

Cause...or Effect?

by Bill Harris

One benefit I receive from teaching The Life Principles Integration Process courses (please visit <http://www.centerpointe.com/life/online/preview> to listen to a free preview lesson) are all the questions I receive from those taking part in the courses. When Centerpointe was smaller, I used to be the entire support staff (and the marketing department, the accounting department, the clerical department, and everything else), and I spoke to program participants all day long.

Now, with close to 140,000 people using Holosync, there's no way I could do that--which is why I have an incredible staff of people who help you whenever you need something. Of course, I end up reading a lot of correspondence from participants, but I haven't really been "on the firing line" of dealing with you directly for some time. If I was, I wouldn't get much work done!

But since I've been teaching The Life Principles Integration Process lessons, in which I'm allowing participants to email me directly with their questions about the lessons, I'm now interacting with a lot of people again, and I like it. From your comments and questions, I get a better idea of what you need and want, and what you're having trouble understanding of what I teach. This helps me improve the way I communicate to you.

I keep trying to boil things down to more and more basic concepts, so as to better communicate the real essence of how to create the internal and external life you want in your life, and why you may not be doing so already. In the last Mind Chatter, I wrote about focus, and just how powerful your mind is in creating whatever you focus it on--and, that most people are, unfortunately, doing their focusing unconsciously and unintentionally, and creating a lot that they do not want.

Many people wrote to thank me, and to tell me that the article really opened their eyes, which is gratifying for me.

In this issue, I want to talk about another key concept, that of cause and effect. As with focus, the way you deal with cause and effect is a crucial ingredient in whether or not you are able to create the life you want.

Whenever anyone comes to me and tells us that something unpleasant is happening in his or her life, and wants me to help them with it, what they are really telling me is that they are at the effect of some cause, over which they have no control. What they want from me is some magic that will treat the symptoms, whether it is anxiety, depression, fear, lack of prosperity, bad relationships, or anything else. But one of the first things I look at is whether this person is AT CAUSE or AT EFFECT. Do they see themselves as being the creator of what happens, or a victim of circumstances?

When you see yourself as being at the effect of some cause over which you have little or no control, you feel helpless. In effect, you actually become helpless, because whatever

you believe tends to manifest in reality. When you see yourself as being at effect, you automatically filter out all the possible ways you could create something different, and all the ways you have personal power. You do not see them at all. They disappear from your awareness, as if they did not exist at all.

Those who think they are at effect look outside of themselves for some cause on which to blame what is happening. When you do that, such a cause will ALWAYS appear, even it isn't really the cause. The result is that you feel helpless, and ARE helpless.

Those who believe they are AT CAUSE, of course, do not contact me for help in the first place. They realize that, even if they cannot see the connection, whatever is being created in their life comes from something in them, and if they can find what it is, they can change it. Usually, it involves what they have focused their attention on.

So my first step in helping someone is to convince them that whatever is happening is not coming from outside of them, and that they do have creative control--even though it may not look as if that is the case.

This is not an easy task. I sometimes have back and forth email communication with people who continue to insist that there is nothing they can do, that they have tried everything I suggest, and that they are hopeless. They become angry with me that I can even suggest that they can be in charge of their life.

People who think they are at effect use words like "can't" a lot. Another favorite is "I tried." When you say "I can't," your brain steps right up and supplies you with lots of reasons why you can't, and it also blocks the creative part of your mind from figuring out how you can. Thus, the fact that you can't comes true, further reinforcing your belief that you really can't. My suggestion to such people is that instead of saying "I can't" they begin to ask "How can I?" and keep asking until their brain supplies them with the answer they want.

"I tried" is another favorite of people who think they are effect. The entire presupposition behind "I tried" is failure. No one who succeeds ever says "I tried." They say "I did it." Trying begins with the belief in failure. To try, you must make pictures in your head of failing. My suggestion is to make pictures in your head of accomplishing whatever it is you want to accomplish. When you do this, you give your brain a signal to figure out how to do it. When you "try," you give your brain a signal to figure out a way to fail.

So even though you may think you have lots of evidence that you are at the effect end of the cause and effect spectrum, you are actually at cause. Even if you find this hard to believe, begin to act "as if" you really are at cause. Assume that you are in control, and ask "How can I?" until you get the answer.

So now you have two huge clues to success. The first is to focus your mind on what you want, not on what you don't want or are afraid of. The second is to begin with the assumption that you are at cause, that you can decide what to think, what to picture

inside, and what to focus your mind on--and that when you do this, your brain will figure out how to make whatever you focus on happen.

Having spent a great deal of my early life thinking I was at effect, at least in certain areas of my life, and then seeing the profound change that happened once I realized that I was at cause, and just needed to take the reins of my life and act as if I really was at cause, I want you to know that if you do these two things, you will change your life in ways you never thought possible.

Why would someone focus on what they don't want, and see themselves as being at the effect of causes over which they have no control? Fear. They are afraid. And what causes fear? Trauma, wounding, abuse. If you have suffered some kind of trauma, you are likely to think that the world is full of danger, and that you have to watch out for it (which causes you to focus your mind on what you don't want), and that you are a potential victim of it (in other words, you are at the effect end of the cause and effect spectrum).

This is why Holosync is so powerful in changing lives--it calms the part of us that is afraid, that feels unsafe. Another way to say this is that it raises your threshold for what you can handle coming at you from the world. Holosync clears your mind, and gets rid of the impulse to focus on what you don't want. Then, it strengthens your ability to focus on what you do want, which allows you to more powerfully and more quickly create it.

So there are two things you can do to take change of your life. One is relatively passive, and that is to faithfully use your Holosync soundtracks everyday. The other is to begin to look at the basic assumptions you've made about yourself and where you fit in the world, and to be willing, despite what may appear to be true for you, to adopt the assumptions of those who are already creating what they want.

Two of these basics are 1) focus on what you want, and 2) realize that you DO have creative control over what happens to you. And, if you take the online version of the Life Principles Integration Process (click on the link at the beginning of this article to listen to a free preview lesson), I will go into this subject with you in much more detail, and make sure you "get it."

Once you know a few key things, life becomes much easier and much smoother. You can do this, I promise!

Be well.

Bill

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