



# AMETHYST MOON

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NEWSLETTER  
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## AUTHORS' NOTE

Last month we started to look at recognizing our behaviors and beliefs. This month we will explore using our behaviors as an avenue to uncover beliefs we tend to hide from ourselves. As always, any comments and feedback are appreciated because they help me to address items of interest to you!

Until next month.....Lin

Again this month I am continuing the series of columns discussing Belief. White boxes contain examples that help to clarify the ideas being presented. I have also placed the main concepts in black boxes. If you are enjoying this series, you may want to purchase my book, **The Impact of Belief: Learning to Take Control of Your Life**. You can find it on the website ([amlifecoaching.org](http://amlifecoaching.org)). If you have any questions or comments please send them to me at [lin@amlifecoaching.org](mailto:lin@amlifecoaching.org). Thank you!!!

### ***Uncovering Hidden Beliefs***

All of your experiences are interpreted through those things you believe to be true. When something cannot be explained within your existing belief system, then you will either discount it or, if you are open minded enough, challenge your belief. Because our beliefs play such a large role in our lives, it stands to reason that we should know what they are -- at least those with the most impact. You may be aware of some of them already. The strong beliefs we hold are usually fairly easy to identify. An example of a strong belief would be your view that murder is wrong. However, there are beliefs we keep hidden from ourselves and do not even know, on a conscious level, that we hold them. These are harder to identify, but it can be extremely important that we do so.

THERE ARE BELIEFS  
WE KEEP HIDDEN FROM  
OURSELVES THAT DEEPLY  
AFFECT OUR BEHAVIOR

Whether we want to accept the following fact or not, it is true: *We behave in accordance with what we believe.* (See Example: Behaving in Accordance with Our Beliefs). When you can accept the fact that you are driven and, in a sense, controlled by your belief systems, then you have an opportunity to change those parts of your life that you do not like. With only a few exceptions, if you do not like your

current job, environment, habits, or whatever else, you do have the power to re-create these areas of your life. It all starts with what you believe.

In my own case I did not realize how much I was concerned (and believed) that I would be judged by what I was doing when a member of my family came home. I did not want them to find me 'just' reading or watching a movie because then they might think that was all I'd been doing all day. How silly is that? Not so much. I know I'm not alone in harboring concerns about what others might think.

If this belief had not been so strong and so hidden from me, then I would have thought about their reaction, dismissed it as not needing to impact my plans, and done whatever I had planned to do. Had this been the case, I would have affected a change in my belief system that said I need not concern myself with their judgement. However, in my case the belief was stronger than I

realized. In fact it was so powerful it adversely affected my behavior. I would not read, watch a movie, sit quietly to meditate, or engage in any other activity I judged to be 'non-productive' because some member of my family might 'catch' me not working. There was always something that needed doing, so I pushed myself constantly and got lost in the 'doings' of my life -- working, cleaning, outdoor work, etc. Lots got done...and I got more and more exhausted. My belief that I would be judged in a negative manner if someone discovered I was not working was causing nonsensical behavior. However, until I recognized it, I had no ability to change it. Once I was able to identify the behavior, I then had the opportunity to

identify and examine the belief that was causing it. That belief was hidden from me and borne out of a series of experiences that occurred when I was very young and impressionable. The belief that I was not good enough never found its way to my consciousness until I went searching for it. The circumstances that gave birth to this belief are unique to me -- the important piece is knowing that this particular negative belief is shared by many of you reading this, even though our backgrounds and life experiences are not common. A belief like this one is hard to admit, but once you can face it and see that there

need be no judgement against yourself for having such a belief, then you can challenge its validity.

In my case I realized that my family was not judging me to be lazy or non-productive. I was placing that judgement on myself due to the belief I held. In fact when I could finally see that I realized that my family already knew I had a tendency to work too much, so they probably would have been overjoyed to find me doing something to relax. And even if they didn't...why should that bother me? I knew I didn't just sit around all day doing nothing! These realizations allowed me to challenge and change the inaccurate, hidden belief that caused the behavior I no longer wanted to engage in.

To stop my undesirable behavior meant I had to first be aware of it. Once I recognized the behavior, then I could be more conscious of the thought process I went through which led to uncovering the underlying belief. At that point I could challenge the belief and decide if I was willing to change it.

You can change your beliefs or alter your behavior by following four basic steps:

**EXAMPLE: BEHAVING IN ACCORDANCE WITH  
OUR BELIEFS**

If we believe we are fat, then when we look in the mirror we see someone who is overweight. If we believe we are a good parent, then we become defensive if someone makes a negative remark about our parenting style. If we believe we are an excellent skier then we shun the bunny slopes and opt for the double black diamond ski runs. If we think of ourselves as someone who does not lose, then our behavior is always to win. The examples go on and on and show up in our personal and professional lives.

**WE BEHAVE IN  
ACCORDANCE WITH  
WHAT WE BELIEVE**

### *Altering Unwanted Behavior*

1. Commit to changing behavior / belief
2. Recognize the belief (which drives behavior)
3. Challenge the belief
4. Change the belief and, therefore, the behavior

As you can see, the steps to change behavior and belief are quite similar. This is because your behavior is a reflection of your beliefs. Before we go more in depth on each step (in future newsletters), let's first look at how we can identify the beliefs we keep hidden from ourselves.

#### *How Do I Discover My Hidden Beliefs?*

Knowing that our behaviors are a reflection of our beliefs means we can use our behavior to uncover those beliefs we do not even realize we have. Often they operate so automatically that we do not even think about them as beliefs. The example I gave about how concerned I was that someone might catch me not working was not something I took time to think about even though it had been affecting my behavior for years. It was only when I opened up and asked God and the Universe to help me uncover beliefs that were adversely affecting my life did I create the environment in which I was willing, able and open enough to discover them. So, the first step to discovering your hidden beliefs is the true, real desire to do so. Once you have made the commitment to recognizing the behaviors and beliefs you would be best served by changing, then you can start looking at your behaviors with a different eye and ear.

**WE CAN DISCOVER  
OUR HIDDEN BELIEFS  
BY MONITORING OUR  
BEHAVIOR**

Discovering our hidden belief systems requires a conscious effort to watch and monitor our own behavior. The way we behave is how we act out our beliefs. So it stands to reason that by learning to observe and analyze our behavior, we can uncover even those beliefs we do not know we hold .

There are various methods you can use to observe your own behavior depending on your personal preferences, likes, abilities, and most effective way of learning. Whatever method you decide on, it needs to be one that you will both remember and want to do. Just like an exercise routine or New Year's resolution, if you do not pick a process to discover your hidden beliefs that you can tolerate enough to stick with, then your chances of completing or continuing it are slim.

It is very beneficial to learn to observe yourself with enough detachment that you can recognize and record your behaviors without feeling the need to label them as 'good' or 'bad'. There is no benefit to using your time or energy dwelling on the feelings of guilt, self-doubt, sadness, or anger that may surface. Use these feelings to decide whether or not your behavior should be modified, but do not get lost in them. In other words, we must be very cautious not to get trapped in overanalyzing or punishing ourselves for our past conduct. This process is intended to help you know your belief system, not to judge it. Remember every belief you hold is a product of some experience you have had. Everyone has had positive and negative experiences that have resulted in some beliefs they like and some they dislike. Because you have the power to change the belief, you do not need to waste your resources (time, energy) in placing judgements on your

**EVERY BELIEF IS A  
PRODUCT OF YOUR  
UNIQUE EXPERIENCE**

**DON'T WASTE YOUR  
VALUABLE RESOURCES  
(TIME, ENERGY) JUDGING  
YOUR BELIEFS**

beliefs or the resulting behavior they have caused. Instead save your time and energy to make a positive change to what you believe and your outward behavior will follow accordingly.

One way to observe yourself and your habits is to rely on your dominant sense. If your dominant sense is seeing, then your best observation mode would be to watch yourself and your behaviors. What I mean by this is to look out through your eyes as if they are

not your own, but instead belong to someone else. What are you doing and are you comfortable with your actions?

If your dominant sense is hearing, then you would listen to yourself speak and observe yourself as if you were someone else listening to you. It is not the individual words you focus on; it is the message the words are conveying. How do you react to what you are hearing? Is it pleasing or bothersome to you?

If you need to experience or feel, then monitor how your body reacts to what you say and do. What are the sensations that occur? Do you feel at ease, secure, unworried, or happy or do you feel tension, anxiety or irritated?

By observing yourself in a detached manner, you have a better chance of freeing yourself enough to make observations without making judgements. Your job is to observe and note your behavior, not deem it as 'good' or 'bad'. You simply want to recognize what behaviors you would like to alter so that you can examine the beliefs that are causing them.

Another option to uncover a hidden belief is to identify the actions that take place when you find yourself in a situation you do not like or that somehow makes you uncomfortable. How did you get there? What choices did you make (i.e., what behaviors did you do) that led to being there?

Whatever method you use to recognize behaviors you'd like to understand or change, be sure to record them. You can use a journal, a notebook, a voice recorder, or a even scrap piece of paper (don't lose it). It does not matter how you keep a record. What is important is that you keep one. As you work through changes in beliefs and behavior, you will find you are training your mind and body to be more aware of your actions and ethics. This means you will recognize more behaviors and beliefs than when you were unconscious of their existence. Unless you have an incredibly good memory, finding a way to record your findings for review later can be quite helpful. It aids in reminding yourself of how far you've come and how much you've evolved.

It is not necessary to record every single behavior you observe. That would prove impossible since you are doing, thinking, seeing, feeling, hearing, etc., every moment. You only want to record those behaviors that invoke a sensation of looking wrong, sounding inappropriate or feeling undesirable. These are the behaviors that you will focus on in order to challenge the hidden belief(s) that cause them. Those actions, habits and behaviors that are acceptable to you can be left alone for now. Because this exercise could become overwhelming quickly, especially if you have more than one behavior you want to change, I suggest you stop your observation when you have one to three behaviors on your list. Once you've worked through the process with those items, then you can repeat the procedure to identify the next conduct you'd like to change.

**RECORDING YOUR BELIEFS  
HELPS YOU TO MONITOR  
YOUR PROGRESS &  
EVOLUTION**

All the best in discovering your beliefs.....and remember.....

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If you are enjoying the series of article on The Impact of Belief that started in the June newsletter, you may wish to purchase the book, *THE IMPACT OF BELIEF: LEARNING TO TAKE CONTROL OF YOUR LIFE*.

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LEARNING TO TAKE CONTROL  
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We create our products and services to provide a variety of ways for people to discover their life's purpose. We strive to:

- 1) help people realign their lives to connect to the reason(s) they are here on earth at this time, and
- 2) assist people in evaluating their behaviors and the beliefs behind them in order to discard old, non-serving, unbeneficial habits and beliefs and to rebuild stronger, healthier belief systems.



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