

**NO first cause**  
**by Marlene and Bob Neufeld**

We have been enjoying the phrase “no first cause” with respect to areas of conflict in our lives. Coming back over and over again to this concept has freed up creative energy.

In the past, time and energy has been spent in our lives and the lives of others we know to determine the first cause. What actually started “it”? Who “caused it”. Bob remembers his years as a primary school teacher, where children would constantly argue over who started it. Global conflict and our criminal justice system are both based on who or what “started it”.

We have since come to believe that there is actually NO first cause. Recently at a monthly Magnificent Living Playgroup that we facilitate, Bob was appreciating his body. Other participants joined in and appreciated his body. Then a participant made a criticism of this body. Although it was done jokingly, we noticed and got curious about what had happened. Bob then revealed that just before the criticism was made, he had had a judgmental thought about all the appreciation he was receiving. Did Bob’s judgmental thought “cause” the critical joke to come from the participant? Or was there some feeling or thought the participant had which got expressed this way? Who knows? We are all part of a shared energy field with each person we meet.

Even if we can determine a first cause, it is often a waste of our time and energy. People think that they need to determine WHO and WHAT caused something in order to resolve it. However, the important thing in any problem is not the cause but how each person can RESPOND to it. Healthy responsibility is often answered with two questions, “What can I learn from this?” and “What can or needs to be done about it?” Healthy responsibility is not about what happened (the past); it is about what needs to happen now (the present) and next (the future).

*Marlene & Bob Neufeld practice body-centered Coaching and Therapy. They specialize in “2 on 2 couples coaching” and in experiential group playshops. For more information call 613-594-9248 or see [www.marleneandbob.com](http://www.marleneandbob.com).*