

Lesson 43: Striving Toward Your Ideals

As children and young adults we typically envision certain ideals that represent the kind of things in life we would like to experience. Some of us set our sights on manifesting our ideals in which case they become the roadmap that leads us to the realization of our dreams and goals. But some of us are hindered for any number of reasons which can cause us to put little or no effort into manifesting our ideals. Sometimes we even find ourselves living up to the expectations of those whose influence over us is stronger than our own desires and we become only what we are expected to become regardless of the desire to pursue our own ideals. Whether or not we have satisfactorily met the expectations of others or have denied ourselves the right to manifest our ideals for other reasons, they will continue to burn like glowing embers deep within our hearts. The lesson this week will examine the reasons why we should strive toward our ideals and not suppress them in spite of any internal or external resistance.

The lesson begins with an understanding of what an ideal is as it applies to the topic of this discussion. The dictionary defines the word ideal as an ultimate object of endeavor; a goal. Generally speaking these ideals develop early on in our lives and if properly cultivated they become goals that we not only set out to achieve but are likely to succeed in achieving them. Sometimes an ideal turns into much more than the ultimate object of the endeavor. Not only does the goal get achieved but as the endeavor develops from stage to stage the ideal broadens along with the success of the endeavor and becomes a much greater accomplishment than what was anticipated. Consequently, our lives are shaped, molded and remolded as the stages of our ideals develop and progress. Now while this translates to another dictionary definition as being the perfect scenario for some people there are those of us who cannot seem to cultivate an ideal from start to finish. So what makes the difference, why is it that some people seem to sail right through their endeavors and manifest their ideals as if it were a walk in the park whereas others just can't seem to get to first base?

The difference begins with acknowledging the fact that no ideal can be realized or manifested in your reality without a commitment to see the endeavor through. Realizing your ideal rests squarely on what you are thinking at the moment you first give thought to your ideal. Your ideal has to be alive within you so much so that you can actually feel it with every one of your five senses. The result is that you simply cannot feel it from within and not experience it from without because there is a cause that has to produce a like effect. An ideal is first mentally conceived then it is built up on the mental and emotional planes as a desired experience in your life. In this sense an ideal is defined as being a conception of something in its absolute state of perfection. The ideal that you envision at any stage of your life becomes a concept in which you see your ideal as being a perfect fit for you. The scope of your ideal begins to widen as you consider all the many possibilities which can become a reality in your experience

because the thought you are giving to your ideal is a form of energy, thus like attracts like and your thoughts really do become things. Your own internal unrest urges you into action and you will begin the journey of your endeavor. However, this is precisely where the breaking point is for many people who at first respond positively to the urge to act on their ideal but end up veering off their paths, sometimes completely frozen in their tracks. Unfortunately, they don't always make it out of the starting gate or they only get to first base simply because they got overwhelmed in their effort to work out all the details right from the start.

When you get to the point where you cannot see what lies beyond the horizon do not stop dead in your tracks, do not let go of the reins and definitely do not look down as you are crossing over any bridges of uncertainty. Instead you will have to learn to trust the minute details to work out without your direct intervention as there is only so much you can tend to upfront. Much to your surprise you will find that the details have a way of working out all on their own accord through the unfolding of synchronistic events. These unexpected events are typically generated by the direct or indirect involvement of other people, places or things that suddenly show up on your radar and that support and often expand on your initial plans. It is one thing to have a jumping off point, a starting plan, but it is another thing to undermine your own efforts before you give yourself a chance to see your endeavor through simply because you cannot see your endeavor through from start to finish all at once in your mind. You don't have too! All you need to do is to conceive the ideal in your mind, then allow it to build up in your mind and in your emotions and then act on it as you are led to. Whatever you do try not to come out of the starting gate too soon but even if you do take a moment to reassess your motivation to be sure you are not acting on an impulse or a whim but that you are acting on inspiration. As you move from stage to stage of your endeavor you will find that one door of opportunity opens up to other doors of opportunity; that is just how it works. A very important fundamental to remember is that you are never a one-man show; you are never involved in your endeavor alone but that other people, places and things have a place in the pursuit of your endeavor. If you try to go it alone you will cut off any vital sources or resources you need to see your endeavor through. Consequently, if you want to see your ideal become your reality you do not want to throw out any obstacles or exclusions on your path that are not going to be to your benefit.

If you have not pursued your ideal when you first became aware that this was the path you wanted to follow there are usually three reasons for not doing so. The first is that someone saw fit to burst your bubble because they didn't see what you saw as being possible or considered it a worthy endeavor, consequently they did not support your ideal. The second is that you may have taken on responsibilities, i.e. family and financial obligations that caused you to put your ideals on the back burner, hoping that you will get to pursue them later on down the road of your life. The third is that from your perspective you see the failure of your ideal as simply being your lot in life and you

just accepted it for what it is rather than to explore creative ways that will enable you to manifest, at the very least, an aspect of your ideal. If the first reason for failing to pursue your ideal applies to your circumstances then you owe it to yourself to rethink this situation through because really, how could anyone determine the path of your life other than yourself. If you are following your intuition then how can you go wrong? If the second reason applies to you then you may very well be constrained to the boundaries of your responsibilities and obligations. Nonetheless, if your ideals are important enough you can find a way to manifest them into your reality in some way that does not place an additional burden on yourself or those who are dependent on you. If the third reason applies to you, nothing is ever your lot in life. Regardless of the causes that created the effects you are obviously dealing with this is not your one and only reality but rather it is a temporary reality that can be altered or changed in accordance with your own thoughts, feelings, beliefs and perceptions. When you change or alter any of these you likewise change or alter your possibilities. In all cases the sky is the limit and it is never too late where your ideals are concerned if you believe it to be true. If you have cause for doubt then you will be the bearer of your doubts which will always be a mirrored reflection in terms of what you will or will not accomplish.

Sometimes we find ourselves bound to certain situations for one reason or another but again, these are only temporary realities that exist for a period of time. It is not necessary to attempt to list them here as there are so many possibilities given the nature of personal realities. The fact that you know your own circumstances it is very likely that you are able to identify why you have not or are not pursuing your ideals. Nonetheless, these situations are not necessarily undesirable as much as they simply are not what you truly desire in your heart, although they may have served a much needed purpose at the time. But if your ideal begins to draw on you like a magnet, which it will eventually do, your emotions will start to wrap around the mental image of you actually experiencing your ideal in real time and that will excite you. As you daydream about what it would be like to live out your ideals you start feeding it energy and as that energy mounts up it becomes more and more alive until it is humming inside of you like a small motor. As you become engrossed in the idea of experiencing your ideal you might find yourself gravitating toward the exploration of that desire and as you do doors of opportunity will suddenly begin to open up. There are countless stories told about people who were functioning quite well in their day to day lives but who decided to act on an inspiration; to do something that they were passionate about, and before they knew it they had not only outgrown their current situations they took the plunge and left their current lifestyle behind so that they could live out their ideal. What happened was that they responded to an internal desire which ultimately gave them a sense of inner satisfaction that generated the feeling of being happy on a much deeper level. A word of caution is that when acting on the inspiration to pursue your ideal involves more than

yourself it is always a good idea to be sure your family supports you in your endeavor because what you hope to accomplish does affect their well-being too.

On the flip side of the coin is a condition that is often thought of as the curse of the average person known as “commonness” which results from a lack of aspiring ideas and ideals. These are generally the people who live out their lives vicariously in the shadows of those who actually were inspired to live out their own ideals. On the surface these people affected by commonness appear to be happy and content with living in the basement of their lives while others around them are living in the upper floors of their lives. It is not that a candle of desire to be more than they are does not burn deep within them, it is often that they are lacking in self-worth, confidence and the belief that they can live out their own ideals, thus they block inspired thoughts, ideas and visions in favor of living out somebody else’s aspirations. Consequently, they are consciously or unconsciously hindered by their own obstacles. These obstacles are usually mental and emotional roadblocks they have allowed the affects of to hinder them from realizing their own dreams and achieving their own goals, in the event they should rise to the surface. Self-deprivation in this respect is the result of latent aspirations that were not given the chance to develop much like seeds that were not planted in fertile soil. If the aspirations, like the seeds, are not nourished they will die from neglect. Such people become purposeless when it comes to acting on their own aspirations and ideals but strive for purpose in the shadow of others, yet cringe at the very thought of actually stepping into the shoes of success.

We will either rise in the pursuit of our ideals or we will fall by disregarding our ideals. Ideals are not something that appears in our conscious awareness out of nowhere. They are a divine inspiration; they represent the essence of who we really are, it is how our higher self wishes to manifest on the human plane. Not acting on our inspirations and ideals is to suppress the essence of who we really are as well as to shut out the desire for our higher selves to manifest its presence in our physical state. The results of taking such actions or inactions, as the case may be, are usually not in our best interest as it often leads to feelings of restlessness and dissatisfaction. Many people spend a lifetime looking for something to satisfy their unquenchable or insatiable desires that are transient at best when in fact what they really want, but don’t realize it, is to become what they are truly intended to become. A true sense of satisfaction does not come from material possessions or from acquiring wealth, these are external, it comes from deep within us as the result of pursuing what we are supposed to be pursuing and becoming who we are supposed to become. Then and only then will our souls rest in its accomplishment, anything we accumulate externally is icing on the cake and should be for the betterment of humanity and the world we live in as well as for our own pleasure.

Every individual is entitled to achieve their ideals simply because it is their birthright to do so. People who recognize this tend to throw themselves into the pursuit of their

ideals, they remain loyal, committed and dedicated to their ideal and will pour the whole strength of their being into succeeding in their endeavors while others sit on the sidelines mocking them for their accomplishments or envying them for who or what they have become. These people who are looking through a narrow set of lenses do not realize that they have the same birthright and the abilities to succeed in their own endeavors and to one day manifest their own ideals. The only requirement was for them to heed the calling just as those whom they mock or envy saw fit to heed to their own calling. No one is ever left in the dust where the realization of ideals is concerned because there are no well kept secrets. There have been many people who have shared the wisdom they gained from the lessons they learned along the way as they acted on their inspirations and lived out their ideals. What is different about them is the manner in which they allowed themselves to expand mentally and morally, thus the true measure of their success lies not in their accumulations but in their souls. Every human has an ideal within them that is customed tailored to their own heartbeat. It's just a matter of tuning into your own heartbeat and then following the path your ideal will lead you along intuitively.

We hope that this lesson will have awakened you to the realization that you should strive toward your ideals because to do so is to not only accomplish something that is meaningful and purposeful to you but that it is the completion of the essence of who you are in spirit first and then as a human being.

Many Blessings,
Linda, Z and the Collective We

Reading Recommendations:

Allen, James. As a Man Thinketh

Cameron, Julia. The Artist's Way

Hill, Napoleon. The Law of Success

Marden, Orison Swett. Victorious Attitude

Maxwell, John C. How Successful People Think

Mulford, Prentice. Thoughts are Things

Troward, Thomas. The Creative Process in the Individual