

## Lesson 96: Life Is Not About Walking on a Tightrope

The discussion in this lesson may be the most important of all the lessons because it not only speaks to the matter of becoming consciously aware of all the past and present internal and external influences that sculpt the nature of your personal reality, the discussion speaks to the need to keep the matter of living life in balance. There is a great deal of emphasis today placed on holistic wellness that covers a broad spectrum of methodologies, which addresses specific or whole aspects of your mental, emotional, spiritual and physical well being. It is important to place such strong emphasis on every aspect of your being because doing so not only affects the quality of your own life; it also affects the quality of life collectively speaking. Thus, the focus today is not just about learning how to take responsibility for yourself, it is also about learning how to take responsibility for the role you play that affects the community at large. However, the process of becoming consciously aware of everything that shapes and molds the nature of your personal reality, if taken to the extreme, will not only overwhelm you, it can cause you to feel as though you are walking on a psychological or spiritual tightrope. The business of living life is about becoming consciously aware of your environment and your reaction to it and doing so in such a way as to allow yourself to live life in a healthy state of mental, emotional, spiritual and physical equilibrium without the stress or strain of walking on a tightrope.

As the many different methodologies of holistic wellness are becoming more of an accepted norm in the daily mainstream of life than ever before, a great deal of the focus today rests squarely on the need to dot all the psychological, physical and spiritual i's and cross all the t's. However, this can be an overwhelming cognitive process because there is only just so much that you can realistically focus your attention on, as there is only just so much new information you can possibly absorb, let alone to process and integrate it internally, which takes time. Since there are no magic wands that can promise the reward of a healthy and an abundant lifestyle with little or no effort, it is important to bear in mind that the application of any of these wellness methods does not come without its mental, emotional or financial price tag. No matter what course of wellness you choose to participate in, it will require some degree of your time and sweat equity invested. While the investment of your time, effort and even your money are surely worth their weight in gold, especially when you actually reap the benefits of your mental, emotional, spiritual or physical labor, it is just as important to allow for the experiences of life and the lessons learned along the way, which should not be avoided. Without such lessons, the business of living life amounts to nothing more than a psychological, physical or spiritual programming, which is not the intent of life. The discussions that follow will focus on the mental and emotional aspects that affect the quality of your life experiences so as to prevent you from walking on any tightropes.

Given that you are to some extent a product of the personal, cultural, religious or social environmental influences you were exposed to during your childhood, you may not be aware that these same external influences continues to shape and mold the nature of your personal reality as an adult. To the extent that those early influences adversely affected you, if left unexamined they can cause you to react just as adversely to current external influences and exhibit behaviors that you may not only be unconsciously aware of, but that are destructive and threaten to undermine your well being. The holistic thrust today is to bring these adverse influences into the light of truth and explore them for their validity, given that such experiences are not as they appear to be on the surface, but are often a perceived illusion of reality. Just as these influences have been adversely affecting your current life experiences, they will continue adversely affecting your future life experiences if left unexamined. Thus, the goal sought after today is a complete liberation from any mental or emotional bondage as the result of past external influences.

While the focus of attention turns in the direction of examining your past adverse external influences, another unseen and undetected layer of strong influences exists within you that are no less important. As the energy of these unexamined influences rises up in response to your own internal impulses, they too affect the nature of your reality just as adversely. Internal impulses form within you in response to the same adverse external influences you encountered during your childhood and continue to attract more of them into your experience as an adult. These impulses are composed of habitual response codes that quickly activate when a condition in your life approximates the equivalent of a past adverse experience that directs a certain type of reactionary behavior. These reactionary behaviors are not just mental, they are emotional and together they will wreak a fair amount of havoc in your life. These habitual mental and emotional reactionary responses and behaviors programmed in the subconscious will cause you to overreact to a current condition, situation, circumstance or event, which has a strong tendency to make matters that much worse. Thus, the focus today is to examine the mental and emotional affects from any adverse external influences experienced in childhood and as an adult, as well as to examine the internal impulses that developed along the way and continue to direct your behaviors. The goal is to attain a complete liberation from these unnecessary psychological and spiritual forms of bondage.

While undergoing any method of mental and emotional self-examination the psychological focus is also directed at the need to wholly embrace the experiences of the past, as well as those of the present, regardless of how adverse or painful they may have been. Embracing each of these experiences affords you the opportunity to accept the circumstances of your life just as they occurred, as opposed to regretting them, which develops into an attitude that serves no good purpose. As no one really enjoys admitting to the likes of such adverse or painful experiences, whether mental, emotional, physical

or spiritual, the fact that it occurred in your reality provides you with a foundation on which to build current and future levels of personal growth that ultimately strengthens your character once the psychological debris is cleared away. Although this seemingly modern day concept may sound bizarre from a logical perspective, it is an ancient principle that has stood the test of time. Fundamentally speaking, the experience of living life is always relative to its current state of mental, emotional and spiritual evolution. The level of cognitive and spiritual vibrational frequency equates to like kind experiences that will manifest as a personal reality by way of its own energetic momentum. The avoidance of undesirable pre-destined experiences occurs by way of cognitive processes, as well a willingness to abide by spiritual principles.

The trend today is moving in the direction of actually accomplishing these cognitive and spiritual goals on an individual basis so that they result in a collective change for the good. As you learn how to become more consciously aware of the kind of thought patterns that permeate your mental attitude on a day-to-day basis, as well as to keep your emotions in check and balance, you are playing a vital role in affecting a positive change, not just in your own reality, but also in the collective reality. There is a fast moving trend today geared toward gauging and monitoring emotions due to the simple fact that things tend to get out of hand very quickly. Unbalanced emotions results in unnecessary confusion and turmoil and is an aspect of the human condition that is no longer acceptable. Thus, it is essential to learn how to balance and control your emotions so that you not only avoid wreaking havoc on yourself, but that you avoid wreaking havoc on others.

Taking responsibility for the state of your emotions involves becoming aware of the underlying forces of energy that consciously or unconsciously drives you to act on them in a negative and a destructive manner that typically results in an outward expression of inappropriate behaviors. As your emotions do not stand on their own accord, other internal influences support them and are the sources that fuel your emotions. When such influences come under the scrutiny of self-examination as a means of assessing their validity, as well as their usefulness in shaping and molding your personal reality, they tend to expose limiting or disabling beliefs. There are no benefits gained in adhering to beliefs that are disabling, regardless of who influenced them or when you acquired them. However, ridding yourself of any limiting or disabling beliefs requires a fair amount of honesty, as there is usually a bend toward denial. Attempting to deny the usefulness of any outdated beliefs is a foolish act on your part, as hanging onto such beliefs will serve as a mental obstacle along the path of your life. Environmental conditioning, in the form of inherited beliefs is not an excuse for inappropriate behaviors. Just because a belief came by way of certain family, cultural, religious or other form of environmental influence does not mean that the belief holds true. Thus, you owe it to yourself to break free of the bondage of limiting, disabling or even outdated beliefs, regardless of their source.

As the mindset of accountability moves in the direction of taking responsibility for the choices and decisions you make, along with taking responsibility for any undesirable consequences, it alleviates the unnecessary need for blame, including the need to blame yourself. Acquiring this level of responsibility alleviates the unnecessary burden of blame, that when wrongly inflicted on others, sets the wheel of mental and emotional destruction in motion. However, the art of developing a mindset of right thinking is not an overnight success. As well established thought patterns are not changed in the blink of an eye, they must be replaced with new ways of thinking that are far more productive and less mentally and emotionally destructive and dysfunctional. Developing a mindset of right thinking not only requires a higher state of conscious awareness, it requires lots of practice. As contradictory as it may sound, thinking is not the only means by which to develop a mindset of right thinking.

Distortions of reality are a not only a form of wasted thought energy, they are also a very destructive force that should not be granted a rightful place in your reality anymore than they should be imposed on others. Distortions of perceptions gives way to thinking patterns that are not only harmful and destructive to you, but threatens to harm others in close proximity, not to mention they undo your emotional equilibrium. Thus, getting a grip on distorted past or current conditions, situations, circumstances or events is crucial to your overall well-being. While it is one thing to accept and embrace the whole of all your experiences, it is another thing to accept or embrace distortions of your reality as the result of perceptions that formed the illusion of a reality. As these distortions of reality exist first in your mind, the energy of them attracts the manifestation of something undesirable, often as an objective experience in your reality, only because you believed the distortion was a true reality. Thus, the energy of your thoughts and the distortions of your perceptions produced a like result that ultimately became an actual experience in your reality. The responsibility for creating and manifesting such experiences rests squarely on your own shoulders, as its existence in your reality is not the fault of anyone but yourself. These experiences are not limited to only material or physical experiences, but can be an undesirable emotional experience that can rack your nerves no less than the manifestation of an objective experience. Thus, eliminating distortions of perceptions allows for the development of right thinking.

The art of developing a mindset of right thinking also involves a constant examination of your expectations, as well as being aware of what others expect from you. Unrealistic expectations in either direction will give way to erroneous thinking patterns that also distorts the perception of your reality, which is a dangerous mental and emotional mix. Examining your own expectations, and that of others is not limited to only being aware of what lies on the surface, it includes being aware of any external influences or internal impulses that you are responding or reacting to. Just because you have certain expectations of yourself does not mean they are the least bit realistic. Whether you set

your goals to high or too low, neither are an indicator of a realistic expectation, but may actually be an indicator of an unrealistic expectation of yourself or others that might just be the result of some form of derogatory or adverse influence or the affect of your own internal impulses. A regular examination of your expectations, as well as the expectations you have of others, is worth the time and effort it may take to unravel any unnecessary mental or emotional attachments. Not taking the time and effort to examine your expectations will not only block the path to any measure of success you hope to achieve, but it can actually distort the perception of the measure of success you believe you are limited in achieving. Periodic examinations of your expectations not only serves a valid purpose, doing so is actually a responsibility. Being accountable for your expectations, either of yourself or of others induces personal growth, which in turn, develops character.

As the course of a heightened state of conscious awareness flows into the veins of the mainstream, it requires taking responsibility for every aspect of your being and is so because the fundamental application of its spiritual principles, passed down by ancient masters, sages, shamans, prophets and teachers has stood the test of time. These principles are not only spiritual in nature; they are composed of immutable laws that govern the result of human behavior in very precise ways. As the application of these ancient principles is fast becoming an accepted norm in society, science itself is attesting to the truthfulness of these principles, which includes such fields of inquiry as quantum physics, biology, neuroscience and psychology, as well as studies in consciousness. As science moves in the direction of bridging the gap between the study of ontology and the study of cosmogony and cosmology (see definitions below), so the expanse between religion and science is slowly closing in. The focus on developing a mindset of right thinking is vital to every individual because not only does it hold the key to character development, it leads to a much higher level of personal growth that goes hand in hand with achieving higher planes of spirituality that in of itself promotes the continued evolution of humanity. Evolution does not rest on technological advances alone, it is about striving for a more complete and satisfying sense of being that does not give way to dysfunctional thought patterns, distortions of perceptions, unbalanced emotions or unrealistic expectations as the result of instilled fears.

Living a life that is more spiritually oriented than it is possessive, is not a onetime event, it is an ongoing process of perfecting all your ways. It involves becoming aware of the many different aspects of yourself and your environment and doing so in ways you are not accustomed to either by force of habit or by conscious choice. It also means taking down your mental fences and broadening your perspectives in addition to shedding aspects of yourself that weighs you down, whether psychologically, spiritually or physically and often does so by way of taking you far outside of your comfort zone. Sometimes personal and spiritual growth requires you to let go of preconceived ideas or beliefs that are limiting at best in addition to your well-established ways of thinking and

even feeling. The way you once felt about the matters of life undergoes a change, sometimes subtle and sometimes more dramatic depending on how strong your feelings were about yourself, your environment and the degree of your expectations. Any necessary changes, alterations or eliminations comes by way of absorbing new information that rises to the surface, especially when exploring the shadow aspects of your being, all of which requires a period of processing, integrating and fully accepting your experiences that demands your time and attention, as well as a dose of concentrated effort. Although the intention is for the pursuit of liberation from anything that holds you down and keeps you in a state of psychological or spiritual bondage and as the achievement of such liberation is energizing, the process of arriving at these points of awareness can sometimes be grueling and rather taxing.

Although it is necessary to be consciously aware of all the many facets that make you tick as you do, it is just as necessary to relax and just have fun right smack in the midst of pursuing your personal and spiritual freedom. The psychological strain from undergoing extended periods of mental or spiritual self-interrogation can not only result in provoking a dark night of the soul, which can be a very frightening experience, the mental strain can result in an unhappiness that can lead to feelings of disparity, hopelessness and even depression. While periods of honest introspection and self-examination are always worth the effort it takes to unravel the affects of living life that occurs due to the limitations of this third dimensional environment, the fruit of such intense efforts may not see its harvest if the scale of life is not balanced. When you allow the pendulum to swing too far in any one direction, the state of your mental, emotional, spiritual and even physical equilibrium can destabilize very quickly. Because each of these aspects of your being depends on the stabilization of the others, you can be sure that when any one of them is out of whack, it can trigger an avalanche of effects that are not the least bit desirable. Should this happen, be kind to yourself, as such experiences cannot help but to occur from time to time nor does it constitute the end of your world as you know it. You need only to glean from it the lessons that are there for you to learn and move on having acquired yet another valuable experience along the path of your life.

In closing, we hope that we have clearly shown that life is not about walking on a tightrope anymore than it should ever be about walking on eggshells or worrying about stepping on any psychological landmines that you expect will detonate. You have chosen this dimension of reality as a suitable environment in which to personally and spiritually grow, to reach your full potential, to become a contributor to the collective consciousness, as well as to evolve onto higher planes of your being, as you come to love one another and overcome your fears. Life is best approached “in an easy and relaxed manner, in a healthy and positive way” – Marc Allen. We encourage you to share your thoughts, comments or personal experiences.

Many Blessings,

Linda, Z and the Collective We

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Definitions:

Ontology is a branch of metaphysics that focuses on the nature of being as Being

Cosmogony – studies the origins of the universe

Cosmology – studies the universe at large