

## **Introduction**

What is drama? What is it about drama, that it can so intensely affect one's life? And how does one go about stopping the drama so that peace and contentment prevail?

To answer these and other pressing questions, we have to take a step back and look at the bigger picture; the bigger picture of life itself.

Our world is made up of millions of events. In fact, life is really nothing more than a series of events over any number of unknown years. If we look at any event that occurs on this planet and view it objectively, outside of any human interpretation, we see that the event is just an event. A rain shower is just a rain shower. A lottery win is just a lottery win. A barbeque is just a barbeque.

It is neither good nor bad, because it can't be labeled as such without first having some standard to measure it by. In order to label this experience as good or bad, human beings have to inject their subjectivity into the process. And that immediately changes the event from simply an event to a subjective experience according to the criteria of the subjector's beliefs.

The event has become a unique, personal experience.

### **What Is Drama?**

A dictionary describes drama as "a literary or stage work in which the characters experience some sort of internal or external conflict."

For the purposes of this book, drama is described as any emotion that holds you back from living life in a state of harmony.

Drama is the result of a subjective meaning attached to a meaningless event that causes any degree of emotional upset. Many people label drama as episodes of extreme emotional release, such as an explosive tirade, but this is not true.

You may think that low-grade drama doesn't affect your life all that much. After all, it was just a little incident, right? It'll blow over.

But these little instances of emotional upset that you don't process in a healthy manner accumulate in your energetic system, and silently but surely affect so many other parts of your life, just like a dripping faucet.

Drama is drama, no matter how big or small. And it all affects your life in a negative way. Let's look at some displays of this in everyday life:

- Worrying about something ...
- Assuming what someone meant ...
- Making an event in life worse than it is ...
- Feeling like a victim of the world ...
- Venting frustrations on people and situations ...
- Expressing and holding on to anger ...
- Holding grudges ...
- Getting defensive ...
- Holding on to the story of your tragedy ...
- Misrepresenting life's events as permanent ...
- Refusing to accept what is, and fighting with life ...

### **Where Does Drama Really Come From?**

On the surface, and without much observational insight or interrogation, it can seem that drama comes from the outside events in our lives. After all, "If I hadn't lost my job, I wouldn't be so fearful of my future." "If my teenager wasn't so inconsiderate he would have phoned already and not made me worry like this." "If my husband would just think of me a little more often I wouldn't be feeling so unloved."

Nonsense! In an unconscious attempt to absolve ourselves of all responsibility for what happens to us, we have the tendency to assign the blame for life's *tragedies* – big and small – on some external person or event ... the ex, a boss, the driver in the other lane, our parents, the economy, the weather; whatever and whoever.

As blunt as this might be, the root of all the drama in your life is YOU – every single incident, because drama is of the mind. The events themselves are not your responsibility, but how you feel about them is.

The part of your mind responsible for all this drama is your ego-mind, which is what every strategy in this book addresses.

### **The Bright Side of Drama**

You're probably wondering what this section is all about – the bright side of drama? Believe it or not, there is a bright side to the drama in your life.

Your emotions are a feedback mechanism. They are alerting you, in very certain terms, of something that needs your attention.

### **Every cloud has a silver lining...**

*“...and finding it is one of the most reliable ways to turn an apparent problem into a blessing! True wisdom is the ability to see the equal benefit or blessing hidden in every challenge, situation, sickness, or crisis. The silver lining is always as bright as the cloud is dark. And when we see its shining light, we are grateful for the gift of our challenge.”*

Dr. John Demartini

### **How Do We Get Control of the Drama?**

Drama is of the mind, therefore, the solution is deceptively simple: manage your mind and you manage the drama. This can be tricky, though, since you are using the very vehicle to fix the problem that created the problem. It is so easy to get stuck in the mind, locked into a certain way of thinking, unable to notice more empowering options available to you.

With the help of the strategies in this book, you will see through the veils of illusion and break free from them. All it takes is the awareness of what you want to change, and then the sincere desire and commitment to do whatever it takes for you to do that.

The mind is a creative instrument, and it has done exactly what you have programmed it to do up until now with your thoughts. Choose different thoughts and your mind will create different circumstances in your life. The good news is that anything you have ever learned, you can unlearn.

There are two critical elements required for you to make this shift: ownership and commitment.