



Knowing and Beliefs

Knowing, in regard to beliefs, is the internalized self-actualization of what one believes could be possible or true. That is a whole mouthful of big words, so let's take a closer look, in plain terms.

Knowing requires faith in the unknown, and accepting that what we believe *could be* possible or true *is* possible or true. Belief is the first step in knowing. To know is also to understand.

You have to understand what you believe, before you can know whether or not it is true for you.

Take out your spiritual lifeline. Make some space to contemplate the beliefs that have been a part of your whole life up to this point.

- Do you know the fundamental truths of those beliefs?
- Were they inherited from handed down beliefs, or did you cultivate them throughout your life?

Knowing requires daily cultivation of our beliefs, spending time in the rituals or rites of our beliefs.

All religions have rituals or rites.

- Have you actively participated in the rituals or rites of your current belief?
- Do you know what the rituals or rites mean and how they apply to your life?
- Is there a transcended connection to your current belief?

Establishing a spiritual connection is to accept the great mystery with an enduring faith that transcends the fear of the unknowable on the other side of our physical experience.