

Lesson 113: Grounding into the Core of Your Being

The discussion in this lesson begins by first asking you to depict in your mind an image of yourself standing in the center of your personal universe – your own personal reality and see yourself surrounded by a swirling circle of people, places and things, circumstances and events. This encircled network, beginning with yourself represents a myriad of external influences, a host of causes and effects that enter into your reality on a day-to-day basis, individually and collectively, shaping and molding your reality, just as you affect, shape and mold the reality of others to the same or similar extent. In as much as these outside influences are not ever you, they directly or indirectly affect you and your reality in desirable and undesirable ways. The impact of them on you and your reality has everything to do with how you mentally relate and emotionally respond and attach to any of these influences. Of course, the closer anyone or anything is to you, the greater the mental and emotional attachment, thus the greater is the impact of these attachments in your reality. Attachments become problematic when circumstances change, especially when they are unfavorable or undesirable, at which time the order of your personal universe reorders itself accordingly. As humans have a built in propensity to attach to certain people, places and things, and even to certain circumstances and events in various degrees, they tend to ground into these same influences, also in various degrees. Thus, who and what you ground into the most will have a greater impact on how you experience your reality than things less attached and less grounded too. The discussion in this lesson focuses on the importance of grounding into the core of your being, as opposed to grounding to things of a temporary and unreliable nature.

Grounding into the core of your being is not the same as grounding to people, places, things, circumstances or events. These are mental, emotional and physically based attachments that can be here today and gone tomorrow. Just because some attachments appear to be more permanent, reliable and even stable due to the length of duration they exist in your reality, they are no less an illusion of permanency. But, as life itself is all about change...and...as nothing in life is as certain as change, even the things you think are permanent are all very much subject to the unexpected winds of change. These winds can blow through your reality with little or no advanced warning and catch you off guard, especially when you are not grounded to the one place where there is the most reliable stability, which should be yourself. Change is inevitable and sometimes it is necessary in order to make way for new experiences to enter into your reality and even new lessons learned. However, there is always the human tendency to attach to temporary things as if they were conditions permanently fixed in your reality, which is not the case, as longevity of this nature is not ever infinite, but is finite...it has a beginning and an end. Even the cosmos does not rest in a fixed state of being. It is always in a state of constant flux, subject to its own evolutionary and involutory (turned in on itself) ongoing changes. Life on this or any other plane of reality is no different, as all things emulate the ever-changing nature of the cosmos and even Nature.

Because these attachments are sources of what appears to be genuine happiness, they *feel* harmless and thus, are non-threatening until some unforeseen or unexpected circumstance or event occurs. Not only do the proverbial walls come crashing down around you, the unwelcomed and undesirable changes in your reality rock the very foundation of your reality, which would not occur had you been grounded to the core of your being. As the Dalai Lama (XIV) said, *“Happiness is not something ready made. It comes from your own actions.”* Thus, the real issue is not so much about the event itself or the cause of the event, as it is the attachment to whatever the event consisted of or represented. The loss of anything, whether person, place or thing is relative to the strength of the emotions attached to the loss, which will drive the feeling of loss more than the actual loss itself. Thus, the stronger the emotional attachment, the greater a loss is felt, not just in the emotions, but also throughout the entire body. Personal losses are a subjective experience in response to an objective circumstance or event gauged and measured by subjective interpretations of perceptions working in tandem with established thought patterns that trigger certain feelings and emotions that correspond to one or more belief structures, sometimes deeply embedded along with certain expectations, not usually realistic. These unseen subjective influences, internal and external, subjectively act on the things you attach to, which will either increase or decrease the strength of your attachment.

Many people build their identity and ground aspects of their reality to certain external conditions, such as relationships, personal possessions, money, careers, or other interests, perceived as solid ground, when in fact, they are unknowingly standing on shaky ground. So when they encounter the proverbial rug unexpectedly pulled out from under them, so goes their happiness. Happiness that is grounded into the core of your being does not collapse as it does when it is grounded to conditions that are subject to change whenever the wind blows, especially when it blows from an unfavorable or undesirable direction. There are many influences, both external and internal that affects your mood, which in turn affects your state of mind and likewise, moves the slide on your happiness scale up or down by degrees on a day-to-day basis, as well as within the course of the day, it is a range of emotions you feel and experience. Unless your happiness is reliant on a state of mind that is grounded into something more solid and stable other than the people, places and things that flow in and out of your reality, it can quickly vanish when it is subjected to the winds of unfavorable or undesirable change.

Although certain external conditions appear to be strongly rooted and capable of withstanding the sudden winds of change, sometimes at gale force, these surface roots do not have the strength and stability on their own to hold you steadfast in the face of change, especially when it is unexpected, unforeseen and not at all desired. These roots need the strength and the stability of the main trunk of your inner tree, symbolically speaking, that firmly grounds you to the central core of your being. Even the act of crossing the threshold of desired change is often just as uncertain or scary an experience

as are changes that come about unexpectedly. Thus, the need for stability and being strongly rooted from within is no less necessary even when change is desired, as these changes come with their own unforeseen challenges that some people prefer to think of as opportunities for personal growth, as opposed to challenges. Whatever verbiage you choose to label a desire for change in your reality makes no difference because it is all about perspectives. But what matters even more is how firmly you are grounded into the core of your being so that you can withstand the unexpected effects from a cause you initiated by your own intent.

Grounding into the core of your being better prepares and equips you to withstand the winds of change, lest you be completely blown over. This is especially true on an emotionally level, which is where many people feel the strongest and often the most devastating psychological effects that can so easily ruin parts or all of their personal reality, which does not stop there, but to some degree affects the reality of others too, as no one is ever so isolated. However, grounding into the core of your being means you need to have some concept of who you are at the core of your being, that is, outside of your assumed character and personality traits. Neither your personality nor your character traits truly define the whole or the essence of your being, as many of these are the result of childhood conditioning and, therefore, are forms of attachments too, often misconstrued to be the real you, when in fact they are not, thus they too are not worth grounding too.

Exploring the real you, that is, getting as close to the real you as you can possibly get, is not an easy discovery, but it is one that can be made under the right conditions, such as the practice of meditation and mindfulness, self-help (especially when written), psychotherapy or other *reliable* means of self-discovery. This is particularly essential when attempting to ground into the core of your being, given that there are traits or qualities about you that carry over from the memory of previous life experiences...the memory of which are retained in the mind of the Higher Ego in between its many incarnations. Thus, who you really are is not the result of heredity; it is the accrual of many previous lifetimes. This is so in accordance with the laws of physics, which says that energy can neither be destroyed nor created, but incarnates in various forms over and over. Thus, consciousness, being no less an energy, cannot be destroyed even through physical death, but rather consciousness lives on because it too is infinite just as every other form of energy is infinite, beyond any physical destruction or deterioration, in which case, it just exists in another form, which is still energy.

Having established that consciousness is infinite, and that life itself, regardless of what plane of reality it exists on or what realm or dimension it occurs in or for that matter what world (there is said to be six other dimensions of this earth), not to mention the possibility of countless other earths or earth-like planets existing in unseen dimensions anywhere in the universe, there is the assurance of the continuity of life in some form on

some plane of reality. And as memory is a pulsating energy that vibrates on the akasic/astral planes, consciousness is capable of recalling its past life experiences prior to its descent on the earth plane, just as it recalls the memory of all its prior existences just before death, often described as a dark night of the soul. The energy of these memories is stored in the subconscious, which exists in a state of unconscious awareness only because humans are limited in their capacity to be conscious of everything that surrounds them, past, present and future. These unconscious memories, that is, the energy of them are encrypted in the psyche, sometimes appearing in this reality as archaic archetypes, especially during the dream state. Thus, the draw towards certain aspirations and inspirations, erroneously perceived as the will of God, are in fact, your very own Higher Mind, the unseen energy that is inspiring you behind the scenes.

So how do you sort fact from fiction and the illusions from the many delusions that overshadow the core of your real self so that you can ground into the core of your being? Well, the first step is to recognize that you are a being that exists beyond this physical plane of reality and that this reality is not your first rodeo, but is probably one of many previous lives during which time you had countless kinds of experiences, all of which added dimensions to your character, thus forming your over-all personality. This alone implies that you are not bound to a certain set of traits, whether you call them your personality or your character traits, established here on this plane of reality nor are these traits due to heredity. They cannot be the result of hereditary because you enter into this reality already as an individualized entity – a monad, bearing your very own personality and character traits, which are subject to all sorts of conditioning upon your arrival. It is a state of conditioning that continues in one form or another from infancy and runs throughout the course of your life because there are always influences, external and internal, constantly carving, shaping and molding your personality. It is self-evident in the sense that not only do you sense it and feel it, you react to the conditioning even as an infant, which you feel the effects of in your experiences. But underneath all the conditioning lies the essence of you, the one true you as a Being, first and foremost, with your very own talents, skills and abilities, some that are visible right from the start and some that are latent, sometimes developed later in life if the conditions are right.

The fact of the matter is that you are not locked into believing that you are only this or that because of heredity or some person or personality test said you are, but that you are an aggregate (sum total) of many lifetimes, which left a psychic impress that carries forward from lifetime to lifetime. Thus, the core of your being may well consist of talents, skills and abilities you developed in past lifetimes and are still developing in this lifetime...and...you may well be developing new ones that will manifest in this reality and perhaps in those to come. All the more reason to ground into the core of your

being, which is far more trustworthy than any outside influences or conditions subject to undesirable change, which allows you to flow with more ease when change occurs.

The practice of meditation and even moments of quiet, undisturbed mindfulness will bring you in closer touch with the real you by peeling away the layers of your personal reality so that you can see for yourself what things about you and your reality is and is not true. Many people suffer from all sorts of psychological schemas that they are unaware of and that are acting behind the scenes and affecting their behaviors, thus affecting their experiences. Typically speaking, these schemas are the product of some kind of conditioning or traumatic event that left a psychological impress on your psyche. So whether you recall an event exactly as it occurred or you perceive an event to have occurred in a way it did not still leaves an embedded mark on the psyche. These schemas act on their own accord and build up momentum as the years go by, manifested in your emotions and in your experiences. Thus, you find yourself reacting or over reacting to similar scenarios, whether they are real or they feel real because you are imagining or perceiving them as real, nonetheless, it makes no difference because you are still habitually reacting and are not aware that you are. The fact is that a schema embedded itself at some point in your past and you have been responding to it as if the event, perceived or real just occurred today, which adds another layer to your identity, guised as a trait that is not truly you and takes you further away from the essence of your real identity. This is very important information because embedded schemas, which are the cause of one or more habitual emotional reactions attributed to some event from the past, as was previously described, is ruling your reality, which you feel as adverse effects manifesting in your reality. This makes grounding to the core of your being an impossible task because you are essentially under siege by the power of these schemas and your reality is chock full of distortions.

Of course, the severity or complexity of undetected schemas may require outside professional help, such as psychotherapy, especially when the undetected schema is wreaking havoc in your life, which gets even more complicated when there is more than one schema involved, as it quite common to have multiple schemas working behind the scenes simultaneously. Given that it is difficult enough to see the forest for the trees, there simply is no room for denial. Blatant denial is no less self-defeating than self-blame. However, you cannot know what you don't know until something arises in your reality that makes it possible for you to see or know what you did not see or know previously. Therefore, it would be self-defeating to hold yourself accountable for things you did not know about at the time, and perhaps still don't know because the truth has not yet been revealed to you. Nor should you hold yourself accountable for things you did not say or do or whatever the case may be...the possible variances are far too numerous to mention.

So as you can see, grounding into the core of your being takes some cognitive and spiritual effort. The cognitive effort relates to tracing a schema or schemas to its origins, which probably occurred in childhood. However, the cognitive effort does not stop there because there is a fine line when it comes to discerning what did or did not really occur, as personal reality can be distorted by inaccurate perceptions, misinterpretations and misunderstandings, especially in the mind of a child. Bringing the reactive behavior patterns to a stop is not typically a onetime event nor is it an easy process, as doing so is always relative to strong or weak convictions, as well as your own constitution, it too being weak or strong. For some people, just discovering that they have been overreacting to certain conditions that arise in their reality due to an embedded schema is enough information for them to make an abrupt change, just as long as they stay consciously aware of the schema, as these patterns do not magically dissipate, but tend to linger. For others, it is the beginning of a long string of events, which over the course of time will unfold other related causes and effects linked to the initial cause; much like unscrambling a large jigsaw puzzle. There simply are no one-size-fits-all methods when it comes to unraveling the accumulated layers of human behavior with all its many hidden and undetected causes and effects. Thus, cognitive effort is often an ongoing process of unraveling the cause of emotional reactions, while learning how to over-write the old behavior patterns with much healthier and balanced patterns of responding versus reacting and overreacting, which are not equal to each other in terms of the results they produce (see Lesson 112 for more on the subject of embedded behavior patterns).

The spiritual effort begins by recognizing that you exist as a spiritual entity, and because you do, you are far more than the physical self that cloaks your essential self. Due to misinterpretations, people are often of the erroneous belief that they are a human being having a spiritual experience, when in fact the opposite is true. You do not become a spiritual entity after your physical death; you already are a spiritual entity. You are a living, breathing fully aware conscious spiritual entity that has descended onto the plane of physical reality to have a physical experience and therefore, you must have a physical body for the time that you exist in this reality. Because you are an infinite spiritual entity, it is for this reason that there is no useful purpose in trying to ground into your physical reality, which is finite. The effort is wasted because you are doing nothing more than attempting to objectively ground into a subjective environment, unreliable and temporary at best. Although physical reality is objective in the sense that you exist as a human being and the environment all around you objectively exists too, as does space and the universe, the experiences of life is a subjective illusion. This is so because by the action of your own free will, as well as your own internal impulses and external influences, your personal reality is created and recreated every single day, based on subjective interpretations of your reality and that of the environment, which is an illusion that when carried to an extreme becomes a delusion. You can change the nature

of your personal reality to any degree merely by changing your mind, by changing a belief, by changing a perception or by changing an expectation, all of which changes how you react to the daily flow of life – which is still an illusion no matter how objective it appears.

Now, this is not to say that subjectivity is a total waste of time or that it is a burden more than it is a benefit. Subjectivity is necessary at this stage of human evolution because life as a human being is still experienced through the senses and mostly processed through the emotions, which is precisely why it is subjective; even intellect is subjective, though it appears objective. Thus, every sense-based experience is nothing more than a subjective interpretation about something that either is perceived as an objective reality or is an objective reality, such as matter. Therefore, sense related experiences and emotions could not be anything other than subjective experiences. Everything you see, smell, hear, taste, touch, and felt as an emotion is subject to your interpretations, regardless of the fact that what is being perceived is composed of constructed matter; even matter is not as objective as you think, given the vast space between its molecules. It is not the object, which represents a person, place or thing that is subjective; it is the experience you have with the object, whether a person, place or thing that is subjective. This is why it is so difficult to ground, much less to ground into the core of your being. There is just too much subjectivity, making it difficult to discern fact from fiction, illusion from delusion - the conditioned you, which is subjective versus the real you, which is objective.

If there is any one experience in life that falls prey to the most subjectivity, it is relationships. It is here where people fall into more ditches of error than in any other life experience. This is so because no two people view the matters of life on equal terms anymore than they view the relationship on equal terms. Relationships are chock full of subjective interpretations, the roots of which are spread out from childhood conditioning, cultural and religious beliefs, personal beliefs (generally attributed to childhood conditioning), education and a host of other environmental influencing factors, including but not limited to incorrect assumptions, misinterpretations, misunderstandings and erroneous concepts and precepts. In addition to a person's own internal impulses and embedded behavior patterns, as well as all the many external influences, positive or negative, desirable or undesirable, favorable or unfavorable...communication is a key ingredient in every relationship, whether personal or professional. As if relationships are not difficult enough, people ground to certain relationships as if drawn by a magnet due to unstable influences such as insecurity, self-worth, fear, unmet emotional needs, schemas, etc. So when things do not work out or things spiral out of control, the ground beneath their feet feels as if it literally opened up like an earthquake and swallowed them whole. The instability of relationships, that is, the instability of the people in the relationships is just another good example of why it is always best to ground into the core of your own being, in spite of human attachments.

In closing, we hope that we have opened your mind to the importance of grounding into the core of your being as opposed to grounding to things of a subjective, temporary and unreliable nature for the sake of your own inner and outer balance and especially for the sake of your own mental and emotional well-being. Please feel free to ask questions, make comments or share your personal experiences.

Many Blessings,

Linda, Z and the Collective We