

NLP Belief System NLP信念系統

1. 信念是一個系統 **Belief is a System**. Our belief is under a **system**, or under a **sub-system** which is under another bigger system.
2. 人際互動信念系統 **Interpersonal Interacting Belief Systems**. Our belief system is constantly being affected by the belief systems of others, your parents, spouse, family, friends, culture..., and in turn you also affect their belief systems at the same time.
3. 信念影響信念 **Beliefs affect Beliefs**. Your own beliefs within your system also affect each others. Beliefs affect the formation, deletion and revision of beliefs.
4. 價值觀/規則影響信念 **Values/Rules affect Beliefs**. When your value changes, your beliefs change too. When you think your family is more important than your career, you will believe staying at home can give you more happiness!
5. 信念矩陣 **Matrix of Belief**. So, our belief system is a matrix of interacting, inter-affecting beliefs among your beliefs within your system, and others' beliefs & belief systems.
6. 混亂信念 **Confused Beliefs**. With more and more beliefs as we grow up, we lost our ability to differentiate which beliefs are our own and which are being imposed and/or affected by others.
7. 進一步混亂 **Further Confusion**. We confuse Believing and Knowing. Knowing (知道) is through personal experience - seeing, hearing, feeling (not emotions) of the Reality. But Believing (相信) is either through logical deduction or being told by others.
8. 知道—信念 **Knowing-Beliefs**. Knowing-beliefs are “Believe your Knowing” or “Believe based on your Knowing”.
9. 印證『知道—信念』就是知識 **Verified Knowing-Beliefs is Knowledge**. When you Knowing-Belief is verified with evidence, it turns into Knowledge. Verified-Knowing not Knowledge as if you do not believe in it, you won't act upon it.
10. 有效信念系統 **Key to an Effective Belief System**. Know Thyself from Greek Philosophy, or Self Realization (Atman) in Hindism (or Yoga), or 無我 in Buddhism. Identify your Beliefs, verify them with Reality, aware of its Causes and Effects. Retain, Delete or Revise! This is a life-long career of **I-Updating!**