



HOW BELIEFS WORK

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Introduction

I'm a professional, I ask the stupidest questions. I love challenges, the more difficult the better. I figure things out the first time around, I don't need a second iteration.

"How do beliefs work?" is the stupidest question that I've ever asked, finding the answer was the most challenging endeavor of my life. I didn't figure it out the first time, it took over 7 years. When I did it blew me away. It's the Rosetta Stone of what makes us human, the key that opens our hearts and minds.

Ever since I was 7, I always wondered what people think and why do they think it? 99.9785% of what people say is just empty chatter. I was always wondering why someone was telling me superficial things that nobody cared about. In my 50th year orbiting the red dwarf star I had a crisis. Why am I so messed up? How can I stop messing up? Why do I do what I do? Why does apologizing for my CPTSD never change anything? What was I thinking? Why was I not thinking and messing up, *again*?

So I started unpacking my life, peeling back layer after layer. 'I do this because of that. I think this because I feel that.' Ultimately I was asking, "what do I believe and why do I believe it?" which that led to, "how do beliefs work?"

Surely someone has already figured it out. How stupid of me. Really. How do beliefs work!?!?

I'm a talker, I don't ever shut up. I was 7 when my mother told me, "Peter, when you die your tombstone should read 'Here Lies Motormouth'". I just sat there looking at her, searching her eyes for something more, a punchline, something, but nothing else was ever said. When the Ultimate Stupid Question crossed my mind I recalled my mother's words and decided to shut up and write.

With pencils sharpened and browser cache cleared, I started searching high and low and not once did I ever find an answer to the World's Stupidest Question, not even the Most Stupidest Answer Ever. How can this be?

Surely Plato or Socrates figured it out, and I can go back to my creative endeavors, but nope, Philosophy in general marginalizes beliefs as being irrational. Really. Lots of 5, 10, 40, 60, and 80 dollar words at Stanford Encyclopedia of Philosophy, but nothing that I could recognize as 'reason'. Maybe it's there, a tiny needle in a ginormous haystack that requires reading one article at a time with so many interlinking concepts that it's simply not worth the effort.

I searched for 'belief', 'believe', and 'believed' at BibleGateway.com. I did that last in case there was something I overlooked in the Bible that would indicate the nature of beliefs and how they worked. Nada, naja, nope, nothing. With nothing to go on, I started from scratch.

Weeks passed, then months, then years. It was hell on my self-esteem, not that mine moved the needle much due to CPTSD, but still, I wondered why is this so difficult? What am I missing? Why can't I figure it out?

I walked away for a week, that's all it took for me to realize that the thing that stumped me—*agnosticism*—was the evidence that I was on the right track.

It took 7 years to get to that point, then just another 6 weeks to iron out a rational statement that avoided the *self-reinforcing* attribute of beliefs. I was beyond elated, I mean I was on cloud 11 and I cried. My partner and son probably thought I was watching an action movie because those make me cry. I felt totally connected to my 7-year old self and sensed the presence of my mother who had passed 17 years earlier. And then I saw everything revealed and simultaneously realized that the rational statement was just the beginning.

I subtitled this thesis as 'The Physics of Spirituality', which my 12-year-old self would mock and roll his eyes and he would be right because of his quantum field in that time. Witty, smart-alecky, and newly deaf until Christmas morning.

First things first before I can incorporate that story.

HOW BELIEFS WORK THE PHYSICS OF SPIRITUALITY

Original Thesis

Peter E. Bockenthien

Beliefs Originate Epigenetically

After I figured out how beliefs work I went to a metaphysical bookstore and asked them if they had any books about how beliefs work. I wanted to see if others had figured it out. They promptly showed me 3 books. I settled on “The Biology of Belief” by Dr. Bruce Lipton. Something about it said, “Read me”.

It’s the most wonderful book ever. You should stop reading this and read it. If nothing else, read Chapter 5. It will blow you away. You don’t even need to read what I’ve written because it’s that good. It most definitely will change your life! You’ll learn some truly remarkable things about you and your grandparents.

If not, here’s a synopsis of “The Biology of Belief”.

The last 30 years of biology research destroyed the scientific belief of ‘genetic determinism’ and by extension the theological concept called ‘predestination’.

The science of epigenetics, ‘epi’ means ‘control above genetics’, demonstrates how environmental influences, nutrition, stress, and emotions can modify gene *expression* without changing their basic blueprint. These modifications are passed onto future generations via DNA. (Lipton, et al. 2005; Reik and Walker 2001; Surani 2001; Waters 2006; Cloud 2010). (See Chapter 2 Endnotes, “The Biology of Belief”, Bruce H. Lipton, PhD).

Epigenetic beliefs are responses to stressors in life and are passed via DNA. Everybody’s life began in their grandmother’s womb when their mother developed all of the eggs she would ever have. The grandparents’ responses to stressors in life, combined with other environmental influences, were determined by their grandparents responses. These intergenerational responses are hardwired into the mother’s eggs which are then passed onto the her progeny (*ibid*). These epigenetic beliefs are 90% developed by age 7 (*ibid*).

Beliefs are rooted in your genes, thus all feelings are physical expressions of one’s epigenetic beliefs. This physical aspect of beliefs is an accurate predictor of how one will respond to stressors and thus create the self-reinforcements that create the lens and mirrors of one’s perceived reality. This is axiomatic, passed down epigenetically for thousands of years.

It means that every human is born with beliefs that predate their birth by hundreds and even thousands of years. And no matter the environment, beliefs are a hereditary trait, a family tradition that lives for hundreds and thousands of years. Epigenetics is not a theory, it’s a provable fact.

Epigenetics is the sole reason why humans have not evolved their thinking. So profoundly impacted by his discovery of epigenetics, Dr. Lipton has spent the past 20+ years of his life leading workshops to help people overcome their hardwired, self-limiting beliefs.



Dr. Lipton and author share a laugh at a medical conference

I’ve extended Dr. Lipton’s work to create four stages of belief development to articulate a timeline of self-reinforcements in order to create a model of belief development to reference.

The **Physical** stage, from birth to age 7, is when epigenetic beliefs are 90% developed (Lipton), the other 10% is presumed to be environmental influences which exacerbate or ameliorate epigenetic beliefs. This stage is purely physical, a child *feels* it with their entire body and expresses it.

Epigenetic beliefs are firmly rooted in the body-mind. “*The Body Keeps The Score*” by Dr. Bessel van der Kolk articulates how trauma modifies gene expression. If you suffer from PTSD or Complex-PTSD (me), you’ll learn how trauma has affected your beliefs and thus your overall lack of health. I read it midway through my Sisyphian task of figuring out how beliefs work.

How a baby is treated during its first years of life determines its health, and thus how that baby treats others as it comes of age and leaves the home.

The **Emotional** stage, age 7-14, is when a person learns juvenile identification of their epigenetic responses and triggers. Thought patterns self-reinforce (body) in new ways tied directly to new ways of articulating (mind) responses, mostly through the articulation and primitive articulation of emotions.

The **Intellectual** stage, age 14-21, is where one begins to concretely articulate their feelings, associated thought patterns and actions. From here on out the interconnected self-reinforcing feelings, thoughts, actions and their reinforcements grow stronger and more tightly connected intrapersonally and interrelationally.

Your beliefs are intrapersonal, inter-relating with all other external beliefs. Anything outside of you is external, especially family.

Maturation is the final stage. It happens primarily in a person's twenties through forties or whenever a person leaves their birth family for an extended period of time. This stage is when all of the reinforcements and values challenge the young adult as they navigate the world, career paths, and meet others with similar beliefs and start families of their own.

During the Maturation stage, one's epigenetic beliefs align and/or conflict with contemporary external modalities, creating sophisticated 'beliefs about beliefs', which becomes your intrapersonal belief modality. You think, therefore you are.

Regardless of age, one's emotional states are the single most important indicator of one's beliefs, and thus health. We feel every single moment because we are believing every single moment. Every thought is tied to feelings, every feeling produces thoughts and actions which in turn creates more self-reinforcing feelings, thoughts, and actions perpetually. This directly determines one's health.

Epigenetics is an excellent predictor of how a person responds to external stressors. Each person adds in a little more 'flavor' from their experience, but the basic blueprint doesn't change (Lipton).

Whatever you feel and think as you read this are your beliefs' core reinforcements that everything is perceived through. The various reinforcing modalities unique to you either liberates you (sunshine) or enslaves you (shadows) to all of your beliefs' self-reinforcing modalities.

Most of us are completely unaware of what our actual beliefs are, but we're totally aware of the reinforcements because they are omnipresent in our feelings, thoughts and actions. You've got a few epigenetic beliefs—I have two— and billions of self-reinforcements obscuring your beliefs.

What is a Belief?

Same word denotes, connotes and means different things to different people. Even different dictionaries have different definitions. The following definitions hint at how beliefs work generally, but not intrapersonally, nor epigenetically. It treats beliefs as if they were arbitrary or evidenced-based. This is just for reference because it's come up a few times.

1. a state or habit of mind in which trust or confidence is placed in some person or thing.
2. something that is accepted, considered to be true, or held as an opinion: something believed.
3. conviction of the truth of some statement or the reality of some being or phenomenon especially when based on examination of evidence.

Source: Webster's Third International Dictionary, Unabridged.

Beliefs are not what a dictionary says, but what you feel and have always felt in your body.

How Beliefs Work

Repetition has been necessary for me to show my work such as when solving for variables in math. Most of epigenetics is repeated here but from within the context of the belief axiom which follows.

Whatever you believe, epigenetically or intentionally, physically expresses itself in your feelings, thoughts, and actions which creates even more feelings, thoughts, and actions. I've separated them to highlight that one's emotional state determines their thoughts, and thus behavior/action.

Up until now, there's never been an rational statement articulating how beliefs work. By rational, I mean it is not subject to beliefs, but rather describes how beliefs work. It allows one the means to objectively examine their epigenetic beliefs and interrelationship with external **belief systems** such as Religion and Science—same thing actually— and any other mode of thinking/articulating—modalities—the human experience.

Beliefs are nearly impossible to communicate without activating their **self-reinforcing** attribute, misleadingly known as 'bias'. The entire human race has struggled for thousands of years to articulate how beliefs work without running into all of the internal and external self-reinforcements that one's beliefs created.

A robot examining its programming for errors would need written instructions in order to do so. In that vein, we can examine our beliefs but we're limited by them. We experience the world through our five senses, but interpreting our experience is limited by our beliefs which create the lens we perceive through, and the mirror

that reflects the lens. Thus, the need for a rational statement that doesn't self-reinforce.

Understanding how beliefs work is disruptive and disorienting to one's predominant modalities because those modalities were created by beliefs, and thus self-reinforce, creating the perception that one's beliefs are exemplary, exceptional.

It's this very **self-reinforcing, self-evident nature** that convinces one to never examine their beliefs. Knowing how one's beliefs work unlocks the ability to perceive the visible as a reflection of invisible beliefs. Only then is one free to rip the fabric of space-time to scrimmage against one's destiny in an invisible arena where all things are possible.

Whatever you believe causes you to think that what you believe is true, and to believe what you think is true. Whatever you were told by others about anything—particularly and especially about religion/God—directly conflicts with the intrapersonal just by virtue of being external. (Chapter 5 of *"The Biology of Belief"*).

The belief axiom destroys external control created by all modalities and reveals the truth at the same time: you are powerful beyond measure, but only if you believe it. If not, then that disbeliefs self-reinforces.

Here's how beliefs work:

Beliefs agnostically self-reinforce instantaneously, creating feelings, thoughts, and actions in that order, which themselves create more self-reinforcing feelings, thoughts, and actions.

Intrapersonal vs. Interrelational/External

It's crucial to distinguish between intrapersonal (endogenous) and interrelational/external (exogenous) self-reinforcements (belief modalities) because one's intrapersonal belief modality is inextricably tied to the external via family relationships (epigenetics). One's belief modality persistently, relentlessly creates emotional-physical, and intellectual difficulties in peeling back the layers of self-reinforcements long enough to allow one to differentiate the reinforcements from the actual beliefs that created them. It's far easier to go with the flow of external modalities belief systems' path of least resistance. However, doing so causes one to correlate the self-reinforcing behaviors as authentic expressions of actual beliefs when in fact they are merely symptoms.

Every time you interact with others, watch the news, or consume social media, your interrelational /external belief modality is reinforced, promoting external beliefs at the expense of intrapersonal beliefs. Disbelieving this self-reinforces instantaneously because **dis- and mis-beliefs work the same way**.

That was the most difficult things for me to realize, but when I understood it, it showed me the power of beliefs being instantaneous, **agnostic**, and **self-reinforcing**. That's all they do, have done, and will ever do.

It's helpful to have a cogent, rational understanding of your epigenetics before you can suss out the self-reinforcing relationships of self and external modalities.

This can be expressed as yin-yang, endogenous-exogenous, or intrapersonal-interrelational.

You have an intrapersonal relationship with yourself which is based upon epigenetic beliefs. You interact with organized external modalities that influence you more than they are influenced by you. The reason for that is because modalities are organized, articulated, believed and thus become a part of your epigenetics (Physical stage of belief development).

When the belief axiom is understood, all of the self-reinforcements of one's beliefs eventually unravel. Everything is seen in a new, accurate, and richer light. The deep mysterious patterns of your life emerge from the depths, revealing cohesive insights. Like a river eroding eons of various rock strata, applying the axiom to one's self-reinforcing belief modalities strips away the reinforcements to lay bare the actual beliefs that created those reinforcements. One's core epigenetic beliefs are amplified, and truths are separated from what merely appears to be true (fear).

With repeated use, the axiom creates a stark contrast between belief-created modalities and the modalities' beliefs (lens) about itself (mirror).

Humans always respond negatively when beliefs are questioned, as rationales for anomalies are exposed as mirroring the lens created by beliefs. We disbelieve that our beliefs and thoughts could possibly be false when the reinforcements have done, and will continue to do, a superb job of convincing us otherwise.

Belief in God is a modality. God, as an physical entity, blinds one to the power of love to physically manifest

here on Earth what remains in the invisible realms until it is believed. God as a concept better exemplifies the power of love, kindness, and compassion because no belief is required to love.

Atheism is a belief system and is subject to limitations of its own beliefs that act as an arbitrary quantum energy constraint. Beliefs still manifest regardless of the quality of the thing believed.

“ah, that a man’s reach should exceed his grasp, or what’s a heaven for?”

~Robert Browning

Since epigenetic beliefs create all organized modalities, I label them as ‘external feeling-thought patterns’.

For example, Philosophy is an external projection of intrapersonal belief modalities, how and why you think the way you do. In the lens/mirror metaphor, Philosophy examines the lens and mirror within the rational context of the beliefs that created the lens and mirror.

Same with Theology: a belief modality pretending to mirror or gaslight within the intrapersonal boundaries. Objective observers recognize that various flavors of religion are encapsulated within the culture and language of its origins. The first 4 books of the Bible needed a radical refresh by the time Jesus was born surrounded by dead bodies hanging from Roman crosses, themselves a physical manifestation of thousands of years of epigenetic beliefs.

Using the rational axiom doesn’t guarantee anything. You have to understand it, believe it, be willing to look at your beliefs. The axiom reveals the source of fear and that believing fear-based messages creates more of the same fear.

Beliefs are agnostic, they are every bit indifferent to you as you are to them. Beliefs are direct reflection in and of themselves.

Beliefs are learned, employing the vocabulary that reinforced it into your DNA. Every time you speak you are casting spells for better or worse.

Your eyes and intuition do not deceive you; your beliefs do that automatically.

A famous Quantum Physics experiment confirms the “lens and mirror” metaphor used to describe how beliefs work. You can find that [here](#).

Beliefs Create Beliefs

Epigenetic beliefs are your intrapersonal operating system (HumanOS) that encompass every feeling you’ve ever felt, every thought you’ve ever had, and the behaviors (actions) they’ve triggered.

Recall that epigenetics involves the transfer of the expression of genes, and that the expression is caused by how the grandparents responded to stressors in life. Life is 90% how you respond to stressors, and your grandparents response is an excellent predictor of how you are going to respond.

Epigenetic beliefs’ reinforcements create ‘*beliefs about beliefs*’ in conjunction with internal and external modalities, each with their own layers of self-reinforcements which agnostically create self-reinforcing feelings, thoughts, and actions with a high degree of fidelity.

It’s natural to think everything you believe is true, and to believe that everything you think is true. Whatever one believes about intrapersonal and external beliefs creates their belief modality, which in turn self-reinforces with external belief modalities that align with, or are shoehorned into, one’s epigenetic beliefs. It’s this innate interaction of self and external/environmental influences that create all ways of communicating (modalities) those interactions. This is how intrapersonal beliefs become organized to become an external, stand-alone modality.

This means all religion, all branches of science are created by beliefs, thus all modalities are synthetic in nature, casting shadows caused by beliefs that have been passed down epigenetically for thousands of years.

Every feeling you’ve ever felt, every thought you’ve ever had, every action you’ve taken is based on your beliefs passed from every set of grandparents. The bumper sticker that reads, “*If I knew that grandkids would be so much fun, I would’ve have them first*” is a both an epigenetic and quantum physics statement.

Beliefs co-create your reality. Your beliefs internal self-reinforcements clash or align with external self-reinforcements every waking moment of your life. You are living your grandparents beliefs. This is the way it’s

always been. The core of epigenetics is that 90% of beliefs are formed by response to stressors and those responses are eerily similar to the way your grandparents felt and expressed *their* grandparents belief-response.

When I understood the true extent of how beliefs work, how they're reinforced in every single modality, I grasped the power of beliefs, and how all of those millions of self-reinforcing feelings, thoughts, and actions are a reflection of my grandparents.

My Epigenetic Beliefs

Among the reinforcements with their own self-reinforcing feelings, thoughts, and action histories were 11 distinct episodes of trauma. These resolved to twin epigenetic beliefs of 'I do not deserve anything', and 'I have no value'.

While these epigenetic beliefs are common — Christianity promotes this as sinner and sin — the damage they inflict is unique to the individual; people experience the same traumatic event differently (*"The Body Keeps The Score"*, van der Kolk 2014). Thus, my siblings experienced our epigenetic family trauma differently than I did.

When I became aware of what I lost in childhood, I felt grief and sadness and then I became aware that it wasn't lost forever. Prior to addressing my CPTSD, I felt only the loss. After addressing it, I felt the loss and instantly was aware that it *felt* lost forever because it was evidence of my identity. I own and owned it even though my siblings disown/disowned their identities.

My life was filled with chronic neglect at home (grandmother), and wonderful adventures away from it (grandfather).

A lifelong alcoholic, my drunk maternal grandmother killed herself in her house on my mother's birthday when my mother was 5 months pregnant with me. All my life I've heard the deep regrets of her dying moments. Her self-loathing and regret was reinforced in my indoor domestic environment, haunting me until shortly after my 40th birthday when my mother passed.

My paternal grandfather was 16 when his father died on the job in a railroad accident. Four days later that 16-year old kid took over his father's job and worked it incident-free for 49 years, providing for his mother and siblings. The eldest of 7, he put his 4 brothers and 2 sisters through college before doing anything for himself. All my life I have figured out how to do things very well the first time around. This epigenetic belief helped me navigate various outdoor adventures and challenging situations without succumbing to immune-suppressing, intelligence-lowering fears of my alcoholic, house-bound grandmother. Being outside has always been the best antidote to my indoor domestic struggles. And like him, I love helping people.

Today I am aware of low energetic states whenever I'm indoors. A change of scenery has always done wonders for me; I'm an efficient and effective camper and outdoor athlete, but a clutterer in my domicile.

My two siblings are terrible at relationships and are very good crafts people. My brother has built things his entire life. He didn't go to a trade school for it, he just figured it out. Same with my sister. She is proficient at constructing building interiors.

This is my 50th year of I rock climbing. I'm confident in my ability to solve problems such as how to get my body up rock climbs and do so safely. I'm very good at creating strategies, concepts and making people laugh.

I'm way better at relationships than my siblings because I know how to make people feel good about themselves.

To summarize, I explained the critical role that epigenetic beliefs play in belief formation, the stages in which beliefs develop and are reinforced, how the reinforcements create one's belief modality, and a brief summary of my deconstructed epigenetic beliefs. Next I will address the most maddening and infuriating attribute of beliefs: agnosticism.

Agnosticism

Beliefs are *agnostic* in that regardless of the thing believed it will still create self-reinforcing feelings, thoughts, and actions. Beliefs work the same way as disbeliefs. Whatever you believe or disbelieve, it self-reinforces regardless (agnostic, meaning it is unaware), causing you to think that everything you believe is true, and to believe everything you think is true.

We tend to think that because we don't believe something, that it's not true or believable. *This* is what confirmation bias is.

I think most people associate agnostic with atheist. Atheist refers to someone who does not believe in the existence of a god or any gods, and agnostic refers to someone who doesn't know whether there is a god, or even if such a thing is knowable.

agnōstos is Greek for "unknown, unknowable". This brings us back to the definition of belief, which is:

1. a state or habit of mind in which trust or confidence is placed in some person or thing.
2. something that is accepted, considered to be true, or held as an opinion: something believed.
3. conviction of the truth of some statement or the reality of some being or phenomenon especially when based on examination of evidence.

Source: Webster's Third International Dictionary, Unabridged.

Belief is different from faith which implies certitude even where there is no evidence or proof.

The classic definition of faith comes from Hebrews 11:1 - "Now faith is the substance of things hoped for, the evidence of things not seen. For by it the elders obtained a good testimony."

Thus, faith is the physical evidence/manifestation of things hoped for. Note that no belief in God is required in order to hope for something.

Beliefs create the lens we perceive through and the mirror that reflects our perceptions. An analogy is useful to illustrate the power imbued in the agnostic attribute of beliefs.

Plato's Allegory of the Cave

The Allegory of the Cave was one of the first things I thought of when I asked myself, 'how do beliefs work?' It turns out that it's just another way of thinking.

Plato, his brother Glaucon, and Socrates are discussing facts and liken people who live in a cave as being uninformed. The cave dwellers are bound with rope and cannot move. They're sitting facing a wall with a fire behind them. Objects are placed between them and the fire, causing shadows to appear on the wall.

When dragged outside of the cave into the sunshine, the cave-dwellers do not recognize the objects that cast the shadows, not because they are *uninformed* as Plato and his fellow philosophers claim, but rather because they are blinded by the self-reinforcements of their belief that the shadows were real.

Their belief altered their perceptions. So it is with everything that one experiences. Beliefs have been operational for hundreds of years prior to one's birth (Lipton). I find this to be a disturbing fact on the one hand, and yet when I objectively look at my own experiences I see a pattern that is unique to my epigenetic beliefs.

I interpreted my experiences through my epigenetic beliefs. I literally and intellectually felt inferior. When I was away from home (cave) I always felt better, but never knew why until I figured out how beliefs work. All of those years, there was nothing wrong with me, but believing what others told me self-reinforced agnostically, leading me to believe others, and not my self. There was no self to believe in.

Allegories help us make sense of things, and self-reinforce independently of truths and facts that allegories reference. In light of how beliefs work, Plato's allegory functions as an allegory about beliefs and allegories. Beliefs cause one to believe the shadows are real for no other reason than the shadows self-reinforced their existence.

So it is with any belief. As one traverses from the shadows into the light there is a period of adjustment. In this case, there is a period as you adjust to new ways of thinking about your intrapersonal set of beliefs.

Self=Others, Others=Self.

Figuring out how beliefs work naturally sent me to examine the oldest epigenetic belief modality, loosely known as religion. Who hasn't turned to God or Religion when faced with challenges? And what challenge doesn't feel overwhelming, especially to teenagers?

I was 12 years old when I lost my hearing overnight. I still attended school, and the school bully, my brother, ramped up his antics. He never believed that I was deaf. He thought I was making it up. I think that was mostly due to my mother's PTSD associated with my birth. She never talked about these things. We never once had a family convo about my iatrogenic birth defects and injuries.

Six weeks after becoming deaf and enduring taunts from my fellow classmates and siblings, my hearing returned on Christmas morning. I thought I heard the paper tearing as I unwrapped my first gift. I had gone last and had to endure another round of mocking. When I heard the paper crinkling by my ears, I ran downstairs, put

my hearing aids in and yep, I could hear! I raced upstairs screaming with joy and was instantly met with stony faces. The silence was deafening, freaky, and just plain out weird. My 12 year old self just put that in a box and forgot about it.

My father never believed it, nor my siblings, and my mother was too emotionally wrought to even talk. It would take me decades to figure out that that was a defining moment in the family dynamics, that even within families people have wide varied responses to trauma and challenges. Challenges are how we grow, but I find that especially within families that people hand everything over to God unaware that their grandparents responded/ reacted that very same way, and then grew despondent when no help arrived.

How else was I to interpret getting my hearing back on Christmas morning?

Religion isn't the problem. The problem is that people are unaware that people are eternally believing because that's all we do, all we have ever done, and all we will ever do. It's who we are. It's what differentiates us from all other organisms.

The cure for misbelief is to treat others as you would have them treat you. The problem is nobody believes this even though it's a primary feature in these 11 religious texts:

Buddhism: **Hurt not others with that which pains yourself.**

Udana Varga 5:18

Christianity: **All things whatsoever ye would do that men should do to you, do ye even so to them: for this is the law and the prophets.**

Matthew 7:12

Judaism: **You shall not take vengeance, nor bear any grudge against the children of your people, but you shall love your neighbor as yourself: I am the Lord.**

Leviticus 19:18 (Note: Jesus was quoting this verse. The phrase 'I am the Lord' indicates the seriousness that one should give to each command in Leviticus 19:9-18.)

Confucianism: **Is there any one maxim which ought to be acted upon throughout one's whole life? Surely the maxim of loving-kindness is such. Do not do unto others what you would not they should do unto you.**

Analects 15:23

Hebraism: **What is hurtful to yourself do not do your fellow man. That is the whole of the Torah and the remainder is but commentary. Go learn it.**

Talmud. Attributed to Hillel

Hinduism: **This is the sum of duty: do naught to others which if done to thee, would cause thee pain.**

Mahabarata 5:1517

Islam: **No one of you is a believer until he loves for his brother what he loves for himself.**

Traditions.

Jainism: **In happiness and suffering, in joy and grief, we should regard all creatures as we regard our own self, and should therefore refrain inflicting upon others such injury as would appear undesirable to us if inflicted upon ourselves.**

Yogahastra 2:20

Sikhism: **As thou deemest thyself so deem others. Then shalt thou become a partner in heaven.**

Kabir.

Taoism: **Regard your neighbor's gain as your own gain: and regard your neighbor's loss as your own loss.**

T'ai Shang Kan Ying P'ien.

Zoroastrianism: **That nature is only good when it shall not do unto another whatever is not good for its own self.**

Dadistan-i-dinik 94:5

Could it be that religion is not about God, but rather about how to be human?

Questioning Beliefs Is Hazardous

The Inquisition – the original Cancel Culture – created a synthetic split between the observable and the invisible that persists to this day, creating a belief that Science and Religion are mutually exclusive to each other.

Here's a greatly condensed overview that played out over 20 years:

The Catholic Church widely promoted the Aristotelian view that the Earth was fixed, unmovable and the heavens moved around the Earth. A devout, pious Catholic, Galileo used his refined telescope to observe that the Earth orbited around the Sun. He wrote about it and shared his views with various ranking people in the Catholic church hierarchy, arguing that his view didn't conflict with the Bible. Feeling that Galileo and others were attempting to reinterpret the Bible, the Catholic Church launched the Inquisition to assert that heliocentrism was contrary to the Holy Scriptures.

Galileo was “found ‘vehemently suspect of heresy’” and spent his remaining life under house arrest where he remained until his death 9 years later.

Heliocentricity was blasphemous to ancient epigenetic beliefs that the Earth was the center of the Universe, and central to the organized belief that God created the Earth as the center. It took the Catholic Church 472 years to officially include the science that the Earth orbits around the Sun into their Canon.

Beliefs are subjectively rooted in the past and overwhelmingly oriented to the present visible external “reality” that is subject to modal belief interpretations of the visible which are epigenetic-based beliefs.

If you allow it, the belief axiom gifts one with an unobstructed view of the back side of the tapestry of life which is 99.65% invisible. We see only .35% of visible light. That light allows us to see a tiny sliver of visible external reality. The axiom allows you to see all of the invisible, delineating objective and subjective beliefs.

Epigenetic beliefs tend to be a negative prediction of the future based on the past that has nothing to with the present here and now.

Belief vs. Faith

Objectively speaking, there are several statements in the New Testament that support the belief axiom. Remember that beliefs are agnostic and epigenetic, so regardless of what you believe, every human is born believing. The belief axiom can be applied to any religious text to analyze or deconstruct beliefs.

I often read that a person is living out their faith, or that they unwittingly conflate religion with faith, but that's directly contradicted by a well-known passage in Hebrews 12:1-2, paraphrased here forward and back:

Faith is the evidence of things not seen. Nobody hopes for what they see.

To kinda believe is to wish. Nobody hopes for what they see.

Faith is the evidence of things not seen.

Faith is the evidence of a belief than manifested here in the visible realm. Faith is independent/agnostic of religion. Anyone can hope that the unseen, hoped for things manifest physically, and it's faith only when it does so. Until then it's a hope backed by a belief that it will happen. But if one doesn't actually believe that it's possible, then it's wishful thinking.

I think Albert Einstein was making this point when he said that imagination is more important than knowledge. That could be stated as “the invisible is more important than the visible” because so much of the Universe is not visible to the naked eye.

Everything that your 5 senses tell you is interpreted by beliefs that predate your birth by hundreds and thousands of years (Lipton, *“The Biology of Belief”*). The Bible for example, the belief in/of God, Jesus, is thousands of years old. The Bible describes the various consequences of the power of each human's innate epigenetic beliefs. The only variable is the environment (visible) differs, but how beliefs function never varies. They are eternal (*“The Biology of Belief”*). Thus, it's safe to say that the Bible is a telescope peering into a mindset from 5,000 years ago that obscures its purpose and meaning.

The belief axiom removes any doubt that it remains instructive as to the power of belief, how humans can manifest both the horrible and wonderful regardless of the modal semantics that external beliefs are based on.

Beliefs regulate one's experience with the visible, directly connecting you to the invisible. Whatever you believe (invisible) is what you will manifest (visible). Like the axiom it's based on, this principle works the same for dis- and misbeliefs.

Deconstructing The Bible

Beliefs agnostically self-reinforce instantaneously, creating feelings, thoughts, and actions in that order, which create more self-reinforcing feelings, thoughts, and actions. Ninety percent of your beliefs are epigenetic in nature (Lipton) and thus are intrapersonal. 'Epi' means 'control above', meaning you actually have control over your beliefs. It just never feels that way due to conflict with external belief modalities.

As primitive beliefs became socialized, they became organized into a system of beliefs. Religion is the oldest organized external belief modality.

The 'Great Flood' illustrates how beliefs become socially and culturally organized to describe powerful events that only recently are being backed up by the geological record globally.

All cultures have stories about the Great Flood that wiped out large portions of humanity. The stories differ culturally, but the core event of the story is the same: a flood appeared out of nowhere and destroyed most of humanity.

These cultural stories have, over time, become organized and institutionalized in various oral traditions that were recorded in stone. These are the oldest modalities, the oldest epigenetic beliefs passed down via DNA.

In the Bible this event is attributed to God's anger with his own creation, so God warns Noah to build an ark in order to save as many of the animals as possible. Other cultures also have a boat in their stories, and they have a tall, powerful deity-like person who comes to help them rebuild their lives after the flood recedes.

Only recently have scientists examined geological records, confirming that the Earth has been periodically bombarded with asteroids and meteors broken by the Sun's gravitational force with astonishing results. It's the strongest evidence yet that the Great Flood was the result of a storm of asteroids crashing into the Laurentide Ice Sheet, instantly melting large portions ice that then rampaged across the globe.

The proponents of this hypothesis make a compelling case rationally with geological evidence, while the detractors are entrenched (and invested) in their beliefs.

There are many other events recorded in the Bible that pit competing belief modalities against the other, but the one that has had the biggest impact on both the individual's intrapersonal relationship with self and others is the story of Adam and Eve.

I never intend to write about this topic. It came up naturally because I suffered through one of the worst medical traumas known. Its name 'malignant hypertension' doesn't convey what actually happens, but I'm told by objective medical professionals that they've never heard of anyone surviving. That makes sense because not only did it permanently deafen me, but I had to learn how to walk, talk, and read again at age 21. I didn't see a penny. My mother was consumed with guilt, something she wouldn't reveal until weeks before she passed.

I was active socially within the church I attended. I loved being at Church because people treated me nice, far better than my father and siblings ever did. I was mocked by them for going to church, and I resented them for maligning me for no reason. I was never good enough for anyone which aligned with my epigenetics and of course Church. Many people thought I was deaf because I hadn't really accepted Jesus as my Savior, or else I would be healed, right? Or I was just playing the martyr and didn't want to be saved because I wanted to continue to indulge in whatever it was that I was secretly indulging in.

Many people prayed publicly for me, and not knowing any better I let them because why not? Who knows how any of this works? It all came to a head when the wife of a prominent Conservative Christian spelled it out on a post-it-note: Peter, the reason you are deaf is because you didn't have enough faith.

A dagger straight from God's Chosen plunged into my heart and made me feel absolutely terrible. Abandoned by family, abandoned by Church, and struggling mightily with health issues, I bailed after I got my college degree. Like you, my strength is my weakness. I'm stubborn to my core. There isn't a challenge I haven't quickly addressed until this one. Only decades later did I remove that dagger from my heart. I couldn't be happier to fulfill my purpose in life which is to encourage people to never give up, never stop believing in who they were created to be.

It took 5 years to feel that I was actually going to live. My stubbornness got me through it, that and my grandfather's raven-like ability to learn helped me to heal myself.

Born Believing and the Origin of Fear

Evangelical Christianity rests entirely on the belief that because Eve sinned we all have sinned by virtue of being born. Traditionally, 'sin' is defined as a 'moral failure'; Eve's failure was that she ate the fruit of the tree of knowledge of good and evil.

To recap Genesis 3, a talking snake tells Eve she is not like God, eat the fruit and she will be. Eve believed, ate the fruit and instantly she felt naked and afraid, so she hid herself. (Genesis 3:1-13)

This is not moral failing, *per se*, but believing something external to one's intrapersonal sense of self. Eve believed a lie, performed an action, and felt naked and afraid. Ever since theologians and seminaries have repeated ad nauseam, that because Eve believed a lie we are born to make the same mistake. Evangelical Christianity's solution: believe in Jesus as your Savior.

Continuing in Genesis, along comes God to investigate. Two questions cut to the heart of matter: *where* are you and *who* told you? The all-knowing God is asking Eve why she hid herself. What made her think she can hide? What made Eve think that was a course of action? And then the next question is *who* told you that you were naked? A talking snake. It lied to Eve.

(I believed what the post-it-note said. It persuaded me to leave that city and move to California.)

Why did Eve believe a lie?

Look at it again. The lie: you're not like God, perform this action and you will be. I prefer to state it like this: you're not who you were created as, perform an external action to receive what you already are: created in God's image. Eve was already like God. The moment she believed she was not was the moment that her intrapersonal sense of self fell away; she felt naked and afraid.

Lies always contain a kernel of truth to induce belief which without they would never exist. Once something is believed it self-reinforces instantaneously regardless of whether the thing believed is true or false. The *symptom* of Eve's moral failing was the action of eating the fruit, the *cause* of it was believing the wrong things about herself.

Whenever you believe the wrong things about yourself, you will believe the wrong things about everything else; you will feel naked, afraid (fear: false evidence appearing real) and you will hide. See 'Parable of the Talents' for another example of how misbeliefs create fear and the resulting actions that result in more fear. (Matthew 25:14-30)

Thus sin as a 'moral failing' describes the symptoms, not the cause. Confusing symptoms with causes is a misbelief that has infected every way of human thinking organized or not, religious or secular.

Misbeliefs are the root cause of moral failings; moral failings are symptomatic of misbeliefs.

Sin as moral failing is symptomatic of wrong beliefs about one's self that, symptomatically speaking, can only be corrected by obedience to laws. Thus obedience becomes a merit system that rewards obedience and punishes disobedience. This is the cornerstone of legalism, where the *letter* of the law—thou shalt not—is elevated above the *spirit* of law which is do unto others as you would have them do unto you. Simple, no belief required.

Blindly obeying rules, laws, and commandments merely enables more obedience. As such, the traditional definition of sin is transactable upon intrapersonally and externally. Transactionalism is 'deus ex machina': you do this, God will do that. Those who believe obedience is a virtue remain exposed to transactionalism, a people who equate morality with spirituality.

This institutionalized cognitive dissonance creates conflict that is exploited for money. The Rabbinical clerics created an amazing amount of laws and demanded obedience to them. Forgiveness of sins became a profit center when the Rabbis instituted a 'sin tax' to bring into the holy of holies, which was their bank.

The Pharisees seem to have been the worst of the lot. Jesus repeatedly clashed with them intellectually and physically. Throwing the businessmen out of the Temple is both a physical act and a metaphor for removing money as the sole metric of one's worth, and removing the false idol of obedience as virtuous.

When Jesus stated that one cannot serve both money and God, he was describing the extreme corruption of the Rabbis who forgot the greatest command is to love one's neighbor as one's self. (Leviticus 19:9-18). While the greatest command is widely known, I've yet to meet a person who can paraphrase the main points, let alone know the location of the original text. No belief in God, nor belief required at all. Just treat people the way you want to be treated.

Leaders of Evangelical Christianity perpetuate the world's oldest business model: perform an action to achieve/

receive what you already are/have. Accept Jesus as your Savior in order to have eternal life. This directly contradicts the science of epigenetics where beliefs are eternally transferred genetically from the grandmother to her grandchildren. How the grandfather treats his wife can change the course of several generations; obedience can't.

The number one source of trauma and resulting PTSD is family ("The Body Keeps The Score"). People get this idea that accepting Jesus as their Savior and the resulting magical forgiveness of all sins functions as a spiritual ATM where you can never be overdrawn. This nonsensical, irrational, focus on symptoms effectively masks the cause of sin which is believing the wrong things about one's self, which brings me back to Eve believing a lie that she was not created like God.

How Miracles Work

Deconstructing beliefs about sin led directly to miracles, allowing me to objectively analyze how miracles work. Miracles make a mockery of transactionalism, providing a litmus test which resists all modalities that one would employ against it.

The following provides the context needed to understand why miracles remain impervious to transactionalism other than one simply disbelieves miracles are possible. Culture informs the environment in which events occur, how they are perceived, and how they are communicated. All of those factors are direct expressions of epigenetically transmitted beliefs and their agnostic self-reinforcements.

Context is important also because miracles temporarily suspends the laws of physics, juxtaposing modalities at odds with each other.

- a) Leaders of Judaism corrupted by legalism straining under the weight of Roman occupation;
- b) Jews oppressed by both their leaders and Roman occupation, periodically escaping to the deserts from both;
- c) Epigenetic beliefs that believe without evidence in rationales about the miracles, not necessarily the miracles themselves.

Then as now, daily exposure to miracles is numbing when one is conditioned to merit-based beliefs propagated by belief systems that amplify morality as the be all, end all.

Then as now, miracles run counter to beliefs that eventually devolve into transactionalism, which is why today people don't believe that miracles are possible. *What's the catch? What's the fine print say?* Since people have misbeliefs about miracles, miracles don't happen because their misbeliefs are reinforced, altering their perception of what is possible. Curiously, this aligns with quantum theory where observation affects reality.

Seeing is not believing, and believing is not seeing. Nobody has ever hoped for what they see, taste, touch, smell or hear. It's like going to your car and thinking, 'I hope this is a car' and then getting in your car and driving away. Or smelling bacon and thinking 'I hope that's bacon'.

The impossible thing that you hope for is currently invisible; it simply doesn't exist in the visible realm. You can't sense it. The self-reinforcing nature of beliefs means that beliefs physically manifest the invisible regardless of one's belief modality. Beliefs determine perception (lens) and understanding (mirror) of the visible.

Because it's in the Bible, and people believe anything just because it's in the Bible, their perception (lens) and the language employed (mirrors) are altered to communicate (reflect) beliefs.

This is akin to seeing a new shadow in Plato's Cave. How do you describe it? What does it mean relative to the other shadows? Same for the Bible: different periods, different beliefs, different language, but same cave. Believing anything written in the Bible as being unerringly an unchanging modality in contemporary language is to marginalize the cultural context of the past and present; one's epigenetic beliefs determines one's perceptions.

The belief axiom lifts the veil of beliefs self-reinforcements so as to be reassured that perceived impossibilities are actually possible for no other reason than one believes that they are. This is miraculous.

Misbeliefs prevent one from believing good things are possible, which blinds them to the logic that in order for anything to be 'bad' it first must have been 'good'. In order for there to be lies, there first must be truths. To get out from underneath a mountain of agnostic reinforcements one needs to merely believe that that's possible.

Beliefs are so powerful that most people have extreme difficulty grasping that the impossible is actually possible. The following demonstrates the power of every humans beliefs. Keep in mind that Evangelical Christianity has been all in with Jesus as the Son of God and that only those who believe in Jesus can receive miracles. The belief axiom obliterates all of the self-reinforcements of this merit-based, transactional modality.

Jesus Heals a Demon-Possessed Boy

If you've seen epileptic seizures you would not be faulted for calling them demonic. It's gut-wrenching to watch. 'Epilepsy' fits the description where the father tells Jesus that a 'demon' is trying to kill his son; epileptic seizures kill.

Jesus and his disciples were out hiking. Hungry, Jesus saw a fig tree, lost his cool and cursed it, saying "no one shall eat fruit from you ever again". He knew it was out of season, but cursed that tree anyways.

A little while later a man came across a few of Jesus disciples begging for help. Although the disciples had facilitated miracles, they couldn't heal the man's son. The man brings his son to Jesus, stating that the disciples couldn't heal the boy to which Jesus says that this type of healing comes only from prayer.

"...help us if you can," said the father.

Here's a man who has been beaten down for so many years that he's given up all hope. His spirit is further crushed when Jesus' disciples can't heal his son. He's so far beyond the end of his rope that he doesn't know what a rope is anymore.

"...help us if you can..."

"If?" Jesus replies. "Anything is possible for him who believes," to which the man cries out, "Help me in my unbelief!"

Jesus then heals the boy.

Jesus and disciples leave that area, circling back to the fig tree. The disciples notice that the fig tree that Jesus cursed is withered from its roots. *What!? How is that possible!?*

The disciples had become cynical because they were accustomed to disappointment. They were suffering under Roman occupation. Their fellow Jews openly talked about a Messiah who would come and kick the Romans out of Jerusalem. They saw all of these miracles, performed miracles themselves, yet what really stood out was a dead tree.

Jesus rolls with it and states a mind-boggling, impossible feat: tell a mountain to be removed and cast into the sea and if you don't doubt, it will be done *for* you.

Did you see that detail or did you, like the disciples, get stuck on the impossibility? The miracles that the disciples performed were done *for* them. All they had to do was believe and it would be done *for* them. That isn't usually how things work. Usually you've got to earn it, but if you can earn it, others can earn it, and that means it's merit-based and can be transacted upon.

"If you do not doubt, you can say to the mountain 'be removed and cast into the sea' and it shall be done *for* you." There is no other qualification for a miracle other than one merely believes the impossible is in fact possible. When the epileptic boy was presented to them, the disciples were caught up in the seeming impossibility of the situation. It's human nature to doubt when something exceeds one's understanding, hence the reliance on epigenetic beliefs and context, for better or worse.

But that's not all. Jesus went on to say that each one of us is to do *greater* works than he did. (John 14:12) Even if you can't believe that that is possible, it's besides the point according to Jesus' own words. Just believe that it's possible and don't get caught up in the *how* because that's not your job. The instant you get caught up in the *how* you begin to doubt. You don't deserve to be a part of flat out amazing stuff because you don't know how? That's not your responsibility. All you have to do is believe, nothing more, nothing less.

Do you believe this?

What you believe about all of the above is how you feel. How you feel is an expression of your beliefs. If you can bring that out of the cave into the sunshine, you can remove the mountainous reinforcements that are proxies for what you believe is impossible.

You express your beliefs every single moment you've ever lived. You believe whatever you perceive, and perceive whatever you believe. Singular circularity. You are the lens looking into the mirror and the reflection that you perceive. Beliefs eternally self-reinforce. There is no override except you. We use the power endowed in each of us for good and sometimes not good, such as cursing one's circumstances.

Epigenetic beliefs are mountainous, and do a fantastic job of convincing one that they're impossible to remove. Hence, the doubt is just as big as the mountain. Hence, the lack of belief. Hence, the father of the epileptic son acknowledgment of years of struggling with his personal mountain. He asks and receives help and then the miracle is done for him.

By applying the belief axiom to Christianity, 'created in God's image' means each person is born with the power

to believe for things that the eye cannot see, to physically manifest things that currently exist in the invisible (heaven) but are perceived to be impossible in the visible (Earth).

I can't help but see parallels between miracles and quantum physics. Religion, being an external belief modality, cannot function the same way on the intrapersonal level. The origin of all conflicts is external modalities elevating their modality above the intrapersonal.

It makes sense then, at least to me, that the entire universe is actually a series of probabilities (quantum physics) that are physically manifested when one believes, moving hope from probability into a physical actuality. God, then, would be a proxy by which quantum mechanics is communicated, and the Bible is Quantum Physics Manual. That makes much more sense than God as an actual entity that one has to worship in order to find favor from.

Organized Religions can't do this because they are corrupted.

I note once again that miracles were done indiscriminately, without judgment. An example can be found in Luke 7:1-10 where a Roman military officer asks Jesus to heal his servant. Rather than visit the officer's quarters, he tells Jesus to just speak it and it will be done. Jesus is blown away by that man's faith.

Far too many people, myself included, simply do not believe that such things are possible. Evangelical Christianity perpetuates the epigenetic performative canard of obedience that stands in starkest of contrasts with Jesus' explanation of how life revolves around individual human relationships devoid of external pressures that always lead to conflict.

The Power of Belief

Given that the transactional nature of morality is the foundation of laws, laws are not necessary for those who follow this simple law: do unto others as you would have them do unto you. Treat others how you would like to be treated. [Leviticus 19:9-18 outlines 21 practical actions](#) how to treat others. No belief is required to implement them.

This is how love/truths self-regulates and creates self-regulating people who are a threat to the transactional nature of those who control the transactions. This is freedom from fear and from those who employ deception to induce belief in shadows as real things.

How you treat others leaves a lasting impact because people always remember how you made them feel. We each have a say in creating others' beliefs about themselves and their perceptions of the world we co-create with our beliefs.

All modalities eventually devolve. Love doesn't. Love is the only thing in the Universe that suspends the laws of physics, thus it preserves all modalities from corroding, corrupting, and devolving, but only if one practices it daily. Love is the only thing that requires one to give it in order to 'have' it, and thus keep giving it. Love is self-evident; you will know them by their fruits.

SUMMARY

Beliefs make us objectively human, creating subjective modalities that serve the purpose of articulating one's objective beliefs.

Beliefs agnostically self-reinforce instantaneously, creating feelings, thoughts, actions which create one's belief modality which contains one's intrapersonal operating system. It's this system that creates one's perceptions (lens) which interacts with external (mirror) modalities. All modalities are rooted in epigenetic beliefs about those modalities. Epigenetic beliefs make up 90% of a person's beliefs and are brought to bear on existing external belief modalities regardless of whether the modality is based on the visible or invisible.

All conflict and attendant suffering is due to misbeliefs about one's self (intrapersonal), which causes misbeliefs about everything else (external). Read objectively—without the prejudice of misbeliefs—the Bible functions as an instruction manual about the power of beliefs each person is born with, documenting the consequences of both dis- and mis- beliefs.

Those who practice love actively engage in manifesting the invisible into the visible, collectively known as 'miracles'. I call it 'the physics of spirituality'. Every human is endowed with this amazing ability, but not every human is able to overcome their epigenetic beliefs. The key is to treat others as you want to be treated regardless of any other consideration.

The belief axiom provides a framework in which to parse, reveal, and reject one's misbeliefs, and alleviate the suffering of self, and by extension, those who hold similar misbeliefs. Thus, Jesus was the only person who didn't have misbeliefs about his identity and the power of belief that is rooted in every single human being. Hate, anger, and other externally derived behavior are symptoms of misbeliefs. Miracles are symptoms of a belief that the invisible, hoped-for situations are possible by virtue of believing they are.

It is my hope that by sharing this powerful axiom that each person will be able to love their self and thereby create the conditions for miraculous transformations.

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