

Lesson 87: Breaking Through Mental, Emotional and Psychic Barriers

The undesirable conditions in life, of which its causes can have adverse effects, can undermine your mental, emotional and psychic equilibrium. A resulting negative and limiting mindset creates self-imposed internal and external psychic barriers that hinder the potential to live fully in the present moment. Such a disabling state of mind also places unnecessary restrictions on potential future experiences. Neither your emotions nor your mental state of mind stand apart from one another, but rather they feed and support each other's real or perceived causes. Thus, emotions influence your mental mindset just as your mental mindset influences your emotions. And as both your mental state of mind and your emotions are responsible for erecting psychic barriers that hinder the potential for desirable life experiences, they become more difficult to break through given that these conditions are often very difficult to discern. The antidote to breaking through mental, emotional and psychic barriers is cognitive and spiritual releasement. The lesson this week will describe the conditions you can cognitively and spiritually release and how the act of releasing breaks through mental, emotional and psychic barriers.

Life brings with it many unforeseen, unexpected and unwelcomed challenges and difficulties, some that come by way of generational conditioning, some by way of environmental conditioning and some that are the result of internal conditioning. The wheel of conditioning is set in motion from birth and continues affecting your personal reality all throughout the course of your life. Discerning one form of conditioning from the other is often an exercise in futility because the line of delineation is sometimes so fine that it is nearly impossible to separate one from the other. There can be so many variables that comprise your personal environment to the extent that you could potentially spend your life in ongoing psychological or psychiatric therapy to the point of never actually identifying a root cause because the roots may not be located where it is easily discernible by conventional therapeutic methodologies. So the most you can hope for under such circumstances is to cognitively attain a place of comfort in the midst of all the conditioning that on the surface may appear to be a suitable means to an end in which the process of accepting what appears to be the cause is not really justified or even deserved. Nonetheless, it is worth making the effort to reveal the truths that are sometimes hidden deep in your psyche in an effort to release whatever is preventing you from breaking through any mental, emotional and psychic barriers.

Over time your own mental and emotional responses to generational and environmental conditioning can become debilitating to the point where you no longer distinguish what is real about your own reality and what is an illusion, not only because of how you perceive your reality, but because of how you choose to see and feel the reality that you believe is your personal environment just as you perceive it. Adhering to the unrealistic belief that your life and your environment is what it is and that it cannot be changed or

altered is erroneous thinking. Not only is such thinking dysfunctional, it locks you into a false and limiting belief that the condition of your environment is permanent, as if it were etched in cement. Thinking in such a restrictive way is to have fallen into a mental ditch of error, provoked by your emotions, which is deceiving to say the least. Adverse conditions in life are not permanent, they are temporary in nature and they can be changed or altered in some way shape or form. However, if you insist on believing that any adverse condition in your life is what it is and simply cannot be changed or altered, supported by your emotions, then you will have erected mental, emotional and psychic barriers that will be difficult to break through unless you are willing to face certain truths that will reveal important information with respect to how you and your personal environment have been adversely conditioned or are perceived as being adversely conditioned. Such action is the ultimate release of the negative energies that otherwise block your ability to break through your mental, emotional and psychic barriers.

The beliefs you form as the result of all the conditioning you have been subjected to thus far in your life, which lurks around every bend, affects how you will experience your reality and affects the quality of your life experiences. These experiences will either be desirable or undesirable, they will either be real or they will be an illusion of a non-existent reality; they can be the result of your own internal conditioning in response to your real or perceived personal environment or they can be inflicted on you against your will. In all cases you have the right to make choices and decisions that are in your best interest, but the only means to knowing what is in your best interest is to discern what is real and what you are fabricating as being real in the confines of your mind that you convince yourself and even others is real, to the point of perceiving a condition or a circumstance as absolutely immutable.

Although such a limiting point of view is not necessarily self-created, as it is often the result of external conditioning, it is self-imposed and rather mentally and emotionally restraining when you hold fast to the erroneous belief that there is nothing you can do to affect a significant change in yourself or in your environment. The truth is that there is always something about yourself or your personal environment that can be changed, or at the very least can be altered in some manner of speaking that will lift the self-imposed restraints and open the door wide to all sorts of unforeseen potentials and possibilities that are very likely to surprise you. The willingness to walk through the doors of uncertainty is a form of release that makes it possible to break through your own self-created mental, emotional and psychic barriers. Such a breakthrough requires you to focus on the path before you instead of looking back; to live in the present as opposed to living in the memories of the past and to break through the habitual behaviors as the result of the past. This breakthrough also requires you to not anticipate the future to the extent that you forsake the present, but to remain focused on living one day at a time in the present while preparing for the future. Although living in the present moment as opposed to being fixated on the future may sound like a paradox, it is essential only

because you cannot arrive at the future without first living in the present moment, which is where the opportunities for a desirable future has its beginnings. Your mental mindset, that is, the way you think and act today is setting the stage for your future experiences.

Mental barriers are not only restraining, they are very confining because they hold you hostage to your own dysfunctional thought processes, which you become more entrenched in over time unless you awaken and become consciously aware of just how you are creating and shaping the nature of your own reality, regardless of external influences. Not only are you held hostage to your limiting and disabling beliefs and dysfunctional thought processes, you unconsciously, and sometimes even consciously shift into a servitude mentality as if you are obligated to serve your own deceptions and distortions as immutable truths. Thus, you become rigid in your thinking and inflexible in your beliefs, not willing to see that there are other perspectives with which to view your own life circumstances through. You end up cutting yourself short in terms of what you can potentially experience as opposed to what you will inevitably experience which is probably not going to be to your liking and you will have no one to blame but yourself.

Emotional barriers are no less debilitating than are your mental barriers, both of which are operating on the psychic plane as well. Emotional barriers are the result of pent-up feelings of aggression, suppression, and regression that usually result in oppression and even depression. Such barriers are psychologically unhealthy as they contribute to serious physiological ailments. When emotional issues are not resolved sooner rather than later in life, they can result in dire medical conditions, as there is a definite psychosomatic link between many illnesses and unresolved mental, emotional and even spiritual issues. The release of any unresolved issue, whether mental, emotional or spiritual is imperative to your health and well-being. Although getting to a root cause can be challenging and difficult, it is well worth the investment of your time and the energy it takes to embark on a journey of self-discovery. The release that occurs as the result of getting to the root cause is to be delivered from the mental and emotional burden of feeling like a failure, as well as to let go of the feelings of sorrow, grief, anger, resentment and even hatred. Hanging on fast to the likes of such negative feelings over a long period of time becomes a very serious psychological and physical threat to you as well as to anyone who you may hold these feelings towards besides yourself; not to mention it sets up a karmic condition that will have to be settled either in this lifetime or in another lifetime; either way there will be no escaping the karmic debt incurred. The longer it goes unresolved and unsettled, the more it will manifest in undesirable ways and to the extent that you will not know to distinguish one undesirable event as being separate from another because in truth there are no separations – they just become a series of ongoing undesirable entangled manifestations of cause and effect. The price simply has to be paid and ignorance of natural universal laws is not bliss.

As no one is truly relinquished from being held accountable or from being responsible for their own choices and decisions, it is always best to accept the opportunity of self-examination as a viable means of taking your own personal inventory, which should not be feared or perceived as a duty or an obligation. Periods of honest reflection and introspection can often lead you to discover your own truths that will release you from the bondage of deceptive perceptions, false beliefs, destructive thought patterns, unbalanced emotions and unrealistic expectations – not just of yourself but of other people, places and even things. You may be fooled into believing that you possess certain unalienable rights or claims, as you exercise your free will that you erroneously believe support inappropriate behaviors when, in fact, nothing could be further from the truth. When exercising your free will is actually doing you or others more harm than good, you really are not exercising as much free will as you might think; you can be assured there will be a price to pay.

You do not have the right to impose your beliefs on anyone or expect anyone to live up to your standards. Such selfish and self-centered impositions are a violation of another person's right to free expression without fear or to exercise their own free will, unselfishly, of course. The releasement of perceived free will, selfishly motivated impositions and unrealistic expectations are the catalyst that will break through your own mental, emotional and psychic barriers. The releasement of all these forms of internal bondage is a selfless act of liberation that frees you to experience the raising up of your own spiritual and personal growth that ultimately allows for the free flow of a more divine will identified as the God Consciousness, the Source or whatever name you recognize the existence of a higher power or simply that of your own Higher Mind. When put before you in these terms and you give some serious thought to your own reactionary state of mind, how bad can such an act of selfless liberation really be in the long run and what will it cost you that you perceive or believe will exceed your personal freedom, as you break through your own mental, emotional and psychic barriers.

Releasement from mental, emotional and psychic barriers comes from looking within yourself to see where and how you can make improvements that will not only break the stronghold of those self-inflicted barriers, but doing so will effect positive changes in your own personal reality and will spill over to those around you, which of course, should never be your ultimate goal. The only person you can realistically change first and foremost is yourself and when you focus on changing yourself, even when you think there is nothing to change, even when you think you are happy and content just as you are, there is always something that can be improved on. There is a very fine line between an attitude of denial and the belief that there is nothing about you that needs changing or altering. The moment you adhere to this perceived state of perfection in yourself, be assured that you are in need of more change or alteration than you think. Although personal growth is an ongoing pursuit, rest assured it is never a state of perfection simply because the conditions of life are never stagnate but are ever-

changing. Because of the assuredness of change itself, there will always be unforeseen challenges and difficulties to be overcome, to acclimate to and to adapt too, which requires continuing intellectual and cognitive assimilation, processing and integration of new information acquired, regardless of its source.

Every day presents an opportunity to learn something new about yourself, your personal environment and the world around you. But to learn you must be open to the acquisition of new information, be flexible and willing to see things from a different perspective. Sometimes the learning process comes by way of some hard learned lessons that can result in potential life-changing experiences that are actually to your benefit when all is said and done. The choice is always yours, you can close the doors to such opportunities, you can resist change within yourself and your environment and you can forfeit personal and spiritual growth. No one can force you to do something that appears to impose or violate your free will. However, should you take on this rather defiant and obstinate attitude, you risk perpetuating more of the same lifestyle you have already been living with and obviously have been having a difficult time with, otherwise you would not be seeking a means by which to improve the quality of your life experiences. And even if you don't think you need to improve the quality of your life experiences, you may very well be selling yourself short; as there is always something that can be improved upon, which in of itself opens the doors to new opportunities and often unexpected and very desirable experiences.

Fear is often at the root of an inner and outer resistance to change, whether it signifies a potential change in yourself, in your personal environment or both. Fear poses as an unfounded threat of losing or giving something up. Fear is debilitating in every sense of the word. Fear causes you to accept things about yourself, your personal environment or others for that matter that can actually be changed or altered. Fear stops you dead in your tracks from realizing your own dreams and achieving your goals. Fear is also attributed to the perceived loss of control, either of yourself and/or your environment. Fear causes you to be less accepting of yourself, which in turn undermines your sense of self-worth and threatens your own validity, often sending you looking for validation from others and even sometimes in all the wrong places. Fear causes you to place unrealistic conditions on yourself as a means of avoiding potential failures or worse yet to manifest actual successes. Fear also causes you to place unrealistic conditions on other people, places and things. Fear prevents unconditional love and acceptance because it imposes unfair and restrictive conditions on love and prevents unconditional acceptance of another person just as they are, rather than what you think they should or should not be. Fear causes you to expect others to step up to the plate and live up to your standards, which sets them up for failure and threatens to send them on a downhill mental, emotional and psychological spiral. Fear is psychologically debilitating and adversely affects your personal reality. Fear causes you to perceive adverse conditions where no such conditions really exist except in your mind where your fears fabricate

illusions that are not founded on any truths, but rather are founded on distorted and sometimes very deceptive perceptions.

Release of mental, emotional and psychic barriers comes by way of facing your fears. However, the release itself is the result of discovering what lies at the root of your fears which makes it possible and feasible to face your fears without the fear of undesirable consequences. If the thought of change stops you dead in your tracks or you conjure up all sorts of concepts and precepts about why you cannot or do not need to change or alter anything about yourself or your personal reality, you might want to consider asking yourself just what are you afraid of and why; what emotions are you afraid to face, what are you afraid to let go of or what are you afraid to allow entrance into your reality. To properly assess in what way fear has a grip on you, is to be open to honest self-inspection. Others can help with the process, but unless you seek professional help, those who care about you and are well meaning are probably in no better position to honestly discern their own mental, emotional and psychic barriers, let alone yours, thus there is always the risk of doing more harm than good, unintentionally of course. However, sometimes a person who is not emotionally involved can see a truth more objectively as there is little if any real loss by speaking on your behalf and much good can be gained from an objective perspective as opposed to a subjective perspective.

The pursuit of happiness can be greatly hindered when the necessary mental, emotional and psychic releases are blocked, whether by intent or there is something you simply are not aware of. As these are two very separate situations they must be treated as such. Blocking a much needed release by intent is to circumvent your own potential for desired life experiences as well as to hinder your own personal and spiritual growth. Such behavior constitutes an attitude of denial and consequently, does not make you a nice person to be around. In this case the writing is on the wall, you just need to drop your ego down a few notches to be able to see what others see in you and start taking responsibility for your own actions, choices and decisions and stop blaming others for your misfortunes. Everyone is affected by adverse external environmental influences because this is the nature of the world in which everyone exists on the human plane. These external influences shape and mold your own internal influences, which in turn also adversely affects your reality. These negative influences correspond to your own distorted perceptions, limiting or disabling beliefs, dysfunctional thought patterns and unrealistic expectations; all of which corresponds to your feelings and emotions. When your emotions are not balanced, neither is anything else in your reality, as everything in your reality feeds off your emotions. The combination of all these internal influences, such as they are, actually shapes more of your reality than an undesirable circumstance, as the result of an unforeseen event. Your own reactionary state of mind will determine the degree of difficulty you will be faced with and your ability to overcome any undesirable affects will be greatly challenged by intent – yours.

Simply not being aware of something that is blocking the release of your mental, emotional and psychic barriers is no less difficult or challenging, however, you cannot know to change or alter something that you are unaware is in need of change or alteration. There is no one intellectual, cognitive or spiritual path that leads to learning all the many things in life that are required to know about as a means to experience personal and spiritual growth. While there are many paths that lead to finding the truths of life, the seeker of such truths will not only find these paths, the paths will open themselves to the seeker in so many different and surprising ways. When you intentionally become a Questor of truth, regardless of what level of truth you desire to be revealed, the doors of discovery will open and you will find the truths you are earnestly searching for, but be assured, this is no time for denial. You must be open-minded, willing and ready to receive the truths that will be revealed, as sometimes these truths can be rather hard to digest because they may go against the grain of your embedded core beliefs and your well established thought patterns. Along the way, you will find that there are many levels of the same truths, so even though you come to the awareness of a profound truth that not only changes or alters you or your reality, you can be assured that sometime later along the path that same truth will be even more profoundly revealed, often in successive steps so as to give you ample time to intellectually assimilate the new information on a higher level of understanding and comprehension and then, of course, to cognitively process and integrate the information in your day to day life so that it becomes one with you. This is how releasement breaks through mental, emotional and psychic barriers.

These mental and emotional barriers, unique to your own personal circumstances, are psychic in nature because they flow through your entire being. Psychic barriers are seldom at the disposal of your conscious awareness, but are generally hidden in the depths of your psyche, in the gray area of your subconscious mind, where they are out of sight, but not out of the unconscious mind. The mental and emotional issues that remain unresolved do not dissipate into thin air, but rather they tend to rise up into your conscious mind from your unconscious mind, that part of your psyche that is not aware that it is aware of itself. They present as archetypes, either in your dreams where they appear as strange or unrecognizable symbols and metaphors or they manifest as inappropriate behaviors that are otherwise unexplainable. Mental and emotional barriers are not only psychic in nature with respect to you and your reality, but that they are also induced by psychic influences from frequencies, realms and dimensions other than your own, as was discussed in a previous lesson (Lesson 70: Absorbing Psychic Energy). This is a form of serious psychic adverse influence that is not to be ignored, but should be given serious consideration, especially if your behaviors are unexplainable, especially when they do not relate to any circumstances or events in your reality. So as to not leave you in the dark, the matter of psychic interference and spiritual attachment will be described in more detail in an upcoming lesson.

In closing, we hope that we have provided you with ample information to assist you in alleviating any fears or other undetected obstacles that may be blocking a much needed cognitive and spiritual release as the means to break through your mental, emotional and psychic barriers. As always, please feel free to ask questions, share your thoughts or personal experiences or make comments.

Many Blessings,

Linda, Z and the Collective We

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