

HEALING OF BELIEF IN ONESELF AS A GENERATOR OF THE ACT OF CREATION OF THE COURSE OF THE EVENTS IN THE UNIVERSE

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Abstract: *To observe the world is, in itself, an act of creation. Consciousness is the one that creates. When we look at life – our spiritual/material abundance, our relationships and careers, our deepest loves and our greatest accomplishments, our fears and the absence of all these things – we might look directly into the mirror of our most sincere and, sometimes, most unconscious beliefs. The leaders’ convictions about themselves are what generates high aspirations, the things that make the universe of humankind be as it is.*

Keywords: *consciousness software, the individual’s beliefs*

1. INTRODUCTION

The object of our attention alters the reality and it suggests the fact that we live in an interactive universe. We live our lives based on what we think about the world, about ourselves, about our aptitudes and our limits. The science of management is a language – one of the very many languages that describe us, the universe, our bodies and the way things function under the aspect of the methods of measuring the reality and the laws according to which phenomena take place. If the particles that we are made of can instantaneously communicate with one another, they can be in two different places at the same time and even change the past through the choices that we are making at present, then we can do the same thing.

The act of observing the world is an act of creation in itself. Consciousness is the creator. When we look upon life – our spiritual/material abundance, our relationships and careers, our deepest loves and our greatest accomplishments, our fears and the absence of all these things – we might look directly into the mirror of our most sincere and, sometimes, most unconscious beliefs. The power of the convictions about ourselves is the one that gives rise to our highest aspirations, creating the things that make the universe be what it is. Our beliefs have the power to change the course of events in the universe, to literally interrupt and re-direct time, matter and space, as events that take place within them. Just as we play a simulation software that seems real, studies suggest that the universe itself might be the result of a huge ancient simulation – a computer software – that started a long time ago. If this is true, to know the framework of the software is to know the very realities.

2. THE CORRESPONDENCE BETWEEN THE INSTRUCTION IN AN ELECTRONIC SOFTWARE AND THE INSTRUCTION IN THE CONSCIOUSNESS SOFTWARE

When we think of the universe as some software, the atoms represent the “bits” of information, which operate just as the computer bits do. They are either on the “on” position as physical matter, or on the “off” position as invisible waves. Wheeler suggests that “the things that make the universe and life be what they really “are” are really information, small scraps of polarity”. Everything goes down to oppositions: pluses and minuses, female and male, on and off, as invisible waves. If the bit is the smallest unit of information that a computer processes, than the atom, as the smallest particle of matter that preserves its elementary properties is its equivalent. From this perspective, all we see/feel/touch in the universe is matter consisting of atoms in the “on” position or, in the binary code, in code “1”. What we cannot see, the atoms that exist in the “invisible” or virtual state, but which we can intuit, is in the “off” position, respectively the state expressed by figure “0” in the binary code.

Benoit Mandelbrot sees the structure of the world as it is now, i.e. made of patterns inside other patterns, inside other patterns etc. These patterns are called fractals. No matter how small, each part of a fractal resembles the larger pattern that it belongs to. Thus, in fractal geometry, the whole has the same shape as one or more of its parts.

Nature uses some simple, self-similar and recursive patterns (fractals) in order to build the familiar patterns of everything that exists out of atoms, from elements and molecules to rocks, trees and ourselves. Consciousness is an operating system (Gregg Breden, the Spontaneous Healing of Belief, 2008).

Operating systems represent the connection between the input data and the electronic components of the computer, and the consciousness of the universe represents the bridge between the data we input and the matter it is made of. In Gregg Breden’s vision, in order to change reality we need to change the software and not the operating system, which is fixed, just as a computer’s operating systems. In the case of our universe, the software consists of our beliefs. The comparison between a computer and the universe is summarized in table 1.

Table no. 1

FUNCTION	COMPUTER	UNIVERSE
Main unit	bit	atom
Obtained results	images, graphs	reality
Operating system	Unix, Windows	consciousness
Software	Word, PowerPoint	beliefs

If the universe is made of recursive patterns, than the small scale understanding of things offers us a great open-mindedness to similar forms, but at a larger scale. Belief is „the software that creates reality patterns. What we believe to be true in life might have a greater significance than what others accept as true. Free will is the acceptance of the power of Belief in our lives.

3. THE RELATIONS BETWEEN THE INDIVIDUAL'S BELIEFS AND THE CHANGES THAT THEY CREATE IN THE PHYSICAL WORLD

Belief is the certainty that comes from the acceptance of what we think is true, plus what our heart feels is true. Belief is also:

1. A language that accesses the quantum matter of our world and bodies (the access key to the „material” that the universe is made of).
2. The acceptance of what we have lived/seen/found out ourselves.
3. The inner power required for any change that we choose to make: to send healing instructions to our immunity system, to the stem cells and the DNA, to stop violence in our neighbourhood, to give birth to the greatest joys, to effectively forge our day-to-day reality.

For our Beliefs to have an effect upon the surrounding world, two conditions need to be met:

- There must be something through which our Beliefs are transmitted (i.e. some sort of medium that should carry our inner experiences beyond the body);
- They must have the power to create something in the physical world (by rearranging the atoms that the universe is made of in order to make things happen).

The demonstration of Belief is given by “PLANK’s Matrix” (a conclusion that resulted from the double slit experiment carried out in 1909 that consisted in highlighting a form of energy, a field that filled the empty space and reunited everything at any moment) that entails 2 things:

1. As long as everything exists in the Divine Matrix, everything is connected (so that what we do in one place must influence what happens in other places; the influence might be slight or huge, depending on a number of factors, and it may include the occurrence of physical effects).
2. The Divine Matrix is holographic (any part of the field contains everything there is in the field), i.e. the changes that we trigger in ourselves are already present everywhere as a pattern in the matrix, which makes our task be more than to just give life to the possibilities that we create under the shape of our Beliefs and less than to send positive thoughts to the other person.

The scheme of the relationship between our Beliefs and the changes they generate in the physical world is presented in Figure 1.

The report published in 1998 by the Weizmann Institute of Science in Israel confirmed the double-slit experiment. The report entitled “Quantum Theory has demonstrated proven that observation influences reality” announced a new discovery: the longer the particles were observed, the more they were affected by the observer. This 2nd experiment, which was conducted in 1998, is important for our lives for the following incontestable reasons:

- our bodies and the world are made of the same quantum material, which changed during the experiments, when it was observed;
- we are all observers.

Apart from its already known role of blood pump for the body, the heart is a translator of Belief into matter. It turns the perceptions of our experiences/beliefs/imagination into a codified language of the waves that communicate with the world beyond our bodies. (Heart conditions are due to the practise of lying by the ill persons who have systematically lied to their peers). The energy fields that alter our world and that are created by the heart contain our deepest Beliefs. The purpose of the heart’s prayer is to lower the mind down to the heart. Religion has intuitively known this truth.

Belief is expressed within the heart, where our experiences are translated into electric and magnetic waves that interact with the physical world.

Our reality is given by our inner experiences, which are a mixture of emotions, thoughts and feelings. Emotions are either love, or the opposite of love: for some it is fear, for others it is hatred. Our feelings represent the source of the power that pushes us forward in life. Just like the power of an engine that needs to be controlled to be useful, the power of emotion needs to be channelled and focused in order to be of use in life.

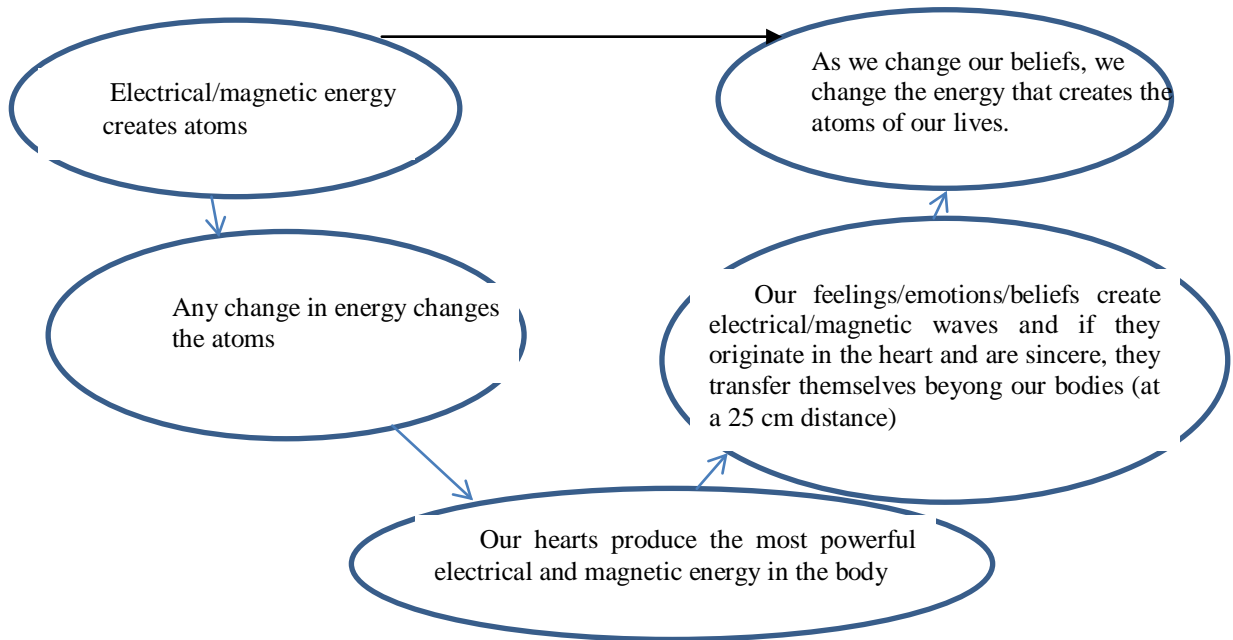


FIG.1

Emotions are a double-edged blessing, as they can either help us, or destroy us. The experiences we live are determined by our capacity to get a hold of our emotions, offering them a direction through the power of thought.

4. THINKING AS THE POWER TO IMAGINE THE CONSEQUENCES OF OUR ACTIONS

Thoughts are a guidance system that directs the emotions, while concentrating them in very precise ways. Thoughts have very little power and they represent the scalar energy (a potential force) that cloaks a possible situation, rather than a vector energy (i.e. the real force) of something that is real and can be encountered in our life. An ordinary human being has about 1,000 thoughts per hour (according to the announcement made by the National Science Foundation). The people who are assessed as “thinkers” can have 12,000 – 15,000 thoughts every day. Thoughts (respectively the multitude of decisional options) are short flashes about what the present could hold, about what the future could hold or about what there has been. Fortunately, not all the fleeting thoughts that cross our mind get to turn into reality. In itself, the thought does not have too great of an effect, and whatever remains in the mind is the image of a possibility, the seed of what there might be, suspended in time, harmless and relatively powerless.

Desire is a thought that lacks the emotional fuel that is needed to make it real. Even though we sometimes mean well, our desires have a reduced effect upon our body or world, until we are able to wake them up.

Feeling is the fusion between thought and the power of the emotions emanated by the inferior energy centres of creativity, and it represents what we think plus the fuel of love/fears/hatred towards the respective thought.

There is an infinite number of feelings (Gregg Breden, *The Spontaneous Healing of Belief*, 2008):

- anger (it is based on love),
- compassion (it is based on love),
- rage (it is based on hatred),
- envy (it is based on fear),
- gratitude (it is based on love),
- peace (it is based on love),
- doubt (it is based on fear),
- sadness (it is based on fear).

Belief is the individual's real position, whether acknowledged or not, in relation to ethical topics, expressed by the individual through the intensity of his emotional reaction throughout a conversation and its role is to reveal what underlies said feelings.

Teaching the evolutionism in schools, abortion, euthanasia, work performance etc. are listed among the ethical topics. Belief seems to be formed without any conscious thoughts.

The beliefs and feelings associated with thoughts are the language that "speaks" to the quantum material that our reality is made of. It is to the individual's best interest to abide by his/her beliefs, because these are the body's (the true body's) resonance. Resonance is the energy exchange between two things. To abide by one's own beliefs is to be psychologically congruent. To rephrase, it is the resonance between us and the facts that we face.

When thoughts direct our attention towards a place that we see, towards words that are spoken or any other kind of experience, the physical reacts to the energy of that particular experience. When we act according to our beliefs, i.e. when we resonate with ourselves, a reaction occurs within our body, which simply tells us that what we have seen or heard is real, or at least it appears to be so for us at that particular moment. The real information/experience doesn't matter. The person who feels the resonance believes it is true. (The individual's knowledge, perceptions, judgments, past conditioning shape that experience into what he/she feels at that moment.) the same individual may face the same situation at different intervals, but he/she might discover that he/she does no longer resonate with it and, consequently, the situation is no longer "real" for him/her. What has happened? That person's filters of perception have changed (they have evolved/devolved), and he/she does no longer have the same beliefs as he/she used to.

To feel the truth of one's own belief translated into physical sensation (goose flesh, blushing of the cheeks, red skin on the chest/upper arms, tinnitus) that tell us that we resonated with that precise experience. When the truth of our body does not resonate with what we experience, our belief is exposed by our own physical sensations of weakness (as if anyone had pumped out all our energy), cold sweat or sudden paleness of the face. Such sensations, which we might be aware of or not, may be experienced when we are lied to or faced with unreal information. It takes courage to follow one's beliefs (the resonance of the body). Psychological congruence is courage. Without courage we only imagine certain potential scenarios and logical results by speculating about what it could be like, by thinking about beliefs/convictions and rationalizing about our own beliefs. To think

about feelings, thoughts and emotions is to simulate a situation before actually being confronted with it, while determining exactly the things that we imagine and choosing whether these creations of ours should become real or not. According to the model (Gregg Braden, *The Spontaneous Healing of Belief*, 2008) presented in Figure 2, the result is the ability to imagine the consequences of our behaviour before acting.

When one does not obtain the expected result despite the person asserting / praying for things such as “I’ll be the best at....”, or “I am prosperous now and so have I been and shall be in all my past, present and future manifestations” etc., that is due to the fact that all the respective individual does is to utter words, without feeling any emotion beyond those words. For such assertions to materialize in the individual’s life, he/she must nourish them with the power of love, as if he/she has already got his/her wish. The wish is a thought. Without the emotion that turns it into will, any thought will remain the image of what might have been possible.

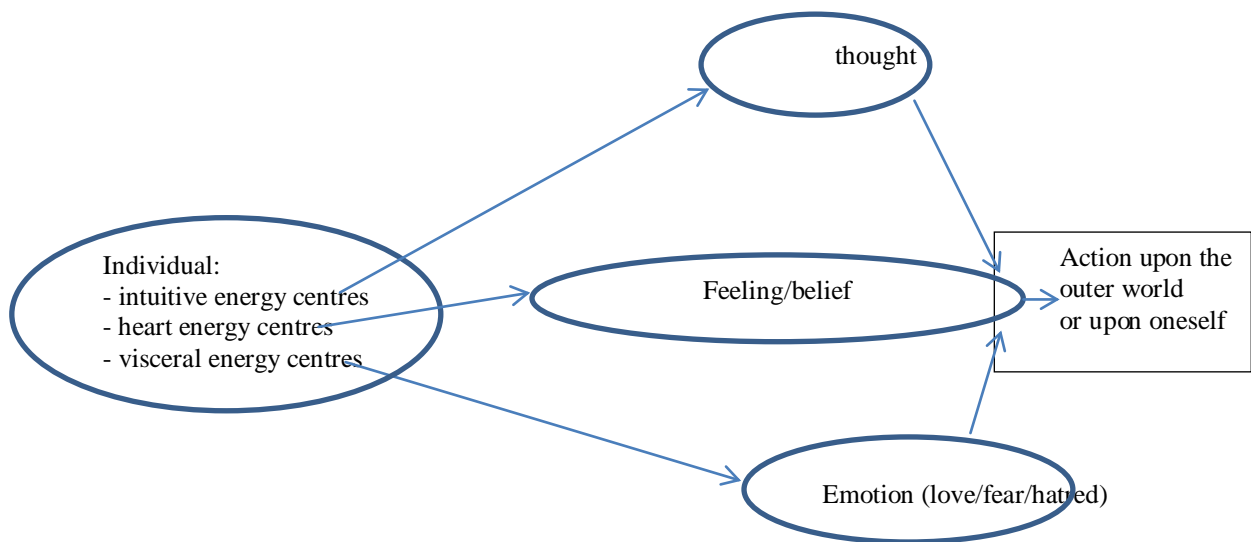


FIG.2.

Belief is the certainty sprung from the acceptance of what we believe to be true, associated with what we feel to be true in our case (the resonance in our body), which turns will into reality. A thought that is impregnated with the power of emotion will give birth to the feeling that will transpose it into life (we are speaking of the feeling that the result has already been obtained). The chance to obtain the expected result depends (as scientific research has already demonstrated) on how clear/precise we are. “Feeling is prayer” a monk said. A prayer for healing will be heard if it relies on the feeling that the result has already been attained. Gratitude towards what has already happened determines the change mirrored by our feeling that will trigger the healing in the physical body.

Belief can be regarded as a software. If one wishes to create a new belief, or to change an old one, we need to be absolutely sure of what we want to accomplish. An uncertain belief will undoubtedly bring an uncertain result (Gregg Braden, 2008), according to the correspondence between the roles of a computer program and human consciousness, as briefly presented in Table 2)

Table 2

Instruction of the software	Instruction of the consciousness
Initiation	Thought
Perform	Emotion
Complete	Feeling/belief

The “initiation” instruction offers all the information that the software needs to operate, while offering the needed information and designating values in the faith software in order to examine an experience before actually living it.

The “perform” instruction tells the computer what to do by processing the initial information for the purpose of obtaining a useful and meaningful whole, indicating the love emotion or fear emotion in the belief software that will give life to our actions starting from the information of our own life experiences.

The “complete” instruction indicates that we have obtained the *software* that will be used hence forward, signalling the feeling, respectively the moment when our belief, in its final form, has become a pattern in our life, i.e. the language that talks to the quantum material that the universe is made of.

We choose thoughts that become initiation instructions, emotions that signal the fact that we are ready to transpose them into reality. Through the agency of our beliefs, we become the architects of our own lives. Everything starts where our experiences converge into an eternal recording of a moment in time.

The subconscious is faster than the conscious and it coordinates 90% of our daily activity. The subconscious coordinates such elementary activities such as:

- inhaling/exhaling air;
- digestion/walking;
- splitting information into smaller parts and sending them to different regions to be processed simultaneously (the processing speed of the subconscious is extremely high – 20 million bits per second).

The conscious focuses on emotions, feelings and images, but it processes this information slowly (sequentially); the processing speed of the information in the conscious register is 40 bits per second.

Studies have revealed that, before the age of 7, the brain is in a state of reverie (hypnagogic) in which the child’s mind takes in everything it can about the environment. The points of view of others (of the grown-ups representing the authority) become the child’s beliefs that may sometimes accompany him/her his/her entire life, and some other times they become, for good cause, reasons to contest such points of view.

Many of the most profound beliefs are subconscious and they start shaping when the brain allows us to absorb the others’ ideas, before the age of 7. At least 90% of our daily actions are reactions that come from the reservoir of the information that we have accumulated during the first 7 years of life. Few are the people who had the misfortune of not being born in an environment in which acquaintances have reacted to the world in an exclusively positive way. Most of us have taken over the unconscious customs in quite a varied environment. This makes some of the subconscious beliefs lead to positive methods of overcoming the trials of life, and others to do just the opposite.

CONCLUSION: REPAIRING THE BELIEFS THAT INFLICT PAIN UPON US AND IDENTIFYING OUR TRUE BELIEFS

The idea is that we must believe that we are same by accepting to believe that to the depth of our being, i.e. to believe that life is a precious/rare gift that should be honoured, searched and explored. This will bring longevity and health.

The expression of beliefs in the body is a blessing because it allows us to identify the signals of fury, giving us the resource to solve them before it is too late. The pattern of our making judgments about the people around us based on our beliefs of what is good or evil, of darkness and light, of right and wrong represents a magnet that attracts the relationships with those people to us, respectively the bond that maintains them. Once the pattern is acknowledged by us in a relationship, the cascading echo is transmitted to many other levels of our lives. This cascade of healing often manifests itself in our lives and it does so with such speed that it is hard to notice and it consists of healing the bond of a perception that has the effect of breaking that respective relationship. Our experiences become real only when we focus our attention upon them, and we are a part of the reality that we create. We might notice that everything is not about good prevailing over evil, light prevailing over darkness, beauty prevailing over ugliness, but rather about choosing the kind of relationship that we want to have with them. John Wheeler said that each individual plays the leading role in what he calls an “interactive universe”. The act of focusing our consciousness while examining the world is an act of creation in and through itself. In an interactive universe, each of us, together with our fellow human beings are a part of the equation, and we are both the catalyst of the events in our lives and the ones who live the experience of what we have created. Both take place simultaneously. Even abnormalities help us discover the subtle keys of the manner in which the world operates.

When we ask God for something in our prayers (such as power, honesty, money, love etc.), the divinity will give us those life occurrences in which we might earn what we have asked for, plus the bonus of the consequences of the manner (be it fair or unfair towards the people around us) in which we choose to fight for what we have wanted or asked for. The quality of our beliefs and expectations has a direct impact upon the events in our daily life.

The manner in which we perceive the world and what we believe of what we see can no longer be minimized or cancelled based on the consideration that it does not matter. Experiences suggest that consciousness itself is the matter that the universe is made of and that his “consciousness” might be the “missing link” in the theories that would unify classical physics and quantum physics. John Wheeler clearly states: “the very materials that the universe is made of are the acts of observation and participation. The act of watching while expecting to find something there will create exactly what we expect to see. In 1998, scientists confirmed that fact that photons are influenced by the mere fact of being observed and they discovered that, the more intensely they are looked at, the more the observer’s influence upon the behaviour of the particles increases. The fundamental rule of the reality that ensues from this is that, in life, we have to become what we have chosen to experiment. Starting from the fact that in our minds “observation influences the reality”, there are two ways of transposing our possibilities/opportunities/choices:

- The certainty that reality changes in the presence of our focused attention;
- The more we focus, the greater the change.

Reality is as real as we believe it to be. We identify most with what we experience in life. We call our reality something frail/malleable/subject to change and something that is compliant with our expectations/beliefs. The key is to discover the experience that is favourable to us and to recognize it when it occurs (Gregg Braden, 2008).

In life, there is a tendency to live those occurrences that we identify with in our beliefs. The world that we see and that seems so absurd is the result of a system of beliefs that does not function. In order to be able to rewrite the framework of our reality, we need a reason to change what we believed in in the past. The change of our beliefs is the most difficult thing we do in life, because it does not resume to deciding that we want to change them, but to finding the will to do so. It is all more difficult because of what we think that these beliefs say about us. Practically, to change one's beliefs is to change one's identity.

When we are in situations in which we give in our power, self-respect, trust in ourselves we feel pain (due to the depreciations of the love for ourselves) and we stick exactly to the experiences that hurt the most. Why do we cling to the damaging beliefs, thus perpetuating the experiences that we want to heal? Why do we cling to the beliefs that limit us most in life? Our beliefs (the programs of our consciousness), hatred, fear make us feel the pain alone. We perceive our emotional experiences and we sicken our body. How could we repair those beliefs that give us pain? We can either convince our consciousness of a new belief through the power of logic, or we can by-pass the mind's logic and go straight to the heart. In the first alternative, once the mind sees a reason to think differently of the world, it will allow the heart to take this possibility as a new belief, feeling that this belief is true. In the second alternative we do not think what we believe while feeling forced to accept the miracle through a new belief determined by the presence of an experience that is situated beyond the rational experience. Both logic and miracles offer us a path towards our deepest beliefs. We can identify our true beliefs by analysing the manner in which they reflect in the relationships/career/abundance/health. The logical method of altering our beliefs is to make connections between different flows of information, aiming to get convinced of a new possibility with certain data that lead to a clear conclusion (for example when we see that someone accomplishes something that we thought would be impossible to accomplish).

The logical process of a person who plans and acts in order to attain a goal may seem a miracle to the other people.

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