



JUST BELIEVE
AND YOU CAN'T GO WRONG

How Beliefs Work
The Physics of Spirituality
CONDENSED, ESSENTIAL VERSION

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AXIOMATIC

The following pages contains an axiom¹ that intersects and overlaps with every way of thinking (modality) one can think of. I critique Christianity by its own terms using the axiom.

BORN BELIEVING BELIEFS

Each human is born with beliefs that predate their birth by hundreds and even a thousand years. We know how beliefs work biologically. We always remember how we feel in our heart and bodies. So did our forebears whose responses to stressors in life determined what our responses are (Lipton, [The Biology of Belief](#)). You know their lives because you're a reiteration of theirs.

We each have a relationship with Self and others. The relationship with others begins with the relationship with Self. What we believe about ourselves determines what we believe about others.

We never delve into what we actually, truly, honestly, really believe because there's never been a single nanosecond where our core operating system hasn't been creating and organizing hundreds of repetitious self-reinforcing thought patterns. Nor has there ever been a single instance where one's belief didn't physically manifest.

Nothing changes a person's biology like fear. The only thing that changes from generation to generation are the triggers that lead to these negative emotional states: anger, shame, anxiety, panic, worry, nervousness, insecurity, paranoia, helplessness, defensiveness, agitation, frustration, irritability, guilt, regret, tension, dread, angst, et cetera. Anything that makes you feel bad about yourself and/or a situation is a manifestation/expression of fear.

No matter what you choose to do, you have to face your fears. By believing you can, you will.

WHAT IS A BELIEF? IT DEPENDS

1. *a state or habit of mind in which trust or confidence is placed in some person or thing.*

This definition, "a state or habit of mind" is what most people consciously regard as belief.

Beliefs are not what a dictionary says, but what you feel and have always felt in your body. We are equally capable of doing great or horrible things. Both are manifestations of what we believe.

HOW BELIEFS WORK

Whatever you believe, you become, physically expressing your feelings, thoughts, and actions; belief is behavior. Beliefs are impossible to communicate without activating their self-reinforcing attribute. We can examine our beliefs but we're limited by them.

Defenders of religion and science base their arguments upon their beliefs' self-reinforcements that cause them to think and believe that their modalities are true. In quantum physics terms, observation affects reality. Beliefs work the same way, convincing you that your beliefs are true.

It's this very self-reinforcing, self-evident nature that convinces one to never examine their beliefs. Whatever you believe causes you to think that what you believe is true, and to believe whatever you think is true. Parsing your beliefs through the following 21-word axiom reveals both the intrapersonal and inter-relational by which you've always operated from/by.

¹ An axiom is a statement or proposition that is considered to be self-evidently true or accepted without requiring proof or demonstration. Axioms serve as fundamental principles or starting points in various fields, including mathematics, philosophy, and logic, upon which other conclusions or theorems are built. They are often used as foundational, unquestionable truths within a particular system of thought or discipline. In mathematics, for example, Euclid's axioms are fundamental postulates that underpin Euclidean geometry, while in philosophy, axioms may serve as core principles or beliefs upon which a philosophical system is constructed.

THE BELIEF AXIOM

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

Beliefs are biological. You didn't learn them nor consent to them. They are expressions of your DNA. They are not hard-wired but they most certainly feel that way.

Beliefs Originate Epigenetically

Here's a brief overview of "[The Biology of Belief](#)"

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).

Beliefs are rooted in your genes, thus all feelings and associated behaviors are physical expressions of one's epigenetics, and 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.

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

Most of us are completely unaware of what our actual beliefs are, but we're totally aware of the reinforcements because they are omnipresent physically in our feelings, thoughts and actions.

Intrapersonal vs. Inter-relational

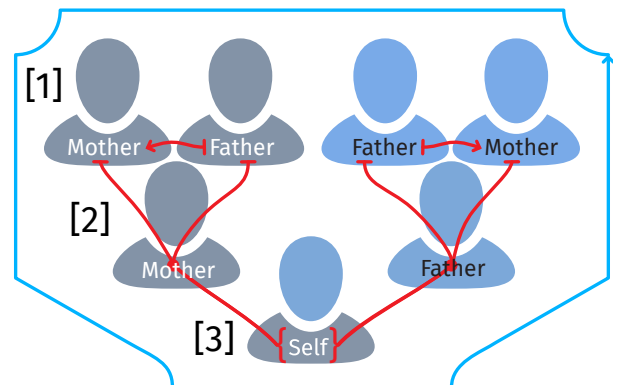
It's critical to distinguish between intrapersonal (endogenous) and inter-relational, external/environmental (exogenous) self-reinforcements (belief modalities) because one's intrapersonal belief modality is inextricably tied to the external via family relationships (epigenetics).

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

At a minimum, the way (expression) your grandparents responded to their relationship and external stressors was coded [1] into their DNA and passed to your mother. The way your mother was treated from birth until age 7 programmed her subconscious [2] which then had its [3] third iteration in the way she and your father treated you.

Epigenetic Influences

The only thing different from your grandparents is the environment, but the way you interact with your family and environment is in your subconscious.



Agnosticism

Beliefs are agnostic. Regardless of the thing believed it will create self-reinforcing feelings, thoughts, and actions. Whatever you believe or disbelieve, it self-reinforces regardless, meaning it is unaware, causing you to think that everything you believe is true, and to believe everything you think is true. It doesn't matter what one believes, everyone always physically manifests according to their beliefs.

DECONSTRUCTING THE REFORMATION

The Renaissance transformed all ways of thinking. This greatly disrupted Europe culturally, politically, and economically. The Catholic Church frequently reacted with violence, executions, and threats of both which was repaid with the same by the Protesters. Essentially, the Catholic Church warred against the social and political consequences of its own making. Inquisitions were launched in order to reassert control, creating a synthetic split between the observable and the invisible that persists to this day, creating a belief that Science and Religion are mutually exclusive concepts.

Although its political power has diminished, the epigenetic personal, social and political expression of the Reformation DNA continues to this day. Epigenetics explains *how* violence begets violence begets violence over thousands of years.

Christianity's violent response to the Renaissance perpetuates anti-intellectualism every bit as much as science marginalizes the role of beliefs.

Christians remain completely unaware that their religion is political in nature and funded by stolen wealth for the sole purpose of creating more wealth. Were Christians able to understand their history being rooted in violent, barbaric bloodshed they might see the con game of the medical profession in the starkest of terms were they to read a medical researcher's account of [how powerful human biology actually is](#).

The Reformation did away with belief and miracles, claiming that they were reserved for Jesus only. Contemporary Phariseean belief systems are foundational to the Judeo-Christian legal system and are antithetical to spirituality which religion likes to claim is a God created merit system. It's a shame that one cannot obey their way to heaven.

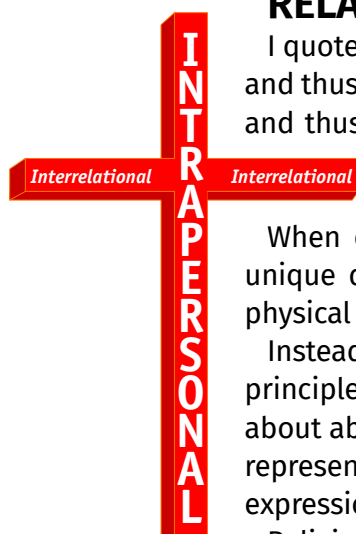
RELATIONSHIPS OR RELIGION

I quote the Bible from the practical: how does this empower me to love myself, and thus love my fellow human beings? How is religion being used to control self and thus others? In other words, I critique the Bible by its own terms, not the epigenetic terms inherited from the Reformation and prior iterations of control.

When one understands how their beliefs work, one understands how their unique quantum states, aka spirituality, interacts with humans, including the physical world.

Instead of a murder weapon, the cross is better illustrated as human quantum principles. The vertical beam represents 'as above, so below' per your beliefs about above (invisible, heaven) and below (Earth, health). The horizontal beams represent resistance against external sources, primarily religion and its various expressions, that seek to co-opt your super power.

Religion isn't the problem, nor is a belief or disbelief in God. The problem is that people are unaware that everyone is perpetually 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. We all physically manifest according to our beliefs be they epigenetic or intentional regardless of external influences and because of them.

People always remember how you made them feel

People who believe the wrong things about themselves invariably believe the wrong things about everything else and treat their self and others accordingly. The cure for the common misbelief concerning ourselves is to treat others as you would have them treat you, according to these 11 religions:

- 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
- 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.* Yoghasstra 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?

Born Believing Fear

Christianity rests entirely on the belief that because Eve sinned we all have sinned by virtue of being born. This misbelief is epigenetic, ensuring its perpetuation over thousands of years.

To recap the so-called Fall of Man story, a talking snake tells Eve she is not like God, eat the fruit and she will be. Eve believed, ate the fruit, shared it with Adam and instantly both felt naked and afraid, so they hid themselves (Genesis 3:1-13)

The lie: you're not like God. The remedy: perform this action and you will be. 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 in order to induce belief which without they could not 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. 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.

Christianity believes that moral failings can only be corrected by obedience to laws. Thus obedience becomes a merit system that rewards obedience and punishes disobedience.

How Miracles Work

Miracles temporarily suspend the laws of classical physics, providing an entry to acknowledge quantum physics.

Seeing is not believing, and believing is not seeing. Nobody has ever hoped for what they see, taste, touch, smell or hear. Because people believe anything just because it's in the Bible, their perception (lens) and the language employed (mirrors) are altered to communicate (reflect) beliefs.

Perceived impossibilities are actually possible for no other reason than one believes that they are. In order for something to be impossible it first must have been possible.

Jesus explains: *"...whoever says to this mountain, 'Be removed and be cast into the sea,' and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says."*

The miracles that the disciples performed were done *for* them. All they had to do was believe and it would be done *for* them.

There is no other qualification for a miracle other than one merely believes the impossible is in fact possible. No belief in God required, even an atheist can experience miracles.

How you *feel* is what you *believe*. Epigenetic beliefs are mountainous, and do a fantastic job of convincing one that they're impossible to remove.

Religion, being an external belief modality, cannot function on the intrapersonal level.

It makes sense then, that the entire universe is actually a series of probabilities (quantum physics) that are physically manifested when one believes, moving hope to the realm of probability to physically manifesting. God, then, is a proxy by which quantum physics is communicated, and the Bible is the Quantum Physics Manual.

Love Believes All Things

Love self-regulates, creating self-regulating people who are a threat to the transactional nature of those who control the means of transactions. Love is freedom from all 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. All modalities eventually devolve. Love doesn't. 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 people by their fruits.

Just Believe and you can't go wrong

The belief axiom provides a framework in which to parse, reveal, and address one's epigenetic beliefs, and alleviate the suffering of self, and by extension, those who hold similar beliefs.

All conflict and attendant suffering is due to misbeliefs about your self (intrapersonal), which causes misbeliefs about everything else (external). How you respond to it is everything. Your epigenetic responses create more of the same. It's not your fault. It's not God's responsibility, and Jesus didn't die for the misery inflicted on you.

Temple is belief is biology is behavior. How your ancestors' temple was treated is the cornerstone of yours.

Those who practice love actively manifest the invisible into the visible, 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.

There's a word that summarizes everything I've written: forgiveness.

The body keeps the score, forgiveness wipes the slate clean.

The things that people do requires each of us to practice forgiveness every single day no matter the scale and scope of anyone's actions.

Forgiveness is the ultimate preventative, removing the tiniest of disturbances from my temple. There will never be justice for anyone until there's a practice of forgiveness.

My actions today will epigenetically carry forward to my grandchildren whether or not they ever bounce in my lap laughing together or not.

Miracles are symptoms of a belief that the invisible, hoped-for situations are possible by virtue of believing they are.

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Several people made this possible by being a part of the loveless formative years we endured with each other and surviving it in order to make sense of it. It's not necessary to name them; they know who they are and how much they've helped me, and they have their own epigenetics to deal with. I love them dearly and hold them in my hearts.