

Lesson 31: What is Blocking Your Success?

So many people are of the mistaken belief that success is an achievement destined or predestined only for certain people to attain but not for them. Often we relate such successes to one's genetics in terms of IQ, talents, skills and abilities as well as to one's bloodline and the environment, i.e. the parents we are born to, the kind of nurturing environment we grow up in as well as where we grow up geographically speaking. When this misleading mindset exists it makes it very difficult to overcome feelings of inadequacy or even complacency. Then there are those of us who simply believe that it is not intended for us to succeed or that it is not God's will which are very disabling mindsets. So instead of pursuing any measure of success we settle for whatever life brings to us and chalk it up as it being our lot in life while we comprise what we truly desire that, incidentally, continues to burn deep within us like a perpetual candle. Consequently we won't even take a crack at achieving our own desired measure of success or if we do attempt achieving success it is all we can do to get out of the starting gate before we throw out the surrender flag or consider ourselves a failure. There are also many people who are not even aware that there is some purpose they should be fulfilling in this lifetime and ignore all the signposts and then there are those people who resort to the use of convenient excuses as crutches to avoid pursuing their dreams and goals. Others are content to just live in the shadows of those who are successful believing that this is as close to achieving success as they will ever get to experience. Many parents who have not realized their own dreams or achieved their goals will sometimes live vicariously through their children by pressuring them into being high achievers academically and/or through extra-curricular activities such as sports.

So here we see classic examples of the science of mind at work in terms of how we consciously or unconsciously hold fast to disabling thoughts, beliefs and deceptive perceptions in respect to achieving success that are then programmed into our subconscious minds. Consequently, this week's lesson is designed to help those of you who are struggling to achieve your goals and realize your dreams by helping you unravel any underlying factors that might be blocking your ability to achieve the success you desire or to awaken you to the remembrance that there is something you should strive to achieve if for no other reason than for your own personal growth. Through the course of the lesson I will be revealing a number of obstacles that might be standing in your way but before I begin to shed light on these obstacles I must first begin by defining what personal success really is and why it is important to achieve success as it relates to the fulfillment of your life's purpose. I also intend to drive out any disabling thoughts, beliefs or deceptive perceptions you might be holding fast to which might be preventing you from fulfilling the purpose of your life.

The first obstacle that often blocks the path to achieving personal success is in not knowing how to define what success really is. The second obstacle is to believe that you

cannot achieve your measure of success because you are holding fast to erroneous thought patterns, belief structures and perceptions you may not even be aware of. Thus to achieve any measure of success you must first understand what success really is. Unfortunately many people are of the belief that success is something that is only measured in terms of wealth, fame, and material possessions which is so far from the truth. Although the Webster dictionary defines success as the gaining of wealth and fame or is a successful person or thing; it also defines success as a favorable result. With the exception of gaining wealth or fame which is a by-product of having achieved certain measures of success, it is the idea of a favorable outcome that I wish to weave throughout this lesson.

Most everyone has something they dream about achieving at some point in their lives but don't always do so because they have been crippled by any number of mental and emotional blockages inflicted upon their psyche by themselves or by the negative influence of others. However, the flame of creativity and desire does not self-extinguish but will continue to burn deep within the soul always seeking an outlet because it needs a way to express itself externally. Unfortunately the need for expression can actually create havoc in a person's life in the sense that a person might have a tendency to feel unsatisfied with some aspect of their lives. This becomes problematic when a person feels that sense of dissatisfaction with their job, career or relationships. The need for a greater fulfillment can become an inner restlessness that often finds its way into external outlets that are often manifested in unhealthy or undesirable personal experiences that not only affect the individual but can very well affect those caught in the crossfire. The restlessness will remain active within the individual until the proper outlet needed for the creative expression and manifestation is achieved externally. If you are aware that you are experiencing feelings of restlessness then it would be in your best interest to afford yourself an opportunity to find a constructive means with which to allow freedom of that creative expression to manifest itself safely.

So often people are of the belief that it is too late to realize dreams and achieve goals they hold deep in their hearts for a variety of reasons. One of the reasons is that they now have family responsibilities and financial obligations which they believe prohibits them from realizing a dream or a goal they had always intended to achieve but gave up the hope of ever seeing them come to fruition. Family obligations or financial responsibilities are not the end of your hopes and dreams. It is always possible to experience an aspect of your dreams or goals and perhaps even realize new dreams and goals. Many people have found a creative outlet in which they have been able to manifest the expression of their inspirations, ideas, and visions that otherwise was dormant within them. Once they found such outlets the feeling of restlessness diminished as they connected with their own dreams and goals. Not only did they feel more connected to themselves they reported actually feeling more connected to their loved ones. Many people were also able to integrate aspects of their dreams and goals

into their jobs or careers. They also found that doing something they loved as a hobby was just as rewarding and fulfilling as if they were doing it as a career. In this case they got to realize an aspect of a dream or goal right in the midst of their family and financial obligations and were a better person for doing so. When we realize our dreams and achieve our goals we are by far happier and much easier to get along with because we are not embattled with our inner selves. Make no mistake, the challenge of realizing our dreams and achieving our personal goals is not the same as getting a college education because it is expected of us or is time spent working in a position that pays well in order to meet our financial obligations. They are truly miles apart when it comes to feeling satisfied with the outcome in the sense that it is or is not favorable to us as individuals first and foremost. Hence, true success is achieving that inner sense of self-worth that contributes to an inner sense of well-being, peace, happiness and contentment which ultimately extends outward.

As I help you to peel back the layers of mental and emotional obstacles that have perhaps been scattered along the path of achieving your own measure of success, I must tell you that this does require a closer examination of how you may have sabotaged your own efforts as well as the affects of external influences. This is the point where it is to your advantage to scrutinize your individual thought patterns, belief structures and perceptions as they apply to what might be holding you back from achieving your desired successes. I will help you to put them in their proper perspective by bringing them to the forefront of your conscious mind but not for the purpose of pointing fingers of blame at anyone or anything and especially not to label yourself as a victim.

Not everyone is born into an environment that is conducive to the realization of dreams coming true and goals being achieved. Often times we are born into environments that are challenging to say the least. The truth is that it is not the environment that prohibits us from achieving success but rather it is the thoughts, beliefs and perceptions we form about our environments that actually challenges us or hinders us from realizing our dreams and achieving our goals. Our environment includes but is not limited to our parents or guardians, siblings and other family members, our friends and co-workers; our social, cultural and religious backgrounds and even the geographical climate we grow up in. As we grow up we take on the thought patterns, belief structures and perceptions of those around us until we are old to begin forming our own way of thinking; what we will hold as our own core beliefs and how we perceive ourselves and the world we live in. Often these are heavily influenced by the opinions and perception of those in our circle of life. So if someone told us as a child that we are too stupid to succeed we are likely to not succeed only if we allowed that negative influence to permeate into our subconscious mind which of course is always subjective to the conscious ego-mind. In the meantime we live day to day believing that we are a failure for one reason or another. Others never figure it out and live in the shadows of the successes they never achieved; always left to wonder what might have been.

Other ways that we are hindered from achieving success occurs in childhood and even as an adult when someone tells us that we are not worthy of success because we are not smart enough, talented or skilled enough, not well educated, not this and not that. While these derogatory statements can certainly be devastating to say the least they are not the end all in terms of what we can still achieve. The trick is to recognize the source of such statements and to realize that the person who assaulted our psyche was speaking out of their own ignorance, fears or simply what they knew or know to be true about life; that their perceptions of us were grossly erroneous. Once we come to terms with the reality of such situations we can heal from the psychological affects and actually claim the success that is rightfully ours. For most of my life I honestly believed everything that went wrong in my life was my father's fault because he thought I was stupid which of course translated into never completely achieving what I set out to accomplish in spite of my best intentions. But once I learned how to put everything in perspective I realized that I always had the intellect, courage and the confidence to realize my dreams and achieve my goals; all I had to do was to put one foot in front of the other and before I knew it I had actually achieved things I never dreamed were possible. It really is about mind over matter and you really can overcome the damaging effects of derogatory things others might have said about you; that these things no longer have to be debilitating forces of negative energy. In this sense we inevitably do sabotage our own efforts when it comes to achieving success only when we allow ourselves to believe that what was said about us is true when in fact it is not. Many people have been told that they will never amount to anything because they are too stupid yet these same people went on to become great leaders, inventors, artists, musicians, scientists, philosophers and so on and so forth.

Success is not always about becoming wealthy, famous or possessing material things like a mansion or expensive cars, etc., etc. Success is about aspiring to achieve something that you find rewarding and fulfilling and that somehow affects those around you in a positive manner. Others have realized their dreams later in life which ultimately gave them the greatest sense of satisfaction that often times yields a return on their sweat equity far greater than they could have ever imagined. These days we are seeing a lot of corporate exec's leaving their very lucrative positions behind in favor of pursuing the dream to become a chef, baker, candy maker, artist, designer and even farmers raising cattle, making special cheeses or other agricultural endeavors. There appears to be no end to the creative ways in which people have recognized that the only limitations they have to encounter are the ones they place upon themselves. For them the sky is the limit! These people seem to have a common thread among them which is that the word 'no' is simply not in their vocabulary.

Now while I have addressed a number of reasons why you have not achieved some level of success I have done so with the assumption that you are at least aware that there is something you may have always desired to achieve but did not. But for those of you who

have not yet figured out what achieving personal success means to you it can be best described as knowing what speaks to you, that is, what is important enough to you to not only achieve it but to do it well even if it means baking cupcakes. Achieving a measure of personal success is to act on that which you are best fitted for. The easiest way to know what you are best fitted for is to pay close attention to what excites you the most; what causes you to want to jump out of bed early in the morning because you can't wait to act on your ideas and your inspirations; what is it that keeps you up in the night; what are you passionate about and what is it that burns deep within your soul. Whatever it is that speaks to you and runs through your veins is what you are best suited for and is what you should be acting on. Most everyone knows the southern popular cook from Savannah, Ga., Paula Deen who found her way to fame on the Food Network. Her claim to fame began when she chose to resort to what she was most suited for when she found herself in the throes of a life-changing decision – her stove. Her story is but one of many success stories told over and over again by people who much like Paula Deen turned to what they knew best, what they were most fitted for and became very successful in ways they could have never predicted. Now this is not to say that everyone who aspires to achieve some measure of personal success will achieve the same status of fame and fortune as the Donald Trump's of the world but they will always experience a deep sense of satisfaction and fulfillment knowing they are doing something that is not just a dream come true but that it is benefitting the greater good of humanity in some way.

Everyone has some life purpose they can and should fulfill no matter how trivial it may seem. Whatever it is you can be assured that if you follow your own intuition and listen to the guidance of your higher mind you will realize your dreams and achieve your goals. The signposts have always been there as a reminder; they are still there and they will continue to serve you and lead you along the path of achieving your success; you just have to look for them. The only way you will not produce a favorable outcome once you have been made aware of what has been holding you back is from the mental and emotional fences you choose to erect which will either close you in and limit your successes or widen your opportunities to achieving successes you once thought you could not achieve and then some.

Having examined the obstacles that are perhaps holding you back from achieving your measure of success it is also necessary to recognize the motivations back of your desires. If what you desire to achieve threatens to harm someone or something be assured that you are barking up the wrong tree. In this case you can also be assured that cause and effect will have no mercy on you even if you were to achieve success in terms of fame and fortune when done at the expense of someone or something else. Somehow the effects of the selfish cause will manifest as an undesirable effect somewhere in your life, i.e. in your relationships or perhaps it will take its toll on your own health. No one ever gets something for nothing as there is always a cost to be paid in some manner of

speaking. So if you are determined to test the law of cause and effect be prepared to suffer the consequences of self-centered needs and desires. Incidentally, since we are discussing the pitfalls of achieving success; I would like to remind my readers that success is not an overnight accomplishment nor are there any real get-rich-quick schemes. Success comes by way of taking one step at a time until you reach the finish line and even then the finish line has a way of constantly moving up further and further as each level of success is attained. There is no mystery or miracle involved other than to say that as human beings we are forever seeking to reach the stars, to achieve all that is possible to achieve, hence we grow further and further along in our achievements. Just as soon as you are settling into your new comfort zone and kicking back on your throne of success is so often precisely the moment when you find yourself suddenly plunged into the attainment of yet another layer of success primarily because nothing about life remains in a state of rest but is moving all the time. It is all part of the evolutionary process of being.

So as I bring this lesson to a close I truly hope that if realizing your dreams and achieving your goals has been a personal challenge to anyone reading this lesson or perhaps someone you know that the lesson has served to inspire you or even to re-inspire you as the case may be. As we realize our dreams and achieve our goals we not only reap the benefits on an individual basis but we collectively reap the benefits simply because we are all connected to one another in the web of creation. Ultimately what affects one affects everyone else down the line directly and indirectly.

Typically I list the resources at the end of the lesson but because of the nature of this lesson I have opted to provide you with a recommended reading list. Many of the books are considered classics that I highly recommend as reading material for the purpose of better understanding the nature of your reality as it applies to realizing your dreams and achieving your goals. Should you need further assistance, have questions or would like to share your own experiences please contact me at the email address below.

Thank you,

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Recommended Reading By Title:

Choice Theory. William Glasser, M.D.

How Successful People Think. John C. Maxwell

Managing Thought. Mary J. Lore

Riches within Your Reach. Robert Collier

Success through a Positive Mental Attitude. Napoleon Hill.

The Artist's Way. Julia Cameron.

The Artist's Way at Work. Julia Cameron.

The Creative Process in the Individual. Thomas Troward.

The Greatest Secret of All. Marc Allen.

The Law of Success. Napoleon Hill.

The Science of Mind. Ernest Holmes.

The Science of Success. Wallace D. Wattles

The Secret of the Ages. Robert Collier

The Talent Code. Daniel Coyle.

Think and Grow Rich. Napoleon Hill.

Think Like a Champion. Donald J. Trump

Victorious Attitude. Orison Swett Marden.