



## **April 2022 Graduate Program Lesson**

### **Nothing Causes Anything - Exploring Lesson Two**

#### **Introduction**

Karmic patterns bring attention away from the Self and seem to disturb our peace. In this lesson we will be learning to recognise the causality loops in our thinking that sustain the suffering. Once we recognise them we can transcend them.

Karmic patterns are always made up of an assumed cause and an assumed effect. Cause and effect are the same thing. Thoughts, emotions and experience are one thing. The Self can show up as the same vibration appearing 4 different ways.

This is like 4 beads strung together on a thread. We cannot try to get rid of the cause without affecting the effect too and we will feel even more disturbed this way.

#### **The Anatomy of a Karmic Pattern**

Each pattern is made up of a subconscious belief, conscious thoughts about the pattern, emotions and an experience in our body, relationships, career, finances or some other part of our life. The same vibration shows up as a thought, an emotion and an experience.

We must come to see the cause and the effect are the SAME thing and so believing in cause and effect only perpetuates our suffering. The Self is all there is. There is nothing else.

#### **Example of a karmic pattern**

A person has a chronic condition in their body that brings pain with it. This person feels a lot of fear too. The common way of thinking (and sustaining the karmic pattern) is that the condition in the body is causing the person to feel the emotions

they feel. They may say “I am scared and because my body is unwell and won’t heal”.

In Reality, the fear is the SAME ENERGY showing up as emotions, the physical condition of the body and thoughts about the whole thing. The fourth component will be hidden as a subconscious belief.

**When we find and question the truth of the hidden belief, we will see a spontaneous healing of the body, mind and emotions in this area.**

**Looking at the hidden belief behind the emotion will allow us to heal the whole thing.**

**If we continue to try to change ONLY the cause, the effect will get worse because they are the same thing.**

In this example, if we only try to heal the body without looking at the fear and the belief behind the fear the body may not improve at all or even get worse.

The division or separation created by belief in cause and effect leaves us feeling disempowered and back in a sense of duality. Only once we realise the cause and effect are one will we be able to heal permanently.

### **Exercises for this lesson**

1 – Begin by looking at an area of your life, work, relationships or body that isn’t going the way you would like it to. Identify what you think the cause and effect is. Notice the familiar thoughts you also have around this.

2 – Recognise the cause, effect and thoughts are all ONE substance showing up in different ways.

3 – List any emotions you feel in this karmic pattern and question until you find the story or hidden belief.

4 – Contemplate by asking if this belief is really true. What seemed true for us in duality/as a separate person is not true for the Self/Noumenon. This allows the cause and the effect to disappear.