

Lesson 36: Expanded Perceptions of Reality

One of the self-imposed limitations we place upon ourselves when it comes to understanding the nature of our reality is the preconceived notion that we are isolated individuals having a human experience that stands outside of the collective whole of the universal consciousness. In spite of a vast wealth of information that is available to the general public there are those who are not aware that there is a collective consciousness of which we are all a part of. Our human experiences are such that our perceptions of reality become boxed into the confines of the undesirable realities we create or co-create as if these were our ultimate realities, not realizing that there is much more to the story. Furthermore we give little or no thought about how our realities are affecting the universal consciousness any more than we give thought to the potentialities of desired experiences that exists on levels of consciousness we are not ordinarily familiar with in our present state of conscious awareness. Unfortunately these potentialities often fall by the wayside and are never manifested in this reality even in spite of wishful thinking. That is not to say that they are not being experienced in other realities on other planes of existence in other dimensions because they may very well be. But if we are to bring those desired potentials into this particular reality we must learn how to expand our perceptions of reality. The lesson today will focus on how to expand the perceptions of our individual and collective realities so that the experiences we manifest and which we generally perceive as being our only possible realities are broadened to include manifesting possibilities that extend beyond the horizons of our self-imposed mental and emotional limitations.

As spoken by Z and the Collective We: Throughout the course of the past lessons we have strived to bring to your conscious awareness that there is much more involved in understanding the nature of your personal reality than what lies on the surface; than what you once thought was true about yourselves and the world you have chosen to live in. We have been committed to doing so because we are aware of how you often view your life's circumstances through the narrow lenses of your ordinary perceptions which all by itself limits the quality of your experiences. In this lesson we will show you the benefits of learning how to expand your perceptions of your own existing realities so that you can see for yourself that you are more than you give yourself credit for. Expanding your perceptions triggers the unfolding of unexpected manifestations of realities in which you become the benefactor of many new experiences you never dreamed were possible, not in another reality but in this one as this is the reality you are most aware of and are having your physical experience in.

The process of expanding the perceptions of your reality begins with a degree of self-introspection in order to expand your own self-awareness. This self-introspection has its starting point on the mental (thinking) and emotional planes of your being which becomes your own journey of self-discovery and personal healing which will also affects

you on the spiritual and physical planes. Self-introspection opens the door to the discovery of the causes and effects that contributed to what you recognize as your own personal life experiences made manifest in this reality that is so often realized in the form of undesirable circumstances and events. You perceive these undesirable circumstances and events as being the fault of some force outside of your own cognitive processes. But since this is not the truth about your reality it is to your advantage on a personal and universal level to lift the veil of your illusions so that you are made aware of the underlying factors that have predetermined what you will or will not experience along the path of your life. These factors are not external but rather they are internal and are hidden from your conscious awareness only because you have little or no perceptual evidence of their presence and the effect they are having on the quality of your experiences. We have already brought a great deal of this information to your conscious awareness in the past lessons with the hope that you will begin to examine what lies at the core of your being in terms of the realities you have experienced and the lenses you have chosen to view them through as well as why.

The process of self-introspection is difficult to say the least given that people generally find it very difficult to undergo the rigors of self-examination when it is much easier to just accept the nature of their perceived personal reality at face value or blame someone or some perceived condition. However, assuming that things are what they appear to be on the surface is merely an exercise of compromise that ultimately short-changes the quality of your present experiences and sets the stage for what will become the quality of your future experiences. In addition your past experiences will remain stuck in the rut of distorted perceptions as the result of your beliefs. Most people are of the belief that what is done is done and that past experiences have little or no affect on their current experiences; nor do they see the correlation between their past and future experiences. What you do not realize is that your past experiences influence your current experiences and which will likewise influence your future experiences unless the energy of those past experiences is changed or altered. Thus part of expanding the perceptions of your reality is to expand your understanding of your past experiences as well. When you afford yourself an opportunity to reflect on the true nature of those past experiences you will see them in a much different light simply because you are willing to view them through lenses that are not clouded by the limitations of your habitual thoughts and your beliefs. However, this is a big step in your willingness to accept responsibility for the realities you have created or co-created, as the case may be. We use the term co-created to help you understand that there is more than one primary influence in what determines the path your realities will take. The truth is that there are many outside influences. You live in a vastly populated world in which the influence of the mindsets of certain groups of people affects your personal realities in some manner of speaking. In this sense you affect and effect each other's realities but as you well know from reading the past lessons you can learn how to make choices and decisions that are

ultimately in your best interest as well as that of the world in which you live and have your physical experience in.

Your scientists are beginning to connect the universal dots as they come to understand the existence of a universal energy field that you are all connected to and are interconnected with. As the evidence mounts and strongly correlates to what has always been known among certain spiritually awakened people all down through the ages, the process of tying the information together is not in your distant future but is indeed just around the bend, figuratively speaking. This is why it is becoming more and more essential that you take the matter of self-introspection seriously given that you are not individual beings having separate existences on the physical plane but that you are a collective consciousness that belongs to a universal whole, individuated on the physical plane for the purpose of experiencing that which being physical affords you the opportunity to do, such as the experience of your five senses and your emotions. This means that everything you experience on a personal level can be felt and realized on a universal level which further means that every one of you is having an effect on the whole of the universal energy grid that you are all connected to and are interconnected too. You are influencing one another by the way you think, by the beliefs you hold fast to and the way in which you individually or collectively choose to perceive your realities.

Your past realities are not forgotten in the sense that the memories and the effects of them do not merely vanish into thin air but that they remain forever woven in the fabric of not just your being but the collective being as well. Many of you refer to the universal collection of these memories as the Akashic Records. It is essential then that you reexamine your past experiences so as to change the energy field which will then change the current and future impact on you in terms of your experiences being positive or negative, desirable or undesirable. Past experiences left in a negative state become unified with other past experiences also left in a negative state which of course directly affects the conditions in which current and future experiences will then manifest both individually and collectively. As this is essentially a domino effect many of your personal experiences become a series of ongoing events that are based on the dominance of a collective mindset in which like attracts like and thoughts become things, thus becomes what you recognize and know as your own personal experiences when in fact what you perceive to be your own personal experiences is sometimes a part of a greater collective experience from a shared mindset.

The sooner everyone learns the importance of expanding the perceptions of their realities the greater will become their chances to have the kind of experiences they so desire on a personal level as well as on a collective level that can be void of any negative influences, such as that which occurs when fear is a prevalent mindset. Such a mindset brings to the race the unnecessary burden of negative cause and effect as it relates to the emotion of fear such as strife, lust, greed, poverty, the attitude of lack, competition,

insecurity and indulgences that lead to sickness and disease all of which then sets the parameters for certain paradigms to enter into your reality that afterwards are so hard to rid yourselves of once they become established. You are indeed your own worst enemies as long as you continue to embrace the belief that you are separate in your existence regardless of whether or not you believe in the existence of an afterlife which, incidentally, is why so many of you give way to over indulging as you foolishly lead yourselves to believe that this is your only human existence, that you only go around this one time, therefore, you live a life of greed and indulgences that actually undermines the quality of your physical life.

The expansion of your perceptions begins from the ground up and is an internal process. You can look and look for external reasons that will explain the failures and disappointments you so often experience in your lives and you will sure enough find them right there on the surface but these will never be the truth because the truth does not lie on the surface but rather the truth lies within you. So when you decide to act on an inner desire to expand the perceptions of your realities you are altering much more than you realize. You are affecting yourselves on a much deeper level, on the level that connects you to one another and forms the fabric of your overall universal experiences. Many people desire peace to prevail among the population yet those same people are so easily deceived into believing that this peace will come by way of protest, violence or wishful thinking. Even your pastors are deceived into believing that prayer; whether it is individual prayer or the petitions of a group of people praying on behalf of the world at large will have an impact on world peace which as you can see has not been altogether successful. What you neglect to take into consideration is that there also exists among your population other prevailing mindsets; perceptions of particular realities that appeal to certain groups of like-minded people who also wish to experience their desired realities, hence the energy of their collective perceptions are no different than the energy of the collective perceptions of those who pray for world peace. Ultimately, it becomes a tug of war globally speaking with no one in particular winning or losing the rope game but rather there exists a blinded state of what is as opposed to what can be. Since these two mindsets are forces of energy that exists on opposite sides of the spectrum they polarize each other, consequently the perceptions of such conflicting but nonetheless desired realities repel each other to the point where any hope of unification in terms of peace prevailing becomes a constant struggle. Until the fundamentals of expanded perceptions, as it relates to points of view, personal interests and personal gains, become a principle that is widely understood by everyone collectively speaking and that benefit the world at large there will always be a divide in what will be experienced as opposed to what can be experienced. Change must occur in the mindset and mental attitude of each and every individual before collective mindsets can be altered sufficiently to change the course of collective experiences from being negative in their nature to being positive.

The road to every reality we create is predetermined by the history of past events. These past events can become the catalyst that will teach us certain things about ourselves that we will either embrace or disregard. If we embrace the lessons learned from our past experiences we change the set course of our current experiences which then automatically changes the set course of our future experiences. But if we choose to ignore these lessons we affect our current experiences to that degree as everything is relative to one another. Well learned life lessons serve to broaden our horizons, enhance the quality of our experiences and help us to fulfill our purpose for this life. Disregarding the lessons of life narrows down our horizons, limits the quality of our experiences and hinders the fulfillment of our life purpose. While it may seem obvious that the latter is not the best choice there are those people who prefer to close their eyes to the truths that explain the nature of their own personal realities in favor of remaining stuck in their mental and emotional ruts that consequently hinders their spiritual expansion and that eventually manifests in some physical ailment, disease or condition. They foolishly believe that they are correct in their perceptions and justify them accordingly. Unfortunately in such cases these people are seldom able to connect the dots of their physical conditions to their prevailing mindset and attitudes any more than they are able to connect the dots to their mental and emotional ruts.

Expanding the perceptions of our realities and how we view them also engages our willingness to think outside the box in terms of what is and what can be. However, the extent of what can be as a future event does contain certain built in limitations that can only be exceeded as a person continues to expand their perceptions. These built in limitations are always relative to the progression of our personal and spiritual growth. As we climb the ladder of personal and spiritual growth we will encounter certain limitations that are actually for our good lest we tip the scale out of balance and cause harm to ourselves in some manner of speaking. A good example is one that appeals to most people which has to do with the acquisition of money such as winning the lottery. A person who is struggling to get by has not yet become mentally, emotionally or spiritually enlightened to the fundamentals and principles that govern financial prosperity, thus they are not conditioned to the experience of having and keeping large sums of money. So when they do come into a large sum of money they are rarely able to maintain it for more than a year. This is because they have attempted to jump their existing frequency without having first broadened their perceptions at the existing level. As you begin to expand your perceptions, your conscious awareness stretches across the frequency you are currently on and you begin to understand things a little different than you did over on the far end of your frequency. After a period of time, depending on your commitment to your personal and spiritual growth you will then begin to raise the level of your frequency and as you raise the level of your frequency you will experience a heightened perception that will stretch across the level of that frequency as well. Again, using the example of acquiring money simply means that as you become more and more

enlightened from within you are better able to externally manage the matter of having and keeping money from a mental, emotional and spiritual point of view. This is why we hear it said “be careful of what you ask for” because while sometimes you can get what you ask for, ultimately it may not be in your best interest for it to enter into your reality prematurely. It is a far better experience when you allow yourself to grow into the things you desire this way you are not mentally, emotionally and even spiritually harming yourself or others which of course then creates a karmic experience that becomes a score you will have to settle at some point or time. Keeping the scale in balance is a very important consideration as you give thought to the things you desire to experience in your life just as it is equally important to view them through lenses that allow you to see things for what they really are and not what you perceive them to be, especially when such perceptions are deceptive in their representations.

In closing we truly hope that we have again helped to shed light on another aspect of understanding the nature of your personal reality. We hope that you have learned from this lesson that it is not in your best interest to limit the scope of how you perceive your realities and how your perceptions and the quality of your experiences affect not just yourself but the world at large.

Thank you very much,

Linda, Z and the Collective We

Resources and Recommended Reading:

Although the lesson this week was a collaborative effort between me, Z and the Collective We, I have provided a list of recommended reading that indirectly supports the thesis of this lesson.

McTaggart, Lynne 2007

The Intention Experiment: Using Your Thoughts to Change Your Life and the World. Free Press: New York, NY

Michie, David 2008

Buddhism for Busy People: Finding Happiness in an Uncertain World. Snow Lion Publications: Ithaca, NY

Radin, Ph.D., Dean 2006

Entangled Minds: Extrasensory Experiences in a Quantum Reality. Paraview Pocket Books: New York, NY

Roberts, Jane 1974

The Nature of Personal Reality. A Seth Book. New World Library: Novato, CA