

Understanding your Belief Window

You may not realize the managed your life, made business, but in truth,

by Ben Benson

manner in which you've decisions or operated your everything you do is based

on the rules you learned in your formative years and from those who you determine credible. Whilst these unconscious rules, dictate how you act in each moment, they also determine how your results in business and life turn out. And for most of us, we didn't even set them up! The following article will open your eyes to a new concept and identify why the outcomes in your business and life succeed or fail. We call it the 'Belief Window.'

Whilst we all live on the same planet at the same time, each of us lives in our own unique world based on what we call a "Belief Window," a mental construct that is strapped to your forehead sight unseen. To give you a clearer picture of this concept, imagine a sweat band wrapped around your head. Hanging from the sweatband directly in front of your eyes is a window that sits permanently in the front of your face. It cannot be taken off, moved, or ignored, yet you can't see it with physical eyes. It doesn't matter which way you turn your head, because this window goes with you wherever you go and in whatever you do.

Everything you see and experience is accepted and understood through this window. Your entire world view is constructed primarily out of your ability to make sense of everything you "see" through its framework. And because your "Belief Window" is invisible and weightless, you have no idea that it's even there.

By the time you reach adulthood, you literally have thousands upon thousands of beliefs or rules written on your window that you have accepted as correct. You may have some of the following or similar examples on in your Belief Window. "I am

not a good speller," "I am too heavy," "I am a hard worker," "You have to pay a lot for it to be valuable," "I'm a good listener" "Finding a job is hard," "I wish I could tell them what I think" and so on. Not only do you look out at the world through your Belief Window, but you also draw conclusions and make assumptions and decisions based on what's already etched on that window. All the data you experience from the outside world is filtered through this framework, which can either serve to support you in fulfilling your outcomes or act as a barrier against any information you choose not to acknowledge.

"There is nothing that is too obvious of an absurdity to be firmly planted in the human head as long as you begin to instil before the age of five by constantly repeating it with an air of great seriousness."

Arthur Schopenhauer

Consequently, as a result of your Belief Window, you are not seeing reality - you are seeing an interpretation of the world through your Belief Window filter system. What that means in a nutshell is that reality is purely a subjective experience based on your personal Belief Window that we have come to accept

If you doubt this concept, you can discover its truth by asking any police officer who has taken witness statements at the scene of a crime, how people responded to his or her questions. You'll be surprised to learn that five people will see the exact same event, at the exact same time from exactly the same location, with entirely different perspectives. That police officer will hear five different accounts of the same event. Of course there may be some similarities, but invariably there will be more differences. Why? Each of the people who witnessed the crime saw the outside world through a separate frame of reference or Belief Window.

For example: One person may notice that one of the suspects was wearing a particular T-shirt, because his brother owns the same T-shirt, making it easy to remember. The other four witnesses may not have noticed the T-Shirt, but rather they noticed the suspect's expressions or actions. Another might think that the suspect looked like her Uncle, so she ended up identifying the suspect based on her vision of her relative. Consequently, the immediate similarity clouded her objective ability to describe the scene, for we see and react to things based on what's written on our Belief Window and not necessarily on what is really happening.

As no two people have the exact same upbringing and experience, no two people will have the exact same Belief Window. Everyone will view the world in a slightly different way. Your version of "reality" thus depends on your own Belief Window; however, when groups of individuals are brought together for a common purpose, good or bad, you will often see a "Group Belief Window" manifest itself. We see this in different countries, companies, religions, movements and governments. Whether we like it or not, our Belief Window will influence our every thought, decision and action and they are most definitely here to stay.

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To bring this point home even more clearly, in a simple experiment conducted in the 1960s, volunteers were given goggles to wear every day for two weeks. The goggles had two different colours placed in the lenses so when the subject looked to the right, the world looked yellow. When the subject looked to the left, the world looked blue. As the volunteers went about their daily business over the course of those two weeks, they eventually stopped seeing the colours. Surprisingly, they didn't even register the differences in colour when they looked from right to left.

This experiment suggests that it's not the eyes that see at all - it's the mind. The subjects effectively replaced "reality" with a memory and began to see what they wanted to see and therefore stopped noticing the yellow or the blue.

In our life experiences, we do exactly the same - we simply don't notice all the beliefs that unconsciously direct our lives. Take a moment now and ask yourself this question: What's on my Belief Window and how did it get there? You might be surprised to learn that many of your beliefs are incorrect and very well be standing in the way of a better results in business and life. Your successes depend on your ability to see life through a Belief Window that displays accuracy. Because these are the beliefs that will be aligned to unchanging principles and natural laws. Understanding this powerful concept and exploring it fully can help you transform yourself and dramatically improve your results, both personal and professional. Remember, if you fail to master your Belief Window, you *will* be mastered by it.

