

Getting to the Cause of Things

Introduction

In order that our life may be made afresh - in the likeness and beauty of the divine - it is necessary that we get back to our centre, the one source of all life. Instead of tinkering about with effects, we must get back to the cause. If our life is wrong, we must seek the cause of our disharmony, and, better still, the source of life itself.

If we only fight effects without examining the cause, then as soon as one negative ill is suppressed or overcome, another one appears. Indeed, the more we fight them, the more difficult they become; for we invest them with power which, in themselves, they do not possess. Fighting the so-called "evils" in our life can never remove them and only increases them!

Our problems, eg: financial troubles, are due to lack of harmony with our source and with the laws of life and being. It is useless to fight them, for these are only effects. What is necessary is for us to remove the cause, after which, internal harmony having been restored, everything goes much more smoothly.



The Cause of All Phenomena

The cause of all phenomena is thought. Thought is a spiritual power, far more powerful than material force. The perfect universe (which is real, although it is invisible to our senses), is the expression of an idea, the divine idea, thought into form by the mind of God. The sensed universe (which we can see, hear and touch through our senses) can be likened to a reflection of the spiritual universe. All thinking that is not in harmony with eternal truth finds expression in our life and environment in the form of disorder of various kinds.

Popular psychology tends to divide thought into two classes – positive and negative. The positive thoughts build up the life and character, while negative thoughts break down and destroy them. When you see a person who achieves and conquers, you see a person who habitually thinks positive thoughts. When you see a person who fails in all they attempt, you see a person who habitually thinks thoughts of failure, although they may be unconscious of the fact.

If we allow our minds to dwell on destructive, negative thoughts (cause), then destructive and negative action will be the inevitable result (effect). On the other hand, if we think positive or constructive thoughts, constructive action takes place as a natural result.

HT Hamblin, The Power of Thought

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Subconscious Thinking



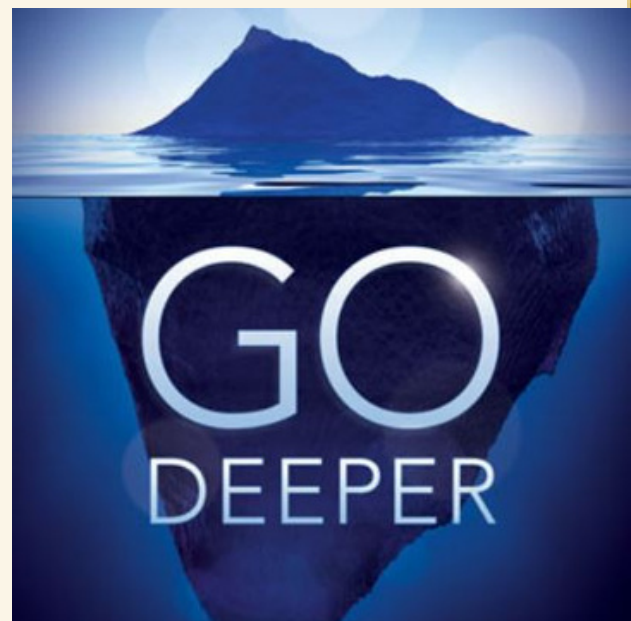
The subconscious mind is the term given to the vast area of the mind below consciousness. It is there that most of your thinking happens. If there is a dominant idea in the subconscious mind of failure, or fear, or weakness, then your actions and decisions are affected in a way that produces failure in your life.

Also, if there is a dominant idea in the subconscious mind of disease and sickness, then the whole vibration of the body is lowered, its nervous system depleted and protection from infection is diminished. Flooding your mind with positive thoughts of confidence and courage has a direct, positive correlation with happiness, success, creativity, and health.

Going Deeper

All this is a step in the right direction, but only a step. It is possible for a person to be a positive thinker and still be out of harmony with the inner truth of the universe. Techniques of positive thinking alone do not always bring us inner spiritual harmony.

It is possible to use good tools and yet produce very unsatisfactory results. Anyone can chip off pieces of marble with a hammer and chisel, but only a sculptor can reveal the beautiful form which they alone see within the mass of stone. It is the same with life. Psychological self-help tools place the hammer and chisel in our hands, but the hidden form and beauty can only be revealed to us from within by the eternal sculptor. What we all need is to get back to our spiritual source.



Resources to Support Your Journey

[The Power of Thought – HT Hamblin](#)

[The Little Book of Right Thinking – HT Hamblin](#)

[Free Resources](#)

Note: The original material for this article was sourced from Simple Talks on Science of Thought No. 2, by HT Hamblin, mystic, writer, and successful businessman. The text has been adapted in places to make it more accessible to a modern audience. The principles contained in the teachings remain as relevant today as they were when they were reaching thousands of his followers around the world until his death in 1958.