

## Lesson 68: Slaying Your Metaphoric Dragons

It is no secret that a shift in consciousness is occurring on every level of the human experience and because of this very apparent shift, unresolved personal issues of a psychological nature are also rising to the surface of conscious awareness. The need to take responsibility for our mental and emotional actions, reactions and behaviors is not only becoming more apparent, it is becoming a requirement for the good of the whole. The result is that the “poor me” mentality is no longer viable in today’s society because people are being held accountable for their so-called misfortunes, whether self-created or externally influenced. The finger pointing blame game or being a “victim of circumstance” is also becoming less acceptable. As more and more people are awakened to the truths concerning the nature of their personal and collective realities, not only are they finding that there are metaphoric dragons to be slayed; they are often overwhelmed with the process of slaying their metaphoric dragons. In most cases the revelation of personal truths is not an overnight success story but is a continuing process, and furthermore, there are often some very uncomfortable consequences experienced, thus slaying your personal dragon is not a one-time event but is often a series of ongoing events. The intent of this lesson is to help ease the stress and anxiety that typically goes hand in hand when you find yourself facing and then slaying your metaphoric dragons. The discussions in this lesson have also been designed to help you work through the unexpected issues that will rise to the surface as well as confronting matters that will be uncomfortable to you.

Because the revelation of your personal truths, facing and slaying your metaphoric dragons is not an event that suddenly occurs out of nowhere, a trigger is required to open the door of change. The trigger itself is usually some sort of a personal event or perhaps a series of events that become the driving force behind the desire to change something about your reality that, of course, relates to your own situation. Generally speaking, the door opens through a synchronistic event or a series of events which then provides a means of establishing one or more common threads with someone or something. Simply put, you cannot expect to change the conditions of your reality that you are not aware needs to be changed until something profound enough occurs that finally awakens the desire for change within you. Once the desire has been awakened you will automatically gravitate toward the people, places and things that will karmically help to propel you along your path of self-discovery at which time you will slay your metaphoric dragons.

As the truths concerning the nature of your own personal reality begin to surface there are likely to be a number of strong feelings and emotions associated with these truths. As they rise to the surface, you must allow yourself time to process these truths in order to integrate them. The mistake many people make is that they attempt to suppress all or parts of the process of coming to terms with their truths. You simply cannot afford to

suppress truths that surface or the feelings associated with them. On the other hand it will not be in your best interest to dwell on the memories that are attached to the truths you learn about yourself. This is not the time for engaging in a self-imposed pity-party. Slaying your dragons requires you to come to terms with the truths you learn about yourself and the conditions of your life, i.e. the circumstances and events you experienced and the reason for them. These situations did not just happen nor were they your lot in life. They occurred as they did because the truth about them was hidden from your conscious awareness.

It is a well-known fact that only five percent of our brain is consciously utilized and the activity of the remaining ninety-five percent of our brain functions outside of our conscious awareness. Therefore, you only have this very small percent of cognitive ability to reason with and to rationalize with which automatically hinders your ability to really understand the nature of your personal reality. If you had the luxury of using far more of your brain's capacity you would not have any metaphoric dragons to slay because you would have the cognitive ability to see things as they really are and you would be empowered to create desirable realities of experience. The development of your brain power requires an awakening in which you learn how to process and integrate the conditions of your reality, to see past the veil of your illusions and in so doing you condition your mental capacity to continue seeing the illusions of your reality on this physical plane, thereby enhancing your life experiences. As you begin to train your brain to think outside of its own box, your capacity to control your feelings and emotions expands as well. But this is putting the cart before the horse, so for now we will continue our discussion by exploring the matter of slaying your metaphoric dragons.

As certain truths start to rise up to the surface you might be inclined to think that there is only that one or two truths and that there is nothing more to add to the mix. Do not be deceived because this is not usually the case. You will find that as one truth is revealed; other truths will also begin to surface over time because they are all intricately connected. However, these truths can only continue to surface with your willingness to allow them to surface. It is when you choose to ignore them or suppress the energy of them, that these truths become that much more embedded in your psyche. It is at this point that the truths being suppressed take on a metaphoric or symbolic nature that will manifest in your psyche. Thus, the longer they remain embedded in your psyche, the more havoc they will wreak and the more they will manifest themselves in various metaphors and symbols as a means of getting your undivided attention. This is that part of your brain, aka, your Higher Mind, attempting communication with your lower mind, aka, the ego mind.

We have talked about the differences between the Higher Mind and the ego mind in earlier lessons, nonetheless, this subject is worthy of a review because it does pertain to

this discussion. In whole, your brain is capable of cognitive skills well beyond your imagination and such things cannot be experienced unless you learn how to tap into the power of your brain. This is why it is so essential to become emotionally mature. When your emotions are in a state of check and balance you are not bound by the negative energetic effects from feelings and emotions that are out of control. But to get your emotions in balance you must allow the truths concerning the nature of your personal reality to surface. Once you are able to see these truths you can begin to process them and then integrate them into your reality. As you are processing and integrating these truths there is also a physiological and biological process and integration going on at the cellular and neuronal levels too. Processing the truths you learn about yourself sometimes requires you to take a look back into the history of your own personal experiences for the sake of seeing what you were not able to see before. It may be that for many years you kept certain uncomfortable experiences locked away from your conscious awareness because they were too painful to relive or because you were so certain that someone else was to blame. Under these conditions your day to day reality was not void of the manifestations of those unresolved issues. They were always making their presence known in a variety of symbols and metaphors, whether in your wake state or in your dream state. Your Higher Mind was attempting to communicate with you, to alert you that your psyche contained unresolved issues that were adversely affecting your well-being. These issues need to be resolved because they do not stand alone; they are not independent of your day to day experiences nor are they isolated from your current reality. They are very much woven into the fabric of your being and as such they carry with them their own level of negative and even destructive psychological energy. This form of energy permeates your overall life experiences which are why you often feel as though the other shoe is going to fall from the sky every time things appear to be going well. What you are feeling is the psychic energy rising up into your conscious awareness from those unresolved issues that have been suppressed in the confines of your mind and in this sense, the proverbial other shoe is going to fall from the figurative sky and will continue to do so until you finally resolve these issues.

Unfortunately, there is no part of your being that is not fully aware of the issues that are being suppressed. The imprint of those unresolved issues are recorded in your physical body as well as in your spiritual body, therefore, there is no getting away from the need to resolve them sooner or later. If unresolved issues are not resolved during the course of your life they do not simply vanish at the close of your physical life. You will come face to face with them and you will have to deal with them at a time when you least desire them to fully manifest. Such experiences have been expressed as a dark night of the soul. It is a time when one wrestles with ones past events and is forced to come to terms with them because the fear of dying without having done so is far too overwhelming for the mind and the emotions to handle as it faces its eminent immortality. Thus, it is far better to deal with your unresolved issues in the present time

than to continue suppressing both the issues and the feelings attached to them. Facing your dragons, while not altogether a most pleasant experience, in your present life condition is far less painful than prolonging the inevitable, not to mention the quality of your present and future experiences are indeed hampered or even hindered to a relative degree as the result. In addition there are undesired future probabilities that will become your current life experiences as you move through the stages of your life. You cannot avoid these probabilities becoming your next reality until you invoke the necessary changes that must occur which you do by processing the truths that surface and then integrating them into your reality. As it is there is still the likelihood of certain probabilities playing out but usually they do not play out with such vengeance; eventually they will dissipate on their own as the negative force of their energy fizzles out.

As you continue to come face to face with the truths that will surface over a course of time, you are actually affecting the nature of your own reality. For every truth you come to terms with, the energy connected to that truth changes as well. Therefore, the difficulties you grew accustomed to dealing with during your life takes on a whole new look. You will experience fewer and fewer difficulties of that same nature. This is a process that will continue to occur on your behalf as you come face to face with all your unresolved issues. You will also find, and much to your surprise, that in most cases all your difficulties were intricately connected to one initial event that occurred somewhere in your past experience. The undesirable circumstances and events you experienced in your reality from that time forward have all been the result of that one unidentified and therefore unresolved event. So although it may seem like there will be many dragons to slay, you will find that all along there has been only one dragon to slay but that one dragon has been wreaking a great deal of havoc in your life. Not only has that one dragon been creating all sorts of problems for you, it has also been the source of the negative energy behind your emotions, thus causing you to feel all sorts of strong feelings, sometimes to the point of not being able to control your feelings. Emotional outbursts were the manifestations of that one metaphoric dragon whose appearance in your life was throwing up every possible roadblock in its attempt to thwart your overall wellbeing, success and happiness. Your happiness and the degree of it was much like being on a yo-yo string. Your emotions were often being yanked up and down giving you the appearance that your happiness was out of your control which could not have been further from the truth.

Taking a walk down memory lane is essential only for the sake of seeing the truth that occurred in your reality. In most cases, and most unfortunately, the initial start to the difficulties you would encounter along the path of your life typically had their roots somewhere in your childhood. All too often there was a person of authority who seemed to know what was best for you and told you as much, often verbally expressed with persistence as they exercised their position of authority over you. Your cognitive ability

to process their perception of what they deemed was in your best interest or how they perceived you in general, set the stage for what would become your future experiences. All future probabilities came into existence right then and there and these probabilities would play out in due time because they were mathematically calculated and therefore were inevitable. So, you see then, that it was not the individual who became your metaphoric dragon but rather it was the negative effects caused by that person's skewed perceptions of you, regardless of the basis of those perceptions. This does not account for everyone's experience; it is merely an example of how such personal difficulties are rooted in your psyche. The point is that when you revisit your childhood, you are likely to discover the origins of your difficulties and as you continue to process your past memories you will also begin to see a web-like depiction of how your personal experiences were all so intricately woven together; that nothing you experienced along the way was independent of that one initial experience.

As it is in so many cases, the metaphoric dragon appeared in the path of your life the moment someone in your childhood environment fabricated an image of you which you either accepted as being true about yourself or you consciously intended to prove that person wrong, again applying this scenario to your own particular circumstances. The depth of your personal circumstances at that time played a vital role in the realities that you would experience from that moment forward. You would either succeed in your endeavors or you would fail to succeed in your endeavors depending on the psychological stand you took. You either chose to accept the fabrication as a bona-fide truth or whatever it was in your particular case, or you chose to not accept it and you went on with your life with the perspective of that experience being nothing more than a challenge for you to overcome – you saw it as an opportunity rather than as an adversity, consequently you most likely succeeded in your endeavors. Unfortunately, most people accept such childhood experiences as if it were an indelible truth that can never be altered or changed. Therefore, it becomes a permanent part of their overall being, thus contributing to the continual flow of failure after failure whether it is in regard to their relationships or other dreams and goals they eventually came to believe was not possible for them to attain or achieve. But once you have uncovered your particular truths you are in a position to clear away all the psychological clutter in your mind, as well as the debris left behind from those strong feelings and emotions you had been hanging onto to all those years, and finally see your situation for what it really is. Once you enable yourself to see the truth of your past and present reality, your unresolved issues are easily resolved. These issues can no longer plague you because you have released the negative energy that was attached to them by processing them, accepting them for what they really were and then integrating those experiences into your reality. It is like finally being able to take a deep breath which is something you probably were not aware that you were not able to do for a very long time.

Pent up feelings and emotions do not dissipate without some sort of interaction with them, that is, without recognizing them for what they really are, how they got there and what they represent to you and the affect of them in your reality. You cannot expect to have desirable experiences in your relationships when you are bouncing off the walls emotionally speaking. Not to mention you will attract the kind of relationships that are in keeping with your mental and emotional state of mind because you have been programmed to do so. No matter how well intended are your desires and no matter how much you yearn for certain desirable experiences to manifest in your reality, there is little chance of them occurring in the way you desire them to occur while you are harboring unresolved internal issues. These issues have a way of being absorbed into your day to day reality, thus manifesting in a variety of undesirable experiences that are unnoticed, unidentified and certainly undetected. Because you really have no acute awareness of their origins, you tend to chalk up these experiences and classify them under many different headings such as misfortunes, opportunities missed out on for one seemingly justifiable reason or another, or that it was your cross to bear, your lot in life, your destiny, was caused by chance or last but definitely not least, was not God's will for you. Such unfounded rationalizations is the means with which your limited ego mind is capable of explaining and accepting these undesirable conditions but that is not the real story. It is not until you afford yourself an opportunity to excavate the underlying truths about the nature of your reality that you discover these conditions occurred only in response to a root cause; that everything experienced from that point of origin were only the effects of that root cause. When you make this discovery about yourself and your reality it is an exciting moment because it is in this moment that you realize that you do indeed possess the power to change the nature of your past, present and future reality. But as was said in the opening paragraphs, a trigger is necessary to invoke such a transformation otherwise life goes on just as it has been and in doing so you acquire just that much more mental and emotional baggage. So it will be that on the day you declare that you have had enough of life as you know it and that something in your reality needs to change, an event of some kind will occur that will put your feet on the path of inquiry and your journey of self-discovery will begin.

While some changes might turn out to be more dramatic others will be more subtle, occurring almost without notice. The dragons you thought you needed to slay will have, in all likelihood, turn out to be the result of one particular event that occurred somewhere in your past and that contributed to the ongoing circumstances and events you inevitably experienced throughout the course of your life. So then, actually slaying your metaphoric dragon becomes an easy win once you know the truth about your past experiences that ultimately led to your current experience, such as they are, and were definitely laying out the foundation for your future experiences as well. So when that triggering event jumps into your reality, do not resist it but instead go with it. See it all the way through and you will surely be the beneficiary of some wonderful changes in the

quality of your life experiences. No to mention you will begin to attract a different level of life experiences and unexpected doors of opportunity will open up. All you have to do is to walk through these doors and allow the synchronistic events to unfold as they will.

Because life itself is an ongoing process of learning new lessons, some of which are life-changing experiences, do not become complacent because the moment you get to feeling comfy is the moment when the next round of lessons to be learned begins to manifest in your reality. This seemingly undesirable situation has to occur from time to time because it is all part of the process of evolution, personally and spiritually, that is, every part of your being is undergoing some sort of personal transformation. And because you do not exist solely in this one plane of reality, there are aspects of yourself that are also having a wide variety of experiences in other realities and these aspects are all attempting communication with the whole of your being. Thus training your mind to expand its mental capabilities, stretching its cognitive abilities will enhance your overall life experiences, particularly in this dimension given that it offers the most opportunity for expansion because of its mental and emotional built in limitations that become challenges. Because you are a human being you are reliant on your five senses as the means with which to process and experience life on the physical plane. This reliance automatically places a limitation on your ability to go beyond the boundaries of your senses. Not to mention the danger involved in your sense perception skills, or the lack of, which unfortunately is most often skewed to say the least, therefore, impressing your mind with the false appearance of conditions that do not really exist except in the confines of your mind and especially in your perceptions and where these skewed perceptions affect your feelings and emotions.

In closing, we hope that in addressing the matter of slaying your dragons, has made it possible for you to have a better understanding that there is a root cause, that there is a place of origin where the metaphoric dragon initially stepped onto the path of your life and began to challenge your endeavors, dreams, desires and goals without your conscious awareness of its presence. But in realizing that there was a point of origin that is accessible to you through the memories of your past experiences, you can begin to weave all the circumstances and events of your life together and in so doing will have symbolically slayed your metaphoric dragon.

Many Blessings,

Linda, Z and the Collective We