

Creating A Void From Old Beliefs



Mushiba: Occasionally, I retreat within Self to evaluate some of my long-held beliefs so I can redefine my truth. It is not easy since it forces me to face Self. However, it is always fruitful because I create a void within Self where I can dismiss an old belief ~ and, most of us know what The Universe does when there is a void.

Waith responded to a question on this very topic:

Question: “I see the crazy things happening and feel that everything is absurd. A sense of uselessness comes over me, that there’s not much point in doing things and I’d rather not do anything. How do I deal with this feeling?”

Waith: *“This is a common feeling for as you learn more about why you are here and how you fit into The Universe, there can be this thinking, ‘It all seems to be running as it’s supposed to so why should I do anything?’ That is a reasonable response ~ in essence, a flowing with what is happening. However, something that you may believe in today, suddenly tomorrow proves to be different than it was the day before.*

“You are in a time frame of rapidly changing illusions and it means that crumbling will occur. This is a test for you to be better able to draw within Self and not to external definitions of what you feel is the truth. The truth is something you would define within Self.

“When you believe something that is external to Self, you will feel a sense of futility if it changes, for you will have believed in something that you brought within Self as a way to help see your way through this lifetime. And when that is suddenly broken and destroyed, or at least crumbled in some way, you could find yourself lost ~ a sense of hopelessness.

“You can bring yourself out of that feeling. Do not fight it, and rather say, ‘Yes, what I used to believe is now gone and I have nothing to believe in now.’ Empty yourself. And then watch what happens, for The Universe does not like emptiness. Something will come to fill the void that you have just created. It may be another belief or it may be a higher understanding of why you lost the other belief.

*“Do not try to hold onto a belief, for when you try to hold onto and possess something, The Universe will take it from you. This is part of the precepts that work within The Universal Consciousness. It will be taken away if you try to possess it, just as when some **one** or some **thing** tries to possess you ~ you fight it.”*

Beginning today, I will be on my annual week-long Wilderness Retreat where I disconnect from everything electronic (and their hard copies). I always return relaxed, refreshed and renewed ~ and while I will have evaluated my beliefs, there is one that remains: “I will not be possessed by any *one* or any *thing*.” So, reading Waith’s final words from this excerpt reminds me that just as I do not like being held captive, so too, do beliefs not like being held captive. Something to ponder, gentle spirits?