

*Just believe
and you can't go wrong*

How Beliefs Work

The Physics of Spirituality

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Obey or Believe

There's never been a nanosecond in your life where you were not believing something regardless of the experience you were/are currently in. Even as I write this I know most people will not believe that how beliefs works is something that will positively impact their life.

It most certainly didn't impact me for the better of 7 years. That's how long it took me to figure out how beliefs work without activating the only thing that beliefs do: self-reinforce.

There's two primary things happening in this very instant: your intrapersonal podcast is straining to be heard above the hundreds of others podcasts. This mishmash of competing repetitious audio forms the basis of how you perceive life and this book, changing the way you think and feel.

Everything you think you believe about life is hundreds and thousands of years old. You're just experiencing ancient thought patterns as if they were new. Both true at the same time because energy is never wasted, it's transferred genetically. You're totally in tune with your epigenetic self to such a high degree of fidelity that the past is a really accurate predictor of the future. You know this is true by looking at your own life depending on how old you are. If you're younger than 30, the patterns are likely nebulous. If you're older than 30 you might have a better grasp of the epigenetic patterns by virtue of more iterations.

And this in turn depends on how your parents treated you which depended how their grandparents treated your parents. That's 6 primary influential people that determined 90% of your beliefs of which 70% are negative.

The best part of this is that you get to choose to be the best version of you. The worst part is that a lot of money is made by promoting the status quo. The world's oldest, most effective business model is: perform an action in order to achieve/receive what you already are/have.

This is easy because that business model is built to address only the symptoms. There's no money to be in addressing the causes. Well, actually there is but it's not sustainable over the long run, so it favors greed and the massive destruction of resources that transfers the wealth and health of many to the few.

Religion created this model and employs it to this very day. You can find it hidden in plain view in Genesis 3:1-5. Mainstream Christianity markets it in order to induce belief in their iteration of the model, effectively a solution to the problem they create.

The sad state of current affairs is due to misbeliefs about beliefs in general, not a lack of morality. If you believe the wrong things about yourself, you will feel, think, and act according to those beliefs.

What most people never do is question their beliefs because we've been trained to obey. We've been trained to believe in God, that God created us and yet somehow that almighty God made a mistake requiring a few thousand years to arrive at a solution that makes no sense. We're told to accept that God works in mysterious ways; we cannot possibly know the mind of God.

Believing this to be the case, makes it the case.

The solution for God's mistake, a God that supposedly loves us so much that he drowned his creation with a flood save for pairs of every living creature, was to impregnate a virgin so that his offspring would die the most gruesome, heart-breaking death in order to prove his love. There's some kind of apology baked in.

Leading up to that decision, God allowed a foreign country to occupy his offspring's region and decorate it with the murder weapon he would eventually die on, and I'm just guessing it was a reminder of what his future holds and who's the Boss.

Yeah, right.

The people I wrote this for are the true believers in the most messed up story ever told, so I want to get some things out of the way in order to set them straight before they perpetuate any more misery. I'm doing this because I genuinely love them.

I used to be one them, quick to turn off my mind and "over spiritualize" any issue that seemed too big for me even though I had read that I can do all things through Christ who gives me strength. It was read as to bring all things to God in prayer and let him handle it. It was contradicted by Paul praying that a thorn in his side be removed. And Jesus himself dreading his own murder. Who among us hasn't prayed or wished things weren't the way they are and then judged themselves for things they had no control over?

I'm not writing this for atheists although they're going to greatly benefit. So will marginalized communities. Nor am I writing this for scientists although they should read it so they can advance science for the benefit of our species instead of selling out to the false power of money like many religious types do.

Nope, I'm writing this for those who identify as Christian so they can put a stop to the heartless, competitive merit-based system of misery they help co-create. It's not enough for Christians to realize that Matthew 23 explicitly addresses the false power of religion's highly profitable system of fear-mongering before they ever promoted their brand of misery with a murder weapon, selling it as the Good News; being woke and being aware are mutually exclusive things just as religion and spirituality are.

Please note the title of this work: how beliefs work. It's just 21 words describing how beliefs work, with just one \$70 word. It's the ramifications of those 21 words that destroys every illusion, every deception, every misbelief, and every way of thinking (modalities) about life regardless of its labels and the degrees one can obtain from studying those modalities.

All of those modalities were created by beliefs, but until now there's never been a rational statement of how beliefs work. Knowing how beliefs work shows you how all of those modalities are merely expressions of beliefs that began intrapersonally and then migrated outwards, becoming more organized, splitting off into different type of modalities with slightly differing governing beliefs.

Whatever you believe, you become, thus how beliefs work shows you how you became who you are.

The Whole Point of Being

The whole point of "love your neighbor" is to help others be the best version of themselves. Doing so enables you to be the best version of you. Understanding how your epigenetic beliefs works helps you overcome their built-in limitations.

Christianity is one of the most powerful *negative* epigenetic expressions ever, as our understanding of spirituality is corrupted by its epigenetic iterations. It's why most of my writings focus on revealing the epigenetic expressions of religion. Doing so and having done so on my own epigenetics expressions of Christian beliefs revealed how powerful we each are.

Believing in God doesn't create the best version of who God created you to be (Parable of the Talents) and maybe all parables are how to be the best version of you. Your opinion of me doesn't, nor should it, change my opinion (esteem) of myself, and vice versa.

Believing Christianity's disempowering message about how God supposedly sees me as defective and yet loves me enough to allow his own son to suffer a brutal, drawn out murder is evidence of love!?

All human behavior is irrevocably rooted in biology, collectively known as “belief”. Human babies are programmed by the way they are treated during pregnancy and the first 7 years of their life. Were you held? Comforted? Told that you were loved several times a day? Were you breastfed? No? Then you’re messed up, no doubt.

Would you believe that the way you were treated as a baby was determined by your parent’s grandparents? And that the way you feel about this right now was determined by your grandparents? That’s how it is for every human regardless of any other consideration. It was proven almost 30 years ago.

Why Do You Believe

I’m certain that rationally explaining how beliefs work will be dismissed every bit as much as Jesus was, particularly those friends and acquaintances who attended seminary or who work at a religious organization. I expect academia to vociferously dismiss the ramifications of how beliefs work.

This is exactly as it should be because when your life revolves around institutionalized beliefs, you make every effort to fit in, get along, support and further the cause of institution. That’s only natural.

The rejection is evidence of how beliefs work, thus it’s a foregone conclusion. There will be lots of rationales based on bread and butter because that’s how the world works.

Every single Christian believes what they were told about Jesus. Explaining how beliefs work explains why miracles never happen in church, never happens for the righteous or morally virtuous even though it’s clearly stated in the Bible that all one must do is believe.

People tell us to believe in God. We think we know what that means. We do and we don’t—both are true at the same time. If you believe that God created the Universe, then you must accept this as a primary feature of quantum physics or reject it without cause. Most do.

What’s not acceptable and the source of all human conflict is telling people what to believe in the name of God or Science.

By knowing how beliefs work you can understand your unique set of epigenetic beliefs and then you can accept or reject without harming self, others, and future generations.

AXIOMATIC

The following pages stem from an axiom¹ that intersects and overlaps with every way of thinking (modality) one can think of. Those modalities have been consistently repeated over thousands of years to such a degree of fidelity that it merits examination.

I critique Christianity by its own terms using the axiom, which is independent of all modalities, meaning that all modal beliefs can be parsed using the axiom. Every modality has beliefs spoken and unspoken that give the modality its unique parameters.

I repeat key concepts throughout because this topic, how beliefs work, changes everything we thought we knew. 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. This Intrapersonal vs. Inter-relational dynamic is what sets humans apart from all other species.

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.

BORN BELIEVING BELIEFS

Humans do nothing but believe. Every feeling, every thought, every action, all of it originates in our current state of belief. Thanks to the ground-breaking science of "[The Biology of Belief](#)", we now know that each human is born with beliefs that predate their birth by hundreds and even a thousand years and more. We know how beliefs work biologically, and that we can overcome their built-in limitations by believing we can; Christianity subverts the power of belief, substituting our power with a belief in God.

Up until I figured out how beliefs work rationally there's never been an explanation that circumvents the sole feature of beliefs, which is to self-reinforce. The instant you believe or disbelieve something is the instant it self-reinforces. It's automatic, causing one to think that everything one believes is true, and to believe that everything one thinks is true.

No modality can help you escape the billions of self-reinforcements created by your beliefs. This causes us to feel that we can't ever change, which leads to mental health issues, especially in the digital age where we're subject to hundreds of thousands of messages that self-reinforce misbeliefs about ourselves.

Every waking moment, every day, every human is broadcasting and receiving invisible energy originating from our beliefs. We're semi-transparent energy centers impacting, mitigating or assimilating energy from others. Every word, every action has an impact on others and ourselves.

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. Different day, same old feelings and outcomes as theirs. How can that be when they're long gone? How is it possible that our feelings, thoughts, and actions are eerily similar to our ancestors, particularly our most recent grandparents?

As we develop we turn into carbon copies with similar outcomes, seeking meaning in hopes of making sense of it all, and other times we just give up and move forward the best we can.

Throughout all of this wondering and wandering we are surrounded by the word 'God'. We're asked if we believe in God and we say yes or no. We're judged by our response yet we don't even know what that question means; we think we do.

Nor do we ever 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. Fear instantly manifests because it's destructive and traumatic. When you feel afraid, you act it and thus your circumstances—the physical manifestation—have changed. The experience rewires the expression of your DNA which is genetically passed onto your progeny via procreation.

[Discovering that the expression is transferred was utterly shocking and transformative](#) and changed our understanding of what beliefs are (the linked article will help you understand key concepts). Beliefs are behavior of any kind, a direct expression of biology. The most prominent biological experience is fear.

Fear

Nothing changes a person's biology like fear. You feel it and instantly you act it without a single breath between. Fear always causes us to hurt ourselves and thus others. Fear is the best place to start digging through what your beliefs are because fear in all of its various forms is biological and passed down genetically to each generation.

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. We act without thinking about it. Chronic low-level fear eventually results in poor health and death.

Bravery in the absence of fear is foolishness. Bravery in the face of a frightening situation means not being controlled by fear.

Firefighters train for those scary situations. Rock climbers practice their responses to various situations. Athletes of all kinds train to perform their best; different sports have different requirements. Practice makes perfect, yes, but when you operate from an underlying fear, that fear is going to limit you, change the way you process situations mentally, and thus physically.

No matter what you choose to do, you have to face your fears. Are you good enough? Smart enough? Do you work hard enough? Do you have what it takes? No matter who you are, where and when you were born to whoever your parents are, where you live, and what you do, you're going to run into adversity, challenging circumstances and situations. Fear is going to try and convince you that you're not up for meeting the challenge.

But, by believing you can, you will.

WHAT IS A BELIEF? IT DEPENDS

The same word 'belief' denotes, connotes and means different things to different people. Even different dictionaries have different definitions of the word 'belief'. From Webster's Third International Dictionary, Unabridged:

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.

The first definition, "a state or habit of mind" is what most people consciously regard as belief. It's deeply personal, omnipresent, and inviolable. It's your personal lawyer, always at the ready to defend you from anyone who would question you, and will instantly turn into your worst critic, litigating everything that you've done.

Beliefs are not what a dictionary says, but what you feel and have always felt in your body. Starting with our parents, we're constantly told what to feel about ourselves, think about ourselves, and act every single waking moment of life. From the day we're born until the moment we pass, there's always someone, for better or worse, who has words for us. If we accept those words, we physically manifest them in our 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 which creates even more feelings, thoughts, and actions. I've separated 'feelings, thoughts, and actions' to highlight that one's emotional state determines their thoughts, and thus behavior/action; belief is behavior.

Up until now, there's never been an rational statement articulating how beliefs work. By rational, I mean it is not subject to beliefs, allowing one the means to rationally examine one's beliefs and inter-relationships with external belief systems such as religion and science and any

other mode of articulating the human experience.

Beliefs are impossible to communicate without activating their self-reinforcing attribute, inaccurately known as ‘bias’. The entire human race has struggled for thousands of years to articulate how beliefs work without running into the millions and billions of intrapersonal and inter-relational self-reinforcements that one’s beliefs create.

For example, a robot examining its programming for errors would need written instructions in order to do so. And it has to ‘understand’ its programming has limits.

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 reflecting the lens.

Defenders of religion and science base their arguments upon their modal 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—they are, but only to you, and only within the context of your preferred modality.

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 whatever 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](#)”).

Parsing your beliefs through the following 21-word axiom reveals both the intrapersonal and inter-relational by which you’ve always operated from/by.

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.

When you apply those 21 words to parse the millions of self-reinforcing feelings, thoughts, and actions (your history), you will begin to understand and articulate what your actual beliefs are. It took me 7 years of near daily journaling, thinking, recalling traumatic experiences, and thinking some more before I was able to come up with the axiom that describes how beliefs work without triggering the various self-reinforcing behaviors.

What most people think of as beliefs are actually the self-reinforcements that dredge up all of the memories that re-activated the behavior. I felt a lot of things all over again that I didn’t want to feel, but ultimately it was necessary to see them for what they were: self-reinforcing feelings, thoughts, and actions—expressions—of DNA.

Beliefs are biological. You didn’t learn them, consent to them but they are expressions of your DNA. They are not hard-wired but they most certainly feel that way.

The ground-breaking work of Dr. Bruce Lipton as articulated in “[The Biology of Belief](#)” details Lipton’s deeply personal journey from medical school professor to discoverer of a new class of science. You cannot separate your self from your beliefs; they are one and the same. All personal growth stems from how you respond to adversity. Reading how Dr. Lipton responded to his misbelief-created adversity dramatically changed his life and laid the foundations for the discovery of epigenetics.

The rational statement of how beliefs work showed me that religion and science are describing the same phenomena in different ways via different modalities. When people ask if I believe in God, I ask them if they believe in gravity. What would happen if you stopped believing in God and/or gravity?

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).

(This is why people always remember how you made them feel. So profoundly impacted by his discovery of epigenetics, Dr. Lipton has spent the past 25+ years leading workshops to help people overcome their self-limiting epigenetic beliefs.)

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 DNA of 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 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.

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, and institutional ethos.

The 4 Stages of Belief Development

I've extended Dr. Lipton's work to create four stages of self-reinforcements. Behavior and beliefs are interchangeable terms.

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 via various emotional states. This is the beginning of behavior.

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.

How a child is treated the first 7 years of its life determines its health and how they will treat others throughout their life. Subconscious states have a singularly profound impact on one's development that cannot be overstated.

The **Emotional** stage, age 7-14, is when a person learns juvenile identification of their epigenetic responses and triggers. Thought patterns self-reinforce in new ways tied directly to new ways of articulating emotions.

The **Intellectual** stage, age 14-21, is where one begins to concretely articulate their emotions, 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 inter-relationally.

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 20s–40s or whenever a person leaves their 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 one's 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 subconscious feelings, every feeling produces thoughts and actions which in turn creates more self-reinforcing feelings, thoughts, and actions in perpetuity, directly determining one's physical and spiritual health.

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).

Whatever you feel and think right now as you read this are your beliefs' reinforcements that everything is perceived through. The various reinforcing modalities unique to you either liberates you or enslaves you 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 physically in our feelings, thoughts and actions. You've got a few epigenetic beliefs—I have two—and billions of self-reinforcements obscuring your beliefs.

Intrapersonal vs. Inter-relational

It's emotionally, physically, and intellectually 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). 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 self-reinforcing symptoms of underlying beliefs.

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 mis-beliefs work the same way.

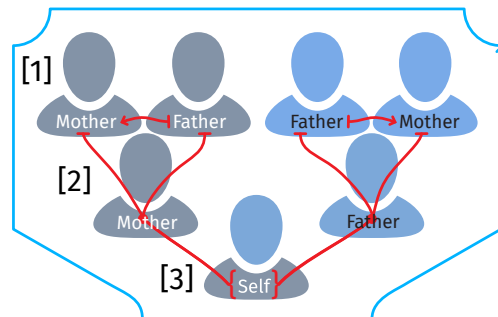
When I understood that dis- and mis-beliefs work the same way I realized beliefs are agnostic, meaning whatever you believe will self-reinforce instantaneously regardless. That's all that beliefs do, have done, and will ever do.

With a cogent, rational understanding of your intrapersonal epigenetics, you can parse the self-reinforcing relationships of intrapersonal and external modalities.

You have an intrapersonal relationship based upon epigenetic beliefs. You interact with organized external modalities that influence you way more than they are influenced by you. The reason for that is because external belief modalities are organized, articulated, believed and institutionalized culturally, thus become a part of your epigenetic beliefs.

From the moment of your birth until you are conscious of your consciousness—around age 7—your subconscious is programmed by your ancestors' epigenetics and reinforced by your family environment.

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.

Every feeling you have, every thought associated with your feelings, and every action you took or didn't created self-reinforcing feelings, thoughts, and actions. Since it comes directly from your subconscious it causes you to think that everything you believe (behavior/expression/symptoms) is true, and to believe that everything you think is true.

This intrapersonal dynamic interacts with each of your family member dynamics and creates it own set of family dynamics which self-reinforce your intrapersonal dynamics. It's this constant interaction between the intrapersonal and family that brings our subconscious to life. We conflate the self-reinforcements with the belief themselves when in fact the self-reinforcements are expressions of response to stressors by our ancestors and currently reanimated in ourselves.

We're limited by epigenetic beliefs. We can overcome them by examining them merely by noticing how thoughts and interactions make us feel. It's not easy being objective about yourself because you've got to deal with external belief modalities that are much older than your immediate family epigenetics. The simplicity of the principle of "just believe" is always available, but more often than not, the institutionalized epigenetics rules the day.

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 self and thus others. Relationship with others starts with your relationship with yourself.

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 attributes of the thing believed.

Agnosticism

The most maddening and infuriating attribute of beliefs is its agnosticism.

agnōstos is Greek for "unknown, unknowable". This recalls 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.

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.

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; remove God and atheism ceases to exist.

I like to think that I would never allow bad things to happen to self and others. 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, splintering the Catholic Church into various Protestant denominations: Lutheranism, Calvinism, Anglicanism, Anabaptists, Presbyterianism, Methodism, and Baptists. All rejected the heavy-handed authoritarianism of the Catholic Church.

Up until the Renaissance the Catholic Church was the sole social and political authority in Europe. The Gutenberg printing press revolutionized the production of books by making them more affordable and accessible, ultimately contributing to the spread of knowledge and the dissemination of ideas during the Renaissance and beyond.

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.

The first 3 Inquisitions listed below were initiated by the Catholic Church. The other 2 were formed, by what later become known as Protestants, to combat Catholicism. The length of each Inquisition is italicized. Source: The Reformation by Peter Marshall.

1. **Spanish Inquisition:** Started: 1478. Disbanded (officially): 1834. Length: 356 years.
2. **Roman Inquisition**, also known as the Holy Office, started: 1542. Continues to exist in a modified form as the Congregation for the Doctrine of the Faith within the Vatican. 481 years and still going.
3. **Portuguese Inquisition:** Started: 1536, Disbanded: 1821. 285 years.
4. **Calvinist Inquisitions** in Geneva and Scotland: The city of Geneva, under John Calvin's leadership, had its own form of religious inquisition to enforce Calvinist orthodoxy. In Scotland, during the Scottish Reformation, Protestant authorities established their own inquisition-like mechanisms to combat Catholicism. These were localized and not as formalized as the Spanish or Roman Inquisitions. The concept of predestination, that God has already decided who receives eternal salvation of damnation, was created during informal proceedings; they continue to epigenetically manifest in Presbyterian theology.

5. Lutheran Inquisitions: Various territories under Lutheran rule implemented measures to enforce Lutheran doctrine. These were also localized and less formal than the Spanish or Roman Inquisitions, thus no official end date is known.

The severity and methods of these inquisitions varied widely, and they played different roles in different regions during the tumultuous period of the Reformation. Some were focused on enforcing religious orthodoxy, while others had broader social and political implications.

The Inquisitions 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 concepts.

The Catholic Church promoted the Aristotle's assertion that the Earth was fixed, unmovable and the heavens moved around the Earth. This 1,850 year old belief was debunked by the Catholic canon Nicolas Copernicus in 1543 and confirmed 100 years later by Galileo who shared his views with various ranking people in the Catholic Church hierarchy, arguing that heliocentricity didn't conflict with the Bible. Heliocentricity was blasphemous to ancient Aristotelian and Catholic epigenetic beliefs that the Earth was the center of the Universe, which was central to the organized belief that God created the Earth as the center. It took the Catholic Church 472 years to officially include heliocentricity into the Church Canon.

Torture, Massacres, and Dismemberment

Although its political power has diminished, the epigenetic personal, social and political expression of the Reformation DNA continues to this very day. Epigenetics explains how violence begets violence begets violence over thousands of years. The Reformation continues to epigenetically express itself by doubling down on its so-called moral authority in which violence is acceptable if done in the name of God to defend the religion's brand.

Science itself is an epigenetic belief system, especially when it comes to human health. This is what makes the discovery of epigenetics so remarkable. The axiom explaining how beliefs work has a direct impact on health. How ironic it is then, that merely believing that all things are possible impacts one's health at microscopic and macroscopic levels.

Humans are 57% microbe DNA, and 43% human DNA. Cell-wise that works out to 90% microbe cells vs. 10% human cells, and yet we are repeatedly told that man-made synthetics that destroy the very things that creates and sustains all life on Earth somehow auto-magically creates health in humans.

Physician, Heal Thyself

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

Ask any Christian today about who is in charge and they'll tell you that God is, scoffing that science has nothing positive to offer to society while receiving notifications on their devices.

I've yet to find a scientific article that doesn't contain the word 'believe' or 'believes'. For example, "Up until 1977 scientists believed that no life could exist 1,500 feet below the ocean's surface. Then a biologist went below that depth and found life." Now we know that the ocean is full of life even at depth of 30,000 feet below the surface.

Science does a great job of trying to explain how things work. It might surprise you that scientists aren't completely sure how gravity works, but that's okay because it doesn't matter. If you stopped believing in gravity, would you float away?

Christians remain completely unaware that their religion is political in nature and funded by stolen wealth for the sole purpose of creating more wealth. It was Protestants who jump-started what we know today as capitalism. And since God didn't intervene to stop it and Catholics paid only lip service to helping the poor, its dysfunction continues.

The Reformation mindset is so thoroughly institutionalized in the US legal system—itsself an offshoot of Judeo-Christian principles of God-granted wealth as a reward for obedience—that we accept it for what it is and spend our energy trying to get ahead in a system that is deliberately rigged against outsiders who don't toe the line.

Were Christians able to understand their history being rooted in violent, barbaric bloodshed by and against other Christians, they might just turn off their TVs en masse so as to tune out the epigenetic triggers their religion perpetuates 24/7.

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](#). And they'd also discover, as I did via my own work, the long con of Christianity. The Biology of Belief merely confirms what Jesus said: "All things are possible for him who believes." "...and if you do not doubt in your heart, it (the miracle you just spoke aloud) shall be done for you."

The Reformation did away with belief and miracles, claiming that they were reserved for Jesus only. In their view, miracles were reserved only for the most morally virtuous among them, directly contradicting what the Bible said.

The belief axiom supports that every person reaps (physically manifests) what they sowed with the beliefs and what they spoke. The Reformation rationalized away beliefs with violence that continues to this day. We just don't recognize the suffering for what it is, nor do we recognize the solution to it is still the same: just believe.

Obey

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. Yet, obedience to rules and laws doesn't create a relationship with self, thus doesn't create relationships with others per Jesus' quotation of Leviticus 19:9-18 which contains the greatest command. It's a shame really, that one cannot obey their way to heaven.

Conservatives double-down on obedience to their laws and continue to claim that they occupy the moral high ground, and worse, claim the only way to connect with God is through obedience. Specifically, they claim there's never been a morally perfect human ever, thus Jesus was divine, not human. Here, follow our laws.

The problem with that is Jesus repeatedly broke his religion's laws. He healed people on Sabbath. He assaulted people in the Temple. He repeatedly didn't let Jewish social/religious norms block him from fulfilling his purpose.

Jesus didn't break a single civil law, abiding by the rules of Roman occupation. That's why Pontius Pilate found no fault with Jesus. Jewish leaders, however, whipped up a frenzied mob demanding Jesus to be put to death. This is identical to the contemporary Conservatives who angrily dismiss people who do not look like them, act like them, and do not attend churches of the same denominations as them.

The founding teenagers, middle-aged men, and woman of American democracy—themselves refugees and descendants of Reformation Inquisitions that sought social, political, and economic control—distinguished between state and church rules. Keep religion out of democracy, but by all means be kind to people. This idea was expressed as 'self-governance' with the presumed intent being that one shouldn't rely on religion nor legalism to determine how you should treat people.

RELATIONSHIPS OR RELIGION

Relationship with others starts with relationship with Self. The inter-relational begins with the

intrapersonal and is often used to suppress the intrapersonal for the purpose of social control and its leftover epigenetic expressions.

I quote the Bible, not from a Reformed Christian perspective, but 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.

The Physics of Spirituality

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

Discovering the rational statement of how beliefs work eventually made me realize that what we call God is actually a description of quantum physics, and the Bible documents human interaction with the invisible realm known as heaven or the spiritual realm.

Your beliefs are your intrapersonal epigenetic quantum states which determines your relationships with self and others. Removing God as an entity and replacing it with God as a descriptor of quantum principles removes hundreds of years of social control corrupted by greed, and clears the epigenetic fear, its attendant violence, and subsequent iterations of Reformed Christianity.

Thus, the Bible, best thought of as the Operating Manual of Human Quantum Principles, is deeply empowering and energetically aligning the intrapersonal power of love, creating powerful intrapersonal states and thus interrelationships. Miracles are possible for those who believe they can indeed facilitate similar and greater works than Jesus. [John 14:12](#).

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.



Belief, Hope, Faith (intrapersonal)

Belief 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."

Faith is the physical evidence/manifestation of things hoped for.

Three definitions of hope:

1. to cherish a desire with anticipation: to want something to happen or be true
2. to desire with expectation of obtainment or fulfillment
3. to expect with confidence: trust

Hope is an awareness of the possibility that you can manifest better or more than your current epigenetic status quo. Sustaining hope requires one to sustain the awareness through affirmations. The most powerful affirmation is "Let _____"

Hope is black and white, a world of absolutes where rationalizations destroy possibilities. What you hope for is not yet visible—it's easier to give up than it is to sustain hope until it physically manifests. You must have a goal in order to sustain your hope. If you don't sustain your hope, you won't overcome your predictable epigenetic outcomes.

Hope is not wishful thinking; the latter comes without an expectation.

Hopelessness, on the other hand, is despair and depression that one cannot change their epigenetic outcomes. It's all too easy to succumb to epigenetic outcomes than it is to sustain intentional belief and hope. The former requires nothing to be done, the latter naturally leads to changing one's actions that will physically manifest in outcomes that are different than epigenetic outcomes.

Galations 6:7-9 states, "Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life." Interpreting "flesh" to mean epigenetics updates this passage because the expression of DNA—epigenetics—is stored in our body. Reformed Christianity uses "flesh" to shame people for enjoying sex as if God outsourced that part of creation.

It's easier to accept the status quo, that you cannot change. Change requires that one believes that change is possible and to be willing to put in the work to change.

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

How you treat me invokes a response aligned with your treatment of me until I decide I no longer wish to physically manifest your epigenetics. People who believe the wrong things about themselves invariably believe the wrong things about everything else and treat their self and others accordingly. How I respond and have responded creates a record in my DNA and yours. I choose to respond to your treatment of me with love so as to avoid your epigenetics physically influencing me.

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.*** Mahabharata 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.*** Yoghasra 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. This is the cornerstone of legalism, where the letter of the law—thou shalt not—is elevated above the spirit of law—do unto others as you would have them do unto you.

Blindly obeying rules, laws, and commandments results in more obedience. As such, the traditional definition of sin is transactable upon intrapersonally and inter-relationally. Transactionalism is 'deus ex machina': you do this, God will do that.

When Jesus stated that one cannot serve both money and God, he was describing the corruption of the Pharisees who ignored the greatest command to love one's neighbor as one's self (Leviticus 19:9-18) in favor of collecting sin taxes from those who disobeyed their religious rules that were explicitly designed to confuse and subvert the spirit of the law. Even the Supreme Court Justices eventually break the laws and then chalk it up to being human.

When you believe you are less than perfect, you can't help but act that way. All external sources repeat this epigenetic PTSD in various forms, [especially family and western medicine](#).

Under the banner of religion, families hand over their innate capacity to love, never to know their power lies in their capacity to believe. Every human has been spiritually stillborn via epigenetics. All external institutions milk this powerlessness for money, bankrupting generational wealth and health for decades to come.

Believing in Jesus, God, or Willy Wonka is not going to save you from epigenetics.

How Miracles Work

Deconstructing beliefs about sin led directly to misbeliefs about miracles. One can simply read and believe Jesus explanation of how they work, which is directly at odds with contemporary epigenetics (beliefs) created during the disruption of the Reformation.

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

Miracles also make a mockery of man's transactionalism; money can't buy miracles nor forgiveness of misbeliefs, aka sin.

Culture informs the environment in which events occur, how they are perceived, and how they are communicated. The Reformation did away with early Christianity's belief in miracles and [greater works](#).

Cultural factors are direct expressions of epigenetically transmitted beliefs and their agnostic self-reinforcements (modalities).

Context of Jesus' and disciples' miracles:

- a) Leaders of Judaism corrupted by self-inflicted 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 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 rationales that amplify transactional morality as the be all, end all.

Then as now, miracles run counter to beliefs that eventually devolve into transactionalism, which is but one reason why people don't believe that miracles are possible. Miracles don't occur because misbeliefs are reinforced, altering perceptions of what's possible.

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 agnostically; beliefs determine understanding (lens) and perception (mirror) of the visible.

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.

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 cultural contexts is to marginalize the cultural context of both the past and present.

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.

Misbeliefs prevents us from believing good things are possible, blinding us to the logic that in order for something to be impossible it first must have been possible. 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 it's possible.

Jesus Heals a Demon-Possessed Boy

Applying the axiom to Genesis 3 naturally led me to revisit miracles. Believing one is less than perfect physically manifests every bit as much as believing for what seems to be impossible. As noted in **Deconstructing the Reformation**, it was decided that miracles were evidence of Jesus' divinity. Since we are not divine creations, we cannot facilitate miracles. That's directly contradicted by an objective reading of two miracles: the demon-possessed boy, and the dead fig tree. Both demonstrate the power of the spoken word.

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 “let no one 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.

This man has been beaten down for so many years that he’s lost 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 heals the boy.

A few days later Jesus and the disappointed disciples leave that area, circling back to the fig tree. The disciples notice that the fig tree that Jesus had 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, facilitated miracles themselves, and got hung up on how miracles happened. Discouraged and dejected, the dead fig tree shifted their perspective and mood.

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.”

Do you see that detail or did you, like the disciples and myself, 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. No belief in God required, even an atheist can experience miracles.

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. This is the rationalization employed to promote miracles as being done only by Jesus.

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.

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 focus. The instant you get caught up in the **how** you begin to doubt (disbelieve). All you have to do is believe, nothing more, nothing less.

Do you believe this?

How you feel is what you believe. If you can bring that out of the hidden depths of your

epigenetic cave into the light, you can remove the mountainous reinforcements of seemingly insurmountable obstacles.

You express your beliefs every single moment you've ever lived, even during sleep. You believe whatever you perceive, and perceive whatever you believe. Singular circularity. You are the lens looking into the mirror and the mirror reflecting the lens that you perceive with.

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 on the intrapersonal level. Beliefs can and do, indeed that's all they ever do and have done. Look at your life as physical manifestations of epigenetics. It makes a heck of a lot more sense than to blame your circumstances on the actions of a woman deceived by a lying, talking snake that God created.

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. That makes much more sense than God as an actual entity that one has to worship in order to find favor from.

Christianity can't do this because it's corrupted by its epigenetic beliefs.

Miracles were done indiscriminately. In Luke 7:1-10 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, declaring that he'd never seen such faith from his own people. Miracles are available for anyone.

Another miracle: A woman with a chronic menstrual flow believes that if she touches Jesus she will be healed. In the midst of a large crowd Jesus felt his power go out of him. He seeks the person who believed; she came forward trembling with fear.

Too many people, myself included until I figured out how beliefs work, simply do not believe that miracles are possible. Christianity perpetuates the epigenetic performative canard of obedience. That diametrically opposes Jesus' explanation of how life revolves around individual human relationships devoid of external pressures that always lead to conflict.

Love Believes All Things

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 love, to be kind.

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. 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 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. Beliefs agnostically self-reinforce instantaneously, creating feelings, thoughts, actions which creates your belief modality which is your intrapersonal operating system. This creates one's perceptions (lens) which interacts with external 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 (science) or invisible (religion).

All conflict and attendant suffering is due to misbeliefs about your 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 misbeliefs.

Adversity happens during the course of life, and 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. It's always going to feel horrible. Start seeking, start knocking you will have your answers.

The answers are never external. All external modalities, especially Christianity, is noise. The experts of any modality, such as the seminary trained merchants of misery, the cancel culture, the legalists, they are not experts on your set of circumstances. Only you are.

Dig through your shit, be your emotional anthropologist, recognize that your body is your biological temple. Dig into your past to find out what went down and own it. Speak to it, tell it everything is alright. You no longer have to sustain the negative epigenetic energy.

Temple is belief is biology is behavior. How your ancestors' temple was treated is the cornerstone of yours. The way you treat people regardless of any other consideration directly impacts the expression of your temple and theirs.

Christianity is an organized, institutionalized modality that seeks to impose control of your temple by falsely claiming sovereignty over the intrapersonal. Invoking God is fear-mongering in order to induce belief. Once you believe the marketing you will feel it in your temple as it self-reinforces the expression of your DNA.

As long as you believe the marketing of a God out there that is in control, you will never have the abundant life because it ignores the fact that you are the most powerful person on this planet. You are in control of your destiny. It's telling that the murder of Jesus and its coverup became a religion because Christianity uses the world's oldest and most effective business model that rationalizes away the power of beliefs so that we never realize that we can do equal and greater works than Jesus; he was the only person who didn't have misbeliefs about his identity and purpose.

Each of us can create heaven on Earth by believing we can and not caving to the marketing that diametrically opposes Love.

Those who practice love actively manifest 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.

Hate, anger, and other externally derived behavior are symptoms of misbeliefs.

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.

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

Peter Bockenthien

January 8, 2024

Phoenix, Arizona

I continue to apply the axiom to various topics and situations in the Deconstruction Blog. I welcome your [feedback](#).

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 heart.

Be kind to yourself and others.