

THE PATH OF LEAST RESISTANCE

An excerpt from



THE TOTALITY OF GOD
AND THE IZUNOME CROSS

Unlocking the Secret to the Riddle of the Ages

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Sir William of Ockham was an English philosopher and Scholastic theologian who is considered the greatest exponent of the Nominalist school. Nominalism was a philosophical doctrine derived in the late 11th and 12th centuries from the rationalistic teachings of Aristotle, and concluded only individual objects, not *forms*, have a real existence. (It is the most conservative of a triunity of philosophies that focused on the existence of abstract concepts: Nominalism, Conceptualism, and Realism.) Rev. W. Norris Clarke writes in *Encarta* that Sir William

won fame as a rigorous logician who used logic to show that many beliefs of Christian philosophers (for example, that God is one, omnipotent, creator of all things; and that the human soul is immortal) could not be proved by philosophical or natural reason but only by divine revelation. (224)

Important as that accomplishment was, as I have said, it is on his *Razor* (which states that entities are not to be multiplied without necessity) that I wish to offer this additional perspective.

While doing my research, I came across several different interpretations of the principle, including the one used in the novel ***Contact***, of which I earlier wrote. The powerful movie based upon that book was my first exposure to *Ockham's Razor*, seen before I had any idea I'd be referring to it a few years later in a yet-to-be-conceived-of philosophy. Only later did I come to understand its place in the history of the philosophical movement, as well as the appropriateness of personal interpretation as an important reflection of the teacher/student (or master/apprentice) relationship in the advancement of Mankind's knowledge. As a result, I felt that adding one more application to the list I uncovered might be something Sir William would actually appreciate, especially since it is noteworthy in the context of healing. I'm sure you will also recall its important role in the *Principle of Harmonic Alignment*. Without it, the Universe wouldn't exist:

***Whenever you are faced with a difficult problem,
choose the Path of Least Resistance!***

In other words, *don't make things any more difficult than they have to be*. If you have two different, equally good explanations of the same experience, or solutions to the same problem, choose the simplest one. This will be the *Path of Least Resistance*. I don't claim the phrase to be original. And this ancient principle has already been contemporized to suit a variety of purposes, spiritual and physical. Its relevance as it applies to the physical path in life we've chosen should be obvious. After all, how many times have we caused ourselves unnecessary pain simply because we chose to take a rockier road than was necessary, or to stay on it even though we realized it was moving us in the wrong direction? However, in the greater context of ***The Totality Of God***, *selection* and *direction* refer not only to the *physical* path you choose, but the *spiritual* one, as well. Thus, when examining your problem, also look

to see which spiritual path offers you the simplest solution. (Obviously, this would be a subjective decision based on your particular *situation* as well as your natural *inclination*. Therefore, it's impossible for me to suggest a specific method that would work in every case.) If your problem is an issue of the Heart, see what answer the West can provide. Need spiritual guidance? Try the East. Beliefs holding you back? The North can point you toward an attitude adjustment. Can't seem to keep motivated? Check out the South for an appropriate treatment.

The awareness and usefulness of this principle first occurred to me while I was helping a friend try to deal with a pancreatic illness. The doctors hadn't been able to give her a definitive diagnosis. She said the problem could be as serious as cancer, or as simple as some sludge clogging up her system. I told her to go with the simple one and try to focus on clearing the sludge out. To me, this seemed a lot easier for someone to believe they could actually do than curing cancer might be. Plus, it would take her mind away from the *negativity* of Sickness, and shift it to the *positivity* of Health.

This principle can be used to help us face and conquer any of life's challenges. For example, the folklore surrounding pop culture has often provided us with some real wisdom stored in the form of a catchy phrase. I've devoted some time in my book to discussing the spiritual nature of Addictions; but, have you ever thought about how overcoming an addiction is often referred to as *kicking the habit*. Seems simple enough; but that's exactly the point. Why not use the principle of following the *Path of Least Resistance*, combine it with a little creative visualization, and turn what may have seemed like the insurmountable task of overcoming your Core Addiction into the simple process of literally *kicking your habit* – something you could actually do.

Hold an imaginary ball between your hands (or a real one if you care to try this outdoors), and fill it with all the pain and suffering that addiction has caused you in your life. Think about the happiness you missed out on because you chose that addiction over it. Feel all the sorrow, all the guilt, all the self-blame, all the suffering you caused yourself and others. Feel it freely leave your body and enter that ball; and once it's full, let go of that ball and everything in it, and kick it from you with all the power a will can provide. Repeat as often as you like, until you feel like there's nothing negative left inside you. *The stronger your Intention, the more permanent will be your healing experience*. If you're just going through the motions, you can't expect much. Chances are your subconscious has decided for you to hold on to that addiction a little longer. But, if you truly want to be free of it once and for all, and you feel the pain returning, don't give in to it. Fill up another ball and kick it away. While it may sound silly, you'd be amazed at how good you feel afterwards. At the very least, it's worth a try, isn't it?

Still, I realize that in offering you this simple exercise, rarely does an addict quickly arrive at that place in life where they are ready to kick the habit – especially with those that lie at the Core of our most destructive addictions. The problem may be that not enough negativity has been attached to maintaining them. That's what is meant when people say a returning addict hasn't yet sunk low enough. So, the key lies in attaching as much negativity to that Addiction as possible. The more you are able to do this through mental processes, the less that will have to come from continued physical experiences.

If the challenge to kick the habit all in one gulp still seems too impossible to manage, perhaps we should turn to the principle of *Least Resistance* to help us realize

we need to take smaller sips. We don't have to get it perfectly right the first time. The most important thing is to keep trying. Suddenly, the words "Spiritual Practice" become more than the Pathway one follows for healing or personal growth. They become *the daily activity of practicing to be Spiritual*. All humans understand that the more practice one gets at anything, the better one gets at it. Thus, the pressure to succeed is reduced as the *Path of Least Resistance* guides your life to happiness.

Least Resistance is a philosophy of simplicity that all of us can apply in our lives whenever we have to face a difficult situation, or, for that matter, any situation at all. *Don't make things any more difficult than they have to be*. Choose the *Path of Least Resistance*. It can help make your life seem like the joyous ride it was meant to be. Look at your problem in a symbolic way. Conceive of it as something that is easy to fix, like sludge, or something you can kick or toss away. Because, the easier you make something appear to be, the greater is its believability – and therefore the more likely it is that your mind will be able to help you achieve a successful resolution. (And that can be anything from finding a better job, a loving relationship, the end to an addiction, or a cure for your illness). This is what the *North Path* is all about: the power of **Belief in Action**. Focus on the old adage:

"Whatever the mind can *conceive* and believe, it can *achieve*!"

With that said, I'd like to share this last thought with you. While it is true that following the *Path of Least Resistance* can help you to lead a paradise-like life by enabling you to release those things that no longer serve your purpose, realize that all truths have their balance. And it is likely that you'll find within the *Path of Greatest Resistance* the core issues holding you back from experiencing *Paradise on Earth* for yourself. Moreover, there are times when you need to push the envelope, to resist the tide, to raise the bar, "to go where no one has gone before" – to follow your heart. You've nearly finished the best example I could ever give you of what can happen when you do so. Just know this. If you do choose to take the road less traveled in service to a higher purpose, there will always be Someone there beside you to guide you on your journey.