

# Events and Reasons Why

## from: Five Reasons Why Bad Things Happen: How to Turn Tragedy Into Triumph

Events and Reasons Why

<u>Event</u>	<u>Karma</u>	<u>Subconscious Sabotage</u>	<u>Lesson</u>	<u>Test</u>	<u>Reward</u>
<b>You are diagnosed with a chronic, painful illness</b>	<ul style="list-style-type: none"> <li>In a previous life, you had a family member with a painful illness and you showed no compassion</li> </ul>	<ul style="list-style-type: none"> <li>You've been worried your whole life about getting sick</li> <li>You haven't been taking care of yourself</li> <li>You want someone to take care of you</li> </ul>	<ul style="list-style-type: none"> <li>You learn to take better care of yourself and Love yourself more</li> </ul>	<ul style="list-style-type: none"> <li>Will you get angry and/or despondent, or will you find the energy to take action and change?</li> </ul>	<ul style="list-style-type: none"> <li>You learn the Reason Why and can heal.</li> </ul>
<b>Your business fails and you lose everything</b>	<ul style="list-style-type: none"> <li>You were ruthless/unethical in your business deals</li> <li>You sabotaged someone else's business</li> <li>Your business was harmful to others</li> </ul>	<ul style="list-style-type: none"> <li>Your competition or enemies wanted to see you fail</li> <li>You didn't feel like you deserved success</li> <li>You wanted to "destroy" the competition</li> <li>You didn't enjoy the business and it showed through your Basic Self</li> <li>Someone said 'you'll never amount to much'</li> </ul>	<ul style="list-style-type: none"> <li>Detachment from possessions</li> <li>What despair feels like – and how to relate to others</li> <li>You learn about the right and wrong way to do business ethically</li> </ul>	<ul style="list-style-type: none"> <li>Will you curse God or get closer to your Higher Power?</li> <li>Will you dig deep to find out why it happened?</li> <li>Will you learn from your mistakes?</li> </ul>	<ul style="list-style-type: none"> <li>You write a book on your experience and help other people : )</li> <li>You join the Peace Corps and help others</li> <li>You get closer to God.</li> <li>You find a business or lifestyle that fits</li> <li>Once you learn the Lessons and pass the Tests you find a buyer for the business</li> </ul>
<b>Your home is destroyed by fire</b>	<ul style="list-style-type: none"> <li>You burned or destroyed something of someone else</li> </ul>	<ul style="list-style-type: none"> <li>You were "hot" with anger over something in your life</li> <li>You didn't really like your home or neighborhood</li> <li>Your Subconscious/Basic Self was ready for a change</li> </ul>	<ul style="list-style-type: none"> <li>You learn what's really important in life – and it's not "stuff"</li> <li>To appreciate and take better care of your stuff</li> <li></li> </ul>	<ul style="list-style-type: none"> <li>Will you seek revenge?</li> <li>Will you look for the reason it happened?</li> <li>Will you give thanks for what you still have?</li> </ul>	<ul style="list-style-type: none"> <li>You get to rebuild the house as you want it</li> <li>You enjoy living with a friend or family member while your home is rebuilt</li> <li>You move somewhere you enjoy more</li> </ul>

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<b>Your mother is diagnosed with terminal cancer</b>	<ul style="list-style-type: none"> <li>• It could be <i>her</i> Karma</li> <li>• How you handle the situation (learn the Lesson, pass the Test), may help you create positive Karma for yourself in your later years.</li> </ul>	<ul style="list-style-type: none"> <li>• It could be <i>her</i> Subconscious Sabotage.</li> <li>• You wanted to feel needed</li> <li>• You felt guilty for not being a better son or daughter</li> <li>• You were afraid she would injure herself or get sick</li> <li>• She was reckless and/or didn't take care of herself.</li> <li>• Subconsciously she craved a rest from a stressful life</li> <li>• She wanted someone to take care of her</li> <li>• You/she were paranoid that something would happen</li> </ul>	<ul style="list-style-type: none"> <li>• You realize how much you Love her</li> <li>• You learn how to take care of someone</li> <li>• How you can help him/her with their faith/trust</li> <li>• That life isn't over when your body is injured</li> <li>• You learn about preparing for death</li> <li>• If terminal, you help him/her make the most peaceful transition possible</li> </ul>	<ul style="list-style-type: none"> <li>• Will you take care of her?</li> <li>• Will you learn more about the handicapped (the disease or other prevention/support groups)?</li> <li>• Will he/she explore the benefits in her situation (more time for reflection, opportunity to write/dictate her novel, come up with ideas, etc.?)</li> <li>• Will you both find ways to be happy despite his/her plight?</li> <li>• Will you both explore the Reasons Why this may have happened and make changes in your life?</li> <li>• Will you both face the challenge with courage?</li> <li>• Will you both be better prepared for death?</li> </ul>	<ul style="list-style-type: none"> <li>• You get closer to her and heal past hurts</li> <li>• You learn about healing</li> <li>• You become a hospice volunteer and help others</li> <li>• You earn karmic brownie points.</li> <li>• You appreciate the people in your life more</li> </ul>
<b>Your best friend gets divorced and has to move in with you</b>	<ul style="list-style-type: none"> <li>• It may be his or her Karma</li> <li>• You needed someone's help before and this is your turn to give back</li> </ul>	<ul style="list-style-type: none"> <li>• You were afraid to live alone</li> <li>• You needed more help but couldn't express the need (or weren't aware of it)</li> <li>• Your subconscious was afraid to get close enough to live with someone else.</li> </ul>	<ul style="list-style-type: none"> <li>• You learn to share</li> <li>• You learn about relationships that helps you with yours</li> </ul>	<ul style="list-style-type: none"> <li>• Will you be understanding during your friend's time of need?</li> </ul>	<ul style="list-style-type: none"> <li>• You get closer to your friend</li> <li>• You meet your soulmate and are better prepared to make the relationship work</li> <li>• Your friend helps with the housework, groceries, babysitting, etc.</li> </ul>

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<b>Your infant is diagnosed with an incurable disease and will need a transplant or he will die</b>	<ul style="list-style-type: none"> <li>• In a previous life, you were a bad parent</li> <li>• You didn't take care of someone who needed you</li> </ul>	<ul style="list-style-type: none"> <li>• You were paranoid that something would happen</li> <li>• You wanted to feel needed/to have someone to take care of</li> </ul>	<ul style="list-style-type: none"> <li>• Will you be angry with God, or will you look for the blessings you have?</li> <li>• Will you take care of your child as well and as long as he or she needs?</li> <li>• Will you take the opportunity to help build awareness of the causes and potential cures of the disease?</li> </ul>	<ul style="list-style-type: none"> <li>• Will you be angry with God, or will you look for the blessings you have?</li> <li>• Will you take care of your child as well and as long as he or she needs?</li> <li>• Will you take the opportunity to help build awareness of the causes and potential cures of the disease?</li> </ul>	<ul style="list-style-type: none"> <li>• You organize fundraising rallies and build awareness for the disease, helping many other people.</li> <li>• You work with experts to find a cure.</li> <li>• You find a donor and develop a life-long bond with them.</li> </ul>
<b>Your wife leaves you for another man</b>	<ul style="list-style-type: none"> <li>• You didn't treat her very well</li> <li>• You were unfaithful and abandoned a previous relationship</li> </ul>	<ul style="list-style-type: none"> <li>• You were afraid she would leave you and were very jealous and/or controlling</li> <li>• You fantasized about other women</li> </ul>	<ul style="list-style-type: none"> <li>• Will you realize your role in this situation?</li> <li>• You realize you are happy alone</li> <li>• You learn to love and take care of yourself better</li> <li>• You look for other ways to fulfill your life</li> <li>• You learn how you pushed him away</li> </ul>	<ul style="list-style-type: none"> <li>• How did you let the relationship get to this outcome?</li> <li>• What was your role in the situation?</li> <li>• Will you be angry with him/her or will you wish them well?</li> </ul>	<ul style="list-style-type: none"> <li>• You find someone much better for you and are very happy.</li> <li>• You get closer with your friendships.</li> <li>• You meet someone else who is better for you.</li> </ul>
<b>Your husband loses his job and stays home every day drinking</b>	<ul style="list-style-type: none"> <li>• You may be an enabler</li> <li>• You didn't believe in/support him</li> </ul>	<ul style="list-style-type: none"> <li>• You were afraid of</li> <li>• You put him down all the time</li> <li>• He didn't feel good enough for you (or you or someone else felt this way)</li> </ul>	<ul style="list-style-type: none"> <li>• You learn how you contributed to the situation and change things.</li> </ul>	<ul style="list-style-type: none"> <li>• Will you leave if things are too bad?</li> <li>• Will you be supportive, but not enabling?</li> <li>• Will you get help?</li> </ul>	<ul style="list-style-type: none"> <li>• You both learn how to appreciate each other more.</li> <li>• He has an awakening and finds a new calling in life.</li> </ul>

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<p><b>Your spouse leaves and takes everything and you are forced to file bankruptcy</b></p>	<ul style="list-style-type: none"> <li>• Did you abandon him/her - even emotionally? - or anyone else?</li> </ul>	<ul style="list-style-type: none"> <li>• You were too dependent and afraid</li> <li>• You wanted a change</li> <li>• You “cheated” – literally or emotionally.</li> </ul>	<ul style="list-style-type: none"> <li>• You learn how to choose a better partner.</li> <li>• You reach him/her and learn why they left.</li> </ul>	<ul style="list-style-type: none"> <li>• Will you blame him/her entirely –or will you realize your role in what happened (even if it was just denial)?</li> <li>• Will you find a career of your own and become self-sufficient?</li> </ul>	<ul style="list-style-type: none"> <li>• You re-energize your career and it becomes very rewarding, emotionally and financially</li> <li>• You learn the impermanence of possessions and become less materialistic and a more relatable person.</li> <li>• You find someone much better for you and are very happy.</li> <li>• You get closer with your friendships.</li> </ul>
<p><b>You get into a car accident and kill someone</b></p>	<ul style="list-style-type: none"> <li>• You were guilty</li> <li>• Someone close to you was hurt</li> </ul>	<ul style="list-style-type: none"> <li>• You have been living a dangerous life – this is the result, the last straw</li> <li>• Other drivers have cursed your driving</li> </ul>	<ul style="list-style-type: none"> <li>• Compassion</li> <li>• Accepting responsibility</li> </ul>	<ul style="list-style-type: none"> <li>• How will you handle it?</li> <li>• Will you take responsibility?</li> <li>• Will you apologize?</li> </ul>	<ul style="list-style-type: none"> <li>• You learn compassion</li> <li>• You make it up to the victim’s family and help them put together a memorial</li> </ul>

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<b>You are sent to prison for a crime you did not commit</b>	<ul style="list-style-type: none"> <li>You were guilty of the same crime in a previous life</li> <li>You were guilty of other crimes or harmful actions</li> </ul>	<ul style="list-style-type: none"> <li>You constantly felt guilty, like you would get caught for the smallest infractions</li> <li>You felt immune to the law, like you could get away with anything (and the collective unconscious rebelled)</li> <li>You negatively judged people in prison</li> </ul>	<ul style="list-style-type: none"> <li>Guilt and Remorse</li> <li>Taking responsibility</li> <li>Patience</li> <li>Compassion</li> <li>Despair</li> <li></li> </ul>	<ul style="list-style-type: none"> <li>Will you get bitter and angry or will you look for the Reasons Why?</li> <li>Are you willing to see how your actions contributed and change?</li> <li>Will you look for guidance for what actions to take?</li> <li>Will you look for the potential Reward?</li> <li>Will you trust your Higher Power that it happened for a reason?</li> </ul>	<ul style="list-style-type: none"> <li>You have time in prison to reflect and learn from your mistakes</li> <li>You learn a new trade or get another degree in prison</li> <li>You help another prisoner</li> <li>You fight for victim's rights and change the laws</li> <li>You help others who are wrongly convicted</li> </ul>
<b>Your car is stolen</b>	<ul style="list-style-type: none"> <li>You stole a car from someone, either in this life or in a previous life</li> <li>You stole something of value from someone: a lover, job, or possession</li> </ul>	<ul style="list-style-type: none"> <li>You kept worrying about your car being stolen</li> <li>You didn't feel like you deserved your car</li> <li>On some level you didn't really like your car</li> </ul>	<ul style="list-style-type: none"> <li>Detachment from possessions</li> <li>The potential for Reward</li> <li>To take better care of your stuff</li> <li>To appreciate what you have</li> </ul>	<ul style="list-style-type: none"> <li>Are you going to get angry?</li> <li>Are you going to figure out <i>why</i> it happened?</li> <li>Are you willing to change?</li> <li>Will you look for guidance for what actions to take?</li> <li>Will you look for the potential Reward?</li> <li>Will you trust your higher power that it happened for a reason?</li> <li>Will you consider that it could be a Blessing in Disguise – that your car could have broken down and you were spared a bigger problem?</li> </ul>	<ul style="list-style-type: none"> <li>You get a better car</li> <li>You get another car and have cash left over from the insurance payment that helps you with something else you need in life</li> </ul>

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<b>Your home is broken into and you are raped</b>	<ul style="list-style-type: none"> <li>You raped or abused someone (in this or a previous life).</li> </ul>	<ul style="list-style-type: none"> <li>You didn't trust anyone – everyone you looked at you saw something to fear</li> <li>You were scared of men or sex</li> <li>You were reckless and irresponsible</li> </ul>	<ul style="list-style-type: none"> <li>Compassion and understanding for rape victims</li> <li>Where your responsibility begins and ends</li> </ul>	<ul style="list-style-type: none"> <li>Will you let this event poison the rest of your life and relationships with men?</li> <li>Will you seek therapy and/or a victim support group?</li> <li>How will you handle the arrest and trial?</li> </ul>	<ul style="list-style-type: none"> <li>You meet someone through the trial or healing process that accepts you how you are</li> <li>You help other rape victims</li> <li>You write a best-selling crime novel</li> </ul>
<b>Your are exiled from your country</b>	<ul style="list-style-type: none"> <li>You often rebelled against or complained about your country</li> <li>You rejected or exiled someone from your life, home or even nation</li> </ul>	<ul style="list-style-type: none"> <li>Subconsciously you didn't appreciate your country</li> </ul>	<ul style="list-style-type: none"> <li>You learn what you can change and what you can't about your country, and work on the things you can change</li> </ul>	<ul style="list-style-type: none"> <li>Will you do what it takes to make things up, to help your country?</li> <li>Will you appreciate your new homeland?</li> </ul>	<ul style="list-style-type: none"> <li>You Love and appreciate your new country</li> <li>You fight for re-admittance and win – and are able to make the necessary changes</li> </ul>
<b>You are exposed as a fraud on national TV</b>	<ul style="list-style-type: none"> <li>You <i>were</i> deceptive and manipulative and created this event yourself</li> <li>If you were not guilty in this case, you may have been guilty in another situation</li> </ul>	<ul style="list-style-type: none"> <li>You were anxious you would get caught</li> <li>You felt cocky that you got away with the scam</li> <li>Someone secretly wanted you to get “found out”</li> </ul>	<ul style="list-style-type: none"> <li>The importance of honesty</li> <li>“Confession is good for the soul”</li> </ul>	<ul style="list-style-type: none"> <li>Will you come clean?</li> <li>Will you show regret?</li> <li>Will you explain why you did what you did?</li> <li>Will you ultimately become a cautionary tale or an inspirational story?</li> </ul>	<ul style="list-style-type: none"> <li>Your ultimate acceptance of your wrongdoing and honesty in repenting renewed other's faith in you and provided a great story for a TV special on penitence</li> <li></li> </ul>
<b>Your child is abducted</b>	<ul style="list-style-type: none"> <li>You kidnapped someone – or held someone hostage either in this life or in a previous life</li> <li>It may be your <i>child's</i> Karma and not yours.</li> </ul>	<ul style="list-style-type: none"> <li>You were overprotective</li> <li>You were not cautious enough</li> <li>You were angry or unappreciative of your child</li> <li>You had lost touch with your child</li> </ul>	<ul style="list-style-type: none"> <li>You learn the depth of despair</li> <li>You learn patience and faith.</li> <li>You learn how to forgive the abductor – and ask for forgiveness from others you've wronged.</li> </ul>	<ul style="list-style-type: none"> <li>How will you handle it? Will you become vicious and angry or will you learn forgiveness?</li> <li>How will your child handle it?</li> </ul>	<ul style="list-style-type: none"> <li>You get your child back and they are healthy and have learned a lot</li> <li>You become an advocate for other families.</li> </ul>

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<b>Your sister is injured in a car accident and is paralyzed on one side of her body</b>	<ul style="list-style-type: none"> <li>• It is most likely your sister's Karma, but it may also be yours</li> <li>• You were incapacitated before and had someone take care of you</li> <li>• You didn't take care of someone before, and now you to have another opportunity</li> </ul>	<ul style="list-style-type: none"> <li>• You were afraid she would injure herself</li> <li>• She was reckless</li> <li>• Subconsciously she craved a rest from a stressful life</li> <li>• She (or you) felt trapped in her life, like she couldn't escape</li> </ul>	<ul style="list-style-type: none"> <li>• How you can help her with her faith</li> <li>• That life isn't over when your body is injured</li> </ul>	<ul style="list-style-type: none"> <li>• Will you learn more about the handicapped?</li> <li>• Will you both find ways to be happy despite her plight?</li> <li>• Will she explore the benefits in her situation (more time for reflection, opportunity to write/dictate her novel, come up with ideas, etc.?)</li> </ul>	<ul style="list-style-type: none"> <li>• She joins the Paralympics and wins medals and earns endorsement deals</li> <li>• You earn karmic kudos</li> <li>• You come up with a new kind of transportation device for paralysis victims and make a fortune on the patent</li> <li>• You raise money for spinal research and a cure is found</li> </ul>
<b>Your son goes to war and becomes a prisoner of war</b>	<ul style="list-style-type: none"> <li>• In all probability, it is your son's Karma and could be yours as well</li> <li>• You – or he – could have been a captor before</li> </ul>	<ul style="list-style-type: none"> <li>• You despised "the enemy" and wanted them "dead"</li> <li>• You were fearful that you would lose your son</li> <li>• Your son had contempt for the people he was fighting</li> </ul>	<ul style="list-style-type: none"> <li>• Patience</li> <li>• Sending Love to "your enemies"</li> <li>• The horror of war – and incentive to stop it</li> </ul>	<ul style="list-style-type: none"> <li>• Will you keep faith?</li> <li>• Will you release your hate and find ways to Love instead?</li> <li>• What are your feelings about death?</li> </ul>	<ul style="list-style-type: none"> <li>• He returns and is a more compassionate person because of the ordeal</li> <li>• You become a supporter of peace</li> <li>• You build awareness of the plight of POWs</li> </ul>

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<b>Your wife gets breast cancer</b>	<ul style="list-style-type: none"> <li>• She didn't take care of herself</li> <li>• She only cared about her looks</li> <li>• One or both of you were critical of other people</li> </ul>	<ul style="list-style-type: none"> <li>• You only loved her for her looks – or she was afraid that you did</li> <li>• She (or you) had resentment or hatred that “ate away at her”</li> <li>• She hated (or never appreciated) her body</li> <li>• You wanted to feel needed and take care of someone</li> </ul>	<ul style="list-style-type: none"> <li>• If she needs surgery, you discover you Love her and appreciate her inner beauty as well as her outer</li> <li>• How to take better care of yourselves – inside and out</li> </ul>	<ul style="list-style-type: none"> <li>• Will you both explore the Reasons Why this may have happened and make changes in your life?</li> <li>• Will you face the challenge with courage?</li> <li>• Will you look for the bright side?</li> <li>• Will you both be better prepared for death?</li> </ul>	<ul style="list-style-type: none"> <li>• You learn to Love her on a deeper level</li> <li>• She becomes healed and you both are an inspiration to others</li> <li>• She gets a double mastectomy and reconstructive surgery and <i>loves</i> her new breasts!</li> </ul>
<b>You lose all confidence in yourself and become a hermit</b>	<ul style="list-style-type: none"> <li>• You have run away from your problems before</li> <li>• You have had someone run away from you before</li> </ul>	<ul style="list-style-type: none"> <li>• You keep saying to yourself “I can't deal with this/him/her”</li> <li>• You tell yourself that your whole life is awful</li> <li>• You pushed other people away who wanted you in their life</li> </ul>	<ul style="list-style-type: none"> <li>• When to run away and when to stay – and when to return home</li> <li>• How important – and beneficial connections with other people are</li> </ul>	<ul style="list-style-type: none"> <li>• Will you use the time to get connected to your Higher Self?<sup>1</sup></li> </ul>	<ul style="list-style-type: none"> <li>• You are inspired by Thoreau's Walden Pond and write a contemporary version of it</li> <li>• You become a guru that many seek out for wisdom</li> </ul>
<b>You are fired from your job</b>	<ul style="list-style-type: none"> <li>• You had someone fired or were a key player in someone else being fired</li> <li>• You were not a good employee/team player/etc.</li> </ul>	<ul style="list-style-type: none"> <li>• You complained about your job/boss/company</li> <li>• Your Basic Self wanted a long rest</li> <li>• Your ethics were challenged in your position</li> </ul>	<ul style="list-style-type: none"> <li>• You learn that you really didn't like your job/company</li> <li>• You didn't appreciate what you had and admit that you created the event</li> <li>• You learn not to compromise your ethics in the future</li> </ul>	<ul style="list-style-type: none"> <li>• Will you accept your role in what happened?</li> <li>• Did you take a rest or did you go out and get a job the same?</li> <li>• Will you use the opportunity to learn about yourself and what would make you happy?</li> </ul>	<ul style="list-style-type: none"> <li>• You find a new job or career path that is</li> <li>• You sell your house and downscale/simplify your life and you are much happier</li> <li>• You take action and the company has to launch a new ethics management program</li> </ul>

<sup>1</sup> This is my big complaint about the movie “Cast Away” with Tom Hanks. Where was his existential angst? Why didn't he try to connect with his Higher Power? No, talking to a volleyball doesn't help. It could have if he had used the item as a symbol for either his Basic Self or Higher Self and used it to understand life better. What a waste of a great actor and director and otherwise extremely well-done movie! They had the opportunity to make people really think about their lives!

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<u>Event</u>	<u>Karma</u>	<u>Subconscious Sabotage</u>	<u>Lesson</u>	<u>Test</u>	<u>Reward</u>
<b>Your boyfriend sexually abused your children</b>	<ul style="list-style-type: none"> <li>You abused someone before</li> <li>You kept choosing abusive relationships</li> <li>Your children's Karma could also be involved</li> </ul>	<ul style="list-style-type: none"> <li>You didn't trust him but kept him around for selfish reasons</li> <li>You</li> </ul>	<ul style="list-style-type: none"> <li>Who to trust and who not to trust</li> <li>How to be able to stand on your own</li> </ul>	<ul style="list-style-type: none"> <li>Will you get therapy to learn why you let this happen?</li> </ul>	<ul style="list-style-type: none"> <li>You change your patterns in relationships and</li> </ul>
<b>Your boyfriend leaves you after 10 years together</b>	<ul style="list-style-type: none"> <li>You abandoned someone</li> <li>You were not your best self in this relationship</li> </ul>	<ul style="list-style-type: none"> <li>You were afraid he would leave</li> <li>You thought your life would end if he wasn't in it</li> <li>You found fault in everything he did (or he did with you)</li> <li>You argued all the time</li> </ul>	<ul style="list-style-type: none"> <li>You realize you are happy alone</li> <li>You learn to Love and take care of yourself better</li> <li>You look for other ways to fulfill your life</li> </ul>	<ul style="list-style-type: none"> <li>How did you let the relationship get to this outcome? What was your role in the situation?</li> <li>Will you be angry with him or will you wish him well?</li> </ul>	<ul style="list-style-type: none"> <li>You find someone much better for you and are very happy</li> <li>You reconnect with your career and accomplish extraordinary feats</li> <li>You get closer with your friendships</li> </ul>
<b>You have to have a hysterectomy and won't be able to have children</b>	<ul style="list-style-type: none"> <li>You were not a good parent (or child)</li> <li>You were critical of people who couldn't have children</li> </ul>	<ul style="list-style-type: none"> <li>You thought your life would be empty without children</li> <li>You didn't like other people's children</li> <li>Your relationship with your spouse isn't healthy enough to bring children into it</li> </ul>	<ul style="list-style-type: none"> <li>You become closer to your spouse</li> <li>You use the extra time and money to find another meaningful purpose in life</li> </ul>	<ul style="list-style-type: none"> <li>Will you realize the benefits in not having children?</li> <li>Will you consider that having the surgery may prevent future cancers or illnesses?</li> </ul>	<ul style="list-style-type: none"> <li>You have more time for your relationship and are a very happy childless couple</li> <li>You adopt a needy child and feel very fulfilled</li> <li>You</li> </ul>
<b>You have prostate cancer and will no longer be able to perform sexually</b>	<ul style="list-style-type: none"> <li>You molested someone</li> <li>You condemned others because of their sexual practices</li> </ul>	<ul style="list-style-type: none"> <li>You had guilty thoughts about sex or the opposite sex</li> <li>You aren't attracted to your partner</li> <li>You were angry with your spouse</li> <li>You were terrified that your life wouldn't be worth living if you couldn't have intercourse</li> </ul>	<ul style="list-style-type: none"> <li>You learn to accept others for their differences, including sexual</li> <li>You learn new ways to experience physical pleasure</li> </ul>	<ul style="list-style-type: none"> <li>Will you become bitter or better?</li> <li>Will the experience bring you closer to your spouse?</li> </ul>	<ul style="list-style-type: none"> <li>You get closer to your spouse and learn to please her in new and exciting ways</li> <li>You learn the power of touch and closeness without sex</li> <li>You are able to benefit from medical advances and your performance returns – and you appreciate it more</li> </ul>

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<u>Event</u>	<u>Karma</u>	<u>Subconscious Sabotage</u>	<u>Lesson</u>	<u>Test</u>	<u>Reward</u>
<b>Your husband leaves you alone when you are 8 ½ months pregnant</b>	<ul style="list-style-type: none"> <li>You abandoned someone</li> <li>You were critical of single mothers</li> <li>You cheated on your spouse or were not good to him/her</li> </ul>	<ul style="list-style-type: none"> <li>You were afraid he would leave</li> <li>You were scared that you would have to raise the baby alone</li> <li>You pushed him away</li> </ul>	<ul style="list-style-type: none"> <li>You realize he could have abandoned you after the baby was born and have made claims for custody</li> <li>You learn how you pushed him away</li> </ul>	<ul style="list-style-type: none"> <li>Are you angry or resentful?</li> <li>Will you find out that you have strength and resourcefulness that you didn't realize you had?</li> </ul>	<ul style="list-style-type: none"> <li>You have a close relationship with your child</li> <li>You meet other single mothers and form a support group that helps others</li> <li>You realize your responsibility in the situation and make up and are happy together raising your child</li> </ul>
<b>Your home and neighborhood is destroyed in a hurricane</b>	<ul style="list-style-type: none"> <li>You destroyed something of someone else</li> <li>You didn't take care of your property or appreciate what you had</li> <li>You didn't really like your home or neighborhood</li> <li>Your Subconscious/Inner Self was ready for a change</li> <li>A group of people resented your neighborhood</li> <li>There was angst (or other negative energy) in the neighborhood</li> </ul>	<ul style="list-style-type: none"> <li>A group of people resented your neighborhood</li> <li>You wanted a change</li> <li>There was angst in the neighborhood</li> </ul>	<ul style="list-style-type: none"> <li>You learn what's really important in life – and it's not "stuff"</li> <li>To appreciate and take better care of your stuff</li> <li>You learn about functional (inner) happiness vs. circumstantial (outer) happiness</li> </ul>	<ul style="list-style-type: none"> <li>Will you seek revenge or hold resentment?</li> <li>Will you give thanks for what you still have?</li> </ul>	<ul style="list-style-type: none"> <li>You get to rebuild the house as you want it</li> <li>You move somewhere you enjoy more</li> </ul>
<b>You fail out of college</b>	<ul style="list-style-type: none"> <li>You didn't study</li> <li>You didn't help others when they needed it.</li> </ul>	<ul style="list-style-type: none"> <li>You didn't appreciate the opportunity you had</li> <li>You didn't feel you deserved to go to college</li> <li>You didn't really want to go – someone made you</li> <li>You didn't know what you wanted to do with a degree</li> </ul>	<ul style="list-style-type: none"> <li>You learn what your purpose in life is and really apply yourself</li> <li>You learn from others who have gone through similar experiences</li> </ul>	<ul style="list-style-type: none"> <li>Will you label yourself as a failure and let it define who you are for your lifetime?</li> <li>Or will you find your own way to succeed in life?</li> <li>Will you take the time to find out what you really want?</li> </ul>	<ul style="list-style-type: none"> <li>You become such a successful entrepreneur that you are awarded honorary degrees from prestigious universities</li> <li>You learn what you really want to do and go back to school and get an advanced degree with honors.</li> </ul>

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<u>Event</u>	<u>Karma</u>	<u>Subconscious Sabotage</u>	<u>Lesson</u>	<u>Test</u>	<u>Reward</u>
<b>You get arrested and are sentenced to 10-20 years in prison</b>	<ul style="list-style-type: none"> <li>You are guilty (and may be a repeat offender)</li> </ul>	<ul style="list-style-type: none"> <li>You were afraid you would get caught</li> <li>People around you wanted you to be held accountable</li> <li>You wanted a life without bills, responsibilities</li> </ul>	<ul style="list-style-type: none"> <li>Guilt and Remorse</li> <li>Taking responsibility</li> <li>Patience</li> <li>Compassion for the victim</li> </ul>	<ul style="list-style-type: none"> <li>Will you look for guidance for what actions to take?</li> <li>Will you ask for forgiveness – from the victim’s family, from the other victims, from your family, from God?</li> </ul>	<ul style="list-style-type: none"> <li>You have time in prison to reflect and learn from your mistakes</li> <li>You learn a new trade or get another degree in prison</li> <li>You help another prisoner</li> <li>You fight for victim’s rights and change the laws</li> </ul>
<b>You have to pay child support for a child you didn’t want</b>	<ul style="list-style-type: none"> <li>You ran away from an obligation</li> <li>Someone ran out on you previously and you didn’t get any help</li> <li>You didn’t take responsibility for birth control</li> </ul>	<ul style="list-style-type: none"> <li>Your subconscious ego wanted to get her pregnant</li> <li>You were afraid that you would have someone dependent on you</li> <li>The child’s mother’s Basic Self created the child to “trap” you and your subconscious “dared” her to do it.</li> </ul>	<ul style="list-style-type: none"> <li>You learn responsibility</li> <li>You use the opportunity to develop a relationship with your child</li> <li>You are motivated to advance in your career to be able to afford custody</li> </ul>	<ul style="list-style-type: none"> <li>Will you blame the mother or will you realize that you had a role in what happened?</li> <li>Will you be bitter or better?</li> </ul>	<ul style="list-style-type: none"> <li>You become close to the child and he or she becomes an exceptional person</li> <li>You become very successful financially</li> <li>You Love parenthood and everything that goes with it</li> </ul>
<b>You are 15 and pregnant</b>	<ul style="list-style-type: none"> <li>You recklessly got someone pregnant in a previous life</li> <li>Your mother was young when she had you</li> <li>You were reckless sexually</li> </ul>	<ul style="list-style-type: none"> <li>Your subconscious wanted a baby</li> <li>You wanted attention or to ‘trap’ the father</li> <li>You wanted an excuse to drop out of high school</li> </ul>	<ul style="list-style-type: none"> <li>Responsibility</li> <li>Repercussions from your actions</li> <li>How to connect with your subconscious</li> </ul>	<ul style="list-style-type: none"> <li>What will you do? Will you look for Divine Guidance?</li> <li>Will you make the best of the situation and learn?</li> <li>Will you tell your parents/ The father?</li> </ul>	<ul style="list-style-type: none"> <li>You give up the child and get your life on track and become happy and successful</li> <li>You keep the child and raise it – and learn self-sufficiency and responsibility</li> </ul>

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<u>Event</u>	<u>Karma</u>	<u>Subconscious Sabotage</u>	<u>Lesson</u>	<u>Test</u>	<u>Reward</u>
<b>You lost all your money and savings</b>	<ul style="list-style-type: none"> <li>You stole from someone</li> <li>You earned the money in an unprincipled way</li> <li>You were greedy and selfish</li> </ul>	<ul style="list-style-type: none"> <li>You were afraid of losing everything</li> <li>You never shared or donated your money, and the people around you wanted you “to learn”</li> <li>You wanted to start over again</li> </ul>	<ul style="list-style-type: none"> <li>Functional Happiness vs. Circumstantial Happiness</li> <li>Greed is <i>not</i> good</li> <li>The more you hold onto something the more it struggles to get away</li> </ul>	<ul style="list-style-type: none"> <li>Will you learn to detach from money and possessions?</li> <li>Will you learn the real purpose of money?</li> </ul>	<ul style="list-style-type: none"> <li>You learn the freedom that comes from lack of possessions</li> <li>You enjoy the challenge for rebuilding the money you had – and teach others how to do the same</li> <li>You learn the power of giving.</li> </ul>
<b>Your child runs away from home and lives on the street doing drugs and working as a prostitute</b>	<ul style="list-style-type: none"> <li>Your addictive and/or co-dependent experience was inherited by your child</li> <li>You ran away from someone close to you</li> </ul>	<ul style="list-style-type: none"> <li>You pushed them away with actions, behavior or words.</li> <li>Subconsciously you never wanted children.</li> <li>You or your spouse are looking for sympathy and support</li> </ul>	<ul style="list-style-type: none"> <li>You learn not to control or judge others (and realize you may be looking for faults in others in order to ignore those in yourself)</li> <li>How to Love unconditionally</li> </ul>	<ul style="list-style-type: none"> <li>How will you treat him or her when you hear from them?</li> <li>Will you look for them?</li> <li>Will you learn from your mistakes?</li> </ul>	<ul style="list-style-type: none"> <li>You clean yourself up and go find your child and get them cleaned up – and stop the karmic cycle</li> <li>You and your child become social workers working with runaways</li> </ul>
<b>You think of suicide all the time<sup>2</sup></b>	<ul style="list-style-type: none"> <li>You took your own life before – or attempted it</li> <li>Someone in your family committed suicide</li> <li>You committed an egregious crime (that you may not remember)</li> </ul>	<ul style="list-style-type: none"> <li>You don’t feel worthy to live</li> <li>You feel like you were forced into this lifetime against your consent</li> <li>Your life is out of control</li> <li>You think that everyone else</li> <li>You are afraid of what lies ahead of you</li> <li>Your Basic Self and Higher Self want your attention!</li> </ul>	<ul style="list-style-type: none"> <li>You realize that your thoughts of suicide are signs that you need more control of your life, so you make the necessary changes to take your life back the way you want</li> <li>You learn the difference between Functional Happiness and Circumstantial Happiness.</li> </ul>	<ul style="list-style-type: none"> <li>Will you let the thoughts control you, or will you control the thoughts?</li> <li>Will you use the emotions as motivators?</li> </ul>	<ul style="list-style-type: none"> <li>You achieve a new appreciation of life and are more thankful for what you have</li> <li>You identified and removed distressing things in your life and now are moving in a happy, positive direction</li> <li>You become stronger and know that you can handle anything (see: Ease)</li> </ul>

<sup>2</sup> If this applies to you, PLEASE don’t think this book or the theories herein are enough to heal you. Please, please, please get professional counseling!

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<u>Event</u>	<u>Karma</u>	<u>Subconscious Sabotage</u>	<u>Lesson</u>	<u>Test</u>	<u>Reward</u>
<b>You know other people's problems may be worse than yours, but you are still devastated</b>	<ul style="list-style-type: none"> <li>You are guilty of something you did – either in this life or a previous one</li> <li>Your past was more meaningful than the present – and you are being encouraged to find “the real you”</li> </ul>	<ul style="list-style-type: none"> <li>You feel guilty and undeserving</li> <li>Your Basic Self is trying to get your attention!</li> </ul>	<ul style="list-style-type: none"> <li>You learn what you can affect/control and what you can't, and start taking action on the things you can change</li> <li>You learn to be grateful for what you have</li> </ul>	<ul style="list-style-type: none"> <li>What are you punishing yourself for? Will you look into yourself and your life and look for what's missing? Why have you been living someone else's life?</li> </ul>	<ul style="list-style-type: none"> <li>You become active in meaningful volunteer work and make a difference and learn the meaning of hope</li> </ul>
<b>You are forced to live on the street</b>	<ul style="list-style-type: none"> <li>You kicked someone out of your life and made them homeless</li> <li>You left home – or threatened to</li> </ul>	<ul style="list-style-type: none"> <li>You sabotaged your relationships with bad conduct or thoughts.</li> <li>You chose unsupportive people as “friends”</li> </ul>	<ul style="list-style-type: none"> <li>You learn how to find – and be – the healthiest, most supportive friend you can</li> <li>How to become self-sufficient <i>and</i> ask for help</li> </ul>	<ul style="list-style-type: none"> <li>Will you get your life back together?</li> <li>Will you take care of yourself?</li> </ul>	<ul style="list-style-type: none"> <li>You meet someone who can help you get your life on track and you find true lasting happiness</li> </ul>
<b>Your son is arrested for rape</b>	<ul style="list-style-type: none"> <li>Your spouse is sexually abusive or disrespectful of women (and you married them)</li> <li>It is your son's Karma – he has been guilty of abuse before</li> <li></li> </ul>	<ul style="list-style-type: none"> <li>You emasculated him consciously or subconsciously</li> <li>You or your spouse are looking for sympathy and support</li> </ul>	<ul style="list-style-type: none"> <li>You get counseling for yourself and your son and learn the reason why this happened</li> </ul>	<ul style="list-style-type: none"> <li>What is your role in what happened? Will you take responsibility for your influence?</li> <li>How will you help your son learn from the experience?</li> </ul>	<ul style="list-style-type: none"> <li>This was a wake-up call for your son and he learns humility and becomes a better person</li> </ul>
<b>You were born without the ability to see</b>	<ul style="list-style-type: none"> <li>You blinded someone</li> <li>There is something you shouldn't have “seen”</li> <li>You were extremely superficial toward other people's looks</li> <li>You criticized or ignored handicapped people</li> </ul>	<ul style="list-style-type: none"> <li>Not applicable with a condition from birth</li> </ul>	<ul style="list-style-type: none"> <li>Your soul wanted to learn how it feels to be handicapped</li> <li>You learn to appreciate the senses you have</li> </ul>	<ul style="list-style-type: none"> <li>Will you be resentful or look for the benefits in your situation?</li> </ul>	<ul style="list-style-type: none"> <li>You become an accomplished musician, sculptor, etc.</li> <li>You are not superficial and connect with people beyond their physical appearance</li> </ul>

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<b>Your daughter is convicted of murdering her children</b>	<ul style="list-style-type: none"> <li>You committed an egregious crime and were a burden to your family</li> <li>Your daughter is involved in cyclic Karma.</li> </ul>	<ul style="list-style-type: none"> <li>You “told” your daughter (through actions or words) that she was a bad mother or didn’t deserve her children</li> <li>Your son-in-law’s Basic Self wasn’t supportive</li> </ul>	<ul style="list-style-type: none"> <li>You learn how to be a support to your daughter to help her learn</li> <li>You accept the Love and support of other friends and family</li> <li>Your daughter learns and ends the karmic cycle.</li> </ul>	<ul style="list-style-type: none"> <li>Will you stand by her – not condoning what she did, but still loving her?</li> <li>If she doesn’t take responsibility, how will you handle it?</li> </ul>	<ul style="list-style-type: none"> <li>Your and other children learn from the experience and</li> <li>Your daughter learns from her crime and pays off future Karma by helping others</li> <li>Your daughter helps someone else in prison.</li> </ul>
<b>You are paralyzed from an accident</b>	<ul style="list-style-type: none"> <li>You were faced with taking care of someone previously and shucked your responsibility</li> </ul>	<ul style="list-style-type: none"> <li>You’ve been saying that your life is “moving too fast” and you need a break</li> <li>You were not choosing the best lifestyle and friends</li> </ul>	<ul style="list-style-type: none"> <li>You learn how to let others take care of you</li> <li>You take advantage of the sedentary time to get in touch with your spiritual self</li> </ul>	<ul style="list-style-type: none"> <li>Will you be angry and bitter or will you adjust?</li> <li>Will you accept others’ help?</li> </ul>	<ul style="list-style-type: none"> <li>You join the Paralympics and wins medals and earns endorsement deals</li> <li>You become a motivational speaker</li> </ul>
<b>You lose your entire family in a tornado</b>	<ul style="list-style-type: none"> <li>You caused someone to lose their family or support system</li> </ul>	<ul style="list-style-type: none"> <li>Did you ever say “I wish I were left alone?”</li> <li>You didn’t appreciate your family</li> </ul>	<ul style="list-style-type: none"> <li>You learn how to be self-sufficient</li> <li>You learn how to accept the assistance of others</li> </ul>	<ul style="list-style-type: none"> <li>Will you appreciate the people you still have in your life?</li> </ul>	<ul style="list-style-type: none"> <li>You meet lovely new relationships as you rebuild.</li> <li>You volunteer for disaster relief and raise funds to help others.</li> </ul>
<b>You have a different, serious crisis every year</b>	<ul style="list-style-type: none"> <li>It could be family or group karma</li> </ul>	<ul style="list-style-type: none"> <li>You want attention – or your family uses crises to get noticed</li> <li>You are in the habit of being in crisis</li> <li>Your Basic Self is trying to get your attention!</li> </ul>	<ul style="list-style-type: none"> <li>You learn the patterns that are happening and what you are doing to create them</li> </ul>	<ul style="list-style-type: none"> <li>What are you doing to yourself?</li> <li>How can you take better care of yourself?</li> <li>Will you learn to listen to your Inner Self?</li> </ul>	<ul style="list-style-type: none"> <li>You resolve the pattern and move toward a huge upswing (similar to Job).</li> <li>You help others who are doing the same thing.</li> </ul>
<b>You have to have your arms amputated</b>	<ul style="list-style-type: none"> <li>You cut someone’s arms/legs off</li> <li>You stole from someone</li> </ul>	<ul style="list-style-type: none"> <li>You wanted someone to take care of you</li> <li>You hated something about yourself</li> <li>You wondered (or worried) what it would be like to be handicapped</li> </ul>	<ul style="list-style-type: none"> <li>You learn how to let others take care of you</li> </ul>	<ul style="list-style-type: none"> <li>Will you become a role model for others, joining the Paralympics or participating in a challenging event?</li> </ul>	<ul style="list-style-type: none"> <li>You get awesome prosthetic appendages and fall in Love with the doctor</li> <li>You meet Heather Mills McCartney and start a support group</li> </ul>

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<b>You witness a gruesome murder</b>	<ul style="list-style-type: none"> <li>You were guilty of a similar crime</li> </ul>	<ul style="list-style-type: none"> <li>You always saw the worst in people</li> </ul>	<ul style="list-style-type: none"> <li>You will never think of hurting someone else again</li> </ul>	<ul style="list-style-type: none"> <li>How will you handle it?</li> <li>Will you contact the authorities?</li> <li>Will you help the victim's family?</li> </ul>	<ul style="list-style-type: none"> <li>You turn your life around and become an advocate for victim's rights.</li> <li>You meet the victim's family and have a rewarding relationship with them</li> </ul>
<b>You are drafted to fight in a war you do not support</b>	<ul style="list-style-type: none"> <li>You were against the war and could have made a difference in preventing it, but didn't</li> <li>You were a leader and started an unpopular war</li> </ul>	<ul style="list-style-type: none"> <li>You were afraid you would be forced to go</li> <li>People around you wanted to "show you a lesson" by going to war.</li> </ul>	<ul style="list-style-type: none"> <li>You learn what is worth fighting for – and what isn't</li> <li>You learn when to question authority and when to follow the leaders</li> <li>You learn how to make peace, and love, not war.</li> </ul>	<ul style="list-style-type: none"> <li>Will you learn to "fight" the injustice from the inside?</li> <li>Will you help your fellow soldiers learn life's values?</li> </ul>	<ul style="list-style-type: none"> <li>You are able to find a peaceful solution to the war and become a respected leader, winning the Nobel Peace Prize.</li> </ul>
<b>Someone is trying to kill you</b>	<ul style="list-style-type: none"> <li>You killed someone (or really upset someone)</li> <li>You vowed revenge on someone else</li> </ul>	<ul style="list-style-type: none"> <li>You think you don't deserve to live</li> <li>You sent out a lot of negative energy and thoughts and it's returning to you</li> </ul>	<ul style="list-style-type: none"> <li>You learn how to resolve the conflict and bring peace to the situation</li> <li>You overcome any negative Karma you created which caused the situation</li> </ul>	<ul style="list-style-type: none"> <li>Will you learn to send love to your "enemies," realizing they are a creature of God also?</li> </ul>	<ul style="list-style-type: none"> <li>You give – and receive – forgiveness and share your learning with others.</li> </ul>
<b>You hate the way you look</b>	<ul style="list-style-type: none"> <li>You were physically beautiful – but superficial</li> </ul>	<ul style="list-style-type: none"> <li>You don't take care of yourself or appreciate what you have</li> <li>Your family or someone close to you has put you down</li> </ul>	<ul style="list-style-type: none"> <li>You learn to accept and love yourself the way you are</li> </ul>	<ul style="list-style-type: none"> <li>Will you change your self-sabotage?</li> </ul>	<ul style="list-style-type: none"> <li>You learn to love your soul and let the light within shine</li> </ul>

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## from: Five Reasons Why Bad Things Happen: How to Turn Tragedy Into Triumph

<u>Event</u>	<u>Karma</u>	<u>Subconscious Sabotage</u>	<u>Lesson</u>	<u>Test</u>	<u>Reward</u>
<b>Your family thinks your beliefs are crazy</b>	<ul style="list-style-type: none"> <li>You condemned or judged others for their beliefs.</li> <li>You didn't accept your family's beliefs, either.</li> </ul>	<ul style="list-style-type: none"> <li>You don't want anyone to agree with you – you want to be “the only one”</li> <li>On some level, you are telling your family that you think <i>their</i> beliefs are crazy.</li> </ul>	<ul style="list-style-type: none"> <li>You learn how to find a common ground and accept others with differing beliefs.</li> </ul>	<ul style="list-style-type: none"> <li>Will you learn a new way to “fight” for what you believe?</li> <li>Will you learn to compromise to get people to see your side?</li> </ul>	<ul style="list-style-type: none"> <li>Your ideas are a breakthrough and you become an acknowledged expert</li> <li>You become a great negotiator</li> </ul>
<b>Your boat capsizes and you are lost at sea</b>	<ul style="list-style-type: none"> <li>You caused someone to be in an accident and abandoned them</li> </ul>	<ul style="list-style-type: none"> <li>You subconsciously wanted to die</li> <li>You wanted to challenge yourself</li> </ul>	<ul style="list-style-type: none"> <li>You learn self-sufficiency and how to survive</li> <li>You reflect on the things that make life worth living and re-generate your will to live</li> </ul>	<ul style="list-style-type: none"> <li>What is your will to live?</li> <li>What will you do with the time to yourself (or with the other people with you?)</li> </ul>	<ul style="list-style-type: none"> <li>You write a book on your experience</li> <li>You have a renewed zest for life and take better care of yourself and those close to you</li> </ul>
<b>All your friends abandon you</b>	<ul style="list-style-type: none"> <li>You abandoned someone when they needed you</li> </ul>	<ul style="list-style-type: none"> <li>You didn't think you deserved to have any friends</li> <li>You pushed them away</li> <li>You selected friends who were superficial (because you were, too)</li> </ul>	<ul style="list-style-type: none"> <li>You learn how to find a friend by being a friend</li> <li>You analyze which friends you want to keep, and which you are better off without, and make it up to the ones you want/need.</li> </ul>	<ul style="list-style-type: none"> <li>Will you learn why they left?</li> <li>Will you apologize for anything you did?</li> </ul>	<ul style="list-style-type: none"> <li>You find new friends that are generous and accepting.</li> </ul>
<b>Your mother won't talk with you</b>	<ul style="list-style-type: none"> <li>You did something to upset her.</li> <li>You ignored her.</li> </ul>	<ul style="list-style-type: none"> <li>Your Basic Self was attacking her or wanted her to “leave you alone”</li> </ul>	<ul style="list-style-type: none"> <li>You learn how to get support from others.</li> <li>You learn how to forgive, and ask for forgiveness</li> </ul>	<ul style="list-style-type: none"> <li>Will you make things up with her?</li> </ul>	<ul style="list-style-type: none"> <li>You patch things up and write a mother/daughter book.</li> <li>You help your mother patch things up with her mother.</li> </ul>
<b>You lose everything and have to move in with someone who is abusive</b>	<ul style="list-style-type: none"> <li>You were abusive to someone</li> <li>You were stingy and mean to people who needed you</li> </ul>	<ul style="list-style-type: none"> <li>You didn't feel worthy of having someone love you.</li> <li>You sent out negative signals to them, which they reciprocated.</li> </ul>	<ul style="list-style-type: none"> <li>You learn what you do that makes him or her abusive and how to bring Love back into the relationship</li> <li>You learn how to take better care of yourself.</li> </ul>	<ul style="list-style-type: none"> <li>Why are you with someone abusive? Why can't you find more supportive friends or family?</li> <li>Can you figure out a way to stop the abusive behavior</li> </ul>	<ul style="list-style-type: none"> <li>You pull yourself up by the bootstraps and become self-sufficient, never needing anyone again.</li> </ul>

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<b>Your father beat you as a child</b>	<ul style="list-style-type: none"> <li>You were abusive to him (or someone else) in another life.</li> </ul>	<ul style="list-style-type: none"> <li>You wanted his attention – any attention</li> <li>You felt like you deserved to be hurt for something you did</li> </ul>	<ul style="list-style-type: none"> <li>You learn the harms of violence and how to stop the cycle.</li> </ul>	<ul style="list-style-type: none"> <li>Will you learn to “forgive him” – meaning to release resentment toward him?</li> </ul>	<ul style="list-style-type: none"> <li>You become an advocate for child abuse.</li> <li>You raise awareness for birth control and prevention.</li> <li>You become a foster parent and help rescue children of abuse.</li> </ul>
<b>Your dog is killed</b>	<ul style="list-style-type: none"> <li>You hurt someone else’s “family member”</li> </ul>	<ul style="list-style-type: none"> <li>You were worried something would happen</li> <li>You were too attached to him/her</li> </ul>	<ul style="list-style-type: none"> <li>You learn about death and violence, preparing you for other tragedies in life.</li> <li>You learn to appreciate what and who you have in your life more.</li> </ul>	<ul style="list-style-type: none"> <li>Will you be able to process the grief?</li> <li>How will you handle the legal repercussions?</li> </ul>	<ul style="list-style-type: none"> <li>You become a volunteer for rescue animals.</li> <li>You learn compassion and become a grief counselor.</li> </ul>
<b>A country is the victim of a terrorist attack</b>	<ul style="list-style-type: none"> <li>The country attacked a place and harmed innocent people</li> <li>The country was judgmental or critical of people who were different from them.</li> </ul>	<ul style="list-style-type: none"> <li>The country was arrogant and thought it was “invincible”</li> </ul>	<ul style="list-style-type: none"> <li>The country learns why they were a target and becomes more peace-focused.</li> <li>The country works hard to overcome any past negative Karma.</li> </ul>	<ul style="list-style-type: none"> <li>Will this nation learn the effects of group Karma?</li> <li>How will this country react to what happened?</li> </ul>	<ul style="list-style-type: none"> <li>The country learns WHY they were attacked and finds a way to find common interests and a long-term peaceful solution.</li> </ul>
<b>You are stranded on a deserted island</b>	<ul style="list-style-type: none"> <li>You alienated someone</li> </ul>	<ul style="list-style-type: none"> <li>You needed time alone</li> <li>You wanted a rest, or peace and quiet</li> <li>You wanted a way to leave</li> </ul>	<ul style="list-style-type: none"> <li>You learn to meditate.</li> <li>You learn patience.</li> <li>You learn how to communicate telepathically with loved ones, reassuring them.</li> </ul>	<ul style="list-style-type: none"> <li>What will you do with the time alone?</li> <li>Will you learn to get closer to your Inner Self and Higher Power?</li> <li>Will you find ways to make the time productive?</li> </ul>	<ul style="list-style-type: none"> <li>You reach a high level of enlightenment and become an inspiration to others.</li> <li>You go on the talk circuit and share your heroic tale.</li> </ul>
<b>You were falsely accused of abuse and lost custody of your children</b>	<ul style="list-style-type: none"> <li>You accused someone of something they did not do</li> <li>You were abusive to the person who accused you.</li> </ul>	<ul style="list-style-type: none"> <li>You mentally/ psychologically abused them.</li> <li>You didn’t feel like you deserved them.</li> </ul>	<ul style="list-style-type: none"> <li>You learn why this person accused you and are able to find common ground</li> </ul>	<ul style="list-style-type: none"> <li>Will you learn why they did this and resolve the problem?</li> </ul>	<ul style="list-style-type: none"> <li>You make up with the accuser and develop a close bond with your kids.</li> <li>You become an advocate for other parents who have lost custody.</li> </ul>

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<b>Your business manager steals all your money</b>	<ul style="list-style-type: none"> <li>You stole something from someone</li> <li>The money was received from questionable activities or treatment of people</li> </ul>	<ul style="list-style-type: none"> <li>You wanted an excuse to leave the marriage</li> </ul>	<ul style="list-style-type: none"> <li>You learn to detach from possessions.</li> <li>You get a lesson in how to decide who you can trust and who you can't.</li> </ul>	<ul style="list-style-type: none"> <li>How will you handle the legal issues? Will you release anger and let justice happen without resentment?</li> </ul>	<ul style="list-style-type: none"> <li>Your legal team is able to find the manager and recover your losses.</li> <li>You start over, enjoying the challenge, and make more than you lost.</li> </ul>
<b>Your spouse/partner cheats on you</b>	<ul style="list-style-type: none"> <li>You had either a physical or emotional affair</li> </ul>	<ul style="list-style-type: none"> <li>You were too clingy and jealous</li> <li>You wanted an excuse to leave the marriage</li> </ul>	<ul style="list-style-type: none"> <li>You look for other ways to fulfill your life</li> <li>You learn how you pushed him away</li> </ul>	<ul style="list-style-type: none"> <li>How did you let the relationship get to this outcome?</li> <li>What was your role in the situation?</li> </ul>	<ul style="list-style-type: none"> <li>You find someone much better for you and are very happy.</li> <li>You get closer with your friendships.</li> </ul>