

Lesson 63: Bringing It All Together

These days many people are seeking answers to their own personal dilemmas outside of conventional means and in doing so they are discovering that there is a plethora of information available that spans across the borders of traditional self-help resources. Today, the quest to seek answers that can best explain the nature of your personal reality can be found in non-traditional fields of inquiry such as metaphysics, spirituality, ancient texts, Eastern culture; science, i.e. biology, physiology, kinesiology and consciousness; alternative or holistic medicine, various healing modalities such as Reiki and energy healing; quantum physics, the classical success books of the twentieth century and today's popular business books. Even poets of past centuries wrote about personal & spiritual quests and the path to enlightenment. Knowing what direction to go in, then learning how to assimilate the information acquired can be a very overwhelming personal experience, let alone learning how to integrate the information into your day to day environment. Assimilating and integrating all the information acquired outside of conventional means is a step by step process for most people and because there is no particular time table you are free to move along at your own pace. But then there comes a time when the path of inquiry requires you to bring it all together; to bring the information you have gathered into your conscious awareness and become one with it. And so it is the act of bringing it all together and the reason for it that we will build up to in the course of this lesson.

While the quest for truth is not intended to be an overwhelming experience, it can be daunting when you are not entirely certain what direction you should go in. A search on the internet can inevitably whisk you off to an infinite number of websites and blogs, some that are free and others that range in costs, and along with the search is the certainty of enticing offers such as promotional materials, resources and seminars that also range in costs. A similar experience awaits you even at your local bookstore given the abundance of self-help information that is no longer limited to the category of self-help, as was stated above, but can be found in books and resources under many other headings, some of which you would never think to look in. But not everything out there is useful or practical or is suited to your personal needs. The key to becoming a Questor of truth lies in the specifics of what you are looking for and how willing you are to commit to focusing on yourself. In this respect, if things have gotten out of hand in your personal life and you are asking to know the reasons why, you have transmitted this request on a vibrational frequency to which related answers, through various synchronicities will be revealed to you. You will find that whatever sources of information are necessary to your journey of self-discovery; they will unfold right before your very eyes. All you have to do is to follow your own intuitive leading. The kind of information you need that is specific to your personal experience will become available to you but only when it is time for that information to reveal itself to you. Information that you are not mentally or emotionally ready to receive will not be prematurely

revealed lest you disregard it, reject it, deny it, avoid it, find it confusing or even overwhelming, thus serving no purpose.

A ditch of error that you can easily fall into occurs when you decide that you have had enough personal drama in your life and want your circumstances to change but are not sure how to actually affect the desired change. In your quest to seek information that will help you to make the changes you desire, you may at first find yourself gravitating to certain materials and resources in which you might be inclined to see less of yourself and more of those whom you already believe have affected your circumstances in a very undesirable way simply because it aligns with your conscious or unconscious expectations which suggests that someone or something other than yourself is responsible for the condition of your reality. This is a psychological trap that is hard to get out of once you get caught up in it and the results can be quite disastrous especially where relationships are concerned. If you find yourself seeing more unpleasant character flaws about someone other than yourself in the pages of a book, you are definitely heading in the wrong direction. Now while such an experience can prove to be a very valuable life-lesson in the long run, it is one that can be avoided if you are aware ahead of time that you can easily fall into this ditch of error and that you can hurt other people in the process. When you have made a conscious decision to change the course of your life, the only person you can expect to change is yourself. Thus, it will do you absolutely no good to focus your attention on anyone or anything other than yourself. The only character traits or flaws you need to become aware of are your own because there are things about you that need to be revealed so that you can become empowered to change *your* circumstances. You can be assured that you will not be successful in changing your circumstances if the focus of your attention is directed at someone other than yourself.

Here on The Dragon of Personal Drama website every lesson has been written with the intent of helping you, the Questor, to understand the nature of *your* personal reality. This individual focus is a centralized theme that weaves its way through each and every lesson regardless of the topic of discussion. Obviously, the more you understand yourself and the nature of your own reality, the easier it is to affect a positive change in your life experiences. As you come to understand yourself you can begin to see how you do indeed affect the nature of your reality each and every day. You do this by intention from your own thought structures that you inevitably learn to habituate and that are displayed in your actions and reactions which come from your feelings and your emotions, from your very own belief system and from your perceptions. So as you learn how to see yourself and your reality from an objective perspective rather than from a subjective perspective, which is always dependent on your past and present thoughts, feelings, emotions, beliefs and perceptions, you begin to see how you really are creating your day to day reality within that limited framework, regardless of any external influences. You can also begin to see how much of your reality is truly an illusion and

how much of it is factual. There is a very thin line between illusion and fact and having the ability to make the distinction is a challenge to say the least. From a quantum perspective, all reality is ultimately an individual or a generally accepted illusion of a perceived reality simply because reality only exists in the mind. Reality, although it might feel so very real, is not real in that it is not tangible. You cannot reach out and touch reality but you sure can create illusions of reality, desirable and undesirable. Matter is the only form of a reality that is not an illusion because matter is composed of molecules that can take on many different forms or substance. Matter is tangible, it is something you can reach out and touch, it is even tactile and you can experience the various forms of matter and substance with all five of your senses. You cannot perceive forms of matter to be other than what they are but you can have a personal and collective experience with the various shapes, dimensions, purpose, colors and the creation of solid objects or non-solid substances. Although reality can also be experienced individually and collectively, it is still an illusion because it exists only in the minds of the people who create it, however, reality cannot be experienced if it is not observed and perceived as Einstein was so adamant about. Thus, you experience the realities you create in your mind in the manner in which you do because you engage in the observation of it and you perceive it in accordance with the relationship you have with it. Whatever your mind selects, what it believes is true about your reality during its observations, based on your perceptions; it will encode the experience and embed it in your mental, emotional, biological and physiological hard drive, including the chakras in your physical and auric body. Napoleon Hill, the well known classic success author of the early twentieth century said: "Whatever the mind of man can conceive, it can achieve." So whatever your mind can conceive of that gives way to the creation of a dominant thought, belief, feeling, emotion and perception will become the nature of your personal reality each and every time.

Thus, the effort you put, not just into the acquisition of the information you need to help you change the nature of your reality, but actually implement it into your daily life results in significant changes in your life experiences. This, of course, is an ongoing process, especially in the beginning when you are first becoming aware of the issues that are being revealed to you, not just about yourself but about your experiences too. As you learn how to see the circumstances and events of your life through a very different set of lenses, things begin to fall into place and the picture of your own life starts to get clearer and clearer. In the meantime, the things that once plagued you and affected your experiences will start to fall away, almost by osmosis. This is because your experiences are usually connected to a specific root cause typically attached to a past event, so each time you resolve a personal issue others issues attached to the root of any particular problem will just fall away.

So the process of bringing it all together becomes relevant when you have accepted that you do indeed create your own reality and that while there are always outside influences

imposing on your reality, you do have the ability to control your own reality. Sometimes controlling your own reality requires you to make choices and decisions you otherwise would not have made or found the courage to make. Making certain life-changing choices and decisions should always be based on an honest evaluation of your personal situation with the certainty that you are not avoiding or denying unpleasant circumstances or events that in fact you should be facing and resolving. No matter how unpleasant anything is that has been revealed to you, it is in your best interest to face it and resolve it and as you do, you can begin to learn how to change the reality you have already created and transform it into a reality that you really do desire that, of course, is not selfishly based. Once you come to terms with the cold hard fact that no one creates your reality for you, that no one truly controls you unless you give them permission to, you can begin to chart a whole new course for yourself. This time you will want to chart a course that will ultimately serve in your best interest and will have a positive effect on others given that you are not isolated to the extent that no one else is directly or indirectly affected, but that everyone is a part of a greater whole; the difference only being in terms of individual expression and experience. Ultimately, all forms of expression and experience weave together the fabric of the whole of humanity.

Incidentally, when others attempt to control you, whether they try to affect your own thoughts; your actions and reactions; your feelings and your emotions or by trying to alter or change your beliefs or even your perceptions and you allow them too, the condition itself is altered because the energy of feeling controlled and actually being controlled is shifted. That person is no longer controlling you because you have given them permission to affect your reality in some manner of speaking. The moment you acknowledge that someone is trying to control you, is the moment when you must take control of yourself because no one really controls you without your consent and then it is no longer control. Thus, the burden of responsibility rests squarely on your own shoulders.

As you work through the process of coming to terms with yourself and your reality, a lot of startling information may be revealed to you which can take a fair amount of your concentration to accept, digest and then implement the information wherever in your reality it fits. Typically you will be tackling one significant issue at a time. For example, you might be working on your thought structure or you might be working on your emotions or perhaps you are examining the beliefs you held in regard to certain past or present circumstances. You might also be reprocessing your perceptions, seeing your experiences from an entirely different point of view than what you were ordinarily accustomed to viewing them from. Regardless of where in the process you are, the point is that each of these areas of focus seems to stand independent of one another but are all connected. Even after you have placed the last piece that appears to be the completion of the grand puzzle of your life's experiences or you have had to pull pieces out and replace them with new ones because the others did not fit correctly, thus distorting the

picture, there will come a time when unexpected issues will arise that will require your undivided attention. It is for this reason that you will have needed to bring together everything you have learned so that you are mentally and emotionally prepared to tackle these unforeseen situations when they arise.

Even when you think you have reached the end of your journey of self-discovery and you are feeling really good about your accomplishments, life has a way of throwing unexpected curve balls at you. This is because there are still matters that can only be acknowledged and resolved at appropriate or designated times. In other words certain situations or other influences have to occur before these latent matters become obvious. Although they appear to be lingering issues that remained undetected, they are often the result of changes that will have occurred in your reality but are in some way connected to your past. These changes open the door to related matters that are unexpectedly revealed to you so that you can resolve them. When this occurs do not be alarmed as this is all a part of your personal and spiritual growth. Needless to say, you will want to be in a position to draw from the knowledge you have acquired to see your way through these episodes. Sometimes these matters can be very difficult to deal with because they seem to come right out of nowhere but as you examine them at close range you can then begin to see that they are indeed connected to your past experiences in some way, shape or form and they will plague you until you deal with them. Such an experience can have a dark night of the soul affect should you find yourself really struggling to figure out what the heck is going on, what it is you need to come to terms with, learn from and then resolve the matter so that you can get on with your life. If nothing else, these latent issues are a nuisance to say the least, but if you do not stop and acknowledge their presence you will have an extremely difficult time pursuing your new path and you risk losing precious ground. These unexpected and unannounced issues that seem to suddenly appear in your path can quickly hurl you into a darkened mental and emotional downward spiral where you will remain until you work them out – thus the concept of the dark night of the soul as it pertains to resolving personal matters.

You may be completely unaware of the presence of these matters at first because they have a way of slowly seeping into your reality and are barely noticeable until they become blatantly apparent and even then they can remain quite ambiguous. When they first show up on the scene they are more like an inconvenient nudge, a thorn in your side or an irritant but in due time they will unfold revealing the full extent of themselves but will do so sometimes in codes or symbols much like the dragon whose symbolism the *Dragon of Personal Drama* book and website was founded on. It is in the midst of these times when everything you have learned about yourself becomes an instrument or tool which you will need to draw from your symbolic toolbox and fully utilize. This is when you will need to keep a close watch on your mental attitude by keeping your mental faculties intact and your emotions in balance. You will have nothing to gain if you relapse into your old ways of thinking and habituating behaviors, relying on your

former beliefs or give way to skewed perceptions. Should you find yourself being faced with the likes of such matters that are now being called to your attention, you must bring together everything you have learned thus far and stand strong on the accomplishments you have made so that you do not lose your confidence.

Fear resides to some degree within everyone and fear can have a way of surfacing very quickly when you are confronted with situations that you did not see coming into your reality and that appear to be things that cannot be overcome, at least not easily. If you let fear have its way with you, mentally and emotionally, not only will you not overcome whatever has come before you, you will also not learn how to face your fear and that fear will continue to plague you by means of symbols and metaphors, circumstances and events or an outright conscious awareness of the fear itself until you come face to face with it. Fear is not a thing, it is a feeling, therefore, it possesses no power on its own except that which you give to it that is always in accordance with your beliefs and perceptions, thoughts, feelings and emotions.

In closing we hope that we have provided you with sufficient knowledge to assist you in understanding why it will be essential to bring together everything you have learned, whether from the weekly lessons here on the Dragon of Personal Drama website or from other avenues of exploration and participation, for the purpose of being well prepared to confront unexpected personal issues that in all likelihood will arise at some future time along the path of your life; thus affecting your experience with them that will either result in the process being that much more difficult or will be that much easier. Should you have any questions or wish to share your thoughts or comments please feel free to do so.

Many Blessings,

Linda, Z and the Collective We

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