

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 ALWAYS DO WHAT YOU BELIEVE

If you find that you simply are not able to be the person you want to be or live your life the way you think it should be lived, the underlying issues are always your beliefs. And a belief is always an issue of the heart, not of the head. I’m going to make a statement that I’ve made for many years. I’ve had people look at me cross-ways when I say it and shake their heads, “No, no. That can’t be ...” Just give me a chance to explain after you hear it, because in my experience it is absolutely the truth. Here it is:

You do what you believe 100% of the time.

And the corollary is also true: You never do anything that you don’t believe. If you are doing something that you consider wrong or counterproductive, it is because you believe something wrong or counterproductive. If you are doing something that is right or good or constructive, it’s because you believe something right or good or constructive.

Let’s get practical about what this means. If you are not exercising regularly—something you know is a foundation for good health in anybody’s book—it’s because you believe that you should not exercise. Yes, you heard me right. You do not exercise because you believe you should not exercise. If you are not eating healthy, it’s because you believe that you should not eat healthy. If you are not managing the stress in your life well and are worrying most of the time, it’s because you believe worrying is the best thing you can do for your situation.

If I could hear your thoughts right now, my guess is that either you are thinking I am totally out to lunch or you are wondering, “How in the world can this be? I’d like to hear him prove this is true.”

Please understand that I’m not saying you don’t also have a belief that says you *should* exercise or *should* eat well or *should not* worry. In fact, I’m pretty sure that you *do* have that positive belief. But you also have the negative belief, and I can say this with certainty because I know that we do what we believe we should do 100% of the time.

If you have an issue like these (and who doesn’t?) the problem is that the beliefs that say it’s best for you not to exercise or not to eat healthy or not to think positively are located deep down in what Solomon called the heart and what modern science calls the unconscious and subconscious mind. We are usually not aware of our deep beliefs, but you can be sure they are there because you do what you believe 100% of the time, and you are not always doing what your conscious mind wants to do.

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Let's say you are trying to exercise regularly. You have designated 7:00 in the morning to exercise for 30 minutes. That alarm clock goes off and it's decision time. On one hand you have the conscious belief that it is important for you to exercise but, for whatever reason, you turn the alarm off, roll over, close your eyes and go back to sleep. It is not possible for you to go against your conscious belief that way if you do not also have a belief in your heart that says it is better for you not to exercise.

Usually these beliefs are programmed into us by experiences that are based in falsehood or fear. A falsehood-based belief might be, "No one in my family is fit and trim, so it's impossible for me to get fit either." A fear-based belief might be, "If I get fit and trim, my family will resent me." An all-too-common belief in your heart might simply be one that says you need to do what feels good right now. You're carrying so much emotional pain—past or present—that anything that feels good is the best thing to do because it helps you avoid that pain.

I'm convinced that many, many people who have fear and falsehood programming have memories and heart programming that says: "There is so much painful stuff in here—there are so many beliefs about who I am, and what I can't do, and how bad I am, and how I don't measure up, and how the world is not safe, and how I am not secure, and how I am not significant—that my most important job is to get through the day with as little pain as possible." That programming kicks in and says, "Do something that feels good. Numb the pain. Get away from the pain." You roll over and go back to sleep.

Then you feel guilty at 8:00 when you wake up and have to start your day anyway, only now you are thinking, "I did it again!" You have lived out your negative beliefs, reinforcing them once again and causing yourself more pain, and you have only avoided feeling pain for one short hour. That's what it's like when a conscious belief and an unconscious belief are in conflict within you. Your conscious, adult self knows that what you have done makes no sense, but that is not enough to override the deep programming in your heart.

The most helpful lesson you can learn from this principle—that you always do what you believe—is that you need to find and heal the issues of the heart that are fear and falsehood beliefs. They are overriding and controlling your conscious beliefs and sabotaging your choices to do something good and healthy. You will not be able to do the good and healthy thing (or at least not for long) until you heal and change any heart issue belief programming that is in conflict with your conscious goals.

It is true that sometimes you can change our behavior for a while through willpower, but in the end the heart issues always win. Most of what is taught about self-help relies on willpower. "Just make yourself do it until it becomes a habit." And you do need to try to do what is right. But unless you are also healing your underlying programming, it's not going to work for long. The question is, how can you change unconscious and subconscious beliefs you aren't even aware of?

That is why we want to share The Healing Codes with the world. It is the only system we know of that heals the issues of the heart whether you are aware of what they are or not. If you are using The Healing Code to motivate yourself to exercise more, it is healing the unconscious and subconscious beliefs that keep you from doing what your conscious mind genuinely desires to do. And you don't even need to identify what unconscious beliefs you are working on.

There is real hope for change from the inside out!