

Lesson 48: The Relationship between Conscious Actions, Empowerment, and Responsibility ~

In the past lessons we have covered many aspects about the nature of your personal reality such as the role your thoughts, feelings, beliefs and perceptions play in forming your prevailing mental attitude which in turn forms your realities. In this lesson we would like to discuss another aspect of the nature of your reality which has to do with your conscious actions, whether or not the choices you make are empowering you and how much responsibility you are willing to accept in shaping or reshaping your current reality. There is a relationship between your conscious actions that relates to the degree of your personal empowerment and the extent of your responsibility, based on the conscious choices you make. Your conscious actions are the product of your conscious and unconscious awareness which ultimately accounts for the realities you will experience and the quality of them. The degree of your empowerment or the lack of it relates to the level of your conscious awareness which in turn directs your actions. In this sense your conscious actions, your level of empowerment and the degree of your responsibility are not isolated but are all interrelated. This lesson is designed to help you learn how to integrate your conscious actions, your personal empowerment and your responsibility so that all three are in harmony with one another.

We would like to begin by first explaining that the degree of your empowerment and the extent of the responsibility you accept for your actions are dependent on what you are consciously aware of. Consequently, the more aware you become in understanding how you create your own experiences, the more aware you will be when you make choices that influence your circumstances. But since most of you are not yet aware of the potential power you possess within you to shape and mold your own personal experiences, it is worth your while to explore what is preventing you from making better choices that will not negatively affect the nature of your personal reality. This is very important because the kind of choices you make can disempower you and, of course, limit the acceptance of your responsibility in the creation of your realities.

In order to become consciously aware of the realities you create you must begin by understanding that all of your experiences are the product of the thoughts that are contained inside the framework of your own mind. Nothing in your reality exists apart from yourself, the situations you encounter are the result of the positive or negative thought-energy that forms your realities. Consequently, you are never at the mercy of your realities, whether they are created solely by you or are influenced by others in your environment who are either of a like mind or who are oppositional to your mindset and your mental attitude. Either way you still have the final say in what does or does not become your reality even when certain undesirable events occur in your lives. This is a fundamental that must be emphasized so that you completely understand that while you may find yourselves appearing to be at the mercy of unwanted and undesirable

circumstances and events you are never at their mercy even though you believe you are. When these situations occur in your reality you still have the ability to make choices that enables you to divert any negative energy, thus, you affect what realities will play out. However, you cannot be empowered to divert negative energy if you are of a negative mindset and are not consciously aware of what is going on around you and within you. While accepting responsibility for your role in the situation gives you leverage and is certainly beneficial to you, it is the acceptance of the responsibility to change or alter an undesired situation that empowers you even more. This empowerment comes by way of accepting that a certain undesirable situation has occurred in your life; that an experience has been brought to bear upon you that you did not directly choose or desire but that you are willing to take responsibility for your actions in response to the situation. Your actions become the catalyst that changes the directional flow of any negative energy. By the choices you make and the actions you take you actually change or alter your experience. What presented itself initially as an undesirable circumstance or event in your reality changes its course of direction in accordance with the positive or negative energy you choose to put into the equation. If you add negative energy the situation will become that much more negative and likewise if you add positive energy the situation turns itself around to become more favorable and beneficial to you. Ultimately you are empowered to change the energetic flow of your experiences, thus you shape and mold your own realities through the action of choice.

Many of you are still of the erroneous belief that you are victims of your circumstances or that you have been unfairly inflicted by an external influence forced upon you. In most cases such situations are more of a perceived viewpoint than a true reality. Basically your mental attitude is that you have suffered a plight that was brought to bear upon you and you feel victimized. Nonetheless the realities you experience can have a very different outcome but that outcome is dependent on your attitude toward it and the perception you choose to view it through. If you hold to the mindset that you are a victim of your circumstances then you will live in a state of mental and emotional bondage to your perceived reality. We have been teaching you all along that when you change your perceptions you begin to change the quality of your reality. But there is much more to the picture. Sometimes you are confronted with certain obstacles that you believe others have for one reason or another placed in your path. This is not always true. Mostly you set these obstacles in place by the limitations of your own thoughts, feelings, beliefs and especially your perceptions as well as the choices you make. Your conscious actions are relative to how you perceive these obstacles. If you perceive them being unfairly placed in your path by some outside influence then you will not overcome them easily if ever at all because you are automatically hindered from identifying their true origin, thus you have a strong tendency to want to find fault with someone or something. When you raise your conscious awareness you will not be inclined to find fault with anyone or anything but rather you will be inspired to seek a

solution to your situation. In this respect you accept responsibility for your circumstances by taking positive action which will empower you to find the solution or to learn a necessary lesson from the experience. Whenever you give your energy to finding fault you set your feet on a never ending unproductive course of always needing to blame someone or something in every undesirable circumstance and event that occurs in your reality. Thus, you will continue to experience more and more undesirable realities until you stop the destructive habitual pattern of needing to find fault rather than to exert the same degree of energy in a quest to find the solution. Remember that it takes the same degree of energy to think and act negatively as it does to think and act positively so why not exert your energy in a far more productive and beneficial direction.

The matter of exerting positive energy where an undesirable situation is concerned warrants further explanation so that you are not led astray in this regard. There are many positive-thinking gurus professing the power of positive thinking even when the situation at hand does not warrant any positive thoughts. Although the basis of such advice is certainly credible there are times when it is not healthy or beneficial for you to deny your true feelings. When you are confronted with an undesirable situation regardless of its source this is not the time to suppress your feelings. It does not matter at that moment if your feelings are right or wrong, good or bad. Attempting to deny an undesirable experience or your feelings about it does not discount it as a bonafide experience anymore than it can discount your feelings. In fact attempting to deny either the experience or your feelings actually compounds the situation rather than to relieve it. You cannot sweep your true feelings under the carpet or hide them in a closet but rather you must allow yourself an opportunity to express what you really feel about the situation. Your feelings are the emotional expressions that become your own personal guidance system. They alert you to the dangers of the situation at hand. In other words, if you are fearful, anxious, angry or resentful for example, this is an emotional gauge built right within you to help you move up the scale from your current position of negative feelings once you become aware of your feelings. While it is certainly healthy to be in touch with your emotions it's a whole other matter to remain stuck in the rut of negative emotions that ultimately are unproductive. The idea is to move up along the scale of your emotions by allowing yourself to become empowered which occurs by making productive choices. If you can remember that ultimately it is you who will benefit in the long run and it is you who is empowered to change the nature of your current reality you will not choose to linger very long in a state of emotional distress.

Learning how to make good choices that are both productive and beneficial is a learning process. It begins by recognizing a very simple fact which is that if you are capable of making a poor choice then you are also capable of making a good choice. Every negative action you choose to take can be countered by a positive action. The key to taking positive action is in "choosing" to take positive action but more so it is to understand the fundamental difference between the two. Choosing to take negative action will only

bring more negativity into your reality as like will always attract like. The polar opposite is choosing to take positive action which of course will attract positive results. The bottom line is that once you choose to take any action, positive or negative, you are ultimately responsible for the choices you make. Because you are the beneficiary of your own choices you cannot rightfully say that you are a victim of your circumstances. The consequences will either align with your desires or they will be contrary to your desires but either way you are always responsible for the outcome. So rather than choose to make poor choices and be miserable you can feel the freedom to make good choices and be happy, content and productive but most of all is to free yourself from the undesirable affects of cause and effect – aka, consequences. You always have direct control over your thoughts and your actions which are evidenced externally by the choices and decisions you make. The more your actions are aligned with your self-less desires the more you are empowered to change or alter your reality and of course, the more your actions are aligned with your selfish desires the less you are empowered to change your reality.

Your conscious actions are not just the result of your conscious thoughts, feelings and beliefs; they are also interconnected with your unconscious thoughts, feelings and beliefs. Just because you are not consciously aware of them does not mean they are not an unseen driving force operating below the surface of your awareness. Your unconscious thoughts, feelings and beliefs are equally responsible for the choices you make and the realities you create. When your realities are undesirable it is up to you to investigate the unseen causes. Most of the time these unseen causes are attributed to your belief structures which are ingrained in you from childhood and is something you seldom give thought too just as your thinking patterns and actions are so customary and habitual to the point where they become more like a knee-jerk reaction rather than something you actually give conscious thought too. Not many people take the time to examine their own core beliefs; they unknowingly react to them time and time again never realizing that these beliefs lie beneath the surface of their conscious awareness and that they are driving many of their habitual thought patterns, demonstrated in their external actions and reactions. The results are that you so often feel a sense of hopelessness when it comes to being empowered to change the nature of your reality. What you do not realize is that you have everything you need within you to be empowered to change your reality. No one can do this for you, just as no one can make you miserable anymore than they can truly make you happy. These beliefs and perceptions are a state of mind that relates to your self-worth that you manifest on the outside. When you relinquish your point of power and allow others to dictate when you are happy or when you are miserable you forfeit your personal freedom. You are no longer in control of your own circumstances, thus you are co-creating your experiences with the desires and wishes of another person who is of the belief they know what is best for you. People who have the need to control the behavior and feelings of others are

emotional vampires. These are people who have not examined the nature of their own personal realities and are usually in denial of their own undesirable circumstances, pretending theirs does not exist as it does. They perceive themselves on the outside to be something other than what they really are.

Empowerment can also change or alter your past experiences just as it affects your current and future experiences. By taking responsibility for your thoughts, feelings, beliefs, perceptions and actions you change the energy of a past event. No reality is ever fixed or permanent but rather every reality is temporary in nature. A reality is nonexistent until it is formed by your thoughts, your feelings, your beliefs and your perceptions. Reality exists only as a potential in a sea of infinite possibilities that you bring into creation by the actions you choose to take regardless of whether you are the author of your reality or you have been influenced by someone or something. In all cases, you always have the power to change or alter any reality that is brought forth. You are never at the mercy of any condition or situation as being your lot in life because such a state of disempowerment does not exist except in the confines of your mind. It is up to you to step outside of the boundaries of your present mindset by discarding any disabling beliefs, change your habitual ways of thinking and be in touch with your true feelings. Most of all change or alter your viewpoint which means changing the way you perceive yourself and your circumstances. When you apply all the fundamentals and principles described in this lesson as well as those discussed in past lessons to your day to day experiences you will see a subtle change begin to take place. As you integrate these fundamentals and principles the quality of the realities you experience will become more and more aligned with your inner desires. Eventually your inner desires will align with your outer reality and you will encounter new and unexpected very desirable experiences.

In closing we hope that you will have a much better understanding of how the relationship between your conscious actions will or will not empower you and how the acceptance of responsibility for your actions based on the choices you make ultimately assists in the creation of your realities. Please feel free to share your thoughts, questions or personal experiences.

Many Blessings,

Linda, Z and the Collective We

Recommended Reading:

Choice Theory, A New Psychology of Personal Freedom by William Glasser, M.D.

Power vs. Force, The Hidden Determinants of Human Behavior by David R. Hawkins,
M.D., Ph.D.

The Power of Now, A Guide to Spiritual Enlightenment by Eckhart Tolle

The Nature of Personal Reality, A Seth Book, by Jane Roberts

You Can Heal Your Life by Louise L. Hay