



**Understanding the link between causality, desire,
life purpose and manifestation**

**November 2021 Graduate Program Lesson –
combining lessons 2, 3 and 4**

Lesson for this month

We will be deepening our understanding of desire – what it is and how to work with it. We all have situations in our lives and things about the way the world is that seem to bring forth negative thoughts and emotions. By understanding how causality works and then undoing it, we can begin to make a real difference for others in our lives and for all of humanity.

There are a few things it helps to really understand and remember:

- 1- You don't feel upset/angry/scared etc **about** anything – you just feel how you feel. You feel upset because you are noticing and representing the prevailing ways human beings think and feel on this planet. These are all the ways a separate being thinks.
- 2- As you work on increasing the vibration (your prevailing way of thinking and feeling about something) you have the chance to change your own life and also that of others. When you feel negative emotions about anything it is because you have a desire that you do not feel can manifest. This is true whether it is a “personal” desire for you or your family OR a desire for global change in humanity as a whole.
- 3- When you feel bad about something it is because it has stimulated a desire for change and you have a low energy vibration about it (you DON'T believe it can

happen). When you feel good about something it is because you have a desire for change and you DO believe it can happen. Manifestation unfolds and expands through desire.

4- There is no such thing as a personal desire. All desire is affecting all humanity at all times because there is only one of us. So, incredible as it may seem, by allowing yourself to work on your own desires you are changing the planet and the fate of humanity. All desires are “global” desires of all humanity.

5- You have desires because you are here for a reason. You feel moved about whatever moves you because you are here to bring about change in the way we operate as human beings. Your life purpose begins with this inner work of seeing what moves and affects you and identifying what desires springs from it.

Guided Study for this month

1- Begin to identify where in your life you feel negative emotions. This can be from something happening in your life, your body, your children’s or sibling’s lives, something happening to your family or friends and something happening to humanity as a whole.

2- Identify what you would like to have happen for that person, relationship or for humanity as a whole. What desire springs from this?

3- Recognise how you feel about it without judgement. Do you feel bad or good about it in general? We have all been taught to think in terms of a limited, separate being and we can now begin to think like the One Being. Resolve to work on your vibration around this until you feel really good about it and excited.

4- Begin to become aware of what moves and stirs you. What change would you like to see in the world in any area at all? What would be your perfect world? Recognise this is not just “pie in the sky”. It is conscious imagining at its best and most powerful! This will come from many sources. What has happened in your life that could have been better? What is happening for and to your loved ones right now? What is happening on the news that moves you? What you are here for will be revealed in your desires.

Together, consciously, we can all make a difference. Your life purpose has two components – inner and outer purpose. The first is the inner purpose to wake up to the Truth that there is only One of us and live as best you can as that. The second is the outer purpose (which may or may not involve actions) and to identify what desires you have for change.