

Chapter Two

UNDERSTANDING THE FIRST ROOT CAUSE AND ITS EFFECTS ON OUR LIVES

The dreams of childhood, the visions of bright hopeful futures abundant with love, success and praise dance through memories, filling us with pleasure and sadness. Although it is brave to endure the pain of unfulfilled dreams, the adult way is to exercise free will to actually create a vision and bring it into your reality.

What's holding us back? Free will is hampered by influences from the past. We tend to be oblivious to the fact that we are actually part of a long lineage. recognizing that the influence of ancestral effects on our genes and the journey of the soul affects our decisions now.

We would like to think of ourselves as individual free-thinking beings in full control of our lives. But we will remain deluded and are not really expressing our free will. How can we have free will when we are so entrapped by habit, by training, by conscious pressures of the past, and from information in the genes, inherited from our ancestors?

Lives of free will, joy and fulfilment is our normal state. Unfortunately, until we learn our lessons we will suffer. Using the Learning Path Technique (LPT), contacting the first root cause rapidly is now possible. We can learn from it and send healing to the person you once were. Once we learn our lessons at the unconscious level, we will return to our natural good fortune, our perfect blueprint.

The purpose of LPT is to cause the "un-creating" of the first root cause of anything that is negative and re-creating the repressed positive. The "Learning Path Integrated Technique" is unique in that it carries out the process more rapidly, objectively and efficiently with only positive side effects.

It is interesting to note that when the unconscious accepts the learning, the healed person appears to favour love, compassion and understanding. It becomes much less likely that one would choose anger (for example) as a conscious "now" decision.

This is a technique that you can use for yourself as well as for others. It

requires effort and the intention to finally be in charge of your life. The process is a skill that has to be learned and practiced. At first it takes about six seconds for each emotion or subject that is "un-created." Be prepared to do the work. The more you do the technique, the faster you can do the process.

No hypnotism or manipulation of the mind is possible with this technique. The practitioner is merely a tour guide. The client learns his or her own lessons, and accesses his or her own healing. The wonderful part of it is that you can do the technique for yourselves.

The Learning Path Technique is easily demonstrated. The effect results in an instantaneous neutral feeling as if the trauma were never there in the first place. Therapists will find that the therapy speeds up enormously after the patient has accepted the learning. One does not need to be a therapist to help oneself or others. We can safely help ourselves as well as others with this course.

The Human Dilemma:

On the one hand, we humans have the capacity for love, compassion and wisdom. On the other, we have the capacity for all the negatives that exist. Supposedly, we have the capacity to choose, one over the other. The capacity is there, but are their choices really our own?

Life traumas leave deep, often hidden scars that influence every choice we make. How can people have free will, joy and happiness if hidden memories of the pain of the past, the training of their culture, their genetic structures blind us from the truth? Social training, family influences and the competitive need for survival compel us to do many things against our will. Free will, today, is an illusion, simply not true.

Every feeling, decision, emotion, and action, has a cause. However, the cause has a cause that has cause, which has a cause, like a chain reaction. Underlying these causes is a root cause and underlying the root cause, is the first root cause deeply hidden in the past.

Why do people abuse each other? They learned it from their parents, culture, and the media. Directly and through genetic inheritance. These genetic imprints also affect behaviour.

Every disease has a "first root cause." Modern medical science deals with

the alleviation of the external factors and symptoms, relying on the body's self healing system to kick in. If the body cannot eliminate the first root cause, the same or other disease or disorders will manifest again.

The challenge is to find that first root cause in our memory, learn from it and send healing to the people we once were. Once we have done this, the first root cause disappears as if it were never there. The effect is no longer present. It is only by un-creating this first root cause through finding it, choosing differently and sending healing to the person we once were, that the negative influence disappears from our ability to make a true free choice now. Free will becomes a reality.

What if you could go back in your memory and actually access the person you once were at the first root cause. What if you could learn *now* what you refused to learn then and thus un-create the first root cause. If you have no cause, the result disappears.

We need to go beyond the superficially apparent symptoms. We need to find the first root cause and deal with it objectively, quickly and comfortably.

To understand a solution, we must first define the problem clearly.

Why are humans in this position?

1. All beings make mistakes. All beings at one time or another, influenced by experience, decide not to take the highest path.
2. Why? Attitudes, prejudice, ego, greed, lust and innumerable other parts of us seem to take control. The result is that our natural good, our delight, our joy, our love is lost in the process.
3. The result is 'our Karma', following the law of cause and effect. All negative choices that we made create circumstances for new (negative) choices, until we learn to react correctly.
4. When we make these unwholesome choices, we imprint or damage our DNA and genes.
5. Not only are we negatively affected but so is our offspring, generation after generation.
6. Considering the fact that all generations can be involved in the

imprinting of the genes, the complexity of first root causes is enormous.

7. Viruses, inherited tendencies, intense thought and emotion all can distort and harm both the DNA and the genes.
8. This complexity is comparable to not only all the words in the dictionary, but also to all their combinations.

Psychiatrists, priests, psychologists, and counselors of many modalities attempt to tackle the above by dealing with the remembered past. However, the unconscious mind represses the memories of our initial trauma, guilt, fear, hatred and sadness to protect us. To divert us, the unconscious directs the brain to cause a lesser negativity, such as back pain so that we do not re-experience an unbearable emotional pain.

The following are common techniques designed to expose this pain.

1. **Flash backs:** In this situation the client is encouraged to relive the past in this life. The care giver helps the client to acknowledge the situation and to try to make some sense of it. However, flashbacks come unbidden in daily life. One may acknowledge the past problem; however, dealing with this problem is another question. First, because they appear as an unchangeable fact and second, because subconsciously, we do not want to relive them and not assume any ownership over them.
2. **Past Life Regression:** In this modality, the client regresses to a section of his/her life and does relive it or observe it. The client does see the wrong that she or he has done, or the realization of being wronged. Here, symbolically, one may come to understand why the person has chosen this specific path. However, the pain may remain, as we may learn to forgive, but never to forget.

To effect healing, the restoration of the order within confronts us with its enormous complexity.