

March 2006: Wading Through the B. S. (Belief Systems)

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Publisher's Pen: Wading Through the B. S. (Belief Systems)

“The outer conditions of a person's life will always be found to reflect their inner beliefs.”

James Lane Allen

Sometimes we complain about things that happen to us, playing the role of victim. But experts tell us that we may actually orchestrate what happens in our lives, according to our belief systems.

We may unconsciously create the worst possible situation by thinking about what we don't want to happen, or by throwing obstacles in our own paths. When we think about what we don't want in our lives, we can actually bring it about by focusing on it. It's easy to do and very subtle. Or, we might self-sabotage ourselves.

For example, an adult at work might want a promotion that is up for grabs. One person may focus on not wanting to be passed over. He/she suddenly becomes paranoid about events that occur during the day. Did my co-worker do that to impress the manager? Or to make me look bad? So, he/she embarks on a defensive action, only to end up looking silly, which indeed may cost him/her the promotion.

Another person may self-sabotage by having the belief that he/she isn't worthy, or that nothing ever works out for him/her. In this case, the person may dismiss anything good that happens, or show disapproval. Emotional disapproval is a sign of a hidden belief system. He/she might think that the managers in the company are corrupt, and therefore cannot take part in a promotion.

There are many wonderful books in print on this subject; the most interesting is how parental genetics and childhood conditioning is imparted to us right down to the cellular level of our bodies, in our DNA. We attract what we have in our lives, because it's a part of who we are, and what we believe.

This creates a very good argument for keeping our thoughts positive and focusing on what we want to have, and what we want for our children. May we strive to create the best possible situation for ourselves and for our children, setting an example for generations to come.

Smiles,

Elaine

Empowering Parents and Teachers:

What do you believe about yourself? Your family? Your future? This is a confidential exercise. No one sees it but you. When you finish, check to see how much was negative, or how many of your beliefs belong to someone else.

Inner Belief Exercise:

Start with your first thought of the day. What is it?

Describe yourself to yourself.

Describe your family.

What do you think the future will bring for you?

Empowering K.I.D.S. (Kids In Daily Situations):

Attracting the best of every situation is possible. It requires practice and the belief that we can do it. Try this experiment.

Steps to Attracting What You Want

- Take a good look at your current beliefs. Put a positive beside any negative beliefs that you hold.

- Think about something that you want, and focus on it every day for 30 days, repeating it over and over, writing it down and looking at it.

- Visualize and feel what it would be like to have it.

- Act on any hunches that you have to take action, without trying to make it happen all by yourself, or by trying to achieve it. Go with the flow.

- Persevere through disappointment and setbacks, by letting go of the outcome. Continue with your positive thoughts and continue to focus on what you want. It will come to you in a way you may not expect.

If you tried this experiment and it didn't work, go back and evaluate your belief systems. There are no right or wrong answers, and there is practice involved in creating anything worthwhile.

Try it again. Have fun with it!

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