

Lesson 40: Reflecting on the Journey of Self-Discovery

If you have been following the weekly lessons here on the Dragon of Drama website or even if you are new to the website you are here because you have a desire to change something about your personal circumstances that relates to the purpose of this website which is to understand the nature of your personal reality. Perhaps you have encountered difficulties in your relationship with others or you wish to realize your dreams or achieve certain goals but have been unsuccessful in doing so or perhaps something has hindered you from finding or fulfilling your life's purpose. Whatever the catalyst was that caused you to embark on your own journey of self-discovery it is important that you make a commitment to see your journey through because manifesting the changes you desire is not a one-time event but is indeed a process. As you strive to understand the nature of your personal realities you are encouraged to take a time out so that you can reflect on the progress of your journey. The approach to this lesson will be to suggest to you that you take the time to review what you have learned from the past lessons before moving forward. If you are just beginning a journey of self-discovery the contents of this lesson will be like a preview of what you can expect along the way.

Taking a time out to reflect and review is to afford yourself an opportunity to remember how you felt about the quality of your life experiences or your personal dilemmas when you first embarked on your journey of self-discovery as compared to where you are now. If you are new to this website and about to embark on a journey of self-discovery it is just as important for you to be in touch with how you feel about yourself and your current circumstances because it is the initial benchmark from which you will measure your progress. In either case you are to be commended for having the courage to willingly embark on a journey that can sometimes be a difficult process of personal discovery through a course of self-examination and self-analysis; a feat not many people are willing to take on voluntarily. Seeking the answers that will ultimately explain your undesirable circumstances or whatever your dilemmas are often reveals unexpected truths that surface along the way which can be very difficult to accept especially when they are so contrary to what you have always believed to be true about yourself and your circumstances. It is a process that not only requires the acceptance and integration of these truths but requires making internal changes and alterations before you can see the external manifestations of your desires. The journey becomes that much more challenging when the desired changes do not manifest in your reality as quickly as you would like them to, thus you might become frustrated and want to give up long before the desired changes have had an opportunity to manifest in your reality which is why you must make every effort to hang in there and see the journey through.

A journey of self-discovery requires you to change the way you think and feel, to balance your emotions, to alter or abandon any core beliefs that are not serving you well and to

face the fact that in some cases your life experiences were actually a self-created illusion, a perceived reality as opposed to being the actual reality. A journey of self-discovery also requires you to examine your choices and decisions, especially the ones that were made in response to external influences. The journey of personal discovery is an excursion that typically leads you down unfamiliar paths which are often challenging and require time to absorb and integrate the newly acquired information into the fabric of your day to day life. This is especially true when it comes to accepting unexpected truths that are revealed to you along the way. The journey also requires you to learn how to take responsibility for your own habitual actions and reactions versus pointing fingers of blame on other people, places or things which is by far so much easier to do. On the surface the habitual need to blame someone or something for the events that occur in your life appears to alleviate the burden of being held accountable for your actions and reactions but ultimately never really is. These things have a way of catching up to you one way or another and eventually you will have to deal with them.

While taking a time out from trying to absorb and integrate lots of new information that is probably swirling around in your head it is also necessary to bear in mind that life is meant to be full of experiences, right or wrong, good or bad. What is important about these experiences are the lessons you take away from them which helps you to learn how to make better choices and decisions as you progress along the path of your life. Having the knowledge and the wisdom to make better choices and decisions relies on an honest assessment of knowing and accepting that your own thought patterns, your feelings and emotions, your belief structures and your perceptions have in some way contributed to your undesirable circumstances just as how you chose to act and react to external influences affected the quality of your experiences as well. The benefits of a journey of self-discovery is that you learn things about yourself that you otherwise were not consciously aware of which puts you in a position of power to change the outcome of any situation by the way you choose to respond as well as by the choices and decisions you make. Once you are aware of what is holding you back from having the kind of relationships you desire or from achieving your goals and realizing your dreams or fulfilling your life's purpose you start to expand your horizons. The process of becoming more than what you are leads you along many different paths that can sometimes be very exciting, although there are times when you might feel like you are on a mental and emotional roller coaster ride. While it is necessary for the achievement of your goals, the realization of your dreams and the fulfillment of your life purpose that you take these matters rather seriously, you must also remember that it is just as important not to forget how to relax and enjoy the simplicity of life. After all life is a journey to be experienced over the course of your life-time.

In all the past lessons you have been encouraged to view the nature of your personal realities through a set of lenses that you were probably not accustomed to viewing these matters through which most likely challenged your thinking, opposed your beliefs and

contradicted your perceptions. These unfamiliar lenses served to broaden your perspectives by helping you to see, through your own self-examination, that there was more to the creation of your undesired realities than what you were consciously aware of or perhaps was willing to admit too. This could only be accomplished by revealing the underlying causes and effects that have been manifesting as undesirable circumstances and events in the way of broken relationships, dreams and goals not yet achieved or not being able to find and fulfill your purpose in this life. You probably discovered that in some cases the acceptance of this newly acquired information proved to be much easier said than done. As you look back to the onset of your own journey of self-discovery it is worth reflecting on the things you didn't know about yourself and your circumstances that you have since come to learn along the way and how liberating the acquisition of that information has been for you as you come to terms with what has been holding you back from becoming what you have always desired to become or to experience what you have always desired to experience.

Depending on where you are along the path of your journey of self-discovery it might be that you discovered your talents, skills and abilities as well as your dreams and goals were not taken seriously by people of authority in your circle of life either as a child or as an adult and sometimes even your peers criticized you. You learned that these people who saw fit to undermine your endeavors did not understand or appreciate your aspirations, idea or visions for reasons that were ultimately not your fault. They were reacting from their own limited experiences and their lack of knowledge given that they are

undermine your efforts to achieve your goals and realize your dreams. This censor will describe to you in vivid detail all the reasons why you are not worthy enough, good enough, smart enough or educated enough to succeed in your endeavors in addition to letting you know just how stupid or senseless your ideas, inspirations and visions really are. However, you learned that this archetypal censor has been deceiving you all along and that you can realize your dreams and achieve your goals. Regardless of where you are along the path of your life you can still realize or achieve an aspect of your dreams or goals which is better than to not have realized or achieved them at all. As you progress along the path of your journey don't be surprised to find yourself realizing new dreams and achieving new goals, not to mention there is the likelihood that you will find and fulfill your life purpose as well.

From the past lessons you learned a lot about how your habitual thinking affects the quality of your experiences as well as the beliefs you adhere to that may not be serving you well in the long run and are in need of some alterations. In addition you learned the importance of changing how you perceive your circumstances because perceptions are very subjective to your ego-mind and they can be quite deceptive. There were lessons that focused on the importance of understanding your feelings and emotions and how you can push your strong emotions on others who then react to you negatively which results in the provocation of more undesirable experiences. You learned about the emotional guidance system and that you can visually see your range of emotions along the emotional scale at any given time. This of course was for the purpose of helping you to see when something in your reality is out of balance and needs your attention so that you can resolve the problem in a positive way, thus restoring your emotional balance for the sake of your own well-being.

Some of the lessons included scientific findings that supported the discussions in regard to things like the physiology and the biology of your emotions and how intended thoughts become things from a quantum physics perspective. You learned that thoughts are energy and that they travel along energy fields which we are all connected and interconnected to or as the physicists say "entangled" with. Thus we are human energy transmitters and receivers sharing thoughts that travel along these entangled energy frequencies. You learned that it is to your benefit to guard your intended thoughts because they will return to you as unwelcomed manifestations in your realities which you probably have experienced time and time again but didn't know why.

In the course of the past thirty-nine lessons a lot of ground has been covered which is worth going back and reviewing the topics that were especially relative to you and your personal experiences as doing so often leads you to your "Aha" moment. Sometimes rereading the material is very beneficial because you often see things that you didn't see the first time around. Whenever you are taking in information that might be foreign to you at first it is always a good thing to go back and reread it once or twice more because

you glean more information from each read. It's hard enough to absorb principles and fundamentals you've never heard of before let alone attempt to integrate them into your personal situation which is why it is always a good idea to thoroughly understand the concepts before you try to apply them. The important thing to remember about the contents of all the lessons is that they encourage positive changes in your life experiences by implementing a change in how you think, in how you feel, in what you believe and especially to recognize what your beliefs are and more importantly is the matter of your perceptions which all by itself can make or break the relationships you have with others, the realization of your dreams, the achievement of your goals and the fulfillment of your life's purpose. Trying to successfully achieve any of these endeavors without changing or altering your internal processes will prove to be an exercise of futility time and time again.

While this lesson was an unusual approach to understanding the nature of your personal reality, it was in your best interest to take a time out for the sake of reflecting and reviewing the progress you are hopefully making as you progress along the path of your own journey of self-discovery. Please do not hesitate to contact me if you have any questions or need any assistance. As always I thank those of you who have shared your experiences with me and how the lessons are encouraging and inspiring your personal and spiritual growth.

Many Blessings,
Linda, Z and the Collective WE