

Since your values and beliefs are created by the unconscious, it's important to identify them so you can be in conscious control. Then you can weed out negative beliefs that don't serve you well.

★ WHAT'S A BELIEF?

Our beliefs are formed from the learning we acquire from our experiences. They are mostly created during childhood and become embedded in our unconscious if related experiences keep recurring to reinforce the belief.

★ HOW NEGATIVE BELIEFS MANIFEST

Your behavior corresponds to your beliefs. Therefore, if beliefs are negative, they manifest in negative behavior. Some of these beliefs are adopted from those who influence us.

★ THE THIN LINE BETWEEN SELF BLAME AND SELF AWARENESS

While it's important to see things as they really are and accept your negative behavior, avoid blaming yourself or labeling yourself as "bad." This attitude can lead to depression or a damaging inferiority complex.

The action is what's unproductive, *not* the person who acts. Each of us possesses the spark of divinity and it's up to us to fan it into flame.

*** USE YOUR HUMANITY TO UNDERSTAND THE SELF**

The human form is precious. We can use our bodies to understand our true self through prayer or connecting with nature.

*** HOW MARISA TRANSFORMED HER NEGATIVE BELIEF**

Like Marisa, you too can transform negative beliefs into positive ones which aid spiritual growth and help you lead a happy, fulfilled life.

★ NEGATIVE PLEASURE

Your childhood experiences can also lead to life patterns of negative pleasure which lead you to wallow in your misery. One way to find out whether you're experiencing this is to watch whether you make excuses for something you were expected to do but didn't.

If you're engaging in negative pleasure, you'll notice that you always blame something other than yourself for your failure.

★ TWO WAYS TO CHANGE YOUR NEGATIVE BELIEFS

The popular Emotional Freedom Technique uses acupressure and affirmations for self transformation. Give it a try! Or you can examine yourself, identify your negative core belief and work on changing it. Many people find professional or spiritual guidance helpful in this process.

★ WHAT ARE VALUES?

Your values determine your interactions with the world and your lifestyle. If you stick to the standards you set for yourself and others, you'll have a clear conscience. Do you know what your values are?

*** HOW ARE VALUES CREATED?**

Values are formed mostly during your childhood when you learn from the example set by your parents. Later, they come from others who influence you, such as friends and teachers. As you grow older, you create some of your values by making moral judgments.

* IDENTIFYING YOUR VALUES

You can identify your values by answering what's most important to you and essential for your life. Once you do this, you can examine whether you're living according to your values. If you're not, the next step is to ask yourself why not.

*** VALUES AND THE IMPORTANCE OF SELF LOVE**

Loving yourself is important if you're going to love others and have them reciprocate your feelings. Self love is easy if you live according to your values and beliefs.

* TWO KINDS OF VALUES

Learn to distinguish between ends values and means values. If freedom is your end value, money could be your means value. In other words, to have freedom, you must have money.

*** VALUES AND BELIEFS CHANGE AS YOU GET OLDER**

As you may remember in Marisa's case, values and beliefs change as we grow older. Often it's a change for the better. Look back on your life and see how you've changed. You can also choose to change. It's never too late to become who you want to be.

"He can who thinks he can, and he can't who thinks he can't.

This is an inexorable, indisputable law."

- Henry Ford