

## Lesson 64: Conditioned Mindset vs Abundance Oriented

The attempt to establish your identity and your self-worth and secure your happiness through the fulfillment of your personal needs and desires by means of external sources becomes problematic because such a conditioned mindset is an illusion that automatically sets you up for failure. Being blinded to the underlying basis of a conditioned mindset inevitably sends you scampering down the proverbial bunny trail in a futile attempt to fulfill your needs and desires, usually in all the wrong places and sometimes in the company of the wrong people due to attraction. Because the results are seldom satisfying, or at best are short lived, the search for your identity, self-worth and happiness continues in vain without regard to the consequences incurred along the way. Unfortunately, the veil of illusion cannot be lifted until you are willing to examine the underlying basis of your own conditioned mindset. The goal of this lesson will be to assist you in the process of examining your current mindset and to describe the limitations of a conditioned mindset versus the benefits of being abundance oriented. Although you might not think of yourself as having a conditioned mindset, you may find yourself thinking very differently after you read through this lesson; therefore, you will want to keep an open mind.

The veil of illusion is first lifted at the level of your belief structures because your core beliefs assist in the conditioning of your mindset. Unfortunately the conditioning of your mindset does not end with your own beliefs so the veil of illusion must be lifted further to shed light on the negative effects of social influences. Through social conditioning, from as early as childhood, you have been led to believe that your identity, self-worth and ultimately your happiness comes by way of the things you attain, acquire, achieve or accomplish, whether measured monetarily, in material possessions or in your relationships. So in your attempt to attain, achieve and maintain in your possession the things that on the surface appear to provide you with an identity and an overall sense of satisfaction, you are unaware that these things are temporary at best and illusional to say the least. The illusion of permanency gives you a false sense of stability because on the surface your possessions appear to provide you with a real identity on which you blindly build your sense of self-worth and even stake your happiness on. However, the psychological downhill slide begins the moment the eminent threat of losing whatever you have attached your identity, self-worth and happiness to starts to shake the ground of your conditionally based exterior reality. But because of your conditioned mindset you do not see the illusion that exists in your own reality because the illusion of permanency is convincingly hidden in the things you have attained or successfully achieved. The truth is that the things you acquire and possess are not really permanent, but rather they are temporary in nature and can adversely affect your reality at a moments notice. So rather than to acknowledge the illusion that is starring you right in the face, your conditioned mindset propels you right on to the next mental and

emotional attachment of your choice, whereby your conditioned mindset sets you up once again to fail in your attempt to define yourself through exterior means.

You find yourself back on the path of that bunny trail which only leads you further and further down the rabbit hole, hoping and expecting that someone or something will again feed or fulfill your, sometimes insatiable, needs and desires. Inevitably you look to others as the means to provide you with that sense of satisfaction which you so often, and rather erroneously, describe as the feeling of being “complete” or “whole” only to lose that feeling the moment the relationship or any other situation goes bad. When this situation occurs you then describe yourself as only being half of a whole. But in spite of the disenchanting split of your identity, self-worth and happiness, the search moves ever onward with the hope that someone or something will continue to fill those very tall shoes. But the illusion, or delusion as the case may be, that someone or something is the ultimate source of your identity, your self-worth and your happiness is not realistic as no one person, place or thing can ever be that ultimate source. That sense of completion or wholeness has to occur within you first and foremost. Your identity and your self-worth should never rest on the superficial acceptance or approval of anyone, nor should you attempt to attain this state of mind by means of any external source. The attempt to attain or achieve such levels of personal satisfaction inevitably leads to its polar opposite which is generally the fear of lack or loss. The feeling of fear associated with either the lack or loss of a relationship or any other external situation that has been superficially feeding your identity, self-worth and happiness keeps you in a state of mental and emotional unrest. The anxiety from being caught up in the stress of worrying when the other proverbial shoe will fall does not lend itself to a harmonious and balanced lifestyle.

The desire for wealth, material possessions and relationships becomes a pursuit of passion as a means to satisfy an unrecognized, and sometimes very legitimate but unresolved innate need. This is not to say that you should avoid acquiring wealth and material possessions, but it is to say that you should not do so when the reasons that are motivating you are left unexamined. The attainment of wealth and material possessions and even the kind of relationships you desire to experience should be the result of your inner happiness. The things you acquire should be the expression of an inner happiness that is externally manifested and not the other way around. This is exactly how the law of manifestation can work to your advantage. When your identity and your self-worth are grounded from within and are not reliant on anything external and because of that grounding you are happy from within, your ability to manifest very desirable experiences is the result. Obviously it is to your advantage to allow the law of manifestation to actually manifest measures of personal success and harmonious relationships as an expression of your inner happiness, peace of mind, contentment and overall well-being. When your needs and desires are acquired in this manner there is no fear of loss or lack because you are not grounded to anything external but that you are internally grounded, therefore, you really do not have needs or desires in the truest

sense of the word. This is a state of mind that is abundance oriented and is the polar opposite of the conditioned mindsets so prevalent today. When you rise to this level of mental and emotional reconditioning you have become “monopolar” which basically means that you do not experience the usual polar fluctuations associated with exterior conditioning. What you do experience is a stable, well balanced and harmonious sense of wholeness and completeness that is not reliant on anything external. Consequently, all the successes you experience are the result of being in harmony with yourself which comes by way of acceptance – yours. The moment you give way to relying on the acceptance or approval of others, the polarizing affect is set in place and in due time, and under the right conditions, you will experience that downhill mental and emotional slide.

Your ability to manifest the things you do not desire to experience in your reality, as the result of your conditioned mindset, creates a mental and emotional imbalance that perpetuates a spiritual imbalance, finally leading to a physical imbalance. Your happiness and well-being should never be compromised nor should they be subjected to any unrealistic expectations that are founded on external means of attainment and accomplishment. It has been said that a house divided against itself, cannot stand. This is an axiom that has stood the test of time, thus proving how essential a balanced and harmonious lifestyle is on every plane of your being. So when you seek to fulfill your needs and desires through exterior means, you threaten the stability of your own internal house. So often the needs and desires you seek to fulfill are really not what you actually need but are things that you have been conditioned to believe you do need and desire.

There is an irony that often occurs when people acquire the things they desire in life without the benefit of their identity and self-worth having been grounded from within. Even though they perceive the evidence of their identity, self-worth and happiness in their personal measures of success, they make a very strange discovery. Much to their surprise they end up feeling controlled by the very things that they most desired and actually manifested in their reality. In this case, the scale tips in the opposite direction to the degree that you can feel as though you are being controlled by the very environment you created as the result of attracting to yourself the things you desired to experience. Some people discover this irony in the throes of what they thought was a very desirable relationship or in the careers they worked so hard to establish themselves in. Even though you truly desired a particular relationship or perhaps you worked hard to climb the ladder of success in your career, you feel backed into a corner and controlled by the very conditions you thought you were in control of. This is why it is so essential to “know thyself” because when you are not grounded to yourself in an accepting manner, you simply cannot expect anything external to act as a substitute.

A conditioned mindset knows no boundaries and is all encompassing; therefore, such a state of mind can be quite deceiving, thus making it difficult to see the forest for the trees. The only sure method of seeing the light at the edge of the darkened forest is to examine the underlying basis of your conditioned mindset. You must ask yourself what are you conditioned too. Such an exercise requires you to flex your mental muscles because clarity is of the utmost importance if you really want to free yourself from the cleverness of your conditioned mindset. There are various means by which you can accomplish getting to the root of your conditioned mindset but the first logical place to start looking is to reflect back on the conditions of your childhood or you can start right where you are today and work backwards. Your intention for reflecting back on your childhood environment should only be for the purpose of seeing how your conditioned mindset was initially formed. You may want to consider working this mental exercise out on paper or in a journal. There are two things you must be consciously aware of before going into a mental exercise of this nature, which is that what you actually experienced in your childhood environment may not be the same way you perceived it back then or even now as an adult. There is an invisible line that marks the distinction between what conditions really did exist as opposed to the conditions you perceived existed. Because the two scenarios can be miles apart, it would be in your best interest to put them both in writing, say for example, under the headings of Scenario One and then Scenario Two. A strange phenomenon occurs when you put your thoughts or experiences on paper. It's like something takes over and pretty soon those jumbled thoughts start to cohere. Then suddenly you start to see the truth in your own reality as if some invisible force was behind the scenes helping you to work it all out. In actuality there is an unseen force helping you, it is your higher mind and it knows exactly what happened in your childhood environment and will attempt to make the experience crystal clear. After you have cleared away any discrepancies you can begin to see how the stage was set for the conditioning of your current mindset.

The next step is to become an observer of your current methods of operation, your modus operandi, as it pertains to how you view attaining the things in life you desire and the motivations back of your needs and desires. This exercise requires an honest examination and evaluation of your related core beliefs because as you examine your own belief structure you will see how your beliefs have been influencing and directing your motivations, often behind the scenes. For example, if as a child you experienced a lack of some kind, that fear may have carried over into your adult reality as a well developed core belief which consciously or unconsciously motivated you to achieving some personal measure of success as a means of avoiding any present or future lack. Using this example, the end result would be a real lack of a genuine identity and self-worth, not to mention the fact that your happiness rests solely on your ability to attain and maintain that measure of success as a kind of “do or die” mentality – a built in safeguard if you will. The inevitable fallout occurs when the measure of success

achieved no longer provides you with that sense of wholeness or completion but instead leaves you feeling empty, unfulfilled or dissatisfied. The initial fear of lack or loss quickly loses its momentum as the secondary feeling of dissatisfaction becomes more and more prevalent. When your identity, self-worth and happiness are built on a shaky foundation your reality can change abruptly when your money, material possessions or a relationship are threatened by an unforeseen event.

From the examples given you can realistically see just how unstable your identity, self-worth and happiness really are when they are grounded in external sources of attainment, achievement and the stress associated with maintaining whatever you possess, be it measured in monetary wealth, materially or in a relationship. The important thing to always remember is that there is a definite danger in putting all your eggs in one basket because the conditions of life are temporary as nothing in life is as certain as change. The moment you think you are sitting on top of your world is when it all comes crashing down around you as if someone or something pulled the rug right out from under you. This is why your happiness must come from within and if this is a lesson you have not learned voluntarily, be assured that life itself will be all too happy to teach it to you on a level you will understand. The same, of course, holds true where your identity and your self-worth are concerned. Here too, if they are not grounded from within, something will come along in your life experience that will challenge you to learn the value of becoming grounded from within.

As you move further away from your conditioned mindset, the more abundance oriented you become, mainly because you are not subjecting yourself to any perceived needs and desires or the feeling of lack or loss, consequently, you are not relying on anything or anyone to accept or approve of you. As your reliance on exterior sources falls away as a means of securing happiness you will also begin to realize that in all truthfulness there is really nothing you lack that you cannot provide to yourself first from within, therefore, there can be no fear of lack or loss and that when you move into a mindset that is abundance oriented, your personal needs and desires, though greatly altered, will manifest in ways that will even surprise you. Ultimately, only you can provide yourself with a true source of identity, self-worth and happiness; everything else you attain or achieve is icing on the cake.

We hope the discussion in this lesson has opened your eyes to the potential state of your current conditioned mindset and that you will make the effort to examine the underlying basis of your dominant mindset for the sake of releasing yourself from a perceived fear of lack or the threat of loss, because thoughts do become things and to insure the integrity of your true identity, your self-worth and your ultimate happiness. It is also our hope that you will afford yourself an opportunity to experience the benefits of being abundance oriented which occurs as the result of a harmonious lifestyle that is

mentally and emotionally balanced. Please feel free to share your thoughts, comments or personal experiences.

Many Blessings,

Linda, Z and the Collective We