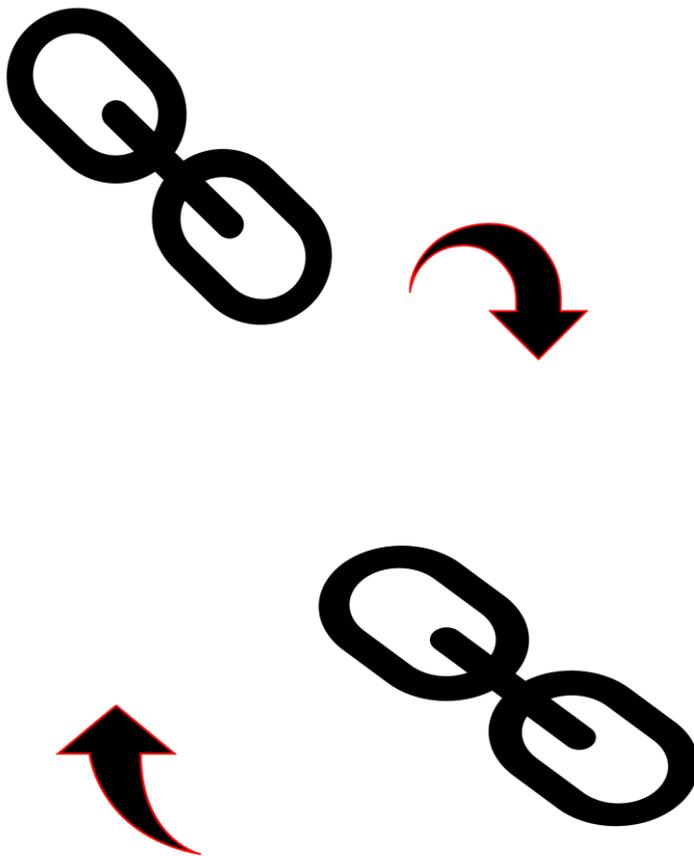


The Law of Cause and Effect Further Explained

CAUSE



Effect

Connecting the links between Cause & Effect

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Part 1: Conditioning

Introduction...

Although we encounter all sorts of experiences along the path of life, we tend to fall short when it comes to an understanding of how the law of cause and effect is fundamentally operating in our personal reality, in fact, it doesn't even register on our internal radar as an actual law.

Consequently, we don't necessarily think in terms of cause and effect. We just go through life responding to negative influences we don't even know we are responding to, much less know how or why making all sorts of choices and decisions in response to those influences regardless of how they are impacting our reality.

Because we do not know how a negative influence has adversely affected our reality and is still affecting our reality, we do not know how to correctly link the undesirable effects we have already experienced and continue to experience to the real cause of those effects. Consequently, we do not see how our reality is no less adversely affected if not more affected by our own actions and reactions in response to that negative influence. Even if we are aware of having been negatively influenced, by whom and perhaps even know how and maybe even why we don't necessarily know how all the undesirable effects we continue to experience really do connect to the cause of them. Nor do we know how all the adverse effects from other underlying influences affected by that same cause are also affecting how we experience our reality. Consequently, we fall into ditches of error in our thinking, believing and perceiving, attributed effects to wrong causes that often have damaging consequences not just to ourselves, but to others as well.

When a negative influence is strongly experienced to the extent that the impact is life altering, the effects are often long-lasting. One such life altering influence that often results in a long string of undesirable effects not easily connected to the cause or not correctly connected to the cause or not connected at all is conditioning. Conditioning occurs when we are negatively influenced by someone or something within our environments such as the strongly felt conditioning influence of a parent or parents, caretaker, sibling or another relative, teacher or anyone of authority as well

as the conditioning influence of culture and religion. The effect from having been conditioned is that it programs us in ways we are not fully aware of, further affected by our own actions and reactions in response to the conditioning. However, as much as we have been affected by the conditioning in whatever way that conditioning occurred, when or by whom, and are constantly reacting to the conditioning script, because there is one, we are not necessarily aware that we are reacting or even know what we are reacting too. Consequently, we do not know how the effects we have already experienced, are now experiencing and those we will continue to experience are linked to the conditioning.

The law of cause and effect is further explained in Part 1 not to promote egoic identification with these influences or encourage attachments to them, but to help you break the attachment that binds you to the effects of the conditioning such as you experienced it. Breaking these attachments is how you begin to write a new script that is not authored by anyone other than yourself. The caveat, however, in writing a new script is that with it comes a great deal of responsibility and accountability resting squarely on your shoulders.

Positive and Negative Influences...

Unlike those who have been exposed to positive influences, evident in how they experience their reality and the successes achieved, a very different story plays out for those of you who have been exposed to negative influences that are conditioning to the extent that your reality is adversely affected. How you experience your reality and the successes you do not achieve not to mention the toll it takes on your personal relationships are just as evident. Contrary to the effects of positive influences that supports self-confidence, giving rise to self-esteem and self-worth, strongly felt negative influences can strip away self-confidence, all but diminishing self-worth and self-esteem, giving rise to certain insecurities.

Because conditioning can undermine the goals you wish to achieve or the dreams you wish to realize, the reality you experience is not the reality you intended to experience. Blocked by an invisible obstacle, the tendency is to justify the reasons why you can't seem to get there as being the fault of causes that are not really the cause even though it appears that way and in so doing pretty much guarantees still not getting there.

Trying to rise above the adverse effects from having been conditioned without being aware of having been conditioned or not being fully aware of the extent of the conditioning or how the script is still influencing your reality is to lose more ground than what is possibly gained. Because neither the conditioning nor the ongoing effects of the conditioning are necessarily self-evident, at least not until they are *correctly* identified, emphasis on correctly, identifying the conditioning and the long-term effects of the conditioning is often a tenuous process of peeling back many layers of perceived causes before finally getting down to the real cause. Of course, the older you are, the more layers to peel back.

Even though you are no longer in that conditioning environment, if that is the case, does not mean you are not still being affected by the conditioning. Once the script is embedded in the psyche, having also been impressed in the brain, that negative narrative plays in your head like a broken record. The script doesn't just direct your experiences, it is the deciding factor that ultimately determines how you experience your reality. As the script

continues to pull sway, and as you continue reacting to the conditioning, the script will just keep influencing your personal experiences and will continue to do so until the narrative changes.

In the meantime, like is attracting like and does so because the vibration of thought especially when acted on and the vibration of what is attracted, the effects, are equal. In other words, you draw those undesirable experiences to yourself by way of magnetic attraction. That same magnetism not only accounts for the attraction of those repetitive experiences, it also repels the attraction of those desirable experiences. The reason is that the things you desire to experience do not align with your current vibration. Consequently, the misalignment of the vibrations repels those experiences from materializing in your reality (more about attraction and vibrations later in the discussion).

Developing Schemas...

Conditioning triggers a reactionary state of mind and emotions inwardly felt and outwardly expressed. However, in as much as the outward expression speaks to certain sensitivities, they are not necessarily evident to the person expressing them even though they tend to do so habitually and rather emphatically and sometimes destructively. When overcome by their own insecurities, these sensitivities develop into one or more schemas (neurosis). Schemas are reactions to certain triggers provoked by those insecurities that are inwardly felt and outwardly expressed. For example, the schema of rejection arises from having been rejected or the belief of having been rejected. The schema is the overwhelming fear of being rejected to the extent that anything that even looks or feels like rejection, even when there is no real rejection, is rejection as far as the person with the schema is concerned. Consequently, if you fear rejection, you are likely to experience repeated rejection because you will have drawn that energy to yourself by way of your own reactions. The same principle applies to all schemas.

Examples of other schemas are the fear of not being loved, having not been loved or the belief of having not been loved; the fear of abandonment, having been abandoned or the belief of having been abandoned; the

schema of betrayal and mistrust, having been betrayed or the belief of having been betrayed; the fear of not belonging or the sense of not belonging, having not belonged or the belief of having not belonged; the fear of failure as the result of having failed or the belief of having failed. And then way over at the opposite end of the pole is the schema of entitlement such as the desire for or the acquisition of money or material possessions not rightly earned or the belief of entitlement for whatever reason one holds too.

The longer these schemas are left unidentified, the greater the toll they take on some or all aspects of your personal reality especially your personal relationships where they tend to hit the hardest. When driven by your own insecurities the tendency is to push people away and then blame them as though they were at fault which is not really the case. It's really no one's fault per se. The schema is an ingrained programming, it is an effect of the conditioning in whatever way that conditioning occurred. Even when a schema is identified rest assure there is more than one schema attached. Overcoming a schema or schemas is a process of deprogramming that deeply ingrained programming by being cognizant of the schema script as well as being very aware of how you are reacting to those triggers; whether perceived as real or is real makes no difference – a trigger is a trigger. What matters is how you react to that trigger which can be just as damaging to yourself as it damaging to those you accuse of being at fault and/or push away.

Suppression...

A particularly damaging effect of conditioning is the suppression of one or more character traits. Having encountered a negative narrative, typically communicated in the form of ridicule, insult, intimidation or harsh criticism that speaks to being worthless, not being smart enough or good enough or not likely to succeed is impressed in the psyche. The effects are the suppression an inspired idea or a vision that was not allowed to take flight, a dream that was not allowed to be realized or a goal that was not allowed to be achieved. Having been squelched by an unqualified opinion from someone whose perceptions are no less distorted as the result of their own

conditioning, is reflected in their own narrowed minded and self-limiting perspectives and disabling beliefs.

Some people are just so shot down, so intimidated, so fearful of not being accepted or fear being criticized, especially when their creative expression is outside the box of conformity, they leave their creative expression behind for the sake of obligatory duties and responsibilities, adhering to social norms rather than pursue their creative expression. Left with a nagging sense of something missing in their life, some people do manage to find their way back later in life or find other ways to channel their creative expression. However, others never find their way back or even look for some other way to express their creativity fenced in by their own limitations and insecurities. Some people just fall into a state of depression and remain there.

Because the inner yearning for expression never really goes away, the buildup of that suppressed energy tends to rear up from time to time in the most unpleasant ways. That repressed agitation often gives rise to a sudden outburst of frustration and even anger seemingly not connected to any specific cause, at least none that can be identified on the surface. These sudden outbursts make it very difficult to accurately pinpoint the cause of that underlying agitation, erroneously perceived to be the fault of someone or something that isn't really the fault. Such outbursts of frustration or anger projected at someone who is not at all at fault isn't just a little damaging, it can be a lot damaging, and the consequences can be quite costly.

Another effect of conditioning that is no less damaging is unmet needs. These are powerful underlying influences that drive certain behaviors, emotional needs often being right at the forefront of the inner battleground closely followed by material needs and financial needs. The problem with unmet needs is that the person being driven by them is not necessarily aware of these needs or to the extent the needs are driving the fulfillment of them. Consequently, the behavior itself becomes habitual as if it were on automatic pilot. Essentially it is on automatic pilot which is why the need

to seek fulfillment of these needs is more of an unconscious action and reaction than it is a conscious choice or decision.

As neither suppressed character traits nor unmet needs vanish into thin air, each brings to bear its own consequences that can be felt for a long time to come. Suppressed traits fall into the “shadow” of the unconscious, metaphorically speaking, appearing as Jungian archetypes in the psyche, symbolically expressed in the dream state, always seeking external expression creatively or in very destructive ways. Unmet needs seek fulfillment wherever, however and often with whomever, and as such not only accounts for the attraction of dysfunctional relationships also accounts for the ongoing string of dysfunctional relationships. Just as these underlying drives motivate certain reactionary behaviors, so come the very unpleasant consequences presumed to be the fault of anyone or anything other than what it really is – the long-term effects of the conditioning.

The Journey Begins...

Although the negative script does not have to follow the same destructive course but can be identified and a new script can be written, the process of identifying the script and then linking all the effects to the actual cause of the script, the conditioning, is no easy feat. However, this is where the journey of self-discovery begins. Because self-discovery necessitates whatever degree of self-introspection and self-examination is needed to identify the conditioning and the extent of it as well as the ongoing effects, embarking on an uncharted path in unknown territory is an obscure reality most people do not really want to examine that closely. Consequently, few ever make it to the starting line. And given the often surprising and sometimes disturbing revelations that occur along the way, not to mention the likelihood of there being more than one dark night of the soul, not many people make it to the finish line either, sometimes even when the finish line is in sight. A dark night of the soul is that you view explicit details about your reality that are just as painful as they are disturbing, though very enlightening.

Embarking on the path of self-discovery is to answer a calling of a higher order, an odyssey of self-exploration and self-realization that extends well

beyond surface appearances. Those that have made it all the way to the finish line, including the author of this discourse, know from firsthand experience that embarking on a journey of self-discovery is not for the faint of heart. Such a journey requires the strength of mind, courage, and persistence to push through the obstacles encountered along the way and not give up when the going gets rough because it probably will. However, as tough as the journey might be, it's not about being at fault nor is it about being wrong, rather it's about coming to terms with a much bigger picture that in the end sets the record straight once and for all.

Those who dared to embark on this journey know that the process of identifying a well-embedded script and then linking all the undesirable effects to the actual cause, the conditioning, is a cognitive process not ordinarily accomplished in a few days, a few weeks or even a few months. It can take a long time to link a lifetime's worth of undesirable experiences to the cause of those experiences as well as coming to terms with your own reactions which, as you will see, was no less damaging. Not only does the finish line keep moving further out; the proverbial rabbit hole gets deeper and deeper. The frustration of feeling like there is no end to this seemingly ever-ongoing journey which, incidentally, does not come all at once, but comes in phases, each phase bringing to light new revelations can all be quite overwhelming. Eventually, the journey comes to an end, but not until all the effects have been linked to the real cause and the picture is finally completed. Because the results can be a lot to take in, this is where the need for compassion and forgiveness enters into the story in a way that may come as a surprise (more about this in Part 2).

Stepping onto the path of the "hero's journey" (Joseph Campbell) is to cross over the threshold of what is known and is somewhat comfortable because it is familiar in search of personal truths discovered along a path that is very unfamiliar and not at all comfortable. Consequently, the journey is often refused more out of fear than it is of time or effort. However, the longer the conditioning and the ongoing narrative continues to dictate how you experience your reality, the longer the script continues to influence the

quality of your personal experiences as the result of your actions and reactions in response to the script.

The more the karmic pendulum swings further and further out of balance, the more history just keeps repeating itself to the extent that there are far more undesirable experiences than there are desirable experiences. The difference in all these experiences is that different people, places, and things are karmically attracted and will continue to be attracted until the lessons there to be learned are learned. If not the same scenarios will keep coming around and around until the lessons are finally learned, and the karma is balanced. One sure means of knowing it is your time to balance the karma is the fact that you have been drawn to this discussion and perhaps drawn to others who are speaking the same language as such truths are universal. Whether the attraction is occurring on a conscious or an unconscious level doesn't really matter. What matters is that you are drawn in because you are seeking a deeper understanding of the nature of your own reality and the answers will come if you are willing to see the journey through.

Fault and Blame...

The process of identifying the degree of the conditioning and the negative narrative that is still dictating all or aspects of your reality is even more challenging when the cause of all the undesirable experiences are misinterpreted as being the fault of people, places or things that are not the real cause. These perceived causes are just part of the ongoing effects of the conditioning each having been magnetically attracted. The misinterpretation not only leaves the connection between the real cause and all the effects unidentified but also leaves the wheel of undesirable effects in perpetual motion accumulating even more undesirable experiences, each carrying its own consequences.

Because nothing happens by chance, the danger in shrugging off these experiences as though they are unrelated random occurring events, misfortunes, accidents, bad luck or bad timing just prolongs the repetitiveness of these experiences. So does blaming others who are not really at fault, including self-blame or even blaming it on the will of God

instead of having identified the real cause. Besides being damaging to yourself as well as others blame also speaks to avoidance, neither of which is the least bit productive. Breaking free from the stronghold of conditioning does not occur by way of finding fault, blame or avoidance, rather it occurs by correctly linking the string of effects to the actual cause, not a perceived cause or causes as these are not one and the same thing.

Choices and Decisions...

From the time the script began influencing your reality, the energy of that long-playing negative narrative hasn't been the only underlying influence directing your personal experiences. Other internal influences affected by the script are also directing your experiences, some pulling more sway than others. One such underlying influence that pulls a great deal of sway that not only affects your reality but guarantees the repetitiveness of those undesirable experiences is the matter of making life impacting choices and decisions. While some undesirable experiences can be blamed on having made poor choices or bad decisions and as true as that is given the built-in propensity to make poor choices and bad decisions under the influence of the script, there is more to the story.

Because the matter of making choices and decisions is not an independent action, discovering that many of your choices and decisions have been strongly influenced by the script can come as quite a surprise. Besides being the underlying motivation for how and why certain choices and decisions are made, the script also influences the quality of those choices and decisions. So, in as much as making poor choices and bad decisions appears to be the root of the problem, it is the strongly felt influence of the script directing those choices and decisions that are really the root of the problem. And just as the script influenced the choices and decisions you've already made so that ongoing negative narrative will continue influencing the choices and decisions you are currently making as well as those you will continue to make until the narrative is identified and a new script is written.

Given that the consequences from having made certain choices and decisions do not disappear in one fell swoop some of those consequences may be longer lasting and harder to come out from under than others

which, quite frankly, can be very discouraging. Accepting that what is done is done is hard enough. However, acceptance is even harder when stuck in the rut of resistance and blame which is a very self-defeating and self-limiting mindset. Given that where you are at today was probably years in the making, you are not likely to stop feeling the consequences overnight. However, just because change isn't visible on the horizon, does not mean that change is not forthcoming. The law of change states that nothing in life is as certain as the certainty of change. So even though some changes take more time to unfold, the law of change guarantees the certainty of change changing places in your reality.

Just as time corresponds to change in that it tends to open unseen doors of opportunity, so a shift in your conscious awareness also opens doors of opportunity by way of magnetic attraction. The shift in your conscious awareness, being a vibrational shift, begins to attract synchronistic events that can bring about a significant change in your reality. Many people find themselves on a completely different path that they never anticipated or even thought was possible. Yet there they are either fulfilling their life purpose, achieving an unrealized goal or even a new goal or maybe realizing a dream they never thought was possible. Such a shift requires patience, and as difficult as that can be, because it is, patience is not only a virtue, patience along with perseverance are essential to change. The effort eventually pays off like when you suddenly and very unexpectedly find yourself on a completely different path, having overcome many if not all of those lingering consequences. Those that remain are best accepted and not with resentment or remorse as neither of these reactions is any less self-defeating and self-limiting than any other negative influence.

Getting back to the matter of making choices and decisions...

Although the words are used interchangeably as though they are one and the same thing, there is a fundamental difference between making a choice and making a decision that is worth knowing about. The more aware you are of the difference between a choice and a decision, the more you might be inclined to slow down, give yourself time to think life impacting matters through objectively rather than subjectively. An objective perspective

means seeing things as they really are and not as they appear through the lens of distorted perspectives and erroneous beliefs. The more you get in the habit of thinking rather than reacting, the less negative impact the choices and decisions you make going forward will have in your reality, likewise, the less you are apt to project blame where no blame really exists preventing unnecessary turmoil now and later down the road.

Choices are made all throughout the course of the day. Although most are mundane, meaning they are an ordinary day to day selections having little if any impact on your reality such as what outfit to wear or what coffee to select at your favorite café or what to have for lunch, some choices are more impactful though still relatively benign in terms of the consequences. However, there are choices that are far more impactful to the extent that they can be life altering and even self-damaging as well as being damaging to others. Whether the damage is self-inflicted or adversely affects others the effects are inevitable when certain choices are made without giving little or no thought to the consequences. The problem with leaving the chips to fall where they may attitude is that this self-defeating mentality does not take into consideration that the chips are going to fall and that the consequences are not likely to be very desirable. The knee-jerk response is to automatically blame someone or something which just compounds matters, not to mention the karmic repercussions that sometimes comes right back like a boomerang or surfaces later down the road when least expected or not expected at all.

Unlike choices made in a reactionary state of mind, the decision-making process is just that, a process that usually involves some degree of cognitive thought best accomplished when there is clarity of mind, taking the time to think a situation through rather than act and react on the spot. However, to the degree that a decision is made more thoughtfully, taking into consideration other options while weighing out the pros and cons, really depends on your point of view. To the degree that your cognitive process is fenced in by the boundaries of your beliefs and the limitations of your perceptions cannot help but distort your point of view. Consequently, the more your point of view is distorted, the less likely you are to make an

objective decision. Having been swayed by your own beliefs and perspectives as well as your own insecurities, these underlying influences will certainly sway a decision in the wrong direction resulting in consequences that are not to your liking.

And just as your beliefs, perceptions, and insecurities are no less an underlying influence affecting the quality of your experiences, so the influence of strongly felt emotions can pull even more sway. Emotions are often the deciding factor when it comes to making certain decisions and most definitely when it comes to making more choices than you may have realized. Given how strongly the script is influencing the quality of your choices and decisions, having first influenced your beliefs and perspectives, insecurities and emotions are damaging effects worth contemplating.

Cause and Effect...

The law of cause and effect is a straight forward fundamental principle, causes result in effects. How an effect materializes depends on the cause that set the effect in motion, and the role attraction plays in manifesting the effect, the vibrations being equal. When an effect materializes also depends on the cause that set the effect in motion as well as the role attraction plays in the timing which, of course, is never a certainty. Whereas some effects materialize right away, others do not materialize right away and may not for some time to come. Consequently, the more distance there is between the cause and its effects, the more the cause is likely to be forgotten as are the effects. However, just because a cause that set an effect in motion is lost to memory, it is not lost to time. Because the magnetic energy of the cause is still in motion, effects that suddenly materialize as they often do and seemingly right out of nowhere can come as quite a surprise. When viewed through the lens of misconstrued misinterpreted perceptions upheld by erroneous beliefs, widens the gap between the real cause and the perceived cause that much more, inevitably perceiving the sudden and very unwelcoming appearance of these latent effects as being unfair and undeserving which really isn't the case.

And just as effects do not come out of thin air, so attraction does not happen by chance, which is why identifying the script as opposed to the

need to blame is so important. Even when blaming others as being the fault of your undesirable experiences seems rightly justified, rest assure the script, as well as your consistent reactions to it, is the underlying attraction factor responsible for attracting and repeatedly attracting those undesirable experiences, even attracting certain people while repelling others.

The lack of correct understanding, resulting from the lack of right knowledge, right thinking, and right view is why best intentions to avoid such undesirable experiences is a resolution that tends to fall by the wayside and rather quickly especially when it comes to attracting dysfunctional relationships. You simply cannot resolve things based on outer appearances any more than you can expect to resolve things you have not yet identified or have not correctly identified. The resolution comes by way of identifying the cause of all those effects to the real cause, not a perceived cause. The difference in linking an effect to a perceived cause rather than linking it to its actual cause is that it has a polarizing effect as opposed to having a liberating effect, the outcome can be rather substantial and costly to yourself and to others.

Integrating Laws and Fundamental Principles...

In as much as understanding the law of cause and effect is essential to understanding the nature of your reality, it is equally important to understand how other spiritual laws, also called natural laws (or spiritual laws) govern the material world. Natural only in the sense that when it comes to human behavior, the standards are of a much lower vibration as compared to the standards of more advanced beings having ascended the rather confusing effects of duality. However, because duality reigns supreme in this density, being of a lower vibration, both sides of the pole are experienced as well as everything in between for the sake of having “felt” experiences, including the expression of strong emotions.

What these laws have in common is that they are immutable and mutable fundamental principles that operate in a very certain way. Immutable in the sense that they are always in operation; mutable in the sense that how they affect your reality relates to how you affect your reality as you act and react to triggering situations. The more you understand the fundamental

operation of these integrating laws, the more you understand how they are interacting with your reality.

Beginning with the law of cause and effect, the fundamental basis of how a cause sets an effect in motion begins with the principle thoughts become things, followed by the principle energy flows where attention goes. To really understand how these principles are operating in your reality is to examine the flow of thoughts. Although thinking is a cognitive process, and energy flows where attention goes, thoughts do not come out of thin air, something directs the flow of thought. In other words, something influences the very thoughts that become the kind of things you really don't intend to experience but do anyway then wonder why it happened.

In the case of conditioning, the script is the influence that not only directs the energy of many of your thoughts which, of course, is where your attention goes, the script also influences the quality of those thoughts. So, in as much as your thoughts influence your feelings and emotions, beliefs and perspectives, insecurities and expectations, likewise, all these inner influences feed your thoughts. The more you focus on your thoughts, the stronger the intention is to act on them, setting effects in motion that may or may not manifest a result right away, but will manifest sometime down the road that may or may not be to your liking.

The fundamental principle of the law of attraction, like attracts like, integrates with the law of cause and effect as well as the fundamental principle that thoughts become things and energy goes where attention flows. How all these principles integrate with each other is that they build on one another. First, there is a cause which, of course, is the conditioning. Second, is that the narrative that you keep responding to forms a vortex of vibrating energy that magnetically attracts more and more like kind experiences. Because that vortex of energy is magnetically attracting the people, places and things that are of the same vibration not only accounts for all those undesirable experiences which are of the same vibration, also accounts for the repetition of them; after all, like does attract like.

Given that the kind of things you really desire to experience are not of the same vibration as your current vibration, but are of a higher vibration leaves you with only one option as the means of manifesting those desires. That option is to raise your own vibration. Raising your vibration requires action on your part which does not imply negative thinking, overreacting or blaming, rather it implies learning new things about yourself which this discourse is intended to help you do. The more you learn about yourself and your reality such as how and why you experience your reality as you do, the more you raise your conscious awareness which then raises your vibration.

Learning new things about yourself isn't necessarily about being good or bad nor is it about being right or wrong although you will come to know where your thinking, acting and reacting went astray. Raising your conscious awareness is about gaining a deeper understanding of your own reality; it's about correctly connecting the effects experienced as the result of the conditioning, the cause, as well as understanding how your own reactions to that negative narrative will continue to dictate your experiences. The more aware you are of the truth of your reality, the more aware you are of even greater truths that lift you from your present vibration to a higher vibration in stages that correspond to the level of your increased awareness which is a process of change.

However, raising your conscious awareness does not imply instant change occurring in your reality as if someone waved a magic wand over your reality. The energy of attraction does not stop in mid-air, meaning that effects previously set in motion may still materialize and may do so unexpectedly until the energy is cleared out. What makes the manifestation of these effects easier to discern is that they really are out of place in your reality, meaning they no longer correspond to what is going on in your reality which is not the same as those latent manifestations that were corresponding to your reality at the time they manifested. Because these effects are just a former energy running its course, they are not likely to have much of an impact on your reality. However, your reactions will play a big role in how these effects impact your reality which has nothing to

do with what you do or do not deserve, it is simply that the energy was already put in motion and has now returned a result. The best response is a non-reactionary response, acknowledging that this is happening as the result of having previously set that energy in motion that has now run its course. Even if you have no recollection of having done so, the fact that the effect materialized is proof enough.

Although the matter of wants, needs, and desires will be covered more extensively in Part 2, it is necessary to address the opposite effect from having directed the flow of your attention on what you don't want to experience. Because your attention is no less focused on avoiding the things you don't want, don't need, and don't desire as it is focused on the things you do want, need or desire, the energy of attraction makes no such distinctions. Although energy flows where your attention goes, it does not differentiate between what you want and what you do not want, which is how and why the things you focus on with intent that you don't want, don't need or don't desire manifest anyway. These undesirable manifestations occurred because the energy flowed exactly where your attention went, and as thoughts really do become things, the energy manifested something you really did not want to experience. So rather than ask yourself why this or that happened or look to someone or something to blame, contemplate the thoughts you directed your attention toward with intent. Being self-evident, this simple though very honest exercise should be an "ah ha" moment in your journey of self-discovery.

Getting back to those integrating laws and principles...

The Law of Balance...

The law of balance integrates with the law of cause and effect, the law of attraction, as well as the principle thoughts become things, and the principle energy flows where attention goes. Thoughts being the gateway to that flow of energy does not flow so freely when blocked by the influence of that negative narrative constantly affecting how you experience your reality as you act and react in response. However, in as much as the law of balance is about not letting the pendulum swing too far to the extreme right nor too far to the extreme left but to stay as close to

center as possible avoiding needless suffering, there needed to be a realistic means of avoiding the suffering. The exception is when the suffering is for the sake of learning important life lessons which, unfortunately, is how many life lessons are learned.

To help balance the imbalances of life, the Buddha taught the Noble Eightfold Path: right view, right intention, right speech, right action, right livelihood, right effort, right mindfulness and right concentration. To counter the personal suffering that occurs as the result of not pursuing this path, the Buddha also taught the Four Noble Truths: the knowledge of suffering, the knowledge of the origin of suffering, the knowledge of the cessation of suffering and knowledge of the way leading to the cessation of suffering. What is important about these timeless truths is not who taught them but how you can apply them in your life.

The first noble truth is the truth of suffering which the Buddha said is to be fully understood. To fully understand the truth of suffering is to acknowledge that there is suffering which should be self-evident given the extent of your own suffering. The second noble truth speaks to the origin of the suffering which the Buddha said is to be abandoned along with the craving. Before you can abandon the origin of suffering and the craving, you must first identify the origin of the suffering which is exactly why the law of cause and effect is further explained. The craving results when the suffering becomes habituated to the point where the craving for suffering becomes an addiction. Many people are addicted to suffering and need a fix in the way of more suffering, magnetically attracting it to themselves consciously or unconsciously. The third noble truth speaks to the cessation of suffering that the Buddha said is to be realized. To realize the cessation of the suffering is to correctly identify the source of the suffering, the conditioning, and the script that has been adversely affecting your reality as well as how your own reactions have also been adversely affecting your reality. Once the links of cause and effect have been correctly connected, the suffering ceases because the vibration of that energy no longer prevails in your reality. The fourth noble truth speaks to the truth of the path which the Buddha said is to be developed. The path to be developed is the path of

self-realization which is the fulfillment of your own potential without the intrusion of external coercion, conditioning being just such coercion.

Personal development leads to the fulfillment of your own potential by breaking free from the grips of the conditioning and then writing a whole new script. Although the path of personal development is how you realize your potential more fully in this lifetime, pursuing this path is not about promoting any egoic identification nor is it about acquiring any egoic attachments. It is about uplifting your ego to a higher level of awareness, a transcendence that enables the ego to let go of attachments that would otherwise keep it bound to its current vibration. The more you raise your conscious awareness, the more your vibration raises in proportion to where you are on the path. Likewise, the more you work toward developing that path, the more the pendulum stays closer to center.

This is not to say that there won't be times when the pendulum will swing a little too far from the center, after all, life events do not cease to occur. The difference is that it will be easier to bring the pendulum back to center because you will know what to do which, of course, is not to overreact but to observe whatever might be going on from the point of view centered in objectivity as opposed to viewing that reality from a subjective perspective. Given that subjectivity can lend itself to a reactive state of mind and emotions, that reactive energy can take you places you really don't want to go, back to suffering, back to not being centered, not to mention the lessons there to be learned which, incidentally, will be even harder. The reason is that the effects from backsliding are far worse than the effects of simply not knowing. This is what is meant when it is said that ignorance is bliss, albeit is delusional at best.

The Paradox of Free Will...

When it comes to influences that set the wheel of undesirable effects in motion, nothing sets the wheel in motion faster than the powerful influence of free will. However, before you can understand the paradox of free will because there is one, you must first understand free will. Although the law of free will prevails throughout the universe, said to be the foundation of the universe, though often infringed on, also has its energetic counterpart,

its antitheses referred to in The Law of One as the law of confusion. How acting on free will results in confusion is that although you are certainly free to act on your own free will, doing so can have a polarizing effect which can be very confusing when it comes to manifesting outcomes you do not desire and, furthermore, think is undeserving.

The act of acting on your will is certainly free; however, the law of cause and effect interacts with your free will. Acting on your free will is a cause that sets an effect or effects in motion. Meanwhile, the law of attraction is energetically attracting the effect or effects akin to the vibration of the thoughts you acted on with intent by way of the choices and decisions you made while acting on your free will. So, if you think of free will as actually being free, meaning that you can act on your free will without giving thought to the consequences as though there are no consequences simply isn't the case. Free will is not that free.

The paradox of free will is in the confusion of having acted on your free will but manifested an outcome you didn't want to experience that nonetheless did because you attracted the outcome by having acted on your free will. Because acting on free will is a cause that results in an effect, the only real freedom that exists in the law of free will is that you are free to act on your own choices and decisions. However, the karmic consequence from having thoughtlessly acted on your free will are not likely to skip over your reality. Somewhere in your reality, the cause you set in motion is going to manifest an effect that from your perspective might appear to be unrelated even though it is related to the very cause that set the effect in motion. So, in as much as you might think you are merely acting on your free will, not giving thought to the nature of your thoughts that you act on, the effects can carry a much bigger price tag than what you are willing to pay. Not only is the effect of having acted on your free will confusing, but also the paradox of free will is unresolved.

As if linking effects to causes that are not really the cause doesn't muddy up the water enough, that you can free fall into the pit of avoidance, denial and blame just makes matters worse. Although the fall is usually a fast downhill slide, the climb back up is slow going because now there are even

more undesirable consequences to deal with. Feeling dazed and confused, the knee-jerk reaction to such out of place, out of time, out of sequence and seemingly disconnected disjointed effects follow along with the well-worn ruts of thinking these are just random events, accidents, bad luck or misfortunes which are not the case. The fact of the matter is that the seeds of these latent effects were planted back when you acted on your free will by way of the choices and decisions you made or did not make which, by the way, is still acting on your free will and probably seemed rightly justified at the time. However, having been influenced by the script, those choices and decisions resulted in the manifestation of those unexpected consequences that you will either deal with from a place of honesty or choose to avoid or deny which will just make matters worse. Because progress is not made while stuck in the rut of avoidance, blame, and denial, the process of climbing out of that pit begins when you are willing to move past the avoidance, past the denial, and past the blame mentality.

Although stepping onto the path of self-discovery is a big step, seeing the journey through is worth the effort. In so doing you get to see for yourself just how the principles of cause and effect, attraction, balance and other integrating laws (discussed further on and in Part 2) have been fundamentally interacting in your reality in like accord with your actions and reactions. Although such discoveries can be mentally exhausting, physically taxing and emotionally draining, answers do come and not just any answers. If you can stick it out and see the journey through, very important truths are revealed along the way. And even though it takes time for the entire picture to come together, depending on how much history there is to sort through, eventually everything comes together, and your reality such as you experienced it finally makes sense. Having eliminated the element of confusion, the paradox of free will is finally resolved by way of increased awareness.

In as much as balance isn't just attainable, but is also inevitable, it is important to keep in mind that attaining balance is a process of change and an effect of change, neither of which occurs overnight. The key word is *process* of which time, effort and patience are needed to balance the

polarities. Balancing the polarities is accomplished by identifying the conditioning responsible for the script along with all the other underlying influences that have been directly affecting the quality of your personal experiences, reflected in how you act on your free will. Given that you are every move you make, where you go from this point on depends on the choices and decisions you make going forward, acting on your free will in ways that are not self-defeating or self-limiting, leaving karma to balance the polarities usually by way of some hard-learned life lessons.

The Principle of Process...

The principle of process plays an important role along the path of personal development and spiritual growth. When this path is sincerely pursued, the experience is transforming, transcending and balancing. However, you cannot travel along the path of personal development and spiritual growth unless you are willing to take the first step and continue moving forward, even when you hit the rough spots because you probably will. Those who do not venture along this path whether by way of avoidance or downright denial unknowingly subject themselves to the unfolding of all sorts of adversities in which many life lessons are there to be learned. These lessons usually occur by way of repetitious situations, circumstances, and events that will just keep coming around and around until the lessons that need to be learned are finally learned, attracting the people, places, and things necessary to help balance the polarities.

The Law of One describes the process of identification and balance as such: *“...by interiorizing experience, by accepting responsibility for all that occurs, by carefully analyzing our reactions to all that occurs, and by eventually coming to balance our reactions to all that occurs so that our actions in our environment are generated within the self and are no longer simple reactions to outward stimulus...we are able to have some small claim to the ‘art of causing changes in consciousness at will’.”*

How this timeless truth fundamentally integrates with the principle of process is that as you proceed along the path of self-realization, the cause of the script, as well as all the underlying influences, are slowly unveiled giving you no more than what you can process and the time needed to

integrate the truths revealed. Although the principle of process allows for the unfolding of effects that have already manifested in your reality as well as those that are still manifesting in your reality, does not necessarily prevent effects that have not yet manifested in your reality from manifesting later down the road. Given that the energies were previously set in motion, certain effects from choices and decisions already made, having acted on free will, regardless of how long ago may still play out in time to come as what is done is done.

However, this does not mean that you must remain buried under all the accumulated consequences. Acceptance plays a key role in acknowledging that some aspect of your reality may not be the same as the result of having made certain choices or decisions while under the influence of that conditioning script. And as difficult as acceptance can be, the effort is still less mentally and emotionally taxing as compared to dwelling on the losses suffered or mulling over all those could've, would've and should've's that did not happen.

When it comes to picking up the pieces, figuratively speaking, doing so is not always possible. It just may be that the pieces are so badly shattered that they cannot be picked up, meaning that your reality is so significantly altered, the most you can do is leave the shattered pieces behind and move forward right from where you are. This becomes your new starting point, the benchmark from which you can begin to chart your new course. As the path opens before you in the timeframe in which it does and being a process of change, patience and perseverance are essential to moving forward.

Because the principle of process doesn't hold to any unrealistic standards or expectations, it is not measured by anyone or anything nor is it ever demanding. You move along at your own pace reaching one goal at a time as opposed to taking on the whole ball of wax all at once. First, you don't even know what is wrapped up in that tightly wound ball of wax until you start peeling back the layers of accumulated effects. Second, is that time is needed to recognize, accept, assimilate and integrate the truths discovered that depending on your circumstances can be very startling. Third, is that

time is needed to examine erroneous, outdated and limiting beliefs and establish new beliefs that do not fence in your perspectives but are broad enough to allow for open-mindedness which is essential to change. Fourth, is that time is needed to learn how to make choices and decisions that are not self-defeating or self-damaging, understanding the fundamental difference between a choice and a decision and how easily they can be affected by influences you are not even aware of. Because the principle of process makes possible the ability to think things through rather than just act and react, a non-reactionary state of mind opens the door to making better choices and smarter decisions. In the meantime, the principle of process also builds up patience, courage, trust and confidence, while simultaneously raising the level of your self-esteem and self-worth – not a bad reward for your time and effort.

The Principle of Presence...

As important as it is to understand how the fundamental principles of the laws of cause and effect, attraction and balance are interacting in your reality and how the principle of process reveals the cause behind all the undesirable effects, the principle of presence states that you have only this moment to live in. What this means is that although the cause responsible for the script that wrote your internal programming occurred at some point in the past, regardless of when, and as much as that script has been adversely influencing your reality ever since, you cannot change the past as what is done is done. All you can do, realistically speaking, is to change the present which is not accomplished by avoidance, denial or blame but is accomplished by identifying the effects of the conditioning, including your reactions to the conditioning. As the script begins to release its energetic hold also releases you from the energy of the past, enabling you to live more fully in the present.

The principle of presence speaks to living in the now as opposed to allowing your mind to stay fixed in the past or focused on the certainty of a future that is likely to play out as a self-fulfilling prophecy given that thoughts do become things and like does attract like because energy goes where attention flows. Even though the law of cause and effect does not

guarantee when, where or how an effect will materialize, that it will materialize as a self-fulfilling prophecy in response to intended thought especially when backed by a convicting belief is likely to be a certainty.

Pre-determinism...

When it comes to manifesting future outcomes, self-fulfilling prophecies and pre-determined outcomes have a lot in common. Pre-determinism, at least from a philosophical perspective, is not a simple concept to describe because it involves complex mathematical variables and calculated odds concerning probabilities and potentialities occurring or not occurring and under what circumstances and even in what reality. Attempting to put the matter in perspective from such complexity that so greatly differs depending on whose perspective is being presented is really getting into the deep end. However, given that such an in-depth discussion falls way outside the scope of this discourse, the shallow end will suffice.

Essentially there are probabilities that are more likely to manifest in your reality because they more closely correspond to your reality than do those that do not correspond as closely to your reality such as it exists at any given time. However, this does not mean that all the other probabilities dissipate or somehow vanish into thin air. Given the right set of circumstances, any one of them can materialize in your reality.

Potentialities are not as likely to materialize in your reality because they do not approximate your reality as closely as do probabilities. Consequently, they remain unmanifested until something in your reality changes which then magnetically draws a potentiality that more closely approximates your reality to becoming a probability that is very likely to manifest in your reality at some point and time.

Just as a manifested outcome has everything to do with your manner of thinking, acting and reacting, so your expectations call outcomes into manifested reality. In other words, if you expect something to happen because you believe with strong intent that it will happen just that way, it will happen just that way because you called it into objective manifestation. Energetically speaking, the expectation is no less a magnetic energy than

any other thought form. The result is the manifestation of a self-fulfilling prophecy having been pre-determined by none other than yourself. This is exactly why it is important to remember that energy goes where attention flows because it is how thoughts become things and like attracts like, including pre-determined outcomes.

In Summary...

The law of cause and effect simply defined is that causes result in effects, whether desirable or undesirable, regardless of who set the effects in motion, how, when or why. The law of free will assures you that you are free to act on your free will, free to make choices and decisions regardless of the consequences. However, universal wisdom balances free will by allowing you to experience the consequences, and when necessary uses those experiences as catalysts to help you learn important things about yourself, such as how you shape your reality as the result of the choices and decisions you make, having acted on your free will. Raising your awareness of all the matters discussed in Part 1 is how you eliminate the confusion of having acted on your free will, thereby solving the paradox of free will.

As you progress through your journey of self-discovery, sometimes taking three steps forward and five back, and doing so in phases as they unfold, the law of process affords you the power to think things through rather than act and react. The law of presence encourages you to live in the now and not concern yourself with the events of the past except to acknowledge that they occurred and that for a time they altered your reality, taking from them the benefit of life lessons learned well. The law of balance reminds you to keep the pendulum centered and to re-center it when it gets off balance because it probably will from time to time. The law of change encourages you to not give up when you can't see what lies beyond the horizon.

Because there is a higher order working in you and through you, universal wisdom teaches you how to live in the light and in the love of all these integrating laws, those already discussed here in Part 1 and those that will be discussed in Part 2. When these fundamental principles are fully

understood and applied is how you transcend the effects of the conditioning and begin writing a new script.