

## Lesson 54: The Path to Personal Freedom

Although each of the past lessons are composed of information that is designed to help you to better understand the nature of your personal reality and the importance of gaining such an understanding, there are those occasions when a discussion of certain matters are of immense value to those who are on an answer seeking quest on a deeper level. Of course the ultimate goal of all the past, present and future lessons are designed to not only encourage you to find your path of personal freedom but to encourage you to spiritually expand as the process of spiritual expansion is, above all, the ultimate purpose for human evolution. However, the process of spiritual expansion or becoming enlightened means overcoming certain mental and emotional obstacles that block your path. Thus the desire to embark on a path to personal freedom means bringing any mental and emotional issues into the light of truth by coming to terms with those issues on a conscious level where your understanding is concerned. Sometimes certain issues require a more in-depth understanding of your personal experiences which helps to keep you moving along your path to personal freedom lest you get bogged down with matters that you find yourself unable to see the truth of the reality contained within them – not your perceived reality. These two realities are not one and the same and produce very different results and consequences. Thus, the lesson this week will be a more comprehensive in-depth analysis of specific matters that might have you stuck in a mental, emotional and spiritual rut.

So often the realities of your life experiences, manifested in the circumstances and events you encounter on a daily basis, regardless of what they are, are not always attributed to a case of deceptive perceptions as much as these experiences can be misunderstood which consequently causes you to perceive them to be something other than what they really are. A misunderstanding of your experiences places the reality of them in an entirely different framework as well as the affects you feel from those experiences. The way in which you act and react to your experiences in accordance with your belief structures are tightly woven through the fabric of your understanding that affects your perceptions which of course then affects your thoughts, feelings and emotions that combined form the basis of your attitude. These situations are often connected to undesirable external influences and the affects of them in your reality. When you do not know how to put them in their proper perspective or you are unaware that there is a perspective that will be far more beneficial, by default of your own mental attitude towards those undesired influences, they become something more or other than what they really are. When the nature of such personal matters is explored more thoroughly, that is, from an entirely different understanding and perspective, it is from this point that you can find your freedom from the undeserving and self-inflicted weight placed upon your shoulders.

At this point you may be wondering where do your personal experiences fit into this picture and how do you find your freedom from the issues in your reality that are bogging you down or holding you back from the freedom you so desire. Because human beings do not fit into a 'one size fits all' category, there are going to be many unique differences in your personal experiences just as there are often so many common threads that seems to connect the experiences of life in a collective manner of speaking. Simply stated, the conditions of your life such as you have experienced it, that although your experiences have a degree of personal uniqueness, they are really not as uncommon or unique as compared to what people all around the world experience in the course of their lives. No individual existing on the human plane is ever so isolated as to believe, think or feel that they are left alone on a deserted island, isolated from the experiences of their fellow mankind except for the conditions they bring to bear upon themselves by the choices they make and the beliefs they hold. The only thing that separates your individual experiences from the individual experiences of others is measured by the degrees of each person's life experience. With that said, it is time to take a more in-depth look at some of the conditions that exist in regard to the undesirable affects of external influences which have mentally, emotionally and spiritually bogged you down from pursuing the path of your personal freedom.

The most common cause of undesirable circumstances and events encountered along the road of life are generally related to a childhood experience or experiences in which events or conditions occurred that caused you to form certain thought patterns and belief structures about yourself and your environment as a means of self-defense for the sake of your own survival, embedded in levels of consciousness that you were probably not even aware of at the time and may still not be aware of. This explanation takes into consideration only one undesirable external influence scenario, however, there is yet another scenario most worthy of a closer examination which addresses not only your past living conditions but also addresses your current living conditions that are still occurring in your life today. So it is these two living conditions that must be examined independently at a deeper level so that you can see the way these conditions are affecting your reality and what you can do to change their affect on you, thus breaking the yoke of their bondage and fully realizing your personal freedom from these conditions. We will begin by examining the first scenario.

As we take a deeper look into the first scenario there are some aspects that will be brought into the light that you may in all likelihood find alarming and even disturbing and which may even throw you into a tizzy of blatant denial and even anger where your beliefs are concerned but if you will keep an open mind you will be surprised to find that you do indeed have the power within you today to change the negative energy of your past experiences in spite of your initial reactions. So as you read through this discussion please keep in mind that ultimately you are the benefactor of the information that will be revealed to you, therefore it would be in your best interest to fasten your mental and

emotional seat belts and hang in there; the bumpy ride will be well worth your effort in the long run.

The first point to be made in this discussion is that the business of physical life here on the earthly plane is an experiment at best. In this sense there really are no right's or wrong's and no good or bad except for what you believe and perceive exists based on your conscious understanding of what is and what isn't acceptable in accordance with your standards and those of society in general. In addition there are the concepts you developed in response to the way in which you have been conditioned by others in your environment and by yourself. Now with that whopper of a statement out of the way, take a deep breath and let us move on. By the way, the previous statement was made with all due respect to your intellect but this discussion is not about intellect, it's about reaching the core of your being where your understanding and the truth concerning the nature of your personal reality rests and awaits the opportunity to surface into your conscious awareness which involves the matter of your ego. So as to not get sidetracked from the purpose of this discussion, the nature of your ego is a topic of discussion intended to be addressed in a future lesson so for now we will let the matter of the ego fade into the background. Now there may be those of you reading this lesson who have not yet considered the possibility that life is truly a learning lab in which humans are afforded ample opportunity to work out many variables, not just on an individual basis but for the good of the collective whole, that are not necessarily related to karma but simply the desire to experience all the magnitudes associated with the human experience that can only be explored in a 3-D environment in terms of the five senses and the role of the conscious ego. If you can embrace the possibility that such a setting is the purpose for the existence of physical life on the human plane then you can or should be able to see without too much resistance how it is possible that the living conditions you encountered as a child and the people associated with those conditions, such as your parents and other family members as well as everyone else in your environment, were and are still a part of the overall collective experiment of which you are a vital part of. Now please understand that in no way are your personal experiences being undermined or negated. Instead you are being challenged to examine life through lenses that you are not accustomed to viewing it through which, just like a new set of eye glasses, takes a period of adjustment before you feel comfortable with the new lenses. Another way to look at it is to accept that fact that there are two sides to a coin. On one side of the coin are the experiences you lived through and know all too well are as real as real can get from where you stand. However, you cannot disregard that there is an opposite side to the coin which literally means that another possibility exists there that affected your reality in a way you never thought to take into consideration. In fact, you probably completely disregarded the fact that there is a flip side to the metaphoric coin. You have only been able to see what you have chosen to accept at face value as your true reality and that nothing else exists over and above that which you perceive is true. But

what if you were challenged to examine the other side of the coin? What do you suppose you might find there that you had never given thought to as being possible and realistic?

Now it may seem as though we are going by way of the moon or by way of some other galaxy to make an intended point but it will be well worth the effort as you commit to keeping an open mind. The point we are trying to drive home for your benefit is that no one is perfect in their approach to life and the way in which they and you understand life and even more importantly is the way they and you are conditioned by the experiences of life. In this respect everyone is truly a product of their own individual environments and the living conditions in which they were subjected to which includes you to. Your personal experiences, such as they were or still are, are no exception to the rule and will never be except when you are willing to take responsibility and hold yourself accountable for that which you can change for the good where your undesirable conditions are concerned. This is precisely the point where the miracle of your life's undesirable experiences undergoes a much needed change, subtle at first and then much more noticeable as time goes on. Incidentally, the process of overcoming any form of undesirable past experiences is not a one-time event but rather it is an on-going process of continued growth. It's just when you think you have life all figured out that a new challenge unexpectedly falls out of the sky and drops right into your lap; this of course being the true condition of life – which is how humans evolve, and everyone is involved in the evolutionary process regardless of who they are and how they behave.

In stating that souls do not typically enter onto the physical plane with a full conscious awareness or are consciously equipped to comprehend and successfully manage the journey of human life, it is vitally important to understand that mistakes are made and sometimes lots of them and in so doing others in the environment are negatively affected - unique to their personal experiences. But in order to truly comprehend the ebbs and tides that contribute to the various conditions experienced throughout the course of life, we must revert back to an initial starting point. This is a very important factor to take into consideration because the experiences of life, such as you know them to be on a personal and collective level, are not top down experiences nor are they midpoint experiences, but rather they are bottom up experiences that does indeed have an origin or a 'first cause' as Aristotle often stated. The dual strand structure of your DNA contains within it all the conditions and all the memories of every past life circumstance and event as well as present and future experiences that are all stored within every fiber of your being along with an encoding that harkens your DNA back through a long line of ancestors dating back to antiquity. What this amounts to is that the conditions you experience in your lives, past and present, where external influences are the affecting factor, enters into your reality by way of a long line of conditioning for the simple reason that life on the physical plane is one huge melting pot of infinite possibilities and probabilities as well as endless variations of unlimited experiences. Thus, the mother, father or any other authoritative figure who on the surface appears to

be the culprit behind the unhappiness that you might have experienced and has deeply affected you as you travel on the road of your life, was merely responding to the conditions from the environment they were exposed to and on back down through the ancestral line. Now this is not to say that no one is to be held accountable for their actions and behaviors but it is to say that the karma invoked is theirs to reckon with – not yours. Your only responsibility is to do one of two things – either accept what happened in your earlier life at face value giving no further thought to the who, what, when or why or to consider that just perhaps you may have misinterpreted the situation, misunderstood it which caused you to perceive it to be something other than what it really was, in accordance with the beliefs you formed about the events or conditions that were then further affirmed by your thought patterns, your feelings and your emotions and then justified by your attitude. This is a situation that you can work out in the quiet confines of your mind which you can do in a relaxed state or even in writing, such as working it out in the pages of a journal or you can seek outside help to assist you in unraveling the situation. Please bear in mind that when you seek outside assistance you open yourself up to that person's perspectives unless they are well qualified to actually help you and not hinder your efforts.

But there is yet another aspect to take into consideration which is that nothing in life happens by chance but that everything happens for a reason. These unseen reasons are connected to a series of synchronic events that unfold over the course of time. Taking this into consideration it is feasible then to see that there does exist a psychic relationship between certain people in your environment, also known as your soul group, in which details were worked out ahead of time in regard to such matters as who would play what role and what challenges were desired to be overcome or what karma needed to be resolved or worked out on the physical plane. While you may think such psychic conditions do not exist, be assured that they do and the evidence on the human plane speaks for itself. Just because you cannot visually see it or feel it by means of your senses, from your intellect or even your ego does not mean such karmic situations do not exist. How many times have you heard it said or personally know of someone who on the surface appeared to be involved in a very undesirable life situation that turned out to be the best thing that ever happened to them and that they were grateful for the experience because it brought to the surface of their conscious awareness the experience of fulfilling or resolving their intended life purpose which they had set up the parameters for long before they arrived on the physical plane. Now they might not have stated it exactly the same way but the intention is nonetheless there on an intuitive level.

Generally this would be the point where a lesson would begin to wind down and reach its final conclusion. However, there still remains the matter of addressing the second scenario which we committed to earlier in the discussion; therefore, we must proceed in spite of the additional length of the lesson. The second scenario, as you will recall, is in regard to your present living conditions where undesirable external influences are in

some way still affecting your reality and more specifically has bogged you down or left you stuck in a rut at an unreconciled crossroad. If this condition applies to you be assured that there answers to your dilemma that will provide you with peace of mind and allow you to co-exist with one another in a peaceful, non-threatening state where no one person has to bend for the sake of the other. Again, reverting back to childhood conditions and the undesirable experiences, memories and emotions attached and the impact that those very same undesirable conditions are still having on your reality today is important to examine at a deeper level for the benefit of everyone involved, especially in such conditions where attitudes and behaviors have not changed on one or both sides. The essential tool for correcting this undesirable problem is not in attempting to change someone's behavior but is in the form of acceptance, that is, the willingness to accept the differences of those who you are allowing to rock the balance of your reality. In this respect, they are who they are and they have become what they have for reasons that may remain unknown to you and to them on a conscious level. Although this is a broad statement you will have to integrate the information revealed in this discussion into your own personal circumstances. Neither you or even those with whom you may find yourself engulfed in a mental, emotional or spiritual gridlock, where viewpoints and lifestyles are grounds for dissent and disharmony, may truly know or understand at the most basic fundamental level why this condition exists and how it can be alleviated on the human plane. Since you cannot change another person's behavior who is not willing to change any more than you can easily change their views, perspective, beliefs and perceptions you can only resort to slowly releasing the gridlock by a willingness to accept them for who and what they are given that you really do not know on a psychic level what role or purpose their presence in your life might be. What you may perceive as an irritating and annoying situation may simply be them intentionally stirring the psychic pot, so to speak, for the sake of your personal growth and spiritual enlightenment. For when you can accept others for what they are regardless of how they fit into your selected mold of what is or is not tolerated and furthermore not allow them to alter, shake, bend or destabilize your own reality then you have indeed become a far more enlightened soul and they helped you to get there.

So now that you have been challenged to view these particular life matters through some very uncomfortable lenses, nonetheless we hope that we too have stirred your psychic pot and caused you to step outside of your proverbial box and give thought to your personal circumstances from an entirely different perspective. Given that the discussions in this lesson have not followed along the ordinary course that you are accustomed to from week to week, please feel free to share your thoughts and comments and above all do not hesitate to ask questions because if there is something in particular you do not understand there is every likelihood that others might not understand it either and would like to have more light shed on that same matter.



Many Blessings,

Linda, Z, the Collective We and the influence of the non-physical entity known as Seth

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In order to afford our readers ample opportunity to digest the contents of this lesson, there will be no recommended reading listed at this time...