

## Lesson 49: Living a Liberated Life

To live a liberated life is to be free of any mental, emotional and spiritual bondage. For many people reaching such a state of existence is no easy feat. You are hampered in your efforts because you are affected by many internal and external influences that you are not aware of. It is not that you are not capable of living a liberated life; it is that you either do not believe it is possible, or you are not aware that something unseen and undetected is hindering your efforts. You have a tendency to want to compartmentalize and intellectualize the matters of life and living, however, your Being does not rest on compartments or intellect but rather you “Become” as the result of having attained a greater conscious awareness. Reaching higher levels of conscious awareness is a process that unfolds on the spiritual plane as you come to understand the true nature of your personal reality. When you learn how to manage your strong emotions, examine your core beliefs and alter your perceptions you are released from the grips of your ego-mind. The lesson this week will walk you through a series of intended mental and emotional triggers that hopefully will awaken your conscious awareness to the existence of them in your reality, where they apply, so that you can live a liberated life here on the physical plane.

Your existence on the earthly plane is composed of your inner and outer being. Your outer being is the aspect of you that is externally manifested and is visible to the outer world. It is also the part of you that interacts with your environment and the world you live in. The inner you is the true nature of who you really, it is the very essence of you and it holds the key to the true purpose of your physical existence. Unfortunately, your true nature is camouflaged by the events and circumstances you encounter in the course of your life that is in contrast to the desires of your inner self. While your outer self is constantly being shaped and molded in accordance with your environment, your true identity remains within you and is always seeking a means with which to express its existence externally. You suppress your true identity because you are not really aware of its existence within you anymore than you are aware of its true nature. Because you have become so programmed to rely on your own efforts for your perceived survival you tend to create undesirable realities that you mistakenly believe someone or something other than yourself had a hand in creating. You live in a suppressed state of existence, never allowing the real you to surface or at the very least allowing only a small portion of your true identity to surface. But the very act of existence requires much more than self-preservation and survival instincts. As a universal Being your human existence requires that you individuate and reach a level of self-actualization. Life is not so much about acquiring material possessions and wealth, but rather it is the unfolding of the real you, that which exists within you, so that you can reach your full potential and fulfill the purpose of your very existence.

Many of you do what is required of you in accordance with the expectations of modern day society. You follow along the path that is laid out for you and you become that which you are expected to become in terms of your accomplishments and your achievements. Yet there lingers deep within you a yearning that cannot be superficially satisfied and has nothing to do with appeasing the status quo. This inner yearning enters into your awareness as feelings of restlessness and an overall sense of dissatisfaction, often in spite of your personal accomplishments. You recognize the fact that something is missing from your life but you can't quite put your finger on it. This is the inner self attempting to communicate that it desires the manifestation of something more or something other than what has been accomplished on the surface, that the purpose of this life existence has not yet been fulfilled. This is not to say that your accomplishments have no value in your life because they do. Whatever you have accomplished was necessary and served to meet certain criteria for your personal needs, responsibilities and obligations. These were the conditions that you consciously set the parameters in place for earlier in your life and then set out to achieve them.

In spite of the yearning from within to reconnect with your inner self, the fulfillment of your inherent needs remain unidentified in your conscious awareness. The inability to connect with your true self causes feelings of isolation and separation not just from yourself but from your immediate environment and then the world at large. You view yourself as being separate from everyone else even though you are directly and indirectly affected and influenced by all the rest of humanity, collectively speaking. Because you do not recognize this yearning to reconnect to your inner self, you seek avenues of external fulfillment such as in the relationships you attract to yourself, in the goals you set out to achieve and the material possessions you hope to acquire as well as the measures of the intended success you hope to attain. But as your sense of isolation and separation grows within you, fear moves in and becomes the driving force behind many of the choices and decisions you have already made and will continue to make. The fears that plague you set in motion a host of inner and outer conflicts. These conflicts form the fabric of your realities as they become embedded in your thoughts, feelings, emotions and beliefs. Your fears are the underlying forces that ultimately distort your perceptions. This undetected distortion appears to your physical senses as your actual reality when in fact it is not but because you are not aware of what is going on beneath the surface of your conscious awareness these undesired realities become what you perceive to be your normal lifestyle which you accept at face value. Within this so called normal lifestyle are certain expectations. As you become more and more programmed to expect certain types of events to occur in your life, these unrealistic expectations shape and mold your experiences. Plainly stated is that if you believe you are a failure then your experiences will fall right in line with being a failure and you will come to expect failure as a normal lifestyle. Whatever you believe you are or are not becomes the catalyst that will shape and mold your realities, desired or undesired.

To compensate for the separation of your true identity, your ego-mind alters your identity. It accomplishes this by allowing you to create a systematic way of identification where your experiences are concerned. You not only create your realities but you apply labels to the events and circumstances that you experience in the course of your lives. In your mind you create images of what you believe is or is not creating and affecting your reality. You create concepts and these self-made concepts become embedded into the structure of your core beliefs. You are consciously aware of some of your core beliefs but there are many beliefs that over time were woven into your belief system without your awareness of them. Nonetheless these belief structures form the fabric of your reality and contribute to what then becomes your habitual behavior. The realities you experience which you consciously accept as being normal circumstances and events of your life are the unseen product of your own belief structure. Through your belief structure you judge yourself and those in your environment as well as the world around you. You view your own experiences through distorted lenses and from the distortion of these lenses you limit the quality of your own realities.

Your thoughts and your beliefs are co-mingled as the existence of one is always dependent on the existence of the other. Thus, your thoughts form the foundation of your beliefs and your beliefs form the foundation of your thoughts. While the need to think is crucial to your survival as well as your accomplishments, the act of over thinking your reality is far more significant because thinking with a perceived identity causes the most damage to your psyche. Thinking will either be your friend or your foe depending on the quality of your thoughts. Thinking, in of itself, is not so much the problem as is the kind of thoughts you are inclined to have. A positive mindset will always be relative to positive experiences just as a negative mindset will always be relative to negative and undesirable experiences. Your ego-mind is not your enemy but rather it is how you use the functions of your mind that becomes your worst enemy. If you program your ego-mind a certain way then you can expect your realities to coincide with that mindset as like will always attract a like-kind result. You simply cannot think with a negative mindset and expect to have positive experiences; these are polar opposites and cannot co-exist on the same frequency. Your ego-mind, left to its own devices and its need for survival in its perceived threatening environment, sets the stage for the experiences you will come to know as being the normal conditions of your life. These conditions are not permanent; they are temporary in their existence and can be changed or altered as the case may be. In order to change your mindset you must come into the awareness that your current mental attitude is not benefiting you as much as it can and should. Once you have this awareness you can change or alter your mindset so that the realities you experience are in alignment with what you truly desire and not what you feel forced to accept.

When you allow your ego-mind to dictate your experiences you are disempowering the use of your mind, thus your mind uses you rather than you using it. The identity that your ego-mind creates for you becomes that which you most identify yourself with even though this is not who you really are at the core of your being. You take on this identity and possess it as though it was the real you, attempting to function within the limited boundaries of this disempowered state of existence. Not only do you accept this identity at face value but you manifest it externally. Consequently, those who know you know only the surface exterior of your being while the real you will continue to exist beneath the surface of your conscious awareness. Attempting to change your mindset not only requires you to become consciously aware but it also requires you to stand aside and view yourself from an entirely different framework, one that is objective rather than subjective. In your everyday lives you are accustomed to viewing yourself from within the subjective framework that your ego-mind has created for you and you never think to question how this framework was built. You take for granted that the person who exists on the outside is really the essence of you when in fact it is merely a suppressed representation of who you really are. So in order to rebuild the framework you must learn how to view your own actions and reactions, your behaviors and the manner of your thinking from an entirely different perspective, objectively speaking. This requires an honest examination of how you function externally. It means observing yourself in action, re-evaluating your beliefs and pay particular attention to your perceptions. As you view your external self you can begin to see how and why you are creating your realities as you do. If you think of yourself as someone whom you have been asked to objectively observe you will gain tremendous insight about yourself. As you gain more and more insight you will begin to let go of the current identity that you possess and the inner you will slowly begin to surface. As your inner self surfaces your ideals will change as will your belief structures and your manner of thinking. Your perceptions will more closely align with the nature of your true reality. As the distortions of your life experiences begin to disappear, both past and present, you will come to view them from an entirely different perspective. The concepts you formed thus far, as well as any pre-concepts will change in accordance with your altered perspective. Remember, that your existing lifestyle consisted of expectations; you not only formed concepts about the past and present conditions of your life but you also formulated pre-concepts that apply to the future conditions of your life making them sure to happen. While you are in this objective mode of observation do not attempt to judge or punish yourself. Doing so will only hinder your efforts and you will have needlessly placed a false guilt on your shoulders which will become just another obstacle you will have to overcome before you can be liberated from everything that has kept you in a state of mental, emotional and spiritual bondage.

When you learn how to watch and listen to yourself from outside of the confines and boundaries of your ego-mind you will have raised your awareness. You will not only be

more aware of your external self, you will be more aware of the essence of you. The old you will begin to fall away as the layers of your perceived ego-identity are peeled back and the essence of you becomes more evident. This is what is known as a spiritual upgrade. In this upgraded state of existence your feelings will fall in line with the nature of your true self and your emotions will be more in balance. It is important to know that a spiritual upgrade is not typically an overnight success story but that for most people it is an ongoing process that you must be willing to see through because there are many ups and downs along the way as the truths concerning the nature of your reality are revealed to you. Such personal and spiritual growth progresses in a step by step fashion. The truths about the nature of your reality are usually revealed to you in manageable segments, affording you every opportunity to work them out as you must before moving onto the next step.

The quantum effect of raising your conscious awareness is that you raise your vibrational frequency. This in turn allows you to be that much more aware and alert to yourself and your environment. Living in a higher state of conscious awareness also raises your energy in the sense that you will feel much more energetic. When you exist in a state of suppression you have a tendency to lack physical energy. A negative mindset along with unbalanced emotions is physically taxing on the body and drains your energy as well as your enthusiasm. It is difficult to feel enthused about life when you are surrounded by events and circumstances that are most undesirable no matter how hard you try to change the outcome. Consequently you feel fatigued more often than not and even your sleep patterns are affected. Thus every aspect of your reality is limited in its potential to experience life from a sea of desired possibilities. When your potential is limited as well as the possibilities that can occur as desirable realities in your experience, you are likely to feel mentally, emotionally and physically drained. From there you become spiritually drained and as you do the purpose of life loses its meaning.

It is for these reasons that living in a state of now is imperative to your well being on every level of your existence. It doesn't really matter what occurred in the past or why it occurred other than to take away from it the karmic lessons that are there for you to learn from. What matters most is that you begin to implement change in the here and now, all the rest of the puzzle pieces will fall into place over time. The empowerment needed to change or alter the course of your life rest in the moment you choose to take hold of the reins; it exists in the "now" moment of your life. No one can make this choice for you, nor can they inflict it or force it upon you; it is a choice you must make for yourself. If you are satisfied with the conditions of your life then it is unlikely that you will have a desire to change anything but if the conditions of your life are such that you are feeling victimized by the circumstances and events of your life you are very likely to seek a change. Most people who are mentally and emotionally traumatized by the conditions of their circumstances eventually come to a point in their lives when they really do desire to know the truth, to know what is going on beneath the surface that

they have been unable to properly identify. When they are willing to go the distance the benefits they experience far outweigh the difficulties that often arise whenever anyone is challenged to change or alter habitual life patterns. It took years of living life a certain way that over time became etched into the fabric of your experiences even if these experiences were not what you desired. It stands to reason then that it is going to take some time to unravel all the tightly wound threads that represent the establishment of your feelings, your emotions, your beliefs and your perceptions. Few people wake up into a brand new “now” without all the bumps and grinds as there are often life-lessons to be learned while traveling along the path of spiritual enlightenment.

In closing we hope that the triggers we have provided will lead you onto the path of your own enlightenment so that you can live a liberated life. If you have any questions, comments or wish to share your own personal experiences along these lines please do not hesitate to share them.

Many Blessings,

Linda, Z and the Collective We

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### **Recommended Reading:**

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

Practicing the Power of Now by Eckhart Tolle

Seth Speaks: The Eternal Validity of the Soul: A Seth Book by Jane Roberts

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

The Science of Mind by Ernest Holmes