

Unconscious Belief Patterns

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(Part 3)

Hello, Hello.

I wanted to play the intro of the song by Tool because today we're going to talk about unconscious belief systems again.

This time I wanted to be a little more dynamic and add Tarot because of the symbology when it comes to communication, right?

The song by Tool, it talks about testing our communication, crippling our communication, rediscover communication, finding beauty in the dissonance and strengthening our communication.

What is Key 16, The Tower?

Key 16, The Tower can be symbolic for the Tower of Babel.

A tower built on the foundation of ignorance with earthy bricks, right?

There's a lightning strike at the top of the tower, which knocks the false crown off.

The true crown would be in Qabalah, Kether, which is right behind me on the Tree of Life, which is at the very top.

Kether is the first Sephiroth, The Crown.

Yesterday, we talked about, from the Vywamus readings, some of the old beliefs, old patterns, that were not always old, they served a purpose at one particular phase in our life, during our growth, but now we can use the label old because we need to create space for the new.

What exactly is the new when we say new energy, new space?

Well, it's really the support that is coming in that is creating space, but our mind is so programmed that we have to be willing to go within and deconstruct the foundation, as seen in Key 16, The Tower.

Build a new foundation.

We need to recognize the old matrix that we've created within our mind from influences, from experiences, and then make space by creating a new matrix within our mind.

How do we even begin to release some of these unconscious beliefs that we have within us?

First of all, what's a belief?

A belief is nothing more than our mind creating a focal point within our mental body that makes us feel safe.

The mind likes to determine what is true and what is false.

We have to be able to know that this is a form of doubt which can be denial when it comes to observing ourselves and others. Okay?

We create judgment when we actually tell ourselves with our unconscious beliefs that something is true and something is false.

But if we can actually recognize Oneness, train our mind that there is not a true, there is not a false, there just is.

When we can recognize Oneness from that degree, the space that is available here now is so expansive that a lot of the condensed ideas that we anchor into or connect with to determine our beliefs are actually to our detriment.

Some of what you will find in your patterns will sound vaguely familiar.

Some will not sound like you at all.

Some of it will create a reaction inside, perhaps of denial or confusion or simply lack of understanding.

Whatever your reaction is, it is more important to stay connected to the process and give it and yourself a chance to see what you can create differently with it, then than what you are creating all the time.

The mind likes to fill in the gaps with old stories.

How do we create new stories?

Well, if we have a reaction to something from within, that something from the outside may be reflecting it, so that we can discover this reaction that will open up potentialities for new creation, new stories.

That is expansiveness.

Instead of replaying the old stories all the time, which are linked to denial, even when we say we're not in denial, that's a form of denial.

This is the possibility that clearing unconscious belief patterns holds for you, it will start to open up more space inside where things are very tight and locked down, in areas where you have literally 'frozen' your choice process.



In whatever area you are doing clearing, you will find a lot more 'ease' and 'freedom' than you have experienced previously, and the area will not hold as much charge for you.

Alright, let's look at Key 15, The Devil.

The two human figures have chains around their neck that are attached to a half cube.

The half cube is symbolic for half truth, or we can just say false, not true at all.

A full cube and Tarot would be a truth. Okay?

Once these human figures are ready to take the chains off, you can see the chains are loosely around their neck.

All they need to do is reach up, take them off.

They're just not ready, yet.

Unconsciously, they are behaving out of bondage because they think they feel safe this way, right?

When we clear a lot of these frozen choice processes, then we find within us expansion, there's a lot more ease and freedom.

In other words, certain buttons you have had in that area will no longer be there at all.

Wouldn't that be nice?

Imagine having the space inside to feel relaxed, confident, present and energized, along with the feeling that you can create whatever you desire in this area.

It is literally true that this is who you are in your essence, and when your choice is freed up through the process of clearing, this is what you begin to experience again.

The space that we create within, this is talking about how we actually need to analyze and evaluate a lot of the choices that we're making, because unconsciously these are belief patterns that are playing out.

Imagine doing something different.

We get in our routine, but if we actually choose to do something different, then that's going to create a new pattern.

Choose something different that is linked to a belief pattern.

For example, I'm when I chose to let go of drinking alcohol and ask for help.

Now this is probably a state that I experienced, which was very condensed to where I felt like I didn't really have a choice but to do something different.

But in principle, by me allowing myself to try to do something different, I discovered another way to be so that I can become more relaxed, confident, present and energized.

I was more free after about a year of working hard and releasing, an old pattern that stems from an unconscious belief that I needed alcohol that created a huge opening once I released it, released alcohol and the opening created was filled with a lot more of the higher attributes that I was seeking that make us feel good, bring us joy.

I was more comfortable in my own skin.

Now, I had a lot of self doubt when I was making these choices, but I pushed through the doubt and I told myself, yes, I will do this instead of no, I cannot do this.

It's so important that our confidence on the inside of us says yes more than no because when we actually tell ourselves no, we are constricting ourselves into what the reading just mentioned, in a more of condensed state of being that feels safe, but are we really safe?

The human mind tells us that we're safe.

Alright, the process of clearing unconscious belief patterns does not change any of your choices, nor does it make choices for you.

What it does is to melt the lockdown linkages you have made among your choices which create the belief pattern in the first place.

It is like ungluing a lot of things you have stuck together for the purpose of recreating your experience or reality in this area.

Clearing unconscious belief patterns does not change any of our choices, nor does it make choices for us.

That tells me that we're creating space so that we can have more potentiality to make new choices, right?

We all have so much potential within us, but in order for us to discover these potentialities, we'll have to have some courage to go within and analyze ourselves and begin to unglue a lot of these old beliefs, unconscious belief patterns that are stuck together, which are sort of having us live a certain particular way in our story within our life.



Each day is a new day for us to make new choices.

We die at night, we resurrect in the morning
and we can choose to do it differently.

You can always try to recreate your experience
without doing clearing and sometimes
this works and sometimes it doesn't.

It all depends on your process of creating space
inside you and the other aspects of your
creative process, such as how you spark
something new.

These things take place without this specific
process of clearing.

All this process does is to speed up the clearing
so you don't have to lay it out in your
experience in order to clear it.

Vywamus is stating by us recognizing from within
that we can attempt to identify these
unconscious belief patterns.

We do not have to go learn the hard way from
circumstances becoming so bad that we have
to ask for help, such as I did in the year of 2015
when I entered recovery from my alcoholism.

The circumstances were bad for me and I asked
for help that way.

A lot of depression stems from past old belief
systems that are locked in the mind.

Anxiety is more future based, fear of the future, fear.

Depression, resentments past.

We can categorize those two aspects that are on
both sides of the Now moment to help our
mind frame duality and how our pendulum
can swing left to right based off past and future
in a linear time frame.

We want to be in the Now moment where we have
unlimited potentialities, unlimited space, but in
order for us to achieve this alignment, this
balance, this strong personality, so that the soul
can light up.

We have to recognize Oneness, and Oneness
does not exist within the mind when we have
belief patterns of duality.

Let's talk about clearing some more.

What does clearing mean?

It means really receiving your experience
as your creation.

When your experience is controlled by your
unconscious belief patterns,
you are not in a state of reception
in any way.

Alright, the mind likes to know it's in control.

It likes to know as much as possible.

The mind will take what it knows and make
us feel safe.

Alright, but if we know nothing,
we have unlimited space.

We are receptive to higher understandings,
which is followed by wisdom.

You have to let go of your conscious choice
creative process and give up your creatorship.

When you do this, the only thing that's left,
really, is victimhood.

So clearing is really a way of accelerating your
process of recovering lost choice, as it were,
you grow tremendously in the process you
open yourself up for new choices to create
new experiences.

Who wouldn't desire that.

So what we think we know we need to let go of.

This is very tricky.

Even I to this day, am guilty of knowing my mind,
of knowing many things which creates my
routine, my habits, my beliefs, but each day,
when I align with Oneness and see the beauty
and every moment, a lot of my controlled
unconscious beliefs are jeopardized.

Okay? I toggle back and forth and living in the now,
trying to predict the future,
retrieving from the past,
that's just how the mind works.

But I'm very open to creating new experiences.

I'm always looking for opportunities to
network and communicate.

Remember the song by Tool, testing our communication.

Our communication is crippled as a society or as a whole,
but we all rediscover communication,
finding beauty in the dissonance,
and strengthening our communication.

Here we have Key 2, High Priestess.

This is symbolic for our subconsciousness and
she represents our subconsciousness.

Also, the Hebrew letter Beth, which means
communication, that is one of the
assigned attributions, communication.

The Divine Mother is the beginning of all beginnings.

The water flow coming from her blue robe
is the beginning of form.
as we know it.

What does this mean?



Well, she's the root of all communication.

When we apply this concept to ourselves,
then we have to get to the root of our
communication of these unconscious beliefs.

Subconsciousness is the Divine Mother.

We're playing out some subconsciousness beliefs
that are frozen states, which we need to
melt away in order for us to be liberated.
Right?

Key 21, The Dancer, free within form.

Let's finish off the article.

What does clearing mean?

It means really receiving your
experience as your creation.

When your experience is controlled by your
unconscious belief patterns, you are not
in a state of reception in this way.

You have to let go of your conscious choice
creative process and given up
your creatorship.

I read that earlier, oh yeah,
I'm just re-reading.

Ultimately, we want to open up ourself for
new choices to create new experiences.

Simply, let's do something different, right?

We can make that choice every day.

I'll give an example of something
that I'm currently doing different.

I bought this carrot juice, drank it all,
but now I kept the bottle to take
organic vegetables and fruits,
then juice them.

Fill this up, with about, after I juice
the beets, the carrots, apples,
turmeric, ginger, spinach, dandelion,
I get about this much, and
then I feel the rest of the water.

I started creating this habit couple weeks ago.

I did a little bit last year, and then stopped,
but now I'm doing it again,
replacing old habits with new
healthier habits.

It's that simple and then once we begin
making these new choices and
create these new experiences
which create new habits,
which makes us
create new beliefs,
the old unconscious belief patterns,
which no longer serve us are replaced
with new habits.

Then eventually, we are like Key 0, The Fool,
who is our essence, the very core center
of us, our soul, who has super consciousness,
which is assigned to Key 0,
we begin to play our Fool aspect out
in life and as Vywamus ended the
article, who doesn't desire this state?

We are here to be joyful, free and liberated.

Okay, alright, I will end this video and
thank you very much. Have a good day.

