

Lesson 20: Part Two – The Implications of Free Will and Desires

In this lesson I am going to continue the discussion on the subject of free will in order to shed more light on why it is that when we exercise our free will things don't always turn out the way we would like them to. When things do not go the way we hope or expect them to we have a tendency to want to blame someone or something. We process experiences like this because we do not know that there are universal forces at work which we are not consciously aware of. When I was writing my master thesis I did a lot of research on the fundamental principles of the Law of Attraction (LOA) as was stated in the internet movie, *The Secret*. I discovered that in order to fully understand the mechanics of this law it would require a far more comprehensive dig to truly grasp how this law governs the spiritual and human plane and furthermore that this law is always in operation even when we think it is not working for us in conjunction with our free will. To help you understand how the fundamental principles of this universal law works I am going to address it from the standpoint of what we desire to manifest in our realities. The purpose of this lesson is not to declare or defend the existence or non-existence of a universal law known as the Law of Attraction. The purpose of this lesson is to examine the fundamental principles of this law that do indeed work at all times and in all cases.

We all have dreams and goals we hold fast in our hearts and hope to see manifest in our realities but when those desires do not manifest, especially in the time frame we think they should, we resort to all kinds of seemingly justifiable reasons to explain why we did not realize them or why is it that we can realize some desires but not others. There may be those of you who are reading this lesson today that have found this to be your experience as well. Hang in there with me and I will walk you through the process of how and why your desires and dreams do not manifest as you would like them too or expect them too.

Most everyone has some level of comprehending what success means to them, that is, how they measure success and how they hope to achieve success. I say it like this because there are people who do not know they should fulfill some purpose in their lives or who erroneously believe it is not intended for them to have such an experience. Now when I use the term success I am not specifically talking about becoming a wealthy tycoon or a notable business entrepreneur. I am speaking to the act of realizing our dreams and achieving our goals no matter what they are because to do so is to achieve a level of success that you and others will benefit from. So now let's begin the process of unfolding what really happens with these principles as we exercise our free will.

In exercising our free will we desire certain experiences in our lives. We wish to realize the dreams we hold fast in our hearts and to see our goals achieved. We will either see them manifest or we will sabotage them right from the get go which is the very point

that will make or break how the story plays out. The reason is that as we come out of the starting gate with our desires the mental attitude we hold as it pertains to whether or not we can actually manifest what we desire consciously and unconsciously will directly affect our ability to experience what we desire. You cannot afford to hold a negative or disbelieving mental attitude and expect to realize your dreams and achieve your goals. This is where your perceptions will either make or break your own experiences. So in this respect it is imperative that you hold a positive belief along with right thinking and a right perception. Now sometimes this is beyond our capability because there may be underlying reasons that have gone undetected in our conscious awareness, hence we do not know what is holding us back from manifesting what we desire.

It is to our advantage to get to the root cause so that any mental, emotional, spiritual or even religious obstacles can be removed. Without the removal of these obstacles it will be virtually impossible to manifest what we desire to experience in the course of our lives. There may be many of you reading this lesson who will know exactly what I am talking about. You have probably tried and tried to get it right and no matter how hard you try you just can't seem to get to first base. It is in these instances that we look to see where we can point fingers of blame never realizing that we hold the key to achieving our own successes right within us. Knowing what to look for may take some doing but once you get whatever needs to be moved out of the way you will begin to see significant changes occur that will always be a perfect reflection of what is going on with you consciously and unconsciously.

In the movie *The Secret* the teachers made many statements that gave people the impression that realizing their dreams and achieving their goals was nothing more than a walk in the park, i.e. ask, answer, receive; have an attitude of gratitude and by all means be sure to shift your conscious awareness. That seems easy enough! Unfortunately the process of manifesting what we desire is not quite so simple if you do not understand how these principles work. There is much more to the business of exercising your free will in this regard than what lies on the surface. To better understand what these statements really mean I would like to take a look at a few of them. We say that like attracts like and that thoughts become things. So the challenge then is to look very closely at what you are attracting into your experience and why your thoughts are becoming undesirable things. This takes some very honest introspection, self-analysis and self-examination because you cannot factor anyone else into the picture but yourself. In other words no pointing fingers of blame. There is a reason why you are attracting what you do not wish to attract just as there are reasons why your own thoughts are becoming things you would rather not experience. I cannot describe to you what those underlying issues might be specifically because everyone carries their own belief structures and has their own way of thinking and perceiving. I can only describe to you an array of possibilities for you to explore but what I can tell you is that your own manner of thinking, what you believe and how you perceive as it relates to what you

desire to manifest into your reality should be the first place you start looking to determine what is standing in your way and what lies undetected from your conscious awareness.

In prior lessons I discussed how it is that thought is energy and that your thoughts have a frequency and that the frequency you vibrate on is in direct alignment with how you think, what you believe and how you perceive. Whatever you give intended thought to will go out into the universe along that vibrational frequency and will eventually return a result of like kind to you. So if you want to exercise your free will in a way that brings to you what you desire you will want to begin examining your thoughts, beliefs and perceptions first. One mistake people often make, me included until I finally figured it out, is that you cannot state what you don't want and then expect to not experience what you don't want because energy is energy; it does not make distinctions between what you do or do not desire and the reasons why; energy just returns like results as a mathematical equation. It does not rationalize on your behalf. Hopefully you can see just how imperative it is that you do not announce or think with intent what you do not wish to experience but only what you actually do wish to experience. This is exactly how like attracts like.

In prior lessons I also discussed the power of our emotions and the affects they have on us physiologically speaking. Our emotions work with our thoughts and feelings and together they serve to create our experiences. So here we can begin to see how the fundamental principles of this universal law works regardless of what we are creating in conjunction with our free will. It is imperative for us to understand that we do create everything we experience in life. In all cases we have in some way consciously or unconsciously asked for what we have experienced whether we like the results or not. The difference is in knowing what to ask for, how to wait on the answer and then how to receive what we asked for. You may ask how is it that sometimes you ask for something in particular and you get it right away and other times it seems as if you are never going to get what you asked for. I will break this down for you.

When we ask for simpler or smaller things that we wish to experience we have a stronger tendency to believe that we can actually have these particular experiences, thus the turnaround is usually pretty quick. The fast turnaround has everything to do with your mental state of mind; what you believe to be true about your requests and how you perceive those requests as being quite doable. In other words you sincerely believe you will get what you have asked for because you see no reason for it not to happen that way. So with the positive energy you send out along the vibrational frequency you are transmitting, it is actually that energy which causes a quick response. Now when you ask for something in particular that is much larger than your smaller requests this involves a whole different mental state of mind and may be one you are not able to reach or maintain for any number of underlying reasons. You may find yourself looking at

your current circumstances and think to yourself that there is little hope of actually attaining what you desire because it lies way outside of your ordinary experiences and because of that belief and perception you may also hold a number of other contradictory beliefs such as feelings of not being good enough or worthy enough or that it cannot happen to you because someone told you that. You will have to examine your own disabling beliefs and perceptions to see just how you are sabotaging your own efforts.

Another area where your free will can get all tangled up is when you have a dream or goal you wish to manifest but you are not specific about it. You must be very specific in describing what you wish to manifest. A vague request will not bring a return of any kind because the energy of the desire is lacking. You see, it is not so much in describing the details of what you desire as it is in the energy you are putting into that description as you hold the image of your desire in your heart with intent. Now you may say to me but I have done that and still I did not get what I asked for. Well, that may be because you lost faith in the assurance that the universal forces working on your behalf are capable of bringing what you desire into your reality. If you lose faith you lose the manifestation of what you desire. I live very close to the beach and often go for walks on the beach so I am always cognizant of the horizon which constantly reminds me that although we cannot see beyond the horizon it does not mean something isn't there waiting to be experienced. You really do need to have faith in what you cannot see.

Some people like to collect pictures of what they desire and put them up on what is called a Vision Board. The purpose of the vision board is to remind you every time you look at it what you are expecting to receive. I am not necessarily professing the use of a vision board because that is a personal choice. I will say that if you decide to incorporate the use of a vision board do not let it fade into the background to the point where you no longer see it because if you are relying on it as a visual reminder you may find that you have gotten so used to it being there that you no longer really see it as you first did. It's that out of sight out of mind thing! It really is best to hold fast in your heart what you desire to experience and rely on a vision board only for the visual affects. Incidentally, you do not have to give intended thought to your desires every minute of every day but you should be well aware of them being held in your heart. The best way I know how to describe what it should feel like would be to say that what you desire should burn deep within you like a perpetual candle. When you hold your desire in this manner you will never forget about it because its flame will always be lit. I also want to say that your heart will never steer you in the wrong direction so if what you desire to experience is indeed coming from your heart you will see that desire manifested into your reality. The reason why is because your Higher Mind has asked to have that desire manifested in your physical reality; it is not by chance but rather it is by intention.

So you may say to me that you have been waiting and waiting and still nothing. The reason why some of our desires take so long to manifest is because what we are asking

for cannot become our reality until certain events have occurred and certain pieces have been put in place which includes anyone who may play a karmic role in that manifestation. In this respect everyone and everything must all have arrived into your reality. In all cases the spiritual forces are at work, whether you choose to call it God, Source, Infinite Intelligence, Holy Spirit, etc., etc. The important thing to remember is that this power knows exactly what you want and knows when to bring it into your reality; in fact, it knows what you desire even before you request it because things operate quite differently on the non-physical plane. I would like to share with you all that I carried a dream in my heart for over thirty years that is just now manifesting and is doing so at its own pace because I am allowing it to vs forcing my free will on it which is not always easy to do.

The third step that was stated in *The Secret* is to 'Receive.' The act of receiving is to acknowledge that you are in a state of preparedness in whatever way that has to work out for you. In my case my dream could not unfold any sooner than what it did because there were a number of pieces that had to be put in place including me. I had to get to where I am today in order to be in a state of preparedness for this dream to unfold. Had my dream manifested sooner I would not have had the ability on the mental, emotional and spiritual plane to be able to receive it because I was not adequately prepared. So what I am saying here is that you may want something really bad but you need to be ready to receive what you desire if for no other reason than the fact that whatever it is you are positioning yourself to receive brings with it some level of responsibility and accountability either to yourself and/or anyone who is involved. On the flip side of the coin we have all heard it said 'be careful of what you ask for.' This is no joke! If you bring something into your reality you are not truly prepared to receive through the force of your own free will even though on the surface you might think you are ready, the results, i.e. cause and effect can be devastating to you and anyone involved.

So now you may be inclined to ask how you will know the difference. The answer is that if what you desire is not coming from your heart and is not being guided by your Higher Mind but rather it is being driven by your ego you will know the difference because when you get what you ask for you it may not be what you hoped for and that it may ultimately carry some pretty harsh consequences. If what you manifest into your reality causes you to lose your inner peace that is a sure sign that you have acted on ego rather than intuition and spiritual guidance. It is when you have had enough of the before and after experiences that you will know how to make the distinctions clearly. Everything pertinent to what you desire to manifest will reveal itself in the timeframe that is conducive to what you desire which may not necessarily be within your perceived timeframe. But if you allow it to unfold on its own accord eventually you will reach the horizon and what you desired will be there waiting for you to experience at the precise time that you really are truly ready to receive it.

Now this does not mean that you just kick back and wait for what you desired to fall out of the sky and land on your front door step or in your driveway. There may be steps you will have to take along the way. You can count on the fact that you will need to follow intuitive leading as you are guided to do. If you are guided to be somewhere at a particular time and place, be there because the person(s) who is an integral part of how your desire is going to manifest may be there waiting for you; this is a signpost. Sometimes getting your desires to manifest requires taking some very difficult steps but if you are moving along in faith you will be able to overcome anxiety, stress and tension. Your desires will come into your reality when it is time for them to do so which ultimately will always be in your best interest and the best interest of those who are involved.

Sometimes people force their desires to manifest prematurely only to find that they have incurred the wrath of undesirable cause and effect. It is just not worth forcing our free will in these situations because even though on the surface it appears that you may have won the prize it is the cost of that prize you will have to pay back in the form of a karmic debt. Whenever you force your free will on any situation there will always be a price to pay and without a doubt something undesirable will manifest whether you like it or not. So you see, you may think you are exercising your free will but in reality you are really setting up karma (cause and effect) and karmic relationships through the action of the choices and decisions you make.

I truly hope that as you read through this lesson you get a different perspective of what it means to exercise your free will in accordance with what is good and beneficial for you and those who will enter into a karmic relationship with you as opposed to exercising your free will in a forceful way that will produce negative and undesirable results that will not only affect you but will affect those who are brought into the karmic fold. I can assure you that you will eventually learn what you need to learn one way or another. I did and believe me it was not easy or painless. All in all when it comes to expressing our freedom in how we choose to exercise our free will as it pertains to manifesting what we desire I would have to say it like it was said in the movie *The Secret*: “Notice the correlation between what you are thinking and what’s coming back to you....” When we talk about signposts and knowing how to recognize them and interpret them, here is a signpost that can be easily discerned when we stop and think about what is coming back to us in response to the energy we transmit on the vibrational frequencies. Forrest Gump said “Stupid is as stupid does.” While that may sound a bit trite it is actually quite true when you really think about it. What you think, believe and perceive will become stupid is as stupid does if you do not see that what you are manifesting into your reality is what it is as you exercise your free will and invoke cause and effect.

I truly hope once again that this discussion on the implications of exercising our free will as it relates to what we desire to manifest in our realities has shed light on a matter you

may have not been consciously aware of which is, of course, the intent. The more your conscious awareness is raised the more abundant will be your life experiences. Please do not hesitate to call on me if you have any questions or would like some help in working through your own obstacles.

Thank you,

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