



# Jeshua: The Personal Christ Vol. 6

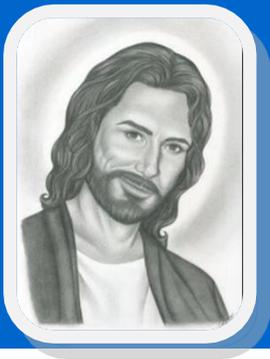
## Chapter 4 Belief

### Study Guide

October 23, 2019

Volume 6, Chapter 4

“I am asking of you now to be awake, to be conscious, to be aware. Give yourself much allowance and love, because everything you have ever done in any lifetime, even if it has brought to you challenges that you even experience in this lifetime, have been treasures.”  
Jeshua



## Introduction

Jeshua is indeed a spiritual psychologist of the highest order. He gives us an excellent lesson in discovering the source of our beliefs and then with great compassion, he gives us a method to examine the ones that no longer serve us in this lifetime.

This ability for self-examination is crucial in our awakening to the signals and feeling we carry in our bodies and their links to our spiritual destiny. We came to heal those old patterns and beliefs that our families and cultures had lived under. Some were loving and life affirming, but many were not. Our healing assignment is to transform the ones that no longer serve us or our cultures.

**The power principles in this chapter (and other chapters) are:**

- **Become conscious** of how events affect you in your body.
- **Take a deep breath** and experience your feelings.
- **Trace back and Identify the belief** – is it threatening or loving. What belief am I holding?
- **Ask yourself if this belief serves you now.**
- **Be compassionate with yourself** “everything that may not work for you in this lifetime has worked for you in other lifetimes. Have much mercy for yourself and for others.”
- **Ask yourself “How can I see this differently?”**
- **Imagine the energy feeling to the opposite:** love instead of fear etc. Release the old beliefs if they do not serve you.
- **Awaken to your Creativity.**
- **Live in Joy and Laughter for all the miracles in your Life.**

---

## Discussion Questions

- What passage in this chapter touches your heart? Your mind? Your imagination?
- Jeshua challenges us “I am asking of you now to be awake, to be conscious, to be aware. “What am I feeling? Why am I feeling? What is the underlying belief? And then if you want to change it, imagine the energy feeling of the opposite: love instead of fear, understanding instead of judgement.” So what might be a generational or cultural pattern that you are living out? Some examples are of cultural patterns or beliefs are:
  - Survival of the Fittest,
  - Life is a Struggle and then you Die,
  - Our people have always been poor but proud,
  - Money (and those who have is) are Evil,
  - We have talented Artists/Musicians in our Family,
  - Our “tribe” is the best. You can’t trust anyone from \_\_\_\_\_?
  - What other patterns can you think of?
  - What would it be like if you “flipped” a pattern that doesn’t support your growth anymore? How would your life be different?
- When you read the Power Principles, which ones present a challenge to moving forward in your appreciation of your strength and Divine power? Give examples. Then Flip the challenge to become a strength!

### Affirmation for the Week:

*I am releasing every belief that no longer serves my highest good! And I do it with great love.*

---

## Assignments

- In your Gratitude Journal contemplate on your cultural and generational beliefs. Make aware beliefs that have been unconscious and run by the ego. Some you may have in common with many people



and others may be obscure or particular to your family, because of your history. Look into various parts of your beliefs, listen to what you say to others and what others say to you about their beliefs. Which ones sound familiar? For example, my mother believed that cold causes illness and so we were often sick when exposed to cold. Once I changed that belief, I'm fine being out in cold weather (dressed appropriately, of course). Journal about what you discover.

- Jeshua goes into detail about how what has served us in a past lifetime does not serve us now, such as the use of alcohol and smoking. “Know that truly everything that may not work of you in this lifetime has worked for you in other lifetimes and has been seen as a sacred avenue to the remembrance of the spirit that you are, the energy that you are, the divine Isness that you are. But it may not be appropriate for this lifetime, or, it may be.” Can you point to something in your life that would be an example of this? (For me, an example is the religious orders vows that I am sure I took of “poverty, chastity and obedience”.) How can you see this differently? Write about it and/or discuss with a friend or someone from our study group.
- Affirmation for the Week: I am releasing every belief that no longer serves my highest good. And I do it with great LOVE.