

## Lesson 99: Setting the Record Straight

Physical life is all about navigating uncharted waters, metaphorically speaking. In as much as it seems that physical life does not come with a set of instructions, in actuality, this is not true. There are adequate life instructions and various maps that guide humanity through the courses of life that speak to the same spiritual principles, as well as the fundamental application of them in day-to-day living. So, if this is true, and it is, why then is the human experience so full of trials and error and chock full of adversities, disappointments and so many hardships. The purpose of the discussion in this lesson is to set the record straight as it pertains to these matters, which begins by addressing the true nature of the human experience from a perspective that not everyone takes into consideration as being real or significant.

To set the record straight, with respect to the frailties of the human condition, is to put the matter of being human in its proper perspective. Aligning the matters of the human experience as they really are and not what they appear to be begins with the fact that humans are not having a spiritual experience while in this 3-D earthly environment (4<sup>th</sup> dimension is the inclusion of vertical time as opposed to linear time). In this three dimensional environment, humans are restricted to about 5% of their brainpower and are subjected to the limitations of the five senses, further limited by the illusion of perceptual experiences with respect to the five senses. Humans, by their very nature, are confronted with many cognitive and spiritual challenges, including those on the mental and emotional planes of their existence. These include the obsessive need for self-gratification, as opposed to prolonging gratification, a lack of self-discipline and the inability to control and balance their emotions, which in of itself leads them out into stormy seas, where they do indeed navigate uncharted waters. Some people learn very valuable lessons while out at sea, others simply do not and take to blaming others for their misfortunes, including themselves.

Putting the matter of being human in its proper perspective is to realize that humans are spiritual and that the human body is the overlay, which serves as the outer cloaking that allows souls to acclimate and experience the 3-D environment on earth. Being spirit, in essence, means that you are far more than what you are consciously aware of in the limitations of your human condition, thus, you have a tendency not to give yourself credit for possessing intuitive intelligence of a spiritual or higher order. So rather than operate from your Higher Spiritual Mind, by virtue of being conditioned to the limitations of learned behaviors, you operate from your under developed egocentric lower mind. Thus, you are not awakened to the awareness that all the inner and outer influences that weigh you down are temporary conditions that have the capacity to change the moment you begin changing your approach to physical life. The only boundaries and restrictions you encounter are the ones you put in place or the ones others put in place for you and you accept them as realm true or justifiable. The positive

affects experienced from changing your approach to physical life is spiritually fundamental because it is governed by principles that operate on an invisible plane, which, consequently, makes them spiritual in nature. The principles and the fundamental ways in which they operate in your day-to-day life experiences are self-evident because they are physical, mental, emotional or spiritual manifestations of the effects from all the many causes. However, the various ways in which the causes and their effects are manifested are seldom as self-evident as they should be because people tend to be blind sighted to what is really going on in their personal environment, consequently, they do not know how to connect the dots of cause and effect. The perceptions of reality are often distorted by their own delusions and, therefore, the perception of reality tends to be more illusionary than an actual.

To put the business of human life on the physical plane in its proper perspective is to begin at the beginning. The reference to life on the human plane of reality is physical in nature; therefore, it is a physical experience, although it is spiritual in nature, as life does exist beyond the physical plane. To speak of the human experience as if it were the only means of life, as if there was nothing other than the physical experience, rules out the possibility of life existing beyond the physical borders. Not to mention such a limitation would restrict the need for considering purpose and meaning for the very existence of life. Why bother pursuing a purpose and intent if this was all there is to the business of life. Thankfully, this is not the case. The human experience is not the whole of the ladder; it is but one rung on the ladder of life. For most souls, life evolves from the descension of a lower order of spiritual existence to the physical and from the physical, hopefully and eventually, to a higher state of spiritual existence. The repetition of physical life experiences, by way of incarnations, can be thought of as a spiritual training school that starts in Pre-K and ends in Post Graduate School. Each incarnation moves you a little closer up the ladder. Because it is difficult to learn how to prolong self-gratification, to be self-disciplined and to control and balance emotions in just one go-around, several incarnations may be necessary, as the accomplishment of these attributes are the means to spiritual evolution. However, it is possible to accomplish this feat in one physical lifetime if you are willing to endure the training, which may be intense and extensive, depending on how well you assimilate, process and integrate information.

Life abounds beyond the physical experience primarily because consciousness is not restricted to the human body. Consciousness does not need a physical body to experience being as “Being” because it operates on the mental/psychic plane. However, consciousness on the human plane is experienced in conjunction with the human body, as it relates to its sensory perceptual capabilities along with the neural functions of the brain, as well as the functions of the cells and organs in the body. Every aspect of the physical body not only retains memory, it habitually responds to the mental and emotional impress of memory and it does so consciously or unconsciously. Although

humans have evolved over the course of time and will continue to evolve, acute conscious awareness has not evolved to the extent that humans are realistically in touch with their reality. The very purpose of this website is focused on understanding the nature of personal reality from many different perspectives, as each plays its own role in shaping reality. To understand the nature of reality, you must first begin with an understanding of the nature of your own personal reality. Once you are truly in touch with your reality, you become empowered to affect a positive change in the collective reality. Conscious awakening comes from within, not from without. Change is never initiated externally; it is initiated internally and has the power to affect the external, not the other way around.

Second, is to put the framework of your own human experience in its proper perspective. Like it or not, every human being is subjected to a caretaker upon entering this realm of physical reality by way of birth. Caretakers are generally one or two parents or other guardians who on some level accepted the responsibility of caring and providing for you in the early stages of your life. The quality of parenting or guardianship, in the absence of a parent or parents, is presumed to be the source where the river of all your personal experiences first flows. Not only is this where your future lifestyle has its roots; the environment itself sets the stage for every one of your future life experiences, functionally or dysfunctionally and sometimes a mixed blend of the two, as your own innate personality traits cannot be discounted. While it is true that you are indeed a product of your childhood environment, this in no way implies that you have to remain stuck in a perpetual mental or emotional rut. Whether or not certain aspects of your personality were adversely affected or your character traits were molded and shaped in accordance with your environment, the experiences of your life need not be a constant struggle just because you were conditioned a certain way in your childhood. However, in order to set the record straight, it is necessary to state things as they are really are and not give way to perceptual appearances, as things are seldom what they appear to be on the surface, which is precisely where illusions arise.

In spite of the fact that physical life does not seem to come with an instruction manual, there actually are instructions that speak to the nature of the human condition and even go so far as to advise humans how to best overcome their many adversities – to walk the path of the “middle way.” These instruction manuals are found in most every spiritual resource, religion or culture from the Western perspective of Christianity and Eastern Mysticism, such as Hinduism, Buddhism, Chinese Thought, Taoism and the practice of Zen. Life’s instruction manuals are presented in many formats, such as the Bible, the Buddha’s Four Noble Truths and the Noble Eightfold Path. They are depicted in the classic and world-beloved Hindu poem, the Bhagavad Gita and in many ancient texts, known as the Wisdom Books. Life’s instruction manuals can also be found in the writings of Socrates, Plato and Aristotle as well as the American sages Emerson and Thoreau and other poets or writers such as Emma Wheeler Wilcox, Helen Keller and

countless others. They can be found in the classics, in philosophy, theology, theosophy, psychology, metaphysics, quantum physics, neuroscience, biology, alternative medicine, holistic energy healing modalities such as Reiki or Pranic healing, to name but a few. The point is that there simply is no place, where life's instruction manuals cannot be found. However, because these manuals appear to be less obvious books of instruction, they tend to be overlooked. They are often disregarded or misunderstood mostly because the instructions are spiritual in nature and, therefore, are somewhat ambiguous, sometimes appearing to be cloaked in mysterious symbols and metaphors, often overshadowed by religious dogma which speaks to guilt, shame and fear in an effort to control the people versus enhancing their spiritual growth. In spite of a plethora of spiritual sources and resources, the business of living life is generally left to the limitations of the human mind to figure things out, but not without its personal and collective cost to pay.

The price paid in an effort to overcome the limitations of the human condition presumes to begin in childhood, which is true, but only to an extent. On the surface, it appears that the fault, the first cause, rests squarely on the shoulders of a parent, parents, guardians or caretakers. After all, it sure was not you who failed to raise you up in such a way as to assure the success of your every aspiration and inspiration. And it sure was not you, who failed to help you realize your dreams, achieve your goals or whisk you off into wedded bliss. Thus, it stands to reason that the fault must rest on the shoulders of those who most influenced your personal reality during childhood – your parents/caretaker. And while this may or may not be true, as an adult, you now have the responsibility to delineate fact from fiction. It is your responsibility to sort through your own delusions, to lift the veil and see beyond the scope of your illusions in order to get to the truth, not the imagined truth, but the real truth, as these are not one and the same. However, before you begin such a journey of self-discovery, there is a piece of this puzzle that is not only worth knowing about, the knowledge of it serves to set the record straight.

Whether a parent, parents, guardian or other caretaker was responsible for your upbringing, in no way implies a state of cognitive perfection - intellectually, mentally, emotionally or spiritually speaking. This is precisely where your journey of self-discovery begins; however, it is not where it will end. The journey begins to take its shape with the recognition that human beings are the product of their own personal and collective environment. Every human being is affected by many seen and unseen external and internal influences. These influences are attributed to many direct or indirect causes and effects relating to ancestry, family/cultural or political views, religious beliefs, economic stature, genetics, DNA, personality and conditioned character traits. Thus, the level of parenting skills is in direct proportion to these influences and therefore, is the result of their own upbringing due to the limitations placed upon them. Their own conditioning may be attributed to the adverse affects of

wars, economic collapse, poverty or some other undesirable stimulus experienced in their environment, including but not limited to addictions or any form of abuse.

Right away, the picture of your very own childhood and any adversities you may have encountered along the path to adulthood was just over shadowed by an example of the potential influences that very likely shaped and molded the environment your parent/parents/guardian or caretaker experienced in their childhoods. So to say with all justification that the first cause of all the problems you have encountered, whether in childhood or as an adult, is the fault of your upbringing, specifically those who influenced you the most, serves no valid purpose, even though it may be true. Just as you perceive your childhood environment to be a certain way; they also perceived their childhood to be a certain way. And they too were influenced no different than you were influenced and continue to be influenced, whether positively, negatively or a mix of both. This is the very nature of humanity and it will remain this way until humanity evolves beyond the point of subjective environmental conditioning.

Third, is that you have an opportunity to begin changing any adverse effects as the result of your own childhood conditioning. You are far more empowered to initiate a dramatic or subtle change in your personal reality than you think. However, your empowerment will not manifest by wishful thinking or by dreaming about how you would like things to be. As Gandhi said, “You must become the change you wish to see.” Empowerment comes by way of action and taking action denotes a sincere desire to change the things that can be changed. Empowerment also means accepting the things you cannot change, which in of itself are the events that occurred in your childhood or any other past events. While you cannot go back and repeat your childhood, make it everything you would have liked or preferred it to be, even to choosing different parents, you can change the memory of past events by putting them in their proper perspective.

Many people, both lay and professionals are of the immovable belief that you cannot change your past, because it is what it is and therefore, the past is immutable. To some extent, this psychology is true. However, there is an important aspect with respect to changing the past that many people do not take into consideration, which will be spelled out as carefully as possible in the context of this discussion because this action is the second step along the path of your journey of self-discovery. Because it is difficult to discover yourself as an adult without first examining the contents of your childhood, it is futile to try to jump the tracks, to move forward into the future oblivious of the mental and emotional baggage you have accumulated since childhood that is still tied to your ankles and wrists, metaphorically speaking. At some point and time, it becomes necessary to accept that certain undesirable and undeserving things occurred in your childhood that has adversely influenced your adult experiences in ways you are not necessarily aware of. Thus, blocking out unresolved issues is not conducive to enhancing the quality of your current or future experiences or your well-being and

neither is attempting to suppress your emotions. Eventually, you will find yourself facing these issues, whether at a time when you are young enough to make a significant difference with respect to affecting the quality of your current and future experiences or you will face them in a more dreadful way. These issues will come before you in your own dark night of the soul, where you will wrestle with the things your psyche will force you to face or you will come to terms with them just prior to your physical death. This manner of tending to such matters is described as a terrifying dark night of the soul because it is too late to make any changes. The choice is yours! However, the sooner you come to terms with the undesirable affects of past events, the sooner you can begin enhancing the quality of your life experiences.

Examining childhood experiences can be a delicate dance between perception and reality. Discerning what aspects about your childhood is fact and what is fiction, what is real, as opposed to what is perceived is difficult, as the perceptions of childhood are not so distinct. Because the variables are so extensive, they cannot be examined in the context of this discussion, but suffice it to say that in most cases, it comes right down to responses, reactions, beliefs, expectations and, of course, perceptions, as a child and now as an adult. A good way to approach the contents of your childhood is to write your experiences down, preferably on paper because there is a kind of magic that happens when you write. As you begin writing, you not only access your memory bank, you also access your Higher Mind. It is important to know that you are not performing this exercise for the sake of reliving painful memories, but for the sake of seeing how you reacted and responded to your experiences, what you believed about yourself and those involved and how those beliefs affected your own expectations, as well as that of others whom you also hold accountable. This exercise may take some time, but once you get it all down on paper, you can begin to sort the experiences out, which will seem to magically occur while you are writing. After a while, you will begin to see a cohesive picture come together.

As you begin to come to terms with how you reacted and responded in accordance with the beliefs that were imposed on you or where formed as the result of your experiences, and whether you set your expectations too low or too high, you will begin to see just how your perceptions may have been a bit distorted or skewed. It is not only possible, but it is highly probable that all this time you were only looking through one lens, not realizing that there are two sides to a coin. Thus, flipping the coin over and examining the other side reveals a completely different picture. This is not to say that you are giving way to making excuses for inappropriate behavior, either yours or others, but it is to say that viewing your circumstances from an entirely different perspective does present a very different picture, one that may be more in line with reality than illusion. You owe this differentiation of your past experiences to yourself, because it affects the quality of your life experiences and your well-being, as well as those around you.

With respect to the experiences themselves, you will have to discern, by way of keeping an open mind to the possibility that perhaps certain things did not really occur just as you thought they did, but that they occurred only in the confines of your mind. And even if they did occur as a bona-fide reality, there is every possibility that your reactive mental and emotional responses were just as debilitating as the events themselves and have been wreaking havoc in your life ever since, in spite of the fact that you have long forgotten about the event or have chosen to block the memory. The memory of every past event is held in the unconscious region of your mind. These same memories are also held in every part of your physical and non-physical body, in the auric layers and in the chakras and will continue to wreak havoc in your life until they are resolved, whether by acceptance versus denial or actually working them out, as described in the above paragraphs. Consciously blocking the memory does not heal mental or emotional wounds, anymore than the energy of those past events stops wreaking havoc in your life. Like it or not, there are psychological dots to connect. They manifest in the circumstances and events in your life, whether you recognize them or not. They are the undesirable effects to past causes and they can be traced back to your childhood or to whatever event was the catalyst.

So with a firm or even a shaky understanding that no one is exempt from the limiting conditions that plague humanity, given that the roots run deep and the fact that few parents get parenting more right than others, it then becomes much easier to forgive. However, the act of forgiveness also applies to you. It is one thing to step up to the plate and accept responsibility for your own actions and reactions; to reexamine your own beliefs; to understand how you think and to realistically consider the affects your thinking is having on the quality of your reality; to examine your expectations and the motivations behind them and to adjust your perceptual lenses or discard them altogether and opt for a new set. However, it is another thing for anyone, including yourself to hold you accountable for not knowing how to make such distinctions at the time. You cannot be expected to know what you did not know, but you are held accountable from a higher order to take responsibility and learn everything you can about the nature of your reality, as it comes into your awareness, because you are the only one who can change its course of direction. Other people, places and even things can adversely affect the course of your life, but how you respond to your own internal stimuli, mentally and emotionally does indeed shape the nature of your personal reality. Socrates said the unexamined life is not worth living. He also said to “know thyself” because if you do not know you from the inside out, who else will? Overcoming the need for instant self-gratification, as opposed to prolonging gratification, becoming self-disciplined and possessing the ability to control and balance your emotions comes by way of internal examination, which is how you come to know thyself.

In closing, we hope that this discussion has served to help you begin to set your own record straight, as doing so puts the matters of your life in their proper perspective,

which in turn helps you to better understand the nature of your own personal and collective reality. As always, we encourage you to share your thoughts or personal experiences, ask questions or make comments.

Many Blessings,

Linda, Z and the Collective We

Recommended Reading:

Emotional Clearing by John Ruskan