

## DAY 10

***We all believe in things. Fire is hot, ice is cold. The sun warms, the glass breaks... Life is hard, love hurts, family is safe... So where do these beliefs come from? Where did we begin believing to them?***

None of us are born with believing things. The only information we have at birth is the genetic codes stored in our DNA. Our beliefs do not come from our DNA; they are formed as a result of our interactions with our environment and our personal experiences.

***Beliefs are the rules we live by being attached to them. They are the predictions which we believe that they are the closest to accuracy of reality. (\*)***

Each belief begins with a fact in the form of suggestion and is reinforced with new information that is added. Michael Shermer says "... " in his book *The Believing Brain: From Ghosts and Gods to Politics and Conspiracies*. Each belief is supported by another belief. In other words, we obtain the justification of one belief with our beliefs that we consider to be true.

***To summarize, we need sufficient evidence (which depends on the person and the situation) to believe, and other beliefs that will support it.***

You too have millions of beliefs about life. Maybe you believe the money is hard to earn because you have had enough evidence on this and your other beliefs supported this statement. Or you believe there is no happy love.



Likewise, you had enough evidence of this, and other beliefs (for example, if your mother told you this statement, you have the idea of "Everything my mother said is true") supported this statement.

Beliefs can be supportive or restrictive. If someone who wants to earn a lot of money, he has restrictive beliefs about money, this road will be quite challenging for him because in this case, this person sabotages himself. We need to review their respective beliefs on the way to their goal. What restrictive beliefs do you have about your goals?

***For example:***

- Money is the evil.
- I do not deserve to be loved.
- Life is difficult.
- I'm not enough.
- I have to have a lot of money to be happy.
- I have to have a relationship to feel safe.
- I cannot change, this is me.

**Attention:** While mentioning your goals, all sentences that starts with BUT may be cause of restrictive beliefs. "I want to double my monthly earnings BUT it is very difficult to find a job in this country."

"I want a great relationship, BUT people walk away from you as soon as you show them your love."

***Task:***

- Try to find any restrictive beliefs concerning your goal and write them down on your study agenda. Tomorrow we will continue where we left off!

