



# Toltec Wisdom

## The Prison of Beliefs

Teachers of Toltec Traditions always speak the three rules which must be followed on the journey to inner peace, love and contentment. Rule #1; Do not believe anything I say. Rule #2; Do not believe anything anyone else says. Rule #3; Do not believe anything you say to yourself. Simply by living these three rules every moment of every day, you will discover inner peace and a life of love and bliss.

A Toltec warrior learns through experience and practice that all suffering and discontent is the result of our act of believing. When we believe, we direct the energy of our aliveness into thought forms which imprisons our life energy. We begin our human experience as an innocent with a mind free of ideas, notions and concepts. We begin without a notion of how to process our sensory perceptions. We innocently ask and are taught what other humans have believed from generation to generation. We learn to believe and invest our precious life force energies into thought forms known as beliefs which imprison the very essence of our being. This process of learning the lies of what is believed by others is called domestication. We are taught that suffering is “normal” We are taught that people do not love each other and that love is something to be controlled and used to manipulate others. We are taught that power is held by some and withheld from those who don’t do this or that. Lies and beliefs are an endless tapestry of deceit. We accept the lies as truth and believe.

When we take an idea, notion or concept and transmute it into a belief, we are investing precious energy which is the energy of life. We invest this “faith” into an idea. Once we have invested our energy into an idea and make it “true”, we feel we must now defend this notion because we are now one with an idea. When we fight with others and ourselves, we “take things personal”. It feels like our sense of being is threatened. We defend our investment of precious life energy into thought forms.

For eons, people have been looking for the “right” beliefs. If only I knew what to believe; then I could find happiness, contentment and bliss. Humanity has encountered incredible masters of spirit; Buddha, Christ, Mohammed, Confucius and many others have sought to show us the divine nature of the human experience. Much of their teachings have been transmuted into imprisoning beliefs and rules of how to believe. “Right” beliefs cannot exist with divinity. To believe is not divine. Divinity is experienced, believing is a thought process. Beliefs imprison spirit.

When we create a belief, we take a brick (idea) and add it to our wall (belief system) with mortar (life energy). We build our walls brick by brick investing our precious life force energy until we form a solid structure which imprisons our spirit and this structure of beliefs must be defended whenever we feel fear. The essence of war.

*Freedom from suffering and discontent is found when we escape from our prison of beliefs. Once we find freedom and see the truth of how we become imprisoned, we experience ongoing love, joy, contentment, compassion, acceptance and bliss.*

- Gordon Eagleheart