

Lesson 75: Knowing the Right Information

The strains of life that tug at the heart of the human condition cannot be overcome without knowing the right information at the right time. The absence of such vital information when it is needed the most results in a few too many personal crisis, where chaos quickly moves in and brings with it all its negative relatives such as uncertainty which leads to fear which leads to unstableness which leads to doubt and a host of other strong feelings and emotions that can bear down on you like an oncoming freight train, including the disconnect from your own identity, all of which has a draining effect on your psyche. Not to mention the fact that all sense of cognitive rationale goes missing as your mind distances itself from your feelings and emotions, separating you from what you really want, forcing you to accept what has now become your reality, whether you like it or not and regardless of whether it is in your best interest or not – a condition that can only be determined in time. But even though the chaos and all its many relatives appear as unwelcomed adversary's in your reality, they too are there to lend a helping hand, to teach you the things you do not yet know about yourself; the lessons themselves sometimes being ever so painful to learn, but nonetheless will bear its spiritual fruit in time, but only if you are willing to see such experiences all the way through; to perhaps even wrestling with some dark nights of your soul. It is said in a song that even the sun sets in Paradise; but even so, the sun also rises again in the morning and so there is hope even if its exists beyond the horizon. The discussions in this lesson will focus on the many aspects of why knowing the right information at precisely the right time is vital as a sure means of overcoming the undesirable conditions of life on the human plane.

As you live in a world of duality, you experience the polar opposites of such things as gain and loss, praise and blame, pleasure and pain and even success and failure. You are elated when you experience pleasure or when you are successful in achieving desired measures of personal gain; receive much needed praise, and in some cases, even attain some degree of fame or notoriety. But at the polar opposite end of this spectrum, you find that you are so utterly dejected when you experience a personal loss; when you suffer the mental and emotional pain from having been rejected in some fashion, sometimes left to bear the burden of blame even when it is not really yours to bear, at least not all of it. The frustration can be overwhelming at times; you feel pushed to the limits of your sanity as you grope around in the darkness of your psyche trying so hard to get a grip but finding nothing stable in the material world to hold onto. It is right in the midst of these desperate moments that you must dig even deeper because the antidote to your recovery and your healing is not to be found on the surface but can only be found within yourself and this is where the much needed answers lie waiting to be revealed. But these answers do not rise up with a loud bang; they are very subtle and are easily missed amongst the noise and the distractions that comprise the human condition. There is no one exterior to yourself who will fill the voids left vacant by the conditions brought to bear upon you, whether they were self-inflicted, were externally

influenced or the combination of both. Solace is not to be found on the exterior but can only be found from within; experienced only in the moments of peace and quiet, where tranquility has an opportunity to smooth out the rough edges, to calm the stormy seas; to sooth the raw nerves, and to allow you to see what you otherwise cannot see in the midst of mental and emotional chaos and confusion.

It is in the throes of these most undesirable times in your life; when circumstances and events pose as a threat to your well-being, cause to you feel as though your life is completely out of control or that you are at the mercy of others who appear to have some influencing factor in your reality, that you must take the time to examine what it is you are really grounded too. Because the very nature of being human leans so heavily on the need to fill emotional voids, to fulfill insatiable needs, wants and desires by external means; to realize your dreams and to achieve your goals; but in doing so, the underlying maladies are left unrecognized, undetected and therefore, untouched beneath the surface of your conscious awareness. Tracing your own existential mental and emotional projections of your reality, an illusion at best, down to its most fundamental roots to where the causes that are creating the unwanted effects are to be found is a feat that is accomplished by playing the role of an internal witness where you can observe your own actions and reactions and pay careful attention to what you are actually projecting into your reality, that in evidently becomes your own self-imposed heaven or hell.

The matter of grounding is especially important, not in terms of attaining a meditative state of mind, but in terms of who or what you are grounding too. The human condition is such that there is a built in propensity of grounding to many external sources as a means of personal fulfillment and even basic survival which includes being grounded to people, places and things. This means of external grounding lends itself to many a mental and emotional fallout because of the certainty that people will let you down time and time again, especially when you put your faith and trust in them explicitly; when you build your world around them and rely on them as the means to fulfilling certain of your needs, wants and desires, thereby losing sight of the existence of a much bigger picture in which your own identity plays a significant role. The same holds true as it pertains to seeking fulfillment in external things and even places. The moment any one of these external grounding methods falls by the wayside, you are right away thrown into a mental and emotional abyss, where darkness surrounds you, causing you to lose sight of the bigger picture, or to even acknowledge that there is a bigger picture.

So as you drift thoughtlessly through life, you might find yourself dancing on the edge of insanity because you missed the hidden warning signs, were mentally negligent and sometimes even emotionally reckless, thereby creating karma that has the potential to yield very undesirable consequences as it brings forth its own results into your reality. Actions and reactions all have consequences that can rebound on you and adversely

affect your reality, not just in this lifetime but in subsequent lifetimes as well, bringing with it future pain and suffering. The Buddha referred to the ordinary state of mind as “uninstructed wordlings” because there is such a strong tendency to react adversely to the human conditions, be they ever so limiting. Consequently, you are left to experience mental and emotional pain, fear, sorrow, resentment, distress, etc.; even physical pain enters into the picture at some point and time because the body cannot endure the constant backlash of an unstable mindset in addition to unbalanced and therefore, unprocessed and unintegrated emotions.

Although duality is eminent, as it is in accordance with the present stage of human evolution, the ability to remain centered and steadfast is a challenge that can surely push you past your mental and emotional capacities. The ability to remain focused and to not become agitated and perturbed when life dishes out its consequences, is to rise to a level of spiritual understanding and competency that enables you to not fall apart at your mental and emotional seams in the face of unfavorable conditions. Although the Buddha encouraged such spiritual growth, he did not stop there, he raised the bar even higher by encouraging the development of the human psyche one step further which was to not become so attached to favorable conditions either because nothing is as certain in life as the winds of change. It is when the winds of change blow so unexpectedly that you are caught off guard which leaves you in what can become a perpetual state of needing to cling to whatever was familiar, what was desired, what was pleasurable and conditions that may have brought you praise or perhaps you acquired some measure of personal success that was lost to some unforeseen circumstances or events. The fear of letting go of something that no longer exists in your reality, regardless of the reasons why can be an immeasurable challenge because it is so difficult to face the darkness that typically precedes the light of day when caught up in the midst of change.

But all this human conditioning requires knowing the right information at the right time which is seldom the case in life because as you respond habitually to the mental and emotional triggers that are associated with your past and present experiences, they in turn continue to define not just your own personal conditions, but they also define and redefine your identity as well, thus causing a continual imbalance of your psyche. So the further you move away from being in touch with your own identity, the more difficult it is to mentally and emotionally recover and heal when the winds of change unexpectedly blow through your metaphoric house. The children’s nursery rhyme about the big bad wolf and the three little pigs is far more metaphysically and spiritually symbolic than you might have ever realized. To the degree that you build your archetypal house, either on a firm or a weak foundation, becomes the symbol of what you can expect to experience in your reality, that will either send your internal house crashing down around you or it will be strong enough to sustain you safely because it was built on solid ground. Thus comes the need to reiterate the importance of knowing exactly who or what you are grounding too and even why; to trace those roots back to their causes as

best you can given that there is only just so much information you will have access to all at once, as acquiring the right knowledge is an ongoing and life-long process.

Accessing the right information, especially at a time when you need it the most, and that you have hopefully already gained as the result of your own past experiences and the subsequent lessons learned, reaches up into your conscious awareness by clearing away the dense fog that usually sets in at the onset of a personal crisis. But even so, because the lessons of life are generally learned after the fact, a gap exists in the overall scope of your knowledge, thus limiting you to the measure of knowledge you can actually draw on at first. But as you move through your crisis, the much needed additional knowledge will begin to surface into your conscious awareness and as it rises up this new founded knowledge will be a source of internal and external comfort and will provide an eventual place of peace, even in the midst of an unwanted situation. But to arrive here requires mental training and balanced emotions in order to gain additional wisdom and insight; a condition that can always be further developed as you journey through life and become more enlightened. You can overcome the adversities and the challenges that present themselves to you during these times of seemingly incalculable personal losses, even when they appear to be insurmountable obstacles, as past conditions become new endeavors waiting to be explored and experienced. The more you are able to push through the darkness, to dig deeper than you thought was possible, the easier it will be to accept those things that you absolutely cannot change and acquire the wisdom to know the difference along with the courage to accept the winds of change without holding onto blame or anger and move forward in a brand new direction, as fearful as that may be.

The trick to accepting undesired conditions and overcoming the fear of the now unknown which goes hand in hand, is to be acutely aware of what you are placing the focus of your attention on. This level of awareness is crucial and even critical to not just your recovery but to your ability to move forward and to heal from any pain incurred as the result of an undesirable condition that was brought to bear upon you, especially one that may have suddenly shifted into your reality and typically against your will. This is the moment in your personal experience that will determine which direction you will go in, either to sink into a long-lasting or a perpetual pit of disparity, as many people do, who then suffer from depression, or you can successfully move forward, to walk through new doors of opportunity, but at the same time allowing yourself to be in touch with your feelings and emotions, as these do need to be processed before you can expect to fully integrate a new reality; lest you find yourself avoiding or suppressing strong feelings and emotions that will eventually erupt in the most unpleasant way.

Consequently, your personal external experience will be a perfect reflection of what you are projecting inwardly which in turn will result in a self-imposed and self-inflicted creation of a perceived hell or will become a most desirable heaven. If you are projecting a perceived hell, the only means to convert that hell into heaven is to make

internal changes, to view your experiences from an entirely different perspective, but one that is healthy for you, not one that is vindictive or veers on the edge of unprocessed anger, as this destructive mindset will only result in bringing more of what you already do not want into your reality. The effort required to make an internal change that has the potential to result in a positive experience comes by way of resisting the rush of unprocessed feelings and emotions that possess the power to send you right over the edge of your sanity. Once you can get a grip on these very powerful sources of energy that carry with them the potential to end in personal disaster or personal success, you will have accomplished much more than you ever imagined in terms of acquiring an internal strength that no one can ever take away from you and that inevitably results in possessing the right knowledge that is so crucial to your well-being as well as your personal and spiritual growth.

Distortions of reality affect the cognitive and perceptual processes that are essential and so very important to managing a personal crisis, which in turn blocks the flow of right information into your conscious awareness. The chain of causation cannot be broken when a perceptual distortion exists; when related beliefs become nothing more than built-in obstacles that serve only to block the road to your recovery and ultimately your personal freedom; internally and externally. Not to mention there are the adverse affects of your thought patterns of which you have the proclivity to habitually react too because of the association of painful memories attached to your experiences, whether past or present; this too serving no valuable purpose except to keep you mentally and emotionally bound that much more, and therefore, limiting potential possibilities that may be waiting around the corner to become your next likely to occur probability that will unfold as a very desirable future experience, but only if you are willing to venture into the unknown and without fear to trip you up.

So while there will always be those things in life that will put a strain on your personal environment, that will drain your mental and emotional capacity to function on all your cognitive and spiritual cylinders, does in no way imply that these are permanent conditions. Nothing in life is permanent except for birth and death and the certainty of change which is always a constant influencing factor. Nonetheless, there is a light at the end of the tunnel but it does not guarantee that when you arrive there you will be the same person you were when you first entered the tunnel of darkness. Unfortunately, the strains of life do have an altering effect and do indeed etch their impressions on your psyche, thus reshaping and remolding you, often in unexpected ways. And just as the effect of the elements that, over the course of time, sands down the rough edges of a mountain side and smoothes away the rough edges of many a rock, so it is to be expected that over the course of time your own rough edges will likewise be smoothed away, thus continually shaping and molding not just your experiences but your identity as well because you exist in a perpetual state of becoming. However, who and what you become as you journey through the stages of your life rests squarely on your own

shoulders as you are the creator of your own reality and are therefore the ultimate author of what becomes your life's story, written in the pages of your very own book of life, the chapters represent the stages of your own journey through this physical plane.

In closing we hope that we have brought you to a place of becoming more aware of the importance of knowing the right information and to have access to the information you have acquired when you need it the most and furthermore to acquire additional information that becomes the wellspring from which you can draw on whenever you need it, and that this knowledge is not static but is always in a state of further expansion. We invite you to please feel free to share your own thoughts or personal experiences as no one travels the road of life alone but that everyone blazes trails of familiarity, where common threads are woven and interwoven in accordance with universal entanglement.

Many Blessings,

Linda, Z and the Collective We