

Discovering Your Operating Belief System Week #6 Handout # 2

Objective: To determine if the beliefs you hold are helpful or harmful.

Instructions:

List three things you believe about yourself.

- 1) _____
- 2) _____
- 3) _____

List three things you believe about relationships.

- 1) _____
- 2) _____
- 3) _____

List three things you believe about you ability.

- 1) _____
- 2) _____
- 3) _____

List three things you believe about your health.

- 1) _____
- 2) _____
- 3) _____

List three things you believe about the future.

- 1) _____
- 2) _____
- 3) _____

After each belief you wrote, note whether you experience the belief as Helpful (H) or Impeding (I). Impeding would be harmful.

After each belief you wrote, note how you would rate each belief on your believability index. Note: # 10 is absolutely true: #1 is absolutely false.

Finally after each belief you wrote, note whether this belief was assumed deliberately (DEL) by you, or if this belief was somehow indoctrinated (IND) into your mind without your apparent consent or awareness.

Are most for your beliefs deliberately chosen or were you indoctrinated into them?

Are your beliefs helpful or impeding your progress toward truth and happiness?

If they are not helpful, ask the Holy Spirit to assist you when you choose again.

Your initial response reflects your current state of beliefs about yourself. Since beliefs can be changed as our viewpoints shift, note which beliefs are harmful to your common objective of both learning the truth about yourself and being happy. You may wish to ask the Holy Spirit to reinterpret these beliefs into helpful ones. Also, note how these beliefs were originally determined. Were they determined deliberately? You may be shocked to discover that most of your belief system was arrived at through indoctrination which may be quite harmful to your mind's well being. ACIM 's goal is to reestablish your ability to be the decision-maker so that you can deliberately choose again. If we choose to follow the Holy Spirit's thought system, we can reclaim our divine inheritance as Children of God.

Repeat this exercise with the following changes.

First, ask the Holy Spirit for guidance on this exercise. **Second**, assume that you were absolutely sure that you were unlimited spirit, a part of the Oneness of the Mind of God. **Third**, ask and answer the same modified questions. The question would begin with the phase, “If you knew you were an unlimited spirit...” **Example:** If you knew you were unlimited spirit, list three things you would believe about yourself. Remember: God’s Will is that you know only happiness, which is the Peace of God.

How did your responses differ?

Note: All your statements would be deliberately chosen and would be “10”s”.

Repeat this exercise with the following changes.

Assume that you were absolutely sure that you were a limited ego-body. The question would begin with the phase,” If you knew you were a limited ego-body...”

How did your responses differ?

Would you prefer the thought system of the Holy Spirit, which is based to the knowledge that you are unlimited spirit?

OR

Would you prefer the thought system of the ego, which claims that you are a limited ego-body who must sacrifice your happiness for the ego’s false belief that it is right?

Supplemental exercise: Add the following question to your list.

List three things you believe about your work. If, retired, substitute your retirement or current life style.

- 1) _____
- 2) _____
- 3) _____

List three things you believe about family.

- 1) _____
- 2) _____
- 3) _____

List three things you believe about money

- 1) _____
- 2) _____
- 3) _____

List three things you believe about government

- 1) _____
- 2) _____
- 3) _____

List three things you believe about the society in which you live.

- 1) _____
- 2) _____
- 3) _____