

Lesson 59: Mental Attitude & the Nature of Personal Reality

In many of the previous lessons there has been a great deal of focus placed on the matters pertaining to thought patterns that become habitual in nature; the feelings and emotions related to the thought patterns; how to recognize and manage strong emotions; the importance of examining set core beliefs and the effects of distorted perceptions. In the course of all these discussions the matter of mental attitude has not yet been brought to the forefront as a separate discussion. Thus, a discussion devoted to mental attitude and the role it plays in affecting the nature of your personal reality will be the focus of attention in this lesson. This discussion is for the purpose of helping you to see just how your mental attitude is indeed affecting your day to day reality; a condition most people are oblivious too.

To begin with it is essential to recognize that there are people who have either an innate or learned ability to allow the inconveniences of life to roll off their shoulders and to not let the insignificant and unimportant matters of life negatively affect their reality or those around them. But then there are those who habitually react strongly to most every undesirable situation that occurs in the course of their lives, regardless of its significance or importance, which ultimately results in having “bad days” more often than not. If this latter description is one that resonates with you, provided that you are being honest with yourself, then you stand to gain a great deal of enlightenment as the result of this lesson. The lesson is intended to help free you from the bondage of your own self-defeating mental attitude which can be accomplished by being exposed to, in the words of the Buddha, the “right knowledge.”

In order to overcome a self-defeating mental attitude it is important to first recognize that you do indeed have one which is why you have a tendency to feel provoked and negatively affected by people, places or things in the course of your day to day life. As is generally the case with the personal matters of life, there is usually more than one underlying reason that contributes to these undesirable experiences that typically lies beneath the surface of your conscious awareness. In the course of this lesson you will become more enlightened by bringing into your conscious awareness the undetected causes that are affecting your mental attitude and that are negatively affecting the nature of your personal reality as well as those around you. Because these matters are always so pertinent to each and every individual it will be up to you, as you read through the lesson, to apply these causes to your own personal circumstances. It is, of course, in your best interest to be open minded given the strong possibility that you may not think of yourself as having a self-defeating mental attitude, when in fact, you may very well be exhibiting a negative mental attitude and are needlessly suffering from its consequences without even realizing that you are doing so. It is so easy to fall into the trap of mental delusion because it is far less painful to point a finger of blame at someone or something, as opposed to turning that same finger inward, at the risk of being

confronted by certain truths that require you to look deep within yourself. This is not an exercise that anyone typically chooses to do on a voluntary basis except when in the throes of a life or death situation or in the midst of a severe adversity.

Before attempting to describe the various causes and effects that contribute to a self-defeating mental attitude, of which there are many, we will begin by first defining the word *attitude*. Webster's dictionary defines attitude as a bodily posture showing mood, action, etc.; a manner showing one's feelings or thoughts and one's disposition, opinion, etc. Although each of the definitions is important enough to stand on its own merit, it is the definition described as "a manner showing one's feelings or thoughts" that specifically relates to the discussion in this lesson. How a person shows their thoughts and feelings, in response to the perceived conditions of physical life, is directly linked to their current state of mind; their prevailing mental attitude. The key to unlocking the door of a prevailing mental attitude is to look beneath the surface of conscious awareness to determine the source of feelings and thoughts that are responsible for forming a self-defeating mental attitude.

Your mental attitude has its roots in your prevailing thought patterns, in your feelings, in your set core beliefs and, of course, in your perceptions. Each of these feeds into the other and depending on how they are combined they become the state of your mental attitude. The fluctuations in your mental attitude are the result of the nature of the thought patterns you have already established and the ones you are currently establishing in conjunction with how you view your current experiences, that is most always based on the history of your past experiences, at least until you learn how to separate them. Not all of your thought patterns will be predominantly positive or negative but will be composed of a mixture of both positive and negative feelings. In any case, the composition of your thought patterns will always be a reflection of your feelings about the circumstances and events in your life - past, present and even the future. An example is that you might have had a difficult childhood but it does not necessarily mean that your mental attitude had to manifest negatively in correlation to the undesirable experiences of your childhood. The opposite can be quite true. You could have cultivated a very positive mental attitude because of your undesirable childhood experiences and chose to view the conditions of your childhood as opportunities to succeed. The experience might have been perceived as a means of learning how to overcome certain challenges that were ultimately for your own well being. In this case your thoughts and feelings would have been aligned with your beliefs and your perceptions and combined they would have supported a far more conducive state of mind as opposed to cultivating a negative and most defeating mental state of mind. Of course this scenario is based on the assumption that you would not have been suppressing your real feelings, which is a whole other matter of great importance. If you had been suppressing your real feelings, and much like a clown, you painted a smile on your face and forced yourself to have a positive mental attitude, you would have been

doing yourself a disservice in the long run because sooner or later you would have to come face to face with those suppressed feelings, which incidentally, will *always* manifest somewhere in your reality. Unfortunately you will not be quite so inclined to recognize these instances as being related to your suppressed feelings but will be inclined to think of them as separate and isolated incidents, thereby never integrating the two as being the effects of one cause - suppression.

In addition to your feelings, your mental attitude relies on your set core beliefs which you may or may not be consciously aware of. Some core beliefs are set as the result of environmental conditioning from as early as infancy. Conditioned beliefs are usually accepted as absolute truths and are seldom considered as anything other than the truth; therefore, their validity is not generally questioned but is taken at face value. These conditioned beliefs are set into the fabric of your core beliefs and fade out of your conscious awareness where they are then stored in the subconscious. The result is that when certain conditions arise in your reality you react in accordance with your set core beliefs and do so often without even having to call any particular belief into your conscious awareness; thus, the reaction from the associated belief is acted on habitually – without conscious thought.

The way you choose to view your reality, as it pertains to the circumstances and events that make up your reality, is a very important factor when it comes to the formation of your mental attitude. From your very own perceptions you do indeed form your mental attitude. While your thoughts, feelings, beliefs and even your emotions are integral to the formation of your mental attitude, ultimately it is your perceptions that actually cements in both the internalization and externalization of your mental attitude. If your perceptions are skewed, that is, you view certain aspects of your reality to be something other than what they really are, your mental attitude will likewise follow suit which means that the manner in which you show your thoughts and feelings in response to certain conditions that occur in your environment, regardless of its significance or importance, will be negatively manifested. Your thoughts and feelings will be misguided as will your beliefs and even your emotions because each of these will align themselves with your perceptions; one will build upon the other in a building block-like fashion. As you perceive your day to day circumstances, certain of your beliefs are being subjected to alterations that are in keeping with your perceptions which are very subjective in the objective but illusionary world of 3D. Such alterations can occur and most often do occur without your conscious awareness. These altered beliefs, along with most of your other well established beliefs, are automatically relocated from your conscious awareness and are stored in your subconscious; it is from this level of consciousness that you will inevitably react habitually every time the same or a similar situations occurs in your day to day life.

Attraction factors in at this point as the result of the energy vibrating from you out into the psychic network of universal vibrational energy which is responsible for the “like attracts like” governing principle. Ignorance of this universal law, that governs the human plane no different than the spiritual or planetary planes, is not bliss. You are not protected by ignorance of this law but rather you become its victim if you remain oblivious to its method of operation. Therefore, it is imperative to your well being, as well as to those around you who you do affect in some manner of speaking, to become acutely aware of how your perceptions are being freely allowed to dictate the nature of your personal reality. When your perceptions are skewed you are short-changing every aspect of your being - mentally, emotionally and spiritually. But it does not stop there as your thoughts, feelings, emotions and your beliefs all work together simultaneously to form your state of mind and thus affect the nature of your personal reality. Because it requires energy to think, your thoughts are, therefore, a form of energy. Both your thoughts and your feelings contribute to your beliefs, thus the vibration from your thoughts, feelings and beliefs attracts back to you the measure of your vibrational energy in the form of a desirable or undesirable condition, situation, circumstance or an event typically from the same frequency you are vibrating your energy on. Thus if the energy you are vibrating is of a lower frequency you will attract conditions from that same lower frequency that will manifest into your reality in accordance with this universal governing law.

The method required to change or at the very least alter your undesirable experiences is to not ignore your thought patterns, your feelings and emotions, your beliefs and your perceptions. Although it is much easier to recognize your thought patterns and your feelings as well as your emotions, it is not quite so easy to recognize your beliefs. This is especially true when a situation arises that threatens to become an undesirable circumstance or event. As was stated earlier, most core beliefs are stored in the subconscious and are not generally brought into conscious awareness each time a situation arises. By default of this internal storing mechanism, reactions to undesirable situations are habitual, thereby controlling your thought (cognition) processes. Relief from the grips of habitual reaction is to stop right where you are, even in the midst of a heated situation and spend some quality time peering into your very own thought patterns as they rise to the surface, to feel your feelings and to express your emotions without lashing out at anyone or anything. Just doing this much stops the wheel of mental and emotional destruction whereby you are not left with the unpleasant task of cleaning up the mental and emotional debris left in the wake of habitually reacting in the heat of the moment. This far more positive approach prevents you from having to take back words you really did not mean to say or have to suffer needless consequences from the wrath of a situation that you ultimately provoked even though you think you did not. Your kneejerk response may be that this is much easier said than done and while this is definitely true, it is in learning how to count the cost that is ultimately

worth the effort it takes to slow yourself down long enough to think it through with a clear head which you cannot do while you are engaged in a mental and emotional tug-of-war with someone or some unexpected circumstance or event in which you are attempting to find fault in or with – an exercise in futility at best.

A rule of thumb to follow is that whenever you are confronted with a situation that you did not expect to encounter, whether as the result of someone or some other external influence, know that this situation has occurred for a very valid reason which in the end you will find has everything to do with your own mental attitude and is something that you inevitably attracted into your vibrational field – regardless of whether you admit to it or not. Once you can see the underlying truth in such situations, you stop habitually reacting in the face of adversity. This takes effort, time and a great deal of patience, and oh yes, honesty. If you are unwilling to look at your thought patterns, feelings, emotions, beliefs and perceptions honestly, your only alternative will be to experience the continuance of more of what you don't want to experience until you learn the lessons that are waiting there for you to be learned. These very undesirable situations that manifest in the form of circumstances and events will not stop showing up in your reality until you come face to face with their underlying causes. These causes are not so much about the actual events that may have occurred in your past and are even occurring in your present but are more about the way you think about them, how you really feel about your life experiences, the emotions you express, the beliefs that falsely affirm your reactions, and most definitely the way you perceive the circumstances and events of your reality. When you stop long enough to examine them, which is a process - not a onetime event, you will begin to see a pattern emerge that you will find hard to deny, which you will do at first, but as you move out of the denial state of mind you will begin to see the truth start to unfold and you will begin to feel the presence of an unfamiliar peace flow through your entire being. It will be unfamiliar to you at first because you are not used to such a state of peace flowing through you and affecting your reality in ways you are not accustomed too. As you become more and more attuned to your own thought patterns, your feelings and your emotions, your perceptions will change and as your perceptions change so will any associated beliefs change likewise. The entire building block structure will reformat itself in conjunction with the change in your mental attitude as one building block cannot change without the other. All these changes occur within your internal self and will manifest externally; the proof of which will be self-evident first and foremost.

So as to not give the impression that you are being promised a rose garden, please bear in mind that the most beautiful roses do indeed have their thorns and such is life on the physical plane. In order to balance out the highs and lows of life where the need and desire for materialism, health, wealth, relationships and personal possessions are generally the primary focus of life on this plane, an equilibrium must be maintained which in itself always brings new challenges to overcome and the subsequent lessons to

be learned. This is the natural order of life on the physical plane. Ultimately it results in an endless journey of personal growth stages for the sake of your evolution and you can be sure this will take place, one way or another. Either you figure it out in your current life experience or you will karmically figure it out in another life experience, as many life experiences as it takes to finally work it out. Life is, after all, a perpetual balancing act and the sooner you get in touch with yourself on every level of your being the fewer mental and emotional hardships you will have to experience and the less Karma you will have to contend with. The path of personal growth can lead to spiritual growth when you become a Questor of spiritual truths, but even so this journey also has its balancing effects as certain spiritual truths come into your awareness, sometimes in the most uncomfortable ways.

In closing it is hoped that the discussions in this lesson will help you to unravel yet another layer that affects the nature of your personal reality. It is hoped that you will not miss the truths contained in this lessons but that you will take them to heart in an attitude of seriousness because ultimately it is your very own mental attitude that drives the nature of your personal reality and, therefore, affects the quality of your life experiences and even those around you. If you have any questions or would like to share how the lesson has benefitted you please feel free to do so.

Many Blessings,
Linda, Z and the Collective We

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