

Lesson 58: The Path to Personal Growth through Spiritual Enlightenment

In most cases the lessons I write are heavily influenced by my spirit guide Z, the Collective We and even from the non-physical entity Seth. Although the premise of every lesson is in some way built around these spiritual influences as well as my own personal experience, always for the sake of conveying an important message, it is seldom that I write a lesson directly from my own firsthand experience. The lesson this week will address the path to personal growth through spiritual enlightenment primarily from my own personal experience. The reason for the deviation is for the sake of establishing some common threads with my readers so as to assure you all that there are no pretenses where my own path to becoming spiritually enlightened is concerned; that I too am progressing along the path of spiritual enlightenment and certainly not without its personal difficulties and lessons well learned. In the course of this lesson I will discuss the difficulties generally experienced by those who seek personal growth by becoming spiritual enlightened, which as I have discovered from my own experience involves much more than just the desire to know certain spiritual truths.

At the onset of my journey of self-discovery I was, as you will soon read in my book, *The Dragon of Personal Drama*, confronted by many personal truths that were hard to digest let alone integrate into my day to day life. But in spite of the difficulties I had to overcome during my journey of self-discovery, which involved coming to terms with my rather destructive and self-defeating thought processes, beliefs and perceptions, I successfully got through the issues I needed to work out in preparation for the next phase of my journey which would be the pursuit of certain spiritual truths so as to become spiritually enlightened. It seems logical to believe that spiritual truths should come without any psychological costs to bear, however, as I began to progress along my spiritual path of enlightenment I discovered that it didn't quite work the way I anticipated it would. I discovered that the desire to know the spiritual truths I was seeking does not come without its psychological price to pay. I found that there were some difficult lessons to be learned that involved addressing certain personal issues before any spiritual truths could be realized or fully appreciated. I also discovered that these issues seem to rise up right out of nowhere and rather unexpectedly to say the least. In addition each of these issues demanded my undivided attention and would not release their grip on me until I came face to face with them as they rose up into my conscious awareness. Sometimes I felt resentful being confronted with issues that otherwise did not seem important enough to give any further thought too or the fact that it was me, once again, needing to make changes I did not necessarily want to change or felt the need to make. Nonetheless these issues rose up into my conscious awareness for valid reasons and, consequently, had to be addressed from an attitude of honesty, whether I liked it or not. Therefore, in all honesty I must say that each personal issue I have addressed thus far has without a doubt proven to be in my best interest after all was said and done and has resulted in continued degrees of spiritual enlightenment.

Each time an unexpected and most unappreciated issue arose into my conscious awareness I would find that, ultimately, it meant changing or altering something within me that previously had not been a remote consideration. Like it or not this was a necessity in order for the revelation of the truth I specifically asked to know about to actually serve its ultimate purpose, which of course was to become enlightened, thus promoting my own spiritual growth. This is a difficult process because the pull of the illusion of physical existence, that is, the enticement of life outside of spiritual enlightenment tugs real hard on the psyche. The tug-o-war between the enticement of life, i.e. the mental, emotional and physical lifestyles established and the possessions acquired or desired to be acquired can be a relentless experience, which in the end only one can win and the other must lose in terms of the choices to be made. However, as I found this is a situation not to be taken lightly because making the wrong choice does not come without it costs that in the long run complicates life just that much more. I cannot stress this point enough because the process of making poor choices and bad decisions eventually catches up along the path of life – yours, as well as the inevitable causes and effects that just seem to mount up long before you come to the realization that something is broken within you and is sorely in need of fixing or in some cases actually requires a complete psychological overhaul.

The enticing illusion of physical life is without a doubt a delusion because generally speaking there is more personal harm done than realized, which typically occurs when it is almost too late to prevent the onslaught of undesirable personal circumstances and events, so often thought to be the cause of external conditions outside of your control. So as the consequences of your mental, emotional and physical lifestyle set in you find yourself suffering the effects from the causes you did not know you directly or indirectly set in motion in the first place. It is for these reasons that this website places a great deal of importance on the need to understand the nature of personal reality from a mental and emotional approach because this is where the majority of life's difficulties arise from. The experiences in life leave their imprint in your feelings which then affects your thinking processes, beliefs and perceptions. In as much as we would all like to blame our difficulties on external circumstances or chalk them up to being nothing more than misfortunes, nothing can be further from the truth. But you cannot expect to discover these truths unless you are willing to allow the issues behind the causes and effects to surface, to enter into your conscious awareness where you are challenged to put them in their proper perspective or continue to suffer the consequences of your unresolved mental and emotional issues.

The enticements of physical life become problematic when they are sought after for all the wrong reasons. When the desires for possessions of any kind, whether monetary, material or relational, are sought after from an attitude of greed and selfishness or to fulfill emotional voids is delusional to say the least. In this negative and self-denial frame of mind, enough is seldom ever enough, until the underlying motivations are

thoroughly examined. Thankfully, all is never really lost because in the power of *NOW* there is the empowerment to rise above any undesired negative causes and effects. However, there is residual that does continue to play out but is not nearly as threatening because the empowerment that comes from having acquired a dose of “right knowledge” aka, the Truth, has a way of fizzling out the residual undesirable effects over time.

When you find yourself right smack in the midst of a mental and emotional cleansing process, for the sake of your spiritual growth, is precisely the time when the need to stand down strong emotions long enough to process the issues that have surfaced into your awareness cannot be stressed enough. As I have learned, the hard way of course, is that you cannot expect anyone in your circle of life to bear the burden of your emotions while you are caught up in the cleansing process; that whatever needs your undivided attention is simply not anyone’s burden to bear but your own. I came all too close to destroying a perfectly good relationship from trying to transfer my feelings and emotions where they did not belong. In such situations, the forewarning is to not be surprised if things in your reality appear to be out of whack and rather distorted to say the least. No one ever said the path to personal growth through spiritual enlightenment was going to be easy. The truth is that such a quest is actually quite difficult and does not lack its unforeseen challenges. The only way to get through a spiritual endeavor such as this is to do everything you can to keep your mental and emotional wits intact and most importantly stand down the strong emotions you will feel, for whatever length of time it takes to work out your issues, without inflicting any unnecessary harm on yourself or on anyone else.

Unfortunately, because our emotions reside on the “feeling” plane and not the mental or intellectual planes, and most definitely not on the spiritual plane, the effort of keeping the emotions in check and balance is not without its challenge. For many people holding down strong emotions, in spite of the benefits derived, can be very difficult to do given the tendency to respond to the undesirable matters of life via instantaneous knee-jerk thoughtless responses that are more often than not based on some past undesirable or painful emotional memory as opposed to a well thought through intellectual, or even better yet, a response that bears the fruit of spiritual enlightenment. Typically, when such situations occur, a deep rooted fear is triggered and brought to the surface but usually goes undetected in favor of letting strong emotions fly off the handle without restraint which, inevitably, camouflages and compounds the primary issues that need to be addressed. When the situation at hand is examined in the quiet confines of a meditative mind is when the undetected basis of the fear that surfaced is revealed in the light of truth. Once the reason that lies beneath the fear is addressed there is an automatic validation for having made the effort to stand down the strong emotions which will always be self-evident. The mental and emotional clean-up can be avoided by the choices you make.

The basis of a fear which can have its roots in feelings of insecurity, lack of confidence or lack of self-worth is hidden within the strong emotions. The emotions felt in response to the issue that is attempting to surface into your conscious awareness risks being entirely missed because of the influence of limiting thoughts and beliefs that are actually disabling and perceptions that are indeed deceptive; all the more reason to stand down any strong emotions. Time is required to work out all the details, to allow whatever is coming before you time to reveal itself for the purpose of self-examination. There are schools of thought out there that insist on using the power of now as a means with which to ignore issues that are being brought forth into your conscious awareness; to leave them behind and move forward in life as if there was no past history from which they have their origins in the first place. This is very harmful and damaging to you on every level of your being if for no other reason than that an attempt to suppress an issue that needs addressing will continue to surface in your psyche even in the form of archetypes and metaphors. Unresolved issues simply cannot be ignored. The practice of self-blocking has nothing beneficial to offer except the inevitable rise of more and more dissension on every plane of your being, so often exhibited in emotional outbursts relational breakdowns as well as physical symptoms.

The path to personal growth through spiritual enlightenment does require a reasonable period of time to look inward, to learn what needs to be learned and then to move on down the road. Prolonged self-examination soon loses its validity and worth as there is the risk of becoming stuck in a psychological rut. In the meantime life is waiting for you somewhere down the road and is offering many new experiences but you will not arrive there anytime soon if you choose to remain in a perpetual state of mental and emotional self-examination. I can guarantee you that the moment you come out from under a life-lesson well learned another one is waiting to be learned around the bend of life, so no point in avoiding the inevitable. For most people, life on the physical plane comes with its built in mental, emotional, spiritual and physical limitations which all by itself presents unwelcomed challenges designed to assist us in ultimately facing our fears, to learn how to overcome powerful emotions and to hopefully figure out what the purpose of our human existence is and then to fulfill the mission. Sometimes the purpose of physical life is only to settle unresolved karmas from a previous life or to experience something for the sake of personal or spiritual growth or even to leave a mark or a legacy in some capacity as many people have done time and time again down through the ages.

Coming to grips with the personal issues that creep up into your conscious awareness is seldom an easy process mainly because there is a built in challenge to change or alter something about yourself which can run the gamut from A to Z and anything in between. Making the necessary changes or alterations that are ultimately for your best interest is not always accepted without resistance. Speaking from my own experience I admit to having a tendency to initially resist a change or an alteration until I can fully

appreciate the benefit of doing so. No one really desires to make changes or alterations in places where they are most comfortable and familiar with. You don't have to make any changes or alterations but when a personal issue comes into your conscious awareness you best heed the call and go with the flow regardless of how difficult it gets. I have learned through the course of my journey through life that the unexpected rewards always out-weigh the resistance. Unfortunately, going with the flow of change or alteration is much like putting on blind folders where you are expected to know where this path is taking you and what the outcome will be when all is said and done. Incidentally, the idea of 'when all is said and done' is not the least bit comforting as what is all said and done is unforeseen, unknown and downright scary. Not having the assurance of being able to predict exactly how when all is said and done as a future event is going to be revealed is to put your faith, not blind faith, in a process whose ending rests somewhere on the unseen horizon. What exactly will you have to change or alter? Well that depends on what conditions exist in your reality and the degree of change or alteration needed which usually rests heavily on your thought processes, the beliefs you hold fast too as truths even if they are delusional to say the least and of course your perceptions, being the worst offenders when it comes to looking at your reality through distorted lenses.

Sometimes a condition exists in your life that was not necessarily a problem previously but becomes problematic when a change in lifestyle is resisted for reasons that are pertinent to your own individual circumstances. In my case I not only had to make certain changes and alterations that I resisted initially but to the degree where it eventually required the removal of whole pieces that were intricately connected to some very pleasant memories. It was very difficult to see those parts of my life surgically cut out of my reality, spiritually speaking, for the sake of peace, contentment and happiness in my present circumstances. Thus the end result was not anywhere to be found on my radar detector so I had to stand in a state of complete faith with the hope that on some level of my being the spiritual surgery was occurring on my behalf because I was not easily letting go of something that had a great deal of personal meaning and significance to me, yet truly did not have a place in my new circumstances. In this respect the need to keep those memories alive were to attempt to force them on someone else who was never intended to be a part of past experiences that occurred in my reality. The end result was that it was a lesson well-learned and the piece that had been surgically removed, spiritually that is, was without a doubt just the mental and emotional release I truly needed, that is, after all was said and done.

The lesson is that sometimes we cannot see the loss of things that are actually in our best interest even though it hurts to let them go. Not to mention the door of new possibilities and what I like to call "likely to occur" probabilities can now move into our realities and become new and rewarding experiences that we otherwise lock out when we are not responsive to change, when change comes knocking at our doors. So in closing I

sincerely hope that this lesson, written from the knowledge I have gained along with my own personal experiences, serves my readers well in the long run. Whether any of the situations discussed are conditions you have already experienced or are yet to be experienced, it is always comforting to know that someone else has blazed the same trail. So often we feel isolated when we are faced with personal issues that appear to be so different from the realities of those around us. As always I look forward to the feedback from my readers. I would like to take this opportunity to encourage more of my readers to share their personal experiences with me and to describe in what way the lessons have been beneficial to you all.

Many Blessings,

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Recommended Spiritual Reading:

The Nature of Personal Reality by Jane Roberts as channeled by Seth.

Rising Out of Chaos by Simon Peter Fuller

The Emerald Tablets of Thoth - The Atlantean

The Kybalion by Three Initiates

The Dhammapada introduced and translated by Eknath Easwaran

The Wisdom of the Vedas by J.C. Chatterji

The Nag Hammadi Scriptures edited by Marvin Meyer

Isis Unveiled by Helena Blavatsky

The Secret Teachings of All Ages by Manly P. Hall