

What an Assumption Really Is

An *assumption* is an unconscious conclusion that we treat as truth.
It's a mental shortcut that says:

"This is how things are."

When the mind assumes, it stops questioning. It stops exploring.
It replaces the open field of *possibility* with the fence of *certainty*.
Assumptions are efficient for daily survival — but they come with a cost: they freeze living reality into a rigid mental model.

Assumptions Limit Experience by Defining the Lens of Perception

The human nervous system doesn't see *reality* directly — it interprets signals.
What you experience as "the world" is filtered through layers of belief, memory, and expectation.
Assumptions sit right at the top of this hierarchy — they act as filters that decide what data even *reaches* awareness.

For example:

- If I assume people are unkind, I will notice only the moments that confirm that belief.
- If I assume I'm not creative, I will unconsciously avoid opportunities that might prove me wrong.
- If I assume life is dangerous, my nervous system stays in mild threat mode — shrinking my sense of openness and joy.

Thus, assumptions sculpt *perceived reality*.
They act as perceptual boundaries on how much of life we actually see.

How Assumptions Create Psychological and Emotional Limits

Every assumption forms a kind of *invisible contract* in the mind.
It says, "I agree to experience life only through this frame."

Here's how it quietly shapes us:

- **Emotionally:** Assumptions dictate what emotions we allow ourselves to feel. For instance, if I assume "vulnerability is weakness," I will block tenderness and connection.
 - **Cognitively:** They restrict thought — new insights can't arise where mental walls already exist.
 - **Energetically:** Every assumption carries tension. The nervous system maintains a posture of "holding" that idea, which reduces the fluidity of energy and vitality.
 - **Spiritually:** The essence of spiritual awakening is the dissolution of assumptions — the dropping of the filters that make us believe we *already know* what life is.
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Why Assumptions Keep Us in Loops

Assumptions are self-reinforcing.

They create feedback loops between *expectation* and *perception*.

For instance:

1. You assume people can't change.
2. You notice every behavior that confirms this.
3. Your brain says, "See? I was right."
4. The assumption strengthens.

This is how the *default mode network* of the brain (the system that keeps us in self-referential thought) sustains our identity story.

To question assumptions is to loosen the identity itself — to open into a wider consciousness.

The Freedom Beyond Assumption

When assumption falls away, awareness becomes *receptive* again.

The mind stops trying to define and control.

It begins to *perceive directly*, rather than through preconceptions.

That is the essence of wonder, creativity, and genuine presence.

In that open state:

- The nervous system relaxes into coherence.
 - Intuition sharpens.
 - Synchronicities increase.
 - Life feels richer because we're actually *meeting* it — not projecting onto it.
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Practicing the Release of Assumption

Here are a few simple ways to loosen the grip of assumption:

1. **Inquiry:** Ask, "*What am I assuming here?*" — especially when you feel tension or certainty.
 2. **Curiosity:** Replace judgment with curiosity. Curiosity is assumptions opposite vibration.
 3. **Presence:** Feel before labeling. The mind that feels directly doesn't need assumptions.
 4. **Silence:** In deep stillness, assumptions reveal themselves as noise in consciousness.
 5. **Humility:** Remember Socrates' wisdom — "I know that I know nothing." This keeps the mind porous and alive.
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Assumptions are the invisible architects of limitation.

They narrow the infinite field of life into a small, repetitive pattern we call "me and my world."

To see an assumption clearly is to dissolve it — and when it dissolves, life rushes in, vast and luminous, unfiltered and alive.