

Lesson 92: The Matter of Blame

The lessons published on this website are designed to take a practical approach to the matters of everyday life from a metaphysical and spiritual perspective. Each lesson is built on metaphysical fundamentals that are in keeping with the science of mind and are based on spiritual principles. These principles are spiritual because they are unseen laws that govern human behavior. And because these laws are mental in nature, such as Cause and Effect, Manifestation and Correspondence, they respond to the energy of thoughts. So as people continue to fall into mental ditches of error, they also continue to suffer the consequences of their dysfunctional and negative thinking. This is because they do not yet understand that there are spiritual principles that are responding to their thoughts and that these laws manifest a like result in their personal and collective reality each and every time, whether or not they are aware of the operation of these principles and regardless of whether or not they believe such principles even exist. But because the lack of awareness of these laws and how they operate tends to have an adverse affect in the lives of so many people, the lessons are designed to examine the undesirable affects as well as the causes from its many different angles. Although there are those who understand these principles or are naturally inclined to the tendencies of them by virtue of the way they think, the concentration of these laws and their affects in the weekly lessons is intended for all those who are not aware of them yet or how they operate. As the evidence of the existence of these spiritual laws speaks for itself, just as it always has and always will, the proper application of them is crucial to the realization of dreams and the achievement of goals, as well as personal development which leads to personal freedom and spiritual liberation. Thus, the impetus for the lesson this week will be no exception and will focus on yet another very important aspect of cause and effect, manifestation and correspondence that affects the nature of your personal reality. This lesson will address the matter of blame.

The need for blame does not come out of thin air; it is backed by thoughts that correspond to beliefs, perceptions and expectations, fueled by feelings and emotions. And although the need to blame someone or something, to be blamed by someone or to take the blame for an undesirable effect that appears to be justifiable, a closer examination behind a situation, condition, circumstance or event tends to reveal an entirely different perspective. Blame insinuates that someone has done something wrong that they should be rightly held accountable for and are, therefore, responsible for the cause that created the effect. However, as things seldom appear to be what they really are, your own expectations, beliefs and perceptions or those of others are not always a fact of reality, but are often an illusion, which in turn gives way for the need for blame, to be blamed or to take the blame.

Whether you are being blamed by someone or you are blaming someone or something or are shouldering the blame, it is well worth the effort to reexamine the cause of an

undesirable, adverse or unfavorable effect. Doing so eliminates the need to place an unfair burden of guilt on anyone's shoulders, including your own, which also eliminates any unnecessary stress on yourself or on others. Making the effort to reconsider the condition, situation, circumstance or event that caused the effect is not the means to an end; it is only the starting point, as there is usually more to the story than what lies on the surface. It is not at all unusual for the perception of a cause to be distorted, which all by itself becomes a catalyst for blame. People have a tendency to not see things as they really are, but as they perceive them to be, which can be distorted by mistake or a blatant disregard of the facts. Distorted perceptions are not factual, they are an illusion. Words that correspond to the definition of distortion are disproportionate, misleading, misrepresented and false. Perceptions can also be easily twisted out of shape by mishap, not by intent. And as there are two sides of a coin, there is more than one perspective from which to view the things of life from, and upon closer examination you may find that no one perspective is really better or less than the other, but that both are equally accurate, which dispels the need for blame directed at anyone either way. However, it is still necessary to discern that the facts are accurately represented when it comes to how things are perceived, especially when someone is being blamed or is taking the blame.

But the story does not end there, because back of blame is also the issue of beliefs. As beliefs are not always what they appear to be either, they should be closely examined for their validity. Outdated beliefs are problematic and should be discarded in favor of new beliefs that allow for the expansion of perceptions. Disabling beliefs are even more troublesome because they too stand in the way of discerning the real cause behind an undesirable effect. Therefore, it is worth the effort to examine the beliefs that stand in the way like obstacles, which hinders the path to clarity of thought and that enables you to make a much clearer distinction between reality and illusion. But as beliefs are but one of several contributing factors that pertains to the matter of blame, all aspects must be taken into consideration, which includes the very serious matter of expectations.

Expectations can be realistic or unrealistic and they can even be unreasonable. As expectations do not stand on their own, they too are directly tied to thoughts, beliefs and perceptions and should be examined at close range to discern to what degree they are actually realistic as they also feed into blame. Expectations are multifaceted, in that they have can have roots that are buried in the subconscious as the result of a childhood experience that was not necessarily derogatory or undesirable, but was the result of experiences that were very positive or were challenges perceived as opportunities, rather than obstacles. But as expectations relates to blame, blame becomes an issue of contention for yourself or for others when an expectation was held that was either unrealistic or was unreasonable, so when you or others failed to meet up to an expectation, blame was the inevitable result. The matter of blame does not limit itself to only being projected in one direction, but can be projected in three different directions. The first applies to when you have failed to meet up to someone's expectation in some

manner of speaking and, consequently, have been blamed for a cause that manifested an undesirable, adverse or unfavorable effect. The second applies to when someone has not lived up to your expectations and you have seen fit to blame that person for the same type of outcomes. The third applies to when you believe that you have failed yourself or others and have seen fit to bear the burden of blame, regardless of whether or not it is right or just. And while it may seem fitting to place self-imposed blame on your own shoulders, you are actually labeling yourself a martyr and even a victim. Neither of these negative mindsets is conducive to a healthy equilibrium of body, mind and spirit and neither is taking the blame an act of selflessness. There is a wide gap between taking the blame and taking responsibility. As unpleasant things do happen in life, not necessarily by intention, but by lack of knowing the right information at the right time, errors in thinking occur, mistakes are made, bad choices and not so good decisions are erroneously made, and sometimes lessons are well-learned as the result.

Not only is the matter of blame connected to thoughts, beliefs and perceptions, blame causes unnecessary friction between people and can be the ruin of a relationship when the need to blame others or even yourself becomes habitual. Generally speaking, a person will, in good nature, take the blame for having caused an undesirable, adverse or unfavorable situation, condition, circumstance or event, perhaps once or twice, but when it becomes a way of dealing with unresolved issues, repeated blame drives in a wedge of dissension that becomes harder to overcome, which usually leads to bad feelings among an array of other uninvited issues, such as the violation of trust, honesty and integrity.

Feelings and emotions are another aspect of blame that should also be closely examined. Sometimes just the way a person feels about something is enough ammunition to direct blame at either themselves or someone else. The mood you are in can easily dictate the course of direction when faced with an undesirable, adverse or unfavorable situation, condition, circumstance or event. If your feelings are not conducive to seeing reality for what it really is, you are easily prone to creating an illusion in your mind, which can erroneously trigger the need to blame someone or something, including yourself. Strong emotions that are left unattended to are likely to set in motion adverse reactions that usually do not end well, either for you or others with respect to the need for blame. Before you can even begin to unravel the cause and effects that resulted, the state of your emotions should be front and center. Until your emotions are in check and are rebalanced, it will be very difficult to discern the underlying reason for your need to blame or to discern the reason why you have been blamed or to discern the reason why you are blaming yourself. But as it is with all the many aspects of blame, the issues concerning feelings and emotions do not stand apart either, therefore, your feelings and emotions should be examined with relation to your own thoughts, beliefs, perceptions and your expectations, as each of these tends to fuel the other.

Feelings and emotions are affected by all sorts of influences and impulses, both external and internal. Thus, assessing the need for blame can be tricky because it requires honest introspection and self-evaluation to determine how your feelings and emotions are fueling your thoughts, impacting your beliefs, distorting your perceptions that inevitably gives way to unrealistic expectations, which either you or someone else is going to fail to live up to. Getting a grip on your feelings and emotions prior to lashing out at yourself or anyone else will prevent you from directing unnecessary blame at yourself or at others. A cooling off period is a very beneficial way of discerning what really is and is not with respect to a cause or a perceived cause that created an undesirable, adverse or unfavorable effect. In addition to allowing yourself some much needed time to examine the matter at hand, time spent reflecting on your own behavior is time well spent and avoids needless complications that have a way of only making matters that much worse, often causing the issue of blame to remain unsettled or unresolved.

When someone sees fit to blame you for something they believe you are at fault for, your first course of action is not to react in a negative way, but to take responsibility for yourself to be certain whether or not you really are at fault; an attitude of denial is unacceptable. And even if you are at fault whether by mistake or by intention, blame is not necessary, but taking some kind of positive action with respect to correcting the effect is the best you can offer. But just because someone perceives that you are at fault, does not mean you really are. In a case such as this, you have every right to question any false, disabling or limiting beliefs as well as any distorted perceptions and any unrealistic or unreasonable expectations. Fair is fair! The trick is not to present your case in an argumentative fashion, but to present your case in a non-confrontational way, as no one likes to be backed into a corner or assaulted with verbal or non-verbal accusations. Handling a sticky situation like this with clarity of thought and balanced emotions can often be the catalyst that helps others involved to see the error in their own thinking, the limitations of their own beliefs, the distortions of their own perceptions or that their expectations were unrealistic or unreasonable. But bear in mind, that even in spite of your best efforts and your honest and well meaning approach, it does not guarantee that the situation will turn out well, because it might not, especially if the other person is unable to let go of the need to blame. A mindset that is bent on the need for blame as a means of escaping responsibility and accountability is hard to overcome, especially when denial is a prominent attitude. In all cases you are only responsible for your own actions and reactions. So there may be times when you have no choice but to accept the way things are in spite of your best effort and change only what you can realistically change, which is usually yourself first and foremost.

Holding onto a grudge or being angry and resentful does not help to settle the situation, condition, circumstance or event, nor does it resolve the need to blame. It will, however,

affect your attitude, and the state of your mental attitude will attract the same or similar situations where blame plays out its role one way or the other. A mindset of blame, when left unresolved leads to anger and resentment, just to name a few undesirable attributes, that can adversely affect your thinking, which in turn gives rise to false related beliefs and even further distortions of your perceptions, not to mention your own expectations risk not only being unrealistic, they can be rather unreasonable. The end results are just not worth the stress, anxiety and all the other feelings and emotions that inevitably attach themselves to unresolved blame, which has an unkind way of adversely affecting your personal reality, as thoughts do become things and like does attract its own like kind in the way of unpleasant and undesirable manifestations in your reality, the consequences of which are worth reconsidering.

Blaming yourself is no less a menace to your mental and emotional well-being as is being blamed or blaming others. Even though you might find adequate cause to justify the need to blame yourself, unless its cause is the result of something you said or did that brought about an unpleasant or undesirable effect in your own reality, in which case there is no one else to blame, there is the potential that at some point you will end up resenting someone even though you have burdened yourself with the blame. Feelings of resentment and bitterness are neither conducive to harmony and balance in your own reality. The scale of your own well-being risks being tipped unnecessarily and is not worth the loss of your own mental and emotional equilibrium. So rather than to lay blame on your own shoulders, it is far more productive to examine the possible error in your own thinking, or the disabling or limiting belief that perhaps distorted your perceptions or an expectation that was not very realistic or even reasonable. When you reflect on all these aspects with honest introspection, there is a much greater chance in exposing the truth that will cancel out any illusions or distortions, thus removing all thought for the need to blame yourself.

Life is not about blame, it's about identifying the errors in your thinking. It's about evaluating your own beliefs back of the thing you have seen fit to blame yourself or others for. It's about paying closer attention to how you perceive situations that result in effects from causes that someone may adversely react to and blame you for. It's about examining your own expectations with respect to what you expect of yourself and what you expect of others. Taken a step further, is to examine the reasonableness of your expectations and how realistic are they in terms of your ability to live up to them or expect others to live up to them, and when you or they fail, you do not find cause to blame yourself or others.

Now as this more productive and positive approach to the matter of blame is easier said than done, this is only because doing so is not habitual as of yet. But because blame is a mindset, the avoidance of it becomes habitual when practiced enough times, which means taking the time to think a situation through before reacting and before blaming

yourself or others. As practice make perfect, the knee-jerk reaction to blame dissipates as conscious awareness of the contributing factors back of the need for blame increases. Blame is a very destructive mindset and with it comes its very own causes and effects, none of which are the least bit pleasant or desirable. Blame tends to have a domino-like effect that results in compounding the situation that brought about the need to blame in the first place, and this too can be avoided when there is right thinking and beliefs that support responsibility as opposed to blame, along with perceptions that are not distorted, but are accurate perspectives of a situation, condition, circumstance or event, even of yourself and others, as you can erroneously perceive yourself or others. As enough has already been said about expectations, nonetheless, they are not to be discounted as a factor of reality versus a distorted illusion. Lastly, are the affects of feelings and emotions, which plays its own determining role, especially who the blame is being directed at.

In closing, we hope that we have offered you a perspective on the matter of blame that perhaps had not occurred to you previously, but that now having provided you with a more in depth explanation will cause you to reconsider the next time you find cause to blame yourself or others or to take the blame either as the result of your own doings or that of others. As always we welcome your thoughts, comments or personal experiences.

Many Blessings,
Linda, Z and the Collective We

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