

Core Beliefs (Belief Systems) & Self Talk

THE OYSTER

There once was an oyster, whose story I tell
Who found that some sand, had got into his shell
It was only a grain, but it gave him great pain.
For oysters have feelings, although they're so plain.

Now, did he berate, the harsh workings of fate,
That brought him to such a deplorable state?
Did he curse at the government, cry for election,
And claim that the sea should have given him protection?

No – he said to himself, as he lay on a shell,
Since I cannot remove it, I shall try to improve it.
Now the years have rolled around, as the years always do,
And he came to his ultimate destiny – in the stew.

And the small grain of sand, that had bothered him so,
Was a beautiful pearl, all richly aglow.
Now the tale has a moral, for isn't it grand
What an oyster can do with a morsel of sand?

What couldn't we do, if we'd only begin
With some of the things that get under our skin?

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Core beliefs (also known as Belief systems) and Self Talk

We all create our own reality. Every action, experience and interaction can be brought about by the energy of our thoughts and words solely or collectively.

- It begins to rain while you are outside and you say to yourself “Great, I’m going to catch a cold now” And you do.
- You take a test and tell yourself you’re going to fail. And you do.
- You believe people can't be trusted, and are constantly disappointed.

Your beliefs and self talk are a very powerful energy. They can facilitate change, improvement or an addition that is desired (or feared). So if it's so simple, why are we not all living in perfect health and harmony? Because it is more than simply stating a few positive words at a moment in need. It has to be a complete and consistent state of mind which means we need to challenge our core beliefs. Beliefs that we were raised on and beliefs that have been created through our experiences.