

Lesson 93: The Making of a Self-fulfilling Prophecy

Given that things in life are not always what they appear to be, but are often more the illusion of a mental construct than they are a reality, there is an inclination to predict an undesirable or unfavorable outcome with respect to a desired relationship, a dream realized or a goal achieved just because the end-result appears to be inevitable. Even though the handwriting seems to be on the wall, it in no way implies the certainty of an undesirable outcome, except that which comes by way of conscious or unconscious intent by way of internal impulses. Such anticipated outcomes tend to play out exactly as predicted because the mental energy attracts to itself an objective manifestation that perfectly mirrors the prediction. In as much as these manifestations appear to be the result of some adverse external influence, it is actually the result of a self-fulfilled prophecy. Thus, the lesson will focus on the components that make up a self-fulfilling prophecy in an effort to unblock the energy that realizes dreams and achieves goals.

To understand the making of a self-fulfilling prophecy, it is necessary to explore its components, which are mental in nature and which operate in accordance with its own psychic laws. As there are no distinctions on the mental plane between subjective predictions and objective results, the manifestation of a self-fulfilling prophecy is the result of internal impulses that cause a certain way of reacting to the appearance of adverse or unfavorable conditions. The making of a self-fulfilling prophecy begins with a convicting thought in the face of what appears to be compelling evidence and accepts the certainty of an anticipated undesirable outcome. This false prediction is a mental construct that exists only in the confines of the mind, built on an illusion rather than a reality. As a convicting thought tends to be its own cause to an undesirable effect, it becomes more powerful when it joins forces with a strong emotion, which gives way to the formation of a predicted outcome that becomes a self-fulfilling prophecy.

As a thought forms in the mind, the mind sees the thought through to its entirety, sees the outcome as a completed picture and considers the outcome a done deal. The mind then manifests the thought as an objective reality. The manifestation experienced confirms the convicting thought along with its supporting emotions and perpetuates the manifestation of similar experiences because the mold for the mental formula is set. For example, the feeling of fear and the emotional intensity of fear is sufficient to trigger a convicting thought, which perfectly reflects that state of mind and manifests an objective experience that corresponds to the fear. As the strong emotion of fear not only provokes the fear of failure, it intensifies the self-fulfilling prophecy of failure, which eventually becomes an objectified experience. However, the self-fulfilling prophecy does not stop with just the fear of failure, it brings with it a host of other feelings and emotions, such as inadequacy, lack of confidence, lack of self-worth and self-esteem. Feeling invalidated in the face of a perceived failure is not only cause enough to avoid trying again; it predetermines the certainty of the same exact outcome in a future

attempt that equates to the experience of more failure. Thus, the self-fulfilling prophecy of failure, backed by a convicting thought, fueled by fear based feelings and emotions continue to manifest as an objective experience, which blocks creative energy and prohibits the realization of a dream or the achievement of a goal.

Attached to the perceived failure is the attitude of defeat, which accepts failure at face value and assumes the failure to be an absolute truth. This self-defeating mindset impedes the possibility of any future successes because the fear of failure and the desire for success is a mental duality. When the mindset of fear is more dominant, its energy actually polarizes the weaker mindset of success. As these two conflicting mental energies cannot oppose themselves, the dominant mindset will cancel out the weaker mindset and will continue to do so until the fear of failure is resolved, balanced by feelings and emotions that support a successful mindset. However, to arrive at this state of mental and emotional equilibrium, it is necessary to examine all the components of a self-fulfilling prophecy at close range, as each component plays a vital role in the making of a self-fulfilling prophecy.

Although convicting thoughts, supported by strong feelings and emotions, are sufficient to influence a predicated outcome that in of itself results in a well-formed self-fulfilling prophecy, beliefs have an equally convincing stronghold in the formation of a convicting thought. Unlike the intensity of feelings and emotions, which are rather unpredictable, beliefs tend to be stationary once they are set in place. Established beliefs, whether acted on by force of habit or acted on by conscious awareness, play their role in predicting an undesirable outcome, especially in the face of compelling evidence. As the fear of failure is dependent on a convicting thought, fueled by a strong emotion, it is just as influenced by a convincing belief. The underpinning of a belief that supports the fear is often the result of a memory associated with a past or present experience from which a fear arose and took hold of the mental faculties, expressed by a strong emotion. If the underlying cause that affected the fear is left unresolved, the energy of the fear internalizes and becomes subjective to any circumstance or event that closely approximates the condition that caused the demonstration of the fear to begin with, which is usually attributed to some sort of an adverse environmental influence. The memory of the experience and the emotion attached to the memory is stored in the subjective field of the subconscious mind, which reinforces a self-defeating predicted outcome regardless of the ability to actually realize a dream or achieve a goal in spite of adverse conditions. Thus, the self-fulfilling prophecy of the fear of failure becomes a bona-fide reality because it has the backing of a convicting thought, fueled by strong feelings and emotions, supported by a convincing belief.

Another component that contributes to the making of a self-fulfilling prophecy is the influence of a distorted perception. The habit of viewing past, present or even future circumstances or events through lenses that are out of focus, distorts the perception of

reality and creates an illusion of a reality that is virtually non-existent. Although the distortion is a mental construct, the mind perceives the distortion as a real condition, which gives way to a predicted outcome that is not the least bit desirable. The predicted outcome becomes a self-fulfilling prophecy by way of its own mental principles and manifests as an objective experience that directly corresponds to the distorted perception. Such perceptual distortions will wreak havoc in your life and will turn your world upside down until there is a willingness to view the matters of life from an entirely different perspective. When the anticipation of a future event, such as the desire of a dream realized or a goal achieved, is limited by the narrow-mindedness of a distorted perception, whether it is based on a past or current experience, there can be no doubt that it is supported by a convicting thought, a strong emotion and a convincing belief. However, as these are not the only components in the making of a self-fulfilling prophecy, the exploration continues.

As convicting thoughts, fueled by strong feelings and emotions, backed by convincing beliefs and supported by distorted perceptions can sway a desirable or favorable outcome in the wrong direction, so can unrealistic expectations. The desire for a dream realized or a goal achieved influenced by the self-defeating energy of an unrealistic expectation will on its own accord result in the manifestation of an objective experience that corresponds to the unrealistic expectation, which generally equates to a failure to fully realize a dream or achieve a goal. As if an unrealistic expectation is not a sufficient self-defeating force all unto itself, a non-believing attitude is an opposing force that not only polarizes a desired outcome, but also drives the direction of an unrealistic expectation, which inevitably leads to a lack of trust. The lack of trust in the ability to realize a dream or achieve a goal adds to an already self-defeating path that is circular in its energetic motion. Just as mental constructs fuel feelings and emotions, feelings and emotions fuels mental constructs, as do convincing beliefs, distorted perceptions and unrealistic expectations, the combination of which results in a no-win situation.

Although the experiences in life are truly the best teacher, they are a source of powerless energy when valued as meaningless and unappreciated in addition to being undesirable. As these experiences contain within them the key to the success of all future experiences, the much needed and sometimes life-changing lessons tend to fall by the wayside, thus, the cycle of repetitive undesirable experiences continues to manifest as objective forms in the current and future reality. When driven by the subjective energy of internal impulses that block the manifestation of a desired objective experience, the negating mindset makes it a hard-pressed effort to realize a dream or achieve a goal in spite of good intentions. These internal impulses develop in response to external influences that are not necessarily adverse, but are often quite limiting by way of associated beliefs, that correspond to like kind thoughts, feelings, emotions, perceptions and expectations. In addition, there are the influences of genetic inclinations and race suggestion built into the DNA, as well as in the circuitries of the brain, which is why it is

so difficult to override their undesirable and limiting affects. It is enough to navigate the course of life without the adverse influence of genetics and race suggestion, but once there is an awareness of all the negating influences at work in your reality, if that is truly the case, it is possible to change, alter or completely eradicate their undesirable effects. However, this mental endeavor requires a level of conscious awareness sufficient to eliminate internal impulses that are adversely affecting the quality of your experiences. The nature of these impulses tend to surface into conscious awareness by way of intent and purpose, when the channel of receptivity opens to receive, assimilate, process and integrate the information that arises. Eliminating internal impulses is not a process that can be rushed or changed overnight; it is an ongoing journey of self-discovery, it is an awareness that occurs over the course of time. The elimination of reactionary internal impulses with new proactive impulses will surely steer you in the way of desired successes, usually subtle at first. The Biblical principle states that new wine poured into an old wine skin will burst, but it also speaks to the principle of new wine poured into a new wineskin, of which both are preserved (Mathew 9:17). This principle applies to internal impulses that also must become new in order to affect desirable outcomes.

Just as there are two sides to the same coin, likewise, there are occasions when an expected outcome proves to be something other than what actually manifests as a reality and the predicted outcome turns out to be less undesirable than anticipated. Such surprising and unexpected results are often mistaken as an unexplained phenomenon. However, as nothing ever happens by chance, there is an intelligible explanation. Although a self-fulfilling prophecy carries its own weight and pretty much guarantees an objective manifestation in keeping with the predicted outcome, as like attracts like and thoughts become things, the affect of time plays its own contributing role that can actually alter an expected manifestation. The altered reality occurs when there is receptivity to the possibility of something occurring other than the predicted outcome, thus allowing the span of time to manifest a different result, perhaps one that more closely approximates the desired outcome. However, if the self-defeating mindset remains intact throughout the duration of the time it takes to manifest the result, it is pretty much a guarantee that the predicted outcome will perfectly reflect the prevailing mindset as an objectified experience accomplished by intent. Examining the so-called phenomenon from an accurate perspective proves there really is nothing phenomenal about a predicted outcome that is responding to the law of attraction, the law of manifestation and the law of cause and effect by intent.

Predicted undesirable outcomes, founded on mental constructs, which include convicting thoughts, strong feelings and emotions, convincing beliefs, distorted perceptions and unrealistic expectations are sure to manifest in like kind. However, there is much more to the matter of predicted outcomes and the making of a self-fulfilling prophecy, that when explored on a deeper level brings to the surface an awareness of tendencies that are otherwise unnoticed. The tendency to not be aware

that the very nature of being exists in a perfect state of body, mind and spirit, in which there is no cause for predicted outcomes that speak to adversity, fear or failure. However, this state of perfection does not exist where limiting and disabling mental constructs prevail, as peace cannot exist side by side in this state of mind. Attempting cognitive functions while in a state of mental confusion is a duality of the mind that opposes the perfect state of being and as such, one force has to give way to the other, as confused thoughts take precedence over the sanity of perfection. The duality of the mind does not see perfection, but perceives flaws where none really exists, except in its mental constructs, fueled by emotions, backed by beliefs and supported by unrealistic expectations. Thus, the awareness of characteristic flaws inevitably gives way to predicted outcomes, based on fear and doubt, which propagates the making of a self-fulfilling prophecy that by the nature of its own mental law has to manifest the predicted outcome as an objective experience. Characteristic flaws are not really flaws; they are perceptions of character imperfections that appear to exist as a reality only because there is not sufficient awareness to understand the truth of the perceived flaws, which comes by way of being aware of your own truths. However, not knowing every truth all at once in no way equates to the existence of a flawed character, as one cannot know what one does not know until one comes to know it and does so by reason, purpose and intent and only when the channel of receptivity is open.

When denied expression and fulfillment, the natural tendency for love and the desire for affection perpetuates fear, as well as the fear of rejection, which is a self-propagating component in the making of a self-fulfilling prophecy. When love and acceptance, expressed in terms of expectations and conditions provokes the fear of failure, failure becomes a dominant mindset that in of itself is self-defeating, especially when linked to insecurity and the need for external validation, which all by itself is a recipe for emotional disaster. As the experience of affection is limited, consequently, so is the free flowing expression of love. Unexpressed love and affection manifests a multitude of undesirable effects that exceeds any predicted undesirable outcome because the affects are not just limited to the mental plane, but adversely affects the emotional, physical and spiritual planes as well. Nothing in life has more power to break the spirit than the threat or the experience of unexpressed love and affection. The desire for love and affection is innate; it is universal and permeates everything that exists. The lack of love and affection manifests in physiological symptoms that often lead to full-blown diseases, because the physical body exists in a distressed state of dis-ease, as even the cells and the organs are adversely affected. The mind also feels the affects of unexpressed love and affection; it can manifest the blocked energy as a psychological disorder. The unbalanced state of the emotions speaks for itself, which too manifests in the form of emotional instability. Thus, unexpressed love and affection can feed into all sorts of mental constructs, the likes of which will predict very undesirable outcomes. They are the making of a self-fulfilling prophecy that manifests as an objective reality, which

unfortunately, is the furtherance of unexpressed love and affection. The only way to overcome the perpetuation of more unexpressed love and affection is to discern the motivations that are attracting the undesirable results versus the desired results. Given that the desire for love and affection is innate, the problem does not lie in the desire; it lies in the forces that are undermining the desired affects and is where honest introspection, be it ever so difficult is an immense benefit worthy of the time and effort invested, and facing the painful emotions that are likely to arise.

In closing, we sincerely hope that we have brought this very important matter to the attention of your conscious awareness so that if any aspect of this discussion has been similar to your personal experience, you will have discovered the reasons why. As always, we encourage you to share your thoughts, comments, as well as your experiences, and we thank all those who have done so.

Many Blessings,

Linda, Z and the Collective We

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