

## Lesson 71: Removing the Blind Folders

The odyssey of human life requires the development of specific mental and emotional skills to successfully navigate through the haze of external influences; to habituate good choices and make wise decisions; to pursue desires; to realize dreams and to achieve goals. Accomplishing all these feats also requires the ability to be acutely aware of the role played by every individual in the creation of their personal realities. Because the human condition, by default, is not prone to being aware of its creator role, there is a built in propensity to perceive illusions of a reality that is distorted by the limitation of the senses. This distortion of reality is further embellished in the confines of their minds where it is subjected to heightened feelings and emotions as well as a mental state of mind that serves to support the distortion. Because these illusions are seldom a true reality, they tend to have an overlapping affect making it even that much more difficult to discern where one illusion of a reality begins and the other one ends. The only means with which to override this undesirable default is to remove the symbolic blind folders that have kept humanity in a perpetual state of blind sightedness. The intent of this lesson is, of course, to help you remove your own symbolic blind folders. The discussions in this lesson will address the odyssey of human life in terms of the mental and emotional skills required; the matter of habituating good choices, making wise decisions as well as to discern the validity and the motivation back of your desires, dreams and goals; ultimately enabling you to learn how to be more in control of yourself and the realities you create.

Everyone possesses the ability to be the creator of their own personal and collective realities; however, not everyone is aware that they actually do possess this trait and that it is innate within every fiber of their total being. So with their mental and emotional blind folders on, they go about the day to day business of creating their realities without ever realizing that they are actually doing so. Most often, the circumstances and events encountered along the path of life are the result of having left the details up to chance, or the ever-misleading notions of destiny or God's will. Nonetheless, undesirable realities are successfully created and someone is ultimately responsible for the creation of these realities. This is generally where the finger of blame is automatically pointed externally, for surely, someone other than yourself, had to have had a hand in the shaping of your personal experiences. Someone did, and that someone was you!

Lacking in the mental and emotional skills required to navigate the path of life leaves you to negatively perceive and emotionally respond to the events that occur in your day to day environment, thereby shaping present and future realities in accordance with your manner of thinking, the beliefs you adhere to, the emotions you feel, your perceptions and the expectations you have of yourself, others and even your environment. Although it would seem that your past experiences were left behind in the dust, those experiences are still waiting to be properly identified and integrated for their

truthfulness, thus enabling the negative energy to be released from the memories of them as well as to serve as the catalyst to initiate the breakup of the habituating pattern of behaviors and beliefs that were developed in response to those past events. Creating a reality that actually does exist involves removing the barricades that formed the illusions; a feat that can only be accomplished by first removing your symbolic blind folders. This means that you must be fully aware, consciously speaking, and willing to accept certain truths about yourself that pertain to the creation of your past experiences; your present experiences and even your future experiences. Becoming consciously aware also includes the possibility of having to discard the likes of personal, family, societal, cultural, and political beliefs as well as religious dogmas that are keeping you in a state of perpetual blind sightedness. This too is a feat that cannot be accomplished with your blind folders on.

The process of removing your symbolic blind folders is, of course, always easier said than done, especially given the fact that you have probably lived most of your life without the benefit of the life-changing spiritual fundamentals and principles that only certain sects of society knew about dating back to antiquity. Consequently, you probably accrued more undesirable experiences than you care to think about, but in all fairness to the sincerity of your best intentions, you have not done so alone. Unfortunately, you and most everyone else on this planet have been in a state of unconscious slumber for a very long time and were, therefore, oblivious to certain truths that were not commonly known. But the nature of this sleepy existence is changing as more and more people are beginning to consciously awaken to the realization that there is a much bigger picture that exists outside of the deceptive illusions they have been creating individually and collectively. Becoming consciously aware does not imply, by any stretch of the imagination, an overnight success story in terms of changing or altering a life's worth of undesirable experiences. The process of unraveling the deceptive illusions of the realities you have created is just that, it is a process that requires time and patience to see it all the way through.

Navigating safely through the sea of your life's difficulties requires an adequate development of mental and emotional skills which can be developed over time but not without continuous effort and persistence. Developing the necessary skills to identify and ward off any external influences, to habituate good choices; to make wise decisions; to properly identify and validate the worthiness and motivation of your desires, dreams and goals involves a process of putting your own thoughts, beliefs, feelings and emotions, your perceptions and even your expectations under the proverbial magnifying glass. But you cannot examine them successfully without a willingness to keep an open mind to the possibility of seeing the circumstances and events of your life through very different lenses. When you block your mental and emotional ability to properly view the conditions of your life, you impose a self-inflicted limitation; you are restricted to viewing your life's experiences from only one direction or from only one perspective,

therefore, you forfeit the opportunity to experience personal and spiritual growth. But when you remove the constraining limitations, you have the ability to view the conditions of your life through a broader perspective. From these other perspectives, you begin to see the truths that describe your reality as they slowly start rising up into your conscious awareness, unhindered by any mental or emotional limitations. The truths, which were previously hidden under the debris of the illusions you created, unfold little by little and as they are revealed to you, it is easier to see just how you did, in fact, create the illusion of a reality that never existed except in your mind. But when you deny yourself the opportunity to explore your experiences, you remain stagnate; stuck in a perpetual rut, unable to grow, not just mentally and emotionally but spiritually as well, and you are, therefore, unable to change or alter your existing and future conditions.

Becoming consciously aware also means that you are willing to examine the validity of your personal desires. Being opened minded allows you to view your desires from a different perspective and therefore, enables you to see the underlying motivations for your desires which include your dreams and your goals. With mental and emotional maturity comes the ability to discern the worthiness of your desires, that is, to honestly examine which of your desires are motivated by selfish or self-centered drives or are being driven by fears pertaining to lack and insecurity which contributes to things like greed and lust, further resulting in a low self-esteem and a lack of confidence. Fear itself forms the foundation for many undesirable experiences that, unfortunately, will manifest in your reality in like-kind. To broad-brush over the matter of fear would be to do you an injustice, after all, this is a discussion that is emphasizing the mental and emotional benefits of removing your symbolic blind folders.

Fear plays a vital role when it comes to explaining why you failed to realize your dreams and achieve your goals or for that matter why you failed to take the first step which is necessary to successfully pursue your desires. It is essential, therefore, to understand the mechanics of fear from the ground up. For most people fear was initially rooted in childhood and like a tree planted in fertile soil, fear grew stronger over the years. As its roots strengthened, its branches also grew strong and mighty, overshadowing the ability to realize your dreams and achieve your goals. As is the case with fear, it is either a condition that you have always been aware of or it was embedded in your subconscious mind where it remained undetected, performing its underhanded operations behind the scenes. Fear can stop you dead in your tracks or it will provide you with every possible excuse not to pursue your dreams and goals. Fear will not only invalidate your self-worth, it will undermine any attempts to pursue the purpose for your life. Fear nestles comfortably in your belief structure; in fact, fear is the motivation behind the formation of many of your core beliefs. Fear affects your feelings and emotions; it induces the feelings that range along the lower end of the emotional scale. Fear conditions you to feel unhappy and dissatisfied not only with yourself but with most everyone in your

circle of life as well as your own personal circumstances. In fact, fear works side by side with you as a silent partner helping you create the illusions you perceive as being your actual realities.

Life is an odyssey because it is, after all, an adventure filled with many unforeseen challenges and obstacles. Its path is seldom straight and narrow but is usually crooked, bent and often twists back on itself. There are countless detours, ditches and potholes encountered along the way that seem to appear right out of nowhere. These detours, ditches and potholes, aka, the road of hard knocks, serves as an indispensable method of teaching very valuable life-lessons. However, the longer you keep your blind folders on, the more detours, ditches and potholes you will encounter along the rugged path of your life. While it is meaningful and purposeful to learn the lessons life is all too willing to teach you, the hard way, you are, nonetheless, empowered to chart an entirely new course of life that can be traversed along a more direct and smoother path. The desire to chart a new course requires that you not only remove your symbolic blind folders but that you also develop your mental and emotional skills. This feat is accomplished by a period of introspection and an honest examination of the courses you previously charted and have been traveling on all along.

When you remove your blind folders, you become more and more consciously aware of how you have been creating your realities and how those realities were manifesting in the circumstances and events that shaped your past experiences and continue to mold your present and even your future experiences. Knowing how to habituate the practice of making good choices and wise decisions is truly a mental and emotional art; its artistic techniques are not easily learned with blind folders on because the picture, representing the conditions of your life, is fuzzy to begin with. Consequently, it is all you can do to stay in the lines let alone to attempt to paint a clear picture of your life's experiences. But when you *choose* to remove your blind folders, the conditions of your life begins to get much clearer. With a closer examination you can actually see the lines surrounding the picture that up till now has been rather distorted.

The ability to identify external influences for what they really are and not what they are perceived as requires a degree of mental and emotional stability too. The truth regarding external influences is far more easily discovered when your much needed mental and emotional stability is not overshadowed by your distorted perceptions. You cannot expect to properly discern external influences and the undesirable affects of them in your reality if you attempt to view them through the lenses of your highly charged emotions and a mental state of mind that clearly depicts the limitations of your own thoughts, feelings, beliefs and expectations. In order to identify the source of external influences that have basically had carte blanche to negatively affect your reality, something has to give and that something is your mental limitations and your emotional instability. This is where a dose of introspection and an honest evaluation and

examination of your experiences, past and present, reaps its rewards. Once you identify the sources of external influences and the impact they have had in the shaping of your reality, you can experience a mental and emotional release from the psychic stronghold these undesirable influences have had on you and your ability to pursue your dreams and goals; to become what you were intended to become.

Creating illusions of a reality is not in the least bit productive or beneficial to you or anyone in your circle of life, nor does it possess any positive benefits on a larger scale. The more distorted illusions you create, the more ditches of error you are prone to fall into, thus compounding an already difficult situation. An overlapping effect inevitably occurs as one distorted perception of a reality gives way to another and another, ad infinitum, until some seriously undesirable event finally breaks the cycle, thereby causing you to take off your blind folders more by force than by choice. The desire to remove your blind folders should not have to come by way of force, but rather it should be a choice that you are willing to make because you have chosen to come to terms with the conditions of your life. This is truly a significant mile marker in your life because it opens the door wide to the possibilities of potential personal and spiritual growth waiting to be experienced. Not to mention the burden of your past experiences are finally lifted off of your shoulders once the truth about those experiences has been revealed. As your past experiences and the memories of them loses its significance as having been a painful event because the blame has been placed precisely where it belongs, your current and future experiences are likewise open to all sorts of new possibilities. Once you are in a position to see beyond the limiting scope of your horizon, you finally begin to realize that not only have you been distorting your past experiences by way of the thoughts and feelings that you associate with those past experiences; you also begin to see how your own beliefs were the shackles that kept you bound to the painful memories of those experiences. In addition to the unproductive and non-beneficial role your beliefs were playing in maintaining the unpleasant memories of your past experiences; those same beliefs have been playing a very active role in molding your current experiences and they have also been shaping the foundation for your future experiences as well. This is precisely why you are being encouraged to examine and to discard any non-productive and non-beneficial beliefs that are not serving to enhance the quality of your life's experiences.

Examples of the external sources that originally structured your beliefs and continue to structure your beliefs were given earlier in this discussion and, as such, it is highly likely that the mere thought of challenging your well-established beliefs made you cringe. But the truth is that if these beliefs are actually hindering your efforts to improve the quality of your life they should indeed be discarded regardless of their source. What good does it do you if, say for example, your cultural or religious beliefs are founded on dogmas that keep you bound to a life of hardship and difficulties; where the desire to pursue your own dreams and goals is not feasible because someone or something external

deemed it to be that way. Today, people around the world are taking a second look at the external origins of their beliefs and are questioning the necessity of holding fast to certain cultural and religious beliefs. Many beliefs have their origins within the family unit, typically passed along by their ancestors. These initial beliefs are then woven into a spider-like web with the beliefs that come by way of society, culture and religion. The threading of the web does not stop there but rather it continues to weave its way through many of our institutions, government bureaucracies and industries, nationally and internationally. Consequently, your beliefs are constantly being challenged in ways you are not even aware of. So not only do you consciously change or alter your own beliefs, they are constantly being subjected to subliminal alterations. It is for this and many other reasons that you should not accept your beliefs at face value, regardless of their source but that you should indeed investigate the source of your beliefs for their validity and worthiness in the role they are actually playing in your life experiences.

As you can now see, the ability to be in control of your emotions and your mental state of mind does affect the quality of your life. Without a doubt, cause and effect operates with or without your conscious awareness and will indeed manifest results in your reality that is desirable or undesirable, positive or negative, of course, always relative to how you choose to view your experiences. The choice to change the direction of your life or simply the way you view it, which incidentally, also changes its direction, is always yours to make but that choice begins by removing your symbolic blind folders first and foremost.

We sincerely hope that we have brought to light some very important matters concerning the methods in which you, as the creator, do indeed create your realities whether they are merely illusions or are actual events. It is also our hope that you will choose to remove your blind folders and see your experiences in the light of truth as opposed to experiencing them as distortions. Should you have questions or wish to share please feel free to do so.

Many Blessings,

Linda, Z and the Collective We