

EXCERPT:

When Bad Things Happen – Read This

Help for Living Through the Dark Night of the Soul

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PREFACE

Note: Please help to distribute this free but important ebook to suffering people who need a new resource for serenity and inner peace when bad things happen. These are times that try our souls. The present generation of Americans has not experienced the kind of challenges that the COVID-19 virus pandemic has brought. Our personal and national wills are being stretched nearly to the breaking point. Civil unrest is appearing to stress the basic assumptions about our founding principles. Change is on the horizon that we could not imagine a few months ago. Our human mortality has not up until now been of much social concern, except for the mourners who are affected daily by the horror of a death in the family. Now, the news and life-changes being imposed upon everyone expose how thin the façade of civilization really is. Many people turn to their traditional faith and others seek a new source of comfort in these times of trouble. While this work was developed from other needs, the motivation for it was the same, i.e., learning to live with suffering that as individuals we did not cause and that personally we cannot fix. If this ebook helps a few people accommodate this need that will be fine. If it helps to start something new, that will be great. Please help to distribute this ebook to everyone you know. Perhaps you might arrange and host a virtual meetup group for mutual support after you read it. Someone will be glad that you did.

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There is a belief called theofatalism that offers to make sense of the apparent nonsense and suffering in the world. If suffering in life is inevitable, perhaps it can be understood, and with understanding there may come a greater measure of resilience and inner peace through accommodation of life as it is. Nothing, from atoms to galaxies happens - past, present, and future - outside the will of Most-High GOD – Generator, Operator, Destroyer.

This work is the culmination of several decades learning to survive and even grow through the most stressful experience anyone can suffer, untimely loss of a beloved spouse. That occurred on September 3, 1985 at 7:20 pm in what was then Arlington Hospital in Arlington, VA. I watched my wife die untimely at age fifty-two after living ten years with the threat of breast cancer. I had promised her to love, honor and cherish, for better or worse, for richer or poorer, in sickness and in health, forsaking all others, ‘til death shall we part’ – and then it was over after thirty-one years and twenty-one days. Some advisors told me I should get on with my life, but that was impossible because my life was totally changed. When my traditional family belief system and our church leaders provided no comfort, I entered therapy

for complicated grief, death anxiety, issues in aging, and depression, which started me on a pathway I could never have imagined. My first therapist suggested that I do some journaling between sessions, which eventually grew into a formal search for information on mental health. Through three decades and publishing a dozen books, and several episodes of major depression, my search led to this conclusion. It is presented in third person because I contend that I did not write it. I am merely the messenger relaying the words from a source I do not know but seems to be The Most-High GOD. My fingers often shook as I typed the words which challenged the core of my beliefs.

There are many different religious myths among the people on earth but since my tradition is based in Christianity, that was the original focus of my search for inner peace. My personal theological bias was stressed more and more as I learned more and more until it could no longer be sustained. I am not a biblical scholar, but I can read. I was led to read a wider range of holy books from other traditions. I began to realize the Bible presented a vastly different view of God than is taught in Christianity as I experienced it. The word, "God" is used 3,995 times in the Bible. As I was led to a wider range of information the work broadened into a larger view of Most-High GOD above all Gods as Creator of all that is, which is mentioned only sixty-two times in scripture, eleven times in the New Testament. It appears that Most-High GOD made a few cameo appearances in biblical scriptures and then disappeared into the background to wait upon the time in human evolution when mankind is ready to see its reality. *This is not the little God of the Bible which is not big enough for this role. This distinction leads to my assumption that the little God of the Bible and the gods and myths and fables in all other holy books are creations and servants of Most-High GOD – Generator, Operator, Destroyer – the Prime Force in the universe, creator and controller of everything from atoms to galaxies.* From this work, I developed a belief system called "theofatalism" that helped me make sense of the ubiquitous suffering among all of creation. It did not remove the pain and suffering from the many losses and disappointments in my life, in fact my suffering was increased as I had to let go of the traditional interpretations of biblical scriptures. But it provided a new form of response for living with inevitable human suffering, one that challenges conventional therapies and theories of human psychology.

INTRODUCTION

Life is not an easy matter. You cannot live through it without falling into frustration and cynicism unless you have before you a great idea which raises you above all kinds of perfidy and baseness.

Leon Trotsky

Someone said everyone is either in a bad situation, is getting over a bad situation, or is entering a bad situation. These situations impact people in their physical, mental, emotional, and spiritual being. Religion helps some people navigate life, but what if it fails to deliver? After you get passed the unending mystery of why there is anything existing at all, one is confronted with why things are as they are. Where do you go when you are suffering, and you realize there is a Supreme GOD causing the suffering? A dangerous problem is the loss of resilience normally provided by faith among those who are religious when life becomes unbearable. Poet, Robert Frost observed that it is hard to get into this world and hard to get out

and what lies in between makes no sense. The Buddha observed that suffering is the common state of human existence, which is a response to feeling discontent coupled with desire for things to be different. In his old age, Oedipus could say suffering and time had been “instructors in contentment.”

Apostle Paul wrote of his discovery this way, “I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need.” (Philippians 4:11-12) Unfortunately, he did not explain the secret. Paul described a “thorn in the flesh, a messenger from Satan to torment me” that vexed him continually which he prayed three times for the Lord to remove, but the divine reply was, “My grace is enough for you.” (2 Corinthians 12: 7-10) In short, we can’t always get what we want in life, and what we do get often is very painful, yet we must be satisfied with what we get if we want to reduce our suffering. Many of life’s greatest lessons are only learned from pain. Sometimes we must learn from the messes that we make. And theofatalism says messes all must be necessary, or they would not exist.

Jungian analyst, Dr. James Hollis wrote, “Depression, loss, disease, war, poverty, betrayal, angst, murder, fraud, theft, grief, and so on are part of the human condition from which none of us is exempt. But to move beyond a posture of outrage (and impotence) at life’s suffering, we are called to ask another question: to what present task is this swampland calling me? Asking this question moves us from a posture of victim to engagement with the unfolding of our destiny. When one can let go of the great hidden agenda that drives humanity and its varied histories, then one can begin to encounter the immensity of one’s own soul.” (*Swamplands of the Soul, Inner City Books, 1996*) Dr. Hollis says we can live without happiness, but not without meaning in our lives. It is precisely our mortality that makes our need for meaning necessary.

Some things are certain, like death and taxes. Life is a struggle between joy and despair, love and fear, trust and betrayal, and then you die. Life always is fatal. We all must navigate white water on the way to our inevitable waterfall, and the closer we get the faster time seems to accelerate. Nietzsche said, “Those who have a why to live can bear with almost any how.” This work offers a reply to the “why?” of life, i.e., GOD’s will. Most- High GOD is a spirit and must be worshipped in spirit and in truth. (John 4:24)

Note: Disclaimer - The following discussion may not apply to people suffering mental illness. As such, it is not a substitute for professional mental health counseling. Please seek qualified help for issues in mental suffering.

GENERAL PRINCIPLES of THEOFATALISM

“Man cannot make or invent or contrive principles. He can only discover them; and he ought to look through the discovery to the author.

Thomas Paine

From his research and analysis of the human condition world-wide, Lewis Tagliaferre sees the emergence of a common thread leading to five principles of theofatalism. The

principles of theofatalism are summarized here to stimulate readers to complete their personal full development by reading the books referenced, to learn them and to make them a part of living every day. This list of principles is a complete set and must be taken together to be valid. However, they can be discussed and applied separately to specific situations. For an allegory narrating the derivation of these principles, please read the book titled, *Voices of Sedona* by this author.

1. Absolute Predeterminism: Everything from atoms to galaxies is happening as it must, or it would be different. The divine will of Most-High GOD – Generator, Operator, Destroyer - cannot be disobeyed. It is the utmost arrogance and ignorance to assume that the creature can control the Creator, or the clay can control the potter, or the puppet can pull its own strings. As it is declared in A Course in Miracles, “Disobeying GOD’s will is meaningful only to the insane; in truth it is impossible.” (T-7.IX.6)

2. Necessary Opposites: For every action there is an equal and opposite reaction; as in physics so in human thoughts and actions. All energy of the universe is distributed about a neutral center like the air in a balloon, with equal power invested in opposing forces manifested in life events, large and small, birth and death. Like a battery with two poles, energy is impotent until the two opposing poles are deployed. Since living Homo sapiens manifest energy in thoughts and behaviors, they, and all material and spiritual forms, must conform to this principle of necessary opposites. No exceptions.

3. Unconscious Decisions: All thoughts begin unconsciously before they become conscious. All behavior is driven from unconscious forces of imagination among and within people who select options presumed to offer more valuable benefits than burdens. All options among choices are selected because the presumed benefits are worth more than the burdens, even though they may be unconscious and seem to be unreasonable or even insane to a rational observer. There are no mistakes, only unconscious choices and inevitable consequences that are predestined for each sentient being from its conception in the womb.

4. Indefinite Uncertainty: Life does not grant us certainty, only options and probabilities. The search for security merely is a comforting illusion. Nothing about the future in human affairs can be forecast with accuracy, especially those things that we think we know for sure. The late famous American philosopher and baseball star, Yogi Berra once said, “Making predictions is hard, especially when it is about the future.” Your grandparents probably could not imagine modern cell phones, so how can we imagine the future? Things change instant by instant, driven by the will of the unseen Most-High GOD. That awareness makes humankind feel anxious necessarily. To be anxious is to be human, because it is a normal reaction to the awareness of indefinite uncertainty.

5. Immaculate Immanence: Most-High GOD works a very specific plan for each material element and sentient being that forms a unique and necessary interconnected part of the whole universe. The Creator and the Created are One. Most of human life is like assembling a jigsaw puzzle without the picture on the box. Each individual sentient being may be only one small insignificant piece, but a necessary indispensable piece or we would not be here. Each decision and each event in our lives forms a chain of events leading to the inevitable NOW. The whole picture composing each life becomes more apparent near completion as we take our place in it. “Immaculate” means without flaw or error and “immanence” means operating within, inherent,

present throughout the universe, from atoms to galaxies. No, this is not the same little god as the one in any holy books. It is the Supreme Power in the universe: Generator, Operator, Destroyer. GOD

A NEW THERAPY – FIVE STEPS TO INNER PEACE

The highest education is that which does not merely give us information but makes our life in harmony with all existence.

Rabindranath Tagore

Give a person a fish and you feed him for a day. Teach him to fish, and you feed him for a lifetime.

Maimonides

This new idea is only as valuable as it can be useful in times of suffering. We have demonstrated that Most-High GOD generates and operates and destroys all the functions of the universe, from atoms to galaxies. So what, now what? How can one deal with the destruction and suffering that GOD also causes among individual human lives? What can a person do with this knowledge? How can it help suffering souls in mortal pain, those who are desperate for things to be different? Please read on.

Belief in theofatalism leads to a new therapy for suffering souls who need help walking through their labyrinth of life. Many people are taught a formula for life that says, “do this, get that.” Sometimes it works and sometimes not. It certainly is not equally distributed among all God’s children. A tattoo text says, “What beautiful lies you’ve been told. What terrible truths drown your soul.” There is possibly no worse shock than to trust in a personal faith that is impotent when needed the most during the painful trials of life. Psychic pain seems to be essential for survival. Like physical pain, psychic pain is the tangible material that creeps into our mind and screams at us to recognize that something is terribly wrong. When things do not go as planned, what then? Living in harmony with the reality we do not create, physical, mental, emotional and spiritual, that is the key. It follows from this discussion that to feel a measure of inner peace and serenity while living in the world as it is, one might employ ©Royal Accommodation Therapy in five ADTDA steps. There are only two rules to follow in their application to life: begin and continue.

(Disclaimer: This instruction is not a substitute for qualified mental health care by a professional. Please seek help if you are facing a mental health challenge.)

- 1) *Accept* everything as it is moment by moment here and now, including your personal reaction, because it must be the will of Most-High GOD or it would be different,
- 2) *Detach* from what you cannot change and wish were different and forgive your adversary because it hurts too much not to...you did not cause it and you cannot fix it.
- 3) *Transcend* the need for control because you don’t have any, as the brain has a mind of its own, and the body must go where the mind takes it. All in GOD’s will of course.
- 4) *Don’t fight* with GOD because you cannot win – but if you fight that also is inevitable because you must walk the labyrinth you are given, and
- 5) *Assume* there are no mistakes, only predestined choices and inevitable consequences. Every decision is a necessary learning experience.

Note: Acceptance does not mean liking or approving of what is happening or being happy about it. It means looking at it and acknowledging it without judging. Detachment does not mean disconnecting. It means loving concern and compassion without contagious psychic investment. Transcending control does not mean descending into apathy or futility. It means reconciling surrender and courage to change in GOD's will. Don't fight with GOD does not mean giving up. It means letting go and acknowledging GOD's will in all things. Assuming predestination does not mean avoiding decisions. It means making decisions and accepting the consequences as in Step 1. This practice completes the circle of ©Royal Accommodation Therapy.

This new therapy comes with a single, but very powerful affirmation for inner peace no matter what happens outside: ***GOD – Generator, Operator, Destroyer - grants me willingness to accept what I cannot change, the knowledge, courage and ability to do what I must, and the assurance that I am indispensable to the universe.*** Memorize it to be available for contemplation and application to your life continually as you need to accommodate the will of Most-High GOD in your labyrinth walk of life moment by moment.

THE SYMBOL OF THEOFATALISM

C. G. Jung in *Man and His Symbols* (1961-68) said there is the thing and the symbol of the thing. Whereas the Catholic symbol is the crucifix and the Protestant symbol is the empty cross, the symbol of theofatalism given to Tagliaferre is the Chartres Labyrinth (ca.1200 CE) in which there is only one pathway for each sentient being to follow.

Unlike the dead-ends and random pathways of a maze, which are designed intentionally to confuse and frustrate, the labyrinth has no barriers, there are no shortcuts, and it definitely is not a random walk, because everyone one must take the steps laid down before them. We may stumble along the way and encounter dangers and stress, sun and shadow, storms and calms, but the pathway ahead always beckons; begin and continue.

The labyrinth symbolizes how we emerge from the source when spirits incarnate in the body and traverse through four stages of infancy, childhood, youth, adulthood and then after midlife we return to the source through four stages of maturity, seniority, contemplation and mortality.

SUMMARY

In summary, after watching his wife die untimely after a decade of breast cancer, Lewis Tagliaferre was thrust into a religious and spiritual crisis when his traditional church could not provide any comfort. He began a search for recovery from complicated grief and depression, seeking inner peace through reading, therapy, journaling, and mental health treatment. His study of the Bible led to the need for a belief that goes beyond the standard dogma and explains the normal suffering among all sentient beings. His search led him to a vision of Most-High GOD as Generator, Operator, Destroyer – the Prime Force in the universe, creator and controller of everything from atoms to galaxies. It is derived from Biblical scriptures, Hindu beliefs, the philosophy of causal determinism, and theological fatalism; it is called theofatalism. This belief helps to explain situations in life that people pay little attention to until a crisis hits, including suffering from natural disasters and human behavior, but which occur continually among plants,

animals, and humans. It also accommodates all other beliefs, including atheism, because theofatalism says nothing happens outside the will of Most-High GOD, from atoms to galaxies.

Note: This is an excerpt from a full-length book. For the free complete ebook in .pdf format discussing theofatalism please send an email request to lewtag@aol.com. You may browse my name for reference. Lewis Tagliaferre. Thank you.

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