

Unconscious Belief Patterns

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(Part 1)

Good morning, I wanted to talk about belief systems because lately I have been studying the guidance of Vywamus who is the higher guidance of Sanat Kumara.

Sanat Kamara is the planetary logos of Earth, so that means that Sanat Kamara, who has increased the awareness and understanding, the consciousness of Sanat Kumara has grown to such a great degree that the focal point that is provided by Sanat Kumara can encapsulate and hold the vibration of Earth.

Eventually, we'll all be planetary logos, and who knows what will evolve or choose to become, but it's kind of irrelevant while we're experiencing being a human and serving humanity as group consciousness.

That's part of the good reason why we sort of forget who we are when we come from Source or extensions of source, right?

The entire cosmos is spread out with Source's creative endeavors and processes to understanding Source Itself.

Now with the teachings of Vywamus, they can be intense and the reason why is because they actually require the individual to go within and sort through a lot of unconscious points, I'll call it points within that need to be identified, stirred up and realized, so that our wholeness, that we are as an individual can grow and expand.

Over the past week, I've taken the Vywamus channelings, I've organized them within the cosmic repository app.

I gonna briefly read over some of this teachings of Vywamus and he starts out by saying, beliefs are patterns of thoughts and feelings which usually are unconscious and potentially as changeable as the thoughts and feelings which compose them, yet they are usually not available to change due to the fact that they are held in a state of non-reception, which is often referred to as true.

This means that we have a type of frozen state within us that is referenced, that is linked to a lot of our choices that we make on a daily basis.

A lot of the time, it could be someone else's thought, or that we've picked up along our growth right?

Ages zero to seven is very critical for a child, because at that age we are sponges.

We're just taking in as much data as possible, influences are impacting our brain, which is actually growing our consciousness and our physical brain in order for us to individuate as a consciousness, I should say, a unit of consciousness within humanity, so that we can go about and make our choices, live our life, create our reality.

Going back to these unchangeable thoughts and feelings that we carry around, imagine if we could identify, after all these years, something within us, like the root of a thought that I may have this reoccurring, unconsciously and then be able to address it.

That would be a type of liberation, right?

We individuate as consciousness.

Well, the goal would seem to be to individuate with our thoughts also and not have the influences of others.

This could be people, places and things which actually are guiding, or the influence is so strong, we're sort of just in flow with the stream of consciousness created within this local element.

We believe that our beliefs are true where they fit our experience.

Rarely, however, do we consider how beliefs define reality for us and as much become not the result of our experience, but the cause of it.

They tell us what is real or not, what is possible or not, what is right and wrong, what is acceptable or not, and so on.

Culture will come in strong with these right and wrongs and what's real and what's not, and that's okay because, that's how we as collective move forward and involve and grow together while also growing on an individual basis.

A lot of these beliefs that we carry from our culture are beneficial in so many ways, but at the same time, we need to be able to identify these beliefs, and that way we can say, oh, okay, this is acceptable, I see the good, and also see maybe the regression, but I'm going to just look at the higher aspect of it within this cultural belief and move forward with it.

At the same time, most of the beliefs which people hold refer not to religious or spiritual ideals, but to the individual themselves and the world in which they live.

Thus, the province of belief covers a great deal of ground in the human psyche.

Most of these beliefs are not really conscious to the individual the majority of the time, these are what we refer to as unconscious beliefs, or belief patterns.



By belief pattern, we simply mean a set of beliefs related to the same topic or area which are linked together in some way.

That's kind of what I just mentioned from the previous statement.

If we can identify the link from our daily choices that we make, we will have more freedom of choice than just choice.

Ultimately, the origin story of our thought derives from a linear perspective in this life, the origin story derives from another thought, okay, and this, I don't want to get off topic, but this also applies within Oneness.

Okay, I'm going to zoom out objectively, just briefly, but that's how Source works.

Source had one thought, which was one desire, and henceforth we have creation within the Cosmos, which we are all extensions of Source.

As co-creators from the Creator, we also have within our little framework and humanity, one thought that has created one desire, and that has multiplied, which then divides out even more.

The origin story is very important when it comes to within our individual unit of consciousness, to identify where and how we make our choices.

Wherever one is holding beliefs or belief patterns, whether conscious or unconscious, one has given up one's free will choice in that area.

How can this be?

Simply by the fact that one's option of thought, feeling and action are limited by what the belief says is possible, right and acceptable?

Okay? We are consistently in this dual within our mind on when we make our choices.

Should I do this? Should I do that?
This seems right. This seems wrong.

All that stems from belief patterns.

We can look at different cultures that have their own belief patterns that are counter to the culture here in America.

Symbolically, beliefs will create the (I want to use morality as the framework), but the morals of our culture are going to be different from the morals and other cultures.

Morality comes from belief systems that are accepted within the cultures local collective that has bubbled up in size and accepted as correct or incorrect.

Let's read a little bit further.

When we create a belief, we lock in the thoughts and feelings which make up the belief and consider them to be unchangeable, or in a more common way of thinking, true.

We create such patterns from the conscious we draw from our experience, or at least that that's what our mind likes to think.

What actually happens is that we consciously or unconsciously create a belief through the combination of certain choices represented in thoughts, feelings and behaviors, and then, because of our non-reception of these patterns, they are acted out in our experience, thus, as the mind sees it, justifying the belief.

That is so important.

Because if we have created a belief that stems from decades ago, okay?

The belief has been considered true within my mind, and then I'm going to play this out over and over, because it seems correct.

Am I willing to change that belief or modify that belief?

These are types of questions that need to be asked and reflected on, because a lot of times when we're locked into a belief that creates our thoughts and our feelings, then are we open to change?

Are we open to reception of ideas from others?

Are we willing to be of service to ourself and a more healthier way?

Right? If we are, then we'll be more of service in a healthy way for others.

But if there's this unconscious belief that, 'my way is the right way', and I'm going to keep doing this, that's fine, but we're looking for growth in consciousness, expanded awareness, and as we grow within this life, our physical body is a physical growth process, we also want our emotional body to be a part of the growth process.

We want our mental body to be a part of the growth process.

We also want our spiritual body to become within the growth process, because it really is like a hierarchy.

First, we have to grow a body, then we activate and grow our emotional body to the best of our ability.

At the same time, we grow our mental body.

Once the personality becomes strong enough to be receptive to higher influences from the spiritual plane, higher actually means inward, higher influences, so the inner spiritual plane becomes more resonant.



It resonates more in a flowing state with the strong personality from the growth of the physical, emotional and mental body, but during in this growth process, this requires that the feelings that we may consider trauma needs to be identified and addressed in a way that beliefs from those trauma, which could be victimhood, could be guilt, could be shame, or it could be resentment.

These feelings are so intent and tense and sharp that they pierce through the flow and touch the frozen state that we mentioned earlier, that holds that belief, which also determines our expressions.

So if I'm angry at something that happened when I was 20 years old, let's go farther back, when I was a teenager, then there's going to be a belief that stems from that occurrence, which I may blame another person, place or thing, which is nothing more than a reflection within myself, for me to see that I need to dissolve this trauma that really is nothing more than a belief that created a thought.

Let me keep reading, because it seems this could be very difficult for a lot of us.

Almost anyone will tell you that they think or feel or believe what they do, because that is what their experience has shown them, and the experience is seen to verify the belief.

Okay, so when we operate from the primary assumption that I am the Creator of all I experience, this is a principle.

One cannot blame one's experience on something outside of oneself.

One's experience becomes a result rather than a cause.

What is it a result of?

Of one's choices, but one's choices are not made consciously, and most are also made with denial of the choice at the same time, and the most common form of denial used by self is the form we refer to as linkage.

Linkage is the process of combining one choice with another, as if the presence of the first choice somehow is the cause of the next choice or the reason why it is there at all.

Thus, begins the process of creating a belief pattern.

It has been done for so long that this very process itself becomes unconscious and taken for granted.

How else, after all, could we imagine being in the world?

This is not just on an individual basis, this is also on a collective basis.

This is why a lot of wars have been created, because of belief systems that stem from a collective that has grown and is opposition to other belief systems.

When we have duality, I'm gonna stop this video after I make this statement, because it's so important, and I think this video is long enough for now, but whenever there is duality, then Oneness doesn't exist within the psyche.

Okay, whenever there are dual constructs of yes, no, right, wrong, then that means the analytical mind has eliminated all possible scenarios to where there's only two choices, and these two choices derive from belief systems.

How can we realize that duality is an illusion?

How can we train our mind to know that certain belief systems within me and within duality is not just right or wrong. What if both are correct?

Both are correct.

When we practice and accept that our belief systems are not correct, we open up oneness, we create the belief system of unity, of Oneness, of Wholeness, so our mind is then able to grow and expand in consciousness which is the only way to pierce through into the spiritual plane in order to be receptive to cosmic consciousness and higher guidance.

We're constantly being guided, even with our belief systems of duality, right?

The framework is established and it's intense.

We're talking about a collective from humanity that has created the illusion of duality based off belief systems, that have created choices that are accepted over eons, that the energy is still here.

It's not erased.

What we can do is forgive that the energy which is still here, but this forgiveness actually has to begin from within us.

That means we have to forgive our inaccurate beliefs, because the energies are attaching to us, but as soon as we identify that our beliefs, our unconscious beliefs, have been steering us a certain direction, then we can make that change, and it's more powerful when there's a group consciousness that sort of accepts and guides this type of choice.

Because ultimately, we are one.

We're all part of Oneness.

We are all part of the Creator.

The creator has created Divine Love, which is the cosmic glue that keeps everything together in order for us to come forth and create our creative expressions.

We have these blocks.

These unconsciousness beliefs that have to be identified and melted away, right?



I remember about four or five years ago, six years ago, when I was reading a lot of Yeshua teachings.

Yeshua's personal Oneness training, when he was training his mind of Oneness, was he would actually talk to everything as one.

I am the water. I am the rock. I am the air.

And so the strong childhood influence that was picked up and carried within his mind that created human beliefs in a third density Earth environment, Yeshua eventually was able to break through the duality and the constraints to open up very quickly the spiritual plane, so that influx can come through him.

And we all know the rest of the story of Yeshua.

But it was important to recognize that even the human of Yeshua had to train his mind on Oneness.

We can do the same.

Actually, it's a lot easier for us now, because we have so much help and guidance.

We have to actually be willing and put forth the effort to try to discover within us, that means going within, and identifying these unconscious beliefs that are frozen and need to be melted away.

One of the best ways to do it is to actually talk about it.

Of course, we can contemplate on it, write about it, but talk to others, because we are all reflections, and when we reflect back to each other aspects of ourselves that don't feel good or maybe one of us has can relate to the other person, like, 'Hey, I've been there. That's hard. I understand. This is how I was able to overcome this particular issue I had, or trauma or problem.'

I think that'll be all for now.

This was good for me.

I needed to actually speak out loud.

I will continue on with some more of the by Vywamus teachings because they are helping me in so many ways.

I feel that to share what I have learned about myself through these teachings over the past month could actually stir up within the community for anyone who wants to actually go through and discuss a lot of these teachings.

I put the teachings in the cosmic repository app.

We just discussed a little bit of unconscious belief patterns.

But you can see here that Vywamus has other teachings, that there's probably a lot more out there.

Mr. Snow, I don't know him personally, but he created the Vywamus Foundation.

Couple decades ago, I looked for them online and there's just one website.

I'm not sure if the foundation is still active or not, but I do believe that these teachings should be talked about a little bit more.

You hear that believe belief system, but what better way to create a belief system that comes from higher guidance?

That's the whole purpose of identifying the unconscious beliefs that we create as humans, because we need to, again, shatter them, melt them away, expand our consciousness to where the cosmic consciousness can come through our higher guidance, our over soul, our higher self, our true self, or I should say, our Cosmic Self.

I like that label a little bit more, our Cosmic Self is a little bit closer or has a higher perspective, to be able to see where we're at and where a lot of the Cosmos is at.

When we open up and free ourselves from these human beliefs, if we're able to receive from our Cosmic Self, then our soul and Cosmic Self will merge, we have what's called the Soul Self, right?

It really is beautiful, but I'm going to stop for today.

Thank you for allowing me share. I appreciate the time and everyone. Have a good day.

