Science of Mind defines **LAW** as: “Mind in action. The Creative Medium of Spirit is the great Mental Law of the Universe. It is the Law of the Spirit. It is the Universal Law of Mind. The Laws of Mind and Spirit must be understood if they are to be consciously used for definite purposes. There is no limit to the Law, but there appears to be a limit to ~~man's~~ (our) understanding of it. The thing that makes us sick is the thing which heals us. We need not look for a law of sickness and a law of health. There is only One Law. Our misuse of this makes it appear that there are many laws. Whatever we think, believe in, feel, visualize, vision, image, read, talk about, in fact, all processes which affect or impress us at all, are going into the subjective state of our thought, which is our individualized use of Universal Mind. The Law is a blind force, and whatever goes into the subjective state of our thought tends to return again as some condition.” *SOM Glossary*

Exercise:

* Spend at least 5 minutes silently contemplating the word LAW.
* Respond to the following prompt in your own words:
  + What does "**LAW**" mean to me?

Science of Mind defines **CAUSE . . . CAUSATION . . . FIRST CAUSE** as: “that which occasions or produces an effect. The reason, motive, or occasion. **CAUSATION**, too, is the act or agency by which an effect is produced. **FIRST CAUSE** always means that from which everything comes. The **CAUSE** of all that is made manifest on any plane. That Which comes first. The first in any creative series, The Life back of things.” *SOM Glossary*

Exercise:

* Spend at least 5 minutes silently contemplating the words **CAUSE . . . CAUSATION . . . FIRST CAUSE**.
* Respond to the following prompt in your own words:
  + What does "**CAUSE . . . CAUSATION . . . FIRST CAUSE**" mean to me?

Science of Mind defines **EFFECT** as: “That which follows cause. Effect is that which did not make itself, but which must have a power back of it causing it to be. All manifestation is effect, and all effect is subject to its cause. The Creator is greater than ~~his~~ (It’s) Creation. Everything which we see, touch, taste, feel, hear, or sense with the physical senses is an effect. ‘Things which are seen are not made of things which do appear.’ This means that which we see comes from what we do not see. If all cause is existent in Spirit, and if the Law which executes the Will of Spirit is subjective, and if the body is only an effect, it follows that both cause and effect are spiritual.” *SOM Glossary*

Exercise:

* Spend at least 5 minutes silently contemplating the word **EFFECT**.
* Respond to the following prompt in your own words:
  + What does " **EFFECT** " mean to me?

Below is a quote about the Law of Cause and Effect from a metaphysical writing.

Exercise:

* read the quote through only once!
* spontaneously respond to the prompt after the quote.

Sin is a mistake and punishment is a consequence. Nothing ever happens to the Law of Cause and Effect. We use It and we abuse It, but even when we abuse It, we are still using It. As long as we abuse It, we find undesirable consequences coming to us and may feel that a vindictive spirit is punishing us because of our mistakes. But the Laws of the

Universe are not vindictive. When we wish to escape from the wheel of the Law which

seems ready to crush us, we must deliberately turn away from the mistake.

(*Living the Science of Mind* pg. 396.4)

* What undesirable consequences am I experiencing in my life right now?

Below is a quote about the Law of Cause and Effect from a metaphysical writing.

Exercise:

* read the quote through only once!
* spontaneously respond to the prompt after the quote.

There is a Law of Cause and Effect that beats us up when we beat life up, and will beat the living stuffing out of us until we get tired of it and have had enough and act in accord with the laws of harmony which are fundamental to the nature of God and the Universe in which you and I live. (*Ideas of Power* pg.163.2)

* In what ways do I feel beaten up by life right now?

Below is a quote about the Law of Cause and Effect from a metaphysical writing.

Exercise:

* read the quote through only once!
* spontaneously respond to the prompt after the quote.

There is a metaphysical law that is activated when we make a choice. It is the Law of Manifestation (also known as the Law of Cause and Effect). This law states that as a man thinketh so shall it be. What we choose to think creates our experience. Through our thinking (cause) we create our reality (effect). From the realm of the invisible we bring our thoughts – our intentions – into form. We make them visible.

(Diane Harmony, *5 Gifts for an Abundant Life*, pg. 36)

* What consequences am I experiencing right now that seem contrary to my choices?