

You are the Creator

An immensely important distinction to know, understand and feel is that you are actually THE CREATOR of all your beliefs and thus free to choose new beliefs.

Most people believe that they ARE their beliefs—their beliefs are WHO they are.

This simple, yet powerful distinction is the “force” behind WHY so many are unable to change.

If you want something different in your life, it is ESSENTIAL that you know, understand and then really feel the liberation of this truth.

This misunderstanding is easy to develop, but with a bit of conscious thinking you can free yourself from this life-impeding subconscious assumption.

Think about this question: How did you get the belief: *“I am not good at (fill in the blank)”*?

Let’s say for example, you believe you are not good at car maintenance. How did you get that belief? Perhaps you’ve never even tried to maintain your car—change oil, change wipers, replace a headlight or fill the windshield washer fluid. Or perhaps you tried and made a mistake and put windshield washer fluid where the brake fluid goes and from this mistake decided you are not good at car maintenance.

Who gave you this belief? The car? The windshield wiper fluid? Of course not, YOU gave yourself this belief based on **HOW YOU INTERPRETED the experience.**

Over the years you’ll see this belief as “True” and reinforce its truth to yourself by not trying to fix anything wrong with your car or if you do try, you’ll approach it with your negative belief and thus likely fail and thus additionally reinforce your belief—*“see I knew I’m no good at mechanical stuff...that’s just me.”*

Your brain wants to be right (it’s painful to be wrong and feels so good to be right), so it will do all it can to reinforce your currently held beliefs

What about the belief *“I have to be perfect to feel good about it”*, that causes procrastination

Who GAVE you this belief? Your Mom? Dad? Teachers? Brother? Sister?

Yes, this belief likely came from your interaction with these people in your life, but YOU actually gave the belief to yourself because you “saw” it as the truth at the time.

This belief comes from several experiences where you did a good job, but the person you wanted approval from pointed out how you missed a spot or could have gotten all “A’s” on the report card so YOU decided (interpreted) that you must have to be perfect to be good enough.

You CREATED this belief based on your answer to the question your brain is always asking: “WHY?” In this case: “*Why didn’t they complement me like I expected they would?*” Answer: “*I must need to be perfect.*”

Most of the beliefs that hold us back as adults were created before we were even teenagers. As teenagers, then as adults, all the beliefs we created as kids become more and more reinforced, so by the time we’re adults, we BELIEVE these beliefs are fixed descriptions of WHO WE ARE.

The truth is though that WHO YOU REALLY ARE is the person before you created a single belief.



Think about if you could go back in time before you had given yourself a single belief and asked the question “who am I”?

That is who you REALLY are.

All the many beliefs you have pinned on yourself after that time are not who you are, but just the beliefs you decided to adopt and live by based on your interpretation of life’s experiences.

Who you are and the beliefs you have created are two separate things!

Being you created these beliefs; you are thus free to create new beliefs.

You are the creator of your beliefs.

But over time, we falsely believe that our beliefs actually created us! I am my beliefs.

If your beliefs created who you are, then we should be able to go back in time and see your beliefs creating you. Your mother birthing a bunch of beliefs that would later turn into you!

But actually that baby (you) over time created those beliefs.

Another baby born that same day could create the same or different beliefs.

Why?

That baby goes home to different parents, a different family, a different home, etc. That baby's life experiences would not be the same as yours. And even if they were, the same events and circumstances can be interpreted in many different ways. This is why brothers and sisters growing up in the same home can develop different beliefs about themselves and have different outcomes in their lives.

Fact #1: Most all of the important beliefs that guide who you believe you are were interpreted before you are 10.



Fact #2: Before the age of 10, you have no other references in your life to refute what you are told or experience. You easily believe all that is told to you and all that you experience. You are a learning machine at this age.

Fact #3: Before the age of 10, you want to adopt the beliefs of those around you so as to gain their approval whether those beliefs are wise, unwise, right or wrong. You are only seeking approval & love by fitting in and don't know what will help you be successful later in life—

because you don't have a clue what that would be as a small child!

Fact #4: After age 10, we reinforce these beliefs day after day because we falsely think that is TRULY who we are rather than our interpretation of events years ago.

Fact #5: You can create new beliefs anytime you decided to; you are the CREATOR of your beliefs.

What is a truth?

A **“truth”** is something that has only one meaning. It is the truth that fire is hot and will burn you. It can't be cold and moisturize your skin sometimes. It can only be interpreted as being hot and it will burn you. The events of our lives can have many different or alternative meanings. Your Father pointing out the one “B” on your report card of all “A’s” could have several meanings other than that you are not good enough or need to be perfect to feel approval. No one meaning is the only meaning, so therefore we can say that the beliefs we create from our interpretations of events cannot be the truth.

This means the beliefs you have created of who you are, are NOT the truth! Your beliefs are but *one of many interpretations* of past events and therefore cannot be “the truth”. They can seem like the truth to us, but they can’t be if there are other interpretations.

This also means the feelings and actions we take based on our beliefs are not who we are as well. If I don’t feel like going to the gym or I don’t feel like eating green beans it doesn’t mean that is the truth about who I am!

Nothing is in the way!

The only barrier to massive success in your life is your own created beliefs. Your beliefs keep you feeling and doing in certain ways that keep you where you are. “I’m not smart enough to go to college” or “I could never start my own business” or “I could never go to the gym” or “I just like food too much” are all **beliefs you created** based on past interpretations of experiences. No belief that is holding you back is “the truth”—even if it feels like it is.

Thus nothing is holding you back! Nothing is in your way!

Since you are the creator of your beliefs, you are free to create new beliefs that will make you feel like doing what you need to do to be successful in anything.

This IS the truth.

An understanding that opens the door

The discovery that most of the core beliefs that are currently holding you back came from interpretations of events in your life when you were only a child, will open the door for you to change.

The discovery that your beliefs are only interpretations and not TRUTHS about who you are will open the door for you to change.

The discovery that your feelings and actions come from your beliefs, and because your beliefs are not who you are, neither then are your feelings and actions who you are, will open the door for you to change.

For most people, they don’t ever come to these discoveries and despite their many efforts, change can never happen because they internally believe and feel that their current limiting beliefs are who they are.

But now YOU know the truth!



ASSIGNMENT:

Write your thoughts in your journal about your new discovery. Yes, it will still feel like you are your beliefs, but now you have a new level of consciousness (awareness) about who you REALLY are. You can now see WHY other people stay stuck in their jobs, relationships and poor health.

Write about how this new awareness makes you feel. Do you feel a sense of possibility? A new sense of real potential for your life!?