

Frustmentbacks

10 June 2017

Continuing the series of Heavenly Realms and Deadbeat Dads (*what it's like and comparisons of bad, respectively*) The Committee continues with Frustrations, Disappointments & Setbacks, which I will abbreviate as a new word (*but only for this post*), Frustmentbacks; sounds like an overpriced snack food.

The introductory question: *Esteemed Committee, why do these things happen to people, what should - if anything - be done about them? Why does life have its cycles? Why doesn't the upside of life lessen the pain of the downslope? What can be done about frustmentbacks?*

Responds The Committee:

Greetings fellow travelers of the universe, for all to whom come these words are, as much as we. Bound to Earth's surface are you, not as aware as we of the speed with which Earth crosses the universe, and also the velocity at which the Milky Way traverses space. It and they, and you do, too. A traveling we go.

In recognition of the recent reader comment poetry, another brief one we do, as we have not in some of your Earth time.

Once upon a keyboard
And on screens across the land
Did we people point towards
Answers in the sand.

[*These guys are good*]



To your questions about frustrations, setbacks and disappointments, we say these are the rise and setting of the sun. Do you enjoy the yellow to orange to red clouds as they crawl across the evening sky? These require moisture, the movement of air, water vapor, the heat of day and the rise of the sun which begins it. These bring rain, sunburn, floods, lightning, plants, trees, food, flowers and life.

To hope the parts and pieces of life you prefer erase that which you do not, is limiting. Limiting of your understanding, joy and enjoyment. To this you might ask how enjoyment is improved by exposure to the unpleasant. To this we simply say, imagine with a good deal of your mental thoughts, energy and effort, a world which contains nothing of what you dislike and only what you prefer.

You would discover early in this process that most things in the world which surround you have not been considered either at length or in detail. The road, field, trees, cattle and watering hole might be what you have observed as you pass, however what have you personally done to place them in this position? What else has been done to maintain these things which you might see each time you go by?

If you were to slowly, steadily and methodically examine your environment for all things it contains, to then separate each into the include or exclusion columns of the preferred world you want, you would discover as would we and any being of the universe, that far more than we, you or they could consider at a glance, does indeed exist. Many of these elements of your surroundings are neutral to you, at any given moment of consideration. They cannot be placed into a category. This cannot be; if the world and environment of your preferences is to be created, there can be no neutrality. If allowed, it falls into the included category, by default. Thus you would examine your environment for simply the exclusions; the active search would be for the dispreferences. This is less overwhelming a task, for most people know what they like and like what they know.

If only we all knew all.

Once completed this task of inclusion and exclusion of physical things, key components of the preferred environment must be designed; behaviors. Your thoughts create all which surrounds you, individually, collectively and most often in combinations. How then will the combinations of which you are a part be modified to your liking? Appeal and requests to the other components, the other souls, people, beings, bugs and Bedouins of the badlands must be made. How successful will this effort be? As successful as your agreement, concessions and conclusions are, to & for the requests made to you.

Once achieved both the environment of physical things preferred and ideal combinations of behavior for all groups in which membership can be claimed, comes the true and large challenge; everything else.

How many people exist in your town? City? State? Province? Prefect? Territory? Nation? Continent? Planet? As the answers reach ever higher numbers, the percentages of your answers reveal the likelihood of you ever becoming known to or a part of these people, or any of them becoming a part of you. Will interaction with all of them occur? The vast, huge and overwhelming majority of your sector will never meet you.

Interaction is a definitive yes, but with whom? This can be easily answered also, if one thing is suspended in life; free will. Will to act, free from encumbrance, restriction or restraint but for that placed upon and by yourself, must be curtailed, cut back. For this will allow you to restrain the things you do not like in others.

Life as a human is a molecule of water. What rises must fall; as groups of these molecules collect, the movements and cycles reveal the inputs and outputs of energy, which always balance to equilibrium.

The movement of Earth, specifically its rotation, brings changes to temperature which power the cycles of water and many things on Earth. The rise of the sun powers your body, your sleep and emergence from it. Just as water moves to and from the seas, sky and land, does also your physical life. Your heart slows, your lungs relax, your brain resets, your body calms, then reawakens to the movement of the sun.

To ask if frustrations, disappointments and setbacks can be lessened or eliminated, we say, yes, they can be taken away completely. Take away Earth from around you, take away all of life which thrives and all of the bad will be gone.

No human concerned for life's frustrations, disappointments or setbacks wants Earth eliminated. Such a view is held by a very few but it exists, however the would-be eliminator of Earth clings to this fantasy for self-coherence, ignoring the impossibility of its realization. The vast, vast majority understand otherwise.

Of the frustrated, the disappointed and the setbacked among you, few have intentions or even ideas of eliminating Earth; just the problem of the day comes to mind.

Lessen your frustration, enhance your disappointment and reverse what is backwards by simply turning yourself in place. Life on Earth is perspective; the limits of physical existence offer enormous benefit inside the external limits, for this reason you have taken them on.

Pick your frustration; such as no mate. The desire unfulfilled for a mate is caused by no potential mates? Or inability to attract the mates? Then reverse course and approach; can you be the only person who desires but has not been successful with attraction? Then do not attempt to draw to you, rather push yourself at the target. Not all targets will be receptive, of course. In encountering this miss, you will uncover and identify in the would-be mate you have targeted, a key reason for his or her frustration. What can you do about her or him? Nothing s/he does not want or allow. What can you do about yourself? Everything you will allow in, by and for yourself and the easy, easy part to this is, you already know what these things are. Automatically. You need not think long, if at all, about what you will allow and for yourself.

Pick your setback; a proposed deal for location, labor, equipment or supply has fallen through and will not be coming. Not only is a new source needed, but likely will a new plan need be composed. This will require time, repeated efforts and the goal, objective and destination to be reached in the previous or initial plan, will be delayed along the calendar number line of Earth.

Time, the great reality and illusion of Earth. Something which exists for all, which cannot be taken away, granted, extended or modified. Beyond the ability of any and all, is the rotation of Earth, beyond capability of anyone to slow or accelerate the illusion. An illusion fixed is power thus reality. To deny reality among humans is considered delusion. "How can s/he ignore what is clearly the objective reality which surrounds us?" would say the strong follower of Ayn Rand or the author herself, cementing into place the notion reality is fixed and set.

Reality is as fixed as you choose, and the many of you have chosen it very solidly, so indeed it seems solid. Very hard, as stubborn as rock. We say, you joined this reality of your creation voluntarily, thus you voted for its continuance. You were and are not compelled to participate, you may depart at any moment and you have already decided that you will, some day or night.

The new business plan to overcome the setback of lost deals, requiring more time, a repeat of past steps and new efforts added upon them, is not the burden as it presents itself. It is simply a reversal of direction; a re-settlement of the goal upon a different point on the number line. The equation has been changed, so a new answer will be the solution. The original goal might not be reached; does this make the new goal less worthy? In some cases, the planner will persevere and achieve the original objective anyway. This is deemed good, positive and wonderful but does not consider the opportunity cost of the missed alternatives. The possibility of other routes or destinations might not have been written into a plan in the first instance, thus loss of opportunity is not perceived. This means not and never that no alternatives there were; for they exist always.

In the absence of time, alternative realities abound, so we say, because time does not exist but as an illusion of reality, there are many alternative realities.

The occurrence of setbacks is the window into these things; a glimpse into the true functioning of the universe. It is stark and solid evidence that you exist in the universe as a spiritual, energetic being in your essence. It is your nature and your true self.

When one occurs, you are seeing nothing more or less than who and what you are.

Disappointment is reaction. Reactions follow actions, and these are always your choice. Simply and uncomplicatedly, your choice. The discovery of many things a human negative considers, is often equally positive to another. This reaction can be considered by detractors as bad, deluded and deranged. Easy is it, when a majority agree a reaction is strange, as that majority has defined it.

Should reactions happen because of what you believe others will think of your reaction, as your priority? Do you react from instinct, habits and nature, without thinking for even a brief moment what others observing will say, think or do?

If told of the murder of a close relative or sibling while standing in a field you are, will your reaction be different than if standing among many fiends or among many strangers? Will there be three reactions, two or just one?

There is a choice of disappointment, and we say, the frustrations and setbacks of life, like the cycles of water caused by the sun, need not lead to the disappointment you have learned to feel. The loss of a job can be the blessing, the liberation from a boss so unpleasant; the cost of freedom was loss of income from that job. There are incomes, money and jobs elsewhere. The boss who has fired you required this for her- or himself, a circumstance to both obtain a position and also the many employees working with her and him. Your reaction need not be disappointment but simply see opportunity to use the same things available to s/he who has rejected you. Your release is the way to see this, for rejection always this is.

Live your frustbackpoints and frustmentbacks well, because from them comes the light of your soul, the joy of success and the peace of Heaven. Be well, we wish all, do return again, as shall we.