

Lesson 28: Awakening to the Bigger Picture

When we find ourselves immersed in the personal difficulties of life we tend to lose sight of the fact that beyond the horizon there is a more meaningful purpose for life even though we cannot see it from where we stand. The realities we create are often very limiting not because we do not know any better but rather it's just that we have lost sight of the most basic universal fundamentals that can enhance our human experiences. In the past lessons I have addressed the many aspects of the nature of our personal reality to help us better understand how these realities become what they are. This lesson will focus on yet another aspect of reality which is to awaken us to the fact that there is a much bigger picture than the one we are accustomed to focusing on in our day to day lives.

I have chosen to quote in its entirety a message sent to us from the collective entity known as Abraham that best describes the essence of the bigger picture:

So, you came forth into this wonderful body, remembering the joyous, powerful nature that is you, knowing that you would always remember the splendor of the Source from which you came, and knowing that you could never lose your connection to that Source.

So now, here we are, helping you remember that no matter how you may feel right now, you cannot lose your connection to that Source.

We are here to help you remember the powerful nature that is you, and to assist you in returning to that confident, joyful, always-looking-for-something-else-wonderful-to-turn-your-attention-to person that is you.

Since we know who you are, we will easily help you remember who you are. Since we are where you came from, we will easily remind you of where you have come from.

Since we know what you desire, we will easily guide you to help yourself to that which you desire.

Before we can awaken to see the bigger picture of our existence we should first understand how and why we generally focus in terms of what entrepreneurs and the business sector refer to as 'little picture' thinking. Simply stated it means that we see only what is immediate, is short term; is customary or usual, being afraid to step out of the proverbial box and is what we think of as our comfort zones even if what we are experiencing in life is not the least bit comforting. It is this familiarity that contributes to a false sense of comfort which stems from the idea that what we accept as the permanent conditions of our lives is, in fact, what we know and what we know is what we take comfort in. So the task of leading us outside of our comfort zones from little picture thinking to seeing the bigger picture is challenging to say the least but is ever so necessary if we wish to enhance the quality of our life experiences.

The collective entity of Abraham speaks to the remembrance of our joyous, powerful nature. How many of us would think to describe ourselves in this manner? Those of us who are having experiences that are anything but joyous are falling real short in recognizing our powerful natures. In this sense we have indeed forgotten what we once

knew to be true about ourselves; that we hold the power within us to create the realities we desire just as easily as we have managed to create realities that we do not wish to experience but do anyway. The problem seems to lie in the fact that we have, over the course of our evolution, forgotten how to exercise our powerful nature in a way that best suits our needs and our desires not just individually but collectively as well.

The entity known as Seth describes this innate powerful nature as possessing a point of power. The point of that power is in the present which means that we can change the course of events in our lives right here and now. Through the proper placement of our point of power we can transcend the comfortable habit of little picture thinking to big picture thinking and in so doing we change the quality of our realities. The process of affecting the quality of our realities begins by changing or altering our beliefs and perceptions which then affects our emotional associations attached to the events of our lives. Eckhart Tolle speaks about this same powerful nature which he expresses as living in the 'power of now.' It is not about digging up every sordid detail related to past events but rather it is about the role our beliefs and perceptions played which of course was manifested by the action of our thoughts, feelings and emotions. An easy way to understand this concept is to reflect on an event you have experienced in the past and as you do take note of the beliefs you held then which affected how you perceived the event. Then take note of your feelings and emotions as well as the behaviors you exhibited at the time. When you examine them at close range you can see how they are still affecting your memory of the event which contributes to the misplacement of your point of power. In order to reposition the point of power and fully appreciate our innate natures it is to our benefit to understand how we misplaced our point of power to begin with.

The misplacement of our point of power has to do with our own propensities in that we are inclined or have a tendency to react to current events based on the emotional memory associated with past events. The more emotional energy we attach to the memory of past events the stronger is our reaction to them which in turn affects both present and future events. Emotional associations have their basis in our beliefs which are projected backwards in time. We form our current beliefs based on our past experiences. The beliefs, perceptions, feelings and emotions we attach to certain events are also registered and stored in our cellular memory banks. There is a biology of beliefs which is deeply integrated on the cellular level which basically means there is no biological separation from our beliefs. In this sense you are what you believe and what you believe translates into your point of power which will either work to your benefit or will produce undesirable experiences.

We also have a tendency to allow certain external influences to affect our realities in spite of the fact that we have an innate ability to know what is best for us on an intuitive level. Sometimes this is a conscious act on our parts whereas other times it is an unconscious act but make no mistake, both actions produce the same undesirable results. When we hand over our point of power whether it was because it was too difficult to make decisions for ourselves or because we acted on our fears and other insecurities we are, in every sense of the word, authorizing a person or a condition to control the outcome of our experiences. The psyche knows what the ego consciousness is generally blinded too because the psyche is not bound to the limitations of sensory

perceptions, feelings, behaviors and uncontrolled emotions. If we would learn to rely on the innate nature of the psyche on the intuitive level we would not be so inclined to hand over our point of power nor would we be inclined to be governed by our fears and insecurities. Everyone is endowed with a free will which we have the right to exercise as we so choose but not without its consequences in terms of cause and effect. So when we relinquish our point of power we suffer the consequences of what then becomes an undesirable experience that we often see fit to blame on the person(s) or condition(s) we believe caused it in the first place. This mentality is very deceiving and if we are not awakened to the truth it will continue to scribe our future events for the simple fact that like does attract like.

Another of those ditches of error we sometimes fall into has to do with what we choose to focus on as it pertains to our personal experiences. We have a tendency to focus on events that although they are past experiences, remain in our awareness as if they were current events. The more energy we give to such events the more they will affect and limit our current and future experiences which in turn causes us to become short-sighted to what is really important or is far more relevant in terms of seeing the bigger picture. Sometimes we get so caught up in the details of our own experiences that we lose sight of the fact there is much more to the story. Our perceptions, as I have described in a number of past lessons, can dramatically alter our realities causing us to believe they are something other than what they really are. These are not our true realities but rather they are the perceived realities we created in our minds based on our beliefs; the two are distinctly different from one another. The point is that we cannot expect to move forward in what should be our joyous and powerful nature if we are fixated on that which really does not exist in the first place other than in the delusion of our beliefs and perceptions.

Getting to the truth can be challenging to say the least but is ever so rewarding when we can finally see the forest for the trees and become awakened to that which we really are and were always intending to be but did not become because we fell into ditches of error where our beliefs, thoughts, feelings and emotions are concerned. In this sense the principle of shifting our conscious awareness is not only pertinent to the quality of our life experiences but is the magic wand that will actually change our experiences from what we do not desire to that which we do desire, unselfishly, that is to say. When we change the direction of our focus, we also change or alter the conditions of our experiences. When we change our focus we also change the energy attached to the memories of past events which of course affects our current and future events. When you allow yourself to refocus the energy of your thoughts, feelings and emotions you will find that the difficulties of human life become less and less troublesome. As you learn how to tap into your Higher Mind and follow your intuition you will become more insightful and have greater clarity and as you do you will find that the quality of your experiences will vibrationally align themselves in accordance with what you now choose to focus on; it is all very relative.

As the collective entity of Abraham indicated; we are not isolated individuals having unique experiences that are foreign to the experiences of others. We are all intricately connected to one another in the web of humanity and our experiences affect each other directly and indirectly. We are also intricately connected to the Source of our existence,

not just on the human plane but on every plane of our existence. But in spite of this intricate connection we often feel alone and isolated in our experiences. When we open ourselves up to the possibility of remembering who we are intuitively speaking we find we are not alone and have never been alone but that others have blazed very similar trails. When we accept the comfort, support and encouragement from those who have walked these familiar paths we are like ships being guided into safe harbors by those who have become beacons of light. Sometimes we need a spiritual 2x4 to smack us upside the head in order to awaken us out of our spiritual slumber and to remind us that we are more powerful than we realize and that we have an innate nature that is quite capable of helping us experience the realities we truly desire and intended for ourselves - but cannot attain if we consistently choose to remain in the comfort of our little picture thinking. It is time for us to awaken from our spiritual slumber and to shake off the emotional shackles of our earthly struggles. Life was not intended to be a series of emotional struggles; it was intended to be abundant in every respect. This same message has been delivered to the human race time and time again by the ancient sages, master, teachers and guides all down through the ages and is a message that is still being delivered to us today; yet so many of us fail to attain desired measures of abundance and well-being because we have forgotten who we are and where we come from.

Incidentally, these are not struggles that have been accidentally or intently tossed onto our paths by any outside influences or conditions that seemingly delights in wreaking havoc in our lives but rather they are the obstacles and roadblocks that we impose upon ourselves as the result of what we attract into our experience through the choices and decisions we make based on our beliefs. As much as many people want to believe in their religious dogmas, the truth is that God did not do this to us – we did this to ourselves and we must learn how to take responsibility for that which we created. What God did do for us was to endow us with the same exact propensities to create desirable realities just as everything that exists in the Universe was created. The operative word here is ‘created’ and so it is through our innate point of power; our imagination and creativity that we too can color the canvas of our lives as we so desire. When we learn how and why we create our own realities only then can we bring about desired changes in terms of what we really want to experience but are sometimes afraid to allow ourselves to experience because of a belief structure typically founded on the beliefs of others to begin with and then altered and change in accordance with our own past experiences. It is no wonder that we do need to be reminded of who we are, where we come from and that we are innately intuitive.

I hope this lesson serves to awaken you to the fact that a much bigger picture lies beyond the horizons of your experiences and awaits your exploration. All you have to do is to redirect your focus on your past experiences as they relate to the beliefs you hold true which in turn will affect the emotions, feelings and behaviors that are associated with those past events. The redirecting of your focus will effect positive changes in your current and future experiences. When you awaken to this universal fundamental you will be able to step out of your comfort zones and into a world of experiences yet to be imagined and created. If you have any questions or would like to share your experiences please feel free to contact me at the email address below.

Thank you,

Linda, Z and the Collective We

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In the past I have been providing you with a list of resources which I will continue to do but will now include recommended reading.

Resources and Recommended Reading:

Ask and it is Given. The Teachings of Abraham. Ester and Jerry Hicks.

The Nature of Personal Reality. Seth Book. Jane Roberts

The Nature of the Psyche. A Seth Book. Jane Roberts

The Power of Now. Eckhart Tolle.