

Don't Take Things Personally

Contributed by AstroLenn
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I have made a lifetime of taking things personally. Unlike other people I do not have a thick skin, yet in stead of protecting myself by playing everything safe, I go out on a limb and practice sabotage against myself. I am absent minded at the worst possible moments, and it has happened throughout the past 25 years. My wife has learned not to take what I do personally. When you don't always try your best you can be actively sabotaging your progress in your career or in your relationships. There are no coincidences in this Universe and everything is meant to happen perfectly. We are not responsible for everything, how could we be when the Universe has its own path to take and so does the Sun and the Moon and the Earth. There is a constant interaction between the Sun, Moon and Earth. A lot of people are very aware when the Moon is full and the tides are high. Sun spot activity is at times a major concern on Earth. Everything is energy, and those sunspots is the Sun's way of sending information to our subconscious and this can disrupt you even if the information is positive, by disorienting you and making you not feel quite right. For some of you this is the signal you have been waiting for and is like a milepost to begin the next stage of your life, most of us have heard the adage that in order to know someone you have to walk in their shoes. It happens all the time you walk by someone you know really well and they don't say hi or smile. You take personal offence to the snub. What you don't know is that he has just heard less than pleasant news and all their energy is directed somewhere else. {xtypo_quote}We think we are responsible for everything. If you were on a team and the coach is fired, and you haven't been producing. You will feel responsible, when in actual fact there were a dozen reasons that he lost his position.{/xtypo_quote}

Unless you are in direct control of a situation you can't take anything personally. Everyone filters information differently and people who are more aware of what has been happening, would react totally different to news than someone who is just new to the place. I follow all the news I can about the environment. The news that we are thinking about drilling for oil off the coast of B.C. is bad news for me, for someone who believes that our economy is more important than the environment it is great news. I take out my picket sign to protest and get called Ecofreak or something like that. I don't take it personally, because I am probably more aware than they are about the environment and know for a fact that oil is a finite resource and would welcome investment in a more sustainable resource like [[tidal turbines]], which will generate power for decades. If someone tells you that you are stupid. Never take that personally. How smart would that person be if he had filled your shoes throughout your life. There is a very good chance that he has been told that he is stupid, over and over again, until he is brainwashed. A person who tells you that you are fat or ugly is trying to brainwash you into believing just that and if you take it personally they have succeeded. {xtypo_quote}There are people who prey on people who take things personally, for there own pleasure or to be able to dominate you to the point where they feel better than you.{/xtypo_quote} When you take things personally and you practice deception you eventually make that deception true. I don't know how many times I've heard that a person who has faked some kind of injury for a long period of time ends up actually injured in that way. They actually have taken the intention that they are sick to heart and created it. A person that is always hateful, prejudiced or negative, spreads emotional poison to other people. The problem is that people are not always at the same levels of maturity and someone who is more aware, will not take the crap in. Another person will take it all in and own it, and can be persuaded to become hateful, prejudiced or negative.

Some people who are very aware fall into a similar trap, when they take in all that they have been reading as the truth. There are times when people are gullible to literature that has been sent to them by people who are on the same path. We all have inner knowledge about what is happening, if the material just doesn't feel right to you. Trust your intuition, not all the information is right for you. For example a lot of people are from the Pleidian Galaxy and would do well to follow the Pleidian agenda. To me I just don't feel Pleidian and in fact I am not. My original planet does not exist anymore. Some of the teachings of the Pleidian's are not right for me and when other people talk about the Pleidian's I try not to take it personally. The Pleidian's beliefs and practices are foreign to me and just don't feel right, and that is the choice I make.

There are many religions in this world and if I were to take personally what they say about my beliefs I would never have discovered the art of divination. I have at one time or other done palmistry, astrology, tarot, numerology, I ching and cards of destiny. One of my friends told me that my tarot cards were directed by the devil and that I would go to hell for using them. In actual fact the origin of the Tarot cards came about due to the destruction of Alexandria in Egypt. {xtypo_quote}[[Alexandria]] was the home of the Alexandrian library and in Ancient Egypt held all the writings of the history of mankind {/xtypo_quote}and the five failed civilizations that had come before and held most of the writings that the Askashic Records in the astral plains hold.

During guided meditations I have traveled to the [[Library at Alexandria]], which was one of the Seven wonders of the ancient world. This library held over 400,000 scrolls of knowledge from the beginning of man. There is no definite proof of how it was destroyed, only that it was destroyed by fire, in the conquest of Egypt by [[Julius Caesar]]. The angels gifted mankind [[Tarot]] cards as a replacement for Alexandria. So when someone tells me that Tarot is directed by anything but the divine I have a hard time not taking it personally.

When you take things personally you feel offended and defend your beliefs and create defend your beliefs and create conflicts. You create your life and people are secondary actors in your movie. The way you see your life is something personal to you and it is no one's truth but yours. Then if

you get mad you are dealing with yourself and you for a large part are dealing with fear, which is an excuse for getting mad. If there is no fear then there is now way you will hate or be jealous or sad. You will not be so quick to defend and will realize that everyone has the right to their own view point. {xtypo_quote} The mind lives in more than one [[dimension]]. There are times when you have ideas that don't originate in your mind. You have the right to believe or not, the ideas we hear within our own minds. {/xtypo_quote} Thoughts create and have power if you take personally a belief that is not your own you then build upon them and your thoughts create your world. There are thousands of debates going on in your mind. True awareness happens when you can silence your mind, and the thoughts you have developed are yours not someone else.

Some humans are addicted to suffering and if something is going too good then they will sabotage themselves. Someone can intentionally send emotional poison and if you don't take it personally you will not eat the garbage and the sender of that garbage will get frustrated and mad at you and at themselves. Sometimes you can help people examine their own beliefs by not buying into their garbage. {amazon_product}1878424505{/amazon_product}

DON'T MAKE ASSUMPTIONS When you judge another person you are assuming that you know everything about that person. How can you know them if you have not walked in their shoes and been through the trials they've had. If we are lucky the judgment we make will not hurt someone unfairly by sending emotional poison with our word. There are always mitigating circumstances. I smoked for twenty-five years because of stupidity, and a judgment that was made of me when I was fifteen years old and a boxer with the Trail boxing club. Since we lived out of town a friend asked me to buy her a pack of smokes while I was in town and give them to her that night at a friend's birthday party. Somehow the smokes fell out of my jacket pocket and my boxing coach saw them. He proceeded to give me a lecture on the evils of smoking. I tried to explain that they weren't mine and that I don't smoke, but he labeled me, and in his eyes I was never going to amount to any kind of a boxer. That night when my friend complained that it was really tough to quit smoking I told him that I could quit anytime. I told him I would smoke for a year and then quit. That lack of judgment cost me a quarter of a century. Ouch!

Which may involve sacrificing your health to a higher purpose that is one of your major life lessons. Making assumptions is the same as making judgments, or even worse, because most assumptions are not solidly based on facts. Making assumptions is one sure way of getting yourself into trouble. I once rented a place, having just separated from my ex-wife. The manager of the place decided to tell a group of ladies at a get together, that she had seen me going into the bar at all hours of the day. Some people, upon hearing that rumor, would make judgments that I was a drunk and not capable of raising my children properly, since I was always in the bar. That manager's judgment could have caused a lot of damage to my reputation. When you judge that a person has wronged you, even though you have no proof, you almost always find out you're wrong. When you make a judgment you are taking things personally. You must practice discernment in order to maintain a non judgmental attitude. In this world you need to be discerning about people. If you have the intent to straighten out your life then you will need to be able to make some choices that will require a lot of discernment. You must be able to discern which situations, jobs, friends and even relationships you prefer. [[Co-creation]] with the [[Universal Consciousness]] would have no meaning if you could not have a choice of what you prefer to happen in this life.

{xtypo_quote} Just because I want to believe in the [[Christ Consciousness]] doesn't mean that other people have to as well. In fact I would prefer that people have a multitude of beliefs. {/xtypo_quote}

Lending money to someone is a prime example of judging a person. I lent a guy fifty dollars, hoping that I would get it back in a few days when he got paid. A day after payday I was still waiting for my money, so I started worrying that I would never regain my money. A week later I was sure the guy had stiffed me. I was angry but decided to wait till his next payday. The next payday came and still no money so I decided to confront him by going to his place. On the way out the door I decided to check the mail. There was a letter in the box from the guy whom I assumed had stiffed me, with a cheque for fifty dollars and a note thanking me and explaining that he had to go back to Calgary because his Mom had become seriously ill.

The anger and frustration that you feel is negative energy and it has to go somewhere. In the above example, it was directed at him, and it was directed at you. It will affect the cells in your body and money has a specific organ that it affects.

Before you make a judgment ask yourself whether it really matters to you. Consider this next example. John, your best friend's husband, is dancing with a girl in a nightclub that is not your usual haunt and you don't see his wife anywhere around. When presented with this scene, do you make the judgment that he is stepping out on your friend? There are a hundred reasons why he's there and only one means he is fooling around. This is why we need to get in touch with our bodies. Trust your natural intuition. If you are aware and not blinded with prejudice to what you want to see in a person then you can trust your intuition. Your intuition will let you know in your heart whether the person is honest. He may just be out with the people he works with and dancing with a co worker's wife, or she may be a visiting cousin or his sister. Maybe his wife went to phone the babysitter and will be right back.

{xtypo_quote} Knowledge is power, the power of awareness. {/xtypo_quote} If on the other hand you were aware that

your friend's marriage was in trouble through talking to her, this knowledge will help you to counsel your friend and when asked for your opinion you may tell her exactly what you saw, without the prejudice of your own opinion. Let her make her own choice of what she will do with the knowledge you have just shared. [amazon_product}1878424505{/amazon_product}](#)