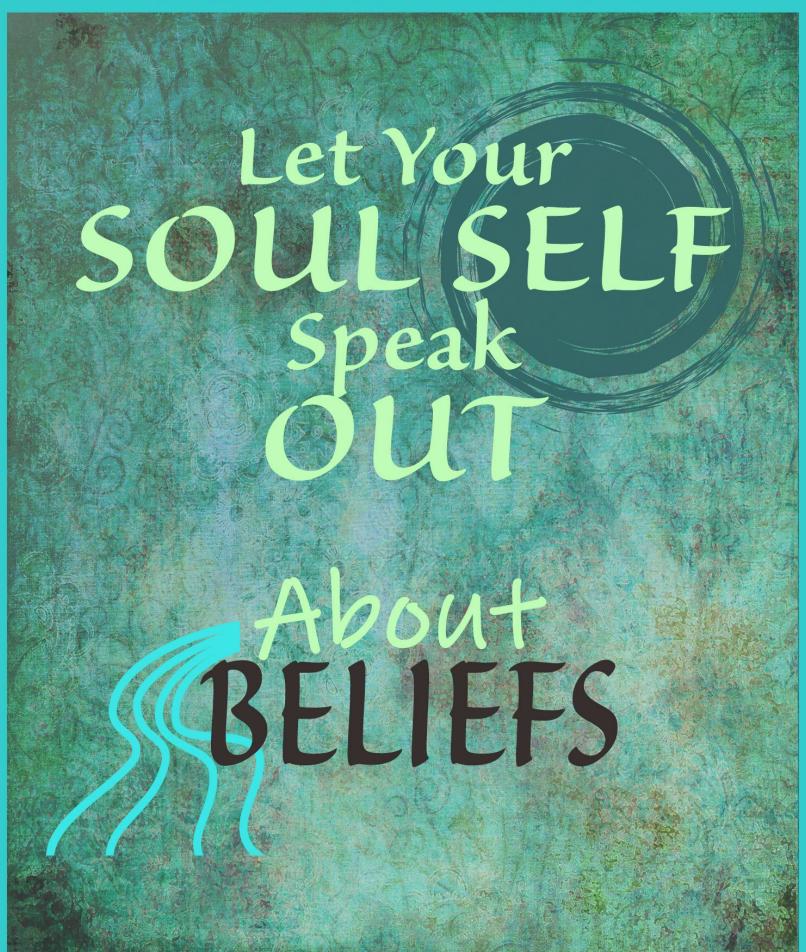
Soul Self Series Book 10



PATTYANN



About BELIEFS

Written & Designed By Patty Ann

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Intention

The Soul Self Series was created to nurture awareness in oneself through self discovery and exploration. This is a non-denominational guidebook series, and devoted to developing critical thinking skills and reflections thereto.

Each title is a stand alone book and can be read in any order. All books follow a familiar format, so the principles can be consumed easily.

Format

The content is purposely concise to provide readers with bite-size reflective themes to consider. This activity includes thoughtful questions, which are posed as possibilities. Notations, and journaling, are encouraged to prompt engagement, and enlist mindful critiques for enrichment, and expansion.

Best Use

For a suggestion, grab a pen or pencil. While reading you can then immediately capture your thoughts and write them in the notation spots. As the activity progresses, you will gather more ideas. Rather than writing full sentences, jot down key words and concepts that inspire you, while considering concepts and theories.

For Independent Study or Groups

Although this guide is in a workbook format, it includes separate individual and group Q&A pages that can be interchanged.

These guides offer options! Facilitators can direct learners to explore and answer questions individually, in small groups, or by guided whole group discussions. Individuals can enjoy contemplating and journaling the topics.

Thank YOU & Enjoy!



About You and Your Soul Beliefs

Our Beliefs are powerful influencers that rule our "ves. Leliefs guide our thoughts, and our thoughts guide our be enter ich create action(s) which result in daily outcome. Beliefs help us navigate our life purposefully, gives value, and second ruths that brings hope and resolve.

While beliefs are limited to our earthly ord, beliefs are what motivates us to seek divinity, acquire say wiscoms, have soul journeys and settle matters of the nearth.

In this Soul Self topic we will exa nine:

- The Origin of Benefit
- . Beliefs and Jur Thinking Mind
- Why Ve N'sed o Believe
- Brief volve and Mature
- Vhen Beners Need to Change
 rspective and Perception
- The rower of Believing in Beliefs

Exp. 'e these pages with an open mind. Use the Q&A reflections to exame your own beliefs.

This guide'r intent is to provide understanding for how beliefs develop, change, grow, and mature with the many experiences you will encounter in your lifetime.

ENJOY!

The Origin of Beliefs

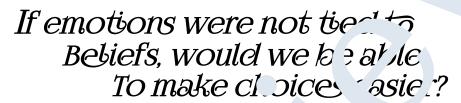
When we are born we have NO Beliefs. We enter the vorld as a blank slate when it comes to having any inclinations. And most of our core beliefs are formed in our each veal as children. It is life experience, what we listen to-, now we interpret- and discern that instills our beliefs are taught to us. Then as we grow up and mature, our beliefs are self-taught.

Our set of beliefs come from a rariety consciences both internally—and externally. Influences of the mind, ideal from friends, and family learned habits will start our list. Believalso come from:

- Thoughts that are validated
- Spiritual quests and pull inchange
- Ideas that become splanted
- Believing others be neft and truths
- Self aware as and en ightenment
- Preferences that become integrated
- 's and cultures
- Observing others choices and consequences Ferrings based on right or wrong, love or fear
- Le rned habits and behaviors that work for us
- Accesting what others tell us without questioning
- Formal education, school, and knowledge acquired
- Personal experiences that provides a proven outcome
- Theology, religion, religious organizations and pedagogy

	live by on a daily basis?
Do your PELIEES have any off	fact on your Stritt Mity?
Do your BELIEFS have any eff	fect on your S _{virit} , ality? I so, explain ho
Who, or what, เกเ. `nces your l	BELIEFS the most at this time in your life
//	







Do the ights rule beliefs or obeliefs gwide thoughts?

Are people generally emotional a Explain your group ideas.	about their wn CELIL FS, or not?
How much of ial media creat	tes and embeds a <i>new BELIEF</i> .
	reasoning as a group consensus.
Assic ercent xplain your r	
Assic ercen. xplain your r	
Assic arcen. xplain your r	
Assic ercent xplain your r	

Why We Need to Believe

Having Beliefs...

- Gives Faith
- Gratifies Us
- Gives Value
- Brings Hope
- Seeks Truths
- Gives Meaning
- Provides Purpose

Our soul seeks truth. In doing so, and to ding our truths, it brings meaning, value, and purpose to our lives.

Believing is rooted in the personality of our soul. We are beckoned by or corunt all quest for more truth. Our ever curious mind seeks act only the sentience of wisdom, but wants...

- Carity
 Awaraness
- Enlighte ment

And wardesire our earthly connection to our original...

- Source Energy and/or God
- The Christ Consciousness
- The Collective Consciousnous
- Our Soul Self—and all that is.

Beliefs Evolve & Mature

The beauty of beliefs is that they are not set in concrete, unless we set our mind to cement them in solid!

As life experiences continue to teach us, our believe—our beliefs can be...



- Updated and modified at anytime
- Rearranged to meet current conduors
- Re-examined when here we aride to do so
- Changed to reflect one' grow. and maturity

Beliefs serve as a frame work from which we interpret our world. The more entrenched a belief, the more difficult it is to change. When there is a strong at the branch to a belief it does not change quickly, or easily. Core beliefs a sped in childhood are often challeging to convert the over, with discipline of the mind one can redirect and reseat now thought patterns. And, address outdated ones.

If your belief in attached to your identity, which is who you think you are; it is take to be to change your thoughts to reflect the new you. Identity to ersonal are character traits that are often labeled. Traineak free of a knoel, one must change their conducts. And this circularity it back to how you think—and perceive yourself to be.

Beliefs that e easier to change are those that do not have strong attachments. For instance, our opinions are often swayable judgments that can change fast when information is updated, or is validated by another viewpoint.



Self Reflections. Thoughts. Ideas. Inspirations.

Attachment to BELIEFS can range from mild to strong. Evalute and jot down quick thoughts and ideas. Determine if your age was a factor in how much you became attached to your BELIEF.

1) A Strong BELIEF I have is:

On a scale of 1 (low) to 5 (high) how attached am I to ... belie?

Would this BELIEF be difficult to change? Explan why

At what age did I develop this BELIEF?

2) A Common BELIEF I have is:

On a scale of 1 (low) to 5 (high bow attached am I to this belief?

Would this BELIEF be 'iffic' to cha 'ge? Explain why.

At what and "id I dev inp this BELIEF?

3) A L atior all BELIEF I have is:

On a scale of $1 \times N$ to 5 (high) how attached am I to this belief?

Would this BELIEF be difficult to change? Explain why.

At what age did I develop this BELIEF?



As we grow and mature our attitudes and conducts stat with us. As well, beliefs stay with us until the universe gives and actions.

Actions stem from our thoughts which be beliefs. When a thought – action no longer works to got the desired result, a change is warranted. Here are some of the signs.

Meeting continuing resistance for a same display of behaviors. (A gut feeling-instinct feels resistance.)

Getting opposition from v at you create for the same thoughts you speak out- or act upon. (v) feedback and/or body language will cue and a person in.)

Creating constant, activing crisis, conflicts and drama. (Anxiety is often a result of the contrast.)

Attempting to introl others, outcomes and free will of those around you. (Frue region at not getting the result desired.)

De. and an perfection of yourself, others, or situations. (Unha, iness and discontent plagues imperfect worlds.)

Needing to be right all the time. (Ego is ruling the mind.)

Any and all situations can change using healthier thoughts. (Check out Soul Self Book 3 on THOUGHTS. It offers step action exercises to help redirect for happier mental health.)

Self Reflections. Thoughts. Ideas. Inspirations.

Address two (2) BELIEFS you hold that have been questioned or challenged recently. Reflect on these incidents. How did you handle and feel about each event? Write key words, thoughts, and/or revealing emotions emerged, and about what you learned.

Describe BELIEF #1:
Why was it challenged?
How did I handle it?
What feelings came up?
What did I learn?
Describe BELIEF
Why it chalenged?
How did I handic ?
What feelings came up?
What did I learn?

Perspective & Perception Develop from One's Beliefs

There are discerning differences between *P. nect. 'e* and *Perception*. However both evolve out of beliefs. Let define each separately.

Perception is an interpretation of how cone understands their world. It's their ability to see there, it and feel. It is an extension of one's senses. An aware these with a mix of attitudes and personal values.

Perceptions come from beings of which thoughts and feelings play a major role. It is common to crue. 3 our perceptions with life events and at transitions into

Perspective is a vice woint that arises from observing the whole picture. Lis a continuous based on observation and assessment sing logic and reasoning. You might say Perspective is a manufacture awareness as it comes from a more objective variage point.

Pers, recives come from Perceptions, and both are based on beliefs. This construction was put into building blocks, beliefs would be a roundation.

PERSPECTIVE

A
PERCEPTION

A
BELIEFS



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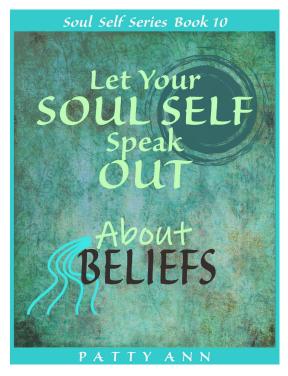


How much of your self worth or Dependent on your bear and

Which is the more Power ut affuencer In a rersons life: Lingthts or Beliefs?



Thank YOU for Enjoying



Your Ratings & Comments are Appreciated!

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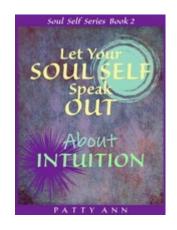


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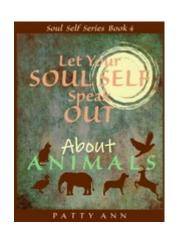
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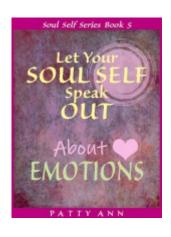


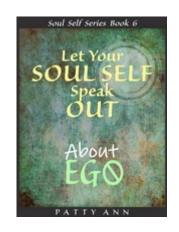






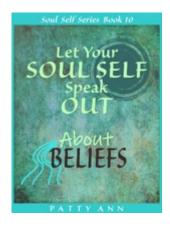
















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