

Chapter 1  
**The Basics**  
*From Experiences to Consequences*

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Everyone has experienced something in their life. *Experience* is something that one has actually done or lived through to gain a conscious perception or understanding of reality or of an event. Whether you experienced a positive situation or a negative situation each of those situations had an outcome. Every action has a consequence. When a person experiences something, it becomes a moment to learn, a moment to create and gain *knowledge*. Knowledge is attained through several forms of experience; the three head of the list being, to *physically* encounter something hands on, *visibly* watch the outcome of an event play out, or be *verbally* taught the consequences of a situation. Though some may encounter similar experiences, many will have different perspectives on certain situations. Some see the glass half empty, others see it half full; it starts with our own *core beliefs*. Think of a core belief as a seed planted into your subconscious mind which is fed by created knowledge gained through experience. Core beliefs begin to become instilled in us from the very day we are born, because from the very day we are born we are constantly surrounded by all sorts of influences in which we learn from.

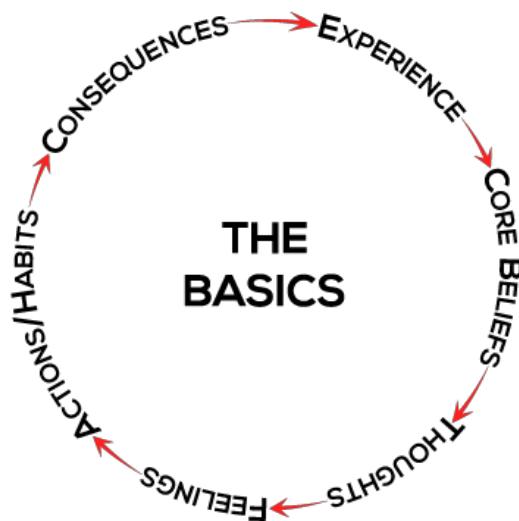
The first core belief I can remember creating for myself happened as I was mildly electrocuted. When I was a toddler, no more than three years old, I climbed down from the dining room table with a metal fork in my grips, snot dripping down my nose, and a horrible idea on my mind. That afternoon I made the decision to skip my lunch and put a metal fork into an electrical outlet causing me to be shocked by a volt of electricity. I think it's safe to say that we all know the consequences of this situation. Whether we were told by someone, seen it happen visually, or like me; learned by experiencing it hands on, we know that playing with electricity can cause great pain, severe nerve damage, or potential death. Fortunately for me I encountered the least devastating of the three and only reaped great pain. After gaining knowledge through this experience I quickly created a strong core belief about meddling with electricity, even to this day I can say I have a bit of a phobia. Before gaining this knowledge I had no experience on the subject, therefore leaving me with no core belief on this particular matter. At the young age of around three years old the main core belief I valued at the time was to

feed my curiosity. My ultimate goal was to get into as much as possible by experiencing everything hands on.

Core beliefs will continue to exist in our subconscious mind whether we make effort to influence them or not. Core beliefs will grow stronger as they are fed with gained knowledge. Core beliefs don't disappear, they only *transmute* into new beliefs dependent on the type of knowledge they are fed. Once a seed of core belief is planted and fed it then begins to blossom into *thoughts*. Thought then almost instantly evolves into *feelings*. Prior to establishing a core belief about misusing electricity I thought that putting the fork into the outlet would bring me some type of joy, for that reason I felt curious and excited. These thoughts and feelings crystallized into my *actions*, which in this case was me placing a metal fork into an electrical outlet. Every action has a *consequence*. My actions in this situation caused me to experience intense physical pain while being electrocuted as a result to my behavior. Thoughts immediately follow after core beliefs. Thoughts are most susceptible to change. Once we change our thoughts, the rest of the cycle will continue to trail behind. After experiencing this situation and creating a new core belief on the subject I then created new thoughts and feelings which lead to new actions and consequences.

The new core belief I developed was the understanding that abusing electricity will cause both physical pain and mental anguish. I used this information to feed my belief by categorizing it as "harmful" and believing it to be something not to be played with. My new thoughts pertaining to this matter were simple; I thought it was a bad idea, period. My new feelings were cautious and fearful. My new actions consisted of me veering far away from behavior that would induce me to encounter a similar experience, this included staying clear of all open faced electrical fixtures and equipment, especially as I bared metal objects. The consequences I received due to my *new* actions concluded to be rather positive, they rendered me from being electrocuted a second time and allowed me to keep my potential risk of death by way of an electrical shock at a minimum.

Okay, now that we went over “The Basics” which long story short is– *created knowledge* gained through *experience* [and through *influence*] develops *core beliefs*. Core beliefs induce *thoughts* that are then followed by *feelings*. Feelings lead into *actions* [or *habits*] and will always assume a *consequence* whether it is good or bad.



With that said I want to share with you the other half and perhaps the most important factor to this entire equation. Though the cycle itself is a permanent constant, what we put into it [and get out from it] can vary. As we feed the seed of core belief with new information, it can begin to alter our perspective on the matter at hand. The format of the cycle will stay the same but the outcome of the patterns may change, just as they did for me after I *learned* the consequences of playing with electricity.

The next factor I want to explain is that none of our actions or behaviors are automatic; they must first go through the cycle. Despite our knowledge on the subject, it is ultimately our decision as to **how** we think and act in certain situations. For instance, just because I experienced the consequences of pain, fear, and anguish from my encounter with mixing metal with electricity does not mean that next time I have a metal object in my possession that I automatically won't

repeat the same actions. Regardless how much *pain* or *fear* it caused, I myself, have to make the decision to choose not to perform the same actions. Even before this incident I had the *power of choice*. Choice is something we all have, it is our *birthright*. The difference between my choice making from then to now is that now I have absorbed new knowledge and am no longer ignorant to the consequences to this particular action. For me to continue to do the same thing expecting different results would be pure *insanity*, therefore, I chose to change my thinking and behavior patterns.

The last thing I want to point out about all this is that we have to be extremely careful as to *how* and *where* we collect our information. So many times we are steered in the wrong direction without even realizing it. We can receive false or negative information and or feedback from someone who actually has genuine intentions on helping us in a positive way, the only problem being that his or her understanding or outlook on the specific situation is inaccurate or negative. Initially we may believe this source of information to be true and correct, therefore inducing us to absorb this info as valid as we begin to feed our core beliefs with it. On a more menacing note we can also receive false information from a source that deliberately manipulates a situation in attempt to slander another party or create a gain for their self by misleading others. This can also take place unbeknownst to us. No matter the form false information comes in, if we are not mindful it has the ability to shape an incorrect perception of reality for us.

So once again I say we must be cautious to how and where we collect information. We have to consider the source's knowledge, experience, and beliefs, as well as their thoughts, feelings, and intentions. When seeking to gain knowledge and entrench positivity into your life remember this, "**K.Y.P**". *Know Your Personnel*; if your toilet is broke don't call an electrician. *Know Your Product*; don't search an almanac when looking for the definition of a word. *Know Your Positioning*; if you're at a prison, don't expect inmates to erupt with pleasant comments about the police.

This information may sound simple and *basic*, but if you can grasp onto the idea of *thinking about what you're thinking about* and embed into your mentality to not be *misinformed by misinformation* then this small amount of intelligence can be applied to make a serious impact on your life.