

# It's Time to Banish Hope and Belief

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Here's a good exercise that will help alter your conscious awareness and put punch and clarity where slosh once existed. Don't even use the words "hope" or "believe". Every time you're tempted to say, write or even think these debilitating, nebulous concepts, replace "I hope" or "I believe" with "I think" or "it appears to me" or something else realistic that clearly indicates what you really mean.

These types of inhibitors are a subtle trick of the programmed language we've been handed.

We don't need full evidence to make conjectures or intuitive surmisings. Just call them what they are. Hope is one of the most misleading and disempowering terms we've ever been handed, as is belief. Drop them entirely. We tend to know what people seem to mean when using these terms, but they're still just as intellectually and spiritually crippling.

### **Catch Yourself**

When you catch yourself using these terms you'll be surprised at how often they appear and how much this exercise strengthens your perception and awareness. These misleading terms run around humanity like viruses just waiting to infect the unwary. Just as we wash our hands regularly when going out in public, we need to do the same with our minds and the use of their dirty language.

It's a bit like fear porn and falling for the darkside of viewing the world around us. Sure we need to be aware of the sickness pervading society and the machinations of the would-be Controllers, but these language tricks are all potential traps to sap our energy and powers of true intention and conscious awareness, the very tools we so desperately need to rise above this ongoing fray with the forces around us.

## **Free Your Mind – Meet the Trivium**

The above segues nicely into something I've wanted to bring up for some time. Many are familiar with this rational approach to learning and discovering as it's quite remarkably lucid and helps one stand back and clearly assess the information before us and regain our intellectual and even spiritual sovereignty.

Unfortunately and as expected, this method of learning has been lost or adulterated in today's world as evidenced by the confusion and blind ignorance that are so rampant in society.

The ideas of "hope" and "belief" are deeply intertwined in religious thought and hence all of society. They are perfect examples of false, misleading concepts that learning techniques such as the Trivium can quickly dispel for upcoming generations. This subject deserves serious study but I'll include some introductory information here to help give the feel of what this is about and hopefully stir your interest in this fascinating and liberating conscious learning technology.

*In medieval universities the Trivium combined with the Quadrivium comprised the seven liberal arts. This teaching method is based on a curriculum outlined by Plato. One of the key intentions behind applying the Trivium and the Quadrivium is to distinguish between reality and fiction. By training the mind how to think – instead of what to think – this method provides a teaching of the arts and the science of the mind as well as the art of the science of matter.*

## **Tools of Knowing**

The Trivium and the Quadrivium are often presented in a Pythagorean triangle which represents the human way of knowing :

Any observation enters our mind through the 5 senses. Then we use our mind and apply the Trivium and the Quadrivium in order to process the observation. This process consists of several steps which enable us to understand how the observation relates to what we already know, how we can explain this new piece of information to others and how we can store it in a methodical way.

### **The Trivium method of thought**

The Trivium is the first half of the 7 Liberal Arts. It consists of 3 elements : General grammar, formal logic and classical rhetoric. Sacred texts often refer to these 3 elements as knowledge, understanding and wisdom. The overarching topic of the Trivium is communication and language.

Within the process of seeing, conceptualizing and speaking it is important to be aware that the created concept about how we think reality is, does not equate reality as it really is.

In other words, the map is not the territory.

Aristotle who is considered to be one of the originators of the ideas behind the Trivium stated that an educated man should be capable of considering and investigating any idea or concept thoroughly without necessarily embracing or dismissing it. If during any discussion it becomes obvious that the other person is emotionally involved regarding a particular subject matter, then it is impossible to have a rational discussion based on the Trivium with them. **Any emotional attachment to a particular belief blocks any kind of rational or logical argumentation.** [Emphasis mine].([more>](#))

[\*Note the direct reference to those emotionally attached to a belief and how it blocks rational discourse.]

## **Sounds Too Rational?**

We're dealing with the rational mind, which works in conjunction with our imaginative/creative mind. These work in concert. Above all is keeping a conscious awareness above both processes, but each has its place, just as we inhabit a physical body that works in conjunction with Spirit.

Here's an excellent interview that explains the subject in more detail for those so inclined:

## **Logic, Fallacies, and the Trivium. Tony Myers Interviews Jan Irvin:**

[You can find much more on the Trivium and other terrific information from the [Tragedy and Hope](#) website as well as at [GnosticMedia](#), two great resources.]

## **Don't Hope or Believe – Know or Don't Know**

It's not that big of a deal when you think about it. The biggest trick is in the language and how it's been appropriated and used in this current onslaught of group-think. The above Yoda quote takes it to another level, but it is still the same dynamic. Having a truly conscious frame of reference, if we can call it that, requires us to have a foundation based in detachment first of all.

Learning to let things sit or even pass until reality takes shape is as important as finding seeming factual information.

The reality we're experiencing is fundamentally an illusion. There's nothing wrong with changing viewpoints, perceptions and understandings. After all, we're continually evolving spiritually within a very confining environment that is engineered to distract and delude our thinking and comprehension of the world around us.

Why the deliberate confusion? For us to draw awake and aware conclusions would mean the inevitable fall of their power structure.

Then so be it. Illusion cannot stand in the face of truth and conscious awareness.

We need to watch our language and what we unconsciously adopt as our medium of exchange. Abolishing the use or application of words and concepts like “hope” and “belief” is a great starting point on the road to recovering our power. There are many such Trojan horse words and expressions.

Beware the conspiracy of language. Use the language, but don't let it use you.

Here's to the joy of awakening!

Much love, Zen



[Zen Gardner](#) is an impactful and controversial author and speaker with a piercing philosophical viewpoint.

His writings have been circulated to millions and his personal story has caused no small stir amongst the entrenched alternative pundits. His book *You Are the Awakening* has met rave reviews and is available on amazon.com. *You Are the Awakening* examines the dynamics of the awakening to a more conscious awareness of who we are and why we are here – dynamics which are much different from the programmed approach of this world we were born into.