

Lesson 102: Acceptance and Detachment

The human experience can sometimes be so complex, so complicated and so hard to unravel its many surface and subsurface layers, which are more often an illusion than they are an actual reality. Knowing what aspects of reality to accept and what aspects of reality to detach from and even knowing how or why can be a difficult task, as making such distinctions is often confusing and ambiguous. As there are just so many variables and so many possible influences, both external and internal, it is often hard to make clear and precise cognitive distinctions, which only just seems to muddy the water that much more. Thus, it is futile to expect to discern the matters of life in the reflection of muddy water, of which there is none. Reality, therefore, is best discerned when the troubled waters still long enough to allow the mud to settle to the bottom, leaving the water above the mud crystal clear. Thus, it just makes sense that the discussion in this lesson should start at the beginning of every human experience, as this is precisely where your reality begins and is where the layers of your own illusions begin to take shape and, likewise, is where they should also begin to unravel.

As the quality of parenting, whether received from a parent, parents or other caregiver, is the first building block that sets the stage for your life experiences, it is, therefore, the initial starting point of acceptance and detachment. There can be no doubt that the quality of parenting or care giving is an essential contributing factor that plays a vital role in setting the stage for the experiences of life, as well as the quality of those experiences that along with other contributing factors can make for a desirable or undesirable lifetime of experiences. While it is common and certainly convenient to blame the parents or caregiver for poor parenting skills, especially when the experiences of life are more undesirable than they are desirable, there are very important factors that simply cannot be overlooked, as this is where and how you begin to accept and detach from the past and start living in the now.

Unraveling the layers of your childhood illusions begins by first accepting the reality that parents are not perfect. They are no less prone to react and respond in accordance with their own perceptions and beliefs as you too are prone to react and respond in accordance with your own perceptions and beliefs. Therefore, they are no more aware of their personal and parenting deficiencies than you are probably aware of your own personal or parenting deficiencies, if this role currently applies in your reality. Their realistic or unrealistic expectations, whether of themselves or of others, including you are no different than how you too are just as influenced by your own realistic or unrealistic expectations of yourself and others. And just as your own perceptions, beliefs and expectations are a carryover from your childhood; likewise, their perceptions, beliefs and expectations are a carryover from their childhoods too.

So although you may find good cause to blame your parent, parents or other caregiver for their less than adequate parenting skills, you will find that when you take an objective approach, as opposed to taking a subjective approach in discerning any fault in their parenting skills, you will find that they were indeed acting within the scope of their knowledge and their somewhat limited wisdom and insight no different than the way you act within the scope of your own knowledge and perhaps equally limited wisdom and insight. From this objective perspective, you can see that there really is no cause for blame, which makes it much easier to be more accepting of them and enables you to begin the process of detaching from the feelings and emotions attached to your previous perspectives. And because those perspectives tend to overlap, it is very likely that they have been adversely affecting your adult experiences too, thus adding to the layers of your illusions.

As the unraveling process begins, objective discernment must include any other family members or those outside of the family who may also have played a key role in adversely affecting your childhood. Again, here too it is wise to discern these situations with objective clarity, because even though their less than admirable and perhaps even inappropriate actions or reactions, whether mental, emotional, physical or even spiritual were indeed threatening or harmful, it is very likely that they too were acting out in accordance with their own limited knowledge, wisdom and insight. From an objective perspective, it is much easier to discern with clarity that had they possessed a broader scope of knowledge, deeper wisdom and insight, they would have not acted out as they did. Thus, it is only fair to say that they too were in some way a product of their own environment, whether rooted in their childhood or rooted in the harsh conditions of the times, which most always generates an attitude of fear, expressed as rage or anger. Such an objective acknowledgment in no way implies or favors any unacceptable behaviors as acceptable or that they are not accountable for their inappropriate behaviors, it is just to say that in spite of their actions and reactions, there very likely was some fear based or other conditioned causes that drove them to act out, such as they did. Here then, is another aspect of your reality that can be accepted, as well as to detach from the feelings and emotions attached to the memory of those adverse experiences too.

However, if you still feel the need to blame someone, it is only fair that you blame every generation that preceded yours, which includes your parents and every family or non-family members associated with your personal environment, all the way back to the beginning of the human race and its course of evolution forward. So rather than act on the need to blame your parents, caregiver or others who were instrumental in shaping and forming your early experiences, why not consider accepting the fact that they did the best they knew how to do and perhaps were realistically capable of doing, even though they may have acted out inappropriately, which again is subjective in accordance with your own perceptions and beliefs. Once you can accept the nature of their reality,

without knowing all the details, you can detach from the destructive mental and emotional need to blame them anymore than you would want to blame yourself or be blamed, had you stood in their shoes and responded to the conditions of your life no different than they did. Until you have grown, developed and perfected all your ways, you really have no right to blame, criticize or judge the actions or reactions of anyone, without taking your own actions and reactions into consideration, which is the fundamental basis of this lesson.

As you journeyed through your youth, adolescence and then into early adulthood, there were a bounty of choices and decisions made along the way that were not only expected of you at certain intervals, but sometimes were made in keeping with family beliefs or traditions and in response to the many influencing factors of society in general. Some, all or perhaps aspects of those choices and decisions might not have been in your best interest or were things you did not desire to experience, especially any choices and decisions forced on you. Nonetheless, all those choices and decisions played a key role in shaping and forming your subjective experiences, which also gave rise to creating more illusions in your reality, which too requires objective discernment. And although you cannot go back and relive or remake those choices and decisions, you can objectively discern the role they played in your reality then and even now. You can still sort through the illusions created as the result of any of your past choices and decisions, as well as to discern how you relate to them at this time of your life, however you must discern them with objective clarity.

As an adult, you have made many choices and decisions, some by intention, some in response to external influences and some in response to internal impulses, as well as in response to every possible combination of these contributing factors. However, you might not have known that all along unseen contributing factors were indeed affecting the outcome of every choice and decision you made. These unseen contributing factors are the cause of spiritual principles that govern human behavior, which play a very prominent role in shaping and forming your reality. Thus, your reality is not only influenced by external and internal contributing factors, it is also affected by unseen principles at work that are always manifesting desirable or undesirable effects in direct response to the perceptions of your reality, especially in response to your illusions. The more illusions you create in your mind in response to the perceptions of your reality, the more these laws manifest undesirable effects. Regardless of whether or not you are aware of the influencing presence of these universal laws in your reality, the effects of them are adding additional layers to your subjective reality, which makes it more difficult to unravel the many surface and subsurface layers of your reality.

You can choose to spend time in psychotherapy in an effort to unravel all the ways your parent, parents, or caregiver failed in their parenting skills and objectively discern how the many external and internal contributing factors adversely affected your reality,

including the undesirable affects of spiritual principles at work in your reality. However, it takes time to sift through all the layers of a lifetime of subjective experiences, which is like trying to finding a needle in a haystack, especially when you have no idea where to start looking for the proverbial needle. This is not to say that you cannot sort out a life's worth of subjective experiences in therapy, because you can. However, it is to say that in a much as psychotherapy can be psychologically and even spiritually effective, because it not only promotes personal development where it is lacking and encourages spiritual growth, its effectiveness is only as good as the time, energy and financial resources you are willing to invest in the pursuit of your own well-being.

However, the investment of financial resources and time spent in psychotherapy is a far better alternative than blaming others for your misfortunes, holding grudges against them, resenting them or choosing to remain angry with them. As none of this destructive behavior serves a valid purpose, it will complicate matters and even cause physiological and biological symptoms to manifest in your body, as there has to be an outlet of some kind. Such a destructive and self-defeating mindset not only continues to undermine the quality of your present and future experiences, it contributes nothing that, cognately speaking, will help you unravel the layers of your subjective experiences. Such a defeating mindset will not help you know what aspects of your reality to accept and what aspects of your reality to detach your feelings and emotions from, which incidentally, includes guilt and self-blame. Whether you choose outside help or go the way of self-help, it is far better to move into a more positive frame of mind when reflecting on your subjective reality. Doing so will help you accept your own inadequacies first and foremost because they played a key role in shaping and forming your reality just as much as the inadequacies of others also played a key role in shaping and forming your reality. All these influences gave rise to the creation of many illusions, which in turn gave rise to many ongoing causes and effects; the likes of which you probably are not even aware existed because it is not necessarily self-evident, at least not yet.

Not only is it difficult to unravel the layers of your reality and to do it objectively, it is even more difficult to do it without access to all the puzzle pieces and especially at a time when you need them the most. Thus, the problem does not lie in what you think you know is true about your reality, but rather the problem lies in what you don't know about your reality because not all the puzzle pieces have fallen into place yet and may not for some time. As if not having all the puzzle pieces in place all at once is not enough difficulty to contend with, there is another problem to contend with that is equally difficult. It is that no one path will lead you to successfully unravel your every experience, anymore than the unraveling process just happens to chronologically coincide with the various stages of your life and the experiences that occurred in each stage. If anything, the opposite is true. There are many paths that weave their way in

and out of the various stages of your reality, touching only on this or that at any given time, leaving out essential details that would otherwise bring the picture to its completion in a much shorter period of time.

Because there is the likelihood of undetected, and therefore, unresolved issues that will carry over from childhood into adulthood, these issues will adversely affect your adult experiences, will show up in the quality of your relationships, and may even hinder your ability to achieve your goals. These undetected issues are responsible for forming habitual reactionary dysfunctional or destructive behavior and thought patterns, upheld by equally dysfunctional or destructive beliefs that coincide with your distorted or skewed perceptions and any unrealistic expectations you adhere to, whether of yourself or others. Thus, your reality becomes an ongoing series of entangled illusions, which over time makes it very difficult to untangle, not to mention the fact that your real identity gets lost in the entanglement. The result is that you portray an identity that is not your real identity, but is an altered version of your real identity; consequently, you act in accordance with your altered identity. And as you move further and further away from your real identity, your psyche will do everything it can to make the necessary correction, if it could just get your attention.

So regardless of the fact that the adversities you encountered as an adult might very well trace back to the quality of parenting or care giving, make no mistake in thinking that the buck stops there. Reflecting on your past and current experiences really do require that the muddy water settle down sufficient for the water to clear in order to separate fact from illusion, all of which is your responsibility, in spite of any adverse external or even internal influences, including becoming well acquainted with all the spiritual laws that do indeed govern human behavior. It is also in your best interest to allow for the possibility that the conditions in your reality, though they appeared to be a certain way, whether in your childhood or as an adult, were in actuality quite different, which often relates to distorted perceptions or disabling beliefs. Sometimes, it helps to ask a sibling, if there is one, to describe his or her own childhood experiences, as it is common for there to be opposing or striking differences in descriptions. Many variables and contributing factors give rise to the perception of certain childhood experiences, such as the dynamics between a child and the parent, parents or caregiver, especially as it corresponds to the child's own personality traits, which all by itself leads to a very different perspective, not necessarily distorted, just different. Thus, the difference in such experiences can lead to many an illusion that will adversely influence your reality later as an adult.

As you move through your adult life, you are inclined to make subjective choices and decisions that tend to attract more adverse and undesirable experiences, such as attracting dysfunctional relationships or manifesting the inability to achieve your own goals, or for that matter, manifesting the inability to set goals for yourself, much less to

achieve them. In addition, emotional voids, whether detected or not can drive you to seek fulfillment of them in places where no such fulfillment is found, or only temporarily found, which, of course, over the years adds that many more entangled layers on top of those carried over from your childhood. When you take all the entangled aspects of your life into consideration, you can see why it is so difficult to untangle the layers of your reality and why there really is no one path and why the information you need does not come into your awareness all at once. The bombardment of knowing every truth about your life's experiences all at once would be psychologically overwhelming and even dangerous, which is why the cognitive process takes time and patience. But in spite of the many paths, you are likely to travel on, and the few puzzle pieces that will fall before you here and there, the time you invest in your own psychological well-being will always be well worth the effort, as the cost of mental and emotional liberation is indeed priceless.

The cognitive process that eventually leads to acceptance of your reality and detachment from the mental and emotional strain on your psyche, as the result of your childhood and adult experiences can only occur at the pace that you are able to assimilate and integrate new information. Just trying to understand how the spiritual principles that fundamentally govern human behavior, such as cause and effect, attraction and manifestation relate to your own personal experiences, let alone the psychological intervention is no easy feat, cognitively speaking. Given the fact that humans do not have cookie cutter experiences per se, although there are often many common threads, no two realities are ever the same, therefore, neither are the cognitive processes that slowly unravels the many layers of childhood and adult experiences. Thus, it may take years to unravel the surface and subsurface layers of your childhood and adult experiences, especially given the fact that each layer overlaps the other and carries its adversities with it layer upon layer.

In the meantime, it serves no good purpose to hold yourself responsible or accountable for information not yet revealed. As acceptance and detachment from past adverse experiences comes in stages that corresponds to your level of acquired knowledge, wisdom and insight, likewise, the awareness of certain knowledge, wisdom and insight not yet acquired in between the stages of awareness can surely act as hindrance to making objective choices and decisions. Consequently, you will find yourself still making subjective choices and decisions along the way simply because you do not have all the puzzle pieces in place, therefore, you are not yet cognitively, mentally or emotionally equipped to routinely make objective choices or decisions and may not for a long time to come. And even when you think you are making an objective choice or decision, you may be surprised to discover that it was just another subjective choice or decisions that ultimately led to another subjective undesirable experience, from which you will learn a little something more about yourself and your reality at some point and time.

In closing, we hope that we have indeed shed light on the matter of acceptance and detachment as it pertains to your own personal experiences and that we have provided a starting place to help you unravel the layers of your personal reality, such as it is. As always, we invite you to share your thoughts, comments and personal experiences.

Many Blessings,

Linda, Z and the Collective We

linda@dragonofdrama.com