

### Lesson 33: Bridges and Segues Through the Journey of Life

As we journey through life we often find ourselves crossing over bridges that lead us onto unfamiliar paths in which a new and sometimes unexpected course has been charted. Life is supposed to be a series of bridges and as we cross over them we move along the path of becoming; to knowing more than we knew before. The time spent in between these experiences can often be quite difficult and sometimes even painful so it is to our advantage to learn how to segue or transition smoothly with little or no mental or emotional interruption in our day to day lives. The lesson this week will not only focus on the matter of crossing over these bridges of change but more importantly the lesson will focus on how we can segue into our new experiences and the things we should be aware of that will help make the transition flow more smoothly.

The dictionary defines the word ‘segue’ as proceeding to what follows without pause; an uninterrupted transition; to move smoothly and unhesitatingly. Typically these definitions apply to the uninterrupted flow of music or a scene in a movie but they also apply to the personal experiences of life as well. Unlike the uninterrupted flow of music or a scene in a movie many of us do not segue into the next phase of our lives smoothly or without an uninterrupted flow. In fact many of us are not even aware that we should be proceeding to what follows next because we think of life as being a constant rather than it being the ebb and flow of change that it is. So when the winds of change actually threaten to alter the course of our lives we become anxious, sometimes to the point where we are stopped dead in our tracks; unable to cross over the bridge of uncertainty which leads to an experience that lies beyond the horizon, that is, beyond our conscious awareness. Just the mere thought of crossing over a bridge of uncertainty can frighten us enough to send us veering off the path straight into the desert of doubt and fear where anxiety and frustration runs rampant in our minds. Getting back on the path is not always an easy process; hence we spend a fair amount of time wandering around in the desert of our minds before we proceed to what follows.

So then, just how do we cross over those bridges and how do we segue into uncharted territory smoothly and without interruption? One of the most valuable life-lessons we can learn is to relax and not try to take on the whole of the bridge all at once but to journey over the bridge one step at a time. The changes that occur in life either by choice or external influence can be approached “In an easy and relaxed manner, in a healthy and positive way” as Marc Allen, author of *The Greatest Secret of All* (c. 2008) learned from his own personal experience. When we apply this tried and true principle to our own journey through life we can begin making the transition from a former experience into a new experience smoothly and uninterrupted, that is without all the emotional upheaval.

Many of us are resistant to change by virtue of our own mistrust which in itself contributes to the interruption of the flow of our day to day lives. When we cannot see or feel change with our sense perception, which we have become so reliant on rather than to rely on our Higher Mind, we are inclined to greet change kicking and screaming every step of the way or at least until we realize that the change is not going to hurt but that we will actually benefit from it; that it might actually enhance our experience and promote personal growth. By becoming more consciously aware of what we are resistant too and why we can learn how to overcome any associated mental or emotional obstacles that prevents us from experiencing a smooth and uninterrupted segue across the bridges of uncertainty. In fact we can actually reach a point where the fear of uncertainty doesn't seem so uncertain but starts to become more of a sure thing; something that is tangible rather than being intangible.

It is one thing to become consciously aware of why we resist change, almost like a knee-jerk reaction, but it is another thing to overcome the causes which can take an uncomfortable degree of introspection and self-examination; sometimes even the investment of sweat equity to work through the underlying issues. We have discussed many of these underlying causes in previous lessons. Generally speaking, they are usually attributed to such things as your own thought and belief structures; perceptions and self-concepts; fears and doubts; self-worth and denial of certain needs. Nonetheless if you wish to get over the bridge of change you will need to know what lies at the root of your resistance and why.

When it comes to the squeamish and uneasiness of change we've all heard someone say or perhaps we have told someone to just 'get over it' but unfortunately getting over it is easier said than done unless you know what the 'it' is you are supposed to get over. Getting past our resistance to change becomes an exercise in futility when we try to apply willpower or discipline without getting to the root of the problem which is where the 'it' that we need to get over is to begin with. I am a strong advocate of getting to the root cause as opposed to sweeping it under the carpet or worse yet ignoring it in favor of getting over what you are not aware of in the first place because such exercises rob you of the truth. The Bible states clearly that "you shall know the truth and the truth shall set you free" (John 8:32). This is a tried and true principle for attaining personal freedom that has stood the test of time.

The pitfalls from the resistance to change are that we become preoccupied with the change or alteration itself rather than what it represents in terms of the bigger picture. In this sense we lose sight of what really matters the most and we fall into those mental and emotional 'ditches of error.' Preoccupation to change gives rise to anxiety which then produces stress and as we become more and more preoccupied we become increasingly agitated which affects our mental state of mind that inevitably gives way to a spirit of negativity. Sometimes we even obsess over impending change, consequently,

as we obsess we become frightened and distressed, and we have a strong tendency to want to cling to what is familiar even if familiar means sacrificing what is best for us or others in the long run rather than embracing the change. But when we allow ourselves to rely on our inner senses rather than our ego-based sensory perceptions we find that we have the strength and the confidence to move forward and embrace the change or alteration that is taking place. In addition to the force of the strong feelings attached to the anxiety and stress we inflict upon ourselves we often wrestle with feelings of self-worth which is always undermined when our state of mind is strongly influenced by a negative attitude.

Embracing the winds of change so as to cross over the bridge and segue smoothly and without interruption into a new experience in an easy and relaxed manner, in a healthy and positive way is to consider employing the principles of the Buddha's Noble Eightfold Path which is a right view, a right intention, right speech, right action, right livelihood, right effort, right mindfulness and right concentration. As you give thought to each of these characteristics you can see how the effects of employing them in times of change are beneficial not only to the change but even more so is that they are beneficial to your state of mind simply because they keep everything in its proper perspective. When you take into consideration the opposite effects which would be to employ a limiting or disabling view, an intention that is not righteous, i.e. self-centeredness, a speech that is oppositional to change, an action that does not benefit you or anyone else, a livelihood that does not serve you well nor does it promote the fulfillment of your life's purpose, a mindfulness that is not clear and focused and concentration on the wrong things you can see how these characteristics would not produce a smooth and uninterrupted segue into the experiences that follow as you cross over the bridge.

Everyone walks along a path of life which is unique to their own personal goals and desires, and the purpose for them. Very often these were worked out in advance so as to resolve a karmic debt from a previous life existence or to learn certain lessons in order to overcome a particular weakness that may also be a carryover from a previous life. Some people incarnate into human life with no particular set goals other than to afford themselves the opportunity to experience the wonders of life, sensation and emotion. But regardless of the reasons for the human experience, generally speaking, we make our own discoveries as we journey along the path of life. Sometimes these discoveries come by way of experiences that are significant enough to dramatically change or alter the path of our lives such as an NDE (near death experience) or a spiritual expansion. Then there are those of us who have had to learn the lessons of life through some pretty harsh self-inflicted experiences as we traveled down the road of hard knocks.

Nevertheless there is a value we place on these experiences that we are so inclined to want to share with others with the hope that someone will benefit from what we learned and the life-changes we experienced. The discoveries we make as a result of our

personal experiences serve to heighten our conscious awareness which move us a little further along the path of our evolution. The more consciously aware we become the greater is our depth of understanding; the more we evolve as individuals the more we evolve as a race. Many great books have been written all down through the ages by those who stand on the same principles that have been described throughout this lesson. None of these principles are anyone's dogma or creed but are principles that they have experienced firsthand and have seen the results for themselves. The Buddha's last words to his followers were to accept nothing he said as being the absolute truth but rather he challenged his followers to test the principles as it related to their own experiences; the results are the real measuring stick. It is one thing to recite a creed from memory or to abide by a dogma but it is another thing to know it as a truth that you actually experienced. When you apply these principles to your own personal experiences you will see for yourself the amazing changes that will begin to take place in your life. You will not only cross over your own bridges of change but you will do so with more and more ease each and every time because you will learn how to trust in your own instincts rather than what your ego mind tries to feed you through your sensory perceptions. Your ego mind will attempt to pull out all the stops and throw out all the mental and emotional ammunition it can possibly muster up to veer you off the path that it knows and fears will ultimately lead you to your greatest likely to occur probabilities; the spiritual and personal growth yet to be experienced.

From time to time I am asked if I have experienced what I write about. The answer is most definitely 'YES' and then some. I spent years traveling down the road of hard knocks and I have lived every bit of what I write about. I learned how to stand my ground on the certainty of changes that I knew were in my best interest, and I did so right smack in the face of adversity and extreme opposition that in the long run has served me and others involved quite well. When we live in a state of denial where our needs are concerned by choosing to sacrifice those needs based on the fear of change, we limit our experiences, hinder our personal and spiritual growth, and risk the fulfillment of our life's purpose. But when you base your choices and decisions within a framework that is built around courage and confidence that stems from an inner knowing that you know that you know you will never be lead astray nor will you hurt anyone in the process.

I must forewarn you that crossing over a bridge of change that promotes your personal and spiritual growth and enhances your personal experiences often means losing friendships as I described in the very first lesson I published on this website. People, who do not embrace the winds of change because they fear change, whether subtle or dramatic, are not likely to stick with you as you cross over your bridge of change. This is because they see your ability to act on the power of now as a threat to them mostly because they are not willing to embrace the changes they know they need to make but choose to remain stuck in the rut of denial and fear. Generally speaking they will use

financial responsibility and family obligations as mental and emotional crutches to avoid making the changes they know they need to make but are afraid too. Perhaps they made subtle or dramatic changes in their own lives only to find that the changes or alterations produced very undesirable effects. What they failed to realize is that the undesirable effects were the creation of the causes they put into effect because they did not understand the complexities of the choices and decisions they were making that were undoubtedly based on their ego mind rather than from their inner knowing or gut instinct. What they didn't know is that there are answers to be found and a right action to take only if you are willing to seek them out in a healthy and positive way.

It is our sincere hope that you have learned something of value in this lesson as it pertains to crossing the bridges of change and that you can segue into your new experiences without any unnecessary mental and emotional interruptions in the flow of your life. That the transition can be smooth and that you can embrace change without hesitation, fear and doubt or stress and anxiety.

I would like to close this lesson with a related poem as follows:

*One ship drives east, and another drives west,  
With the self-same winds that blow.  
'Tis the set of the sails, and not the gales  
Which tells us the way to go.*

*Like the waves of the sea are the waves of fate  
As we voyage along thru life.  
'Tis the set of the soul which decides its goal  
And not the calm or the strife.  
\_\_\_Ella Wheeler Wilcox*

Thank you,

Linda, Z and the Collective We

### **Resources and Recommended Reading:**

In the Buddha's Words edited and introduced by Bhikkhu Bodhi

The Greatest Secret of All by Marc Allen

The Secret of the Ages by Robert Collier

You Can Heal Your Life by Louise L. Hay