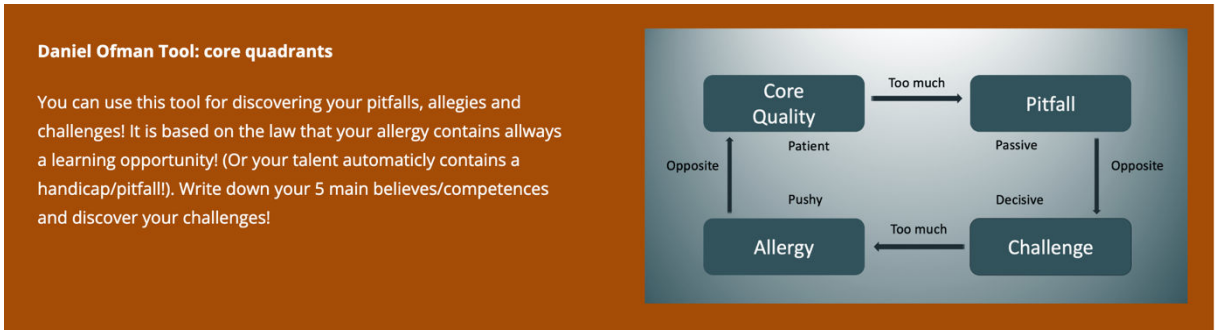


Exercise: Beliefs: an ingrained or frozen thought.... it gives you hold but you become blind to other valid beliefs!

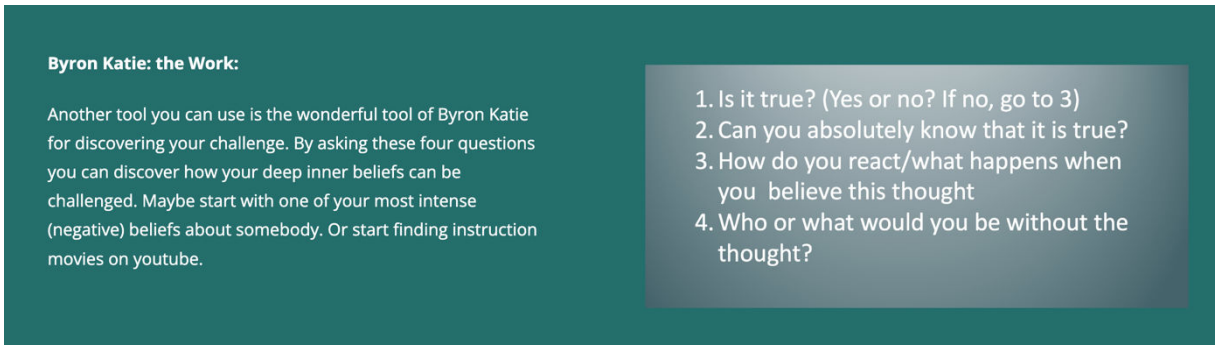
Daniel Ofman created a “core quadrants” method that is actually based on dualities. If you strike out in your strength or core competency as he calls it, you automatically end up in your pitfall.

The opposite of your strength is usually your allergy. And in a weakened form, this allergy is your challenge! It sounds strange, but it is a law of nature!

The picture below shows an example

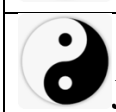


Another powerful method for stepping out of your fusing with thoughts and beliefs and convictions is Byron Katie's method "The Work."



Let us dive in some of your thoughts and beliefs:

In the YinYang pictures below, try indicating what you identify with?

 Idealist/ Realist	 Honest/Dishonest
 Empathic/Egocentric	 Secure/Insecure
 Materialistic/Spiritual	 Patient/Unpatient
 Structured/Chaotic	 Neutral/Tending to extreme
 Happy/Unhappy	 Courageous/Coward
 Eloquent/Hard Talker	 Enjoying/Suffering
 Energized/Tired	 Active/Inactive
 Open/Closed	 Handsome/Ugly
 Disobedient/Obedient	 Critial/Cooperative
 Balanced/Unbalanced	 Positive/Negative
 Generous/Stingy	 Unconcerned/Worrisome
 Joyful/Sad	 Giver/Taker
 Sensitive/Unsensitive	 Faithful/Unfaithful

Select your preference. +/- or -/+ When both put +/+ or neither -/-

This is an exploration of your beliefs. Later we will see that beliefs can be helpful and obstructive to your life's happiness and inner peace.

All the dots where you have chosen a “side” indicate strong beliefs. The other side automatically your blind spot (or even allergy!). While there can be something good in there, too. Try naming the good in that other side for yourself?

We call this 'juggling': less quick to 'freeze' in a belief but able to juggle between both sides depending on your situation.

With a belief, the trade-off is always:

- is the belief helpful?
- Do I become calm and happy at the idea of the belief?
- Every belief is not a truth. It is your choice of your truth.

We hope you have come to see here:

- That your beliefs are not “rock solid” and you can see them as your choices
- that they can be helpful or obstructive (a duality)
- that there is nuance: shades of gray, or the dot in the parts

Literally or figuratively stepping back and taking distance changes your perspective and overview.

You oversee the dualities better. You understand that beliefs are a choice (and not truth but your “temporary” truth).

Also the beliefs: I am sick, I am not perfect, I am egocentric, I am always loving, I am a victim, I am ...

are frozen or repeated thoughts. You might have these tendencies/ But always true? Right now in this moment too?