



Embracing the Truth of Your Divinity

Identifying Core Beliefs *Reflecting ~ Resolving ~ Regenerating*



By
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As we connect to the Earth and allow higher vibrations and frequencies to flow through our hearts and minds, we are called to *reflect* upon *who, what, and where* we have been, and how we may have used our energy. In doing so, we can readily *resolve* any issues that are hindering our expansion. This allows the *regeneration* of our hearts and minds with full knowing that these lower and higher vibrations and frequencies will find their Balance.

This Balance will allow Golden particles of Love/Light filled energy to fill our Souls and lead us into NEW ways of thinking and feeling.

Let's begin by reflecting upon *seven major religions (references at end of article)* and their core beliefs that have shaped our cultures and societies of today. There are many branches of these religions, as their ideas have spanned across centuries.

Religions and their practices have instilled certain energies and thoughts within us, creating specific patterns that have been the cause of immense conflict and confusion within our mind, hearts, and relationships. A look at the basic tenets may be enough to stir your Insight and Awareness as to what may lie unresolved within you as well as what your own Truth's are and where they initiated.

Find a quiet time to focus and reflect on the following beliefs.



1. Use a blank sheet of paper and divide it in half vertically. Label the left side yes and the right side no.
2. Now divide it into seven sections horizontally. Note that each section is where you write your beliefs pertaining to the seven following religions.
3. Read the beliefs for each religion and notice the beliefs that you resonate with in a positive manner. List these under yes.
4. Notice any strong feelings of discordance, incompleteness, or lack and list these in their corresponding section under no. These are areas that need resolution.
5. You will then have an overview of your core beliefs, which includes those you discover as your Truth, as well as beliefs you will want to investigate further. This discovery may lead you to fulfilling your Divine Purpose/Mission, or your next step.



Judiasm

The Star of David represents the balance of the Universe

- God is omnipresent, omnipotent, and omniscient.
- Here to fulfill a covenant made with God a long time ago.
- Chosen by God to repair damage done to the world.
- Chosen by God to be His helper and spread the word about the True God.
- The soul's ultimate goal is to attain oneness and union with God; achievable because each soul already has an indwelling presence of God Spark.

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### Buddhism

*The wheel represents the teachings of Buddha; the spokes the eight fold path.*

- There is no belief in an overall God.
- Believe in inevitable suffering.
- There is a cause to our suffering.
- There is an end to suffering contained in the following 8 fold path.
  - *Right View*
  - *Right Intention*
  - *Right Speech*
  - *Right Action*
  - *Right Livelihood*
  - *Right Effort*
  - *Right Mindfulness*
  - *Right Concentration*



## Christianity

*The cross represents Jesus' crucifixion.*

- Doctrine of emanation (we are spirit sparks from God).
  - Pre-existence of souls who fell.
  - Redemption by Jesus.
  - Distinction of earthly Jesus as the spiritual Christ.
  - The Divine Feminine.
  - Distinction between infinite/effable God and the Creator.
  - Jesus revealed a secret doctrine to his inner circle.
  - The life of Jesus is the pattern to follow.
  - Evil exists.
  - Law of reincarnation.
  - Christ as a savior possesses the power to restore the soul which re-ignites the spark of life.
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## Hinduism

*This sacred syllable represents the powerful sound AUM thought to be the eternal syllable in which the past, present and future exist.*

- There is One over all God; the Spirit of God is within man.
- The soul is eternal.
- Goal of all lifetimes is to unite with God; Human Soul and Spirit become One.
- Have a detached view of life; can take as many lifetimes as want to become One.
- Have a complicated structure.
- Rebirth is either punishment or reward according to actions.
- Have a variety of rituals used in worshipping.



## Confucianism

*Confucius was a Chinese philosopher traditionally considered the paragon of Chinese sages.*

*The beliefs of Confucius were practical and philosophical and aligned with cultural teachings rather than religious; guiding others in the best way to live life. By the time of his death, he set the teachings for Mastery on the physical plane.*

*He believed the following qualities were necessary to maintain a proper flow of Chi (circulating life energy) for balance.*

- Harmony
- Piety
- Obedience
- Work ethic
- Proper ritual
- Moral responsibility
- Correct relationships between elders and rulers and between ruler and the people.

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Islam



The crescent is thought to signify the waxing of the moon, and the star being a symbol of sovereignty and divinity.

- Belief in One God... and only that God is to be served and worshipped.
- Belief in Angels: God created unseen beings called angels who work tirelessly to administer His kingdom in full obedience.
- God communicates His guidance through human prophets sent to nations.
- Belief in Day of Judgment: The life of this world and all that is in it will come to an end on an appointed day and each person will be judged individually; depending on actions, and either go to heaven or be eternally punished in a fire of hell.
- Belief in Destiny and Divine Decree; since God is the Sustainer of all life, nothing happens except by His Will and with His full knowledge. This belief does not contradict the idea of free will. God does not force us, our choices are known to God beforehand because His knowledge is complete. This recognition helps the believer through difficulties and hardships.

Taoism



This symbol represents **balance** and the idea that the two sides are chasing each other to seek a new balance with each other. The two halves in this symbol signify **wholeness** and are looked at as the starting point for change.

- Founder Lao Tzu (6th century)
- Way to live life.
- There is an unchanging principle behind the universe; it is the unproduced producer of all that is – the origin of all things.
- Never acts... yet nothing is left undone.
- Path of naturalness involves unconstrained spontaneity, creative inaction, a natural harmonious life with little importance on material gain.
- Immortality is achieved by an enduring subtle body, spiritual freedom, and effortless spontaneity.
- Must set free some part of one's Self.

References: <https://torontoteachingcenter.org> and www.islamreligion.com

The Illustrated Book of Signs & Symbols: Miranda Bruce Mitford: 1996 DK Publishing Inc.

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*As you reflect on your belief systems and take the steps to resolve any conflicts and confusion that distort your perceptions, you will regenerate your body, mind, and heart so that you are filled with the vitality it takes to enjoy, persist, and complete any unfulfilled desire, purpose, or mission.*

*ONE-TLC has evolved into a Research & Development Center and your input assists us in facilitating those that wish to discover more of Who - What - Why they ARE...*

*I would Love to hear about your experiences and welcome any feedback.*



*May your lives with filled with Love, Light, & Laughter!  
Love & Namaste on your path of Self-Discovery...*

*Jackie*



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*"The night is young... the trees are full...  
the birds are on high... the tunes are ringing...*

*The Time is NOW..."*

*~ Zientah ~*

