



# BUILD YOUR SPIRITUAL TOOLBOX

The Principles of Nature

## ABSTRACT

In this portion we will explore some of the basic Principles of Nature. We say principles because they are ideas, or theories. Laws imply something of a permanent quality that cannot be altered, and if so, there is a consequence. Principles have no consequences. They merely invoke an unexpected response.

Phillip Falcone  
Spiritual Toolbox

In this portion we will explore some of the basic Principles of Nature. We say principles because they are ideas, or theories. Laws imply something of a permanent quality that cannot be altered, and if so, there is a consequence. Principles have no consequences. They merely invoke an unexpected response. When we gain an understanding of nature and are able to recognize how nature is reflected in ourselves our life can become more fulfilling. People have applied these principles throughout history and have influenced many. We begin our sojourn with the Natural Principle of Harmony because it is harmony we often seek.

## The Natural Principle of Harmony

Harmony is something people misunderstand for whatever reason. They strive for a balance without realizing what a balance entails. Balance requires opposing forces. This means that for every action that is considered to be beneficial, it must be met with an action that is considered detrimental. Between these acts there is a point where nothing occurs. There is no decay and there is no growth. There is only a vacuum, and nature abhors a vacuum. Therefore, something must occur, something must happen. This is what is required to maintain balance. Balance is simply an expression of duality. Harmony is not about dualism. Harmony is about being whole and all that comes with being whole. All of the Principles of Nature move us towards a state of harmony, which is the natural state of all that exists. Harmony is also represented through flow, or rhythm. A simple example of the Natural Principle of Harmony, or Flow and of what it is about is breath.

Take a moment and think about your breathing. You inhale. You hold. Then exhale. All of this is done naturally. It is flow. Think of it like this. In order for flow to occur, you must accept. You must endure. You must act. This is breathing. This is the natural flow of life. It is contraction, duration, expansion, duration, and once again, contraction. This is expressed in all aspects of nature. Thus, our examination of some of the basic Principles of Nature begin with harmony because harmony is wholeness. We begin as whole beings. When we

are born, there are no desires to influence us, no desires to move us in different directions. There is only purpose, undivided purpose.<sup>1</sup> That purpose is not just to survive, but to exist.

If one were to observe nature, they would notice that there is a steady flux, a steady ebb and flow.<sup>2</sup> When you look at nature, you see aspects of nature that are passive, that are acted upon, you see area of nature that appear to remain unchanged, and then you see aspects of nature that are active, acting upon other aspects of nature that seem to be continuous. This is how life is. Life is a series of events that cause changes which force us to change in increments or leaps and bounds. During our change, if we accept what is happening, we endure. When we understand the change that has occurred, only then are we able to act upon it. We have the opportunity to refuse it or to embrace it. Other than that, change itself moves us along a path of least resistance, because that is the nature of Nature. There is inhalation, duration, exhalation, duration, and the process begins anew. This is the natural rhythm in the universe, all aspects of nature do this.

All seek happiness. We have a natural desire to be happy, but what is happiness? We have all of these ideas, dreams, and imaginations of what happiness is supposed to be, without never truly understanding happiness itself. Happiness is harmony, and harmony moves us between the extremes of life. We move towards the dark areas of our souls only to swing back towards those areas of light. This is harmony. This is happiness. This is change. Everything in nature moves between these two extremes. There is not one or the other, there is both. In order for growth to occur, there must be decay. In order for decay to occur, there must be growth. In order for sadness to occur, there must be joy, and in order for joy to occur, there must be sadness. Happiness is not one or the other. Happiness is accepting both, and we must experience both.

---

<sup>1</sup> (Dawson, 1915)

<sup>2</sup> (Davis, 1847)

## The Natural Principle of Rhythm

The principle of harmony begins with the Principle of Rhythm. Everything rushes in before flowing out. Everything has its tides. All things rise and fall. This is the nature of life.

### Self-organization

Let us consider another version of Harmony through self-organization. Self-organization is what is known as a steady-state system, which means that it is self-regulating. We are self-organized beings. We are self-regulating beings that adjust our actions and behavior as needed. Consider the body. The body is a self-regulating system whose goal is to maintain a type of homeostasis. Homeostasis is not a state of balance, but a steady state of readiness. When we exercise, the body calls on energy stores within itself. When relaxing, the body adjusts its breathing, heart rate, and circulatory activities in order to conserve energy. All of this is done without any thought. All of these are controlled by the body's autonomic system. Another thing to consider about self-organized systems is that they express some level of awareness.<sup>3</sup> We see this through the planet's responses to our activities. We see this in the universe's response to various activities initiated by our actions, thoughts, and emotional state. Therefore, all that we are aware of comprises a living being. Planet Earth is alive. The Milky Way Galaxy is alive. The Universe is alive.

Most of us see ourselves as people inhabiting the Earth. We see ourselves as being separate from the Earth. We see ourselves as being separate from nature. No matter what you may think, you are not simply a person living on a planet. You are part of the planet itself. The planet is a self-organizing system built upon various self-regulating systems that come together, work together, and communicate together forming a resonance. Through this resonance all that we see has come into existence, including ourselves. We are part of the atoms of the planet's self-organizing system and as living beings we are comprised of self-organizing systems that are intimately integrated into the planet's resonance. Thus, if we possess a level of awareness, then the planet possesses a level of awareness. If the

---

<sup>3</sup> (Rubik, 2002)

planet possesses a level of awareness, then the universe possesses a level of awareness. Therefore, all are part of a single living being comprised of a harmony of systems or a resonance which interact and continually communicate with each other.

Question. Can people change? One of the aspects of self-regulating systems is their ability to reorganize themselves into something different.<sup>4</sup> Reorganization will produce different behaviors. Behaviors are emotional responses; therefore, our behavior changes because our emotion changes. With this ability we have the skills to heal ourselves. All living systems are comprised of feedback loops which feed information back into themselves, alerting the overall system of problems.<sup>5</sup> With this information, problems may be averted, may be met with solutions, or may collapse upon themselves. These are the skills we possess. Thus, the concept of suffering is self-made. Those people experiencing misery have the ability to alleviate themselves of these conditions. However, before they can ease these conditions, they must first recognize a detrimental condition exists. When harmful conditions are recognized, the person must then understand the condition itself, and through understanding they have the ability to release it or change it. When we release those conditions which no longer serve us we are making an adjustment in our resonant field. Through our ability to adjust, we are reorganizing our responses, our thinking, and our state of being.

## The Natural Principle of Attraction and Repulsion

When it comes to the idea of attraction, most people are of the opinion that it is a reference to attracting objects, illnesses, or conditions. When the law of attraction was popular, the demonstrations for it were of material objects, such as cars, money, and people. This is all hype. The Natural Principle of Attraction has nothing to do with objects or

---

<sup>4</sup> (Rubik, 2002)

<sup>5</sup> (Rubik, 2002)

matter and has everything to do with subtle energies. It is these subtle energies we knowingly and unknowingly manipulate.

How does this principle affect us? To begin with, affinity is another word for attraction. The principle could easily read, the Natural Principle of Affinity, which means a preference for something. This is the Principle of Desire, and desire is one of the driving forces behind creation.<sup>6</sup> Before we can employ this principle, we must first learn about ourselves, which is why we began with meditation and self-exploration. When we considered Qigong, our focus was the Qi, the life force energy within us. Your life force energy not only influences others, but it influences the universe. Your Qi influences the subtle energies of the planet, arranging them in such a way as to provide a means to your desires. Therefore, you must acquire proper knowledge by which to guide your desires so you may live a satisfying life.

Your desire is what drives the Principle of Attraction. The universe responds to your unvoiced request. It does not bring objects to you, but it provides a pathway for you towards what is desired. You must keep in mind that you do not create objects simply with the mind. Through the mind you formulate the idea and develop a plan for your idea to become a reality. Therefore, everything you desire requires a plan, and as part of that plan, the universe responds to the amount of energy you focus on, or put into developing your plan, and subsequently to achieve your objective or goal. Your emotions provide energy, your plan focuses that energy.

Everything about the principle of attraction is about events. These subtle energies we influence exist in the quantum realm, which is a non-local realm, a non-local place that exists everywhere and nowhere at the same time. All thoughts and ideas come from this non-local realm. The energies associated with your thoughts come from this non-local realm and are subject to the subtle energies emanating from you, namely, your emotions.

---

<sup>6</sup> (Troward, 1921)

Our desires are part of those energies emanating from us. Paul Kammerer first postulated that there was an 'A-causal' organizing principle that is equal to causality itself. This is A-causal factor draws like and like together as though it were a type of gravity operating in terms of form rather than physical mass.<sup>7</sup> In other words, events that are similar in form, or potentiality, attract each other, drawing similar events into a chain of events. When we talked about self-organizing fields we were talking about self-organizing systems coming together to form larger, more complex systems. This operates in the same fashion. This organizing principle is our mind and upon what it is focused. Remember, where the mind goes, so does your Qi, so does your energy. Thus, what your mind is focused upon organizes the energies around it and those associated with the desire, drawing corresponding events towards you. Thus, you become the organizing principle for your desires. If your desire is love, then your mind will focus on what you interpret love to be. If your focus is on reason, then the energies emanating from you will move you in a direction that facilitates reason according to your interpretation. The direction you move towards will be in a series of events. Drawing similar events towards you. Those energies not associated with what you are focused on will be pushed away. You must also keep in mind that if you do not recognize the event, or perhaps I should say the opportunity, which is brought to you, it will pass you by. You will have repulsed or pushed it away. This suggests that when you apply the Natural Principle of Attraction or Affinity, you must be watchful for those opportunities that may be associated with achieving your goal. Presently, you are the active component, and being the active component, you are drawing or attracting events, opportunities, and potentialities towards you.

## The Natural Principle of Cause and Effect

When you begin to apply the Natural Principle of Attraction, you are moving into the Natural Principle of Cause and Effect. You are now the cause. Whenever you apply yourself to something, you are acting upon something or someone. If we were to cite the Bhagavad Gita, we would say that you have no part in the fruits of your actions. You may only claim

---

<sup>7</sup> (Combs & Holland, 1996)

the act responsible for the fruit, or the act responsible for the effect. Before we explain this, we must determine what the Natural Principle of Cause and Effect is.

The nature of all circumstances you experience rests in an originating cause.<sup>8</sup> Some sort of action was initiated, and once initiated it must be completed. The completion of any act is the effect of said act. While it is very simple, it is also very complex. What we are implying is that you are responsible for your actions because you, and only you, initiated it. Spiritualism teaches, personal responsibility and not vicarious atonement. No single person can take away the responsibilities of another. It sounds good. It makes for good propaganda, but it cannot happen.

Every effect can be traced back to its cause. Every cause can be the result of an effect. Therefore, we can assume every cause is an effect, and every effect is a cause. There was a time when I thought that existence is the result of the First Cause. As my research continued I discovered this was incorrect. We like to think that logic flows in a linear direction, that everything follows a given path. This is not the case. Logic does not flow in one direction, but many directions, including a path back to ourselves. This occurs through the Natural Principle of Cycles. We are not going to explore this. If we were to explore all of the Natural Principles it would go beyond our original scope, and you will discover many of them are repetitious. We are only focusing on some of the basic Natural Principles that will help you experience life differently.

Back to my original thought of when I believed we were all the result of an original First Cause. Causality exists first within the realm of potentiality, or the quantum realm, which is a non-local realm. All things begin in a non-local realm and move through the various natural principles such as attraction, harmony, and evolution, until they reach a threshold and enter what we call the common reality. Within the realm of potentiality, all things occur that can occur. Everything that is related to a single event has occurred multiple times in the realm of potential. What brought the particular event to us is how and what we focused our mind on. Therefore, we are the cause of our circumstances,

---

<sup>8</sup> (Troward, The Edinburgh Lectures on Mental Science, 1909)



regardless of whether we blame another or not. You will always be the cause of your circumstances because only through you can your circumstances change. Circumstances are the effect of your cause.

All things emanate from the Divine and are received by the material realm. The material realm in turn emanates all that is received back to the Divine through the Natural Principle of Cause and Effect. The effect completes the cause and in turn becomes a cause. That which we receive from the Divine exists in the realm of potentiality and is again reflected back or emanated back by all that is matter. Thus, that which is received is the effect of the Divine, and that which is given by the Divine is given to the Divine and is never ending. Effect becomes the cause, repeating itself. The circumstances you experience are reflections of previous actions. For you to change your circumstances, you must change the cause. More precisely, you must initiate a different cause that will complete itself through a different effect. This all sounds confusing, however, what you should keep in mind is that for every action there is an equal reaction. It is this reaction that is the effect of the preceding action which was the effect of an action that preceded it. Life is nothing more than a series of events that precede and follow an effect. Life does not appear this way because we are participants in the cause and effect cycle.

Our frequencies or vibrations are based on our thoughts which are generated by our emotions, our beliefs, and our behaviors. The frequencies emanating from us are more than our physical natures. What emanates from us is how we interpret life and how we choose to experience life. Emotions are the cause of behavior, meaning that your behavior is the effect of the emotion you choose to experience through evaluating the event that just occurred. Your perception of a cause or an action is part of the evaluation of the cause and determines your behavior, or reaction, which is an effect. How you perceive the actions you witness determine the effect it has on you, or the value you assign to the act. You determine if an action is beneficial or detrimental, and the only actions you can evaluate are those actions that are perpetrated upon yourself. It is your evaluation of the act that determines the effect it will have. This suggests that we are more powerful than we would like to admit. Not only are we responsible for the actions we take, but now we are

responsible for the evaluation of the actions perpetrated upon ourselves. This is why you are an organizing principle. You determine how to act. You determine how to react. You determine the effect an act has upon you and the intention behind the action you take. This demonstrates the importance of the Natural Principle of Acceptance

## The Natural Principle of Acceptance

It is probably easier not to attempt to define acceptance, and to focus on what it is not. We are taught to resist acceptance. We are taught to always strive for what we do not possess. We are taught to strive towards something that is always out of reach. We are encouraged to struggle and fight. This is not acceptance. We are encouraged to oppose, to fight, to stand against, to confront, and to defy, there is nothing wrong in such actions. Unfortunately, we employ these actions without thought, without consideration, or without understanding. Many of us employ these actions in those instances where we do not like or care about something that is happening. Society has chosen to focus on resistance with slogans such as stand up for your rights, stand against the oppressors, or do not just settle. Resistance is anything that chooses not to consider possibilities.

We are taught avoidance, which is not acceptance. We spend more time avoiding situations and people than we do seeking helpful situations and people.<sup>9</sup> What does this say about our focus? We spend too much time looking for danger and risk becoming exiled from our own life.

Desire for what cannot not be attained ends in frustration. Therefore, do not pursue what cannot be attained. This may appear to be avoidance, but this is encouragement to pursue what you are prepared to receive. For us to be prepared to receive, we must first become satisfied with what we already possess. For us to be satisfied with what we possess, we must first understand what it is that we possess. For us to understand what we already possess, we must first recognize what it is that we possess. For us to recognize what we already possess, we must first accept what we possess. When we accept what we

---

<sup>9</sup> (James, 1902)

already possess, which is what has been given, we have begun to prepare the way towards change.

You have been given existence, but have you accepted the existence you are in possession of? For you to accept your existence, you must begin to understand what comprises your existence, and your existence is composed of your intellect and your emotions. In order to understand your intellect and your emotions, or better yet, why you made the choices you have made and why you acted in the ways you have acted, you must observe them and explore them. This is best done through meditation, unfortunately, not everyone is able to do so. For those who are unable to develop this tool, other means of self-exploration is required. We will explore some of these tools we consider self-reflection in the next segment. You are an eccentric being,<sup>10</sup> with differing tastes, priorities, habits, and the like from others, and you must accept that your preferences are not quite the same as another's. Likewise, you must accept that the preferences of others are not quite like yours. This is why some people seem to be toxic and others are not. We are told to avoid people deemed to be toxic. Unfortunately, eventually you will no longer be able to be with people because you will have judged all to be too toxic to be around. If you take the time to explore what about them you feel is toxic and then discuss this with them, or even yourself, you will be far better than you were before because you will have moved past beliefs that no longer serve you. For you to do this, you must first understand yourself because many of the motives for your behaviors are also the motives for similar behavior in others. When you understand yourself, you become satisfied with who you are and are ready to become more.

Before you can attain more or something better, you must learn to become satisfied with what you already possess, which is to accept what you already possess. If you wish to experience happiness or satisfaction, you begin in the present. Become satisfied with what you have. Become satisfied with your station in life, accept your station in life; accept all that you have obtained. Accept all that has occurred to you. Accept it all, for with

---

<sup>10</sup> (Moore, 1994)

acceptance comes opportunity. With acceptance comes the ability to plan, to develop, to move forward. Once you accept what you have and where you are at, you begin to recognize opportunities that allow you to move forward.

When you learn to accept what is given, we are able to determine whether to return what has been accepted, whether to release what has been accepted, or to nurture and reshape what has been accepted. This is how you become receptive, and before you can become receptive, you must release that which causes you to be in discord.

There is an analogy that is a very good example of the need to release that which no longer serves. There is a chalice of spring water before you. You sip it and find it refreshing, so much so that you are tempted to sip it forever in order to preserve it. However, does sipping the contents slake your thirst, or satisfy you? Probably not, but the cup cannot be refilled until there is room to pour more into it. We strive to make everything last because we are taught that there is a limited supply. How ironic that what is in limited supply we treat as though it is never ending and that which is plentiful, we hoard and protect as though it were precious. Mind is the chalice, and thoughts are the spring water. Before your mind can be refreshed with new thoughts, you must allow the old thoughts to pass through. For you to receive from the Divine, or spirits, or anything else, you must devoid yourself of intellectual clutter. The greatest and wisest have realized that the Divine conspires to inspire us.<sup>11</sup> Until you enlarge your reason, until you enlarge your mind, creating empty spaces, you may not become inspired to be more.

Too many of us limit ourselves because we have a rigid idea of what the Divine is,<sup>12</sup> and because of this, we thirst for what is truly Divine. Each of us has a specific idea of what the Divine is, and we operate within the confines of that idea. However, unless we are willing to release that belief, we impede the Divine flow of energy, which is information, which are the thoughts moving in and out of our mind freely. The flow of thoughts moving through our mind are the thoughts of the Divine. When this flow is impeded by rigid

---

<sup>11</sup> (Davis, *The Great Harmonia; Being a Philosophical Revelation of the Natural, Spiritual, and Celestial Universe*, 1851)

<sup>12</sup> (Toward, *The Edinburgh Lectures on Mental Science*, 1909)

thinking, by rigid beliefs, by what has been deemed to be Universal Truth, we are not receptive. The purpose of meditation is to learn to allow your thoughts to flow, because when they flow you are actively receptive, you are actively connected with the Divine. When you learn to think with your intellect and your emotions, you become empathic towards others, you begin to understand others because the Universal Mind, the Divine flows from them into us. As you develop your empathy, you learn to assume a position of receptivity. Through this position, the Divine flows through you, and with this flow comes new ideas, harmony, health, and much more, you become connected with the Divine, which is humanity.