

## **Will Divorce Really Change Your Life?**

Are you debating whether to get a divorce? In this vlog I'm going to share an experience about divorce in my life, which illustrates how you have to change yourself to change your destiny.

### **The Simultaneity of the Law of Cause and Effect**

When contemplating a divorce, people tend to think this way. I'll leave these problems behind if I get out of this marriage. But, getting a divorce is not necessarily changing your destiny. I'm sure you've probably heard of someone who left one person, only to attract another just like the first. Or the same problems seem to show up in different relationships.

Buddhism explains this through a concept called the simultaneity of the law of cause and effect. It says that every time we think, speak or act we are simultaneously setting a seed in the core of our lives which will manifest at some time in the future when the time is right. The law of cause and effect acts impartially, as does the law of gravity, whether you believe it or not.

Every difficult relationship has lessons to be learned by both parties. Once, one of the participants have learned and acted upon their lessons, then that person will have accomplished a change in their destiny.

### **A Personal Example: The Problem**

I was married to a man who always chose to work for himself. Unfortunately, he was never able to succeed in a business. He would start a business and it would fail and then he would start another and it would fail.

We lived in a time when the father usually supported the family. We had three children so it was hard for me to go to work, even though I had a profession. He tried but wasn't able to support the family. It was very hard on everyone. Since I saw the problem as his fault, I tried for 15 years to influence him to work for someone else for a salary, but he couldn't bring himself to work for someone else. I was trying to change the effect, his behavior, without looking for the cause.

### **Looking Outside Myself**

What I didn't realize was that I was looking to him to solve the problem for me, rather than looking to myself. I was looking outside of myself for a solution to the problem. I didn't realize at that time that I had the karma to have a husband like this due to my past causes and in order to change the situation I would have to change myself. Don't we always assume the other person is to blame?

I had found work in my profession but didn't make enough to support my three children without some income from him. I was working my way up in the organization and gradually coming closer and closer to my goal of being able to support the family alone. But I continued to wait for him to change.

Finally, an incident occurred, which was the final straw. I realized that I was going to have to take charge of my own life and stop waiting for him to change. I told him he had to find a job or

I was going to divorce him. I waited for three months to see what would happen. Nothing changed. It was clear to me, that he would rather divorce than make the necessary changes.

Once I divorced my whole financial life came into balance. I had changed my destiny because finally I had changed my habit of looking outside myself and taken charge of my own life.

His financial life continued as it had been until the end of his life.

My first husband acted as a zenchishiki, or a good influence for my life. He forced me to take responsibility for my own life, which was a life lesson I badly needed to learn. As difficult as it was at the time, I thank him today.

## **Oneness of Self and Environment**

As you see in this example, if there is an outer problem in your life, you must change yourself to resolve the issue. Your current environment is the results of past causes you've made at some point in your many lifetimes.

You might ask me, "How were you responsible for your husband's behavior?" His behavior, his own tendencies were his karma. My contribution was that I would attract a man with these tendencies into my life, tolerate behavior that was damaging to the family, and not look to myself to change the situation.

Since I was not chanting at the time, I had to rely on the feedback from a friend, who was professional psychologist to determine what I should do.

## **Chanting Gives You Direction**

As a practitioner you have a tool to allow you to deeply reflect on your life. When you chant about the issue first, and you will have ideas come to you about what you can do to handle it.

Chanting also allows you to look at a problem from a different perspective. Let's say you are a player on the soccer field. If you are one the playing field, it is hard to see where the direction of the play should be. But if you were sitting in the bleachers two stories up, the way the play should go would be clear. Like that you get an overview of your situation when you chant.

## **How To Handle the Problem**

If you are debating divorce today, and you are not a Buddhist. You will probably need third party feedback. Most of the time we are not fully aware of what we need to change.

If you are a Buddhist, take the following steps.

1. Make a determination to change your karma that is contributing to the problem in this relationship.
2. Chant for the insight to know what you need to change.
3. Then take the steps necessary. You will know whether you still need to get a divorce after you do your human revolution and change the way you are contributing to the problem.

## **Summary:**

In this vlog we showed how the simultaneity of the law of cause and effect allows us to set causes in our lives that manifest as future effects when the time is right. This means that if you have a difficult situation, you are responsible, and need to change yourself for the situation to change.

I showed you through an experience of my own around divorce how taking charge of my life allowed my whole life to change and changed my destiny.

Finally we looked at what to do if you are a non-Buddhist to address the causes in your own life. And finally how you would address these causes if you chant.

If you've liked this vlog give it a thumbs up, share it.

Subscribe to receive notifications of other vlogs.

Here are some other vlogs/blogs you might like:

1. 3 Steps to Stopping Vengeful Thoughts <http://wp.me/p3V1J9-TA>
2. Are You Missing a Step When Chanting for a Goal? <http://wp.me/p3V1J9-Ps>
3. 8 Steps to Master The Way You Think <http://wp.me/p3V1J9-Ps>