

Lesson 22: The Circumstances of Life: Illusion or Reality?

As we look upon our circumstances, whether they are in the past or are occurring at this moment we have a tendency to see more of what is an illusion rather than what is a true reality but we are not consciously aware that there is a difference. Because we are not aware that there is a distinction between the two or even that either of these conditions exist we move blindly along the path of life never realizing that what we perceive to be our past or present realities are but an illusion – a perception of a non-existent reality. Now don't get alarmed; I can already see the hair standing up on the back of your neck if this situation applies to you. Walk through this lesson with me and you will see exactly what I mean. You will learn how this is so and you will learn how you can actually change your past and future realities and from this you will learn how to not fall into these 'ditches of error' in your future realities.

Most people tend to believe that the realities they are experiencing are in fact their true reality but what they don't know is that this is generally not the case. It becomes very apparent when you understand it from an entirely different perspective but when you are in the thick of experiencing your own reality you are not even remotely aware that the reality you sincerely believe is your true reality is merely an illusion of a rather distorted or at the very least a temporary reality. In this lesson I will describe the differences between illusions of realities and actual realities. Let's begin now by examining these differences closely.

In the past lessons I have often spoke about perceptions, core beliefs and habitual manners of thinking. Each of these in definition plays a very active role in how you see your realities or what you believe are your realities. You actually form your realities based on the role each of these play out collectively speaking, that is, what you believe to be true about yourself and your circumstances; how you perceive your circumstances and how you think not just about your circumstances but how your thinking affects your circumstances. The collective acceptance of your beliefs, your perceptions and your own manner of thinking becomes an accepted practice, something you do not actually give much thought too but is something you do more habitually – you act and you react habitually. You could say that these become the very characteristics that mold or shape the realities themselves. In fact, these characteristics are so ingrained within you that you do not even question their validity but that you act on them subconsciously and before you know it you have created a reality that you did not mean to create yet you never knew it was you who created that reality in the first place. This is where the line is drawn in the sand between what becomes an illusion and what is a reality. Whether or not you believe you have created an undesirable reality or you have suffered at the hands of an illusion of a reality it can easily be revealed once you know what to look for.

So many people find themselves inside of some very difficult situations that cause them to seek out psychoanalytical help as if that was the only path to unearthing the root cause(s) of their undesirable circumstances and events experienced along the path of their lives. These issues are not archeological digs that can only be performed by a professional. You have the ability to dislodge this information all on your own by affording yourself some honest introspection but you must have the tools to work with so that you know what you are looking for as you begin to lift the veil of delusion. I promise you that if you are diligent when it comes to your own self-examination with a foundation of right information to help you along you will see your very own realities quite different than how you saw them before and will continue to see them in the future as well. I can also assure you that you can actually change the negative energy of your past experiences just by how you perceive them today which will affect your current and future experiences as you move further and further away from negativity. When you remove the negative energy associated with past experiences you affect the flow of positive energy that becomes free to flow into your current and future experiences. It literally changes all of your experiences.

So what does this introspection involve? Well, first of all it requires a willingness on your part to allow yourself to look below the surface as well as on the surface. Unfortunately we all have preconceived ideas about ourselves and our circumstances which are the result of the beliefs and perceptions we establish about ourselves in conjunction with the way we think which we feed into our mental attitudes. So because we have these preconceived ideas we easily blank out the means by which to see our circumstances any other way but the way we are accustomed to seeing them. This is where it gets real tricky because the difference in delineating between what is and what is not a true reality is getting past the preconceived notions; especially the ones that have taken years to cultivate. For example you may have spent years believing that you have failed to realize your own dreams and achieve your goals which includes the kind of relationships you dream about having because of something that you honestly believe occurred or something you believe someone did to you that negatively affected you. While these have the appearance of being obstacles that were thrown on your path they can change dramatically when they are brought under the microscope of truth. You will be quite surprised to learn that someone or something did nothing to you that you did not do yourself. Learning this about you is a very difficult pill to swallow.

I shared in my book, *The Dragon of Drama*, what happened to me when I was confronted with this very alarming find about myself. I too had spent years cultivating my belief structures about myself and my circumstances as I walked along the path of my life. I whole heartedly believed that the obstacles I encountered as the result of who did what to me and when was at the root of all my personal failures to achieve my goals and realize my dreams until something unexpected happened one day that sent me scrambling to get my act together before it was too late. I came all too close to not

achieving something that I absolutely had to achieve because if I had not the psychological effects could have been devastating and quite possibly permanently damaging. I won't spill all the beans here so as to not take away from the impact of how I described this experience in my book other than to say that when it is time to wake up, do not take that warning message from your Higher Mind lightly. Act on it quickly and then see the results for yourself.

Our conscious minds are designed to make clear judgments about ourselves and our circumstances but it is our false beliefs and our deceptive perceptions that skew the picture and cause us to fall into those ditches of error you have heard me talk about many times in past lessons. The ditches of error in this respect is that our beliefs can actually become disabling in that they cause us to believe in a non-existent reality about ourselves and our circumstances which is nothing more than an illusion of what is really going on in our lives. Also our perceptions can also become quite deceiving and only serve to further trip us up that much more. Then when you add a hefty dose of negative thinking to the mix on a habitual basis the picture is that much more skewed to the point where the true reality is so jumbled it is almost unrecognizable, thus what is left is nothing more than a distorted illusion of a reality that is basically non-existent. This is not a healthy environment for us and so it is in our best interest to rid ourselves of any such distortions.

So what I am saying is that unless you are willing to examine your own thoughts, beliefs and perceptions and to put your own attitudes under the magnifying glass your reality will remain as nothing more than an illusion while the actual reality itself lays undetected and hidden out of sight which if brought into the light of truth can be an amazing healing experience on the mental and emotional planes. In this case it truly is not a win-win situation because ultimately you are the loser in every sense of the word. The reason why is that if you don't stop dead in your tracks to search for the reasons why you are experiencing those undesirable circumstances and events you cannot expect to move into having positive experiences because you will always be blaming someone or something for your seemingly unfortunate situations. Imagine being freed up to allow yourself to bring into your circumstances all the joy, blessings and abundance you dream about experiencing including the kind of relationships you desire to attract to yourself whether that be with your loved ones or anyone else. There comes a time in life when you have to stop pointing fingers of blame at the world around you and start learning how to point that same finger inward just long enough to see where you begin and end in your circumstances and then forgive yourself because you did not know any different then.

Egotistically held ideas will cut you short every time, hence there really is nothing to gain but only more to lose including time so if you truly want your illusions to dissipate you will have to roll up your sleeves and go head to head with yourself until the picture

your conscious mind is trying to make clear to you becomes free from all mental and emotional entanglements. Holding onto false or disabling beliefs will not accomplish this for you anymore than allowing your deceptive perceptions to have their say. I remember reading something that didn't quite make sense to me until sometime later down the road back when I was going through this process myself. It had to do with how we erect fences from false beliefs and deceptive perceptions that we and only we have the power to adjust in or out, leave them up or take them down all together if we so choose. The book I read this in was written by the infamous author, James Allen back in 1910. The title of the book was *Above Life's Turmoil* in which Allen stated: "As a being of thought, your dominant mental attitude (beliefs/perceptions) will determine your condition in life. It will be the measures of your attainment. The so-called limitations of your nature are the boundary lines of your thoughts; they are self-erected fences, and can be drawn to a narrower circle, extended to a wider, or be allowed to remain." I thought to myself, self-erected fences! What's that about?

What is important to know about these self-erected fences is that while we can adjust them in or out, take them down or leave them up it all depends on the choices we make but we have to know why we are making these choices to begin with. Ignorance is not bliss but will only serve to further the kinds of experiences we truly do not wish to have so in this respect we really do need an awakening of our conscious awareness and allow the flow of information to come into us from our Higher Minds. If you read the last lesson you will see how that lesson flowed directly into this one. If you missed reading it I would like to encourage you to go back and read it because it addresses the differences between the Higher Mind and the ego mind which are very distinct and produce very different results.

James Allen states that a man thinks and his life appears. These are very profound words and should be taken seriously at all times. I'm not saying that you should be aware of your every thought but that you should be much more conscious of the ones that become habitual or are fast becoming habitual because these are the ones that will shape what you will perceive to be your realities when in fact they are only an illusion of your reality if you perceive them incorrectly. What I mean by this is that illusions can appear as realities when in fact they are so often far removed from being your true reality but unfortunately until you know the difference you cannot see the forest for the trees. You can think something habitually and that becomes your reality but if you change the way you think you also change your reality but it will always be in the direction that directly relates to your thinking, your beliefs and your perceptions. I cannot stress this enough. One is an illusion because one is not necessarily real while the other is definitely real. In other words you choose what you believe is your reality regardless of whether it is or not and then you experience the laws of cause and effect in doing so one way or the other - it's unavoidable.

Something else James Allen spoke about that is also very important to bring to your awareness is that you imagine your circumstances as being separate from yourself that makes it seem as though they are not intimately related when in fact they actually are. Nothing about your experiences is ever inseparable from how you think, what you believe and how you perceive. This is why it is said that you are the creator or co-creator of your experiences. You co-create in accordance with what you program into your subconscious mind which always acts or takes action with the exact measure of what you put into your subconscious mind that you are generally unaware of. Everything that you have experienced has happened with an adequate cause. Somehow you put yourself where you are experiencing what you are experiencing. In this respect everything that happens is just whether you think it is or not. Nothing occurs by any hand of fate or chance but rather everything we experience in life is formed by the action of our own habitual thoughts, beliefs, perceptions and attitudes and for that matter it even affects our emotions, especially in terms of fear. What you fear the most is what you will experience with all certainty.

It is when you recognize the existence of the self-limiting fences you have erected that you can begin to make positive changes to where your illusions become the realities you actually want to experience and not the other way around. But coming to terms with this is not always an easy feat. Everyone who reaches this point crosses over the bridges of becoming consciously aware at their own pace. Some of us get it easier than others. For me it took some time to process the fact that I was the creator of my own illusions. It didn't go down quite so easy but I will tell you the quicker you get it the better off you will be. I almost didn't get it in time but thankfully I finally did and so can you. Once you remove your self-placed barriers you will be free to live the life you have always dreamed about in some capacity if not more than you ever expected. You truly have no limitations other than the ones you put in place all by yourself – these are your self-erected fences. Once you can see beyond those fences or better yet take them down can you be free to experience your desired realities. Above all you cannot ever afford to wait on someone or something to create your own reality for you. You must do this yourself; all the rest is icing on the cake. When you learn how to find happiness and contentment within yourself you will begin to create unimaginable realities that just keep getting better and better even when life throws out those unexpected things. Recently I had a second spinal surgery and as much as I hated going through this agony again it was a necessity but in no way thwarted my inner happiness and contentment. It is more of an irritant but even in the midst of it there have been those moments of unbelievable clarity - a kind of a forced spiritual regrouping if you will.

Lastly, the environment you create from your thoughts, beliefs and perceptions becomes the physical picture of who you are on the inside where your thoughts, emotions and beliefs are made visible for everyone to see so be careful of the image you are portraying. A negative image breeds more negativity which can fast become circular in the sense

that it affects everything and everyone around you. You establish a karmic debt that will have to be resolved eventually and the cost may be considerable to you as well as to others. It's just not worth it in the long run when you realize you have the ability to make far better choices. And let me tell you that portraying an image of an 'oh poor me' is not going to get you anywhere in life other than to guarantee you more of what you already don't like about yourself and your experiences. The principles of like attracts like and thoughts becomes things kicks into gear and returns to you the exact measures of what you are transmitting on your vibrational frequencies.

I would like to close this lesson with the following quote from James Allen in his book, *Above Life's Turmoil*:

From the spirit of Humility proceed meekness and peacefulness; from self-surrender comes patience, wisdom, and true judgment; from Love springs kindness, joy, and harmony; and from Compassion proceeds gentleness and forgiveness. (pg71)

I sincerely hope that this lesson helped to shed some light on the distinctions between what may be your own illusions as opposed to what should be and can be your true realities. As always if you have any questions or have something of your own to share please feel free to do so.

With Love,
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Resources:

Allen, James. 1910. *Above Life's Turmoil*. New York: Cosimo, Inc. 2007.

Roberts, Jane. 1974. *The Nature of Personal Reality*. A Seth Book. San Rafael: Amber-Allen Publishing.