

Lesson 3: Overcoming Undesirable Cause and Effect

As we journey through physical life we are often faced with challenges and difficulties that arise as the result of the choices and decisions we made along the way that carry unwelcomed consequences which can negatively affect us for years or even last for a lifetime. So what do we do when we find ourselves faced with such consequences? Even more so how do we overcome the undesirable affects?

First of all it is important to know what we should not do. When we find ourselves faced with such challenges and difficulties we have a tendency to want to lash out at someone or something, play the blame game, even if we are blaming ourselves, but this negative mentality gets us nowhere because it doesn't change the situation, in fact, it can actually make an undesirable situation even worse. The same is true when we complain about our circumstances as if the act of complaining was going to change the situation. Regardless of the reasons why we made certain choices or decisions blaming and complaining are both exercises in futility and are a total waste of energy.

The undesirable effects from the choices and decisions we made over time, especially if made years ago, can be more difficult to overcome and the possibilities and opportunities may be more limited than when we were younger. Nevertheless we owe it to ourselves to explore ways that will improve our situation, to look for possibilities and to act on opportunities. The answer may be right in front of us; it may be that it's time to pursue an entirely different path, to fulfill a life-long dream, to pursue something we are passionate about, or something that inspires us.

While we are in the process of seizing possibilities and acting on opportunities our circumstances may not change much for a long time and this can be very discouraging. Many people have stated that their situations actually got worse before they saw significant improvements or they experienced a period of fluctuations. This is because we are accustomed to habitually thinking, acting and reacting on a particular mental plane or frequency so it takes time to raise our energy vibrations to a higher mental plane or frequency. Generally speaking we don't stop thinking, feeling and acting a certain way overnight, it takes time to shift years of habitual living just as it takes time for the effects to shift from undesirable to desirable even in the midst of right thinking.

In the meantime we may be experiencing frustration and perhaps even anger for not having made better choices and decisions. I often experience feelings of frustration and sometimes I get angry at myself for not having done a better job of making choices and decisions years ago that would have served me well at this time of my life. I also realize that I cannot change what I did or did not do in the past that might have substantially altered my life experiences. However, I have chosen to learn from my past experiences and do whatever I can do to make a difference at this time of my life and I encourage you to do the same.

So, what do we do with these feelings that may creep up from time to time? Well, first of all the one thing you can count on is that these feelings will creep up on you and when they do it is imperative that you know how to handle them properly because the last thing you want to do is to create more difficulty for yourself. Equally important is to not deny, stifle or suppress these feelings but they must be vented carefully. Sometimes I get overwhelmed and even a little frightened. While it doesn't necessarily change anything I find that a good cry is like a deep cleansing from within and I highly recommend its therapeutic values.

Another productive way to manage the onslaught of these feelings is to write them down in a notebook, journal or on your computer. It is far more therapeutic when you allow yourself to disregard the rules of writing and just let your feelings pour out. You will be amazed to see how much better you will feel afterwards. Don't be surprised if an answer that wasn't clearly visible to you previously suddenly leaps right out in plain view.

A word of caution to be taken seriously is in regard to the matter of pouring out your feelings in the presence of others, especially your spouse or significant other. Please remember that your friends or loved ones are not therapists and are not usually equipped to manage the basis of your feelings so spare them the agony. When we are overwhelmed with our feelings we are also quite vulnerable and having a safe haven is critical. The last thing we need is for someone to berate, judge or criticize us.

There are many other therapeutic ways to cope with these feelings which can include things like bike riding, painting, visiting a museum, see a movie, etc., etc. The idea is that you do something to vent those feelings because if you stifle or suppress them they will eventually surface in some unpleasant manner - above all don't dramatize them.

With courage and persistence you can overcome ~

Linda