

Lesson 104: The Paradoxes of Life

In this realm of human experiences, there are many different theological, theosophical, philosophical, religious, scientific and even metaphysical schools of thought, all of which say that the human experience is this or that, must be this or that or cannot be this or that, depending on whose “ism” the realm of human experiences are viewed from. And of course, the supporting documentation, aka substantiating evidence, is available to the public in every possible media format, ala-carte, to the degree that no one really knows what is and what is not with any certainty, unless it is empirically proven and even then empiricism is subject to change as new findings arise. But regardless of whose perspective or “ism” reality is presented from, there are certain inarguable truths that stand on their own merit because they are immutable; more importantly is that these truths are self-evident, that is, when one is willing to see the truth in their own reality. The discussion in this lesson is for the purpose of examining these truths, not to establish them as empirical evidence in keeping with the scientific method of experimentation, but to establish them as fundamental truths in your own individual reality, where they are not only easily put to the test, but are empirically proven in the way results are manifested in your own reality, which is all the proof you really need. And as there is nothing paradoxal about these principles, it is best that you acquaint yourself with them, whether you believe they exist or not.

As neither you nor anyone can be expected to know things you are not yet aware of, does not mean there is an omission of a particular fundamental at work in your reality. However, the sooner you become aware of the principles that are at work in your reality, fundamentally speaking, the sooner you can do something about the adverse and/or undesirable results these principles are manifesting in your reality, which inevitably become the nature of your personal reality. There are no paradoxes in how the principles function because they function exactly the same way at all times; they are what they are and they function in very specific ways in accordance with the energy that drives them.

To begin with, there is the matter of whether or not you believe any of the principles exist or whether or not they fundamentally operate as they do. Many people are still of the impression that these principles do not exist or that they don't “work” for them because the things they wish to manifest do not manifest and the things they do not desire to manifest do manifest, which does seem paradoxal. Of course, this perceived psychic malfunction is not typically attributed to human error, thus it must be the operation or the non-existence of such operations that are at fault. So the first very necessary awareness is the omission of such false delusions because not only do these principles exist, they operate just exactly the same way second by second, minute by minute, hour by hour, day by day, week by week, month by month and year by year on this plane of reality no different than they operate on any other plane of reality, except

for the omission of linear time. The inevitable effects from the actual causes, sets the operation of the principles in motion, fundamentally, which produces either desired or undesired manifestations that created yesterday's reality, which affects how today's reality plays out and will surely affect tomorrow's reality in just the same exact way, unless something about today's reality changes by way of a voluntary change from within not without.

To understand how the principles work, it will be very important to keep in mind that your own thought patterns, feelings, emotions, beliefs, perceptions and expectations are the driving force that will perpetuate the things you do or do not desire to experience now or in the future. In addition, the way you habitually react to the experiences of the past does affect the way you will react to your current experiences, which will affect how you will react to your future experiences. Thus, the stage is set, the fundamental wheels of operation are put in motion, and the results manifested correspond to the causes. Because this wheel of operation does not change directions, as it is no respecter of person's, the only way to reset the stage, to affect your current and future experiences in a desirable way, is to change something about yourself, which in turn, changes something about your reality.

In making an effort to change something about yourself, whether it's the way you think, or the way you feel, the beliefs you adhere too, the way your perceive your reality and the expectations you hold of yourself or of others, not only affects a tangible change in your reality, though it may be subtle at first, also affects your own body's metabolism, cellular functions and most definitely it affects the neural activity in your brain. This alone should be sufficient cause to shift into a more productive way of acting and reacting. Just being aware of the way you act and react to your reality, just as it is right now, is creating neural profiles in your brain, that when continually activated, affects your mind, which in turn affects your personal experiences, especially your relational experiences. Thus, the dreams you hope to realize or the goals you wish to achieve do not become a manifested reality or are partial manifestations because you have set fundamental wheels of operation in motion on the psychic, neural, and biological planes of your being.

Sometimes you do not get the things you want, desire or hope for not because there is something wrong with what you are asking for, but that there is something amiss in how you are asking, as well as why you are asking. Thus, the results manifested are often not in your favor, either you asked for something to manifest in your reality, but your inner thoughts, feelings, beliefs, perceptions or expectations did not align with your outer reality. It is unrealistic to think that you can wish to manifest a dream or achieve a goal if your own thought patterns contradict the result you desire, anymore than you can expect a favorable outcome if your feelings are contrary to what you would like to attain as an experience in your reality. Thus, the same principle holds true with respect to

your perceptions. If you view yourself, your reality or whatever it is you wish to manifest in your reality from a negative, distorted, or limiting perspective, then that very same degree of negativity, distortion or limiting perspective will become your reality by way of what is objectively manifested.

So you see, therefore, it is not life that beats you down, but rather it is how you respond to life that beats you down. Thus, the antidote is to change whatever it is within you that are hindering your ability to manifest the things you desire to have as your experience. Life is all about experiences, not just the good ones, but also the not so good ones. It is from the not so good experiences that very important lessons are self-learned, as stated earlier in the discussion. When the undesirable experiences manifest in all the myriad ways they do, and the lessons are learned, the results are empirical in the sense that when the lesson is learned and the same error in thinking, believing, perceiving and expecting is overcome, the result is self-evident. In this manner you conduct your own experiments and whether the result are empirical or not depends on how well you assimilate what you learned, how well you process the information, and how well you integrate the information in your reality, that is, when you internalize the change that was needed.

If the change needed was with respect to a destructive pattern of thought, you can change the pattern, even if a little at a time. And even if you don't see positive results right away, it is in your best interest to push through until the results are evident. But as thinking does not stand on its own, it is likely that something about your feelings will have to come on board too. Feelings are built in internal thermometers that measure external influences or external reality by degrees. Feelings, translated as strong or weak emotions are indicators of how your own thinking is affecting your reality, just as how something external is influencing your reality. Even so, feelings do not stand on their own either because they too are influenced by your own beliefs. Beliefs reside in your working memory, as well as in your brain's long-term memory storage, i.e. your subconscious, which is that area of your mind that is not necessarily conscious of your every belief, but responds to those beliefs habitually, which are exhibited in your behaviors, actions, and reactions. But just like your thoughts, feelings, emotions and beliefs, these too are all interconnected with the perceptions of your internal reality and likewise have a corresponding and also interconnected influence on your expectations. All of these internal influences respond and correspond to one another, thus if one is out of whack, it is highly likely that all the rest will also be out of whack. Thus the adage, "stinking thinking" not only applies, but is the result of every internal influence that supports this self-destructive manner of thinking.

It is easy to speak about self-destructive manners of thinking, feeling, believing, perceiving or expecting, but it's another thing to know what's behind it, what caused it in the first place. Some schools of thought suggest the power of positive thinking as the

antidote to destructive thinking; however, it's not quite that simple. If it were, everyone in the world would be doing it and with the greatest of ease. Now, this is not to say that positive thinking cannot alter or change negative thinking because it can. But for most people it takes time to overwrite neural profiles, especially those that are continually activated, which is like etching an encoded message that cannot be overwritten by etching the same message over and over. The message has to be altered, changed, or eliminated, if positive thinking is going to have a real affect in your reality. You cannot force yourself to think positively if the beliefs related to what is being thought about does not align, just as your feelings must also align with your thoughts. If you think you can definitely manifest something you desire, but your beliefs or your feelings are contrary, here again, is a principle that is operating with alignment with your feelings and your beliefs and since there is nothing paradoxal about how this principle operates, you will have a difficult time manifesting the experience you desire in your reality if all the other internal influences do not align with whatever you desire to manifest.

Now sometimes, things work out for the best in spite of your worst fears and sometimes they don't. This is because in addition to your own thought energy, there are other energies operating on the psychic plane. These may be attributed to unseen entities who are guiding your walk through this reality and who set up certain events to occur as they do or there are those who are working against you on the psychic plane. Other times, things work out as they do and although it may not be the way you hoped it would, there is always a silver lining. Although this silver lining is not always apparent at first or may not be for a period of time, it is definitely visible if you can push through your own subjectivity long enough to see its objective apparentness in your reality. It just may be that the dream you were hoping to realize or the goal you wanted to achieve manifested in some other way that in the end was by far more beneficial than the dream or goal that did not manifest. And while it may appear to be one of those unexplained mysteries of life, there is no doubt that there was a cause, whether it was initiated on this plane of reality or on another plane of reality, i.e. the unseen planes, a result did indeed manifest.

Once you understand that there are no paradoxes in reality, but that everything is straight forward, whether the cause of an effect occurred in this reality or not, it is easier to grasp the principle that every cause does indeed have an effect. And although you cannot stop an undesirable effect from occurring in this reality as the result of a cause carried over from a different time and place, a different reality, you can affect its results by the way you react and respond to it. Now this is not to say that you should turn into an unfeeling or unemotional robot and respond to an undesirable effect robotically speaking, but it is to say that you should in fact, give yourself time to feel your emotions, but to do so without lashing out at anyone, because lashing out just makes matters worse. In fact, lashing out, whether in an angry outrage or just coming unglued at your emotionally seams, projected at others, adds to the complexity of the situation, as hard feelings are often difficult to overcome, especially when such situations occur more often

than not. The people close to you are not your emotional whipping posts nor are they trained psychotherapists, so it is essential that you respect the people who share in your personal reality, realize their own limitations, as yours probably aren't much better and treat them with the same dignity you would like to be treated. Blaming is not acceptable, whether you blame others or yourself!

Every undesirable circumstance or event that occurs in your reality is not always because you did something to attract it to you. This is a principle that must be made clear because there is confusion about how you co-create your reality. First of all, you are a co-creator outside of Ultimate Reality because It already exists; therefore, there is nothing at this level of Reality that you can co-create, as Ultimate Reality is neither objective nor subjective. However, you do co-create reality in tandem with all the other billions of humans who simultaneously co-habitate on the human plane of reality, therefore, what affects one affects the entire interwoven web of human reality, if not directly, always indirectly. But co-creating is not always the result of something you thought or acted on initially. There are many external influences, from other human inhabitants, whose thoughts, words, deeds, actions, or inactions directly affect your reality. The affect may or may not be adverse, depending on a number of other influences that can be difficult to pinpoint. Your long-term reactions, not your short-term reactions will strongly influence how the adversity does or does not play out in your reality and to what degree. The short-term aspect relates to the fact that you are not expected to have no emotional reactions, especially when facts are uncertain, perhaps because the situation came about abruptly or unexpectedly. The long-term aspect relates to the effort to acquire objective facts about the situation, which is where answers or resolutions can be found, as opposed to continuing to emotionally respond, while disregarding facts or worse yet, get caught up finding someone or something to blame and consequently, burn up much needed cognitive energy to objectively think through the situation.

Other ways you co-create your reality is simply due to not knowing certain things about yourself or your reality. Because people don't have a trained counselor or a psychotherapist at their beckon call, there are internal and even external things that are just not known until they are known...and they are not known until some event triggers the need to know them, whatever that may be. Here too there is nothing paradoxal about not knowing something until there is a relative cause in your experience to bring about a specific awareness. But once you become aware, you can effect a change with respect to how your lack of awareness was manifesting something undesirable in your reality. You also co-create by the choices you make and the way you act on those choices. Because you are responsible for your own choices and the subsequent consequences, it is to your benefit to make certain that you are thinking clearly. Life on this plane of reality is a very subjective experience, both internally and externally because the subjective experience is relative to the current stage of human evolution.

Thus, subjectivity is unavoidable. However, you can learn how to avoid the perceived paradoxes in life with right thinking, which means seeing things as they really are and not as they appear to be, because the top layer of subjective reality is seldom what it appears to be. Even the handwriting on the wall is subjective and though it may appear to be certain or absolute, you can be sure there is something non-objective about it if you investigate it further.

Subjective reality has its moments of glory just as it has its moments of trial and error. Unfortunately, for most people the latter is often the case. Without subjective reality, it would be quite difficult to experience sensory perception, and as that is how humans experience reality, via the five senses (sight, smell, taste, hearing, and touch). The senses are also the means with which to interpret objective reality. You know beyond the shadow of a doubt that you have a vehicle parked in your driveway, you know the make and model, etc., but how you experience your vehicle is unique to your own sensory perceptions, as opposed to your neighbor who may have the same exact vehicle but who describes a very different experience when driving his vehicle as you do yours. Sensory perception is how you view your personal reality, as well as the greater reality around you. It is how you experience the things you see, the foods you eat, the things you have a tactile experience with, the things you hear and how you hear them. Sensory perception has everything to do with the people you interact with on a daily basis, which involves your interpersonal mental and emotional relationship with them.

You can change many things about your external reality and you can experience all sorts of sensory perceptions, however, your external reality is only as good as the condition of your internal reality. What good is it if you build a financial/material empire but are miserable anyway because in the end you are not satisfied with your external environment? The problem does not lie in your external world, it lies in your internal world, and the hidden issues can be many. There may be emotional voids from childhood not yet met in a healthy and meaningful way as an adult. There can be undetected fears that relate to some kind of lack experienced in this or another lifetime that becomes the driving force to succeed and acquire financial security and/or material possessions to the extreme in that it becomes an obsession or the fear of lack causes you to freeze in your spot and not pursue a measure of success that will alleviate the fear of lack. There can be all sorts of underlying issues that as of yet have not been resolved and won't be until something occurs in your reality that will awaken you to the truths, as they are revealed, that is, if you are indeed awakened. There are many people whose external worlds are sorely rocked, but do not see their own truths because they are too busy looking to see who they can blame for their misfortune. And even when undesirable circumstances and events keep unfolding, they will still be oblivious to their own truths. These are the people who are candidates for a very difficult dark night of the soul, which all too often occurs just prior to death, when there is little they can do to change the way they affected their own reality and the reality of those associated with

them. Thus, it is far better to investigate the contents of the psyche and even though such investigations are not always easily endured, at least there are no skeletons in the closet when all is said and done.

As nothing happens by chance, but that everything occurs from a cause, which may have numerous causes attached, as cause and effect can play out a long time before the first cause is ever identified, if it can be identified at all, which makes the effects from an unidentified cause predetermined, is all the more reason to pay close attention to the things that are manifesting in your reality. Life is not a game of chance, there is no one out there rolling the dice in your favor or not in your favor, but there is an in here, an internal you that is where all your thought patterns, feelings, emotions, beliefs, perceptions and expectations are setting the fundamental wheel of many principles in operation that are unseen because they are not visible, although they are visible in the results that manifest in your reality.

In closing, we hope that we have provided you with a different perspective that does not rely on “isms” or any empirical scientific proof, but that is supported by scientific proof, such as quantum mechanics, neuroscience and interpersonal neurobiology, as well as many other related and non-related fields of inquiry, as everything that concerns ontological (human beings as being) and cosmological (cosmos/universe) inquiry are all interrelated. We encourage you to put the fundamental wheels of any spiritual principle in motion and test the results for yourself; it is after all your reality. Either it is worth the test of personal experience or it is not, and things in your reality can remain just as they are if they are indeed to your satisfaction. If not, there are 104 lessons on this website, as well as published articles and reading recommendations to help you change your reality, as well as an abundance of like-minded spiritual resources and even scientific evidence that can also help you change whatever it is you are dissatisfied with in your reality.

Many Blessings,

Linda, Z and the Collective We

