

## Unconscious Belief Patterns

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Title: Unconscious Belief Patterns  
(Part 2)

I will continue talking about  
unconscious belief patterns.

The first part of this lecture was discussing how  
the first principle that we need to acknowledge  
is that we are the Creator, and we create  
everything that we experience.

Okay, so let's keep reading.

There is another way, and that involves beginning  
to take responsibility for one's experience as  
one's own creation, regardless of what is  
happening in that experience.

This is a tall order for many people.

For the idea that things happen  
to you which you are not in control of,  
or have any hand in making happen at all  
is inculcated in almost everyone.

In other words, habit, this stems from the  
earliest age, or this idea is well entrenched  
in the mass consciousness.

Culture is the visual, is the appearance, that  
explicitly shows that this is true.

Different cultures from different parts  
of the world have their own beliefs.

There is a flow within each culture that is  
considered normalized on an individual basis.

The unconscious belief systems can be identified  
if we take the time to actually analyze  
ourselves, right?

We examine ourselves.

Socrates said, "The unexamined life is not worth living."

This means, do I just want to flow along and be  
on autopilot, or do I actually want to examine  
myself and try to understand myself from  
a Creator's standpoint?

That's what this paragraph is saying, to take  
responsibility for one's experience as our  
own creation, regardless of what is happening  
in the experience.

If I look back on the decade of being an alcoholic  
myself, I did a lot of blaming on the outside,  
a lot of escaping on the inside, just so I  
wouldn't have to take responsibility for myself.

Also, to not feel the emotions or feelings that  
is nothing more than data for me  
to identify and know thyself.

But once we get to a point in our life where we start  
to examining from within these unconscious  
belief systems, that's the root of breaking  
through to really knowing thyself.

How do we find these belief systems?

Some of them are obvious.

It's just we acknowledge them as truth,  
but what if we considered our  
belief systems to be false?

This is dual constructs.

This is within duality.

When we're within duality, Oneness doesn't exist  
in our belief system. Okay?

It's a little bit of denial that is going on when  
we consider our belief systems to be true  
no matter what.

Let's keep reading.

The mass consciousness that doesn't,  
however, make it true.

Yeah, just because I go forth and do what 90%  
of the 1000s of people that are doing  
around me, doesn't make it true.

When one begins to work with the concept that  
you are the creator of all you experience,  
then new possibilities open up for you.

Why is that?

Why would new possibilities open up?

Well, because I'm not locked in on a belief,  
we can even say an earth-bound belief,  
which is fine, but what if we consider  
that something outside of ourselves  
is bigger than our personal belief system.

That can be scary for a lot of people.

That was scary for me when I had to admit that I  
had a higher power outside of myself that  
would help me get sober during my journey  
through alcoholism.

Fill in the blank with any type of habit  
that has created as an escape from thyself,  
analyzing thyself, right, going within.

New possibilities will open up if we  
let go of old belief systems.

This process does, however, involve beginning to take  
responsibility for one's unconscious, and that  
is a tall order as well.



How many people do you know who are willing to take responsibility for what they don't know?

How one creates the unconscious and the effects which the unconscious have on oneself are topics for another publication.

This was Vywamus basically saying, this can be very broad.

And as for the individual, this can take years of unfoldment, but the individual has to put forth the effort, make the choice to actually try to examine old beliefs.

Here is a simple example.

When we go buy a new car, we trade in the old car.

Normally, there is a reaction of joy, of excitement, of I look forward to spending a lot of my time with this new car and sharing my joyful experiences with my new car with my friends and family.

But what about the old car.

Well, we could say that 10 years ago, when I bought the old car, I had the same type of emotional reaction, which is, data, right, new experiences, new ideas, new beliefs, new expansion, is just happening again.

It is sort of a loop, but there is a type of newness that comes with the new car, which creates a joyful reaction.

So here we simply wish to point out that what exists in our unconscious is everything you don't want, desire, choose to be conscious of, and that includes the vast majority of one's beliefs patterns.

This is not to say that there are not many conscious belief patterns as well, only that what most people are conscious of is actually a small part of their reality or beingness.

Essentially, we have picked up our wants, our desires, our beliefs from others, especially age zero to seven, as we talked about in the previous video.

When we remain in child mode, even while we're an adult, there will be the same reaction played out until we finally identify it and release it.

For example, as a child, I did not like to be boxed-in and told what to do from my mother.

This is as simple example and most of us are kind of this way.

Well, as an adult, if another female comes towards me and tries to box-me-in and tell me what to do, then I will have an unconscious response to this female who appears to be trying to box-me-in and tell me what to do.

Now let's get into the perspective of the other female.

Their intentions probably was the opposite.

Okay, it's just I have this unconscious belief system that I projected onto the other female that stems back to childhood from my mother, who was instilling patterns of belief, not on purpose, within my subconsciousness.

The way the subconsciousness works is it likes to fill in the gaps.

It likes to make us feel safe.

It works with what it has, meaning all the patterns and beliefs that have been collected over the lifetime.

When our conscious mind collects data from experiences, we send it to our subconsciousness, it reflects back what it has already recorded, and then what we call freedom of choice is actually we're playing out a reaction from our subconsciousness.

All of this is fine.

The problem becomes when we can't identify some of these habits that are playing out over and over and over and over that we are unaware of, okay?

This is how we expand our consciousness.

We have to identify the unconsciousness, the unconscious belief patterns and then say, "Oh, alright, I'm going to visualize young Josh, going back to childhood, I see my mother boxing-me-in, telling me what to do, which is probably nothing more than do your spelling words before bedtime, little things like that are creating patterns, beliefs and habits.

I'll go back, call it inner child work, and then I will visualize young Josh looking at my mother and then just turning around and saying, thank you, thank you for showing me this experience.

I am going to react differently now. Thank you.

That's inner child work. Just because it's already happened doesn't mean it's in the past.

It means that we have not accepted yet, that particular experience is not the absolute.

And if anything, I would like to give special thanks, because it helped me develop a perspective which allowed my consciousness to grow eventually.

Our consciousness is always growing in every moment, whether we know it or not.

But if we really want to expand our consciousness, and expand our awareness, we can focus on some unconscious belief patterns within us. Alright?

Let's read section five, and then we'll stop the video.

Why don't people want to be conscious of their choices and beliefs?



Mainly because it is too much, and to do so would mean that one would have to start taking responsibility for one's creations, and it's sad to say that this is something that few seem willing to do at this point in time.

Just look at the degree of victimization in the world around you, and you will begin to see how this is so for every point of victim is a point of denial and responsibility for one's choices.

Whenever I blame anything outside of myself, I'm actually blaming myself.

I'm in denial.

I'm playing victim.

If I change my vantage point,  
I change my perspective to,  
"Oh, I just was triggered by someone on the outside. Why am I triggered?"

Well, the reflection impacted something within my subconsciousness that I have believed to be true and they displayed something that was false.

There's the key.

Now, if I tell myself that was not true Josh, this is an old belief pattern, then I have made some progress on expanding my awareness because essentially everything in the Cosmos will happen.

In a Oneness perspective, nothing is true, nothing is false. Everything just is.

Our mind, which we have to train, will want to compartmentalize data and beliefs and then arrange it to where we feel safe.

The mind wants to know everything.

I say that loosely.

The mind is a tool to channel.

Not just to channel higher intelligences and Ageless Wisdom, but to channel a path for our soul to gain control of a strong personality and go forth as the Creator and express the joys of the Creator.

Joy is just one expression of many.

The fact that you are interested in creating change in your life, and you are interested in using the approach given in these Vywamus materials, means that there is some part of you which, in its desire for change, is willing to start looking again at what you have created inside which is reflected on the outside.

Not everyone will want to go within and evaluate the garbage that we have collected, or the garbage that we're still playing out that's now considered garbage.

At one time, it was not garbage, okay, it was very useful.

We want to release what is no longer useful for us in this Now moment. Okay?

When I was trying to overcome my addiction of alcohol, I reached a point where I was sick and tired of the consequences that life was presenting to me.

The consequences were a reflection of my insides.

So I was sick and tired of myself.

I've reached a point with my addiction where I was open to changing my beliefs that I needed to drink alcohol every day.

That's when I asked for help and there were other people who said, "Hey, we can relate. Let us tell you how we did it."

But I wasn't dragged into a situation where I was like, "Oh, I just want help."

I actually made the conscious choice that what I am doing is no longer working for me, and I want to make life changes.

I do not like the feeling.

Emotions and feelings can be data that we need to make some changes.

Are we willing to face ourselves and explore those emotions and feelings?

Are we willing to be open to change, no matter how scary it might be on the outside, because, again, our mind might be telling us that if you do this, then you're not safe and that's when fear creeps in.

Fear is an attribute of trying to predict the future.

Blame and resentment are attributes of the past.

But what if we're in the Now moment where we are able to not pull in experiences from the past or try to predict the future, then if we're able to focus on the Now, which begins with ourself, that's how we can start identifying a lot of unconscious belief patterns, because we're open to change.

That'll be all for today.

We'll finish unconscious belief patterns in the next video. Alright. Thank you. Bye.

