

To turn the impossible into the possible

Modification of Cause and Effect in Our Minds

(1: A cause) A factor that prevents your dream:

Because I am not or don't have...

Is this true!?

(3: New causes) More correct causes

(3-1): Mental causes:

Because I felt...

(3-2): Material causes (unexchangeable materials are better):

Because I have not prepared...

(2: An effect) What you cannot realize:

I cannot achieve...

- 1) You pick out a dream that has not come true for a long time.
- 2) You think about what factor prevents that. It is the cause. You write it down in the field (1).
- 3) You write your dream in negative form on the field (2).
- 4) Let's doubt the relationship between the cause and the effect. If there are other causes, what are they?
- 5) If you find other causes, write them in the field (3).
- 6) If the cause seems too hard to solve, you repeat the process from the beginning with a new sheet for that cause.
- 7) If you find true causes, you will understand that these causes are resolvable, even if little by little.