

Lesson 107: Resolving Personal Dilemmas

There are schools of spiritual and contemporary thought that seek to find ways to help people resolve their personal dilemmas. Contemporary schools of thought tend to base their philosophy and psychology on empirically proven scientific research. Unlike their contemporary counterparts, spiritual schools of thought stand on the tried and true spiritual principles taught by the ancient masters, teachers and sages. These principles have stood the test of time and are no less empirically grounded in the same science that contemporary scientists are only just beginning to discover is not very different. The masters of antiquity understood the science behind the immutable principles that govern the course of human behavior no different from how the same laws govern nature. Thus, they laid out a clear and precise path that not only enables people to resolve their personal dilemmas, but also enables them to avoid creating the same personal dilemmas in the future. They also emphasized the importance of mental, emotional and even spiritual balance. However, as there is a propensity for the human mind to conjure up all sorts of constructs that are not just erroneous, disabling and limiting, some of these mental constructs transmute into dogmas that not only prohibit resolving personal dilemmas, they end up exacerbating personal dilemmas. The discussion in this lesson focuses on how personal dilemmas can be resolved and avoided as repetitious future events and that mental and emotional order and balance is a necessity.

People are confronted with all sorts of personal dilemmas in the course of their lives that are so often attributed to the so-called limitations of the human condition. Unfortunately, these personal dilemmas are not easily resolved without access to the right kind of information. The masters taught that knowledge of the right information and the fundamental application of its principles can actually liberate people from their personal dilemmas, thus freeing them from the supposed limitations of the human condition, which in turn restores mental order and emotional balance. However, in an effort to find the right information or understand how its principles work can be an overwhelming experience.

Given that one can easily get lost in the vast sea of spiritual and contemporary methodologies and healing modalities that continue to rapidly surface these days, it is difficult to know which methodology to choose or which healing modality to embrace. Not only are there countless spiritual and contemporary methodologies and energy-healing modalities, there are myriad holistic and/or scientific approaches to mental and emotional healing that claim to be the most proficient in producing desirable results. In fact, there are professional and non-professional practitioners, therapists and countless gurus in this sea of uncertainty who are so certain of the uniqueness of their therapeutic methodologies and/or healing modalities to the extent of actually guaranteeing long-

term results, which is seldom the case, at least not without effort that speaks to external change.

In as much as there is a plethora of widely available therapeutic methodologies and healing modalities, as well as an endless array of spiritual and contemporary self-help information that is widely available on the internet and in book stores, it is difficult to find a common thread between them. Each methodology or modality is unique with respect to its holistic approach that is no less diverse as the people who seek relief from their personal dilemmas. People are drawn toward certain methodologies or healing modalities because they are attracted to the promise of permanent relief or in response to advice given to them by others. Unfortunately, they are seldom satisfied with the results and will give up or will seek out some other avenue of promised relief, intending to invest little or no effort.

The personal dilemmas that plague people today, no different than they plagued previous generations, has long been thought to be the fault of ancestral evolution, i.e. the sins of the father carried down through the generations by way of genetic encoding. Although the human condition is the result of its long course of evolution and its genetic encoding, neither ancestry nor genetic encoding or even evolution at its current stage stands in the way of resolving personal dilemmas, that when resolved liberates the perceived limitations of the human condition. There are contributing factors that cause of all sorts of personal dilemmas, which in turn cause mental disorders and emotional imbalances, even spiritual imbalances. These imbalances are the cause of the human condition, just as they are the cause of the limitations that bind the human condition. When people are liberated from these causes, their genetic encoding is altered and this alteration, housed in the brain, affects future generations.

Resolving personal dilemmas is not about treating the human condition as if it were the cause of the dilemmas, it is about identifying the contributing factors that create the personal dilemmas to begin with, which becomes the current state of the human condition along with its self-made limitations. Resolving personal dilemmas begins with the understanding that every choice and decision made, regardless of the motivation or reasons behind it is a cause that produces a like-kind effect – desirable or undesirable. Thus, it takes acquired wisdom to know how to make intuitive choices and decisions that will not turn back on you either now or in the future, even when others adversely affect your reality. But as future events cannot be predicted due to the ever-changing influence of your own free will and that of others whose choices and decisions can surely affect your reality, even an intuitive choice or a well-thought through decision can turn back on you. However, these unexpected backfires are managed far more successfully when you do not react to them emotionally but responded to them from the wisdom of logic and intelligence.

Acquiring the wisdom needed to make good choices and decisions requires access to the right kind of information that in time will liberate you from the mental and emotional limitations that are adversely affecting the quality of your life. Your mental and emotional state of mind corresponds to the beliefs you adhere too and the expectations you have of yourself and of others, which ultimately becomes the state of your own human condition. The limitations that define the state of your own human condition can be altered, changed or eliminated from your reality, whether they are self-made or are genetically inclined. However, you cannot expect to get out of the starting gate without access to the right information.

Access to the right information, which is based on spiritual principles, not only resolves your personal dilemmas, it liberates you from the limitations that keep defining the state of your human condition. This is so because the fundamental application of spiritual principles is not prone to the flaws of subjective interpretation, which is common to the human experience. Subjective interpretations, though they are the means by which humans experience sensory perceptions on the human plane, are also the cause behind many of the personal dilemmas that are not easily resolved, as they are often connected to more than one cause. Because the matters of life are often perceived, as something other than what they really are or are not, as the case may be, are problematic when the results are undesirable, whether they adversely affect your reality or that of others. Application of the principles that govern the day-to-day matters of life is a non-reactive objective approach to life that actually does resolve personal dilemmas, thus freeing the human condition from its mental and emotional limitations. The fundamental application of the spiritual principles provokes a process of internal, not external change that occurs on the mental, emotional and spiritual planes. These are not places that people gravitate too when attempting to resolve their personal dilemmas.

Most people try to resolve their personal dilemmas by changing something in their external environment, as opposed to changing something within themselves. They make geographical, academic or employment changes or they will find fault in their existing relationships and seek a new relationship in the hope that they will live happily ever after, a state of bliss that is not likely to occur without making internal changes. Thus, the cycle of illusion and delusion is set in perpetual motion, they will move from one relationship into another until they figure out that what they are looking for must first be found from within, not from without. Such perceived necessary changes are the result of their own subjective interpretations that result in making habitual poor choices and bad decisions, the consequences of which are waiting to greet them on the spot or will jump into their reality when they least expect it. It is no wonder that they are taken by surprise when things suddenly appear to go wrong. There really are no sudden appearances because the undesirable effects have been in the making all along, it was just a matter of time before they manifested as an objective reality. Thus, these delayed

manifestations appear to be sudden or abrupt disturbances, seemingly without rhyme or reason.

Access to the right information, as many masters, teachers, prophets, sages and even poets have taught and written about extensively, is contained within you. They do not hold the master key, they do not possess any mysterious alchemical formulas or magic potions nor do they wave magic wands. The master key is within you and you can choose to unlock your internal door. You have the ability to resolve your own personal dilemmas. This is not to say that you should not seek outside intervention, because sometimes intervention is helpful in sorting out fact from illusion. However, it is to say that you can resolve your personal dilemmas by means of self-help. You are empowered to free yourself from the limitations that ultimately define your human condition. To access the information that is internally stored within you and to set its liberating wheels in motion begins by examining the structure of your own thinking patterns. Your pattern of thinking is the top most layer under which every internal contributing factor is connected too. Thinking is the creative energy that fuels every choice and decision you make throughout the course of your life, which ultimately becomes your manifested reality. Thus, if you are inclined to think negatively your experiences will tend to be negative, and of course, the same is true of the opposite, as well as by degrees.

Many of the past lessons have addressed the necessity of examining the contents of your beliefs, because they add a layer to your reality that plays a significant role in affecting the quality of your life experiences. Many people hold fast to worthless or self-serving beliefs they are not even aware of, most of which are rooted in childhood, fertilized by the external environment. The awareness of beliefs, registered long ago in the sub-conscious region of your mind, are very important contributing factors. You act on the presence of them without even being aware that you are and do so habitually because they are well ingrained in your psyche. Thus, it is essential that you examine the beliefs you are not consciously aware of, as well as the ones you are aware of as each one of your beliefs, regardless of where or how you acquired them are shaping the mental and emotional limitations that define your human condition and are one of many causes of your personal dilemmas. Every one of your beliefs, known or unknown supports your equally well-established thinking patterns, and as one feeds off the other, the cycle of ongoing personal dilemmas runs its course.

Everyone has expectations of themselves, as well as of those who play an important role in their reality. However, expectations are only as good as the thought patterns and beliefs that either support realistic expectations or give way to unrealistic expectations, not just yours, but of others too. This is a very important layer of contributing factors, although it is more an effect than it is a cause because expectations are generally attached to other internal factors that can result from exposure to adverse situations encountered at some point and time in your life, typically in childhood, though not

always. Unrealistic expectations are attributed to internal stimuli such as doubt, worry, fears or insecurity due to a lack of confidence, a lack of self-worth, low self-esteem, feeling invalidated, unloved or unappreciated to name but a few, regardless of whether or not these stimuli are real or perceived. Thus, it worth the effort to take a closer look at your own expectations, as they can be an internal obstacle that will prevent you from resolving your personal dilemmas, which inevitably will keep you bound to your own self-made limitations, all which represents the state of your human condition.

As perceptions are a subjective experience, they too are a very important layer that most assuredly will adversely affect your reality and will most definitely prevent you from resolving your personal dilemmas. Distorted perceptions will keep you tightly bound to mental and emotional limitations and will do so without much conscious effort on your part. Perceptions are a necessary factor in life because they are the means by which reality is experienced through the five senses, which is subject to all sorts of distorted interpretations that you might not be aware are actually distorted. Not only are perceptions prone to subjective distortions, these distortions are imposed on others as if they were a bona-fide fact of reality when, in fact, nothing could not be further from the truth. Thus, attempting to resolve your personal dilemmas while viewing the matters of life through an unfocused lens is problematic not just to you, but to others as well. When the matters of life are out of proportion, as the result of perceiving them subjectively, to the extent of being argumentive, clarified reality is a serious mental challenge. Many people are adamant about their subjective interpretations and do not respond well to outside interventions, regardless of who is intervening or why. They simply see life from their own perspective and they adhere to their perceptions as an immutable truth and often do so in response to adverse conditions that have marred their reality and likewise have marred their ability to see reality as it really is and not as it appears.

Feelings and emotions are often the catalyst that turns an adverse situation, circumstance or event, whether perceived or actual, into megalithic proportions. When feelings enter into the picture by way of strong emotions expressed in ways that are not the least bit conducive to resolving personal dilemmas, such situations are not only compounded, they are not easily reversed once the damage has been done. Thus, it is crucial that you keep your feelings in check and your emotions in balance. How you choose to express your feelings and emotions in private or in other safe quarters are not problematic. Problems arise when you express your feelings and emotions at an inopportune time and do so without logically thinking through the situation at hand, which creates more problems than acting out emotionally can ever hope to resolve. There is an appropriate time and place for the expression of strong feelings and emotions just as there is an inappropriate time and place for the expression of feelings and emotions. Expressing your feelings and acting on your emotions does not resolve

your personal dilemmas, it just adds to them and keeps you chained to your own mental and emotional limitations, which is why the state of your human condition is what it is.

As it is necessary to “quell all the chaos of emotions” in order to balance and order life, there are some holistic practitioners and energy healing gurus who have taken this clearly stated Hermetic axiom out of context and are conveying very misleading messages. These self-proclaimed emotional experts are of the opinion that emotions should not be felt or expressed, but that they should be “by-passed,” treating them as if they were non-existent and, consequently, not the least bit useful to the human experience. This is not only wrong thinking that is based on erroneous beliefs and some very distorted perceptions, it is a blatant attempt to circumvent the human need to express feelings and emotions in response to the myriad experiences encountered in life. These experiences happened to be dependent on sensory perceptions at this stage of human evolution, albeit as subjective as they are. Attempting to suppress your feelings and emotions is not only unrealistic; it is dangerous to your psyche, because really, nothing about reality is ever suppressed without the psyche guarding against it. Jung made this quite clear in addressing the “shadow” which is a condition forced on the psyche. The psyche makes every attempt to make the necessary corrections in order for the process of individuation and maturation to occur normally. Thus, the psyche will send up all sorts of smoke signals in the form of archetypes (such as the dragon) and symbols that appear in dreams, as well as in the wake state, often exhibited in inappropriate or unusual behaviors.

The point is that the subjective experiences of life on the human plane are intended to be experienced and expressed through your feelings and emotions. However, it is how and when you express your feelings and emotions that give rise to many of your personal dilemmas, which at some point and time will have to be resolved, if not the psyche will do everything it can to bring any unresolved issues to the surface in an effort to get your undivided attention. Sometimes people experience a dark night of the soul, which is an internal cleansing event, unpleasant at best, that rises up unexpectedly. It is a time when unresolved dilemmas are wrestled with and eventually worked out in the darkness of your mind/soul. If there is cause for such an event to rise up in your reality, it is best that it does so well before your physical death so that your personal dilemmas are worked out in time to effect positive changes in your reality here and now, which affects others close to you.

As your thought patterns, beliefs, perceptions and expectations are all interconnected and do indeed form the fabric of your reality, it is essential that you express your experience in ways that do not endanger yourself or others, especially when reacting to adverse situations. Emotional balance is the key to keeping the matters of life in perspective. When your emotions are in balance, all the rest of your reality can safely exist in a state of equilibrium. However, this state of mental order and emotional

balance cannot exist without a degree of mindfulness. Being mindful of your own thinking patterns, beliefs, perceptions and expectations not only alters your reality, the changes that occur in your reality can be quite dramatic and unexpected. Mindfulness is not a state of mind that develops overnight, but rather it is an acquired discipline that takes time, practice, patience, diligence and most especially daily commitment to develop adequately, which you would want to commit too for the sake of your own well-being. After all, it is your reality, so why not experience it well. The tools to live life well are always available; they are always at your beckon call. These tools are the fundamental application of spiritual principles, spiritual in the sense that they are unseen governances of human behavior acting in accordance with universal laws of operation, such as attraction, manifestation and cause and effect. As these principles were addressed in past lessons, as well as the matters concerning the emotions, it is suggested that you reread the lessons.

It is our hope that the discussion in this lesson will serve as a tool that will help you resolve your current personal dilemmas, thus avoiding the repetition of the same dilemmas occurring as future events. Please feel free to share your thoughts, comments or personal experiences and feel free to ask questions, as there are no wrong questions.

Many Blessings,

Linda, Z and the Collective We

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