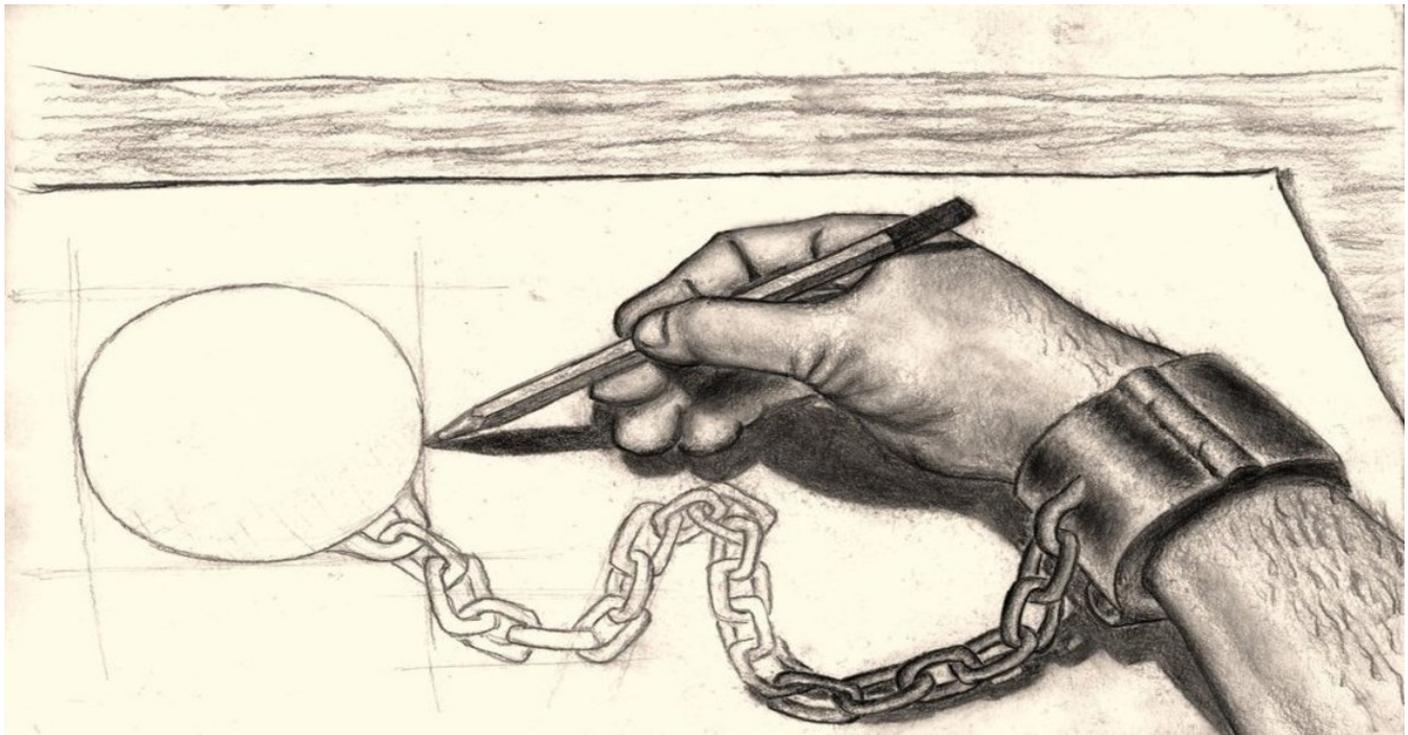


The perception, the mind and the belief system



These are the three instruments that guide our body, spirit and the 50 billion living cells, our thoughts, actions and experiences towards those around us and the environment.

Though these instruments we react to the environment.

They make the difference between Heaven and Hell.

They make the difference between Paradise and Poverty.

We form the intuition and we create the Perception by identifying ourselves with the world we live in and the people around us.

In our thinking and acting upon the environment and those around us, we use our Mind.

We form our belief system with what we learn and understand.

How we build our Perception is strongly connected to our previous learning experience; mostly our childhood experiences.

It's like when you stay with your child in the park and the little one falls off the swing and the first thing he does is look at you, sees you're worried and the fear all over your face and instantly thinks: Ok, there's something wrong with me from falling off the swing; what would it be if he looked at you and you told him: It's ok, stand up,

nothing's wrong, without any signs of worry. What kind of Perception would the child form?

Perceptions form the Mind and the Mind, through interpretation and habits, form the Belief System.

Perceptions spring from our opinions about things – events – people, repetitive opinions form habits, the mind records them and then we manifest our beliefs.

Emotional beliefs remain and act from our Subconscious mind.

They guide the human being in more than 90% of his decision making, during adulthood.

Man is able to survive in any condition, to eat almost anything that breathes, can survive without food and drink days in a row, can stay up an entire week at the North Pole, but finds it very difficult to change his belief system. Unlearning something proves to be difficult. But why?

We can almost say that the belief system and the gospels are almost like a jail for somebody. That somebody requires a large number of people to help him escape. He need years of hard work and sustained effort to get out. If a person believes so much in his beliefs, he doesn't even feel the need to escape. He doesn't even acknowledge he's in jail. But still, if a person wants to change them, to discard them and learn new ones, then it's like trying to escape by digging a tunnel through the prison's floor, having nothing but a teaspoon as instrument.

Mental Training = Happy Life = Will and Power

Share these thoughts and you'll help your friend achieve transformation.

The group of the clean and clear minded people salutes you.

Got any opinion? Please leave your comment below.