

# Profile

Unconditional Community Consciousness

12 May 2008

To print and read from hard copy:

Press 'control + print'.

Select Layout/Orientation. This presents differently depending on whether you are using Windows XP or Vista.

Select 'Landscape' and click on OK.

If you wish to save ink, select also 'Fast Draft'.

Click 'Enter'.



## SOME POPULAR BELIEFS ABOUT OURSELVES

As I write, I am deeply aware that *belief systems* is a huge topic and this sharing is only a very small contribution to start your own thought processes! There are positive beliefs of course as well as negative ones - it's true that whatever we think about we put energy into - but for some reason the human mind seems to usually focus on those negative beliefs, particularly about

Hello again, everyone!

Well it's a beautiful late spring afternoon here in Paphos and the call to connect again via Profile is strong. With Easter now passed, my husband Ken is again in Asia to share his investment expertise in her very exciting and vibrant markets, my son Alexander now returned to university in the UK, and my daughter Gabriella downstairs with five of her best friends having a girly weekend, all is peaceful and tranquil again after our recent family busy-ness. The garden calls me today too, both our little garden boxes at the Centre and the other, rather larger one at home. After a lifetime spent in apartments before coming here to Cyprus to live, I still have a lot to learn and have had very many adventures with my plants and flowers (never mind!).

There was a huge response to the article on Forgiveness in our last Profile, thank you! Please don't take it personally if I don't reply - I always have such a large postbag and whilst I do my best, sometimes things fall in between the cracks!

If you've been practising what you've been reading in terms of the forgiveness, you will now start to find yourself beginning to understand that there is nothing to forgive, really. Things are just as they are, a part of Life's mysteries, some of which we can manage and others which are out of our control. When we are able to accept this and our part at some level in creating it all, we will find ourselves in a place of profound peace. This is the beginnings of Acceptance, a deep acceptance of All That Is.

Well, you might say, that's just fine. But what about all the rest of the what-what-what that's been going on around me and in the wider world today? All the *stuff* and *rubbish*. How can I possibly *accept* this or that, huh?

These are of course very valid questions, because as we look at our lives or around us in our world today, we can see a lot of things that we don't like and might not agree with. That's just fine. We are never going to change the world, or other

ourselves, or spends its time trying to defend itself against new thoughts and ideas!

One of the keys to self-mastery - and therefore a source of inner peace, strength, tranquility and harmony- is to know which belief system might be limiting to us, find out what response this is *really* triggering within ourselves and ask ourself what is the fundamental need we have within that keeps us holding onto it?

Once we have this awareness, we can then give ourselves a conscious choice to either accept something in our Lives, or not. If the latter, we can then decide what to do about it - respectfully to others of course, because not everyone is in the same space as we are in terms of courage and life journey. This will free us considerably as we go about our Life's journey in terms of personal expression.

In my Work, I have found that a fundamental belief that a majority of us is living under is that we "are unworthy".

To consider ourselves as being "worthy" of anything is one of the largest challenges we each have in our lives! Why? Because all around us we are told - particularly by the news media and almost every religion - of our individual "unworthiness". And, dare I say, it, by our parents and some school teachers too.

From this basic belief of our "unworthiness" come issues of control and manipulation (of each other), and most particularly, comes judgement. Or, fear of Judgement.

Judgement is very real and can be used as a tool to maim. It hurts and we know it. We've all been judged, and we've all judged too - and we fear its consequence upon our person more than we fear many other things in Life.

Think about it anyway and see how this might be applied to your own life experience.

I ask myself (and others) many times why we would consider ourselves to be unworthy - of who we be, what we choose to do and of what we have in our lives - when really we are all so special by fact that there is only one of each of

people. Forget about this, because it's not going to happen. Wars are fought, either at national or personal level, because of individual 'need' for others to be/do something that we may think they *'should'* (according to *our* beliefs). In these instances, an honourable approach might be either apply healthy boundaries, or to change our *response* to the *stuff* in our lives or in our world. That's all we *can* do, to stay in integrity with ourselves in respect to other's choices and personal journeys; and to enable everyone to have some sort of dignity in getting on with our Lives.

### **Beliefs are the basis of how we live our Lives**

I thought now it might be a good time to look at belief systems because so much *stuff* comes from rigid belief systems. All of what we think, do and believe start in belief systems and so it's very important to be aware of them, how they trigger responses in us and/or how we allow/enable our buttons to be pushed by both our own and other people's beliefs.

Each belief starts its life in the mind, as a single thought. As we've discussed in the past, thoughts are energy and are very potent in that they are expressions of ourselves. At this moment of our human development, most of our thoughts come from the lower mind, rather than from the higher mind. The difference between these come from whether we believe we need to defend ourselves (and by extension our families, jobs, property etc), which comes from the personality, or whether we embrace the universal values of Love, honour, respect, compassion etc, that comes from the Soul.

Our thoughts are therefore energetic tools that we use to consolidate into experience either deliberately or unconsciously as a word or as an action. What we think (with accompanying emotion) can be seen in how we look, behave, live and in the world environment around us.

Our beliefs form a systematic structure of how we think that leads therefore how we live our lives. They are "enculturated values" - thoughts, patterns - from which we make our all decisions. We get our beliefs from our society - each one having its own series of belief systems and taught to us through everyone around us as well as at community (national) level.

This is a part of the richness of our world's international social heritage. Each society has its own sets of belief systems, each religion too as well as family, education, profession, gender and so on down the line to the individual. Many belief systems are interlinked - we are talking here of

us on this Earth, living and *being*?

Why do we always dwell on what we consider to be our "negatives", and why do we not celebrate our "positives"? We can only answer this question each of us for ourselves, depending on own personal history and journeys!

To take this a step further, from this basic belief of "unworthiness" comes also a need by some people to validate themselves by invalidating others, or of needing approval before they dare to do anything. Our needing approval from other people, or our not needing approval from those who might wish to give it to us is a source of many situations that I know many of us would prefer not to have to deal with.

From this single fundamental belief comes all the other (negative) beliefs about ourselves. Here are a few, you will likely have hundreds of your own:

- "I don't deserve." This spawns "poverty mentality", where it doesn't matter how much we have of anything (and I'm not only talking about material wealth here), it's just never enough. It's an interesting belief to have, because a key Truth of Life is that Spirit is boundless and therefore Abundant. All the situations in our love lives, family and other relationships, careers too, come from this. This belief is related to
- "There is not enough" and
- "Life is supposed to be hard" (huh?)
- Also: "I am right (so s/he is wrong)." The Universal Law of Perspective applies here!
- "I am not a good person inside (and s/he is not a good person either)." Hmmm. I wonder what defines a "bad" person? Everyone, every situation has a perspective and every perspective comes from a personal (or national) belief, that in most minds therefore becomes a 'truth'. Remember, all aggressive behaviour is really a defence against some fear and is fundamentally a cry for help.
- Here's a good one for women: "We are only "good mothers" when we can focus all our time on the wellbeing of our

energetic matrices that criss-cross our world on subtle levels - and they *all* affect us as individuals doing our best to make the best choices for ourselves (and our families, businesses).

Generally, when activity - conversations, situations, experiences - can be easily slotted into any belief system, they are more easily accepted by the individuals that make up any society. When activity is new to any belief system, then individuals and society oftentimes do not accept it, usually out of fear (of the unknown), and will as a knee-jerk reaction seek to destroy it in order to feel 'safe' and 'comfortable' again. This lack of understanding, or lack of willingness to accept new or different things, is the basis of intolerance. Intolerant people living and working together make intolerant societies all judging new things or new experiences.

It's an interesting knee-jerk reaction because the only way we can grow as individuals is to be open to new experiences, constantly. When we refuse this, usually out of fear, the energies stagnate and then implode. It's easy to see this in people, societies too.

The *Walk of the Master* is determined by an individual's awareness and therefore acceptance of our world's very many different belief systems and our courageous ability to create anew in every moment of our Lives. We can either choose to be the victim to any belief, and are therefore always defensive (and complain about it), or we can take Life situations in both hands as opportunities to grow.

The *Mark of the Master* is to be able to foresee - and therefore side-step - any 'stuff' that come from a clash of individual beliefs to create Lives of ongoing peace, joy and Love. These latter three words are really what Life is all about. Everything else is just 'stuff', part of the chaos that no-one enjoys, not at all, but don't believe we have a God-given right to unhook from.

To be able to unhook, though, we have to first of all see clearly, then know and accept what our fundamental beliefs are, to give ourselves a conscious choice to either accept them, willingly, to change them or to change our response to them.

To the left we look at some very common beliefs around and also within us. Why do I say they are within us too? This is because all beliefs have some sort of emotion woven into them in terms of how we relate with them (and with ourselves), and because few of us are taught how to manage and release our emotions healthily, these are often stored in

children/families." This belief is a major cause of (dis)stress and dis-ease in women, particularly those who wish to lead professional lives in addition to taking care of family responsibilities. Who gets to define what is a "good mother" anyway? Hello?

- Here's a good one for lovers or spouses: "I need you" or "I can't live without you". Well, we don't *need* anyone in order to be whole! When we own this, we can let go of this belief, to then start having more joyful relationships in our lives, free of all (disharmonious) need.
- "So-and-So 'did' this to me. Or, So-and-So "made" me do it. Or "I had to do such-and-such because of So-and-So." Or "I can't do such-and-such because of what-what-what". This sounds like the Cry of the Victim (or an excuse - same thing). How can anyone do anything "to" us, or "make" us do anything, unless at some level we have agreed to it? Eh?
- "I am not going to get 'well' unless I take something, get injected or have some sort of medical intervention." Well, hmmm, okay then - give all your power away.
- "If only I had a bigger house/car, brand-name clothes, more money and/or a better job etc, I will be happy." Well, it usually works the other way around but a lot of people are in this belief system - we think that money can buy everything, including happiness, self-worth or self-esteem (forget about it, it can't). When we can honestly consider ourselves worth-while, we will be able to enjoy all of these in a different way, or even not need them at all.
- "If I can't do something or can't understand something quickly, this means that I'm stupid." Oh. Okay. What an interesting supposition. Who taught us this one then? And why do we keep buying into it?

Beyond the above, belief systems of course include *everything* in our lives: how we "*should*" relate, eat, drink, exercise, dress, read, shop, worship, travel, educate and bring up our

our physical bodies, becoming a part of our biology. After a period of time, being energy, these emotions often (usually) stagnate and become pathology by impacting our immune and endocrine systems - the result of which is dis-ease and dis-stress.

Few beliefs are *conscious*, the majority of these are *unconscious*, even though they have HUGE impact upon our lives. You may wish to take some time to determine what yours are and more importantly, what they mean to *you* (and those around you too!!!) Have fun whilst you do this - it can be a source of great enjoyment to see how we have not only allowed, we have enabled certain situations to arise because we just haven't been aware of the underlying belief!

Knowledge is power, as the saying goes, so take these insights as expressions of Self, in order to know yourselves better, make different choices - and to grow. (Or not! That's fine too!) Enjoy anyway, whatever you do whichever approach you choose!

To assist, next week we are starting a series of "Know Yourself" lessons, at ARTos in Nicosia as part of our efforts to awaken awareness - if you're resident in Cyprus there'll be an announcement tomorrow about registration or you can [read more here](#) if you wish. As well, at the end of this month we have organised a Vision Quest for those interested in moving beyond everyday beliefs and personal limitation. [Click here for more](#).

We've also started a Monday evening meditation group at Emilie's Place where I'll be available to answer your questions too. Call the office for details.

Our gatherings together, whether they are dinners, private sessions, meditations or hands-on practice are always so much *fun*. And all bound by the energy of Unconditional Love. I can't understand why, when everyone gets so much out of these, why more people don't make the time to come and/or continue to judge the Work? All we can do is to continue to put it out, and invite people to experience it, to allay any fears they might have because we have all be so conditioned to experience Life in all its negative ways, rather than in her true beauty. It's beautiful work, there isn't a part of it that is not, I've experienced. Oh well.

children etc. We "approve" of those who fall into line, and "disapprove" of those who don't. Or won't. But at what cost to ourselves, and our preferred expression of Life? And how - and of what - we pass onto our children too?

Perhaps think about this too.

Perhaps a key word to use in our pondering is "*should*". If it works for you - excellent situation! If not, then a good way to consider breaking out of a belief that doesn't work for us is to perhaps use the word "*could*" instead, in order to express ourselves as we really feel to? *Could* opens up realms of possibilities and potential - and conscious choice, key to living our lives creatively, response-ably and therefore harmoniously with everyone, everything else.

Life is after all about expressing the grandest vision we have about ourselves, authentically and with no fear; and living and sharing this potential of Self with others too. It's impossible to do this when we are manacled to "shoulds" that either belong to other people, or yesteryear. In any case we never know who might be watching as we extend ourselves beyond everyday beliefs - and from this take permission to do the same for themselves! A whole community, wakening up together to full potential? Aaaaah! What an excellent situation this would be, all 'round!

[Join Our Mailing List!](#)

### Inspiration

An opponent is entitled to the same regard for his principles as we would expect others to have for ours. Non-violence demands that we should seek every opportunity to win over opponents.

- Mahatma Gandhi

Part of the challenge I face, as I said to a friend recently, is that the word "Love" has been misunderstood (and trashed) beyond its true meaning.

Whenever I speak about it, people look at me funnily, sometimes thinking that I'm some sort of hippie, you know, walking around stoned saying, "Peace and Love, m-a-n" or whatever. Oh well, never mind. I'm having excellent adventures sharing the peace - and Love, Joy. I know many of you are, too.



In our next *Profile* we'll take a look at Unconditional Love.

Lots and lots of love from me to you for now. Blessings too.

Anna. Of Cyprus

-

-

-

[More on Anna click here](#)

[More on the OneTouch Centre in English and Greek click here](#)

[Summer programme in Paphos and Nicosia click here](#)

---

Anna and the energies of OneTouch are about relating our spirituality to daily life - to heal, grow and more

*Working with the energies of Unconditional Love known in this instance as OneTouch, Anna works powerfully and effectively by helping to shift and harmonize consciousness into understanding, acceptance and Love in families, businesses, sports teams and educational facilities such as schools and colleges - in effect, any instance where individuals or groups of individuals are being, together. Her work is unscripted and totally spontaneous, which allows her to interact in-the-moment, to fully meet all needs, both expressed and unexpressed.*

[Private sessions in Cyprus:](#)

*At the Centre in Paphos Tuesday through Saturday, by appointment.*

*In Nicosia every Monday, at Emilie's Place.*

*Calling in from overseas*

*Through webcam or telephone for distance healings or readings, Guidance or counselling. Appointments available through the office as usual.*

*Outside of Cyprus*

*Either click on the OneTouch Centre website for details of Anna's overseas engagements or call the office.*

*Group and Corporate Work Worldwide*

*Through prior consultation to dovetail people with strategic vision, goals and objectives.*

*Every Monday evening 7:30-8:30 pm is meditation practice at Emilie's Place. Why not join us to experience the energies of Unconditional Love for yourselves?!*

*To find out how what you can do for yourselves and your families, friends and colleagues, call the office in Paphos on +357 2693 0388 or email [info@onetouch-centre.com](mailto:info@onetouch-centre.com).*

---

*all articles*

*© 2008 Anne Mary Hughes*

---