

# Thinking

INTO CHARACTER

## LESSON EIGHT



### YOUR BELIEFS WITH BEHAVIOUR

Aligning You with You

**“Negative beliefs, lacking a strong belief in yourself, being ruled by bad values and habits, pollute and worsen your character.”**

Dr T P Chia

A part of



## 1. OVERVIEW

## NOTES

'Praxis' is a word from the ancient Greek language and is the process by which a theory, lesson, or skill is enacted, embodied, or realised. 'Praxis' may also refer to the act of engaging, applying, exercising, realising or practicing ideas. In more simple terms it is our belief, combined with our behaviour.

'Praxis' has the potential to cause very exciting things to happen in your life, but it also has the potential to cause negative things to happen in your life.

Sometimes there is a disconnect between your beliefs and your behaviour. Quite often your beliefs may be false, and therefore the results are not positive. There are also many of us who have beliefs which are sound, but we fail to integrate those beliefs with our behaviour. For many different reasons our results are therefore not what we want.



Analyse your beliefs, one by one. Ask yourself if you have good and sound reasons for each of your beliefs. As you do this, you will find that many of your strongest convictions have absolutely no foundation, and you will realise that some of your beliefs are not true. You may also find that you hold strong convictions but your behaviour is not in alignment with those beliefs.

Dr Chia Thye Poh, who is quoted at the beginning of this lesson, is a Singaporean former political prisoner, and in later life was nominated for the Nobel Peace Prize . Prior to his detention he had been a physics lecturer and a member of the Parliament of Singapore. He led a protest march of 30 supporters to Parliament and handed a letter demanding an election be held. He demanded the release of all political detainees and the revocation of all "undemocratic" laws. As a result he and 22 others were unfairly arrested.

## NOTES

The other detainees were released eventually after they each signed a document promising to renounce violence and sever ties with the Communist Party of Malaya (CPM). However, he refused as he felt that signing such a document would imply that he was or had been affiliated with the CPM and, in his own words, declared "To renounce violence is to imply you advocated violence before. If I had signed that statement I would not have lived in peace."

Thus, without ever being the subject of an indictment or a criminal trial, he became one of the longest serving political prisoners in the world, with some consequent restrictions upon his civil rights remaining in place for a total of more than 32 years, subsequent to his initial arrest.

Dr Chia held such strong beliefs that he gave up an easy chance for freedom. All he had to do was sign that one piece of paper to be released from prison like all the others did, but he didn't. His beliefs and behaviour were strongly aligned and he is widely regarded as a man with great character and integrity. We recommend you read the article at the end of this lesson which speaks of integrity further and how important it is for your character.



We spoke of beliefs in this lesson and learned that your beliefs can literally shape your reality. For instance, if you think you will never pass your exams or get a promotion (a limiting belief), you will not be motivated to try hard (behaviour) and therefore you will not succeed. However, if you believe you can pass your exams or get that promotion (a positive belief), you will be motivated to make greater efforts (behaviour) and therefore you will not only pass your exams, but do very well in them.

When learning how to change negative or limiting beliefs, it is important to understand where your beliefs started from and to challenge them at their root. The key is to change your subconscious beliefs.

**"The common denominator of success is in forming the habit of doing the things that failures don't like to do."**

**Albert E N Gray**



## NOTES

Getting to the root of your subconscious beliefs is how you can change limiting or negative beliefs, but before you can change your limiting beliefs, you must identify them.

When people ask the question “How do I change my belief system?”, what they are really asking is how to identify what is driving deeply ingrained behaviours.

So, once you identify what your negative or limiting beliefs are, how do you change them or integrate new positive beliefs with your behaviour?

There are two ways to do this, **one is constant, spaced repetition**. You should repeat the same positive behaviour and repeat the same actions every day, throughout the day, without fail. You should do this over and over until your new behaviour becomes a habit. The other way is by an **emotional impact**. This is less frequent, but it does happen. For example, losing someone you love or being in a disaster can cause you to re-evaluate your life and make life-changing decisions.

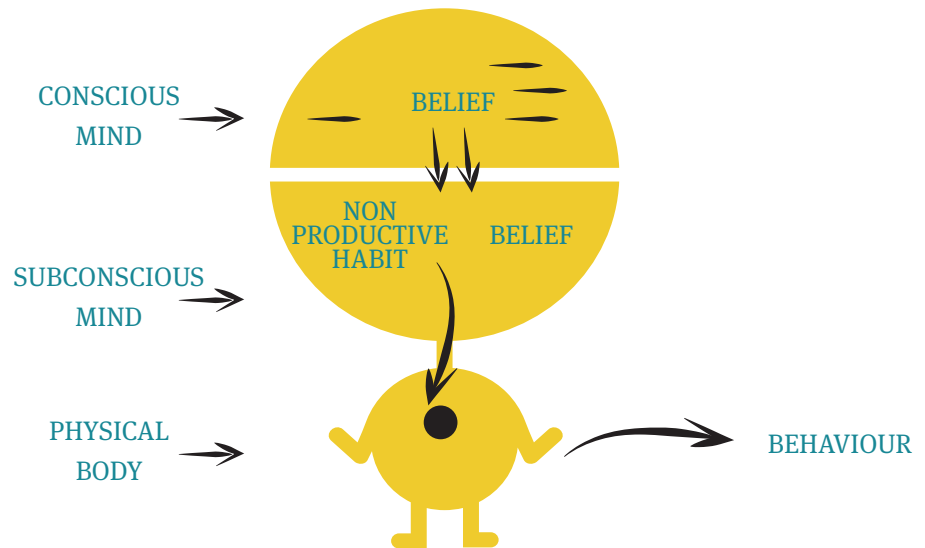


In terms of academic or professional study, for instance, the change would be to repeat your new positive behaviour, such as implementing new structured studying habits every day. If you repeat this behaviour every day for a few months, it will soon become an automatic habit. You will then achieve more. Your beliefs and behaviour are now integrated.

Is possibility, achievement and profit within your reach? The answer is “Yes”. The world you woke up to this morning is very different from the one you entered at birth, or even the one you woke up to yesterday morning. Your world is changing – and fast. Everywhere you look, life is being affected by change. The position you find yourself in today is without precedent; all of the preceding generations put together would have never experienced the changes you have in your lifetime.

## NOTES

Our beliefs about anything are based upon our evaluation, and we are free to re-evaluate any of them at any time. As you begin to evaluate who you truly are, and what you are capable of doing, you will find your belief about your own ability to enjoy the situations you just imagined, change dramatically. It is recommended that you analyse your beliefs regularly – it will be like psychological house cleaning.



There are only two ways to integrate your belief with your behaviour:

1. Constant, spaced repetition
2. Emotional impact

**Our beliefs about anything are based upon our evaluation, and we are free to re-evaluate any of them at any time.**

This image will assist you in understanding how to **integrate** the things you are not doing, that you know how to do (**beliefs**), with your behaviour.

Habits are ideas that automatically express themselves through behaviour without any conscious thought – they are ideas that are fixed in the subconscious mind.

Non-effective habits can be overpowered through the repetition of new beliefs that are planted in the subconscious mind, with strong emotion, resulting in a new habit.



## 2. KEY HIGHLIGHTS

- Napoleon Hill writes, “No one is ready for a thing, until they believe that they can acquire it. The state of mind must be belief and not mere hope or wish.”
- Our belief system is based upon our evaluation of something and if we frequently re-evaluate situations, our beliefs about those situations will change.
- You will never go beyond where you **believe** you can go.
- ‘Praxis’ is the integration of belief with behaviour.
- We have belief on two levels. Belief in our educated mind, based on logic, what we see and on the information that we gather. Then we have belief on a very deep level, on a subconscious level – belief that controls our behavior and is part of the paradigm.
- On a conscious level and on a logical level, we can think it’s true and we can say, “Yes, I can do that.” However, one must **believe** at a deep level, from deep in the psyche, that it is true. If we do not, then we must change that part of the paradigm.

**“No one is ready for a thing, until they believe that they can acquire it. The state of mind must be belief and not mere hope or wish.”**

**Napoleon Hill**

- The truth is you can do anything, but you’ve got to believe it. Without **belief**, it is not going to happen.
- The thoughts that we internalise set up the vibration, vibration causes the action, action causes the reaction. It’s the action/reaction that creates the result: **belief**.

*Believe  
you can  
AND YOU ARE  
Halfway there*



### 3. WORKSHEETS

#### ACADEMIC OR PROFESSIONAL RESULTS

Describe your academic or professional life. Would you consider yourself to be successful?

What beliefs do you have about your abilities? Do you believe you are capable of achieving? If so, does your behaviour align with that belief? Are you dedicating enough time into your schedule to achieve your goals? If you don't believe you are capable of achieving your goals, please go to the question below.



If you do not believe you are capable of achieving your goals, why do you have that belief? Is it a sound belief? Look into your paradigms and identify where you may have untrue beliefs. Perhaps it is caused by a lack of self-confidence you may have subconsciously picked up without basis or truth to it.

What six actions can you take today to integrate your beliefs and behaviours to better serve you and better serve your academic goals?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

### RELATIONSHIPS

Describe the relationships you have at home.



Describe your relationships at your educational institution or at your place of work.

Describe your social relationships.

What you have described in the previous exercises is an expression of how your life is being controlled in these areas by your subconscious mind. It's a part of your paradigm and has absolutely nothing to do with what you are capable of creating. These results represent beliefs that have been passed from one generation to the next. To establish new results you must first establish, on a conscious level, what you believe you are capable of creating. When you have that completed you must then plant that new belief in the subconscious mind.





## THE BEGINNING OF 'PRAXIS' AT YOUR EDUCATIONAL INSTITUTION OR WORKPLACE

Now imagine what these areas of your life would be like if you were to create what you **wanted**. Answer the questions as if you have created what you wanted. Think. Don't just jot anything down and don't spend any time wondering whether or how it's going to happen – that is irrelevant at this point in your transformational process. Look at the same questions you answered before and then put your imagination to work. How would you like to see each of these areas? Perhaps achieving straight A's, an acceptance at your dream college or university, a promotion or launching your business. Describe what you want.

## THE BEGINNING OF 'PRAXIS' IN YOUR RELATIONSHIPS

Answer the questions as if you have created what you wanted. Think. Don't just jot anything down and don't spend any time wondering whether or how it's going to happen – that is irrelevant at this point in your transformational process. Look at the same questions you answered before and then put your imagination to work. How would you like to see each of these areas? Think of the relationships you would like to have with your family, with friends, with your peers or colleagues. Describe what you want.

Take a few minutes to relax and review what you have just written, describing how you want these areas of your life to be. Also realise that these are just two suggested areas and you can do this with any areas of your life. Whether you believe you can live this way or not, really does not matter at this point. The only thing that matters is do you want to? If your answer is 'yes', that would indicate that what you wrote describing your life at present, would be categorised as what you don't want.

Take both of the areas that you have described and establish a written statement in the present tense. Then begin rereading and rewriting the statement. As you rewrite and reread it, let yourself feel and act like the person the new belief describes. At first the exercise may appear to be futile, however, if you keep impressing it upon the subconscious mind, it will ultimately become fixed there and become a new habit. And while you are doing this, the old belief will perish for lack of nourishment. This is the 'Praxis' process – it works every time, for every person. Don't question it, just do it.

## 4. READING ARTICLE

Seed For Achievement - Adapted from Earl Nightingale

Integrity is the seed for achievement. It is the principle that never fails. Integrity means completely fulfilling your own unique combination of powers. Integrity is being all you can be, doing all you can do and having all you can have. Integrity is wholeness, togetherness and completeness. There is no piece missing, nothing hidden. Your life is impeccable and unblemished. People love and value men and women of integrity with a sense of humour, kindness and gentleness.

**The greatest ignorance of all is the mistaken belief that we can ever receive more than we truly earn.**

If it is wrong, it is wrong. Integrity means honesty and truth. Shakespeare wrote, "And this above all, to thine own self be true, and it must follow as the night the day thou canst not be false to any man." Be true to yourself and you will not be false to anyone else. Integrity means to try as best we can to know ourselves, to examine ourselves, to take a true inventory of our abilities, talents, what we want and our goals. The key virtue is reasonableness. Find what you can do best that renders service to others and do it with all your might. Do not seek happiness, seek to make things happen and happiness will follow.

Discover what course of life will fulfill your powers completely. What are your powers? Your unique abilities can provide great service to others. Discovering them is being true to yourself. That is integrity and reasonableness. Be truthful with yourself. Take the responsibility of making the best use of what you have. You have your mind, your talent and your time. Invest your wealth, only you can do that. It will provide an abundant return for you. The choice is yours. Will you steal from you? Will you be true to yourself? That is integrity! Make the best use of what you have and what you are in the time you have been granted. When you invest in yourself you no longer compete, you create.

Follow your strongest suit. Do what you can do and do it with all that is in you. Do not go with the flow, be true! There is an unfailing boomerang that will always come full circle back to you. Honesty and unfailing integrity is good business. Honesty is the best means of getting rich. Put in motion the right cause and the right effect will take care of itself. Our only hope in winning the hearts of those we serve is in helping them in some way. Never give less than your best or you will work against yourself.

The greatest ignorance of all is the mistaken belief that we can ever receive more than we truly earn. Sooner or later there will be an accounting. We throw the boomerang good or bad.

What do we mean by integrity? It means giving everything we do our very best. It means being true to ourselves and with every other person with whom we come in contact. It gives meaning and comfort to our leisure time. Our rest has been earned. We move ahead towards our goals simply because we cannot go unnoticed. We are remarkable people! People of integrity are always needed.

**People love and value men and women of integrity with a sense of humour, kindness and gentleness.**

Life can only return to you that which you sow. What do you have to sow? You have great wealth; you can think, you have talent, and you have time. And when days come when you find yourself depressed or confused, remember the comment by Dean Briggs, "Do your work, not just your work and no more but a little more for the lavishing sake, that little more that is worth all the rest, and if you suffer as you must and if you doubt as you must, do your work, put your heart into it and then out of your very doubt and suffering will be born the supreme joy of life."



## 5. ASSIGNMENT

Write your answers in the space provided below.

1. Reflect on your typical day. Can you spot an area where you are throwing an 'unfailing boomerang', where, for example, you are cutting corners you should not cut, or doing something you should not do? Integrity, the 'seed for achievement,' is a deeply personal subject. Although space is provided for notes under this question, you may not want to write down a response. You may want to simply think it out, and make a mental commitment to take any corrective action that may be called for.

2. Do you always look for the truth wherever it leads? Do you check things out for yourself, weigh up what others tell you and make your own judgements?

3. Write down a task that you consider difficult and/or unpleasant. Resolve to do it to the best of your ability, just for the joy of accomplishment.



# NOTES



## NOTES