

## Day 5: The Law Of Cause And Effect

**Quote today**      *"Cause and effect, means and ends, seed and fruit, cannot be severed; for the effect already blooms in the cause, the end preexists in the means, the fruit in the seed."*  
Ralph Waldo Emerson

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**Recap of the Law**      In the physical world we live in, every cause has its effect; every effect has its cause. In accordance with this Law, every effect you see in your outside or physical world has a very specific cause, which has its origin in your inner or mental world.

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**Today I am grateful for....**      Write at least three things that you are grateful for on this magnificent day. Connect to the feeling of gratitude.

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**Meditate (at least 15 min.)**      Feel free to meditate on this law or choose a meditation of your choice.

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**Exercise**      Notice what changes have already taken place in your body over the last five days of exercising. And make sure to exercise today too!

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**Hydrate**      Drink ½ ounce of pure water per pound of body weight (or 30 ml per kg). 2 glasses upon rising, 2 glasses between breakfast and lunch, 2 glasses between lunch and dinner and 2 after dinner.

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**Your Life Insight**      Understand how you've created your world, with actions of your body, speech and mind. It is incredibly empowering to know that your future is in your hands. Look at what you have created. If you're not happy with it, change one habit that will lead to what you want to create.

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**Your Mindful Practice**      Take a moment, breathe and just be in the present. Take a moment today to listen to a common message you send your body. Is it a message of kindness, respect, and love? If not, rephrase what you are telling your body and repeat that new message often throughout the day.

## Day 5: The Law Of Cause And Effect, Continued

**Your Success Strategy** Contemplate which thoughts, beliefs, perceptions, assumptions, scripts, values, emotions, or behaviors caused an effect or result that you were not in pleased with. What needs to change in order to get a different result? Look around for successful people you can model. How can you model their winning behaviors, habits, decisions and actions?

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**Your reading meditation** This is your reading meditation time—time you have devoted to expanding your thoughts and understanding more about these laws.

Take a nice deep breath in through your nose and let it out through your mouth. You are going to let all the tension leave your body and as you exhale repeat in your mind the word, relax.

You are in the right place at the right time. Your body and mind are in a highly creative vibration right now. Your mind and your heart are ready to receive, completely wide open. Ready to receive whatever it is that you need to know right now. You now have the best possible guidance to allow you to experience the teachings of this Law, and to gather all the important information in any way that it appears.

*In the physical world we live in, every cause has its effect; every effect has its cause. For every action, there is an equal and opposite reaction. In accordance with this Law, every effect you see in your outside or physical world has a very specific cause, which originates from your inner or mental thought world.*

*When you come to understand that everything in your reality is a mental creation, you appreciate the importance of mastering your mind. You are always at cause. You reap what you sow. Your current results are the effect of your past thinking and your behavior. This is the essence of thought power. Every one of your thoughts sets a specific effect in motion, which will materialize over time as a result. Every action has a reaction and consequence. Some call this the Law of Karma.*

*The Law of Cause and Effect applies on all planes of existence. We notice this Law because our concept of time and space creates a time lag between the cause and the eventual effect.*

*Be aware that what you'd like to create in the physical world exists first in the non-material world, and with continued*

*concentrated thought, perseverance and emotional desire, it will become visible in your physical world. Where there is a cause, there is an effect. Nothing ever happens by chance. Your job is to create the causes on the mental plane that are consistent with the effects that you want to enjoy in your life. The Law of Attraction will aid you in your creation.*

*Feel the pure potential of your creative thought vibration as it aligns with the power that manifests everything in the universe.*

Now, to finish your reading, take three deep cleansing breaths, knowing that with each breath you integrate the information you have received. Trust that this is so, and it will be.

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