

Lesson 23: Recognizing and Taking Down Self-Erected Fences

In lesson 22 I spoke about self-erected fences and how we can choose to take them down, leave them up, widen or narrow them. A reader came forward and posed the following: *"I read the entire lesson and it told how important it is to take down the fences but it never did tell how to take down the fences and more importantly how to recognize and find the fences?"* I explained that the purpose of last week's lesson was to introduce to my readers the distinctions between what is an illusion vs what is true reality, thus a discussion on self-erected fences was limited in the context of that lesson. So in response I am devoting this entire lesson to the subject of defining and recognizing what self-erected fences are and how to take them down. For purpose of definition self-erected fences have an emotional, mental and even a spiritual basis because each is intricately connected to the other, hence if one has been affected so have the other two in some manner of speaking.

In launching a discussion about self-erected fences I have to begin with the state of our mental attitudes. I will begin by saying that first of all we are all beings of thought and that our thoughts shape our mental attitude which determines the circumstances we will experience. In addition, the dominant thoughts that form our mental attitudes will also become the level of our knowledge which directly relates to what we will actually attain vs what we hope to attain. This is very important information that must be thoroughly absorbed in order to understand the process of how you erect your own fences. Your prevailing mental attitude is formed as the result of your thinking, the belief structures you develop over the years and your perceptions which then become your own boundary lines and your own limitations from which you will erect your fences. Boundary lines and limitations are created as the result of the way you think habitually speaking, that is, what you program into your subconscious mind from your intended thoughts that affect your behaviors along with your core beliefs which can become quite disabling and your perceptions which can be very deceptive. I talked about this in lesson 22 and in previous lessons but I will enhance on it in this lesson too.

So now let us begin to see in successive steps how we erect our fences because when we understand how we erect these fences we can more easily recognize them which ultimately will make it much easier to take them down or alter their size and shape according to our own choices. First of all we are thinkers of many thoughts in the course of a day; however, not all of our thoughts are processed into our subconscious minds because not every thought is pertinent. We often experience what Z likes to call 'scattered thoughts' which simply means that our minds have a tendency to wander all over the place, having many thoughts, sometimes at once, that are not necessarily important or significant. Generally speaking we seldom retain our scattered thoughts and so they are quickly forgotten in favor of a whole new set of scattered thoughts the next day or even in the next hour. Intended thoughts are those thoughts you mean to

have and that you give a great deal of energy to; they become your dominant thoughts. Scattered thoughts come and go with no real significance either way; they are temporal as opposed to intended thoughts which are permanent or semi-permanent unless we choose to change or alter them. Scattered thoughts are kind of like daydreaming about everything and nothing all at the same time. But it is your dominant thoughts that are actually stored into your subconscious mind. Your subconscious mind is your memory data bank and it contains coded information of everything about you; past, present and future. Your subconscious mind is subjective to what you program into it and will always respond according to the data it receives, hence your behaviors. Now I do not want to get bogged down with matters concerning the subconscious mind because this is a discussion all unto its own so I will keep it fairly simple as it applies in this lesson.

As you continue to program dominant thoughts into your subconscious mind you also formulate an associated behavior pattern that relates to these thoughts. In other words when you have a particular thought that is habitual you will react the same way every time, regardless of whether that thought is pleasant or unpleasant. To simplify, an example would be an association to a person you don't like very well, a bad experience of some kind, perhaps a food or a flower you don't like the smell of because it reminds you of something unpleasant and, of course the same goes vice versa. The reason why you have the same reactions every time is because your subconscious mind is always subjective to that habitual thought basis you created which will always correlates with the experience unless you change your thoughts about it. So now we have established in simple form how dominant thoughts are programmed into our subconscious minds and how our subconscious minds react to these habitual thoughts.

Next is the fact that our dominant thoughts can often be very limiting and harmful to us as well as others. Unfortunately we are often completely unaware that we are processing such limiting thoughts and as we are forming our thoughts and programming our subconscious minds we are also formulating our core beliefs associated with those thoughts. Now here is where everything begins to tie together. As we habitually think we program our subconscious minds because we believe our thoughts are true, right or justified and then we experience according to our beliefs and as we act on our thoughts and beliefs we perceive our experiences to be our true reality. Then as all of this processing is going on we are also busy erecting our fences, sometimes in what we believe or perceive is being done in self-defense. You can think of this processing as a chain link fence where one chain links to another and another which seems infinite across its span except for the fact that all the links are connected to a frame and the frame creates the boundaries. The whole process is really circular in motion which is why it is so hard to break the cycle of undesirable experiences without some kind of a significant change or alteration somewhere in the chain links. So until you know what is going on underneath the surface of your conscious awareness you have little hope of improving your situation until you stop the cyclic motion. What is happening without

you even knowing it is that your every experience is already pre-determined by your own limitations that come from your own thoughts, your beliefs and your perceptions, all of which molds your mental attitude.

You see then how your thoughts become your very own natural boundary lines that become your own limitations – the origins of your self-erected fences! Now since you are the only thinker of your thoughts, you are creating your own experiences based on the size of the fences you have erected to the degree that you have, i.e. how wide or how narrow are your fences. Obviously, the narrower your fences are the more limitations you set in place for yourself that will absolutely affect the kind of experiences you will have. The results will speak for themselves. If you are experiencing unhappy and undesirable results it is because you have erected fences that leave very little room for personal growth and this is because of your own thoughts, beliefs and perceptions. This is what is known as ‘causal’ which is both creative and limiting depending on your own mental attitude. It is for these reasons that there are never any so-called ‘accidents’ in life but that everything can be traced back to a cause of some kind that you had a hand in creating no matter how far back you have to trace it to make that determination. Everything you experience in life is in some way an echo of your own thoughts. There is no such thing as circumstances that are separated from yourself regardless of who you think did what to you somewhere along the line. Ultimately everything ties back to you. What marks the distinction is not what someone did to you or what unfortunate situation occurred; it is how you reacted to your experience. That is where the point of power is but most people are not aware of this power or that they have the power to change their circumstances so they continue to dwell in the land of victimization or denial while they erect very high and narrow fences, thus limiting not only their experiences but their knowledge base as well.

Every circumstance you have and will have in the future will always be related to the world you created from your dominant thoughts as it relates to the beliefs and perceptions you form about the world you created. Remember, I said in last week’s lesson that this world can either become your illusion or it can become your actual reality. The choice will be yours once you understand the difference in your thinking. As you travel along the path of your life you will attract many different experiences that will always be a perfect reflection of what is going on in your thought world, no ifs, ands or buts about it. But here is the good news: when you alter your thoughts because now you know you should you also alter your beliefs and as you do both of these you also alter your perceptions which will alter your mental attitude and collectively they will alter your experiences. It’s that circular motion I spoke about previously. When you affect one chain you affect all the others. This is when things start working for you instead of against you and this is when you begin to shake off your victim or denial mentality. At the same time you begin to make choices about those fences you erected because you will start to see how it is that your fences are limiting your knowledge and

your experiences. I chose to take my fences completely down and open up the space to new knowledge and experiences which has served me very well and continues to serve me well.

So you see that you are where you are right now as the result of your own thoughts, beliefs, perceptions and your mental attitude and unless you alter what needs to be altered within you your future experiences will be no different than they are today. Above all you must realize that no one or nothing hinders you from becoming what you wish to become nor do you suffer because of someone or something but rather you suffer as the result of the world you have created for yourself regardless of any external influences. Your own little universe is the canvas that you paint your own experiences on. I would like to refer back to the wisdom of author James Allen:

Your circumstances are effects of which the cause is inward and invisible. As the father-mother of your thoughts you are the maker of your state and condition. When you know yourself, you will perceive that every event in your life is weighed in the faultless balance of equity. When you understand the law within your mind you will cease to regard yourself as the impotent and blind tool of circumstances, and will become the strong and seeing master (pg 37).

In describing self-erected fences it is important to understand that the beliefs you hold fast to affect the kind of fences you will erect. If you were to imagine what your fences look like you may see them in a variety of ways. They can appear to you in the form of many different structures including what we think of as brick walls with each brick being the representation of something from your past or present circumstances. Your fences can also be put in place as a conscious means of protecting you from any future perceived mental or emotional assaults – a kind of ‘just in case’ mentality. A premeditated mentality such as this will only serve to further the limitations and boundaries you place around yourself of which your psyche will respond to in like kind regardless of whether or not this is a conscious or unconscious act on your part. So if you anticipate an assault of some kind then you will have that and more as your experience. This is simply the law of the mind or what is known as the Science of Mind.

When you invoke inhibiting ideas or ideals about yourself you are erecting fences that you are not even aware of and then you wonder why you keep having undesirable experiences. What you don't realize is that when you place self-imposed limitations on your own potentials, possibilities and probabilities you short-change your own experiences not to mention you thwart any possibilities for inner growth because you also inhibit your knowledge. So in the long run you end up inflicting needless pain and suffering on yourself and perhaps those around you depending on how extensive your self-imposed inflictions are. It is vitally important for you to realize that the self, yourself, is never limited by anything and that there are no boundaries or separations

from yourself except for those you impose upon yourself. It's all about the choices you make.

Well thus far I have described to you the process of how thoughts become programmed into your subconscious mind, how those programmed thoughts dictate your behaviors, how your thoughts develop your beliefs and your perceptions and how everything collectively affects your mental attitude which is all occurring as you are putting up your self-erected fences. I've even told you why you need to alter or change your thoughts because of the cyclic or chain link affect but what I have not told you yet is what those fences are. Now because everyone's experiences are so different, although we share many common threads, the fences we erect will be a perfect reflection of our individual experiences. So the best I can do is to give you a typical scenario of what some self-erected fences might look like based on generalities.

To do this we will need to take a walk down memory lane and look at childhood experiences not for the sake of pointing fingers of blame at anyone or anything but only to help you recognize the origins of your self-erected fences if they occurred in this period of time which is generally the case. The kind of environment you grew up in that was either positively or negatively influenced begins to set the stage for what will become your own thinking process and also begins to formulate your core beliefs that will affect your perceptions of how you view your environment and the world around you, thus affecting your mental attitude. Now you must remember that how you began perceiving your environment is just that – a perception which may not have been what you believed it to be but was an illusion rather than the true reality. If you talk to siblings who grew up in the same environment with the same parents each will have a different perspective, sometimes there are very sharp distinctions between their perspectives making it hard to believe each of the siblings grew up in the same household with the same parents. Of course the parent/child dynamics differs from one child to the next, thus each child comes away with an entirely different experience. From this example you can see how perception can play a big role in what you experienced as a child.

It is at this time that we begin molding our core beliefs that are typically in accord with the beliefs of our families and other outside influences, i.e. teachers, religion, etc., but as we get older we alter many of those beliefs in accordance with our life experiences. However, some of those beliefs can be quite disabling if left unexamined over long periods of time or we take them at face value and never question their legitimacy or purpose in spite of the fact that they are not serving our best interest. So the process of putting up self-erected fences can begin without our conscious awareness. It is said that “the cosmic engine is started but man guides it in his own life.” This is so true and when you peel back the layers of delusion and illusion you can see just how you guided your

cosmic engine through your dominant thinking, the beliefs you hold fast to and your perceptions. Your cosmic engine is the equivalent of your mental attitude.

Some examples of what self-erected fences might look like established from childhood would be when we encounter the kind of negativity from an adult in our environment who perhaps said malicious and undeserving things to us such as ‘you will never amount to anything’ or you are ‘stupid’ or ‘dumb’ and the likes of such derogatory remarks. What happens is that you process these unfounded statements into your psyche where your subconscious mind holds the memory of that data and then acts on it every time you give thought or attempt to realize your own dreams or achieve your goals. In addition, you have processed those unkind words into the fabric of your core beliefs, thus you hold these statements to be absolute truths about yourself even though they have no founded basis whatsoever. So rather than succeed in your endeavors you fail or you don’t even bother trying since you expect to fail because you were told you would. The mental and emotional representation of these unfounded truths becomes not only the basis of your self-erected fences but they actually become your self-erected fences. This is a very serious two-folded situation that should not be left undetected. One is that you have been told a mistruth about yourself so now you have been forced to protect yourself from any further assaults on your psyche and second you believe it’s true and by your choice, consciously or unconsciously, you act on the mistruth in accordance with the beliefs you have formed about it. Thus you have erected two self-defeating fences right off the bat. Fast forward and now you are an adult who has carried the affects of certain mistruths about yourself all these years as if they were as real as real gets and you have formulated very specific perceptions about yourself and your abilities to rise above the psychological damage that was done. So as you walk along the path of your life you just keep erecting more and more fences in accordance with your thoughts, beliefs and perceptions that stem from your childhood experiences. By the time you get to the point where you begin to figure it all out you may find that you have erected many self-defeating fences as the result of one derogatory statement that was made by someone many years ago who was unknowing to begin with.

Now as an adult you may find yourself being challenged when it comes to realizing your dreams and achieving your goals because you have erected so many fences consciously (as a protective means) and unconsciously and now you allow that Censor in your head to keep dictating the quality of your life experiences each time it tells you how unworthy you are or how foolish you are to think that you could succeed at something you have always desired to experience. So, up go a few more self-erected fences in response to what the Censor is trying to deceive you into believing is true about yourself and your abilities to accomplish whatever you it is you have always wanted to accomplish. But no matter where you are on the path of your life you can stop the cycle of putting up self-erected fences and begin to experience life as it was meant to be experienced.

Hopefully this lesson has helped to enlighten you and that you come away being in a far better position to try to recognize your own self-erected fences. As you do you will make your own choices when it is time to decide what fences you wish to alter, change or take down. The 'how to take your self-erected fences down' will become apparent to you once you recognize them in the first place. The decisions you make regarding them will be entirely up to you; after all it is your journey of self-discovery. I can only advise you to take down any fences that are undermining your efforts to seek happiness, to realize your dreams and to achieve your goals. If anyone has any further questions, please do not hesitate to bring them to my attention because ultimately everyone benefits when questions are asked.

Thank you,

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