

Lesson 91: Adjusting Attitude - A Means of Attaining Personal Freedom

The mental and emotional liberation from having attained personal freedom typically comes by way of many hardships before an awakening is finally experienced. But the path to attaining personal freedom does not have to come only by way of traveling down the road of hard knocks, it can come by way of adjusting your attitude. However, an attitude adjustment is not always a simple process because it implies that there is something within you that is in need of adjusting, which means making an uncomfortable admission to habits and behaviors that are more easily deniable than they are readily admitted too. Knowing what needs to be adjusted and when can be an adventure all unto its own, given that there is the possibility of many underlying causes that over time have contributed to the formation of your attitude, as well as contributing to a host of undesirable effects. But if you are willing to begin the process of adjusting your attitude, you will be surprised to find that the answers and the solutions that will help you in your effort to realistically attain your desired level of personal freedom are found within yourself. Those who have traveled along the path of self-discovery know this to be true and have achieved results they did not know could be achieved and so much more. This lesson serves a two-fold purpose. It helps you to adjust your attitude and provides a means of attaining personal freedom, which comes by way of examining the underlying causes back of your attitude.

Although there are people who respond quickly to sudden spurts of insight that result in a subtle or dramatic change in their lives, sometimes temporary and sometimes permanent, attaining personal freedom is not typically a onetime event or an overnight success story. For most people, it is an ongoing process of personal development which ultimately leads to being liberated from the bondage of unresolved mental and emotional issues. This is accomplished by becoming aware of yourself and your environment in a way that is often contrary to what you are accustomed to. It is a spiritual path that leads to an awakening in which the evidence of your own self-worth, self-esteem and validation becomes an intangible asset that is tangibly experienced in your reality. However, there is no one straight forward path to achieving personal freedom. The path to attaining mental and emotional liberation and a more conscious awareness of yourself and your environment is often a rugged journey of self-discovery that is chock full of twists and turns and even detours, often taking three steps back for every one step forward because it involves the breaking up of well embedded habits and reactive behaviors, dysfunctional thought patterns that are often limiting at best, disabling beliefs, distorted perceptions and unrealistic expectations of yourself as well as of other people, places or things.

An unwillingness to travel along the road of self-discovery limits the possibility of personal growth, which limits the attainment of personal freedom. So rather than advancing along this path of potential self-discovery, the results are mental and

emotional stagnation or regression, which inevitably paves the way for that many more undesirable experiences to regret later on in your life. Thus, the more willing you are to embark on this journey; the better off you will be in the long run.

As the journey of self-discovery involves understanding the nature of your own personal reality from a different perspective, there can be no doubt that unless you change the way you view the undesirable circumstances of your life, the more those kinds of circumstances will continue to manifest in your reality and then some, unless of course, you resort to measures of isolation. The attraction of such undesirable experiences is a matter that should be taken very seriously, as it is about the quality of your life, the enhancement of your experiences, as well as the future of your own well-being that is a stake. The awareness of this certainty should be sufficient cause for you to consider reflecting on the circumstances and events in your life, such as they have been and still are for the sake of bringing about a desired change, which is not nearly an unrealistic feat as you might be inclined to think. The desire to change the quality of your life experiences becomes a very attainable feat when the focus of your attention is turned away from the habit of fabricating illusions of your reality. The end result is that you exist in a hypnotic state of your delusions that is not truly your reality, but is a mental and emotional concept of your reality, designed by choice and lack of the right knowledge.

This is where the magic occurs; this is where undesirable life experiences begin to give way to desirable life experiences. But this does not come by way of looking for people, places or things to blame for your misfortunes, which includes a need to blame yourself, which too is a false truth. Because you can only process the circumstances of your life as you do until someone or something causes you to see things differently, perceptions are the key to unraveling the mysteries of your own life with respect to its causes and its effects. As things are not always what they appear to be and as appearances themselves can be quite deceiving, even a small dose of honest introspection can be the catalyst that brings about significant change. So the place to begin affecting a desired and often much needed change for the good does not begin with trying to piece together your external world, it begins by piecing together your internal world.

A variety of causes that you are not consciously aware of are hiding out in the confines of your internal world. In fact, an entirely different world of habitual reactions, thoughts, perceptions, beliefs and expectations is operating internally, the likes of which are not visible in your conscious awareness, but nonetheless, are unconsciously operating and are producing very undesirable effects. By the time you have your external experiences, a great deal of internal processing already went on behind the scenes, most of which you were not even aware of, if anything at all. The idea of being awakened is that you become more and more consciously aware of what is going on internally that is responsible for what you are experiencing externally. Every manifestation in your

reality is the result of some cause and effect that came from within, not from without, regardless of what external adverse or undesirable influences found their way into your reality. Times of honestly evaluating the conditions of your life, both past and present, by way of introspection, reflection and contemplation has many desirable and therapeutic advantages. Engaging in self-examination with the utmost honesty not only enables you to sift through the debris of your life, the process of doing so restores your sanity, as the succession of ongoing undesirable experiences taxes your well-being on every level.

The entry point into unraveling the nature of your own reality begins by taking into consideration the state of your mental attitude. It is not at all realistic to expect to attract desirable experiences into your reality when your attitude is opposing your own desires, hopes, dreams and goals. When the force of the energy vibration that should attract to you whatever you desire is polarized by the force of your own mental state of mind, your negative attitude cannot help but to undermine and negate your own efforts. When you realize and accept that this condition not only exists, but is a prevalent mindset that is destructive in its nature – to the degree of your own destructive and limiting attitude will be the exact degree of your experiences that will be equally limited. This is serious business that has very serious consequences when left to its own devices.

The first layer of cause and effect to begin examining right out of the starting gate is the present condition of your mental and emotional state of mind because it is fueled by even more layers of causes and effects yet to be revealed. The effort to understand the nature of your personal reality begins first and foremost by getting honest about your attitude. But before you can make any adjustments to your attitude, or to even know why your attitude is what it is, you will need to know what internal issues lie beneath your current state of mind that are fueling your attitude. This aspect of self-discovery is not so much about how these issues got there in the first place, as much as it is in knowing how these undetected silent causes affected your past and present reality, and how they threaten to adversely affect your future reality, which is always a stone's throw away and occurs in the blink of an eye.

The process of examining the causes back of your attitude is best accomplished methodically, as you should not expect to leap tall buildings in a single bound, but rather you should allow your journey of self-discovery to be a process of peeling back the layers of your reality only as you are able to mentally and emotionally process, assimilate and integrate the information that will surface. This caution is important and should be taken seriously, as the means to begin changing your attitude rests solely on your own ability to handle your own truths and what the revelation of those truths will mean to you on a personal basis, which will take on many different shapes and forms as your progress along the path of your journey. It is also advisable just before you step onto your path of self-discovery that you chronologically journal as many of your

experiences as you can recall. This will help to form the framework from which you will begin unraveling the causes back of your attitude and will serve as a benchmark for your progress. Most people find that they were a victim of some unfortunate circumstance or event in their childhood and though these experiences are unique to every individual; there are usually common threads that tend to weave these experiences together in a collective fashion. But as you progress through your journey of self-discovery, you will find that you were never truly a victim in the sense that you always held the power to change the course of your life's experiences no matter what hardships were inflicted on you or what level of pain you had to endure.

As you reflect back on your own childhood experiences or wherever along the path of your life the initial cause originated, if indeed it can be traced back to the current life, do not allow yourself to get mentally or emotionally bogged down in an attempt to excavate the sordid details for the sake of knowing why someone said or did something that had an adverse and perhaps a painful affect in your reality and continues to do so. The awareness of this kind of information serves no valid purpose, except to relive the hardship or the pain over and over. As no one is immune to the unpleasant behaviors that plague the human condition, seldom does anyone act out, whether in speech or by physical means without there being an underlying cause all unto its own that they are no more aware of than you are consciously aware of your own causes and effects and the reasons for them.

The psyche has a strange way of bringing unresolved issues to the surface of conscious awareness and usually does so by way of "shadows" that sometimes manifest as inappropriate behaviors towards the self and/or towards others. This is the psyche's way of communicating that reality has been distorted in some way, that something has been left unresolved or that something has not been properly individuated and is seeking a means of relief or expression externally, appropriately or inappropriately. What is important in your journey of self-discovery is that you get to the bottom of not just knowing what you are reacting to but more importantly how you are reacting and will continue to react to similar conditions or situations that even remotely look or feel like the ones that originated your reflexive behaviors and reactions. As there may very well be more than one condition or situation that set in place a host of reactive mental and emotional behaviors like falling dominoes, the focus of your diligence is best spent on coming to terms with the extent of your dysfunctional way of thinking, followed by a close examination of the related beliefs you hold fast too, as if they were immutable truths. As you begin to see where and how your own pattern of thinking and your own beliefs, regardless of where those beliefs came from has been leading you astray, your next step would be to examine your own perceptions.

The goal in this step is to discern the distortions of your perceptions, as you begin to see that just maybe things were not quite the way you thought they were, but that they were

something all together different from what you thought was always true. As thinking, beliefs and perceptions are circular; when the combined effects are examined at close range, they begin to paint an entirely different picture on the canvas of your past, present and future reality, which in turn begins to reshape and remold your reality as well. As you continue to process your thought patterns with respect to every adverse circumstance and event you experienced in your life, you will begin to see a predictable behavior pattern emerge from the ashes of your past experiences that are affecting the quality of your current experiences and threaten to adversely affect the quality of your future experiences.

As long as you do not submit to an attitude of denial, you are completely empowered to begin changing your internal programming which will manifest externally, as like cannot do anything else but to attract the likeness of its own energy. Anything that is desirable and is repelled is not the fault of a fundamental gone bad. The problem lies with the person not just doing the thinking, but lies in the quality of the thinking itself. Thoughts, backed by disabling beliefs, supported by distorted perceptions and unrealistic expectations are the surest way to repel a desired outcome, thus it is best to be certain that you are consciously aware of your habitual thought patterns, otherwise there is little hope of adjusting your attitude and, likewise, attaining personal freedom.

The expectations you have of yourself will fall into place as you begin to see for yourself just how realistic they really are or are not, as the case may be and whose benefit are your expectations serving. Sometimes in response to adverse situations in life, the bar of personal or environmental expectations is either set too high or is set to low. An extreme in anything tends to backfire and produces its own undesirable effects. A bar set to low will give way to minimal expectations that are just as unrealistic as is a bar that is set to high. And even when goals are achieved, the exhaustion of placing such high demands is mentally and even physically draining. But having expectations that are realistic and balanced in terms of the mental, emotional and physical approach to achieving your personal goals is productive and healthy. When the rewards are there to reap the benefits of, you should not find yourself left in a state of mental, emotional or physical exhaustion. Many people find themselves in therapy as the result of being mentally racked and physically drained because the level of their bar far exceeded their ability to live up to their own expectations or because their expectations were so low they were unable to accomplish simple achievements.

The bar of expectations, whether personal and/or environmental, set such as it is with every individual, is usually attributed to a particular belief that consciously or unconsciously supports the expectation. Here the focus of your attention should not be placed strictly on the expectation itself, but should be placed squarely on the supporting belief. At this point it would be wise to examine the belief for its validity and its usefulness. Only you can determine if the belief you have been holding fast too is worth

the effect it is producing. Even more importantly is that you identify the belief to begin with, as it is not at all uncommon for someone in therapy to not have a clue what the source of motivation is behind an expectation, whether the bar is set too high or too low. But just because you have a certain belief, it does not mean that it is etched in cement. Beliefs are not immutable. Not only are they mutable, they can be changed, altered or done away with right on the spot. But beliefs that are attached to a dysfunctional thought process or a distorted perception are harder to change, alter or rid. In such a case as this, you will have to do some weeding out, as this is your mental garden and only you can tend to its care. Others can assist you to identify the weeds, but only you can discern the truthfulness of every weed you dig up and identify it either as a weed or a plant, unless of course, you like the weeds that have been growing in your mental garden. A newcomer in any 12-step program is told right at the start that if they do not like what they find available in the program, their misery will gladly be refunded.

The process of self-discovery comes right down to a sincere desire to affect a positive change in your life, which means you will have to do your due diligence to some extent. The degree of your mental and emotional exertions will be relative to how serious and how willing you are to uncover the underlying issues that have been adversely affecting your reality in the way they have been doing all along and will continue to do so unless you do something meaningful to stop the string of endless and needless causes and effects. The initial cause does not stop at its point of origin nor does it produce only one effect, but rather the initial cause produces an effect that in turn produces another cause which produces another effect, ad infinitum, throughout the course of your life. Thus, your life becomes a series of ongoing causes and effects that are not the fault of external influences, whether undesirable, unfavorable or adverse but are the fault of your own internal habitual responses that can be stopped once you become consciously aware of them and set in place a new habit that is productive and purposeful.

So many people fall prey to the false notion that because nothing happens by chance, which is very true, they try to take this truth a step further, but instead end up twisting it out of shape by defining the experiences of life as there being some profound and mysterious reason for the experiences to begin with. The fact of the matter is that there is nothing profound or mysterious about your experiences or the reasons for them. They become what they are as the result of your own actions and reactions. Your reality does not occur by some unseen evil force that seeks to work against you. Nor do you have these experiences to learn lessons from, even though you inevitably do, but you do so by the might of your own thinking, beliefs, perceptions and expectations among other contributing factors such as cultural and religious conditioning. Thankfully, there are no experiences that go to waste, as there is always something valuable to be gained, but this should not be the ultimate goal of your experiences. A positive mental attitude is the result of clarified thought that is the result of right thinking and right action, which in of itself prohibits the attraction of undesirable experiences into your reality. The

affect of enabling beliefs with undistorted perceptions and realistic expectations enables the attraction and objective manifestation of your desires. So not only do you have these experiences, you are the one who attracts them to yourself in the first place relative to the use of your own mind and the way you act, react and think. You attract desirable or undesirable conditions, circumstances and events in your reality by way of your own vibrational frequency which has everything to do with your level of conscious awareness of all that surrounds you and your environment and your mental and emotional reactions to it. In this sense, you are indeed your own worst enemy if your attitude is contributing to an undesirable reality at any time in your life. The proof will always be in the pudding and will speak for itself in all cases, that is, if you are honest enough to allow it to surface in your conscious awareness, accept it as truth and integrate it into your day to day affairs. Denial of these truths will only hinder the attainment of your personal freedom and you will have no one to blame other than yourself. And even if you attempt to blame other people, places or things, the end result is that it is your personal reality that is being affected, therefore, it is up to you to change whatever needs to be changed and acquire the wisdom to make such changes.

Now, of course, you can choose to deny the existence of this principle, but the truth will always prevail and it will be evident in the quality of your experiences. Fundamentally speaking, you simply cannot vibrate on a lower energy frequency and not expect to experience in some degree the energy of the mental adversities that vibrates on that same frequency. Every vibrational frequency has its own spectrum of experience that relates to the collective mentality of that frequency which ranges in experiences from one end of the spectrum to the other and with everything in between. Not only is this a universal law, it is a law that is immutable, therefore, it is wise to accept it as such and take responsibility for your own actions and behaviors, which will not only raise your own vibrations, but will likewise expand your experiences and increase the energy of them. And as this energy increases, the spectrum of your experiences will broaden in a relative degree. But even more important is that as you take control of the reigns of your life, when you are confronted with a situation that you do not desire so much to experience, you will find that you are much better equipped to cope with it and in turn you will manifest something completely different and desirable in your reality. You are empowered to do this whether you can imagine it or not. The opportunity for such energetic advancement lies in your willingness to come out of the delusion of your mental stupor and see your reality for what it really is, not how you perceive it or what you think it is by way of your own thought patterns that have been founded on the bedrock of your disabling and possibly invalid and unworthy beliefs, further supported by your own unrealistic expectations and even those of others who are expecting something from you that is equally unrealistic, but that corresponds to the real level of their own conscious awareness and what truths about themselves they have or have not

come to terms with and are still blinded too, which incidentally, is their problem, not yours.

Nothing ever happens in the business of life just for the sake of happening; there are no fluke chances, no luck of the draw and no lot in life to bear. Everything that happens in your life happens as the result of a law to which there is always a cause that relates to the effects experienced, regardless of any predeterminations or motivations. The universe does not exist without its governing laws, which is the spiritual glue that holds everything together; therefore, there is nothing about physical life that is any less governed by these same principles. The sooner you grasp this truth, the less time you will spend graveling with any undesirable circumstances and events in your life and the less chance there will be of further attracting them into your reality. There can be no doubt that the path to attaining your personal freedom, which is instinctual because it is spiritual in nature, comes by way of adjusting your attitude. Every master or prophet that ever walked the face of the earth, all down through the ages, knew this principle to be an immutable truth. Whether you call it a rebirth, a spiritual baptism or any other name, it is by the renewing of your mind that you are reborn and this rebirth is mental in nature, which in of itself is spiritual because thinking relates to consciousness and consciousness permeates nature, thus consciousness and thinking cannot be anything other than spiritual, as neither consciousness or thinking is physical nor are they limited to the human experience. Consciousness and thinking are fundamentally scientific because they are mental in nature, are universal and are infinite and eternal. This is the underpinning of metaphysics and physics and is fast becoming the underpinning of every field of science. It is becoming common knowledge that whatever ails you has a mental cause for its manifestation and that if the mental cause is changed; the effects change in like proportions.

In summary, the path to attaining your personal freedom and subsequently, your spiritual liberation, comes by way of an attitude adjustment reconstructed on the foundation of clarified thinking that is not limited by the binding affect of restrictive and disabling beliefs that distort perceptions and place an unnecessary burden of unrealistic expectations, all in response to the delusions of feelings and emotions that paint an illusion of life on the canvas of your reality. We hope that you will find this lesson to be a significant aid in the desire to change the energy of your reality as well as to know where and how to begin. Please feel free to share your thoughts, comments and experiences to linda@dragonofdrama.com.

Many Blessings,

Linda, Z and the Collective We