

Lesson 86: Focusing on the Reality of Today

The ability to focus on the reality of today without carrying the burdens of yesterday or fearing what the future may bring tomorrow can be a monumental task for many people. As the reality of today is often shaped by the memories of past events, it can be difficult to separate the adverse influences of the past from current undesirable experiences. Unfortunately, the adverse influences from the past not only affect the reality of today, they continue to have an equally adverse affect on the future, thus, shaping the course of future events long before they become a current reality. Functioning with a disabling mindset places predetermined limitations on possibilities that could potentially enhance the quality of future experiences. Although such enhanced possibilities appear to be realistically out of reach, this is not a permanent condition, but is only temporary in nature. The potential for future desirable experiences are directly linked to how you choose to focus on the reality of today, which relates to the way you mentally and emotionally view your past experiences. The discussion in this lesson is designed to help you sort through the adverse influences from past experiences so that you can be free to realistically focus on the reality of today, which also affects the course of your future experiences.

To affect the course of future experiences becoming an eventual desirable current reality is to put past and present adverse influences in its proper perspective, which then clears the path for a significant change in attitude that ultimately empowers you to more realistically focus on the reality of today. However, the ability to put past and present adverse influences that have negatively affected your personal environment in its proper perspective requires a dose of honest self-introspection. This involves an honest evaluation of your past and current experiences in which you will have to discern to what extent those adverse influences actually occurred in your reality or are distorted by your perceptions. Perceptions play a very important and often self-destructive role in your reality, as they can negatively influence your past and present experiences simply because perceiving is a subjective sensory experience. Thus, it is important to understand the distinct difference between a subjective and an objective experience.

Subjective experiences correspond to your perceptions of what did or did not occur in your reality, which are mentally fed and supported by the beliefs you hold to be true as well as how you think and what you feel on an emotional level. Subjective sensory experiences tend to open the door wide for all sorts of personal and environmental interpretations which can trip you up when you believe the distortions of your perceptions as being bona-fide truths. Not only do you accept your perceptions as being the truth, with respect to yourself or your personal environment, you fall into those reactionary ditches of mental and emotional error in your behavior that inevitably short-circuits your own best intentions in your efforts to realize your dreams and achieve your

goals, not to mention distorted perceptions wreak havoc in your relationships and will literally destroy what could otherwise have been a very healthy relationship.

An objective experience occurs when you accept a past or present circumstance and event for what it really is. However, if objective experiences are not a natural occurrence in your reality, you will not be inclined to see things for what they really are, but will be inclined to see things for what they are not. Certain experiences can be mistaken as being objective, when in fact they are not. When your thought patterns, feelings and emotions are in alignment with your beliefs, there is a good chance that you are having an objective experience, however, the objectivity rests on the beliefs you are adhering to. An adverse influence from an external source can trigger a belief that on the surface appears to be a bona-fide truth, when in fact the belief itself is actually limiting and disabling, which sets in motion a pattern of dysfunctional thinking. So to accurately discern the truth of an objective experience is to question the truthfulness and validity of the beliefs associated with the adverse influence. Just because you hold fast to a certain structure of beliefs, does not mean the beliefs are validated and are factual.

Beliefs are formed in accordance with environmental persuasions that over time become embedded in your psyche to the extent that you are not consciously aware of many of your beliefs, but nonetheless, you unconsciously react to those embedded beliefs by force of habit. The fact that the source of your embedded beliefs are connected to the beliefs of others in your environment, which are first formed in your childhood, automatically puts you at risk to inaccurately discern the circumstances and events experienced in your reality. So, the first order of business in effecting a positive change in how you focus on the reality of today is to reexamine your core beliefs, including those of a religious nature, as often these beliefs are founded on fear and guilt by default of being human. An honest examination of your beliefs will change or alter your perceptions and when your perceptions of your past reality changes, your perceptions of your current reality also changes, which then affects the nature of your future reality to some degree.

Affecting the nature of your future reality to some degree is an intentional statement because the business of human life brings with it undesirable circumstances and events as the result of external and internal adverse influences. But how these influences play out in your life greatly depends on your mental state of mind and the clarity you possess to see the forest for the trees. Your attitude will either have a negative effect on your reality or it will enhance the nature of your reality in accordance with the choices you make, which is where your empowerment to change the energy of your past, present and future reality does lie. To effectively change the energy of your past, present and future reality, it is important to understand the difference between external and internal influences, how to identify their source and how they are really affecting the nature of your personal reality.

Adverse influences that affect the nature of your personal reality have two specific sources. There are adverse or seemingly adverse influences that come from external sources that are environmental in nature, most especially from the negative influencing affects from a parent or parents or other caretakers, as well as other family members and from authoritative figures who played a vital role in shaping your life; a condition that is typically experienced during childhood, as this is when you are expected to begin the process of complying with accepted social standards, which by the way are just as prone to distorted perceptions as are your own perceptions. These accepted standards are the basis on which your own core beliefs, habitual thought patterns and expectations are initially founded on. After all, you are indeed a product of your external environment which in turn shapes your internal environment. And although certain external influences *seemed* to have adversely affected your personal environment does not negate the fact that you have reacted in ways that have not served to enhance your outlook on life. It is essential to your own well-being that you put forth the effort to make an accurate distinction between what events actually occurred and what events did not occur in your reality, otherwise, you will remain in bondage to the debilitating effects from a perceived condition in your reality that did not occur as you perceive it did. Thus, you owe it to yourself to see your reality for what it really is as opposed to being deceived by adverse conditions that did not actually occur, except that it exists only in your mind and is supported by your underdeveloped ego and your uneducated free will that, incidentally, is not quite so free when it is helping to distort the true nature of your reality and is undermining your own efforts and best intentions.

The other source of adverse influences is internal in nature. These influences are internal because they exist within you and are the result of your perceptions, core beliefs, patterns of thinking, feelings and emotions and your expectations, all of which shape and mold your mental attitude. Pogo, the cartoon character back in the fifties and sixties is noted for saying: "We have met the enemy and he is us." With respect to adverse influences that are internal in nature, you truly are your own worst enemy because of your propensity (tendency) to negatively affect the nature of your own personal reality as the result of your own perceptions, beliefs, thoughts, feelings and unrealistic expectations. The overall undesirable effect is that you undermine your own efforts to realize your dreams and achieve your goals, not to mention your internal operating system, which is typically motivated by an unrealistic sense of self-preservation that is fear-based, also has a negative effect in your relationships, especially with respect to the kind of relationship you desire to experience, but always seems to be beyond your reach.

As you make the effort to sort through the adverse influences from your past and even your current experiences, it is essential that you afford yourself every opportunity to sift through the distortions so as to identify the true source of them, primarily because those distortions are affecting you in more ways than you realize. Operating within the

limitations of a distorted sense of perception on a daily basis is not only energetically disempowering to say the least, such a disabling mindset puts you at risk for many other equally undesirable consequences in addition to those that are already manifesting in your reality, which you probably have not thought to connect the dots too. As body, mind and spirit are all connected; the mental strain from a persistent negative attitude along with emotionally based reactionary behaviors eventually becomes a debilitating factor that adversely affects your physical and psychological well being. Physiological symptoms are attributed to your mental and emotional state of mind, which further increases your chances of incurring undesirable physical symptoms that result in the onset of one or more medical conditions, often erroneously attributed to things like diet and exercise or are blamed on predisposed genetics. Whenever the mental or emotional body is put at risk, the fallout is progressive and eventually takes its toll on the physical body as well. Not to mention the fact that the potential for personal and spiritual growth are hindered by psychic barriers that are not nearly as much the result of adverse external influences as they are the result of adverse internal influences which are reactionary and negative in nature.

The reason why some people can mentally overcome the negative effects from adverse external influences and attain their desired measure of personal and even professional success has everything to do with their objective state of mind, which simply means that they tend to see the experiences of their lives for what they really are and do not fall prey to deceptive or distorted perceptions. The ability to focus on the reality today without being bogged down by the negative effects of past experiences means not just accepting things for what they are, but knowing for sure that what is being accepted really does exist and is not something that appears to exist in the confines of your mind.

Acceptance is far more effective when past experiences are discerned accurately which then makes it much easier to accept the things that cannot be changed and to have the wisdom to change what can be changed. Many people unknowingly fall into this trap of deception because they are unable to discern what really did or did not occur, let alone to know what can and cannot be changed in their personal environment. The mindset of the status quo is that past events are what they are and, therefore, cannot be changed. However, this is a disabling mindset because it places the focus of attention on only one half of the equation. There is actually another half of this equation which deserves equal time, if not more time, because it is in discerning the contents of this half of the equation where your personal freedom and empowerment really does exist.

To properly discern the contents of the other half of this metaphoric equation is to revert back to the matter of perceptions, beliefs, thoughts and feelings and even expectations because each of these internal influences plays a vital role in accurately determining what aspects of your past or present experiences really can or cannot be changed. Of course the first step relates to your honest evaluation of what really did occur in spite of the fact that you have sufficient cause to believe you have been inflicted

by an adverse external influence that has negatively affected a past or current experience, or experiences, as the case may be. Such an honest evaluation is not usually a onetime event, but is often an ongoing assessment until you are able to see through the thin veil of illusion and delusion, which requires you to examine past circumstances and events from other perspectives. Just as there are two sides to a coin, it may surprise you to discover that there are at least two perspectives or two different lenses from which you can view your experiences from. The more you make an effort to view your past and present experiences from a different perspective, the more you will begin to feel an emotional change toward the experience itself and as your emotions change, so does your mental attitude. If you will make the effort to give yourself ample time to process your past and present experiences from an entirely different perspective, you will find that your beliefs will begin to correspond to your new perspective and as your beliefs begin to change or are altered sufficient to embrace the new perspective, your thoughts and feelings will simultaneously change as well. Inevitably all these changes have a direct impact on your expectations with respect to how you will now focus on the reality of today, which of course, is going to have an equally direct impact on your future reality.

Contrary to the prevailing mindset that says you cannot change past experiences, which is an erroneous and limiting mindset, is the fact that you are far more empowered to change the mental and emotional energy of your past experiences than you realize, to the extent that in some cases, you can actually change the experience itself. If you have been accustomed to perceiving someone or something as having adversely affected your reality, your attitude, beliefs, thoughts, feelings and expectations will continue to support that perception and therefore, the experience itself sticks. But when you view the experience from an entirely different perspective, your attitude not only changes toward the person, place or thing, but the nature of the experience itself actually changes. You are empowered to change the past. You are empowered to not only change your perceptions of a past experience; you are equally empowered to change the event itself when you put the perceived adverse influence in its proper perspective. Just making the effort to view your past and present experiences from a more open-minded and receptive attitude can, in fact, change your interpretation of the experience itself. If nothing else, making the effort to honestly reassess past and present experiences gives you the leverage to not only see the truth in those experiences, it puts the adverse influences in their proper perspective, thus making it possible for you to realistically focus on the reality of today without being burdened by any perceived mental and emotional attachments from the past, which is ultimately a much healthier and balanced state of mind.

Once you arrive at the place in your mind where you can change or alter your perceptions of your past and present experiences, which incidentally, includes your most recent past experiences, you are now empowered to make mental and emotional

adjustments that are healthy and beneficial, as opposed to being a victim of your past experiences, which ultimately keeps you bound to the energy of your self-imposed victim mentality that is negatively affecting your current reality and will continue to negatively influence your future experiences. The conditions of your life do not have to be left to the distortions of your subjective sensory perceptions, but rather they can actually be objective experiences once you understand how your mind does, in fact, subjectively perceive its environment and the conditions that adversely influence it. Once you grasp how your own internal operating system is adversely influencing the nature of your personal reality, you can *choose* to control the conditions of your environment, which in turn, controls the amount of adversity you will encounter now and in the future. There are many people who do not realize just how empowered they really are when it comes to the ability to control the conditions of their own environment, that is, from an unselfish attitude. Even though life itself does not think twice to dole out those dragons of personal drama, there does not have to be as much drama as you have been conditioned to experience. The drama can be effectively minimized, but first you have to have the mental and emotional capacity to discern what is true about yourself as well as your experiences versus what you perceive is true about yourself and your experiences, which are not one and the same. The proverbial line drawn in the sand that delineates what is real and what is perceived as being real is very subtle and can easily be missed. But with practice comes a more perfected state of discernment, as the art of discernment is truly a learning process. As you develop discernment in all your affairs, you are expanding your own conscious awareness and as your awareness expands you cannot help but to see the truth in your experiences, but of course, this requires ongoing honesty, because the moment you stop being honest and want to blame someone or something, you have undermined your own efforts and you become a victim of your circumstances all over again and will suffer the consequences of this debilitating mindset.

And while there are untold benefits that result from training your mind to objectively view its internal environment, as well as its external environment, the fact of the matter is that there are always going to be adverse external influences that can rock your world if you are not paying close attention to what is going on around you and especially within you. Your own internal influences can be far more threatening and devastating to your well-being than the adversities from external sources that can negatively influence your reality. The matter of being in direct touch with your own perceptions cannot be stressed enough because your perceptions not only shape your reality, they can have an adverse affect on others as well. You can bring an undesirable condition into another person's reality that will adversely affect their reality as the result of your own perceptions because of the beliefs you hold as absolute truths. Consequently, your own patterns of thinking are negatively affected as are the emotions you will feel and the degree of them. Your perceptions, beliefs, thoughts and feelings not only shape and

mold your mental attitude; they also affect the expectations you have of yourself as well as others in your environment who, incidentally, will most likely fail to live up to your unrealistic expectations.

An example of an adverse external influence relates to something someone in your past may have said to you or about you that had negative connotations, which inevitably insulted your intellect and degraded your self-worth. Now if you spent years perceiving what was told to you as being an absolute truth about yourself, that very limiting and disabling belief became embedded in your psyche to the extent that you continued to react in accordance with that belief and may have done so without even being aware of the source itself, which was the erroneous claim made against you. So if you spent years reacting to that core belief, your past and present experiences have probably not been very desirable and have been difficult at best. Attempts to realize your dreams and achieve your goals or experience the kind of relationship you desire may have been greatly hindered due to unknown psychic blocks. Thus, the only real way out of this personal dilemma is not by accepting something you already erroneously believe is true about yourself or your environment, but rather it involves identifying the source of the belief. When you can put the experience in its proper perspective, you can see how the person who made that negative and debilitating claim in the first place was either speaking from a position of ignorance, or was projecting negativity at you as the result of their own undesirable experiences or negative environmental conditioning.

There are two choices you can make right away that will enhance the nature of your own reality from this moment on. The first choice is to consider the source of the adverse influence, which may take you on an unpleasant journey through past experiences, but will be well worth the time and effort in the long run. Personal freedom is, after all, priceless. The second choice is to change or alter the limiting and disabling attached belief or beliefs that are contributing to your dysfunctional way of thinking, which is still adversely affecting the nature of your current reality. This is a very important exercise because you can spend all day trying really hard to think positive thoughts and recite all kinds of positive based affirmations, but unless you unearth the sources of your negative thoughts, you will have a great deal of trouble overcoming the obstacles that get thrown in your path if you have not developed your cognitive skills. Personal successes achieved are the result of intelligent and logical thinking; they are not achieved by acting on a negative mindset or emotionally based reactions. The ability to put emotions aside so as to logically process and integrate past and current experiences is the path to your own personal and spiritual growth, which will enable you to focus on the reality of today, that is, a reality that actually exists and is not a perception of your reality.

Another real life example pertains to the fact that a circumstance or event did actually occur and your view of the experience is as objective as objectivity can get. The difference is that you do not fall prey to denial, but that you accept what has occurred

and make certain that you focus on changing the things about the experience that can realistically be changed, which always begins with what beliefs, thoughts, feelings and emotions you choose to internally process and integrate. But do not fall prey to those subjective perceptions in determining what can be realistically changed, lest you forego the opportunity to change something that can actually be changed, which you were not previously aware of because your perceptions were more like metaphoric blind folders that kept you in the dark.

In closing we hope that we have provided you with a cognitive tool that will enable you to see the forest for the trees when it comes to the matter of discerning what circumstances and events really did or did not occur in your reality, which you have been negatively reacting to in some manner of speaking that ultimately has not been in your best interest and surely has not promoted your personal or spiritual growth, much less to focus on the reality of today. If you have questions, please feel free to ask, make comments or share your own personal experiences, whether anonymously or not. We thank those of you who do ask questions and have shared your personal experiences. We encourage those of you who have not asked questions or shared your experiences to please feel free to do so as others can benefit from the answer to your questions as well as the lessons you learned from your experiences.

Many Blessings,
Linda, Z and the Collective We

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