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The Backwards Law was popularized by Alan Watts but it actually comes from Tao Te Ching, the 2000-year-old classic Chinese text which became is the basis of Taoism.Essentially, it’s this: the more you try to grab ahold of something, the more it slips away. Watts describes it as being in a lake. If you relax and put your head back, you’ll float. But the more you struggle and flail around trying to stay afloat, the more you will sink. Often our search for safety and stability leads us to just the opposite. The more we cling to a loved one, the more they are going to feel suffocated and in need of spaceThe more we obsess about accumulating money, the more poor and unworthy we are going to feelThe more we pursue trying to feel better all the time, the more we are going to reinforce this idea that we are fundamentally lacking and irreparableWhen we only focus on the scratch in the paint - we don’t see the entire car, which is in perfect working order. And therefore, we damn ourselves to immense suffering. If we only look for the positive, any small thing that goes wrong is ruinous. Maybe we can get what we want by not wanting it so much.“Wanting positive experience is a negative experience; accepting negative experience is a positive experience.” Mark Manson - The Subtle Art of Not Giving a Fuck.Rewarding results can often come from embracing the challenges. The difficult conversation results in a more authentic relationship. The hard workout results in stronger abs. We can find pride in the discomfort because it means we were not scared of it. We don’t need things to be perfect and easy in order to be happy. So endless self-help isn’t the answer (so says the self-help website) but rather, let’s look at how we can shift towards equanimity — the mental calmness in which we can weather the storm and handle everything that comes, without constantly needing to categorize everything into boxes labeled GOOD and BAD.When we can release the control over the experience a little bit and find ease and peace even in the moments that are challenging, we can find that lightness. Maybe then we can not live in fear of drowning. Of course, I’m not saying that we should never set goals or try to change our lives. But it’s easy to get locked into this endless striving to get somewhere else, to be someone else, to accumulate more, to cling to something that will inevitably be impermanent. Sometimes we can just be right here, put our heads back, and float for a bit. Source: FlickrThis article is a part of my Best Reads of the Month section on my website www.mikegorlon.com. Each month I pick one or two articles or blog posts that I find on the internet which I thought were really insightful, interesting or moving. Then I share them with you. You can view the previous month’s articles by going to: post from Mark Manson comes directly from his blog and it discusses an interesting idea called the backwards law which Mark wrote about in his best-selling book The Subtle Art of Not Giving A Fuck, and which I recently wrote about in my last blog post.The backwards law is about realizing that the more you chase after something, the more you end up getting the opposite result or feeling worse off than before. This is somewhat counter intuitive to what we’ve been told throughout our lives. Most of our lives we have been told that the harder we work and the more effort we put in, the better off we will be. But Mark discusses how this is true for menial tasks but not for actions that are psychological such as our mental health and our relationships.“‘The backwards law’ [is] the idea that the more you pursue feeling better all the time, the less satisfied you become, as pursuing something only reinforces the fact that you lack it in the first place. The more you desperately want to be rich, the more poor and unworthy you feel, regardless of how much money you actually make. The more you desperately want to be sexy and desired, the uglier you come to see yourself, regardless of your actual physical appearance. The more you desperately want to be happy and loved, the lonelier and more afraid you become, regardless of those who surround you. The more you want to be spiritually enlightened, the more self-centered and shallow you become in trying to get there.” — Mark Manson, The Subtle Art of Not Giving a Fuck Snapwire/Pexels If you want to expand your areas of expertise as an attorney, a number of highly esteemed institutions offer online law programs for distance learners who aspire to take their legal careers to the next level. The catch is that only the state of California permits graduates from online law schools to take the bar exam. That means that those who have not yet passed the exam can only practice in California if they use one of these programs to start a new legal career. With a recent median income of nearly $130,000 annually, lawyers often find their careers to be financially rewarding as well as intellectually challenging, which makes this limitation still very inviting for some newcomers. Whether you plan to practice in California or you just want to expand your legal expertise with a new degree, these highly rated online law schools can get you started with a Master of Laws degree.University of Southern California’s (USC’s) Gould School of Law is one of the most highly esteemed law programs in the United States and internationally. The school boasts approximately 10,000 law school alumni globally, and online law students now have a chance to be in this exclusive group of lawyers. With accreditation for the American Bar Institution, it ranks 17th among the best law schools in the U.S. @USCGouldLaw/Twitter USC makes even more sense for online law students who are planning to practice in California, as joining the university’s online law program can help jump-start their future legal careers in the state. Even an online degree at this school does not come cheap, and prospective online law students should expect to shell out about $53,000 per semester. Apart from the prestige that comes with the degree, USC’s online law program has a 93% passing rate that also makes it worth the cost.Villanova UniversityVillanova University’s Charles Widger School of Law is one of the highest rated law schools in the U.S. Maintaining a maximum of just 565 law students annually helps the school consistently rank among the best law schools in the country. Villanova’s online law program is of particular advantage to students who want to specialize in tax law. @VillanovaU/Twitter The university’s online law program offers three graduate degrees and the same number of certificate programs in taxation. Those who are already working in the legal field can specifically earn a Master of Laws in Taxation degree. Non-lawyers can also earn a Master of Taxation, which is a degree that will serve them well if they choose to become accountants. Online students should expect to shell out around $41,000 as a student in Villanova’s online law program.Seton Hall UniversitySeton Hall University offers several online law programs for practicing lawyers who want to earn master’s degrees in law to expand their areas of expertise. The options include the Master of Science in Jurisprudence and the online Master of Laws degree. @SetonHallLaw/Twitter One of the reasons Seton Hall’s online law program made this list is the flexibility that comes with its online program that allows students — who are also working legal professionals — to complete courses without taking a break from their practice. Distance learners also have full access to the same faculty as the students who attend the classes on campus. The university’s online law program is also one of the most affordable at approximately $27,000 per year.University of TulsaThe University of Tulsa’s College of Law maintains just 255 students per semester in its programs. Law students who attend classes on campus can complete their Juris Doctor (J.D.) in three years. Online students can complete their Master of Jurisprudence degree in 18 to 24 months, depending on the pace of the student. The school’s online law program is also one of the most affordable at about $24,000 per year.@TULaw/Twitter Washington University (St. Louis)Washington University’s on-campus law program is one of the most comprehensive, offering degrees in various legal fields. Options include constitutional law and civil rights, labor and employment law, and criminal law. Online students can work on their Master of Legal Studies, Master of Taxation as well as other law degrees. Online classes are interactive and conducted in a streaming format, which enables distance students to interact with their on-campus counterparts. Students should expect to pay around $28,000 per semester for this school. @WashULaw/Twitter Another catch that goes with earning an online legal degree is that the American Bar Association (ABA) doesn’t currently accredit any online degree programs. That means that students who earn online degrees won’t be able to take the bar — outside California — to receive a legal license to practice. They can expand their fields of expertise with online degrees, but they must earn the right to take the bar exam by attending law school in the traditional way. MORE FROM ASKMONEY.COM

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