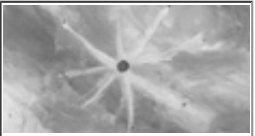
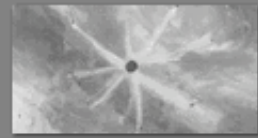


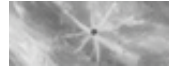
Handle Distress



Point of View Based on
The Law of Nature to
Stay Away and Handle
Distress.

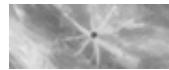
by J. Sujanto

**Would you like to relax in every circumstance?
Are you ready for the globalization process?
Would you like to stay away from distress?**



THE PURPOSE

If you want to take it easy and to stay away from distress, if you want to be more creative or if you want to prepare yourself for globalization, you may want to consider a new yet very old way of doing so. It is by adjusting yourself to the laws of nature. The following text will outline this procedure a little further.

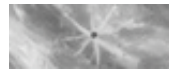


THE LAW OF NATURE

To avoid misunderstandings in the following text, I will first of all define what I mean when I use the expression "The Law of Nature":

"The Law of Nature is the law that prevails for all human beings in every nation on earth, at any time, anywhere in the world."

What I want to convey is that in order to attain mastership in life, and handle life without stress, if we want to exert true dominion, materially and spiritually, we must again become a complete human.



BECOME A COMPLETE HUMAN

My definition of "Complete Human" is:

Spirit-man + soul + physical body

What is *the difference* between a Complete Human and other beings? A Complete Human has received from God the following gifts:

1. The power of co-creation
2. The right of choice or free will

Our feelings and thoughts, our perceptions through the five senses are all simply *tools* to materialize the creative power and the free will we have got. Therefore, God can be named The Greatest Creator and a Complete Human simply as a creator or co-creator. For example, only humans were able to create computers, and there is no other living being with a free will like man. The only limitations or boundaries to man are set by the law of nature.







LIMITS OR BOUNDARIES

1. **The law of diversity** All human beings are essentially different regarding their feelings and thoughts.

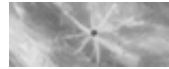
2. **The law of risk or law of karma** Every thought, word and act has a result and brings forth an action or re-action.

3. **The law of change**

-  Change of place
-  Change of shape
-  Change of nature
-  Change of time

What is done in realizing one's best results is blessed from God and the final outcome will positively affect and perfect those in touch with it.

Whoever steps over these natural laws creates an "inner illness" such as stress or insomnia and will suffer from the misbalance s/he has created. Therefore we can affirm that stress is a logical result from the violation of natural laws.



THE CAUSE OF STRESS

In my opinion, the cause of stress is the violation of natural law. There is an analogy in the English language which provides much insight: In the Oxford American English Dictionary, "stress" is defined as

1. Emphasis, for example in the meaning *Don't lay too much stress on the result.*
2. The extra force used in speaking a particular syllable or word, or on a sound of music.
3. Pressure, tension, strain

Norman L. Munn wrote in his book entitled "Introduction to Psychology" (4th edition) that "Stress is tension or conflict". Dr. Michel Utama, M.A., psychologist, states:

"Stress is the individual's reaction toward new factors which are threatening because they emerge outside the previous working conditions"

Therefore we can summarize that stress always involves a certain pressure on a human being. According to my own human experience, I denote that the beginning of stress consists in **a need that has not been fulfilled or that was not met.**

People suffer from it at various extends and at various length. Some suffer for years yet remain "untouchable", others for one or two months. Not being able to cope with stress leads to frustration. This can be seen in daily life in offices, houses, families, people, nations, etc.

Examining stress from the point when it starts leads us to the insight that in most cases it could have been anticipated or expected and, thus, avoided.

The intensity of stress depends on perception, emotions and other elements within the human self and it is related to the physical condition. As such it can lead to stomach problems, high blood pressure, insomnia and other ailments. If it lingers, the balance of acid and alkaline in the body will be aversely affected which, then, will result in real illness.

However, all this rather complicated process can be all traced back to the violation of natural law. In the following I will demonstrate this using some examples.



THE FIRST NATURAL LAW THE LAW OF DIFFERENCE

Let us take a look at a case out of daily life. A mother (named "Ann") often scolded

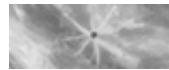
her son by saying things like "You should do this, you should not do that", etc. Yet her son often disobeyed and she felt annoyed. However, Ann, in doing this, forgot that her son was a different individual which makes that she just could not accept or comprehend the difference between the two of them. She was not ready to accept him disobeying. The same may happen in couples or between friends. What is the solution?

What is most important is your consciousness, i.e. that you realize the difference between you and other! Realizing this means also understanding the fact that those differences are completely natural. Once you can accept different opinions, feelings or views as something entirely natural, you will avoid the latent cause of stress within you.

These differences have their origin in different upbringing, different childhood experiences, different family background, different culture, level of education, wealth (or poverty), religion and other factors. All of those factors can potentially influence one's way of thinking and feeling.

Understanding and comprehension of, and agreement with, this first natural law will lead to patience. This patience ought not be one that is *forced upon you or that has influenced you* but one that is the pure and automatic outcome of your understanding and implementation of the natural law. Thus, in order to help us thinking clearly to solve problems, relaxation in all circumstances is required. And relaxation is then the result of merely obeying that natural law.

In the next example I will show how the violation of the second law will lead to stress and frustration.



THE SECOND NATURAL LAW THE LAW OF RISK

Somebody was due to pay for a product he had bought a few days before. Every day the seller asked him for payment. If he forgets about the law of risk, he might be angry or annoyed. However, if he accepts it, he will understand why he is treated that way.

Another example: A high-class lady who consulted me complained about her friends seemingly staying away from her and asked how to change this situation? I convinced her that she had broken the law of risk because of her gossiping about high officials while her husband was also one of them! Accordingly, her friends worried about her husband's reputation. I advised her not to gossip any more. Often, people break the law of risk because of snobbishness. On the other hand, those who openly accept it will not lose their credit light-heartedly. They will instead gain since they are regarded as being "truthful" and honest.

In our daily life we see many men and women trying to escape from the law of risk. They result in causing illness within themselves. These individuals are always restless and afraid of many shortcomings and, being caught long-term in their trap, they will become seriously ill. Therefore I advise you to be honest to yourself first of all! And to practice the natural law of risk for yourself.



THE THIRD NATURAL LAW THE LAW OF CHANGES

There is change of place. Have you ever lost something? As a matter of fact, nothing is forever lost! You feel like losing because you feel like possessing - and this because you lack comprehension of the law of changes. Things that are lost are actually just being removed. From your pocket to a thief's pocket, from your house to your office, or only from one side of your bed to the other. All those are

changes. Since these changes happen all the time, people are generally not aware of them. However, when it comes to a sudden mutation or to an unwanted situation, frustration generally results. In the case of a retirement, there is often a "power syndrome" at the root of the problem.

Please become aware that changes are a natural process. By accepting this truth you will be able to relax whatever might happen.

There is change of shape. One point in time our furniture is new, at another point in time it is worn-out or even broken. Recycling, as it exists today in some industries, is a technology in accordance with the law of changes. *Nothing really escapes from the law of changes. Change is only a matter of time.*

There is change in nature or in quality. Water can be frozen to ice. Solid metal can be liquefied. A so-called *good man* is one who has got more good than bad qualities. And vice versa. There is none who is hundred percent good or bad.

Most people are unaware of changes in nature or in quality. Yet what we need to understand is that we have to keep peace in our hearts because if we happen to meet "bad guys", we might be able to see the tendency of their changes, i.e. whether they change toward the good or the bad end of their scope of action. Our emotions, too, are fluctuant, as for example our tempers are subject to sudden changes. Realizing that change is permanent will help you to relax and let life go its way! If there is a change for the worse, there will also be one for the better because all is just a matter of time.

Switch from a defensive to an open world-view by understanding, believing and practicing these simple natural laws!

There is change in time. Once I conducted a conference for a group of housewives who were afraid of aging. I told them that it is *the fear itself* that will accelerate the aging process. This is so because of the creative thought power. Whereas aging is something absolutely natural in an ever-changing world. Just relaxing, these ladies will soon look and feel younger!

Nothing in the universe escapes on changes based upon time. Also please remember that the human will is based on the time you desire the outcome. But... *There is man's time and there is God's time.* This aspect leads to a realm that only psychics can touch, and it is not subject of this paper. One thing we can conclude with, is that patience surely is a spiritual quality or dimension.



FOURTH AND FIFTH LAW OF NATURE

A basic requirement to follow the fourth and fifth laws of nature is to believe in Ever Omni God! So if you are not a believer, you don't have to read the following. After men did their best with their souls and bodies, the final result *always* is the blessing of God and the (spiritual) perfection of the doer. **Thus, we can say that success and failures alike are blessings of God in order to guide us along the path of perfection.**



CONCLUSION

1. By reading, understanding, believing and practicing the natural laws, one will get stronger since defensive positions or world-views are given up.
2. The stronger man is always the one who is relaxed and who can think and feel clearly to face the world.
3. By performing these laws, one can be more calm and thus more creative since the creative power in humans is opened and activated.

4. These laws operate regardless of any religious adherence or belief.

5. I name this view NLV, i.e. Natural Law's View, as a view upon life that is based on natural laws.