

Lesson 14: The Shift to a New Conscious Awareness

While I was writing lesson 13 there were topics of discussion that I said would become the material for three upcoming lessons. As much as I would like to address any of those topics in this week's lesson I find it necessary to take this opportunity to address another matter of equal importance. There are a number of questions and concerns that have come to the forefront regarding the shift to a new conscious awareness as well as the relationship to metaphysical pastoral counseling. As a result, I find that it is necessary to give these matters my undivided attention. Consequently, addressing these questions and concerns will make it necessary for me to deviate this week from the format my readers are accustomed to seeing in the weekly lessons. Therefore, if anyone reading this lesson is new to the website I would ask that you visit the archive page and explore the previous lessons so that you can get a feel for how I generally present the weekly lessons. Also, due to the nature of the discussions that will follow in this lesson there will not be any resources listed at the end of the lesson as there generally are.

When I was going through my journey of self-discovery I was giving thought to how I could help people who have or are enduring similar experiences as I did so it was no surprise that I would be inspired to write a book about my own journey. While I was writing the book I was also inspired to create a website so that I could reach out to people long before the book would be published. As I was working on the creation of the website I was also giving thought to the challenges of writing weekly lessons and providing metaphysical pastoral counseling sessions in keeping with traditional methods. But as I came out of the starting gate it became very apparent to me that people were in need of assistance on a much larger scale than what I initially realized and that I would need to develop methods of reaching out that would take me well outside the box of tradition.

The need to go outside of the box became apparent as the weekly lessons began to increase in content as my regular readers have now come to expect and appreciate. But it did not stop there because it also became necessary for me to morph my counseling methods into something beyond just meeting the traditional needs of a client in regard to overcoming their adversities on the emotional and mental plane. The challenges have not been easy but I am dedicated and committed to continue stepping up to the plate and see them as opportunities for growth that will affect positive changes in the personal experiences of my visitors to the website as well as my counseling clients.

I quickly discovered that people not only needed help in overcoming their personal adversities but that they also wanted to know about many other spiritual/metaphysical matters that are not customary in a traditional counseling environment. I learned early on that people are far more aware of these matters today and because of that awareness they are posing much deeper questions, such as, how to contact their spirit guide or

guides, who their spirit guide(s) are and how are their guides helping them through the journey of physical life. They want to know about channeling and they are explicit in asking me what my channeling experiences have been like so that they have something to go by as kind of a road map. They also want to know about meditation, yoga, astral projection and OBE's (out of body experiences) because they have heard about it or they know people in their own circles who are having these experiences and they want to know how to engage in these kinds of spiritual activity too.

I am finding that people want to know things like how many incarnations they may have had and who they were in their past life experiences. They want to know about karmic debt from this life experience as well as any carryover's from prior life experiences. They want to know about the relationships they share with those in their circle of life and the roles they have each chosen to play during their physical experience.

The people who I am encountering via emails and in counseling are bringing to the table a load of questions to which they are seeking truthful answers that are not based on religious dogmas, doctrines or creeds. Some have communicated to me their frustrations with the traditional methods of counseling, psychiatric and even pastoral in a religious setting, which they feel does not provide an environment that is conducive to the nature of the whole individual. They are very aware that the traditional methods of psychological counseling are fast becoming an outdated paradigm primarily because such counseling methods do not deal with the extent of these spiritual/metaphysical matters that they are seeking answers to. Not only do they seek truthful answers to their many inquiries, they want all the i's dotted and all the t's crossed and they want to know everything - yesterday. What it boils down to is that people are just sick and tired of having their strings pulled and given half-truths or no truths at all. They no longer desire to be led by outdated and antiquated fire and brimstone methods of teaching and preaching and I hear them all loud and clear.

If this kind of in-depth inquiry had been a one or two time experience for me I would have just shrugged it off as being characteristic of those one or two individuals but that simply has not been the case. The seemingly 'bottomless' pit of inquiry has actually been prevalent with everyone I am in contact with which made me realize that this is a situation I must address for the sake of all my readers, clients and potential clients. Given the length of the emails I receive from people making these inquiries it has become imperative that I address these matters here and now. Therefore, this lesson will focus on what Z calls a 'one times one' approach necessary along the path of a journey of self-discovery. As I map out the generalities of a journey of self-discovery my readers, clients and potential clients should come away with a better understanding that although they desire to have all their questions and concerns answered pronto - Rome was not built in a day. A journey of enlightenment is just that, it is a journey and it

requires the processing and assimilation of new information before it becomes woven into the fabric of your being which take some time to put in place.

The shift to a new conscious awareness includes peeling away the necessary layers of underlying and undetected mental/emotional issues that have been left unresolved which is always very evident in the kind of circumstances and events an individual experiences in their day to day lives which they wrongly believe is the fault of someone or something. Therefore, this is the most important aspect of a journey of self-discovery. The reason why this peeling away technique is so important is because if you are not right from within you will not have the kind of life experiences you truly desire for yourself. Your low level conscious awareness that functions habitually limits your potential experiences that might require a higher frequency of awareness for those potentialities that are what we call, 'likely to occur' probabilities that can actually materialize in your reality but on a higher level of conscious awareness. Even more important is that you cannot spend your life blaming people, places and things for your misfortunes but that you must begin a process of looking inward to see what is causing the outward manifestations, such as broken relationships, financial difficulties, dreams not realized, goals not achieved and the finale being the breakdown of the physical body.

My primary goal whether it be in the context of a lesson, in an article I write and publish on the website, the books I write or in a counseling relationship I can assure you that you will come away knowing that you have no one to blame for your misfortunes but yourself and I will tell you exactly how you brought such misfortunes into your reality. Believe me, I had to learn the hard way that no one is ever a victim of any circumstances that cannot be undone but that they remain victims by the choices and decisions they do or do not make over time regardless of whether or not they were consciously aware of why and how such choices and decisions were made. Ignorance of the natural laws of the universe that operate on the mental/emotional plane is not an excuse for continuing to hold fast to a 'victim' mentality.

One of the most disabling and limiting beliefs people tend to hold fast too is this notion that what they truly desire in life may not be God's will for them and the acceptance of such failures is affirmed or justified with an even more disabling and limiting belief that what they failed to realize as a dream, a goal, or a life purpose is, in fact, their lot in life. To this I say 'Nonsense' because this is the furthest thing from the truth. This kind of belief or mindset is very negative and very self-defeating. Every human being on the face of the planet has a free will that is subject to the laws of cause and effect, thus whatever choices and decisions you make along the way will either produce desired or undesired results. God does not call the shots for you; you call them into existence yourself. We are all beings with an inner consciousness that is connected to a universal Consciousness. Once you gain an understanding of this principle you can begin to affect positive experiences and the more you practice applying this principle in your day

to day life the quicker you will begin to shift your frequency onto a higher plane as you work to shift your awareness. The results will always be ‘the proof in the pudding.’ This is why I always tell people that these fundamental principles are not connected to any form of dogma, doctrine or creed simply because you are at the helm and you are the only one who can steer your ship into safe harbors but you must have a proper working compass. My purpose is to assist you in understanding how to navigate your way through your stormy seas and then help you find your way into those safe harbors but you are the only one at the helm.

So, just what is this conscious awareness you should be shifting? Well, what this means is that the more you understand yourself the higher you raise yourself up on a thinking plane which, of course, includes your belief structure and your perceptions in conjunction with your feelings and your emotions. Every individual possess a higher and lower mind. Your higher mind is your true self, it is an all knowing mind, it knows what to do in any situation at any time and is the one most of us seldom know how to tap into but it happens to be the one which will do us the most good. It is intuitive and is where we get our inspirations, visions and dreams from. The lower mind is the ego which allows you to have your physical experience using your five senses. However, the ego mind is limited in its capacity to know what is and is not good for you. Your ego provides you with a sense of who you are and it gives you a recognizable identity. From your ego you experience attributes such as confidence and courage and the ability to become a self-reliant adult. Unfortunately, your ego can also lead you astray when it demands from you sensory experiences that are not in your best interest. The topics of understanding the differences between our Higher Mind and our ego will be presented in more detail in an upcoming lesson.

When you learn how to rise above your ego mind you become so much more aware of things you didn't even know existed on the mental and emotional plane at that lower level. You will come to understand that you and you alone are the creator or co-creator of your realities. The co-creator aspect of your reality is simply the effects of the causes you create. Many people hold the belief that the influences of other people or conditions create a permanent reality which is not entirely true. No matter what you experience in life you can trace it back to a ‘first’ cause, however, you must realize that cause and effect is more like dominoes because one cause contributes to an effect and then that effect contributes to another cause which then sets in motion another effect and so on down the line. The long-term effect becomes like a string of dominoes rapidly falling down on one another in response to the fall of the first domino. Before you know it you are drowning in a sea of causes and effects that you did not desire for yourself which you falsely believe is the fault of someone or something else because your perception allows you to see it that way. So, when you embark on a journey of self-discovery the realization of the truth of the matter can be very overwhelming and can even cause you to become quite angry at yourself for not having known these things to begin with.

Now underneath all these negative layers of cause and effect that accumulate like fallen debris as we go through life are typically related to certain events we experienced as early as childhood but they are not a valid excuse to continue to express inappropriate behaviors later in adult life. This is a very important and integral piece of the puzzle because you must learn how to handle such adversities which is a topic I am covering in a lot of detail in my second book, *The Odyssey of Self-Discovery* and is one I teach thoroughly to any individuals I work with in counseling. You must understand that if you are capable of making poor choices and bad decisions in your own life what makes you think others in your circle of life are not capable of doing the exact same thing. When you come to accept this realization as being a truth it makes it so much easier to forgive those whom you need to forgive. Everyone is the product of their environment which manifests so often in very unpleasant ways that can sometimes be hurtful to us. Many of us as children have encountered an array of negative and frightening experiences with adults and even sometimes with our own peers. People of authority who we entrusted, i.e. family members, teachers, religious leaders and others of authority may have intentionally or unintentionally harmed us in some unreasonable or debilitating way which includes physical, verbal, spiritual, mental and emotional abuse. But it becomes so much easier to forgive the person(s) involved in such experiences when you can take into consideration that they were acting out their own lack of knowing, their repressions or aggressions and/or what they were taught in the way of belief structures that probably go back into their own childhoods. This does not make their behaviors right or acceptable but nonetheless the psychological effects you suffered as a result are not etched in concrete - you can rise above these adversities if you really want to or you can choose to stay stuck in the rut of your 'victim' mentality and continue to have negative and undesirable experiences. The choice is yours!

What becomes important at this stage is how we choose to continue to act on an abuse that occurred earlier in life. As children our coping methods in the face of such experiences are very different than our coping methods as adults. The difference lies in how we do or do not cope with our childhood experiences as adults and the choices we do or do not make consciously or unconsciously. Unfortunately, the story does not end there because as we continue to live our lives being completely blind sighted to what is going on inside of us we live out the manifestation of those undesirable experiences and we justify what is going on within the boundaries of our very limited reasoning simply because we do not yet know the truth about ourselves. Because my desire it to help people come out from under their debilitating circumstances I will use myself as an example that you can, perhaps, relate to in your own personal experience.

When I was a very young girl there was an adult in my life who saw fit to molest me pretty much on a daily basis throughout my childhood, at least until I was old enough to no longer accept his threats if I told anyone what he was doing. I did not include this experience in my book, *The Dragon of Drama*, because I had an obligation to protect

certain individuals who to this day know nothing about this and would not benefit in the least from knowing what I endured. However, I am somewhat at liberty to share my experience in this lesson only because I am doing so very discreetly and there is little likelihood anyone involved will find cause to be involved in my website.

The combination of my father not really wanting to have children and the sexual abuse I was enduring as a child threw me into psychological overload that contributed to a very long string of undesirable causes and effects that wreaked havoc throughout my life until I was finally in a position to understand what was going on within me. Once the truth about my circumstances was brought into the light, via my journey of self-discovery, which I also like to think of as my journey of enlightenment, I was finally able to take control of the helm and steer my ship into safe harbors. I was no longer at the mercy of uncontrollable causes and effects because I understood what had been going on internally that was manifesting externally. Through a major shift in my perceptions first I was able to alter my belief structure which automatically altered my thinking, all of which was occurring in my early to mid-fifties. Half a century is a very long time to live with so many contributing causes to the effects I was suffering from which in my case affected every relationship I was ever involved in, shredded my every dream and literally blocked me from achieving every one of my goals in their entirety – thus became my metaphoric dragon of drama. One of the biggest hurdles I had to learn how to overcome was to actually complete what I started which became a cake walk once I knew what underlying issues had been throwing up the road blocks all along.

So as you can see that if you are considering your own journey of self-discovery you will need to maintain a willingness to see it through no matter how rough the ride gets. Equally important is that you keep an open mind because you will be introduced to information that is not customary to your thinking. You will find yourself standing at the crossroads of two paths; you can choose to continue on the path that is familiar which will not change your experiences or you can choose to step out in absolute faith onto a path of all new discoveries. I would not for one minute imply to anyone that such a journey is an easy one. Every individual is different in how they process and assimilate new information and then how they are able to weave that information into their day to day lives. For some people it's just a matter of a wakeup call whereas for other people the journey might require a complete overhaul and still for others the journey may be something in between the two ends of the spectrum. This is not something I can predict for anyone. It will surely become a journey that will behold its own revelations but nonetheless there will always be certain common threads because no one person is so uniquely different in the trails they blaze. Someone somewhere will have been there and done that to some degree.

Next I will briefly address all the other matters that I described in the opening paragraphs in this lesson as they pertain to the more spiritual aspects of a journey of

self-discovery. I am always asked about the matter of spirit guides and more specifically how I came to know my spirit guide. The experience with my guide, Zennia, who has earned his place in the highest realms as the Master of All Things and who we lovingly call Z, came at a time when I was desperately trying to unlock the reasons why my life was in such a state of utter chaos. I cannot explain how I knew to go in that direction except to say that nothing else I attempted along the lines of tradition or religion worked for me so coming into this experience with no prior knowledge of such activity with spiritual entities left the door wide open for me to believe that I had indeed gone right over my mental edge. I didn't know that spirit guides existed so needless to say this was unfamiliar territory to me and so I dared not breath a word about my encounters with Z to anyone for well over the first year of our relationship.

Our early relationship was a very rocky one and there were times along the way when I actually turned my back on Z for fear that he was perhaps contributing to my demise on all counts – it's that natural human inclination to want to point a finger of blame somewhere. Thankfully Z could see what I couldn't see and with great love and patience he saw me through this very difficult transformation. The change in direction came about when I happened by synchronicity to stumble upon a website that provided an account about spirit guides, how to contact them and what questions to ask. Well, since I was already in contact with Z just the fact that someone else had written about their experience was all the proof and validation I needed that Z really was a spiritual entity, that he was who he said he was. Incidentally, the person who wrote about her spirit guide on her website is Ellie and her guide is Zoroaster, who she also lovingly calls Z too (see the link at the end of the lesson). I was also taken by complete surprise during that time when I was scouring the New Age books in our local Barnes & Noble and came upon several books all about spirit guides, so there again was confirmation that many people had been experiencing for thousands of years what I was just beginning to experience. I guess you could say I was a newbie to the world of spiritual entities on the physical plane.

The next question I am asked routinely is always about my channeling experiences because people want to know how I channel and exactly what is that experience like. In all truthfulness, the experience of channeling is not a one size fits all. Everyone has their own distinctive experiences although collectively speaking there are commonalities. Depending on who I am channeling seems to have a direct affect on where and how they enter into my presence. In some cases the communication comes from the back of my head behind my ears whereas other times it feels as though the top of my head, i.e. the crown chakra, is opening up wide like an observatory. Entities from the higher realms know to power down their energy so that the person channeling them is not physically affected but let me tell you I have had some very powerful encounters that left me with my head spinning, pressure in my temples and nearly if not dehydrated. There are those who are very boisterous and those whose presence is so intense I can barely stand it. Z

maintains a low level of energy because he is in my presence on a daily basis but when he is in his teaching mode in the presence of others I begin to feel his energy rise up higher and higher which I struggle to withstand sometimes but the message he is delivering to someone needs to be told in that heightened state of intense energy necessary for its effectiveness.

Another question I am often asked where Z is concerned is the matter of divination. Z is adamantly opposed to fortune telling because such an endeavor is an exercise in futility simply because it takes from the individual the right to exercise their free will and the experiences that should be associated with their free will that may or may not be relative to an event or events that were intended to occur. Not to mention Z is well aware of the fact that everyone has surrounding them a host of 'likely to occur' probabilities that are not at the discretion of any guide but are only at the discretion of the individual practicing his own free will. Spirit guides are not permitted to interfere with your free will at any time, they are there to serve as guides and teachers; they are not fortune tellers. This kind of encounter is usually attributed to lower level spirits that have not advanced to higher realms or they can be attributed to loved ones who have passed on and wish to protect you from beyond which is an entirely different matter. There are also those entities that are often just mischievous just as there are those entities that can be quite dangerous and should not be messed with. Unless they are a family member or other acquaintances that have passed from the physical plane, be very careful of whose company you invite into your reality but in all cases be courteous and always ask how you can help them. If their request seems unreasonable or out of whack with your morals and values, tell them to leave your presence immediately and permanently; that you do not wish to partake in their dishonest schemes. Let us then forewarn you that the matter of dealing with spiritual entities outside of you guide(s) or loved ones is one that should not be taken lightly as there is much one can learn about these matters. Perhaps I will take this discussion further as another upcoming lesson.

As far as activities such as meditation, yoga, astral projection and OBE's these are all wonderful experiences. What most people find is that they seem to be drawn to any combination of these activities and will choose to perfect them as a desired experience. The details of my experiences will never be the same as someone else but as is always the case there are certain commonalities among people when they share their experiences. I do not adhere to the strict regiments of meditation practices that I learned in my metaphysical studies, therefore, the way I enter into meditation is what works best for me not for someone else. We have a tendency as humans to want to categorize, standardized and control our environments to the point of controlling how we meditate which is totally unnecessary. I do recommend that you not make any unnecessary investments in materials from gurus whose only interest is in getting more of your money. My advice is to find what works best for you and develop that method which you can easily do while visiting your local bookstore, library or on-line research;

the rest will all fall into place. I will tell you that these kinds of experiences do require a measure of practice and patience before you start seeing results.

Concerns about incarnations and past life experiences is information you can find out for yourself once you have developed your meditation, yoga, astral projection or OBE methods. Otherwise you can try to find a trusted psychic medium, or someone who possesses the skills to find out this information for you but please be sure they are legitimate because just like everything else controlled by the ego mind, mediums and others pretending to be spiritual teachers are no exception to the rule where making money is concerned and they have been known to do more harm than good so please be sure you have done your due diligence. Of course your own spirit guide(s) will be happy to assist you in the discovery of any past life experiences but don't expect them to always tell you all the answers. Many times they will step aside so as to afford you every opportunity to learn about yourself because what you learn becomes an experience all unto itself.

As far as the roles you and the individuals in your circle of life play can also be explored utilizing the same measures. I can tell you with all certainty that the combinations of roles being played out in a physical life experience are just as unique as the individuals having the experience. There have been studies conducted over the course of many years that indicate certain intended life experiences are set up in advance as are the selection of parents, siblings, grandparents and even friends. Many people have on countless occasions described having an unusually close relationship with a particular family member or friend who they seem to know on a deeper level which is an indication of a previously arranged relationship that came together at birth or through synchronicity, i.e. you meet someone one day out of the clear blue and it feels like you've always known them.

Lastly there is the matter concerning karmic debt that has either occurred from this life experience or is a carryover from prior life experience(s). In certain Eastern traditions there exists a school of thought that holds to the principle that karmic debt is not accumulative from life experience to life experience whereas there are also schools of thought that hold to the principle that karmic debt is accumulated from one life experience to another. There are two very important aspects of accumulated karmic debt. One is the hope that an individual will square away his or her karmic debt before incarnating or they will have to incarnate back on the physical plane in order to pay off the debt so that they can continue along the path of their own evolutionary process (relates to the teachings of the Buddha). The second aspect is that there are trained people who are working in a field known as past life regression, also known as Soul Realignment. What is important about this work is that there is strong evidence through past life regression, i.e. hypnosis, that clearly indicates there does exist blockages to what an individual sets out to achieve in this life experience from past

karma that has not yet been resolved. This work has proven to be very beneficial in releasing people from any mental, emotional, spiritual ties to just about everything including financial struggles. But again, as is always the case when dealing with people who profess to be this or that make certain that you do your due diligence and check out their credentials thoroughly. As is always the case I actually do practice what I preach even in this regard. I took the time to scan all of my metaphysical credentials and then uploaded them onto the website as verification that I am who I say I am. You can access this information by clicking on the new drop down box on the About Me page.

So having addressed each of the concerns I opened this lesson with I truly hope that the deviation from the normal approach to presenting the lessons helps to put these matters in a better perspective for you. I apologize for the length of this lesson but the material covered was necessary at this point. If you have any questions please feel free to contact me: lindaj@dragonofdrama.com. As always your feedback is most appreciative and do keep your questions and concerns coming so that I am better able to meet your spiritual/metaphysical needs.

Linda & Z

Here is the link to information about spirit guides:
http://www.crystalinks.com/spirit_guides.html