad and keep you safe." Your ego personality, your individual identity, believes that if it creates unlike the

original intention, if it creates disharmony and separation, it creates self-autonomy for itself.

Yet, if Source is One and all is Source then separation is not real. The fears, anxieties, worries, angers, and grief of the past are only alive within your perception when you assert that they are true in memory. Because many beliefs have been created and accepted placing an apparent barrier between you and your Self (you as Source), separation has become real to you. This separation causes the fear that is referred to here. It is the disunity, feelings of aloneness and abandonment that exert such an overwhelming force within your consciousness. It pervades the noosphere of earth and is easily tapped into when your frequency resonates with a particular degree of separation.

The behavior of your identity can be attributed to its definition of fear and blame. Anyone that does not believe or affirm what you believe is real becomes the "other". This includes the more important aspects of living as well as the trivial. In being denied confirmation, your ego personality feels abandoned and since fear of abandonment (separation from Source) is its original anxiety, the lack of confirmation is devastating. Instead of "original sin", you may view this experience as "original fear".

If one looks at "original fear" for what it is, it is easy to understand that the separation being experienced is from the Self that is actually *you*. Once you awaken to and accept this understanding rather than it being a source of aversion, your mind begins the restoration of its proper place, its Source-driven perspective. Hiding within your personality, this awareness is quite alive. Once your hold over your consciousness is released, then blame and fear are released as well. What is truly amazing is that the yearning to remember Source is so great that it drives you unceasingly.

It is your fear that you will not make the connection that is the "original fear". It promotes a feeling of helplessness, victim-hood and contributes to the fear in your past like garbage strewn throughout a busy street. This fear is so strong that humanity has cowered before it for ages. It is the cause for religious beliefs that put Source/God "out there" as a punishing, menacing figure. It is the personality afraid of itself.

What to do? Face the illusion. Do not hide from it. Illusion is just that – a false appearance built on sand. There is no firm foundation within the

"original fear". The only true ground upon which any of creation rests is that of love because love creates, nurtures and sustains. As Source is aware of its creation, its creation is aware of It – and its creation is aware of all other manifested pieces which means that there truly is no "other". There is only One. In that Oneness is the satisfaction of the yearning and the surcease of the "original fear".

The original intention for experience *is* the expansion of conscious awareness. It is natural to expand and grow. It is only the distortions of your belief system that cause the confusion, worry, pain and fear you experience. When you stop imitating the beliefs that others have created and choose your personal truth, you will know the peace that you seek.

The call to awaken is within you. It *is* your greatest yearning and your greatest desire. *Fulfilling this deep draw toward the Divine requires that you set no limits upon yourself.* If you do, you are setting limits upon your own divinity. Your freedom is also the liberty of the whole. The power of this freedom is in every part of creation. You are completely, totally connected within All That Is – I AM. You need only ask yourself if you are willing and ready to re-member what it is to live free of fear. And to this request your personality has only one response.

YES

What Now?

Sit down in a place where you know you will be alone. This is *your* place, a space of quiet, solitude and peace for you. It is the holy of holies of your sacred heart.

Make an appointment with yourself to spend at least 15 minutes in this space every day. Don't let yourself go without these precious moments of love and self-replenishment. Meet your divinity every day.

Make yourself very, very comfortable. Do whatever is necessary to allow yourself to feel how magical these moments are for you.

Think about and feel deeply how valuable you are as a human being, how your frequency of wavelength is unique to you. You are not only supported in your beingness, you are deeply, infinitely loved; feel this penetrating love for yourself as Source sourcing Itself.

All problems, issues or discomforts must stay away from your mind during this most sacred time. This is your sacred space. It is the voice of your soul yearning to feel the profound love of its creation – YOU.

Feel the love that those in your life have for you, as well. Know that you are supported, cared for and adored.

Your contributions within the hologram are unsurpassed in their glory because only you can make the specific contribution you are creating.

There is no one else like you. You are unique in your divinity.

Allow these feelings to become part of your inherent awareness in your blueprint, your divine expression of Source in form.

Then, we will discuss where you are NOW in our course conversation.