

# The Secret Spiritual Laws of Nature



*I began to develop these Secret Spiritual Laws of Nature when I first started my private practice in counseling and therapy. In a very short period of time I had a six-month waiting list, and I give the great majority of the credit for that to these Secret Spiritual Laws of Nature. They can create an instant “aha” that changes a person’s perspective and attitude, and because of that, a lot of other things that people are working on will also change. I mainly realized these through prayer. I consider them a gift.*

## YOU WERE NEVER SUPPOSED TO BE RESPONSIBLE

What we’ve come to mean by the word responsible is able to ensure a certain result. That’s a lot of responsibility! But the word responsible originally meant able to respond. And there’s a big difference between the two.

During the last year or more, I’ve talked to so many people – wealthy people, middle class people, lower income people – who are very scared. They are caught in a hand-wringing anxiety and worry and fear and even panic. I do know what has been going on in the economy and how many jobs have been lost. I know it’s scary, and it’s not changing fast enough. I genuinely sympathize.

When I’m talking to people who are anxious about the future, I might ask them questions like, “Do you and your family still have a warm place to sleep at night?” and they say, “Oh, well yes.” “Are you still eating three meals a day, even if it’s not steak or eating out every day? Do you still have food for yourself and your family?” “Well, yes. We do.” What I see in almost every scenario is that, for the great majority of people, there has not been any great catastrophe that has affected their basic needs in life. What has happened is almost entirely fear of the future.

Over many years, the word responsible has come to mean this onerous burden to ensure some future result. We believe that if we are responsible for something we can ensure the outcome. But one of the Secret Spiritual Laws of Nature is that we were never supposed to be responsible in that way. We are supposed to be able to respond. When an event happens, you are able to respond appropriately. This doesn’t necessarily mean that you are able to respond in a way that ensures some specific result.

Here’s where we get into trouble with this. In order to be responsible in the way we’ve come to use that word, it means we have to have power. If you give me responsibility for something without the power to do it, that would be unreasonable at the very least, and maybe cruel. “Alex, you have to be responsible for this, but I’m not going to give you the power to make it

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happen, to ensure the result that you are responsible for.” It would be wrong to hold me responsible for that result.

The reason you weren’t meant to be responsible is that the power to bring about a result is usually an illusion. You do not have the power to ensure *most* future results. Do you want proof of that? With your next breath you could die of a heart attack. Or you could be struck by a car tomorrow.

As for finances, we could have an economic collapse that makes what is happening now look like Boardwalk and Park Place. There could be some global crisis that is just catastrophic. On a personal level, your business associates or friends or family could make choices that hurt you deeply. I could talk about almost every area of your life that you feel responsibility for, and we would see that ultimately you do not have the power to guarantee a specific outcome. Something could happen that would make it impossible for you to ensure those future results.

As for worrying about the future, most of those things that we feel a heavy responsibility for preventing or avoiding are things that are never going to happen in the first place. With a couple of friends who are upset about the financial future, I’ve asked, “Is your retirement 20 years from now the thing you are so upset about right now that you can hardly function? You can’t sleep? Your blood pressure has gone up over this? We’ve had 19 recessions in the last 80 years where similar financial crises happened and then things recovered.” Who knows whether this time will be the same or not? But when we’ve talked it through, they’ve been able to say something like, “Well, that doesn’t make sense does it, that I’m so upset right now over something that most likely won’t happen? And I really can see that I’d survive even if it did happen.”

We all assume responsibility for things that (1) we do not have the power to act on or affect, and (2) would probably not be as horrible as we imagine if they did come to pass. As long as we have food to eat and a place to sleep and people that we love around us, life can remain pretty good.

Here’s the Spiritual Law of Nature: what you are meant to be responsible for is being able to respond, to simply act in the present moment on what you have the power to do yourself. You are not to take responsibility (meaning *ensuring results*) for anything that is not within your power. Is it within your power to go through your daily routine? Short of having a heart attack, yes. Is it within your power to plan the next steps you need to take at home and at work tomorrow and next week and next month? Yes. You can plan the next steps that you personally are able to take in any area of your life.

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But do you have the power to determine how the government and your business associates and family will act as they make their own decisions? Absolutely not. There are a million different factors that can affect the weather and the economy and the people in your world. Don't take responsibility for what is beyond your power. You're not supposed to take responsibility for it. You're supposed to do the best you can each moment, acting with reason and integrity on what you have the power to do. You have to let go of everything else. And when you do let go, you will have peace.

Something bad may happen tomorrow. Something great may happen tomorrow. But you are not to bear the responsibility of anything that you don't have the power to ensure. You would not put that burden on your children, but most people do it to themselves or other adults. It has put people in a chronic state of anxiety, worry, stress and sometimes panic. They are assuming responsibility for something that is not within their power.

Your responsibility is to act in the present moment on what you have the power to respond to now, and leave the results for tomorrow or next year or 20 years from now up to God. The people I know who live this way, live in peace. They always have what they need and usually a lot more. They enjoy their lives.

Things might happen to you that are scary. They happen to me, too. But push that "reset" button and say, "I'm in fear. I'm not supposed to live in fear. It means I'm assuming responsibility for something beyond my ability to respond. Let me get back on track, and focus on the people who are in my life today, not on what may or may not happen tomorrow or 20 years from now." We never have any guarantees of those things, anyway.

Be responsible by being "able to respond" when and if things happen. This should be great news to you. You were never supposed to be responsible for all those things that you do not have the power to act on. Let those go. Give them up. Just focus on those things in the present moment that are important to you, and trust yourself to be able to respond as each event happens in your life.