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.

The Secret To Living In The Now

The secret of living in the now is one of the hidden secrets of some of the greatest people on planet earth. I’ve had only a few inspirational people in my life, and one of the things they had in common is that they always seemed to be doing fine.

We wake up in the morning and ask ourselves, “How do I feel? I wonder what kind of day it is going to be today.” I know so many people who have wakened in the morning dreading their day. They wake up and are already anxious about what is going to happen or not happen today. At the end of the day, so many of them feel exhausted and wasted and are even more afraid. Now they are looking for some way to escape. That may be a bottle or a pill or television or the internet or food, but they have no energy for anything positive at the end of the day. They want to just crash and try to manufacture enough peace to get through tomorrow. They are already worried about tomorrow before today is even over.

In contrast, the people I’ve known who were truly great people – some of them famous and some of them unknown – always seem to be doing fine. If you ask them how they are doing, and if you really look in their eyes, they always seemed to be fine. It doesn’t mean bad things never happened to them. It doesn’t mean that they weren’t ever knocked off stride at all. It doesn’t mean they weren’t ever disappointed. But they seem to have an ability to roll with those punches, recover quickly, and then be doing fine again.

I’m convinced that one of the main traits that enabled those people is that they were able to live in the now. I believe this is a critical secret to having a great life, a great relationship, a great situation with your parents, children and friends. I believe it is one of the critical secrets to excelling in whatever you do, whether it is in sports or in your career or in the classroom. The secret is the ability to live in the now in a state of truth and love.

This is the healthy opposite of living in the future, which often brings fear and anxiety. It is the healthy opposite of living in the past, which often means sadness, shame, guilt, regret. It is also the healthy opposite of living in the present focused on negative thoughts. All of these take your eyes off what is there that is good and enjoyable in the present.

It is impossible to live fully in a state of love, joy and peace without living fully in the present. Those states are only achieved in the present. The states of anxiety, fear, sadness, anger, shame and guilt come primarily from the past and the future. They come from past issues that we have not resolved, memories

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or feelings we have not let go of, people we have not forgiven, regrets we have not been able to move past. You might say, “I’ve done terrible things.” Have you? Okay, join the club. “I have not done the good things that I should have done.” Really? Me too. Peace is not a matter of what you have done or have not done. It is a matter of whether you have healed from these things.

You can’t live in the present without contentment. Some people think that contentment comes when everything is going your way. That is just circumstances happening that are what you want. That is not true contentment. True contentment is when you are okay no matter what, even when your circumstances are not what you would want. In order to be content, we must have gratitude for what we already have. I can’t live in the present without contentment, and I can’t be content unless I am experiencing gratitude for whatever I already have.

It’s interesting that we do not tend to be grateful for something if we have never experienced lack in that area. That’s why so many people who are rich and powerful are never content. If their circumstances have always been such that they never experience lack, they tend to not be grateful for their daily bread. They tend to not be grateful for their health. They take having all their basic needs fulfilled for granted.

We took our children to Honduras where we support an orphan’s home that takes street kids and gives them a place to live and teaches them a trade and teaches them to love each other. They are taught how valuable and wonderful they are. Taking our children over there was an eye-opening experience for them, as it had been for me. The issues of so many children in Honduras were not, “When is the newest video game coming out? What is the show I want to watch on television? What is the cool new fashion?” It was “Am I going to have anything to eat today?” and their parents were wondering, “Are we going to have anything for our children to eat today?” Since then, my children have had a gratitude for their daily bread that they had never had before. Even though they did not go without a meal themselves, they experienced lack through the experience of others. It made them truly grateful. It really changed them. The same thing can happen for health and relationships. Our own experiences and the experiences of others can teach us gratitude for what we have.

Here’s how to start living in the now today. In my opinion, you need to pray. You can ask God to heal those issues in you from the past and the future that are causing negative emotions in the present. Use The Healing Codes to heal any memories that are resonating anger and fear and sadness and guilt and fear and shame and lack of self-worth.

You can also empathize with people who are experiencing pain in all these areas of life. You can put yourself in their shoes and imagine: How would I feel if my life changed from watching the stock market to worrying about whether I’m going to have anything to eat today? How would I feel if I were in the shoes of a young parent who just got the news that I have six months to live? I’d be looking at my children thinking that I’m going to be leaving them without a father and leaving my wife without a husband. What are they going to do financially? How is this going to hurt my children when they have don’t have a father? How am I going to feel knowing I’m never going to play baseball with my son again? I’m never going to push my daughter on the swing again? I’m never going to be able to have another heart-to-heart conversation with them. Or how would I feel if my spouse came home and said, “The marriage is over. I’ve had it. I’ve found somebody else. I don’t love you any more. I’m moving out”?
Take some time to empathize and allow that experience to create gratitude in you for the things that you do have. Empathy will cultivate gratitude, and gratitude will cultivate contentment in the present moment. Contentment will cause you to start experiencing love, joy, peace and truth by living in the now in a way that you never have before. A lot of change like this is determined by the power of the experience. Whether you experience something directly or indirectly, what really matters is creating a change of heart in you, getting you outside of your problems and negative emotions to a place of gratitude and contentment.

Gratitude and contentment will do their work to create love, joy and peace and allow you to live in the present moment. You will not be so dependent on having your external circumstances be what you want them to be. Remember, that’s not really contentment at all – that’s just things going your way. Sooner or later things will not go your way. If you do not have true contentment, then when your circumstances are not the way you’d like them to be, you are in trouble.

What we need is the true contentment that comes from gratitude, that comes from love, joy and peace. When you are living in a state of anxiety, fear, worry, or sadness, you are believing a lie about your true state. You are only looking at your own circumstance in isolation. You can’t see your whole truth without looking at other people, too.

I talked to a woman not too long ago who was absolutely crushed because the economy had affected her. She had to move from a larger house to a smaller house. She loved that house, and her children loved that house. Those situations can certainly be traumatic. I’m not denying that for a second. But I asked her this question. “What if, instead of living in this middle class suburb of the United States where you live, you lived in this same house but in the middle of Ethiopia where no one had anything more than a shack? No one had running water. No one had a refrigerator. Their concern every day was whether they would have food to eat. How do you think you would feel if that is where you lived and you had the same house you have now with the same bank account and the same food and everything you have now?” There was a silence on the other end of the phone. When she spoke, I believe she told the truth. She said, “Oh, my goodness. I would be so grateful. I would think I was rich…”

We have to get out of ourselves. Look at the big picture. Experience the value of the things we already have. It is hard to do that when you are in pain. That’s why you need to pray for God to heal those painful things. You can use The Healing Codes to clean up your heart junk. That should take the pain level down to where you can achieve the gratitude and commitment that will allow you to live in the now.

That’s what we are all looking for: gratitude, contentment, and living in the now in love, joy and peace. Then, regardless of what happens, you will always be fine.