

Establishing Your Reality

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14/02/2010

Your Awareness Determines Your Life

Our Senses

- Our 5 PHYSICAL SENSES associated with our ability to perceive the physical world
 - They dominate our awareness, our life and our choices
- We also HAVE INTERNAL SENSES but they are under-developed
 - We are blocked by fear to develop these senses
 - Fear of what we would find, fear of having to change
- CHANGE IS BASED ON THE INTERNAL SENSES
 - Change involves going by what is not seen
 - This is unknown to our physical senses,
 - It produces discomfort and pain, WE AVOID PAIN
 - ✦ Perceived pain, even if not real is a major block

Resistance to Change

- PRIDE IS RESISTANCE TO CHANGE
 - A defense mechanism to avoid the pain of change
 - We rather live in the present pain than face the perceived pain of change
 - Pride is recognized as very destructive by all religions (Pro.16:18)
- WALKING BY THE PHYSICAL SENSES, not by faith (2Cor.5:7)
 - Pro.16:25- THERE IS A WAY THAT SEEMS RIGHT TO MAN, but its end is the way of death.
 - We prefer to be wrong and feel ok (we feel secure), rather than finding that we are wrong and change (we feel insecure)
- Insecure people live by "CULTURAL CONSCIENCE"
 - Fear of losing the acceptance from our group is very painful
 - It is right what is considered right by our culture or group
 - ✦ It is OK for people to live together without being married
 - ✦ It is not OK to say that homosexuality is sin

Getting Unstuck

GROWING spiritually (in the internal senses) is the Key

- Learning to operate and develop our inner senses involves a major change and it is fearful
- Mk.4:3-9 - PARABLE OF THE SOWER – Mt.13, Lk.8
 - Plant the seeds (information, ideas; logos of the Kingdom in Mt.13:19) – this is your job
 - It takes time to germinate and produce the harvest
 - The soil (heart) the seed falls in makes the difference in the result
 - Seeds must take root to produce fruit (choose the right seed)
 - Importance of PREPARING THE SOIL and removing the blocks (stones)
- Law of EXPONENTIAL GROWTH
 - Mk.4:25 – Who has will get more, who does not have will lose what he has –

Living by the Exponential Growth Law Is a Decision

- HEALTH –
 - Who does not TAKE CARE OF THEIR HEALTH will get worse and worse, by allowing, indulging etc.
 - Those who take care of their health will find ways to get better and better
 - TAKE CARE OF YOUR HEALTH is developing an understanding and taking full charge of it
 - Ignorance is not bliss
- FINANCES
 - People who make "good financial decisions" have "good luck", those who make "bad decisions" have "bad luck" – It's not a question of luck.

- **RELATIONSHIPS**
 - People keep choosing the wrong people and get hurt, until they deal with their source of the problem

TO CHANGE OUR DIRECTION WE MUST CHANGE

- We must overcome our fears to learn and grow
- The major change to accept:
 - **WE CAN CHANGE WHAT WE SEE BY WHAT WE DON'T SEE**
 - **We are Abraham's Children**
 - **ACCEPTING THIS REALITY OPENS OUR HEARTS AND MINDS TO ENDLESS POSSIBILITIES**
- Our life experiences, what we have believed and assumed shape our view of the world
 - This determines what we believe is possible and impossible
 - Pr.4:23 – Protect your heart... issues of life
 - **ISSUES = Heb. Boundaries, limits, final results**
 - **ALL BOUNDARIES CAN BE BROKEN – We have unlimited possibilities**
 - ✦ Even in sports – Why, when a barrier is broken, can many match it?
 - ✦ Olympic weight lifter not able to break his 500lb record, but doing it without knowing it
 - ✦ The same in science
 - ✦ The same in your life –
- **WE ALL HAVE LIMITING BELIEFS**
 - We are as happy, healthy, successful as we believe we are
 - Our culture puts a **COLLECTIVE CEILING** on what we can achieve
 - Others feel threatened when we expand our boundaries and oppose us
 - ✦ Scientific discoveries opposed, rejected and destroyed or concealed for fear of persecution
 - ✦ Medical discoveries rejected
 - ✦ Scientific and historical book destroyed by religious people
 - Psychologists have shown that people seldom raise above their social settings
- Where are your limits? Are you happy with them?
 - Do you limit your reality to your physical senses?
 - Start to live in the Kingdom of God
 - **TAKE THE LIMIT OFF OF WHAT GOD CAN DO IN YOUR LIFE**

Questions to Consider

1. Can you show the difference between operating by your 5 physical senses and your spiritual senses from your personal experience?
2. Why is resistance to change related to pride? How does pride work in us, and what results does it produce?
3. What can we learn from the parable of the sower that can help us to move into the miraculous?
4. How can we benefit by understanding and applying Mk.4:24-25?
5. Can you describe the impact on your life of Cultural Conscience and Collective Ceiling? Can we overcome these limiting beliefs? How?
6. How can you identify areas where your limiting beliefs are sabotaging your efforts?
7. Have you resigned to live with these beliefs or are you developing a strategy to change these beliefs?