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Table Of Contents

Foreword

**Chapter 1:
Conditioning**

**Chapter 2:
Emotions, Addictions and Immatureness**

**Chapter 3:
A Real Look At Achieving Truth**

**Chapter 4:
Journaling and a Media Break**

Wrapping Up

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Foreword

There are a lot of roadblocks that keep us from fully lining up with reality. They increase the probability of shaping inaccurate mental patterns.

A lot of these untrue patterns are self-reinforcing and may be hard to rectify. All the same, once you become mindful of these roadblocks, you'll be less likely to give in to them.

Law Of Attraction: Reality Roadblocks

Eliminating The Obstacles From Achieving True Reality.

Chapter 1:

Conditioning

Synopsis

Mass medium companies get profits for the most part from ads, and for ads to be effective, you have to eventually purchase something—whether it is an automobile, a substance, or a meal. Individuals who carry an exact model of reality only purchase what they really want or require, so advertisers often market half-truths and straight-out false statements to hike up profits. For instance, if a brewery may convince you that drinking intoxicants will make you appear popular or sexy, they may get more income than if they depict a more accurate picture of intoxicant consumption. In order to totally trust the info provided by a mass medium source, you have to be able to trust that the source won't sacrifice the truth.

Media Roadblock

The issue with corporate-owned mass medium is that when there's a battle between profit and reality, reality doesn't always make headway.

The cumulative result of mass medium exposure is to train you to assume a false view of truth—one that maintains pro-advertiser values. The more you expose yourself to mainstream mass medium like TV, the more skewed your mental example of truth becomes. Moreover, the more time you vest in mass medium consumption, the less time you invest in learning from straight experience. This is a route of long-term laziness, indifference, and decline, not sound reasoning.

You are able to cut back the effect of this roadblock by learning to detect delight in the direct experience of life rather than the lie of mass medium. If you're exposed to media conditioning, stay aware that particular individuals have a vested financial concern in remolding your notions about truth in a way that frequently conflicts with reality.

I'm optimistic; all the same I believe that that society will finally outgrow the need for media manipulation as more individuals recognize that power and reality needn't be in dispute. Power and reality work much better as friends; together they forge a better life.

Social training is a close first cousin to mass medium conditioning. The culture in which you live—including your loved ones, acquaintances, colleagues, and friends—contributes to a great extent to your understanding of truth. Through your fundamental

interaction with other people, you're continually affected by social, cultural, educational, and spiritual ideas. Regrettably, such disciplined notions frequently place other values ahead of reality, so you might feel obliged to do the same thing. In the long-term, this disconnect from reality leads to self-distrust, causing you to give up your power out of helplessness and confusion. Looking at reality enables you to reclaim that authority.

Occasionally social conditioning is good. For instance, a basic language helps us communicate and connect with one another. Other times, social training establishes false beliefs that sabotage us, like a baseless dread of oral presentation.

It's crucial to acquire an awareness of your socially conditioned notions and probe them. When you feel a conflict between your notions, your conduct, and your feelings, ask yourself if you truly trust what you've been taught.

Are your notions realistic and precise? Are they equal to what you believe? In order to line up with reality, you have to eventually relinquish inaccurate, erroneous, and wrong notions.

Fictitious learning happens when you follow a belief that's either partly or totally false. Such beliefs might be adopted accidentally or established deliberately by other people. The effect is that your succeeding choices become more likely to become errors, and your results are undermined.

When I began my direct sales business following college, I was filled up with fallacies about how a real life business ought to work, so I made silly errors that wasted my time and cash. For instance, I

mistakenly accepted that a signed contract would always be followed by the other party, forgetting to consider the innate risk in any transaction.

I closed crucial deals and soon suited dependent on them for revenue, only to see them later crack up. It took a long time to rid myself of these fallacies, but as I exterminated them individually, my choices improved, and the failing business at last became fruitful.

A big part of conscious growth demands distinguishing and purging fallacies.

Do your best to stay open to new ideas and input, and challenge your suppositions when you suspect you might be clinging to untruth.

Chapter 2:

Emotions, Addictions and Immaturity

Synopsis

Solid emotions may corrupt your power to perceive reality accurately. Feelings like fear, rage, sorrow, guilt, shame, defeat, being overpowered, and solitude block you from thinking clearly, causing you to mistake untruth for reality.

Likewise, positive emotions may make you excessively optimistic, promoting you to take absurd risks and to make overaggressive promises you won't follow through with.

By training your self-awareness, you are able to learn to realize when your judgment is marred by heavy emotions.

Your feelings might prevent you from perceiving reality precisely, but an elevated degree of self-awareness may help you avoid pursuing those misperceptions.



Grow

Crucial choices ought to be made when you're clear-thinking and rational, not when you're excessively optimistic or pessimistic. But, your feelings have a strength of their own that may help you in making good decisions. Consider your emotions as a condensed version of your brains predictive output, so it's sensible to make decisions that bring about favorable feelings.

Addictions like smoking, drinking, or unreasonable net surfing make it more difficult to accept reality as these behaviors reinforce ignorance and self-denial.

For instance, if you smoke daily, your pattern of behavior makes it hard for you to swallow evidence that smoking is risky to your health. If you fear that stopping will be too hard, you're likely to ward off seeking the reality about smoking as it will compel you to confront your fear and try to stop.

Dependencies provide rich soil for cultivating additional false statements. Many individuals are ashamed and embarrassed by their dependencies, so they do their best to hide them. Keeping up a false front becomes more crucial than reality; and secrets, deceit, and lies take the place of true communication.

The beginning step in overcoming any dependency is to accept the reality: I'm addicted. Even though defeating the addiction might be a struggle, if you can accept and admit the reality of your situation, it will help prevent you from yielding to further untruth. It's perfectly all right to say to yourself, I'm addicted and wish to change, but today I lack the power to do so. Being totally truthful with yourself is

immensely superior to living in denial. You'll frequently find that upon taking that opening move, the inner and outside resources you require to break your dependency will shortly come into your life, and the response from other people will be compassionate and supportive rather than scornful and judgmental.

A particular degree of maturity is called for to fully accept truth, and this comes from experience. The more new experiences you gain, the quicker your thinking will grow. The more you look for shelter and solace through diversion, escape, and illusion, the longer you'll suffer from immature and erroneous thinking.

Youngsters have the most erroneous models of truth as they lack experience, so their brains are less skilful at making exact predictions. It's simple to fool an inexperienced youngster with a trick that a grownup would catch. The grownup has enough experience to precisely predict the result; the youngster doesn't.

You can't align yourself with reality and run from it at the same time. If you want to live as a fully conscious human, you have to release the immaturity of escape and embrace the richer growth experiences that only matureness may bring.

Chapter 3:

A Real Look At Achieving Truth

Synopsis

Distancing yourself from reality is never a wise long-run decision. It stems from a deficiency of acceptance of your own anticipations and a refusal to handle them openly and truthfully. When you look behind the real issues, you'll invariably find a deeper untruth you've been ferociously denying.

WRONG!

Face It

Your refusal to handle that lie perpetuates an ongoing downwardly spiral. Seeming short-term Advantages replace real advancement, drawing you ever deeper into a lifetime of repression and self-denial. The more you give in to the lure of inferior gains, the phonier you become as a human. For instance, say you work in a career that you intuitively feel is incorrect for you; you understand it's a dead end.

Once you look ahead, you see nothing. You simply can't bring yourself to admit the reality of your situation, so rather you live in self-denial, pretending that everything will in some way turn out all right. Rather than facing the reality, you search for additional ways to fill the void, and eventually you're seduced by the replacement of inferior gain.

Rather than your true intent, you follow money, acknowledgment, or comfort. Rather than true growth, you settle for going up the corporate ladder. Rather than abiding friendship and human familiarity, you settle for casual contacts, none of whom recognize, accept, and love the true you. Rather than worthwhile challenges, you finalize for the semblance of security.

The quest of inferior gain leads to haunting dissatisfaction, vacancy, and sadness. It's a temporary drug that may never satisfy you. If you discover yourself caught up in this habit-forming cycle, take the time for some deep self-examination. Even if you aren't prepared to deal with the long-run effects yet, at least accept the reality. Don't blow your life defending a string of fictitious achievements.

It's absolutely normal to discover plenty of untruth and denial in your life history, and you might worry that realigning yourself with reality

will be an overpowering job. Don't be disheartened. Each step you take in the direction of reality will make it easier to go along the path of greater honesty, self-awareness, and acceptance. You don't need to mend every issue overnight.

Here are a few easy, practical exercises you are able to utilize to help realign yourself with reality.

Among the best ways to bring more reality into your life is to take a quick self-assessment. Assign a numeric rating to every area of your life utilizing an easy 1-10 scale. A 1 implies you're decidedly not getting what you wish in this area of your life; a 10 implies you're utterly

Feeling what you want. Take a moment to do this now. Here are the fields to rate:

- Habits & every day routine
- Job & work
- Revenue & finances
- Wellness & fitness
- Mental growth & training
- Social life & relationships
- House & loved ones
- Emotions
- Persona & integrity
- Life intent & contribution
- Spiritual growth

Your answers ought to supply a nice snapshot of how you're doing.

Commonly you'll discover that a few areas lag behind the others, occasionally much behind. Interestingly, it's in our frailest spots that we most frequently succumb to untruth and denial, as those are the hardest regions to face. But those fields can't improve till you face and accept reality.

Now I wish you to view those same numbers from a different position. Take each rating that isn't a 9 or 10, cross it off, and substitute it with a 1. So now every of them must be a 1, 9, or 10. You see, if you can't rank a given field of your life a 9 or 10, then apparently you don't have what you truly wish in that area.

This may be particularly hard to admit when you believe you have a 7. A 7 looks pretty great at first sight, but the true 9s and 10s are far beyond 7s. The 10s are so far out there that you likely can't even view them from the position of a 7.

A 7 is what you acquire once you let too much falsehood and denial sneak into your life. It's a phony rating to start with, a 1 in camouflage. Either you've what you wish, or you don't. A 6, 7, or 8 is the answer you provide once you know you don't have what you wish, but you aren't prepared to confront it yet.

I understand this sounds unreasonably brutal, but based on my own experience as well as what I've noted in others, individuals commonly rate some part of their lives a 7 (or thereabout) when they've split themselves from reality. A 7 is a task instead of a career. A 7 is an easy living arrangement rather than a deeply fulfilling relationship.

Once you rate some component of your life a 7, it means you're on the improper path but you don't wish to accept it. You don't wish to admit

that you're approaching a stalemate, so you base your rating on your position alternatively. "Look how far I've come down the Improper path," you state. You allot yourself a 7 based on your position along the path, even though the path itself is truly a 1. Your position doesn't matter.

Your evaluation must come from the path. You may be beginning from scratch in a fresh career, a fresh relationship, or a fresh spiritual journey and still rate that component of your life a 9 or 10 if you're on the correct track.

Now consider every area of your life again, and ask yourself, what do I truly require?

What is my ambition, my great vision? What is the deep want I've been longing for, the one I hesitate to accept as I don't think I may get it? What path do I most wish to experience?

Accept that you wish what you wish, and quit living in denial of your truthful desires.

Chapter 4:

Journaling and a Media Break

Synopsis

Journaling is among the easiest and most potent ways to discover fresh realities. By taking your thoughts out of your brain and putting them down on paper, you'll acquire insights you'd otherwise neglect.



Re-focus

While a few individuals utilize journaling simply to record their thoughts and experiences, the true power of journaling lies in its power to help you move beyond sequential thinking and have a look at your thoughts from a total view. Utilize this tool to work out tricky issues, brainstorm fresh thoughts, bring clarity to blurry spots, and assess progress towards your goals. Rather than a simple record-keeping tool, your journal may vastly speed up your personal development if you commit it to that role.

A lot of individuals utilize paper journals; other people favor a word processor, and a few like special journaling software. I utilized paper journals for a lot of years, but I shifted to journaling software and never returned. The benefits are numerous. Typing is quicker than writing; your entries are stashed away in a secure, private database; you are able to utilize the built-in search characteristic to immediately find old entries; you are able to assign entries to classes for better organization; and you are able to easily make good backups. The richer programs even let you stick in images, sound recordings, videos, spreadsheets, files, net links, and more. When you try journaling software, you'll never wish to go back to paper.

An excellent way to cut back the affect of mass medium conditioning is to go on a thirty day media fasting. For thirty days straight, keep the TV switched off and avoid all papers, magazines, and net media. Disconnect yourself totally and see what occurs. I discovered that when I went thirty days without TV, I felt free to center on more crucial activities, I spent more time consorting with acquaintances, and I went outdoors more frequently. It was an eye-opening experience, and I encourage you to try it.

Wrapping Up

If you wish to grow as a conscious human, you have to learn to embrace reality and dispense with untruth. Reality enhances growth; Untruth demolishes it. If you feel you've fallen off track in your living, stop and ask yourself: Am I lined up with reality? If the answer is nope, guide your efforts towards bringing more reality, awareness, and acceptance to your state of affairs.

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