

Uriel Heals article
June 3, 2007

Changing our Beliefs

As we move through the Shift and along our spiritual path we are challenged to change the way we look at ourselves and our reality. While the Universe may make helpful suggestions as to where the changes should be made the final choices and decisions are always ours. If we can pay attention to how the situations occur and the energies around them, a pattern emerges that can show us how our beliefs and reality interact to create what is happening before us. Understanding how our beliefs work provides the key to manifesting what we want.

The way our beliefs work is very simple, what we believe about everything determines our reality on physical, material, emotional and spiritual levels. As each experience uncovers another level of beliefs we must find ways to change what we believe, when those beliefs are creating a reality that we no longer want, to alter the course of the path that we are on.

So much of what we know about the world comes from our beliefs. We know, for example, that the earth is round. But many centuries ago everyone believed that it was flat and they maintained that belief until someone proved it wrong. And even then, people were reluctant to change their beliefs about the shape of the earth. We believe that grass is green but to a person who is color blind, grass is brown. We will believe something until we have proof that it is no longer true. We often search for that proof outside of ourselves but with the Shift and our new focus on standing in our power, we must learn to create the proof to change our beliefs by ourselves.

When we have beliefs that must be changed something happens that highlights the area of our life they affect in ways we cannot ignore. What we do at that moment in time determines how we move forward. We can either use the experience to reinforce the belief in our powerlessness and inadequacy or we can see the situation as an opportunity to change a belief.

If we use the situation to reinforce the belief in our powerlessness, then we have missed the point of this lesson. And we will be able to repeat it again in the future, which can further reinforce the belief that we are not good enough, deserving enough, smart enough or lucky enough to create what we want. If our belief is that we do not deserve a loving relationship, for example, we will attract relationships with people who do not love, honor or respect us. When we are in those experiences, the pain that each relationship causes us can serve to reinforce our belief that we don't deserve better. As long as we have that belief and keep reinforcing it for ourselves, we will continue to attract difficult relationships, or other difficult situations, to us.

Or, we can detach from these situations and view them as an opportunity to change our belief. When we realize that what we believe puts out the energy that people and situations connect to, we understand that our beliefs create the reality we live in, on every level. Each person and situation that uncovers a belief for us is giving us the opportunity to review and change that belief. The challenge for us is to step into our power and change the belief. We can do that and our reality will change accordingly.

That's not to say that the change will be immediate and we may even have several opportunities to review a belief but if we stand in our power and do not get involved in the emotional dynamics of the experiences, we can make a great deal of progress. While we may have many beliefs about the world and our place in it, there are several things that we can focus on to help us through this process:

- We are divine spiritual beings and unconditional love, unlimited abundance, prosperity, peace and joy are our birthright.
- We are connected and are part of the Source and have unlimited power and authority over every aspect of our reality.
- We are always loved unconditionally and are supported in everything we do.

- It is our spiritual destiny to bring light, peace and joy to the world and that process begins with us and our own reality.

As with everything that we do that allows us to move forward along our spiritual path, each time we change a belief in our reality we create the possibility for that belief to change for all of humanity. Everything that we do creates an energy that resonates through the Universe. Each of us has the power to change the world, to bring heaven on earth and as we do that for ourselves we do it for everyone.

About the author

Jennifer Hoffman is an intuitive, spiritual healer, mentor, teacher and author. She also channels the energy of the Archangel Uriel. Jennifer has helped many people through the Shift through her unique insights and counsel, facilitating their healing journey. Jennifer is the founder of www.urielheals.com, an on-line spiritual healing and growth center and dedicated to the messages and teachings of Archangel Uriel. Information about Jennifer's books, on-line seminars and services is available at her websites, or email healing@urielheals.com for information.

Article Copyright © 2007 by Jennifer Hoffman. All rights reserved.