

## Lesson 76: Pushing Past Your Mental and Emotional Limits

We live in a world of illusions in which the realities we create are first formed in our minds, backed up by our feelings and emotions and further supported by our beliefs and our perceptions to which there is no ascending or descending order of priority, but that each has a co-mingling effect. And in this world of illusions are the things in life we desire to experience, the things we earnestly think, know or believe we need and want; goals to achieve and dreams to realize. So we go through life responding to and acting on our insatiable needs in hot pursuit of getting what we desire, and so often without giving thought to the potential for any undesirable mental and emotional costs. So many of us live in this cocoon-like state of mind in which we burrow deep into our illusional comfort zone; happily or unhappily accepting what comes our way, as if that were our permanent lot in life. But in so doing we often end up having strayed so far from who we really are, from what our initial purpose or intention was for our earthly existence; our intended mission is left buried in the debris we leave behind as we blaze the trails of our lives. And so it is that we lose touch with our real identity, not due to the limitations of just one reason, but is generally due to the limitations of many reasons that we are so blinded too. It is not until we have had the good fortune to encounter a life-changing experience of intense magnitude that we are truly tested in terms of who we think we are; where we are forced to push back the veil of illusion and to take notice of just exactly what our real priorities are. The discussion in this lesson will explore what it means to be pushed past your mental and emotional limits, as a forced means of coming to terms with your true identity, and ultimately, to discover what is really important as it pertains to what you think you need, want and desire as compared to what is actually in your best interest, and the quest in life you should be pursuing.

Although you sometimes have to come to the fork in your road by way of external force, usually attributed to an unforeseen and unexpected circumstance or event encountered along the path of life, the much needed change in the direction of your life does not have to come by way of any such undesirable circumstances and events serving as the catalyst for certain changes to occur in your life. You can begin the process of discovery or rediscovery, as the case may be, from exactly where you are at this very moment, as this is your point of power. This energizing point of power is always available to you; it is not external to you, it is not something you have to seek out because it resides within you. But activating its power requires a willingness on your part to let go of the reigns of control; to release the need to effect outcomes that are not always in your best interest anyway, and sometimes are not your right to control even though you are so certain that it is. So it's when you arrive at the place in your life where what you are clinging too, whether a person or a thing, becomes a moot point because you cannot control it no matter how hard you try to alter or change the condition itself. This is when your point of power is activated, but only to the degree that you allow it to be activated. As there can never be two masters in charge or two captains at the helm steering the same ship,

one has to resign from the controls. That, of course, is your own under developed ego! To overcome the powerful and often very destructive force of your ego, you have no other option than to lay down your symbolic sword and allow yourself to just go with the flow. The fact that you are where you are at the moment you have chosen to step aside and to activate your point of power is a very clear indication that you have much to learn about yourself. However, your ego will want to jump up in your face in an effort to remind you that it will take care of everything you will ever need, want and desire, that there are no further discoveries to make and that if you will just snap out of it, your ego will promise you Paradise. But if you succumb to the very deceptive wishes of your ego, you not only deactivate your point of power, you forfeit the opportunity for unbounded self-discovery.

So then activating your point of power implies the need, and hopefully the desire, to push past your mental and emotional limits, even to the point of standing right on the edge of your sanity, and in some cases, there is the possibility and feasibility of pushing you right over the edge of your limits. But do not fear, should this extreme become your experience because you will rise back up, although it may be a slow ascend up the rugged mountain. The requirements from having activated your point of power does not stop at the threshold of need or desire, but rather it pushes past any inclinations to control certain outcomes by forcing you to go with the flow, to trust in the blackness of the abyss where all sense of direction is, consequently lost; where there is no compass and it feels as though you are lost at sea while the winds of change are blowing you to and fro.

Regardless of how you arrived at this pivotal moment in your life, this is the time you will benefit the most from slowing yourself down and not make any life-changing decisions because things are really not what they appear to be at this time, but are rather skewed. The road ahead may seem, on the surface, to be an obviously charted course of direction, but may actually be just your ego clinging to its comfort zone; to not wanting to be pushed out of its warm and familiar nest. Your under developed ego does not want you to spread your wings and fly, to soar unbounded into the wind, to explore untapped potentials and experience new possibilities or to realize new dreams and achieve new goals because this is very threatening. Your ego lives within the dark and comfortable confines of all its many fears, and thus it keeps your natural sense of adventure imprisoned, in an effort to prevent any and all efforts of expanding your reality in a positive way, therefore, limiting your chances of discovery or rediscovery. So it is in this moment where potential desirable change lies just around the bend of your life, therefore it is in your best interest that you not hinder the process, but that you allow the process of change to flow freely on its own accord. Do not over think your current circumstances and do not try to precog what might be around the bend, just accept what is at the moment and keep moving forward. Your primary task at this time is only to follow any inspired leads; to act on visions and gut intuition, but by all means do not act

on any knee-jerk responses because the moment you feel anxiety start to rise up within you, it is not by accident or chance, but rather it is a signpost alerting you to not respond to a condition that just happens to jump into your reality when you are the most vulnerable; when you can all too easily fall prey to a situation that is not going to be in your best interest in the long run. This is to be expected because your ego was suddenly jerked from its set environment. So having been thrust into self-preservation mode, your ego will throw out every possible enticing scenario as a means to distract you from what should be the focus of your attention.

So even though this road of discovery may appear to be clouded over, you can take comfort knowing that it is supposed to be this way. After all, the whole idea of this particular journey of discovery, or rediscovery, is to relinquish the reigns of control and to not affect the outcomes. You may need to remind yourself that you are having this experience because something in your reality was out of sync and needed to be realigned with the real purpose and intent for your incarnation. It is best then that you follow directions, and that you listen for the voice of your spirit guides who are at your beckon call, as they are there to actually guide you, sometimes even to teach you. And even though they will show you the way, they will stand back and allow you full access to the road of hard knocks if that is what it takes to get your undivided attention as a means to remind you that you are not in this reality just to take up space and time, but that you are indeed here for an intended purpose. Your guides will do everything they can to help bring that purpose to its fruition, even if it means pulling out all the stops; an exercise they will all too gladly do if it is something that you will eventually benefit from. Incidentally, and contrary to some very limited and erroneous beliefs, your guides are not daemons. They are your spiritual colleagues and although you may not recognize them as such, you can be assured that they know you well and are not in the least bit hindered by the veil of 3-D. So do not be afraid to call out to your guides because the challenge of getting through physical life in one piece is not a quest one should have to pursue alone.

Moving forward does not imply that the road ahead will be smooth sailing, as there is something to be said about the validity of time, effort and even your energy invested in the pursuit of expanded knowledge, wisdom and insight. The time, effort and energy you will actually need to invest, in terms of personal sweat equity, as the means with which to expand your scope of understanding and experience is relative to how open you are to flexing your metaphysical/spiritual muscles, versus your cognitive muscles, so as to attain a higher level of conscious awareness that in turn will have a diverse affect on your reality. Diverse; but only in the sense that your now current and future experiences have the potential to be quite varied, if you will allow variance to be factored into the equation. It is, after all, your reality and you are the creator of it!

Now the reason why it is far more beneficial to flex your metaphysical/spiritual muscles as opposed to flexing your cognitive muscles, is because when it comes to the matters of your personal and spiritual growth, it's not about the head knowledge you've acquired. It is all about the application of the knowledge you have acquired as it pertains to your ability to process and integrate this knowledge, otherwise, it serves no real purpose when it is locked up in the confines of your mind, which all by itself, can be a dangerous place when left to its own devices. So often head knowledge becomes more of a stumbling block, a liability rather than an asset, because there is an inclination to be resistant and even oppositional, as such knowledge acquired externally, cannot always hold a candle to first-hand experience. Now this is not to say that head knowledge is not a necessary acquisition because it most definitely is, and it serves its purpose well in the external affairs of third dimensional living. However, there is a fine line drawn in the sand when acquired knowledge is the result of being reliant on sensory perceptions. Thus material needs and the ways to attain these needs are dependent on the acquisition of head knowledge in accordance with mainstream convention. But nonetheless, goals can be achieved and dreams realized when you follow the direction of your own heart; when you act on gut level intuition, inspiration, visions and dreams.

It is when you are solely reliant on your sensory perceptions to act as a burning candle in the abyss of uncertainty, that your own under developed ego leaps forth front and center. The illusion exists right at this level because your head knowledge can lead you into many dark places in your life, simply because it is void of actual experience. For example, how can you possibly know what an expansion of your heart chakra really feels like if you have not had this as your experience; or to have your third eye opened, or to feel your crown chakra open up like an observatory when you only possess head knowledge. So it is in the actual first-hand experience where the authority to speak on certain metaphysical and spiritual matters springs forth, earning you a well-deserved level of trust, having been initiated by the hand of experience, where you know that you know that what lies beyond the veil of illusion really does exist because you have experienced it for yourself.

When it comes to the matter of turning the focus of your attention on yourself, this is a discipline that is worthy of your explicit cooperation because no one can create your reality for you. But because your reality can certainly be influenced by the actions and choices of others, though external to yourself, these influences put you at risk to internally digest it and accept it as if the results are permanent and cannot be changed or altered. Consequently, the external influence has a direct affect on your reality because you were not keeping a watch on your own mental and emotional shop. So it is up to you to remain steadfast and focused on what is going on in your reality, lest you fall prey to external intervention, in which you will then need to determine the role you played; sometimes from a rather painfully honest perspective.

As it pertains to the matter of wanting to see the road before you in an effort to discern its course, is not crucial or necessary at this stage of discovery or rediscovery. In fact it is to your advantage that this section of the path before you is intentionally clouded over so that you are not tempted to pick up the reins of control and adversely affect any potential future outcomes, which in the end, has all sorts of undesirable implications. Thus, having absolutely no sense of direction and no compass to point you in any one direction leaves the door wide open, as a kind of forced means, to get you to tap into unexplored potentials, that in turn, opens many unexpected doors of new possibilities to freely enter into your reality and become your next round of experiences. Now really, how bad can that be? Unfortunately, there is uneasiness and edginess when it comes to walking through clouded fields of uncertainty. But because you have been conditioned by society and other environmental influences to keep the reins of control tight in your hands at all times, does not mean that unseen energetic forces, much greater than yourself, including your own higher mind, are not working behind the scenes to help you explore and develop your creativity and your potentials, but can do so without the undesirable affects of illusion, and that the reality you create is so much more concrete; the energy of it producing desirable results rather than attracting undesirable results manifested in your experiences.

So in this respect the path ahead begins right in front of you. Your new experiences are not really waiting for you way down the road, as you might be inclined to believe they are, nor are they hiding beyond any invisible horizons; these are the long term effects of the causes that begins to unfold the moment you allow inspired thoughts and creative visions to flow freely through an open psychic channel, as this is where imagination is not hindered or bound by any precepts, concepts, beliefs, perceptions, head knowledge or any other mental or emotional obstacles that act as psychic blocks. Your unhindered imagination is an asset; it is your creative capital and as such it is worthy of its proper investment in your future. Even when the walls of emotional gut wrenching and heart breaking pain come crashing down all around you, the value of your life is extant, never diminishes in your most darkest hour because there exists within your spirit a perpetual light that will always guide you back into safe harbors no matter how far your ship has drifted out into stormy seas.

The first step out onto the path of discovery and rediscovery, which is indicative of attaining higher levels of conscious awareness, starts right from where you are standing and becomes a process of setting seen and unseen energetic wheels into motion, acted on by yourself and are very often acted on your behalf by your guides. So the trick to a successful navigation of unexplored and uncharted waters is to follow internal directions at all times and to not allow anyone to adversely and negatively affect the flow of your creativity or worse yet to throw you off your course. It is in the quiet moments of your busy day that you have the ability to open your psychic channels, and it is during this unhindered inflow of inspired thoughts and visions that the course of your new direction

is slowly charted. It is also in these moments that you begin to see the roots of unexplored potentials and the shoots of many new possibilities that can only flourish in fertile soil.

As you go through your phase of metaphysical and spiritual discovery and rediscovery, you will find that you are being internally reshaped and remolded, much like the clay on the potter's wheel, which he can reshape and even remold into many beautiful things in accordance with his free flowing imagination. And as you attain higher levels of conscious awareness, as the result of many a firsthand experience, over time a very significant change takes place within you. Whether the change is initiated by your own painful life experiences in which you had to come to grips with situations that did not come by way of your own choices and decisions, but that occurred due to an external influence in your reality, or your experiences were such that they can be thought of as having had opportunities to catch glimpses of a more expansive reality, where for a moment in time you captured a panoramic view of a much larger picture, that in turn, altered your perspectives about yourself, your own personal environment and even life itself. It is the combined effect of such experiences that eventually results in an internal peace that really does surpass all understanding on the material plane. It amounts to being so internally full and fulfilled that you lack for nothing, as there are no internal or external voids to fill, thus you do not exert wasted energy chasing down mental and emotional voids, which is always an exercise in futility. And much to your surprise you will find that many of the things you thought were so important to you are really not as important or are not as big of a priority as you previously thought they were. Thus, the order of your own priorities is shifted to correspond with the shift in your perspective. When your personal experiences are such that your own conscious awareness has been heightened; when you have been adequately initiated and have mastered all that was once thought to be so important on the material plane, including your relationships, ushers in the reward, which is the sweet taste of spiritual freedom that in every respect is truly priceless!

In closing, it is our hope that this discussion proves to be beneficial to anyone who may find themselves in the position of being pushed past their mental and emotional limits, for the sake of their own personal and spiritual growth. It is our intention to convey this very important message to you so that you have a much better understanding of why it is that sometimes in life it becomes necessary, even crucial at times, to not just bring you to the edge of your sanity, but to push you right over the edge so that you finally let loose of the tight grip you insist on keeping on the reigns of control, but that when you let them go, the things you desire to experience and that are good for you can occur without you adversely affecting your own desired outcomes. Should you have any questions or would like to know more about this subject, please feel free to ask.

Many Blessings,

Linda, Z and the Collective We

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