



An Easy Formula to Faith

When things are easy – find gratitude

When things are hard – find faith

Mount Shasta, United States

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Introduction

Peaceful are those who gain faith and find wisdom.

Faith is not an easy thing to define. Each person has it or experiences it in a different way or does not have it at all. It is a belief in something that is not seen but felt. Believing in something outside of ourselves can be the most healing device there is, even more so or equalized to that of modern medicine.

From the beginning of time, sacred tribes had rituals, dances, and unfortunately even sacrifices in the name of faith. They believed and still believe that there is a force beyond our human existence, that if devoted to and honored, would manifest their needs and desires.

In truth, faith is not something that is in a building or sacred place. It dwells within each one of us. Whether we access this wonder is strictly up to ourselves. Faith is not a religion – it is a formula that can and will carry us through everyday challenges and even the hardest of times. It is a spiritual understanding rather than a proof.

In the free world, we give so much awe and attention to money, looks, fame and financial success. And yet these things usually do not ensure peace or happiness. Why? Because peace and happiness are an inside job. They dwell within our heart, spirit and soul.

When we have faith, we expect our needs to be answered and this brings about great joy and serenity. Even when things do not work out as we had hoped for, our faith becomes our victory because it replaces our fragile ego.

This in itself brings so much contentment to our daily outlook and lives.

Freedom and faith walk hand in hand together. When we realize that nothing has to go right for us to feel fulfilled, we are experiencing faith and freedom. And this kind of formula brings about such a feeling of limitlessness. We access a power of knowing that cannot be replaced by anything in the material world. As a result, we never let what we cannot do interfere with what we can do. The empowerment that comes as a result of faith keeps us awakened and thriving instead of joining the walking dead and just existing.

Exercise 1

Wisdoms

From the following wisdoms, choose which ones you agree with and why. Then pick which ones are hardest for you to achieve and make a plan as to how to work on that.

1. When faith is infused into action, we stand in our strongest power.

2. Faith is the accelerator for our trying – not for our winning.

3. Lack of faith can be a detriment to dreams.

4. Faith is the substance that helps us accept what we cannot control.

5. Faith keeps our spirit and soul in quietude, under the most trying situations.

6. The doctrine that “everything is for the best” is not truth, however, making the best of everything is a result of faith.

7. Faith helps us to use the insignificant to accomplish the impossible.

8. Patience and perseverance are the result of faith.

9. Faith helps us search and find the mysteries to our problems.

10. Our creativity and imagination are manifested when we turn a doubt into faith.

11. Faith feeds our heart intelligence and higher mindfulness.

12.Faith helps us to see that nothing is impossible, unless it is improbable.

13.Hope is not the key to faith, whereas faith is the door opener to hope.

14.No matter the roadblock, faith helps us find the right highway to our goals.

15.With faith, we care less about what others think and say.

16.Faith is useless if not bonded to truth.

17.Faith is its own reward.

Exercise 2

The Letter C

Faith is not airy-fairy or a “high in the sky” belief. It takes much discipline to handle and use our faith properly. We are here to grow and learn, therefore, we must be disciplined and devoted to our highest selves. Though faith is believing in something outside of ourselves, we must also have faith in ourselves.

It is interesting to note that words starting with the letter “C” are paving stones to protecting and empowering our faith. Faith comes with trust as trust comes with faith; they both need each other.

Study the eight “C” words that are important to have. Then make notes as to how and what you need to work on.

Calmness

Opposite - nervous, anxious

Stay calm in order to avoid calamity.

There is the three rule. When something happens to us that is so upsetting and disturbing, we need to wait three minutes, or three hours, or three days before we respond. This ensures that we do not react inappropriately. Gracious words are the truest expression of faith and lead to greater understanding.

When calm, we breathe...when anxious, we leave.

Caution

Opposite – undisciplined, irresponsible

Know what serves the highest good and what does not.

Discernment is a wisdom that one must have in order to protect their faith in this life. There is good in this world, and there is evil, therefore one must learn to choose wisely. False evidence and people can appear very real, therefore, caution is necessary and, more than that...crucial.

Protection of our destiny is to learn to discern.

Certainty

Opposite – unsure, vacillation

Doubt diminishes all good things that come into its field.

Doubt is what muddies the waters or creates dams. In order to flow and follow the stream that is set out for ourselves, we must be very certain about what we want and what we are prepared to do to manifest it. When we are certain, we are no longer afraid to make mistakes, we become much more afraid to avoid them.

When we are certain – we have no curtain!

Clarity

Opposite – vagueness, scatteredness

Victory and contentment cannot happen in confusion.

A successful outcome to everything and anything cannot come about without a certainty. Confusion is the poison that kills imagination and possibility. Confusion and being vague, more often than not, create complexities and misunderstandings that are not even necessary and waste our precious time.

When we are scattered – our dreams get tattered!

Compassion

Opposite – heartless, indifferent

If we source our compassion – we change the world situation.

We live in a coldhearted world that is in desperate need of wholehearted help. Compassion is the ability to see beyond and above what is humanly judged and badly created. Through compassion, we balance the scales of injustice, because it is a blending of mercy, charity, benevolence and tolerance.

We need to use our heart right from the start!

Confidence

Opposite – insecure, skeptical

Faith creates opportunities that are not for the faint-hearted.

Never care what another thinks of you. Do what you came to do and be what you came to become. We come into this world alone and alone we will leave it. Therefore, use this time to fulfill your desires and destiny. Confidence creates a competence and competence creates a creativity that is wondrous and wonderful.

When feeling wise and strong – we cannot go wrong!

Consciousness

Opposite – unaware, asleep

Without consciousness – there is no hope for change.

To be awakened, one must be conscious. Most, if not all, problems in this world are created from a lack of consciousness. Lines between black and white can be clouded by an instant of unconsciousness. Therefore, transformation cannot happen without a consciousness that created the problem in the first place.

When we are not awakened – our wisdom gets taken!

Courage

Opposite – afraid, scared

Courage is empowered when we use our fear as a wisdom.

Fear is temporary, but regret is permanent. It takes great courage to maintain faith under trying circumstances. One never wants to leave the world saying- it could have been, it might have been and worse...it should have been. Courage is not blindly overlooking that which is dangerous, but in studying and conquering it.

Conquering our fear keeps our true destiny near.

Commitment

Opposite – ambivalent, inconsistent

Commitment is to our lives what yeast is to bread – nothing can rise without it.

Success in any form cannot happen without commitment. We become scattered and unsure and these two emotions create holes in the fabric of our plans. Sometimes people see commitment as being stuck or imprisoned, when in truth, the moment we commit – we experience a feeling of freedom. We access our strength and knowingness and eliminate confusion and contrast.

When committed – nothing gets forfeited.

Exercise 3

Decisions

Even more than we are doers, we are deciders. The difference between protecting our faith or not protecting it, is our ability to make good decisions.

Wise decisions are made through contemplation and sound judgement. When we have faith, we do not stay stuck in the mid-breath, that is instigated by fear. Being decisive, putting an end to uncertainty, quickens opportunities. Our faith helps us transcend the limits we put on ourselves.

Study the steps in helping you make decisions that are good and worthy. Think of decisions that you made, where you did not use this method. Then, think of something that is happening presently, where you have to make a decision, and use these three steps to help you decide wisely. Make notes to yourself.

Good decisions take three steps:

Discernment –manifests Protection

Discernment is the ability to decipher whether something is good or evil, genuine or deceptive, generous or greedy, and right or wrong. We need to look at these factors before even thinking of making a decision. Do not rush yet, do not vacillate. Examine and study, then decide.

Decisiveness – manifests Perfection

Once we have discerned that we are going to follow through on something, we need to be very decisive about it. There is no detail that is insignificant. Make a plan of action that covers all the variables. Look beneath the surface. Always make a plan B, because our world is in such flux presently.

Determination – manifests Power

Nothing can work without determination. We persevere because we hold to a wisdom that it is better to try and fail, rather than fail to try. We bravely strive in spite of difficulties, like a flame that refuses to be extinguished. Our determination is truly our faith being personalized and personified.

Exercise 4

Blind Faith

Blind faith is the unquestioning belief in something, even when it is unreasonable or wrong. It keeps us from the truth and when the truth is hidden, trust cannot be formed. We don't see the red flags, we go along, even though, our intuition is telling us something different.

Faith is something that helps us to stay healthier, more relaxed and at peace. However, blind faith is something that will lead us down paths that can cause us illness, nervousness and stress. It keeps us from viewing situations diligently and appropriately.

Ignorance is our planet's biggest enemy. It comes from ignoring circumstances. We become accustomed to blocking out what we do not want to see. In the end result, this can cause much greater problems. To every problem, there is a solution, but first we must face the problem truthfully.

Blind faith is not the same as believing in the unseen. As a matter of fact, "see it to believe it" needs to be changed to "believe it to see it." The conviction of things not seen helps create the wondrous, the wonderful, and the miraculous. Miracles can only occur through purity and good intentions. Turning a blind eye to something increases the opening to the deceptions and corruptions that happen every day in our world.

Our faith needs our protection, and we need its protection. Albert Einstein said: "blind obedience to authority is the greatest enemy of truth and therefore, nothing can flourish." Whereas deserved faith brings about the assurance of things hoped for.

1. Where have you had no faith?

2. Where have you had blind faith?

3. How would you explain your faith?

4. What have you learned from this exercise and how will you implement it into your life.

Exercise 5

Quotes

Provoking faith in our lives transforms us utterly.

Faith is our soul's quietude and our heart's solace.

We sense heaven on earth through our personal faith.

Faith is knowing that if something did not work, there might have been a good reason.

For success – be focused, firm, and have faith.

Hurt and despair are more tolerable when we have faith.

Attachments interfere with our faith.

Our inner contentment is fused with our faith.

Faith soothes the agony of grief.

Faith is connected to innocence, not ignorance.

Through faith, we never let defeat overstay its welcome.

Faith is to our spirit what food is to our stomachs.

Faith helps us override the madness of our world.

We become empowered when our doubt turns into our faith.

Faith is the mighty alchemist, turning the mundane into the magical.

Without faith, the challenges of worldly life become much more challenging.

Faith is the water that can move mountains.

When we are not in ego, we give our faith a chance to seed and blossom.

The best medicine for pessimism is a dose of faith.

Faith is trusting in something that cannot be explicitly proven.

With faith, we make our fear a visitor, not a resident.

Faith helps us to take the first step when we don't see the whole stairway.

Faith creates a strength that the world cannot shatter.

[illegible]

Exercise 6

Closing Exercise

1. What do you feel you learned from this guide that you will incorporate into your life?

2. Which exercise did you like the best and why?

Summary

Five basic religions emphasize faith; Christianity, Islam, Hinduism, Buddhism and Judaism. And there is no denying that religion does help many people. However, there is also a personal, unique faith, with no middleman or mediator. It is between you and a higher power that leaves you having more faith in yourself.

A personal faith is something that can be called upon in our own unique way, in our own timing, and in our own space. It can become our best friend, that walks our journey with us, never leaving our side.

Through good times and bad times, when we have faith, we are never left feeling alone. There is an abundance of books, articles and movies that address this subject. Yet, in this troubling world, with such a wounded humanity, there are still so many of us that feel doubtful and question faith and our relationship to it.

The Universe is filled with wonder and awe-inspiring magic. Our planet is but a tiny speck in this vast and exquisite cosmos, where angels, prophets, masters, spirits, and God dwell. It and they are there to be called upon 24 hours a day, 7 days a week, 365 days a year and as a result, we can be infused with such abundance and wisdom. All we have to do is believe and ask.

*Faith is a unique thing that cannot be explained
We certainly know it helps when we are pained.
There is no doubt, we truly are not alone
But to reach our faith, there is no phone.
Faith is something that comes from our spirit
We just have to "tune in" to really hear it.
The Great Ones are calling down from above
Sending us wisdom, intelligence, and love.
They want us to believe in them and ourselves
So we don't put our power on useless shelves.
We each came to with a personal destiny and fate
So let's not be discontent waiting until it's too late.
Faith shows us the right road, void of large boulders
Which ultimately takes a big load off our shoulders.
When we access our faith, we access our heart
No matter the end result- that's a fabulous start!*