

The belief system 201



How the minds operate around who is related to your surroundings and the environment, is fascinating.

We are all biased. And one of the biased settings in us is that; I've experienced this before, and it will most likely happen again. This is totally nonsense. You have no idea of the other person's reality, the person's doings or he/she's experience. Some neurologists consider this as a brain-fault in human beings' evolution. There is no reason why our mind and brain are operating in this way, in 2023. It might be related to the survival mode and amygdala which considers ego, and how to create a feel good emotion. Especially considering talking to others about a scarce situation you 'survived' triggering better feelings for the self. We care because of love. Love makes us feel good.

The most natural survival for beings.

To be afraid can mean many things. For example: afraid for your life, afraid of losing friends, afraid of losing reputation etc. It is strictly ego related. Ego and amygdala are basically the same area, or issue.

So, if you are conscious with the right amount of experience and knowledge, you will know how to reflect on it. If you consider your own knowledge as more valuable, you have failed. You have failed because you don't have the expected knowledge of consciousness, critical thinking and ego related subjects.

An example: You see this, and you hear this, about the exact same situation. What's the background of the involved? You need to relate to the situation so your mind can process it correctly. You might be right and you might be wrong. Relate to it to move on in your own life, or be open to other possibilities.

The belief system in you is set by your experience and perception. Driven in some times by others because of acceptance. You can with a higher vibrational state of mind; choose for yourself. The self.

The amygdala equals the self, equals survival, equals behavior. Behavior is critical and informative

When Buddah mentioned that the self does not exist, it is because of 'amygdala and fear of death'-existence in the human being. The self only exists in our reality. Choose wisely how you want to think and behave.

