

Lesson 66: Harmonious Balance & Feeling Connected - The Search for Self-Fulfillment

The innate desire to experience a harmonious balance in life and feel connected on a deeper level and actually achieving this state of well-being so often proves to be an unattainable goal for many people. Nonetheless, the search for self-fulfillment continues onward but instead of seeking this state of well-being from within people search for it externally and do so with the hope and even the expectation of finding it in their relationships, in higher education, in the accumulation of material possessions and, of course, in the acquisition of wealth, fame or notoriety. Although these external means of seeking self-fulfillment seldom leaves you actually feeling fulfilled, you will continue to chase after the elusive state of self-fulfillment and will often do so regardless of the costs to you or others. Unfortunately, the idea of a harmonious balanced life; a deep sense of feeling connected from within; being a whole, complete and individuated person is contrary to the mindset of mainstream society which encourages you to find self-fulfillment in your personal possessions, of which you can never accumulate enough of; by means of a higher education, in your careers or professions, by acquiring wealth and most especially in your relationships. Embedded in the fabric of society is the erroneous belief that you are only half a person and that you are not a whole person unless you are connected to someone, something or someplace, where your acceptance and self-worth is externally valued or devalued and is measured and gauged according to societal standards. The question then is how and where can you find harmonious balance in a world that is so focused on external means of self-fulfillment and how can you feel connected on a deeper level? The questions will be answered in the course of this lesson by lifting the veil of these illusions so as to shed the light of truth on the search for self-fulfillment.

A harmonious balance and the sense of a deeper connection must be established within yourself but the road to this state of well-being is not always an easy one to navigate because there are so many external distractions that are all vying for your undivided attention, all of course holding the promise of a brighter future. As these external distractions consume your time and energy, little is left to leave you with a sense of feeling truly connected let alone to experience a state of harmonious balance. There is a great deal of societal pressure to seek external means of pleasure and self-fulfillment and it is all too happy to support such a quest. However, the moment you express dissatisfaction with the accepted means of seeking self-fulfillment, social support all too quickly steps out of the picture, leaving you to figure it out on your own. This is because society does not really know how to support the quest for self-fulfillment that is internally based, it only understands self-fulfillment that is externally based and it even has the means to supply you with every imaginable form of external pleasure and fulfillment. Once you become aware that your efforts have been in vain, this is when you are positioned to discover the truth behind the veil of these illusions, which is that self-fulfillment does not come by way of external means, but is something that must be

discovered and experienced internally, it is a state of well-being that is felt within, it is internal, not external and that everything else achieved in life is icing on the cake.

According to the standards set by mainstream society, the journey toward self-fulfillment is destined to be an insatiable quest. It begins from birth and continues throughout the course of your life until you become aware of this false programming and you find the truth that has been hidden behind the veil of this perceived reality which has been an illusion all along. But until you find this truth, you will set your sights on attempting to fulfill this insatiable desire in every possible external way. As you search for self-fulfillment externally, you will construct and reconstruct an illusional image in your mind and you will act on the attainment of that image. But in spite of the energy you exert you will never really find it in any external sources even though you may have fooled yourself into believing that you found it, only to discover how temporary it is. The search for self-fulfillment will take you on a life-long journey in which you will attempt to externally fill your symbolic wells to full or overflowing, however, none of these external measures will provide you with a harmonious balance or a deep sense of connection until you finally figure out that what you really need, want and desire resides within yourself. Once you reach this state of conscious awareness, anything acquired or experienced externally will become an external expression of your inner peace, joy and contentment. The same is true in opposite terms. As your inner self remains in a state of inharmonious imbalance and you feel a deep sense of disconnection, your outer world will indeed mirror that exact image back. You will experience the manifestation of this mirrored reflection in the circumstances and events you encounter in the course of your life even though you may not identify its true source.

A state of peace, joy and contentment cannot come from external means. It is not to be found in your relationships nor is it to be found in material possessions or the accumulation of wealth and most especially it is not acquired through head knowledge. These external means of attempting to find self-fulfillment are superficial and temporary at best. The pressure to seek happiness and personal fulfillment in your relationships is an illusion that is created in the minds of all those who are foolish enough to believe that such a state of bliss can realistically be found external to oneself. Ultimately, the story plays out the same exact way time and time again; the only difference is that the story plays out under different circumstances, with different people and in different places. You seek such measures of personal fulfillment in your relationships, especially in your love and sexual relationships, only to be crushed when the relationship goes bad or the sexual fulfillment fizzles out. In reality the relationship did not go bad, that is, no one person in the relationship really did anything wrong. What did happen is that at least one of the two people in the relationship was attempting to ground their happiness, self-worth and need for acceptance in the other partner as opposed to being individually grounded first and foremost. Consequently, the relationship was destined to fall apart, not necessarily because the love was lost or

the sex fizzled out, but because the pressure to be someone or something that one partner cannot possibly be to the other collapses under the weight of carrying such an unrealistic burden. No one person, place or thing can ever cause you to feel permanently fulfilled, satisfied and happy or to feel joy, peace and contentment. These feelings of bliss are the effects of a harmonious balanced life, which is the real cause, and from this cause you experience a deep and meaningful connection with your inner self that extends outward.

When you attempt to find this state of well-being by external means you are sure to fail in your efforts. The psychological fallout from having failed, which is merely a perception constructed in your own mind, can wreak a great deal of havoc in your life, consequently, it compounds the initial problem which inevitably remains undetected and, of course, unresolved. Unfortunately, no one person can adequately describe this condition or state of being to you; it is typically something you have to figure out for yourself because it is something that you have to feel from within. Looking to another person for approval, self-worth and acceptance and expecting a desired outcome proves to be an exercise in futility simply because no one person can ever supply you with a sufficient level of acceptance, self-worth and approval, nor should anyone ever be put in such an uncomfortable, demanding and unrealistic position. There is no such thing as another person completing you in any manner of speaking. This is a most dangerous delusion that has been created in the minds of the people who are proponents of the illusionary notion that an individual is not complete without the intervention of another person whom they believe will provide them with a sense of wholeness and completeness. This is very apparent when the desire to feel whole and complete is expressed but there is a false underlying belief attached which limits the ability to feel whole and complete without the presence of the so-called other half, who on the surface appears to complete the picture. The truth is that there are no halves, there are only wholes and you are a whole individual regardless of who is or is not in your life or even what possessions you own, what level of education you have achieved, what your career or profession is or how great is your monetary wealth. These descriptions are results; they are not the cause of your self-worth nor are they the true measure of your self-fulfillment.

When you willingly submit to a conditional state of acceptance in a relationship, you are unknowingly placing yourself in a precarious position because you are assuming that your other half knows what is best for you, who, incidentally does not, and you put yourself at risk to be mentally or emotionally rejected. Rejection of this magnitude is an undeniable pain that sinks into the very depths of your being and whose debilitating effects are not easily overcome. Being mentally or emotionally rejected by anyone in your life experience can have lifelong negative effects, the likes of which will not only continue to wreak havoc in your day to day life experiences but will remain undetected, and, of course, unresolved. The more layers from being unaccepted, rejected and having

your self-worth devalued are added to your life experiences, the deeper the roots of failure become embedded in every aspect of your being. The less you value your self-worth and the more you seek to fulfill it externally, the more you will fail to accomplish what realistically will never be accomplished inside the limiting boundaries of any relationship. No one will ever complete you and your self-worth does not rest in the acceptance of another person, regardless of who that person is and what role that person plays in your life. The value of your self-worth is just that, it is yours and no one can alter it, add to it or subtract from it without your willing consent, known or unknown. The difference only relates to the two states of awareness in which you are consciously aware or unaware that you are allowing someone to determine your self-worth, to accept or reject you on any level. So when you allow yourself to enter into a relationship that immediately places you in a position of being subjected to unrealistic conditions and where acceptance is based on performance, you are sure to fail. Not to mention that by the principle of the law of attraction you will have attracted such conditional relationships in your experience to begin with, thus, it is imperative that you come to terms with the nature of your reality which you have ultimately created for yourself and keep recreating over and over as you move from one relationship to another; always seeking to find self-fulfillment.

There is a lesson waiting for you to learn about yourself and your relationships that is invaluable to your well being but you will not benefit from this lesson until you arrive at that pivotal point in your life where you stop dead in your tracks and take hold of the reins of control; when you step outside of your relationships and the expectations you have of them long enough to examine what is at the root of your personal dilemmas. When you afford yourself a time out for the sake of self-examination, the process of lifting the veil of illusion can begin. As you step onto the path of reflection you cannot hold blame as a mindset because it will be very self-defeating and it will block you from taking the next successive steps that ultimately will lead you along the path of personal and spiritual growth. You must accept the fact that no one is at fault. You were merely acting on accepted standards of belief structures that over time became embedded in your entire being, recorded as internal codes. These codes propelled you along the path of your life and over time they became familiar and even expected behavior patterns that contributed to your life experiences, which might have been difficult to say the least. But once you can stand outside of your own reality and view its contents as an observer rather than as the participant, you can begin to alter or change your reality by degrees that correspond to the level of your understanding at the time. As you continue to grow in your understanding, your reality will likewise continue to alter or change too.

Once you grasp the realization that your happiness, peace, joy and contentment are ultimately found and grounded within your own inner being you will no longer attempt to fulfill this desirable state of well-being by external means. Instead you will begin to experience external accomplishments and relationships as reflections of your inner self

that is harmoniously balanced. You will come to feel a deep sense of connection that can only come from within and as you experience this inner level of fulfillment you will feel less and less threatened by any external conditions, not to mention you will stop attracting conditional relationships. You will realize that your self-worth resides within you and is not subject to the whims of any external influences nor will you feel the need to be accepted by anyone. You will place a different set of values on your own worth that will extend outward and will actually be visible to those in your circle of life. They will notice the changes taking place even though they may not necessarily know what to attribute the changes too. But be forewarned because as you grow and become more secure in the value of your own self-worth, there may be those in your circle of life who will feel threatened by the changes you are experiencing. This is generally due to the fact that they are not psychologically ready to face their own personal issues and that is okay. They are not required to do just because you are, so please do not attempt to change their reality unless they specifically ask for your advice on the matter. In the meantime you may have to deal with some resentments and jealousy issues and for that matter you might even lose a relationship or two or other tangible or intangible possessions but this too is okay. You are growing and, therefore, are expanding your range of vibrational frequency. You will find yourself attracting new experiences that will correspond to this expanded range of vibrational frequency and many new doors will open wide for you. You can, of course, remain right where you are, inside the box of convention and limitation that is familiar and predictable; the choice is entirely up to you.

If you choose the path of expanded personal growth you will start to experience a harmonious balance in your life and you will feel connected on a much deeper level. You will attract relationships, possessions, and anything else you desire for all the right reasons. You will not be enslaved to these acquisitions nor will you seek self-fulfillment in them but rather you will be the master and the creator of them. The canvas that you paint your life story on is ultimately of your own doing because the potential for experiencing harmonious balance in your life really does rest in your hands. Likewise the potential for feeling connected or grounded on a deeper level rests in your hands as well. Even after you become aware of the illusions that have been driving you, your life experiences will continue to be based on the choices you make and your ability to give thought to your choices before you act on them. Thinking through your desires, needs and wants before you put them into action will help you to reprogram those formerly embedded internal codes which have been operating behind the scenes. The old programs can be rewritten once you are grounded in the understanding that you cannot expect to experience harmonious balance in your life or feel connected to yourself on a much deeper level while you are attempting to seek this state of well-being by external means.

In closing we sincerely hope that we have provided you with another perspective to help you examine the nature of your personal reality. It is our hope that you will set your feet on the path that will lead to the wonderful experience of living in a true state of harmonious balance and inner connectedness that is superior to anything acquired or established externally. As always we encourage you to share your thoughts, comments or personal experiences.

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