

## Lesson 89: Writing Your Life Story

People often desire to rewrite some aspect of their life story and usually do so by making resolutions at the onset of a new year. However, making resolutions and then actually keeping them are seldom one and the same because it seems that no matter how well intended those resolutions are they seem to dissipate early on and are usually long forgotten about by the end of the year. The new life story desired to be written or any aspect of it, which initially is earnestly sought after, soon becomes a thing of the past as the same story continues to be written from the previous year. The disappointing results are often chalked up to a mindset that backs up false beliefs, distorted perceptions and unrealistic expectations. To successfully write and pursue a new experience into your life story requires a deeper understanding of your existing life story and the governing universal principles that manifest objective results in your reality. This lesson will serve as a guideline to help you sort out the facts from the illusions so that you not only express a desire to rewrite your life story, but that you can actually see your desire manifested as an objective experience in your reality.

There are many influences that affect the nature of your personal reality. Whether they are externally or internally stimulated, the combination of these influences writes your life story on a day to day basis. The first fact to consider when desiring a change is that nothing in your reality is ever so permanent that it cannot be changed in spite of internal or external influences, as these are always subjective in nature. Knowing what can and cannot be realistically changed and having the wisdom to know the difference can be tricky. People tend to fall into ditches of mental error when they perceive that something in their reality cannot be changed because they do not know that there actually are ways to effect a desired change. Consequently, they get stuck in the subjective rut of their own limited thinking, disabling beliefs, distorted perceptions and unrealistic expectations. Desired changes are not going to occur without some degree of right thinking, which involves understanding the basis of your own thinking patterns, recognizing how your own perceptions are subjectively affecting your objective reality and discerning whether or not your own beliefs are enhancing or hindering the manifestation of your desires. In addition is the matter of what you do and do not expect of yourself and others in your environment, which is not likely to be realistic if you do not know what beliefs are attached to your expectations. And even if you are consciously aware of your beliefs, and if you were to examine them, you may find that you have been holding onto false beliefs about yourself or even others in your environment that have been limiting your experiences. As nothing desirable can be experienced in life if nothing is ever ventured, a little right thinking can go a long way, which in the long run eliminates the mental and emotional drive to take unnecessary risks. The more you employ an attitude of right thinking the better you become at it, after all, practice does make perfect. If nothing else, making the effort toward right thinking at least moves you in the right direction.

The path to successfully writing new experiences into your life story is to first of all accept your past experiences without looking for someone or something to blame, including yourself. Second, is to accept the fact that you may not get to the bottom of every cause and effect in your life, because life itself is influenced positively or negatively, not just on the physical plane, but is influenced from the psychic plane as well. Because consciousness permeates everything and is everywhere, mental energy is not restricted to the human plane; therefore, it knows no boundaries. Although there are some causes that are more apparent in your reality, there are some that are not. Cognitive layers can be peeled back as a means to help get to the root of a cause, and although it may seem advantageous to know the details, it is far more advantageous to know that you may be holding onto a belief that has not served you well. Many people have experienced holding onto erroneous beliefs that stem from something someone said about them during their childhood. You can put forth the mental effort to unravel the mysteries of your life or you can accept that you are functioning with a dysfunctional mindset that is the result of an outdated erroneous belief, which has shaped your perception of yourself and those involved, not to mention it continues to adversely affect your thought process far more than what was actually said or done in your past. Consequently, the underlying belief fuels your emotions and renders them unstable more often than not. Most of these underlying beliefs produce the equally erroneous mindset of such limiting automatic thoughts as not being good enough, not smart enough, not pretty or handsome enough, not skinny or fat enough and on down the list of outright disabling beliefs that undermine self-esteem and self-worth.

Sometimes the matter of an unfounded belief that suggests something in your environment cannot be changed comes right down to the simple fact that change is scary, because it requires stepping outside of your comfort zone, which all too often includes a willingness to continue to live in less than desirable conditions. Overtime such a lifestyle becomes habitual and to some degree is even deceptively comfortable within the uncomfortable. Although there may be a longing for a positive change, the fear of effecting the desired change overwhelms the mental capacity to seek ways to actually bring about the change. As reactive behavior patterns, especially those built on past experiences, become more predominant in your reality, it makes it that much more difficult to even think about a desired change, let alone to know how to effect the manifestation of a desired change. Consequently, your life story continues to play out just as it has in spite of your New Year's resolutions. At this level of life experience there is generally a corresponding dysfunctional mindset that determines for itself that you are not worthy of a desirable change in your environment or that what you are experiencing is merely your lot in life, that you have no resort but to contend with your circumstances such as they are, or worse yet is the even more destructive mindset that it is God's will for you to suffer, which could not be further from the truth, all of which leaves you merely surviving life rather than actually living life. This is a most deceiving

and very dysfunctional mindset, and is one that will undermine even the slightest effort on your part to pull yourself up out of your pit of disparity so as to alleviate your mental and emotional anguish. If this is where life finds you coming into the New Year, be encouraged that you can begin to effect positive changes in your life; you just have to know where to start.

If you truly desire to rewrite your current and future life story, be assured there are no magical healing wands that will magically dissipate your past or present undesirable circumstances by circumventing your dysfunctional thinking patterns, disabling and limiting beliefs, distorted perceptions and unrealistic expectations. Many people attempt to seek out spiritual, mental and emotional quick fixes and to this human craving is a profit-infested market, guised as being spiritually, mentally and emotionally healing in nature, ready to meet the demand at your financial expense with little or no effort on your part. However, these quick fixes are short lived, if at all, because the nature of your reality, such as it is, did not become what it is by chance or by some freak accident of nature. It became what it is for very legitimate reasons, which has far less to do with the source of any negative influences than it does your own dysfunctional thinking. Nothing in life happens by chance. Everything happens by subjective intention which results in an objective outcome. This is a Universal Law!

The third fact to consider is to rid yourself of the illusion that you have no control over your reality, because you do, even in the midst of adverse influences, regardless of their source. These undesirable influences can be minimized when you learn how to stop attracting them into your reality. Adverse influences are mental in nature and vibrate on a much lower mental frequency. The way to overcome their undesirable effects is to raise your mental vibrational frequency. The process of raising your mental vibrations begins by changing your perspective. You know that if you do not adjust the lenses on any viewing instrument to coincide with the ability of your vision, things will look blurry or out of proportion. This principle of perspective is true in all the matters of life. The moment you change your perspective, your reality changes to correspond with your new perspective. Your own beliefs can become obstacles to anything you hope or desire to achieve or attain if the corresponding beliefs are not in alignment with your own intentions. Conversely, your intentions are only as good as the beliefs back of them. This is why resolutions fall off the radar and are long forgotten about by the end of the year. It isn't that the resolution could not materialize in your reality and tell a new story; it was that the resolution was lacking the belief to support and sustain the manifestation of its objectified form in your reality due to a lack of understanding how the subjective law operates on the mental plane.

Real change involves self-introspection as a means to reveal the truths about your reality. There are many threads woven through the story of your life, which includes race suggestions past down from generation to generation, as well as environmental

conditioning. However, it is those threads that are mental in nature that are far more important because they weave their way from the inside out and are responsible for forming and shaping the nature of your external reality. These mental threads represent the perceptions of your life, your beliefs, your thought patterns, your emotional reactions and your expectations, all of which continues to fuel the reality you experience and writes your life story such as it is. So the process of introspection begins mentally while taking into consideration the external conditions of your reality. However, introspection is only as good as the effort of honesty you are willing to invest in yourself. You cannot expect to manifest something desirable in your life story if your mental mindset is canceling out your intentions. There are universal principles that are fundamentally relative to your thinking and will determine a like-kind outcome each and every time that is directly proportional with your beliefs. So although introspection is a means to aid you in discerning how you have written the story of your life thus far, it is going to require a level of honesty that leaves no wiggle room for pointing fingers of blame outward, as most often the causes and their undesirable effects are not always external, but rather are internal. Introspection is about fact finding, it's about lifting the veil of illusion so as to come out from under your mental delusions and then putting into practice universal principles whose fundamentals are what they are, which accounts for why your thoughts become things and why like keeps attracting like in your reality, even when it is something you do not desire to experience and wish to rewrite. Introspection will help you dot the I's and cross the T's, but only if you are willing to examine your illusions at close range. This can be a difficult mental and emotional venture when the reflex of denial threatens to undermine your efforts. The fact that you are bound to discover some unpleasant truths you may not like about yourself can be an unnerving experience, but the end results are worth every bit of the effort, especially as the things you desire actually begin to manifest in your reality.

Given that the story of your life was not written overnight, you should not expect to figure everything out in the blink of an eye. Some degree of time is required to really get a grip on understanding the nature of your reality from an honest perspective. The more honesty you are willing to approach your journey of self-discovery with, the more truths will be revealed to you. An honest approach will make it much easier to assimilate new information and integrate universal principles, as all truths correspond to a universal principle that governs the fundamental of such laws as cause and effect, attraction and repulsion. Life becomes problematic when you attempt to circumvent these governing laws. You can be assured that ignorance of these laws is no barrier to their consequences. Thus, making the effort to become better acquainted with your own reality affords you an opportunity to see just how these universal laws have been operating within your reality, and how the consequences of them have been shaping and molding the nature of your reality, which inevitably becomes the story of your life.

Getting unstuck from the mental mindset which says that affecting a desirable change in your reality is impossible, and is so for all the reasons the censor in your mind will gladly determine for you, is an endeavor that promises to take a fair amount of work, depending on how you cognitively process and integrate the truths that are revealed to you and your willingness to abide by these governing principles. Given that you are a spiritual being having a human experience, and such experiences are subject to the laws that govern the universe, which in of themselves are spiritual in their essence, and the fact that you are a conscious being, and as consciousness is not a bodily function, but is mental in nature, such things must be worked out on the spiritual and mental planes. For some people, initiating a change in their life story only requires a change in their spiritual or mental attitude, whereas for others such an adjustment requires a more comprehensive mental overhaul that results in a spiritual awakening, as spirituality and mental cognition go hand in hand. But this endeavor is necessary if you are ever to get a perspective on your reality that is true, given that you have already been operating within a false perspective of your reality. As life itself can be quite complicated, it is often difficult to discern the order of certain events with respect to knowing which events are actually the causes or perceived causes and which are the effects or the perceived effects. As you venture into your journey of self-discovery, do not be surprised to find that there are many causes that contributed to the many effects, but nonetheless, all the causes and effects can be traced back to at least one primary thread that has been internally weaving its way in your reality all along and has been doing so without your awareness of it. After you have cognitively peeled back the necessary layers of distorted perceptions, disabling beliefs, dysfunctional thought patterns and unrealistic expectations, you are likely to discover a primary cause that has been creating many different effects, which has all along been writing the story of your life.

So what then is the story of your life? How did you get to where you are today? The answer to these questions usually involves revisiting your past, not for the sake of raking up painful memories or causing undesirable emotions to rise back up to the surface, but to see where in those past events your story began to reactively unfold such as it did. Most often the undesirable effects of past and present experiences in your current life have their roots somewhere in a childhood experience. Now this experience does not necessarily have to be earth-shattering to have wreaked havoc in your life. It could have been something erroneously said or done that, in truth, was an outright misrepresentation of your character with respect to who you really are or perhaps had the potential to become, but did not. Sometimes it has nothing to do with what anyone said or did, but had everything to do with your own perceptions and expectations that were not at all realistic, but appeared to be realistic to you at the time. For example, you may have felt intimidated by a sibling who appeared to be more academically, athletically or professionally inclined, thus you perceived yourself as not being good enough by comparison. However, you mistakenly forgot that you are your own unique

individual self with your own unique talents, skills and abilities that you had every right to explore, develop, and consequently, individuate accordingly, but neglected to do so because you feared you would not measure up or that you might fail in your attempts to succeed. Once the veil of illusion and delusion has been lifted, you stand a much greater chance at seeing for yourself how your perspective about your childhood experience adversely affected the nature of your reality and did so without you even knowing it was there all along. You will see how that self-destructive perspective was undermining your efforts simply because you were reacting to a perceived event or a perceived condition that only existed in your mind, fed by your underdeveloped ego. However, the underlying core belief became embedded in your subconscious mind. Consequently, you were reacting to the illusion of a reality that only existed in your mind because you did not understand the long term spiritual and mental implications of attraction and repulsion as well as cause and effect. So as you formed a certain core belief about the event or the condition, whether it was real or it was perceived as being real, you structured a thought pattern to correspond with your perception, which of course backed up your feelings and emotions and supported the expectations you had of yourself, as well as others in your environment. Thus, your reality was adversely affected and as such you suffered a string of ongoing undesirable causes and effects from that one initial mental cause and its adverse mental affect. The only way to stop weaving the thread of undesirable causes and effects, so as to write a more desirable life story is to realize that you have been adversely responding to a negative influence, regardless of its source or whether it was an actual event or was a condition you created in your own mind.

Putting forth the effort to get to the root of a cause can sometimes be more like attempting to chase a rabbit into its hole. The question is how deep down the hole are you willing to go? Not all root causes have their origins in this reality. It is not uncommon to discover that some root causes originated in another reality during former life experiences. In addition, there is the possibility of discovering unexpected non-physical spirit attachments to a human in this and other life experiences, as many a well trained therapist can attest to being revealed during therapy sessions under hypnosis. But even hypnosis has its built in limitations due to the power of suggestion from a hypnotist who is not trained well enough in the proper techniques of questioning while the client is under hypnosis, and therefore, could potentially do you more harm than good. Assuming that your reality has not been invaded by an undetected spirit attachment, whether invited into your reality or not, you can still get to the root of the problem that plagues you by an examination of your own thoughts and beliefs. As you peel back the layers of your beliefs and get down to the level of your core beliefs, you can begin to discard any disabling beliefs and form new beliefs that are far more enabling. Likewise, you will also benefit from changing or altering your habitual thinking patterns and adjust your expectations in accordance with your new beliefs. Such an adjustment

will ultimately help you to maintain spiritual, mental and emotional equilibrium, but only as long as you keep your perspective of life under check. And to this combination of mental restructuring is the fundamental effect of law of attraction and repulsion. By restructuring your internal mental plane you effect an external change in your reality to the degree that what is manifested experientially in your reality is not the attraction of more of what you don't desire to experience. Nor will you continue repelling what you desire to experience by your own destructive thought patterns, disabling beliefs, distorted perceptions and unrealistic expectations. Instead you will be learning how to see the nature of your reality more clearly and write a much more pleasing life story.

The most important universal principle is the fact that reality is not a duality; it is mathematical and therefore, is fundamentally subjective in nature, which means that it always results in an objective outcome that appears to be dual only because the outcomes are generally opposite of what is truly desired. There is just no getting away from the fundamental influence of these principles. Scientifically and spiritually speaking they simply are what they are. You have a choice to either get very familiar with how these principles operate and use them to your advantage or you can continue to attract the things in life you would rather not experience, and continue repelling what you desire, as these laws are no respecter of people, places or things. They are laws that are subjective in nature because they only respond to directives, and therefore, can only produce a like objective result each and every time. So what you see manifested in your reality is the result of a law that you knowingly or unknowingly attempted to circumnavigate and did so rather successfully, consequently, the results were not what you anticipated or desired. And just because the results are not always manifested instantly does not in any way imply that you are off the hook. Some manifestations take longer to materialize than others, depending on the intensity of the desire formed into an intended thought or word, its vibrational frequency, as well as any condition or situation that will have to come into existence for the desire to manifest into an objective form of some kind. Thus, a result can show up at a time in your reality when it does not seem apparent that there are causative dots to connect to the latent effects. But no matter how you throw your mental dice into the universe, cause and effect will play out its corresponding roles; it will always return an objective response, it will keep attracting what you do not desire and repel what you do desire and will do so in exact proportion to the vibration of your thinking and your beliefs.

When you are faced with a situation that you do not desire, the means to attain what you desire is to attract it into your reality, which you cannot do with an attitude of disbelief or a belief in lack. The end result is that you will repel what you desire and attract more of what you do not desire. But back of an attitude of belief are other spiritual and mental elements that must be firmly in place in your mind. It is not enough to say that you want to write a new experience into the story of your life and then not believe it can manifest, because it won't and you will be left to falsely justify why it did not manifest.

You must also be patient because there is a timing element when it comes to things manifesting in your reality, especially when someone's free will is involved. If you want something bad enough you must be willing to see it through. People have been known to wait years for something they desired to manifest in their reality and considered the wait well worth the effort, as it is not at all uncommon for desires to manifest at a time in life when a person is truly ready to receive and manage the objective experience. As you do not exist alone in this reality or any other reality, other people, places and things become part of the energy shift that will eventually bring what you desire into your reality, which often occurs by way of intuitively being in the right place at the right time, under the right circumstances and sometimes in the company of the right people.

We hope that in the course of this lesson we have amply shown you that writing your life story does not have to be a New Year's resolution that will fall by the wayside well before the end of the year. We also hope that we have shown you that it is not what you desire to write into your life's story as much as it is what lies beneath the surface that blocks your desired story from becoming an objectified reality. As always we hope that you will feel free to ask questions and continue to share your thoughts, comments and experiences. We wish you all a very happy New Year and hope that you are successful in writing wonderful life stories during this and every year that follows.

Many Blessings,

Linda, Z and the Collective We

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