

## CHAPTER 18

### LAWS

Dad always emphasised that when we talk about laws, we are not talking about manmade laws. ‘There are a lot of manmade laws out there,’ he said, ‘and those are not what you need to focus on.’ When Clay Christensen at Harvard Business School told me in 2016 that I needed to understand the difference between manmade laws and natural laws, that is when it all started to come together.

Manmade laws are human, self-created laws to regulate interactions in a country or a region. Each country has its own laws, and, in that jurisdiction, those laws should be respected. But we are talking about natural laws, which dictate how the world works. When Dad talked about these laws, he did not draw on scientific experience or explanations, but I am now able to talk about these concepts with the benefit of science and research behind me.

First, Dad talked about the law of perpetual transmutation, which

explains that everything in the universe as a whole and in its parts, exists in an ocean of motion. Motion is the only thing that is constant.

Change is energy's only attribute that is apparent to our material senses. This is where thought energy comes in and the idea of non-physical energy. You can develop your thoughts and your conscious mind, emotionalise those ideas and steer ideas and emotions into your subconscious mind so that the body then moves. Emotions are expressed through the body, the body is moved into action, and that produces the results. This is accepted within the law of transmutation.

Transmutation means, in effect, changing one form of energy into another. This is how thought energy moves into physical form. Dad believed that if you really want to achieve something, all you need is your thought, then you internalise that into action and it transmutes into physical form.

The images we hold in our mind materialise into results in our life. Dad said that whatever you seek to achieve, put those images into your subconscious mind, take action and that will bring results.

Next is the law of relativity. Dad said you are not big, you are not small – size only depends on who you are comparing yourself to. Similarly, you are not rich, you are not poor. You are not winning, you are not losing, you are simply comparing. He said to look at someone walking barefoot versus someone with shoes, or someone with just one leg. The person walking barefoot is neither well off, nor the most disadvantaged.

When the law of relativity is properly understood, there is something

better for everyone, and something worse. You can do something better than every person you meet. When you fixate on something you cannot do that another person has mastered or owns, you will not feel good – it could be a skill, a physical situation, or a possession. You are using the law against yourself if you start comparing and thinking you are not well off. All things are relative. If someone says a company has made £1 million profit, compare that to a company that has made £100 million profit, versus a business that is losing money.

All these laws are related to each other and correspond to each other, the laws of the little and the laws of the great. There is no big or little, fast, or slow. When you understand this, life becomes easy. The much discussed fourth dimension, whether you call it the sixth sense or the intangible, is nothing more than the vibration you are in. Again, all states of vibration are either high or low only by comparison.

In understanding the concept of relativity, the key is wherever you are, everything in life is just this. This is where mindfulness comes along; just be present, do not worry about the past or the future. The present just is; we make it what it is. Dad used to tell me to count the number of my blessings and whatever you want to achieve, you can achieve if you understand this.

The law of relativity means nothing is good or bad, big, or small. Practise relating your situation to something much worse and things will always look good.

Next, we move onto the law of vibration and attraction, which is much discussed and very often misunderstood. Everything vibrates, nothing rests. We live in an ocean of motion, which truly contains the

great secret of life. You are always moving towards something and it is always moving towards you. This is where the intuitive factors of human come to life.

Dad said that when you feel bad, you can change that by thinking positive thoughts. When you pick up a bad feeling from another person, do not let it get you down. I was bad at this and am still improving – it is not easy. My mum had the same qualities and I have made many mistakes. Once, on a trip to a New York restaurant, I got very annoyed when I should not have done; on that day I vowed it would be the last time I ever got annoyed with my children or with anybody. There are times when you go back to your bad habits and paradigms, but Dad always had a fantastic ability not to get annoyed at all, I never saw him anything other than calm. He taught me that calmness of mind is so important. I shall never get annoyed at my two daughters, Sharanie and Dharanie.

Your thoughts are vibrations that you send off into that unknown. When you concentrate, these vibrations are stronger and penetrating. It is the most important vibration. Dad often said we are the only ones who can think for ourselves. That is the difference between us and animals, we can think and thus we can create.

By thinking, we can emotionalise that thinking into our subconscious mind and set the law of attraction in motion. ‘You should always be happy, son,’ Dad used to say. Did I listen and understand that? Perhaps not – but I see it now. You should always be delighted with yourself because your thoughts control the vibration of your physical body.

Dad believed if you have a disease, you created it. He never went

to hospital in his life, before he died aged 72, and he believed the body is the servant of the mind. He said the body replays the operations of the mind, whether they are deliberately chosen or automatically expressed. The problem is with those that are automatically expressed because it is exceedingly difficult to change those habits. James Allen wrote that at the bidding of unlawful thoughts, the body can get into disease. At the command of glad and beautiful thoughts, it becomes youthful beauty.

Disease and health are things you create, Dad told me, and are rooted in thought. This was difficult for me to fully grasp, and still is. If it were that easy, I am sure there would not be diseases. But I believe the key element is automatically expressed. We must deliberately choose not to think negatively.

‘Sickly thoughts will express themselves through a sickly body,’ Dad said. Allen also wrote that thoughts of fear have been known to kill a man ‘as speedily as a bullet’ and continue to kill thousands of people, just as surely though less rapidly. People who live in fear of disease are the people who get it.

It is difficult to say this at the time of Covid-19, but I can only talk about Dad. For 72 years he was never sick, never went to hospital, never had an operation and rarely took medicine. He took control and he had a fantastic life, enjoying food and drink in moderation. He mastered how to deliberately control his mind and his body.

Anxiety quickly demobilises the mind and the body and lays it open to the entrance of disease. It is so important to understand, in this Covid-19 world, that impure thoughts, even not physically indulged,

will soon shatter the nervous system. Strong, pure and happy thoughts build up the body in grace and happiness. The body is a delicate and plastic instrument, Allen said, that responds readily to the thoughts by which it is impressed, and thoughts will produce their own effects, good or bad, upon it.

‘Humans continue to have impure and poisoned blood so long as they have unclean thoughts,’ Dad used to tell me. This is so important: after the unclean thought, all you get is a corrupt body. This also comes from Allen. Thought is the fountain of action, and like a manifestation, if you make the fountain pure, all will be pure. Dad talked about how a change of diet will not help a man who will not change his thoughts and, as I have said, I have struggled with my weight. He said just changing the diet will not help a man, he must change his thoughts. ‘If a man makes his thoughts pure, he no longer desires impure things. If you perfect the body and the mind, you will have a perfect life,’ Dad said. ‘If you renew the body and beautify the mind, then life is fine.’

Dad talked about someone he knew who lived to 100 years old, which he believed was because she was always positive and happy. ‘There is no physician like cheerful thought to nourish your body,’ he used to say.

Our conscious awareness of vibration is referred to as feelings, therefore when I say I feel good or bad, I am really declaring that I am in either a positive or negative scenario. The law of vibration declares that everything moves, nothing rests. The brain is the instrument that you use to move your entire being into a different vibration. The brain is your vibratory switching station. The brain will not think, but you

think with your brain – this is so important. Your brain is something you need to use to improve your life. Dad would often say, ‘Use your brain!’ when he was frustrated.

When you say you are thinking something, what you are really doing is choosing to activate certain brain cells that in turn affect your central nervous system and move you into one of the vibrations that those deeper cells are governing. Attraction immediately goes to work where you store your mental pictures and images, which are so important to emotionalise. They then go through the nervous system, through the body, the body acts, and natural reaction kicks in. If the cells that you activate have sad or negative images, you will move into negative vibration; you cannot stop it. If they have happy images, you will move into positive vibration and feel good. ‘Choose happy pictures and you must feel good because vibration is everything,’ Dad said.

The next law is the law of polarity, which talks about how everything in the universe has its opposite – no inside without outside. If something you consider to be bad happens in your life, there has to be something good about it. Like the story I have told earlier in this book, of the king going with his assistant into the forest and losing his finger, only for his assistant to say that was a good thing.

If something occurs that is only a little bad, you can work your way to the other side, and you will find there only a little good. But the bigger the bad, the greater the positive when you come out the other side. But this is difficult to comprehend when you are in that negative position, I know. Think about these ideas and see how you can look at everything in a positive and a negative way. If you can understand

this, then when something goes wrong, you know that something will go right.

Under the law of polarity, one story Dad told is one I thought about when Dad had his accident and went into a coma. I was by his bedside as his ECG was going up and down. I remembered Dad saying life is like that, like an ECG going up and down, and the day that it is flat, you are dead. That ECG wasn't him, it was the life-support machine doing the work. After 24 hours, I still vividly remember, the doctor coming to me and saying, 'I think the machine is not going to save your dad because he has decided to leave.'

It was very emotional; Mum was there, Tharshiny was there, and we were far away from home in Bournemouth Hospital. There was a decision that I needed to make; the NHS did a fantastic job. I spoke to the doctor – it is very emotional just to remember it – and I asked if there was any chance that Dad might decide to come back. The doctor said he could go on for another four or five days, but he would be a vegetable, and that hurt me so much. I made the decision to turn off the machine. And then, when the buttons were switched off, I had a small hope that he might just wake up, but he had made up his mind. So, I always think, like life, the ECG was going up and down, up and down, and then when it went flat, he was gone.

Now, let us move on to the law of rhythm. The law of rhythm embodies the truth that everything is moving and there is a flow. There is a reaction to every action. Something must advance when anything retreats, something must rise when anything sinks.

This law governs the movement of the planets and the orbits and

manifests in the minerals and vegetables. We cannot see it, but we are hanging on this gravity. Humans can observe this law in their mental, physical and emotional state. ‘The law of rhythm is intangible, and it is universal. It can be observed in the rising and setting of the sun,’ Dad told me.

Obviously, this is difficult to comprehend but the law of rhythm is, like many of these laws, intangible. So do take time to learn and understand these ideas. I am still learning and understanding what my dad talked about for all those years. Clay woke me up to it in 2016 at Harvard Business School; until that point, these conversations did not even come back to me.

The coming and going of the seasons is the law of rhythm, nobody can force it. The rhythm and swing of consciousness and unconsciousness within the human being is the law of rhythm too and is beautiful to understand. ‘You are not going to feel good all the time,’ Dad said, ‘no one does. If you did, you would not even know it. The low feelings are what permit you to enjoy the high feelings. You would not know what high is if you had never been low.’

There will always be highs and lows in life; reason gives us the ability to choose our thoughts and we have free will. Even when you are on a natural downswing, you can choose good thoughts with your free will and move up. That comes down to the law of cause and effect that I have mentioned many times. There is no such thing as chance. Everything happens according to law; nothing in the entire universe ever happens unless it occurs according to law. It is impossible for the human mind to conceive of starting a new chain of causation for the

simple reason that every effect must have a cause and in turn that cause must have an effect, because we have a perpetual never-ending cycle of cause and effect. Causation is the capacity of one variable to influence another.

Ralph Waldo Emerson talked about the law of cause and effect as the law of laws. He said this is everything. We are all interested in our results – our physical health, our relationships, our earnings, our success, our material income – but we must concentrate on the cause and the effect will automatically take care of itself. That is how this law works.

Once we understand these laws, everything becomes simple. When you put a positive out, you get a positive back. When you put a negative out, you get back the same negative. Dad said there is no point in talking about this, just use it. When someone gives you a positive, give one right back. When someone sends you a negative, Dad always told me to just step aside and let it keep on going – just let it go.

The final law to talk about is the law of gender. The law of gender manifests in all things, as the masculine and the feminine. It is the law that governs what we know as creation. The law of creation is often misunderstood, for in reality nothing is ever created. All new things merely result from the changing of something to another form, transmutation into something else that now is.

The law of gender manifests in the animal kingdom as creating family or children. It also manifests in the mineral and vegetable kingdoms, where without the dual principle of male and female in all things there could not be perpetual motion or regeneration. This law

finally closes the cycle and completes the law of nature. This is the truth, Dad said, this is creation.

Once you understand this law you must emotionalise it, practise it, and discipline yourself. This law decrees that everything in nature is both male and female because both are required for life to exist. Obviously, there are now different types of relationships, but nevertheless the law of gender is still there. While there is attraction between same-sex couples, that does not mean this law is not in existence.

This law also decrees that all seeds – and ideas are spiritual seeds – have a gestation or incubation period before they manifest. In other words, when you choose a goal or an idea, a definite period of time must lapse before that idea manifests in the physical world. All ideas move into form at the right time, and we must believe in that right time. If you have patience, you will have everything you want. Dad said, ‘Mahan, don’t please be impatient.’ He told me my goals will manifest when the time is right, and I must know they will.

This is an interesting chapter because Dad talked quite a lot about scientific elements when I was a child, and about laws. Obviously, I did not understand any of it really until I was re-introduced to the topic a decade after I lost Dad, when I was 46. Since then, just understanding these simple laws and learning from Clay at Harvard Business School has really helped me to look at things differently. I know that I am not there yet, and I am still pursuing my own journey to a growth mindset.