

## The Things I Have Come to Know About Life ~

There are those who seem to breeze right through life, who accomplish their goals and realize their dreams and do so by intent and focus, however, there are also those who struggle every step of the way, whose dreams are much harder realized and whose goals are so difficult to achieve if at all. The majority of my experiences were more the latter long before they ever became the former and even then, the circumstances of my life did not easily balance out. With a great deal of conscious effort, I came to know things about life that I never even knew existed. My desire to know the truth led me straight onto the path of a profound journey of self-discovery and while I was traveling on this path, I acquired a formal education in metaphysics, as well as a very necessary informal education in other related fields of science. In my quest for the truth, I discovered that there are universal laws that actually govern the planes of human behavior. From a psychological perspective, the existence of these laws and their method of operation made perfect sense. However, as this was not a discovery taken lightly, I pretty much had to wipe my mental slate clean and start the cognitive process of living life all over again because most of what I had learned about life was more of a distortion than it was a reality. From the debris of my own difficult and painful experiences and with an expression of gratitude for all I have come to know about life, I am able to share the ongoing accumulation of knowledge, wisdom and insight with my readers and visitors on the Dragon of Personal Drama website.

It was by way of trial and error that I began to learn how to apply the fundamentals of spiritual principles that I previously did not even know existed. I discovered that there were valid reasons that finally explained the dilemmas of my life and that my experiences, as undesirable as they were, had not occurred out of the clear blue nor had they occurred by chance or even destiny. Coming to terms with the sordid events of my life was no easy feat because it pretty much required a complete mental overhaul, which for me meant changing the majority of my well-established thought patterns that, incidentally, were doing me more harm than good. In addition to my rather self-defeating thought patterns, my equally limiting and disabling beliefs along with my distorted perceptions of life rendered me incapable of realizing some of my own dreams and achieving some goals I aspired to achieve over the years. All these negative internal influences, depicted in my mind as an archetypal image of a dragon, wreaked havoc in my life until I finally identified each of them for what they really were and began to understand just how they were really affecting my reality. As it turned out, most of my dilemmas were not the result of all the adverse external influences I had encountered along the path of my life. They were actually the result of my own internal impulses that were attracting these undesirable experiences to begin with and were causing me to habitually act and react to circumstances and events in my environment in very negative and self-defeating ways.

I came to learn that the foundation for our adult experiences begins during childhood and that the paths we travel on as adults depends on how we perceive our childhood experiences, as well as how we reacted to that environment. I learned that the perspectives we view our childhood from can be seriously distorted and that they tend to be more of an illusion than a reality, mostly because we were too young to make sense out of circumstances or events that were out of our control. Many of us incurred the wrath of adult anger and frustrations, projected at us rather than at themselves, which hurt us and in many cases left its mental, emotional and even its physical scars embedded in our memory banks. Sometimes siblings growing up in the same household with the same parents view their childhood experiences from very different perspectives. One child may perceive a difficult and undesirable childhood experience while the other child may describe the same environment completely opposite, leaving one to wonder if they actually grew up in the same household. Not only are such experiences viewed from an entirely different perspective, individual beliefs can be dramatically different too. Perspectives and beliefs not only form our childhood experiences, they set the stage for our adult experiences that determines the paths we will take in life, the dreams we will or will not realize and the goals we will or will not achieve.

One of the most difficult truths I had to confront during my journey of self-discovery was to accept the fact that every one of our adult experiences is the consequence of a choice or decision we made in accordance with our perspectives and our beliefs, most of which stems back to our childhood experiences. Even though our beliefs are formed early in life, they continue to be shaped and molded in response to our ever-changing environment. Although some of our beliefs are more easily changed, altered or eliminated because they lie on the surface of our conscious awareness, there are beliefs that over the course of time embed themselves in the subconscious, which makes it much harder to discern not only their presence, but also the affect they are having in our reality. These are the beliefs we habitually react and respond too and are not aware that we are doing so. I learned that our beliefs are often the catalyst that stops us dead in our tracks, blocks the path to realizing our dreams and achieving our goals and hinders our own personal growth. It became clear to me that it is well worth the effort it takes to examine and discard outdated, limiting or disabling beliefs.

I went kicking and screaming every step of the way when I came face to face with certain unpleasant truths pertaining to the matter of making poor choices and bad decisions, which as I learned, played a huge role in the adversities I experienced along the path of my life. As we humans tend to want to blame others for our misfortunes, accepting that I had suffered dire consequences at the hand of my own conscious choices and decisions was a tough pill to swallow given that I was, after all, labeled a victim and rightfully so. The firm belief that I was a victim of my circumstances made it nearly impossible for me to accept responsibility for my own choices and decisions. It was unimaginable to conceive that I brought all those adversities into my reality by way of my own poor

choices and bad decisions, but the truth written in black and white, was hard to deny. Having learned the value of considering my choices and decisions preferably before they wreak havoc in my life, as opposed to coming to terms with them after the fact, is to attain a degree of perfection that is an ongoing work in progress.

I learned that the dreams we desire to realize and the goals we aspire to achieve are of themselves a matter well worth looking into. When we examine our unrealized dreams, as well as our unachieved goals with a fair degree of honest introspection, we just might find that the expectations we have of ourselves are insufficient to manifest as an objective reality, especially when it comes to how we measure our self-worth. Sometimes the effort to realize our dreams and achieve our goals can be mentally, emotionally and even physically exhausting. This may be because we believe we have something we need to prove, either to ourselves or to others, in which case it becomes more about proving something than it is about the actual desire for the dream or the real aspiration that should drive the achievement of the goal. Not only are we influenced by our own inner drives and motivations, we are also influenced by the unrealistic expectations of others, whose conditional acceptance threatens to send us on a psychological downward spiral should we fail to measure up to their standards. This self-defeating mindset prevails even though the perspectives of others are likely to be just as distorted as our own and whose experiences, based on any number of mental constraints, in no way reflects real wisdom and insight.

We often let the memories of painful or difficult experiences from the past block the path to the success of our personal endeavors, which we do because we believe things that are untrue of ourselves that invalidate our worthiness and undermine our self-esteem. Some of us chase down dreams that are not really dreams, but are unrecognized emotional voids and we will pretty much stop at nothing to seek the fulfillment of them. In our blind sightedness, we erroneously label our emotional voids as bona-fide dreams, when in fact; nothing could be further from the truth. Unless we examine the motivation behind these dreams, we will not know the truth about them and we will continue to chase them down and then wonder why we encounter so much adversity in the way of personal dramas, especially when it comes to our relationships.

In as much as there is an internal drive to realize our dreams and achieve our goals, we find that the desire to realize some of our dreams or achieve certain goals changes as we change. As life is never stagnate, but is ever changing, a dream or a goal that was so important at a certain time in our lives, often gives way to new desires, wants and needs, which we chase down with equal vigor or not depending on our individual impulses. I learned that these impulses do not form out of thin air, but rather they form in response to our external environment and that they cause us to habitually act, react and behave in very specific ways to any condition that looks or feels like something we experienced in the past. Examining these impulses is not an easy feat, given that we are so easily prone

to the denial of their existence, as well as their adverse affects, mostly due to lack of knowledge. Nonetheless, these internal impulses are busy at work sending unseen signals to our psyche, often in the way of strange metaphoric or archetypal symbols that do not always make sense. These undetected signals, known in Jungian psychology as “shadows” cause very specific reactions and behaviors in response to internal stimuli and do so without our conscious awareness, which puts us at a disadvantage. Jung attributed these shadows to suppressed individuation, that surface later in life as latent talents, skills or abilities, seemingly out of nowhere. I described my own experience with the shadow effect in my little book, *The Dragon of Personal Drama*. Peeling back these psychic layers sometimes requires outside help to safely sort through the mental and emotional debris left in the dust from the trails we blazed. I discovered that trying to discern where one cause begins and the other ends can be a monumental challenge, documented in my handwritten journals. Seldom does one cause lead to only one affect, but that many causes leads to many affects infinitum, thus tracing all the affects back to their initial causes can be a long drawn out process, depending on the extent of our experiences. I learned that the more we understand our own mental mechanics, the less personal dramas we are likely to attract, consequently, the less time we need to spend figuring out the causes that lead to the undesirable effects.

The adverse affects encountered from undesirable external influences, whether real or is more of a perceptual illusion are every bit felt on the mental and emotional planes. The actions, reactions and behaviors of others can hurt us in so many ways and on such a deep level. The more intense we feel the pain, especially when it is deep emotional heart-based pain; the more difficult it is to overcome its very adverse affects. While some people appear to have a built in capacity to turn such experiences off by conscious choice, others are not so mentally or emotionally inclined and will feel the intensity of internal pain much longer. Although getting through it quickly is certainly the ideal situation, healing often takes time, as it is not just about working through the level of pain, but is also about working through the reasons behind the pain, especially when blame is a contributing factor. No one likes to take the blame for something they did not do, nor should anyone ever have to carry the burden of guilt for transgressions they did not commit, except by the distorted perceptions of others. However, neither are there any excuses for lack of responsibility, as everyone is accountable for their own actions and behaviors, which does require honest introspection in the form of self-examination to be sure of the role we did or did not play, especially given that we are prone to attracting experiences we do not desire.

I learned that the things we manifest in our reality perfectly reflects our attitudes and that we are inclined to keep attracting undesirable experiences under different settings but always corresponding to our mental and emotional state of mind. Awakening to the fact that we are our own worst enemies is a level of introspection that does not come easily and is often difficult to accept given that we are inclined to want and need

someone else to blame for our misfortunes. In fact, some of us cannot get through a day without stirring the pot and creating drama where none should or needs to exist. The drive for such drama is a habitual reaction attributed to a past event, often long forgotten in the conscious memory, but the record of the event is permanently stored in the unconscious memory that we unknowingly continue to act out, mentally and emotionally. We do not realize how self-destructive and self-defeating our negative mindsets are until some crisis in life stops us dead in our tracks, if at all, as there are some who never figure it out, but who go all through life blaming and angrily lashing out at those around them.

As the journey through life is not without its twists and turns, for many people the experiences of life equates to a psychological roller coaster ride gone wild. In as much as these experiences do not have to continue to play out in such an extreme fashion, the perception of this dysfunctional reality all too often becomes a place of familiarity. These habitual extremes, erroneously perceived as a comfort zone, make it very difficult to break out of its self-destructive box. Even though life appears to be chock full of challenges and obstacles, they occur more in response to our own vibrations than they exist as an objective reality. The great sages, masters, prophets, teachers and poets have always known that the rate of our mental energy vibrates on a frequency that co-mingles with the mental energy of a collective consciousness, typically on the same frequency, which accounts for why we repeatedly manifest the same kind of results on the mental plane. Quantum physicists describe the collective consciousness of the universe as “entanglement” and attribute the like kind affects on the human plane just as they do on the molecular plane. From my studies in various energy-healing modalities, I learned that the transference of mental energy is not a one-way street, but that mental energy abides by very specific unseen quantum principles. These spiritual principles operate within a subjective field of creative Intelligence in which like really does attract like and thoughts really do become things in keeping with the Hermetic principle of correspondence: “As above so below; as below, so above.”

I learned that we can avoid falling into mental ditches of error by becoming more consciously aware of how we are inclined to think and why. Over the course of time, we establish a certain way of thinking; we develop a thought pattern that is in keeping with our beliefs, supported by our own perceptions of reality and that of others in our environment. Collectively, these influences affect the expectations we have of ourselves, as well as others in our environment that also has an impact on our feelings and emotions. So if you want to see a change take place in your reality, that change must begin from within, starting with an examination of your own mental attitude. Getting honest about your attitude is a mental endeavor that is well worth your effort and time because you are exactly what you think in every sense of the word. The energy you emit into the subjective field of intelligent creativity is the result of your thoughts, which is receptive to the fluctuations of your attitude even as it changes throughout the course of

the day. We know this is true because we all feel the shift in our energy as our moods change during the day and likewise so does the nature of our experiences. While it may sound like some metaphysical mumbo-jumbo or quantum scientific jargon, the fundamental application of spiritual principles that do indeed govern the plane of human behavior is really not rocket science. It is just that these are unseen principles that are operating in an unseen field of subjective intelligent mental energy that directly corresponds to the plane of human behavior, the proof of which is always in the pudding. Every abundance and success guru states the principle clearly: change your mind, change your experience. The Bible states that as a man soweth, so shall he reap (Galatians 6: 7-8).

I have learned that while the business of life is an ongoing journey of lessons learned, these lessons not only raise the level of our conscious awareness, they also raise up our vibrational frequency, which over time decrease the attraction of repetitive undesirable experiences. Becoming more aware of the internal pulses that drives us in certain directions and motivates us to act in certain ways truly does pave the way for developing clarified thoughts, enabling beliefs, undistorted perceptions, balanced emotions and realistic expectations, all of which makes for a more positive mental attitude. It is very important to recognize the benefit of a wakeup call and the need for re-centering whenever an internal mental or emotional impulse gets out of whack, which can happen very easily in times of stress, as the strong emotions of rejection, fear, worry and anxiety can quickly pull the proverbial rug right out from under you.

Although I have shared many things that I have come to know about life, truths that have changed the course of my own life, there is much more to the story, which specifically pertains to the matter of relationships. As this is a more specialized subject, it warrants the right to its own topic in a future discussion. In the meantime, I hope my readers and new visitors to the website will find the contents in this article helpful, it contains many threads we all share in common, as we blaze similar trails along the path of life. As always, I welcome the continuation of your thoughts, comments and questions.

Many Blessings,

Linda

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