



January 2023 Graduate Program Lesson

Exploring Lesson Two – There is no cause for anything

Introduction

This month we will be focusing on Lesson 2 of the Dissolving the ego Course. No matter how many times we have looked at this lesson we can always assimilate it deeper inside us.

Lesson 2 of the course basically says that what you experience “inside” is going to be reflected outside and that what you see happening “outside” is what needs to be seen and contemplated “inside” In short, there is no “in here” or “out there”. Everything can be used to help ourselves and as we help ourselves, we help everyone else too.

When we look at our lives we may find that we are spending more time as the One/Noumenon/Silence and feeling more peace but wherever we are still believing in cause and effect we will feel divided and suffer again. We will find that we are usually trying to change our outer world to make us feel better inside (or trying to change our inner state to a better one). When we do this the core duality and division of two-ness is recreated inside ourselves and we feel terrible.

There is no cause for anything

Usually, we are trying to wake up to the Truth or to change something in our outer world to either avoid an unpleasant emotion (such as shame, fear etc) or to try to gain a pleasant feeling (like peace, joy and love). This constant effort to change ourselves or our world comes from the idea there is something we can do, have, change into or become that will cause joy to come or will cause fear to leave.

There is no cause for joy arriving, it simply shows up when we stop trying to change ourselves. All the things that we could want, such as peace, love, abundance and more will spontaneously arise when we finally rest in our essential nature of just Being and this is

because these things are our natural state. Nothing we do can make joy appear but when we stop trying to “do” it will arise by itself.

There is no cause for fear leaving, it simply goes when we see ourselves clearly as the unchanging One. There is nothing you can do/become/have/undo to make fear disappear but there is something you can BE and that is your Self.

When we come to see that joy is uncaused, fear is uncaused and that no amount of spiritual “doing” is going to change that we refocus our efforts on clearer seeing and then Being of that Truth.

Exercises for this month

Have a look at your life and see where you are trying to do something to change/cause something to change. Where are you trying to change someone else or yourself in order to try to feel better? Are you trying to change your environment, diet, job or spouse in order to feel better? That better feeling has no cause!

What parts of your life are you trying to change to try to stop feeling a particular emotion? The emotion disappearing has no cause and it cannot be “brought about” by any action. It is causeless.

Lastly, why are you doing spiritual practices like meditation, contemplation or self-inquiry? Are you doing it to feel better? Are you trying to awaken or enlighten to cause your problems to disappear?

Discuss this with your GP buddy too! They’ll help you see it more easily. You are doing great!