

Lesson 42: Being in Harmony

As we strive to understand the nature of our personal reality we discover that there are many underlying mental and emotional factors woven together that have been negatively affecting the quality of our lives in ways that we were not consciously aware of. But as we progress along in our journey of self-discovery, on the path of self-realization, it becomes more apparent just how the various aspects of these underlying factors are indeed woven together and how they have been contributing to the imbalance of our emotions, thoughts and feelings, beliefs and perceptions. So as we begin to unravel these underlying factors by becoming consciously aware of them we slowly bring these aspects into harmony and as we do we become more and more in harmony with ourselves. This week's lesson will emphasize the importance of bringing these matters into harmony which results in being in harmony with ourselves and consequently with those around us, and which of course makes us much happier people.

When we embark on a journey of self-discovery through a process of self-realization it is generally because we have reached a point in our lives where we desire to bring about a positive change in certain areas if not the whole of our life experiences. We start looking for answers that will explain why we have not been successful in attaining something we have always wanted but can't seem to achieve which typically involves the pursuit of health and wealth, relationships, dreams and goals. For many people it's a very important matter of discovering why the condition of their lives have been so dysfunctional and for others it's a matter of learning how to overcome the negative effects of their outdated victim mentality. But regardless of the personal motivations behind a journey of self-discovery there will always be one outcome that every Questor will have in common which is to find out what is prohibiting them from creating the reality they desire as opposed to enduring the reality they are currently experiencing, which is generally not an easy feat for most people. Someone recently described the experience as having "to take something that is out of harmony and bring it into the light, and change it, so that it is in harmony, I think that is an art, unto itself!"

The desire to take something that is out of harmony and attempt to bring it into the light of truth and then change it so that it becomes harmonious with the whole of itself is truly an artistic endeavor. Over the course of time the metaphorical painting on the canvas of your life becomes somewhat distorted as the result of many undetected and unresolved causes and effects that have been smeared over the original artwork, that is, the pure essence of who you really are. Thus, the process of self-realization is symbolic of removing the distortions so that you can become who and what you are capable of becoming. The process begins by first discovering what is out of harmony in your life which is not an easy task. The next step is to get the newly acquired information past your ego which of course is not very willing to acknowledge this newly acquired truth about you and your circumstances. Depending on your state of mind, your ego might be

very inclined to take a strong oppositional stand and will quickly draw a line in the sand and even wage a mental war against your higher mind to protect itself. The Bhagavad Gita is an epic poem that so eloquently describes the ongoing battle between the lower and higher mind in the quest to become “fully realized” as a human being. Arjuna describes the ego or raw mind as being restless and unsteady, turbulent, wild, stubborn and as hard to master as the wind. So as you strive to bring whatever is out of harmony into the light of truth you can expect to be greeted with obstinacy from your ego long before you will actually implement any changes or alterations in your life. Once you have managed to convince your ego to accept what is out of harmony and that a change in your attitude, thoughts, feelings and emotions, beliefs and perceptions is indeed going to create a harmonious relationship between your higher mind and your lower mind, thus allowing you to be mentally, emotionally and spiritually balanced, can you then implement the changes and alterations into the fabric of your day to day life.

Taking something that is out of harmony and bringing it into the light of truth requires courage, commitment and diligence which means facing the unpleasant things you are likely to learn about yourself that will definitely surface when you go looking. The Bible clearly says to “ask and it shall be given you; seek and ye shall find; knock and it shall be opened unto you” (Matt 7:7), but you have to be ready and willing to accept what you will find once you become a spiritual Questor. The acceptance of the information that will surface by whatever means that it does, as no two journeys of self-discovery are ever the same, can be very difficult to come to terms with especially when it challenges your customary ways of thinking and opposes your long-standing related beliefs and perceptions whether you are conscious of them or not. This is where the line gets drawn in the sand and the battle really begins because your lower mind is not quite so willing to accept these things at face value especially when in its view there is sufficient proof to substantiate its belief that certain external causes have accounted for the undesirable circumstances and events you have experienced in the course of your life. If your lower mind has spent years holding fast to the belief that someone or something other than yourself created the situations you have experienced and you are merely its victim, it is not suddenly going to change its position. Your lower mind will need some time to digest this new information about yourself and your circumstances before any changes or alterations can be made. Your lower mind will have to understand how its perception of the causes and effects responsible for the outcome of your life experiences are suddenly deceptive and that a reality that it had perceived all along to be as real as real can get is now nothing more than the illusion of a perceived reality that you unknowingly created.

Now if this isn't enough of a psychological overload for your lower mind to contend with, it now finds itself being placed in a position of accountability and is expected to take responsibility for its actions and reactions, choices and decisions that had previously been based on what appeared to be solid evidence that someone or

something else was responsible for the failures or mistakes you made and had to endure the consequences of. So as you find yourself contemplating issues that just a short time ago were virtually non-existent in your reality, you can see how overwhelming the process of self-realization can actually be. Your lower mind will try everything in its power, including the shallow use of denial, to find a way to overcome the mental and emotional affects from the unexpected assault of information that has now, by the choice of your higher mind, been placed under indefinite siege, at least from the perspective of your lower mind. Your lower mind will remain in this temporary state until it feels safe and is no longer threatened by the sudden desire to change its long-held and well-guarded perception of your reality. Over time your lower mind will come to accept the changes and alterations as a means to experience a far more productive and beneficial experience in its new reality.

This seemingly defensive explanation makes it appear as if your lower mind is not only in control of your thoughts, feelings, emotions, beliefs and perceptions and consequently your overall mental attitude but that it is ultimately out to get you or to do you in. This is not true! What is true is that your lower mind has been given carte-blanche to program itself in accordance with what has been programmed into your subconscious mind. Collectively speaking, your lower mind has been working in tandem with the habitual functioning of your very subjective subconscious mind simply because you have unknowingly been giving it permission to do so all along, thus it has been comfortably functioning in this subjective capacity for a very long time. Your lower mind does not easily embrace change so in order to change or alter its well established programming that operates like clock-work you will have to treat it much like a hard drive. Unfortunately you cannot simply delete or erase any inaccurate information from your lower mind but rather you will have to rewrite a whole new set of instructions for your lower mind to follow from this point on and in due time your subconscious mind will establish the new instructions as habitual behaviors which will also become encoded data that is stored in your body on the molecular level. This is precisely why habitual patterns of behavior are not always so easy to change. It is always much easier to form a new habit than it is to rewrite an old one because habitual behaviors do not just lie on the surface of your conscious awareness but rather they become embedded codes that send and receive neuronal signals all throughout your body including your brain.

It is not a simple matter of waking up one day and deciding to change the way you think or feel about something any more than it is a simple matter to change or alter your core beliefs over night, especially the ones you had no real previous awareness of before but acted on habitually, or to change the way you perceive yourself and your circumstances even if they have been very deceptive and certainly not in your best interest. The practice of intended thought, regardless of whether it is on the sending or receiving end of the intention takes an indefinite degree of time to embrace on every level of your psychological, biological and physiological being. Whenever you invoke a change by

intention every nerve, cell, muscle and fiber of your body is involved in the integration. In other words you are literally rewiring your entire neuronal circuitry board from the inside out as you work to bring into your conscious awareness what is out of harmony in your reality. One of my favorite quotes more than adequately describes the flow of reality as it pertains to our thoughts, beliefs and perceptions that over a course of time establishes a condition as being our true reality whether it really is or not and is as follows:

Reality is what we take to be true. What we take to be true is what we believe. What we believe is based upon our perceptions. What we perceive depends upon what we look for. What we look for depends upon what we think. What we think depends upon what we perceive. What we perceive determines what we believe. What we believe determines what we take to be true. What we take to be true is our reality - Gary Zukav.

Although the flow of reality appears to be a bit twisted there is something to be said about taking a situation or an event that is subjective to your thoughts, feelings and emotions, beliefs and perceptions and then calling it your “true reality.” Such an inconsistent manner of mentally establishing a reality puts you at risk to create a reality that you really do not desire to experience even though you really believe this is your true reality. So in order to recreate your undesired realities, or your perceived true realities, to becoming your desired realities takes a bit of work to alter or change your beliefs and perceptions as well as the manner in which you are accustomed to thinking and feeling which, like it or not is a rewiring process that takes time, effort and patience before a new experience is manifested as your true reality.

It took some time, perhaps many years, to get where you are at this point and time of your life so it stands to reason that it will take some time before the changes and alterations you begin to implement into your day to day living actually becomes a part of the fibers of your being. At first you can expect to see small and subtle changes and then after a while you will begin to experience these changes and alterations on a larger scale. In time you may even find yourself having embarked on an entirely new path that will lead you to even more new adventures you never imagined or thought was possible to experience. Nonetheless, whatever you will experience will always be subjective to your beliefs and your perceptions and so it is to your advantage to keep these things in harmony with one another so that you do not create distortions on your canvas.

As your lower mind slowly incorporates a new way of thinking and feeling, believing and perceiving your emotions will also come into a harmonic state of balance. As you continue along the path of your journey of self-discovery through the process of self-actualization you will find it easier to clear away those distortions and as you do the painting that you see before you on your metaphorical canvas will become more and

more in harmony with the essence of who you are and what you are capable of becoming which ultimately is your true and desired reality. Dr. Michael Beckwith is quoted as having said in the internet movie, *The Secret*, that “you can begin to generate within yourself a feeling tone of harmony and happiness” and that “the universe will correspond to the nature of your song.” These are not statements that are founded on wishful thinking but are fundamentals that involve the metaphysical and spiritual application of the principle of “right thinking.” The Buddha taught this very same principle when he laid out the fundamentals of the Eightfold Path, which as you might recall from previous lessons, is a matter of diligently employing the disciplines of right speech, right action, right livelihood, right effort, right mindfulness, right concentration, right view and right intention. The integration of these disciplines in your day to day life results in an external manifestation of the internal harmonious and balanced state of your entire being.

Make no mistake, the application of these fundamentals which in turn disciplines your lower mind and prevents you from making the kind of mistakes that are both undesirable and life-changing, that threatens to harm you on any level of your being as well as to harm someone else is without a doubt worth the painstaking effort of being in harmony. Living in a harmonious state of mind as the result of having brought your own underlying and undetected issues into harmony is truly “priceless” in every sense of the word. But the courage, commitment and diligence it takes to see such a journey through does not come without its price to pay as the often unpleasant underlying factors begin to surface and are revealed back to you like a mirror. Nonetheless, if you can hang in there and see your journey through you will one day look back on the experience and wonder why this didn’t happen to you sooner.

While reflection is a good thing please bear in mind that you arrived at the exact appointed hour you were supposed to arrive which is always at a time when you are ready to accept the truths that will surface and the changes and alterations that will have to be made even when you feel like quitting or giving up. You can be assured that your higher mind along with your spirit guides are doing all they can, without interfering with your free will, to get you right where you need to be. They know and see what you do not know and cannot see which is why you really do need to trust in your intuition which is being guided by your higher mind and your spirit guides. Whether you choose to believe in the spiritual and metaphysical methodology of being in harmony is your choice to make but ultimately the proof will speak for itself as you come to experience these things first hand. This is, after all, precisely how those of us who have dedicated ourselves to being beacons of light in our quest to help you navigate your way into safe harbors have arrived where we are today. We traveled along these very same paths, unique only to our personal experiences, and we too often went the course kicking and screaming every step of the way.

In closing we sincerely hope that we have enlightened you sufficiently in regard to the need and the benefits of being in harmony with every aspect of your being. We hope too that we have encouraged and inspired you to keep moving forward and to not be afraid of the path that lies ahead. I thank those of you who have been sharing your experiences with me. Should you have any questions please feel free to contact me at the email address given below.

Many Blessing,
Linda, Z and the Collective WE

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Resources and Recommended Reading:

Bodhi, Bhikkhu. In the Buddha's Words, An Anthology of Discourses from the Pali Canon. 2005.

Byrne, Rhonda. The Secret. 2006.

McTaggart, Lynne. The Intention Experiment. 2007.

Mitchell, Stephen. Bhagavad Gita, A New Translation. 2000.