

Lesson 77: The Path to Cognitive, Emotional and Spiritual Maturity

Series One – An Overview

The human condition, at its current state of conscious evolution, is the unseen force that drives the pursuit of seeking the fulfillment of its insatiable mental and emotional needs, wants and desires, as well as its known and unknown voids, that so often result in the manifestation of undesirable personal experiences. The nature of the creative force of the conscious mind is capable of conjuring up all sorts of distorted images that turns into more than just a quest to seek the fulfillment of all its many needs and desires, but becomes a quest that is driven by an equally insatiable lust to satisfy those needs and desires, sometimes at any costs, and that so often results in a lack of respect for oneself and as well as others. The images produced in the conscious mind by the underdeveloped ego, when acted on, results in an energetic transformation that turns these images into actual realities, and that become very real experiences even though the image itself was originally formed from the illusion of a sensory perception.

Now the conjuring up of these images by the ego, that are created in the confines of the conscious mind, are not the same as the images that spring up from the depths of the unconscious, which typically appears in the form of strange archetypal symbols and metaphors, experienced in your dreams and in your visions, and that often manifest in your reality in equally strange and bizarre ways. There is a definite distinction between the two and because of their relativity in your life experiences, it is necessary to individually examine them at close range. It is important to make this distinction because the conscious mind, when acting on the whims of the underdeveloped ego, does not correlate to the archetypal images that are rooted in the subconscious; it is as if there are two very different programs operating within you simultaneously. Thus the psyche, unlike the ego, sends up metaphoric and symbolic smoke signals into your conscious awareness for the purpose of informing you that there are underlying issues that as of yet remain unresolved, and are therefore, going to continue to act as obstacles in the path of your life, until you finally pay attention to this rather ambiguous form of internal psychic communication. And not only do these archetypal images send up smoke signals, they also serve another valuable purpose, which is that there are often latent characteristics waiting to be developed, that are hidden in the shadows of consciousness, in the depths of the unconscious, and that are connected to the purpose of your existence on the physical plane. These characteristics tend to suddenly appear as if they came out of nowhere, are integrated into your reality, and become the means to new possibilities and opportunities that were previously not even remote considerations.

The distinctions are such that many of the images that float up into your conscious mind are actually innate, in that they are natural internal needs and desires seeking external

expression, so as to become fully developed, but are so often misinterpreted as being something other than the process of individuation; often wrongly suppressed or are entirely ignored. Now because the underdeveloped ego is quite capable of creatively expressing its own version of its conscious and even its unconscious needs and desires, the images are usually confusing and even downright confounding; sending you off in many different directions where you inevitably end up turning over every wrong rock in an attempt to satisfy the wishes of your needs and desires. Needs and desires are often driven by many unrecognized underlying motivational factors, such as emotional voids that are the result of having been rejected or abandoned as a child by a parent or caretaker; told that you are stupid, or that you will never amount to anything, or that your interests are worthless, just to name a few sordid examples. In unfortunate cases such as these, the ego attempts to align itself with those innate needs and desires, but when combined with its surface needs and desires, together they become a strong force of energy that drives you to seek their fulfillment. No stone is left unturned when it comes to the exhaustive means you will resort to in an effort to get those very necessary emotional voids, needs and desires met. A psychological collision occurs when the distinction between what is innate and what is superficial cannot be ascertained by the underdeveloped ego and the uneducated will, which becomes a recipe for disaster in terms of your personal experiences.

So, it is for these reasons, and many others, that there must be an intelligent connection to the source of your needs and desires. The road to emotional and spiritual maturity must include the role of cognitive processing, as one aspect of maturity cannot exist without the other. So the ego must be developed and the will educated by means of a process which entails intellectual as well as emotional and spiritual assimilation and integration on every level. Cognitive awareness must be consciously integrated in a way that is intelligible; otherwise, what good is the awareness if you cannot properly assimilate the information at its most fundamental level of understanding, whether it comes to you by way of external means or rises up from your own psyche. Therefore, emotional integration must correspond to an intellectual integration, which then becomes a spiritual integration, as body, mind and spirit are all interconnected; consequently, what affects one aspect of your being, affects the whole of your being. Given that such integrations are usually more of an ongoing process, rather than a onetime success, it can be considered a relief when something about your reality is not clear to you today, but will surely become quite clear to you in due time, but only if you have a willing state of mind to seek and receive whatever information you are in need of. The information itself can be quite difficult to digest, when you are faced with unpleasant truths about the nature of your reality. Life has a way of holding up mirrors that reflect back the very things that you are in need of fixing in yourself.

The manner in which you interpret this information will take on many different aspects as you move through the cognitive, emotional and spiritual process of assimilation and

integration. The psyche has a built in system of not only alerting you to the presence of unresolved internal issues, but will only send up symbolic messages into your conscious awareness that it deems is necessary, and not just at random, but at a specified time. In this respect, the psyche will withhold certain bits of what sometimes becomes life changing information, until the conditions in your reality are ripe for the receiving and integration of such valuable information. The same holds true with respect to the psyche withholding innate characteristics, such as the latency of certain skills, talents and abilities that seemingly surface right out of nowhere. In as much as these appear to be unexpected spurts of suddenly surfaced characteristics, you can be sure that there was a very good reason why they appeared at the exact moment they did. You have only to look back upon the circumstances of your life to realize the relativity of their sudden appearance in your reality and the purpose of them coming to the surface at the time they did. The same holds true for any truths regarding the nature of your personal reality that also surface on a very timely basis.

When you arrive at these pivotal times in your life, they typically mark a change in the course of the direction of your life. It is in these precious “aha” moments, when these epiphanies occur, that you begin to see the forest for the trees more clearly. Sometimes this awareness is a pivotal moment all by itself, given the propensity to wandering around in the desert of your mind; not even being aware that there are trees, let alone to know that there is a symbolic and metaphoric forest of self-discovery. The greatest achievements do not necessary relate to any form of external accomplishments, in terms of fulfilling your needs and desires, but rather the process of cognitive assimilation and integration of the matters that are so necessary to cultivate emotional and spiritual growth are the greatest achievements; experienced in those moments when you come to know your true self. It is the successful succession of working through the steps that ultimately results in a centered equilibrium, when you become mentally and emotionally stable. This newfound sense of stabilization is not restricted to something you are merely consciously aware of; it is a state of calm that is felt from within, expressed as an inner peace. A centered equilibrium manifests in many different ways on the surface, sometimes as dreams realized and unexpected goals achieved, not excluding the ability to attract healthy relationships into your reality.

The results, which so often comes by way of a great deal of effort on your part, is that your underdeveloped ego is not left to its own measures of perceptual experience, once the threat of its survival has been safely removed. It is as if your ego has literally turned around on its own axis and is now moving in an entirely different direction, and you feel the empowerment. Your ego synthesizes with your will, which over time you have trained, and together your ego and your will develop a mutual respect and admiration for one another; manifesting as a synced coalition between the conscious and the unconscious forces that exists within you. However, be forewarned that this calming state is a condition that must be constantly fueled as nothing in life is permanent,

because everything in life is always in motion, and is temporary at best. Therefore, it is crucial that you do not give way to the false illusion that your work at any juncture is done, as this is simply not the case. There are many bends in the road, and each of them contains circumstances and events that are often unforeseen and unexpected, if for no other reason than the simple fact that you are not alone in the vastness of the universe. Make no mistake in knowing that you exist among many influencing energy forces, both internal and external, that not only affect your reality on the physical plane, but affect you on the mental, emotional and spiritual planes, and even more so, influence your reality from the psychic plane. So to think that you can round any bends in the course of your life without being adequately prepared is a false and even a crippling self-imposed illusion that will not serve you well when you are in need of the most reassurance and stability.

Of course, there really is no way to precog every condition that will arise in your reality, as there are infinite possibilities and probabilities that are equally likely to occur in accordance with the exercising of your own free will as well as the same degree of free will being exercised by others, not to mention the condition of the ego – yours and theirs. The condition of your reality not only rest on the choices and decisions you make, as they relate to the level of your cognitive, emotional and spiritual understanding, but that the future conditions waiting to manifest in your reality rest on a multitude of many unseen and undetected inner and outer forces that can catch you completely off guard. So when the winds of change come huffing and puffing at your front door, there is a limit to the scope of your available knowledge at the time, but if you have done your due diligence all along, have assimilated and integrated every bit of information that has come your way, the walls of your psychological house do not necessarily have to come crashing in all around you. Although your own internal house may incur some structural damage, because if nothing else, sudden unexpected and undesirable changes in your reality are difficult to contend with, such conditions can certainly send you into a tailspin. In time you will find that the internal damage was not nearly as extensive as it might have been, had you not found something firm or concrete to stand on; and even finding some solid ground to stand on can be a process all unto itself. This will become very evident to you while assessing your own internal damage, as you take into account the extent of the damage from a realistic perspective, which incidentally, you can recover from if you possess the will to begin the climb back up the rugged mountain. Whenever you seek to know the truth, it will always be revealed to you – in due time. Unfortunately, the issue of timing does not always sync up with your need for immediate relief from a difficult situation. So it becomes a grueling and very frustrating experience as you see yourself taking one step forward and three steps back, many times over, until one day, when you least expect it, there lies before you the resources or the means that leads you straight to the truth of the matter. Almost immediately all the scattered pieces of your puzzle come together and fall right into

place, and with almost no effort on your part, except that you responded to a guidance, either from your higher mind or from your spirit guide, which was all that was required of you.

Now as far as illusions are concerned, and the creation of them in your conscious mind, is that there is a very decisive shift in how an image is conjured up in the confines of your mind, that is wholly supported by your beliefs, backed by your perceptions and further skewed by the imbalance of your feelings and emotions, that eventually becomes a felt reality. As you conjure up an image in your mind of what you think is your reality, regardless of any outside influencing factors, the energy of the image shifts and transforms into a reality the moment you act on the image, consequently, the reality that you then experience, in whatever way it manifests, becomes an actual experience, even though it was originally based on a self-created illusion, which previously did not exist anywhere. Once the energy of the image has been released into the universal energy fields, it is no longer restricted to the confines of your mind, where it was safer than you realized, but that it does indeed form into an actual event that contains its own energy, and therefore, moves on its own accord through your reality, and in ways you might not even be aware of. The illusion itself occurred during the creation process, when certain conditions believed, perceived and felt to be true were first formulated in your mind. It is right smack in the midst of the onset of the creation of these images, that you must take the time to cognitively process the illusion you are about to not only create in your mind, but that will take hold and become an actual event of some kind, manifested in your reality, that may not be to your liking. So not only have you created the image of an illusionary condition, that was virtually non-existent until you painted an image of it on the canvas of your mind, but now have called it into reality – yours – of which you will have to reap the consequences, if the results produced negatively affect your reality.

As you go through the stages of your life, certain needs and desires automatically fall away from their place of relevancy, significance and importance, as they are no longer considered high priorities, such as academic, vocational or professional accomplishments and social status. This condition is a natural occurrence in your reality, when the pinnacle of desired states or conditions are successfully achieved, and are no longer viewed as personal drives or challenges still waiting to be met, because the goals have been achieved and the dreams were realized. The focus of past needs and desires goes through its own internal structural changes in accordance with the stages of your life, and that over the course of time give way to an entirely different set of needs and desires, that surface in the later stages of life. This is the moment in your life when a significant dose of insight and wisdom is most beneficial to your cause; so as to not fall prey to the burning passions of needs and desires, and the lust of them, that typically runs rampant in the earlier to mid stages of adult life. But a successful transition from one stage of adulthood to another cannot occur seamlessly, as it should, if there remains any unresolved internal issues, especially those whose roots are embedded in your

childhood. The resolution of these underlying issues, held in the unconscious, is crucial to your overall well-being. If they are ignored or are not satisfactorily resolved, in that they have been identified, processed and integrated on every level of your being, they will continue to wreak havoc in your life. Your psyche, as was described earlier in this discussion, will continue to throw up metaphoric and symbolic smoke signals as a means to get your undivided attention, either through archetypal images expressed in your dreams and visions, or any other means with which to get you to address these unresolved issues, even to wreaking havoc in your relationships.

The function of consciousness, with respect to the current stage of evolution, is subject to the possibilities of endless deceptions, not just as the result of sensory perceptions, but also in terms of the formation of core beliefs, and even feelings and emotions that cannot always be trusted. Unfortunately, it is from the contents of the conscious mind that the path to unraveling unresolved issues, residing in the unconscious, has its starting point. It is a process that starts from the outside, and is worked inward, a top down approach, if you will. There are many paths you can take to arrive at root causes, and that explains what is really going on behind the scenes. And even though it is enough to contend with what is going on in the confines of your conscious mind, it is equally as important, if not more important, that you become aware of what is going on below the surface, in the shadows of your conscious mind which dwells in the unconscious region of your psyche. In order to make clear distinctions between what is being fabricated in your mind, as opposed to knowing what is really going on below the surface of your conscious awareness, there needs to be a way of delineating the fine line that separates where your ego actually begins and ends and the psychic messages that are being sent up to your conscious mind; this is an accomplishment that is truly an ongoing journey of self-discovery, but can be mastered. The unconscious is a self-regulating system, it possess an enigmatic uniqueness and is autonomous in the sense that it governs itself, regardless of any influences such as the ego, self-will or other external factors, and therefore, it operates under an entirely different set of rules from the science of mind rules that typically apply to the conscious mind, which operates in tandem with its sensory perceptions – in fact, consciousness relies on its sensory perceptions as the means to interpret its third dimensional environment as well as its experiences, whether perceived or actual.

As we bring this first series to a close, which was an overview of the discussions that will follow in the subsequent series, it is our intention to focus on a number of related subjects, such as learning why it is necessary to experience your own inner being, which is very hard to do when you are running helter-skelter, blindly seeking the fulfillment of your inner self by external measures that are not beneficial to you, or to your cause, which of course is your purpose and mission for your physical experience. We will challenge you to consider just how well you really know yourself on a deeper level, as well as the necessity of being true to yourself. This level of awareness is very important,

because when you are out of sync with your true self, you risk losing your own identity, which often leads to bouts of oppression and even depression.

In these series, we will be addressing the matter of the underdeveloped ego, and the benefits of educating the will, so that they work together in unison, as opposed to working against each other, and of course against your own efforts to achieve your goals and to realize your dreams. These are very important matters, given the desire to manifest certain dreams and goals that are really not the intended purpose for your existence. We will also delve even deeper into the matter of processing messages conveyed by the psyche into conscious awareness, as well as how to best read these ambiguous messages to help you determine what they really mean and how they fit into your reality, which we will do in a generalized manner, as every individual experience has its own unique qualities.

We will talk about the need and benefits of emotional clearing, not just on the surface of your conscious awareness, but in terms of an overall cleansing and healing on every level of your being, including your auric layers, and the possible damage to the chakras within these layers, as well as the potential for any internal cellular or organ damage. These series, though not yet numbered, will be somewhat intense in their presentation, but will nonetheless, serve their ultimate purpose, which is to awaken your consciousness to matters that not only exist on the surface, but exist outside of your conscious awareness, thus providing a path to your cognitive, emotional and spiritual growth, as this is the ultimate overall mission in the experience of physical life.

Many Blessings,

Linda, Z and the Collective We