



Is Will Free?

Quick Exercise...



Did you choose the Queen of Spades?

This simple, yet tangible example of *Picking a Card Perfectly* by the magician, David Blaine, illustrates quite well the **“Illusion of Free Will”**

Though we may not know “why” in that moment, there is always a “reason” for our choice...

**Not to spoil it,* but the reason why you chose the Queen of Spades is because David Blaine *slowed* the ruffling of the cards at the precise moment the Queen of Spades showed up, so your mind naturally selected it because it was the only card you could see.

Our Mind is broken up into two components:
The Conscious Mind
and
The Body Mind (also referred to as the
Subconscious Mind)

**Sub*-conscious because it is *below* our level of Conscious Awareness.

Both the Conscious and Subconscious Mind are constantly taking in stimuli and processing this information for future decision-making, rationalization and problem solving.

Though it can *appear* as if our thoughts come out of nowhere (and though this may be the case for the Conscious Mind), there is also a Neuro-Physiological Response happening, due to the Subconscious Mind, which helps to promote thoughts to our Conscious level of Awareness.

Example:

We've all had those moments where we were lost in an action (playing video games, watching movies, reading a book) when all of a sudden our Conscious Thought becomes, "*I should eat something...*"

Where did this thought come from? Did you "choose" for it to appear?

The miraculous thing about the Human Body is that it doesn't require our constant attention to keep itself running. If it did, we would incessantly be thinking "breathe now" and "beat now" in order to run basic functions like Respiration and Heartbeat.

After the Conscious Thought of “I should eat something...” arises, you typically go on to think about what you should eat, eventually “choosing” something.

Is this evidence of Free Will simply because you “chose” something to eat?

- (1) If you can trace the origin of *why* you chose, then it was *Determined* by that precursor thought (ie. *no* Free Will).
- (2) If you can't trace why you chose, that doesn't mean it was *spontaneous* Free Will...

Don't forget about the Subconscious Mind.

Your level of understanding as to why you chose Chinese Food over Greek Food may allude your Conscious mind, but that doesn't mean your Subconscious Mind didn't stimulate your decision one way or another.

Even more of a *Mind-Bender* is asking yourself:
Can I choose something I wasn't even aware of?

**Answer:* you can't choose something you aren't even aware of. You can only choose things you are aware of; hence, your choice is *limited* to your level of Awareness and *Determined* by that knowledge.

Defining Determinism

Boiled down, Determinism is simply **Cause-and-Effect.**

The [Encyclopedia Britannica](#) defines Determinism as such:

Determinism, in philosophy, [is a] theory that all events, including moral choices, are completely determined by previously existing causes.

*A lot of people will argue that Causality (Cause-and-Effect) is different from Determinism. However, the broadly accepted definition, as per many defining outlets like the Encyclopedia Britannica all concur that *Causality is Determinism*.

Going back to the previous two examples of the *Card Trick* and *Choosing Food*, we can now see that in each of the previous examples, there was a Cause (a *Reason*) preceding an Effect.

**Can you think of an example where there
is an Effect without a Cause?**

*And even if you don't know the Cause in that moment, ***it doesn't mean there wasn't some Cause initiating an Effect.*** It just means you don't know what the cause is in this moment. Arguing for an Effect devoid of Cause is actually an impossible task.

“...for every action, there is an equal and
opposite reaction.”
- Newton's Laws of Motion

*Cause..... and Effect.

If one of the Universe's **fundamental principles** directly implies Causality, then it is only our *Self-Identification State* (commonly referred to as the Ego) which believes that it is *greater* than the Universe; supposing that it is somehow *separate from* or *superior to* it.

*Spoiler Alert: You are the Universe.

**You are a Wave that forgot it was the
Ocean...**

**...you are also a Wave swimming in an
*Ocean of Causality.***

The *real* Mind-Bender of it all?

Does that mean the story of our lives
is already written?

*This is the *real* implication of Determinism and unveiling the Illusion of Free Will.

Sisters of “Fate”



Indra's "Net"



The “Oracle” of Delphi



Das Orakel zu Delphi.

God's "Plan"



All examples used throughout history,
alluding to an ancient and
universally-understood truth...

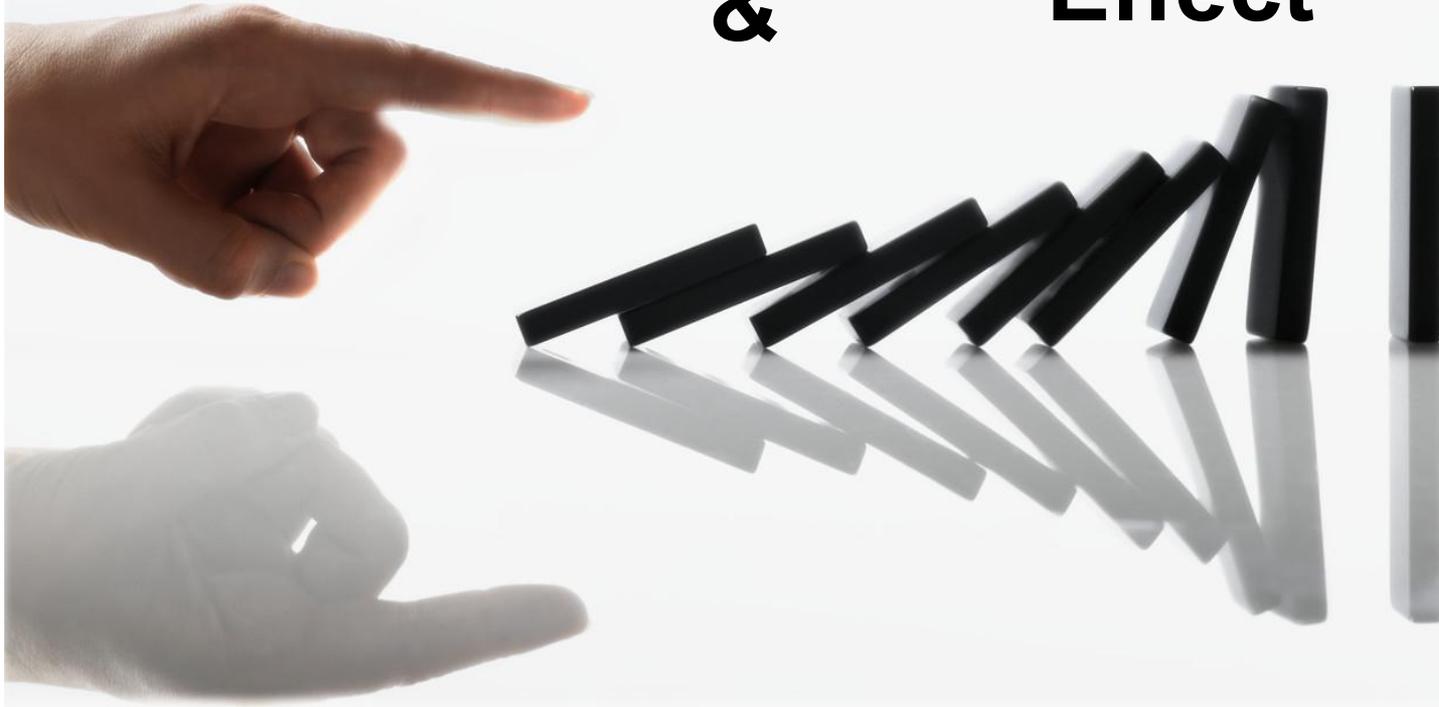
...the story of our lives is already written.

*We're just in the front-row seat watching it all play out moment by moment.

Cause

&

Effect



It's just that our Egoic-Mind is so desperate for *control* that we find it hard to simply **Let Go** and **Enjoy The Show.**

It's often been said (more specifically in Yogic circles) that our lives are like a *Movie* and we can get so caught up in what's happening on the screen that we lose sight of being the Observer.



What they neglect to focus on is that Movies
are *already written*.

*Destiny due to Determinism.

Another one of my favourite examples is likening life to a Rollercoaster; there are ups and downs that you just have to go through, but that's life.



What they neglect to focus on is that
Rollercoasters are *on a set track*.

**Again...* Destiny due to Determinism.

Try to see the **Bigger Picture**,
not just what you *want* to see.

So, now that you know,
what do you do with this knowledge?

I'm personally a huge fan of Sam Harris' takeaway from his book entitled, "Free Will" ...

...now that we know every action is preceded by a cause, we can try to build more:

- Understanding
 - Awareness
- and Compassion

in our lives.

Hate is a byproduct of Free Will.

It assumes that the person performing a wrongdoing against you is in some way an Agent of Choice who sovereignly chose to perform that unjust action against you.

*Hate is a poison we drink that only affects ourselves...

Thought Experiment:

Do you hate the tree if it falls over during a rain storm and wrecks your car?

No, because the tree *never chose* to fall over,
it simply happened.

*Even though it might suck...

Once we understand that there are underlying causes to every action, we can begin to build more **Understanding**, **Awareness** and **Compassion** over why someone “decided” to act against us and come to the realization that they were merely a *byproduct of circumstance*.

Regret is a byproduct of Free Will.

It assumes that we are in some way an Agent of Choice who sovereignly chose our actions and, if things were reversed, we could have chosen otherwise.

*Regret is a poison we drink that only affects ourselves...

Viewing life through a *Deterministic* lens, we can build more **Understanding**, **Awareness** and **Compassion** for ourselves and realize that, even if things were reversed, we would have made the same exact choice an infinite number of times because ***in that moment*** we were *Destined* to choose it.

**It's not that we are *powerless*,
it's that (at present) we are unable to see the
Bigger Picture.**

So, just keep living your life the way you would
because, at least for you, you don't know how it's
all going to turn out. Though, what you can do
now is add a little **Understanding**, **Awareness**
and **Compassion** to your day-to-day.

Enjoy the show.

Enjoy the ride.

It was *Determined* to be this way.

**“It is what it is...” and “it is what it was...”*

Resources:

books.gottalightmyfire.com

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[Quantum Fate](#)

[What is Karma?](#)

[The Universe Is Chaos, We're Only Making Patterns](#)

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