

Lesson 79: The Path to Cognitive, Emotional and Spiritual Maturity

Series Three: The Odyssey of Physical Life

It is said that the experience of physical life is an odyssey because it is indeed an adventurous endeavor. The challenge of navigating life can sometimes feel as though your symbolic ship is involuntarily steered straight out into stormy seas, regardless of any precharted courses. Because you can easily lose your sense of direction in the density of the fog, it really does make it hard to sail your ship back into safe harbors. Attempting to re-chart a new course of direction can be equally difficult, especially during those times when life finds you without a compass. Although the nautical account of life is symbolic, nonetheless it is a description that is very fitting, and is one you may be all too familiar with, as not all the adventures encountered in the course of life are what was hoped for or what was intended to manifest as a desirable reality. Such undesirable experiences can take a mental and emotional toll on you, and can drain you physically and even spiritually. As you journey through life, it is likely that some of your own encounters and experiences are left unexplained, are misinterpreted or are just simply ignored, because you have not yet found the information that will put your dilemmas in their proper perspective, which in turn, can make it possible to know yourself on a deeper level. Unfortunately, the lack of possessing the right information, at the right time, opens the door wide for the need to look for someone or something to blame simply because it is nearly impossible to believe that there can be no real external causes. After all, it just makes sense that someone or something external to you has to be the cause of your difficulties. However, the effort needed to peel away the layers of undetected cause and effect, hidden from your conscious awareness, requires some degree of introspection, thus, blazing a trail of self-discovery is not an enticing mental and emotional exercise, even if the effort invested will end up producing results that are very beneficial to you. And even when there just doesn't seem to be anyone or anything external to blame, the only remaining possibility is to place the burden of blame on your own shoulders, which is even less productive and less beneficial, as life is not about rights and wrongs but is about what can be learned from your experiences. The self-imposed blame becomes an obstacle that prevents you from discovering important and very useful information about yourself, and your environment. The process of really getting to know yourself can be nerve racking, to say the least, especially when you are not aware of all the unseen variables. The discussion in this third series is designed to help peel away the many layers of unseen and undetected variables in an effort to get to know the real you. The accomplishment of this feat cannot help but to lead you straight onto the path of cognitive, emotional and spiritual maturity.

The odyssey of physical life first begins with the recognition that you are not here on the physical plane without an intended purpose, that there actually is a plan for your physical existence that perfectly coincides with all the components that comprise the

human condition at its current stage of evolution, which, incidentally, is relative to the time of your most current physical existence. Your life on this plane, and at the time you arrived, did not happen by chance, but rather you entered onto this particular plane of reality by the cause of your own intent, as well as those who may be traveling through this lifetime with you. It is quite common for soul-groups to intentionally select various roles in the human experience simultaneously, whereas others in the group may have chosen to remain in another dimension, but are still acting as personal guides. So there may very well be those who are guiding you from a distance, beyond the veil of this dimension, as well as those who are guiding the odyssey of your physical life right here on this plane with you, such as your parents, siblings, grandparents, and other relatives, in addition to your friends and other acquaintances who will come and go during the course of your life, and who collectively serve a karmic purpose in the entanglement of all these relationships.

Those who have been adversely affected, and sometimes very painfully, by someone in their personal environment, find the acceptance of the conditions of their lives, such as it is, an impossibility because they believe that there is no way they would have brought such painful adversities into their reality by choice. So, it is these unfortunate situations in life that make it very difficult to come to terms with the notion that their own arrival on this plane of existence was indeed by their own intent. But life is not a one way street; therefore, you cannot help but to be adversely affected by external influences. These unwelcomed influences contribute to the underlying reasons that throw you off your intended course, and for some people this is a condition that occurs more often than not. So as to not leave you in the dark, every effort will be made to leave no stone unturned in an attempt to describe the unseen variables that affect the experiences you encounter during the course of your life, from a metaphysical, spiritual and quantum perspective.

Although the plan for your physical experience is put into action at the moment of conception, it is not always immediately pursued following birth. There are many reasons why the intended course of direction is not always acted on, even though the course was charted well in advance of your arrival on this plane. But no matter what adversities have occurred in your life, and regardless of the reasons why, that purpose can eventually be pursued somewhere along the path of your life, and can be fulfilled just as it was intended, although it may be somewhat altered, especially when arrived at much later in your life. To better understand the intention of your own physical life, is it necessary to begin taking a closer look at the many variables that directly affect the direction you are moving in along the path of your life, and the consequent undesired manifestations that you ultimately experience in your personal reality.

These unseen variables have their origin in the human condition. The unfavorable results often experienced in life relates to the fact that there is a disconnection, in terms

of your ability to be fully aware of your true self, that is, of being consciously aware of the very essence of your true identity. So because you are not consciously aware that you are indeed completely aware of yourself on a much higher level of consciousness, you are often misguided by your underdeveloped human ego as well as your uneducated free will, as you attempt to successfully navigate the course of your human experience. And because of the limitations of conscious awareness, your identity in this reality is erroneously left to its own resources for its mental, emotional, physical and even its spiritual survival, which it does by means of its sense of the “I” aspect of your human identity – the ego. So you know that you exist in this reality because you are aware of yourself as existing in this reality, although you are not completely aware of yourself as existing in the whole of your true identity. Although your true identity already existed, long before your arrival on the human plane, your identity is affected on the earthly plane by many different influences from the moment of your birth. To some extent, your true identity undergoes an alteration after birth because it is molded and shaped, as your sense of “I” identifies with the external influences in your physical environment, whether these influences are a positive or negative experience.

To the degree that these external influences affect your reality, they contribute to the initial setting up of your internal beliefs structures, which in turn, will directly affect the direction that you will take along the path of your life, especially as you continue to internalize those initial beliefs. So although you may have arrived intending to carry out a particular plan of action, a purpose to pursue and fulfill, these plans can be changed or altered in accordance with the environment you are mentally, emotionally and even physically exposed too from infancy and on throughout the course of your childhood. The conditioning affects from this early exposure goes with you right into adulthood, where they continue to consciously and unconsciously influence your reality. So as you are learning about the matters of life from everyone in your environment, which at first is generally limited to your most immediate family members, the on-going learning process corresponds to the expansion of your circle of life, which later on includes many others who will come and go along the path of your life, but who will in some way leave their mark on your psyche, and affect your reality in some way, desirable or undesirable.

Although many childhood memories are long forgotten as you move through the stages of life, they are nonetheless, stored in your own internal Akashic records – the subconscious mind. So even though the events that occurred in infancy, and to some degree, even those experienced in childhood, may well have long been forgotten, the emotional memories are always at your beckon call, in response to unfavorable situations or conditions, even though you have no real means with which to identify those feelings when the emotions of those memories rises to the surface. Over the course of time, the unconscious reaction to past events, whether recalled or forgotten, becomes habitual, to the extent that you habitually react to certain situations without really knowing why or even being aware that you are reacting. You may think you know

why you react to certain situation as you do, but you can be sure that there is far more to the story, the truth of which lies outside of your conscious awareness. This is when your perceptions become a danger to your well-being. Perceptions are subjective to the sensory experiences of life which does not always imply that certain situations, conditions, circumstances and events are really what they appear to be, but are often an illusion. And because perceptions are backed by your own beliefs, especially those that have long been embedded in your internal belief structures, along with those that you are readily aware of on the surface, your perceptions are that much more of a destructive force, which most assuredly affects the quality of your current and future experiences.

The feelings you have about any of the events that occurred in the early stages of your life will cohere with the beliefs you formed about yourself, whether those beliefs were formed by cohesion or by the action of your own free will, with respect to your environment, and often as the result of those who have adversely affected the quality of your past experiences. So as your feelings, beliefs and perceptions co-mingle, together they affect your outlook on life; not just as it relates to your past experiences, but as it relates to your current and future life experiences as well. Your outlook, having been environmentally conditioned, then becomes the driving force of energy that determines your current and future course of direction, which ultimately leads you to your next round of experiences. This is so because the choices and decisions you make along the way automatically aligns with your outlook on life, thus many of your experiences are indeed predestined until you effect a change in your own outlook, which requires a change in your mental attitude. However, since you cannot wave a magic wand over your attitude, any more than you can change your attitude over night, you will have to resort to some degree of honest introspection, which is, without a doubt, easier said than done. The reason why the process of introspection is not such an easy task, has a lot to do with the many variables that don't always show up on your radar screen, primarily those influences that you are not even aware of. It is like trying to mathematically solve for a desired end result with only part of the equation.

As you travel along the path of your life, you cannot help but to be confronted by many external positive and negative influences, especially from those influences that you are entangled with, not just on the physical plane, but are entangled with on the psychic plane as well. There is hardly a place in the human environment that does not hold fast to some cultural or religious beliefs, which becomes a predominant psychic attitude in the community, such as schools, places of worship and places of employment, to name but a few, that you will either adhere to because these attitudes align with your own attitude and outlook on life, or you will reject them because they do not align with your attitude or your own outlook on life. So you can see how these influences, whether you are directly exposed to them in your personal environment or you are exposed to them by way of prevailing attitudes from outside of your personal environment, do indeed reach you on the mental and emotional plane, and can adversely affect your reality

without your awareness of their presence. Although you may not directly feel the affect of a prevailing attitude, nonetheless it can psychically attach itself to you, regardless of where you go, such as the supermarket; the mall; the auto dealer; the bank; the office, and even on the highways; as there is just no end to all the many ways external forces of energy can and do affect your own attitude, and consequently, they affect your reality. The key to overcoming the undesirable affects from the unwelcomed imposition of negative attitudes that become embedded in your psyche is to become consciously aware of their presence, which means paying closer attention to how you feel in any environment you happen to be in, as like will attract like. Before you know it, you have unknowingly succumbed to a negative attitude, and will likewise feel its affect, whether in your own attitude, which typically affects your own mood or is manifested as an undesirable experience in your reality. Such manifestations are not always that hard to discern, because they usually occur within the same time frame or shortly thereafter.

With regard to feelings that are associated with a painful memory, your feelings are very real even though they are more subjective than they are objective because they correspond to a number of variables, such as your beliefs, perceptions and expectations, as well as your own intentions with respect to the influence of any self-created illusions. However, the subjection does not begin and end only with you, but that it encompasses the choices and decisions others make, that directly affect your experiences, even those that you did not consciously intend or desire to experience. And even though you do have the option of choosing to look through a different set of lenses, as it relates to how you view any undesirable situation or condition that has occurred in your life, there are some important details you should know about yourself that will help you to view your experiences from a different perspective, and certainly one that is less painful. But this is not an easy feat because no two people process the experiences of life exactly the same. There are many contributing factors involved that lend themselves to how the conditions of life are viewed, processed and accepted, which even relates to the predominance of the right or left side of your brain. While some people can appear to easily accept an unfavorable or an undesirable outcome from certain circumstances or events that occur in their lives, even to the extent of allowing the outcome to roll off their shoulders, as if the outcome has little or no effect on them, others have a very difficult time coming to terms with the same or similar outcomes. Simply switching your feelings to various on and off settings is not an easy process, even though it appears to be relatively easy for others.

This is when cognitive processing plays a very important role in successfully navigating a difficult circumstance or event, so as to be left mentally, emotionally, physically and spiritually intact, which is sometimes a challenge beyond measure, and usually takes an indefinite period of time to work through. Some people have an uncanny ability to switch their feelings on and off, as if their feelings exist only on the surface, or so it would seem. But what is really going on is that they are able to accept an unfavorable or

undesirable situation or condition in their life because they have the ability to cognitively process the outcome from a deeper level of understanding, which aids them in the mental and emotional processing, leaving that much less to have to integrate. So even though they may appear to be crass or uncaring on the surface, it is that they have the ability to quickly get back on track because they are in touch with themselves on a deeper level, not to mention the aiding affects of being logically predominant as opposed to being emotionally predominate. Just because they have attained this deeper level of understanding, and are focused on pursuing the purpose for their physical life, does not mean that they don't fall prey to the wiles of the conscious "I" and all its many needs and desires, because they do. It's not that life should not be enjoyed while pursuing or fulfilling your purpose, because it should, however, the problems in your life occur when you lose sight of what you already consciously know, which inevitably throws you off course, and can actually distract you from pursuing your intended path. But make no mistake in thinking that there is not an inner sense of knowing that you are on the wrong track, because there is, and eventually you will be awakened to that inner knowing because your own feelings will serve as a reminder; you will just know that you know.

Making a choice to change the way you feel about a situation or a condition requires you to cognitively understand the implications, such as they are, which of course, is unique to your own personal experience. Life is, after all, not a one size fits all, so there are many variables that affect how you experience your reality. These variables are the internal and external influences that begin shaping your reality right from infancy, including those unseen and undetected forces of energy that psychically affect you. To live life on the physical plane is to walk through fields of psychic energy that permeates your environment. Psychic interaction is unavoidable, unless of course, you choose to isolate yourself from everyone and everything in your environment, but even then you will not necessarily rid yourself of this form of cosmic energy, if for no other reason than the simple fact that there is interactive telepathic communication occurring between the dimensions. Regardless of your environment, you cannot help but to be affected by unseen forces of cosmic energy. This is why certain events that occur in your life cannot always be understood, as there really is no one specific cause that explains every effect you experience in this reality. Even though cognitive processing is vital to increasing your level of understanding, getting to the root cause is not always a feasible endeavor. Sometimes, the cause of a situation or a condition cannot be traced back to its root because the root is not to be found in this dimension or in this life experience, but may actually exist in another dimension or in a past life experience. There are trained practitioners who specialize in what is called soul regression, where such root causes are revealed under hypnosis. This experience can be very meaningful if the practitioner is not projecting their own perceptions into the results achieved, thus, a great deal can be learned about yourself at this deeper level of your conscious awareness. Many people

achieve the same results in meditation, when after quieting the mind; they can journey back through their lives and actually see the real conditions of their past and present lives projected on the movie screen in their minds eye.

So although the path to the experiences you encounter in the course of your life can be traced, in some cases, all the way back to your childhood, or as far back as your memory will allow you, there is a stopping point because there is a built in block with respect to just how far back you can recall events that occurred. Of course, you can fill in the gaps by asking others in your environment to help you with the details you no longer have a memory of, but you must remember that their help is not likely to be as objective as you really need it to be, but is more likely to be skewed because the recalling of past events, even good ones, are subject to the interpretation of that persons beliefs and perceptions, which automatically distorts the picture. Consequently, your desire to assemble all the puzzle pieces of your life, are subjective to many illusions in your reality, as opposed to the possibility and the probability of real objective experiences. But for all those memories that you can recall, with or without help, it is always best that you do not feel the need to blame anyone or anything or even to hold onto anger or resentment, because in the long run, holding fast to these energetic feelings, no matter how justified they appear to be, will not help you to accomplish the most important end result, which is that you experience cognitive, emotional and spiritual growth, as this is the primary purpose of life on any plane of existence, especially here on the human plane because of its built in limitations.

As you trace back the events of your life, and see how you have been acting and reacting to them time and time again, as if they were still occurring in your current life experiences, which to some degree they actually are because of your habitual behaviors, you will find that, in spite of your best intentions, there are sometimes no explanations to be found, as was previously explained. And while the omission of a worthwhile explanation can be very frustrating, as it never seems to put those unexplained matters to rest, some of the answers will come in due time. Sometimes it is just that the answers cannot be revealed until a certain related event occurs sometime in the future; thus, it is a timing issue, and until that event occurs, the answers you are so diligently seeking will only arrive at the appointed time, and furthermore, you will recognize the event as being related to a previous situation or condition that you had not been able to put to rest, and now finally can. In many cases, just the process of moving on with life, lends itself to overcoming mental and emotional obstacles, as the passing of time has a way of helping you to see the forest for the trees, and then to eventually make your way out of the forest and into the light of mental and emotional clarity.

In closing, it is our sincere hope that the discussion in this third series has benefited you, with respect to how it relates to your own personal experiences. We also hope that the continuation of these more in-depth discussions in the upcoming series will serve as

a beneficial means to help you to better understand the nature of your personal reality.
Please feel free to ask questions, share your thoughts or make comments.

Many Blessings,

Linda, Z and the Collective We

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