

Lesson 38: Negative Reactions to External Influences

Along the road of life we are certain to encounter external influences that will either enhance the quality of our life experiences or present themselves as unwelcomed challenges. An adverse response to these situations causes them to manifest in our realities as an unpleasant experience. While such situations are indeed a fact of life there is something we can do to counteract the undesirable affects we typically experience from the often unforeseen and unwelcomed challenges these external influences present to us. We can learn how to counteract the undesirable affects by being consciously aware of our mental and emotional reactions which when left unchecked can potentially compound these situations, thus causing those external influences to manifest in the form of undesirable circumstances and events. The purpose of this lesson is to bring to our conscious awareness the impact our mental and emotional reactions are having on those unwelcomed external influences and how to avoid manifesting them as undesirable circumstances and events that not only affect our present experiences but also affect our future experiences.

The discussion begins by recognizing the fact that we are all subjected to external influences regardless of what frequency we are vibrating on for the simple fact that everyone is connected and interconnected along the universal web of vibrating thought energy. Because of this interconnectedness we are constantly interacting with each other on many levels of thought frequencies which so often results in desired or undesired external influences entering into our personal realities. Sometimes external influences turn out to be a positive experience for us in the sense that they help us to realize our dreams or achieve our goals whereas other times they are less than desirable and have the potential to change the course of our lives. While we cannot always stop an external influence from entering into our personal realities we can alter the negative affects undesirable influences can have in our life experiences. Because our mental and emotional responses play such a big role in how an external influence will affect our current and future life experiences it is in our best interest to learn how to avoid compounding these negative effects. We can learn how to see these external influences as opportunities for personal and spiritual growth rather than to see them as an unwelcomed hindrance along the path of our lives.

Whenever we are greeted by an external influence that has the appearance of being undesirable we tend to react with an adverse response that is usually not in our best interest when all is said and done. We are unaware that there are underlying reasons for why we have a tendency to make a mountain out of a molehill in response to undesired external influences. Our adverse knee-jerk responses are the results of data that has been stored in our subconscious minds that programs how we will respond to such situations again and again unless we do something to overwrite the encoded data. This data is formulated over time in accordance with our belief structures and our

perceptions and is a process that we are not consciously aware of generally speaking but nonetheless it causes us to act on the encoded data habitually. Thus it is very important to be aware of what we believe and how our beliefs were formed.

When you give thought to a past situation that entered into your reality as the result of an external influence you might be inclined to react defensively each time you recall the situation. But if you would allow yourself an opportunity to examine those situations you might be surprised to find that your own reactions, based on your beliefs and your perceptions, contributed to the external influence becoming more of a negative circumstance or event than what was necessary to experience. Such a realization is often a hard nut to swallow once the truth has been revealed but is well worth it in the long run. When you afford yourself an opportunity to reflect on your past experiences and see them for what they really are and not what you perceived them to be you will be surprised to find that the alteration of your attitude toward those experiences actually changes the energy of the memories attached to those past experiences which in turn completely changes or alters the negative influences they are still having in your current reality which has been determining your future realities as well. The process of learning how to not over react to undesirable external influences begins with a basic understanding of how your mental and emotional processes work either for or against you on an unconscious level and why you are so resistant to seeing the challenges of external influences as opportunities rather than the negative framework you are accustomed to viewing them in.

From the perspectives of the spiritual science of mind and scientific research in many other fields of study we know that certain biological and physiological processes occur in the human body that tracks and encodes our external behaviors. We know that the beliefs we hold fast too regardless of whether or not we are consciously aware of them and the way in which we perceive our circumstances directly affects us on a cellular level. We know that there are microscopic receptors that dock onto the cells in our bodies that contain encoded data about our external experiences and that send and receive signals to all the other cells in our bodies as well as our organs, our brain and even our bones. Hence every part of our being on a cellular and organic level participates in our thoughts and feelings, our beliefs and perceptions. These internal processes are not a one way street because the information that is fed into our conscious mind is also fed into our subconscious mind which also registers in the auric layers of the human body as well as in the chakras, consequently, the whole of your being is affected and effected. In this regard the computer cliché that we are all familiar with, “garbage in-garbage out” rings true in every sense of the word where our personal experiences are concerned. So now let us begin by walking through the effects of an external influence that for appearance sake is deemed undesirable so we can learn how such an influence manifests into an undesirable circumstance or events that ultimately prohibits personal and spiritual growth.

The first knee-jerk opposition we encounter when faced with an undesirable external influence are the related disabling beliefs that respond to the external influence with lightening speed whether we are conscious of them or not. These beliefs were formed from past experiences as well as by way of our families, friends and society in general. I intentionally referred to these beliefs as being disabling because that is exactly what they are. When we form beliefs that hinder our experiences rather than enhance them, regardless of where they originated from, they become the catalyst that will set the stage for what will become the actual experiences we will take away from the external influence. So if your knee-jerk response is to react adversely where your beliefs and perceptions are concerned, you can count on the fact that the external influence will indeed have a negative effect on the experience you will have with that influence. From there it gains momentum as your own thoughts, feelings and perceptions play out their role in the situation. The more misaligned your thoughts, feelings and perceptions are the more the situation disintegrates right before your own eyes but unfortunately you are often the last to see the negative results; if at all. Before you know it you are overcome by a host of negative effects that you perceive are the cause of the external influence rather than it being the result of your own mental and emotional processes that are negatively influencing the situation and not the other way around.

When you stop long enough to allow yourself to see that your own thoughts and feelings, beliefs and perceptions are affecting your experience with the external influence that has entered into your reality; you will learn how to overcome your own adverse reactions. You can derive from the situation what lesson may be there to learn or what opportunity might have presented itself for which you will be thankful for at some point in your life. There is an adage that states “what won’t kill you will make you stronger.” This is very true and applies to external influences as well, not that anything should ever kill you in the physical sense of the word, but that when such challenges are handled from a positive approach they will make you stronger. Now of course there are many underlying factors that can be attached to an undesired external influence but regardless of what they are you still have the power within you to retract any further negative influences from entering into and becoming a part of your reality. This is a very important fundamental to embrace because the quality of your future experiences rest on how you handle your current experiences; whether or not they are self-inflicted or inflicted upon you externally. The underlying factors that might be attached to an external influence are far too numerous to describe in this discussion. While they often have many common threads they are also unique to your own life experiences. Nonetheless you can easily detect them when you know what to look for and see them for what they are before they write what will become your habitual responses to future external influences.

You begin knowing what to look for by examining your belief structure and then allow yourself the freedom of seeing the role your beliefs played in your past experiences when

you encountered undesired external influences. I don't advise a complete overhaul of your entire belief structure at the onset of examination lest you overwhelm yourself and accomplish nothing of value other than to perhaps risk scaring yourself away from such a beneficial exercise. I suggest you begin the process of examining your beliefs by peering into only those past experiences that were externally influenced. As you begin working your way through them allow yourself time to see the truth in those past experiences, not your perceived truth because they are not one in the same. In fact you will find that they are miles apart once the truth surfaces into your conscious awareness. Another reason why I do not suggest a complete overhaul of your belief structures all at once is because the truths that will surface can be emotionally difficult to digest. You might even experience anger directed at yourself for not having had the ability to see how your beliefs were programming the outcome of those external influences regardless of how they were inflicted or imposed on you. Whatever surfaces in the way of truths, do not blame yourself for not knowing what you had no way to know at the time. Life is a journey to be experienced, good or bad, right or wrong. The lessons we learn from our experiences promotes our personal and spiritual growth which is far more important in the long run.

The breaking up of long held belief structures is not a one-time event but is more of an ongoing process that unfolds over time. It took time for those beliefs to become embedded in the core of your being, therefore, it will take time to restructure your beliefs and as you do the quality of your experiences begins to reshape as well. Many of your core beliefs have been a part of the fiber of your being since childhood. These beliefs were passed onto you from your immediate family and then on down through the chain of society and your environment. Over time you have adjusted many of them in accordance with your own experiences but over time your beliefs tend to fade into the background. Just the fact that you are willing to examine your beliefs is a step in the right direction; but as you do so please do not get caught up in the blame game nor think of yourself as a victim because you will just be instilling yet another form of negativity that carries its very own cause and effect. Once you have become comfortable with examining your beliefs you will automatically begin seeing how your own thoughts, feelings and perceptions played their role in undermining your experiences with whatever external influences entered into your reality.

Although you cannot change the actual events that occurred in response to those external influences, you can change the way you feel about them, the way you think about them and the way you perceive them today. You do possess the power to change or alter the negative effects these influences are still having on your current experiences. There are those who say you cannot change the past, however, the memories and the negative energy attached to past events can be changed or altered. These changes or alterations come by way of examining your beliefs and perceptions as well as the way you still think and how you feel about your past experiences that were the result of

undesired external influences. When you begin to see them for what they really were and not how you have been perceiving them all along, the quality of your life experiences begins to change; subtle at first and then much more dramatically over a period of time.

Once you have a clear understanding of just how your own beliefs and perceptions affected the quality of what you experienced in your life as the result of undesired external influences you can now move forward with a much more positive attitude. We hear a lot of people talking about the importance of maintaining a positive attitude. However, the enforcement of this mental attitude proves to be much easier said than done while you are still being driven by unconscious limiting thoughts, disabling beliefs, highly charged negative emotions and deceptive perceptions. Thus trying to maintain a positive attitude becomes a frustrating exercise of futility that in the end does not produce positive results. Until you examine what lies beneath the surface of your conscious awareness and reveal the underlying factors that are contributing to your undesired experiences, regardless of where or how they originated, you will not be able to overcome the undesired negative effects of them regardless of how hard you try to maintain a positive attitude.

As you come to understand these matters you will be in a much better position to embrace external influences when they enter into your reality. You will come to see them more as opportunities that while they may challenge your set patterns of thinking, feeling, believing and perceiving they will in turn lend themselves to the possibility of unforeseen positive experiences that will ultimately enhance your own personal and spiritual growth.

I sincerely hope that you have found this discussion to be beneficial as it applies to the nature of your own personal experiences and that you will consider examining your own beliefs and perceptions as well as your thoughts and feelings as they apply to your past, present and ultimately your future experiences when faced with external influences.

Many Blessings,

Linda, Z and the Collective We