

**Question from a reader:** I am confused about my identity. I feel the mirror of life should reflect who I truly am yet my life is not what I expect or hope and contradicts many of my affirmations. Why?

**Light Beings:** Your reality is based on your perception, not what is. And your perceptions are based on your beliefs. To be able to understand this you need to realize that you are programmed from the moment you are incarnated to believe in certain way to be able to remain on the planet. Are these beliefs true? Absolutely not. Many of them were developed from experiences hundreds and thousands of years ago, not from your reality today. Quantum physics has begun to disprove many of the beliefs one has about what is possible, but it is in its infant stage of development and not yet applicable to the everyday life in most entity's lives. And most of you are so busy with your everyday busy-in-ness you do not even attempt to explore avenues of thought outside your own immediate exposure. You pass on to each generation a huge percentage of the beliefs that you received and incorporated into your life and so the saga of life goes on, with little understanding of how you are creating your reality.

Some of the new age teachings have tried to broach the subject but because those that are interpreting the information are allowing their filters to shade what is actually being said, the understanding is incorrect. That is why manifestation as presented presently on your planet is not working. One has only partial explanation and using affirmations does not erase the deep seated beliefs. If you would interview those that seem to be successful in manifesting in certain areas, you would find they are basically working from an open slate in those particular areas with little belief surrounding the success, or they were brought up in an environment that taught them in many ways that life does not have a lot of boundaries.

To test what we are saying take one small thing in your life that you would like to change and write down every thought and belief you have about that desire. Write down all the reasons it will work and then all the reasons it will not work. Then take each of these comments and analyze with total honesty. You may be very surprised to see that both the idea that it will work and the idea that it will not work have huge holes in the logic. Keep drilling down until you have reached a point of not being able to examine any further and you will have something that does not even resemble your original thought about the desire, but you should have something that bespeaks more of what reality is.