

## Cause and effect

Often people use cause and effect as a means to put people off or justify that what people have done will have a price one day. I have helped hundreds of people where spirit have reflected the effects their life had on others. A single word, a phrase or even a reflection that felt right at the time but didn't have the desired effect because they never walked in other person's shoes to find out why. Easier to criticise then look at why attracted, why that person acted that way. Once over they see all and start the process of making right or learning the lesson. Every person you meet has energy attached to hundreds, even thousands of people. Your single word of negativity could be triggering or even overloading someone's body which may be at the brink of too much energy and then comes in a physical form. After seeing what effect passed down emotional energy through ancestor's causes, it is frightening how people who just throw out abuse without a thought for what they do, then you have those who attracted abuse and think okay to do to others because they don't feel in control or was done to them. A single thought can heal, and a single negative thought can reach millions, as each person passes this on. Yes we are often reflecting and don't know why we say what we say, but we still have free will. Your enemies could be friends in past life; your family could be enemies and why can wind you up. But think about a single thought and how many people you come into being around over your lifetime that you can be affecting. What do you want to send to the world, peace, love or abuse? It may be a strong word but I have seen how a lie, which has been passed on has devastated a person's life, that was me. I lost a lot of friends through some mud thrown at me, for trying to help a friend and when came out it was a lie. It's too late mud sticks. However, time and time again I see many in the name of truth, control, being a victim and their right to say without knowing why. If you want to feel what negativity can do, think of a time you felt anger, emotions or upset, get the word that you can feel on your body and say x 10. Then keep doing if want to see how it builds up. 90% of our thoughts are illusions, creating orders to attract negativity. Even people to be negative, think less, do more what enjoy, so more peace will prevail. The more you think, the more you are putting out, connection and understanding come to you, not you to it. Only you can change the energy output.

Love, light & peace  
Steve

