

## Living The Universal Principles For Having It All, Session 18

### Quotes:

*"When we meditate properly, we create all things." Ann Davies*

*"When one begins to focus on gaining and maintaining control of their own creative forces, we say that one is truly "on the path" of higher self-development." Vitvan*

### Opening Meditation: Transcending Time

*It's not about how much you want to accomplish in the future, but how much you are willing to receive RIGHT NOW.*

1. Feel your feelings
2. Feel love for how you feel
3. Feel what you feel AS love
4. Feel love for yourself.
5. Open your consciousness (feelings and thoughts) to a life of ULTIMATE ACCOMPLISHMENT.
6. Allow yourself to live in the feelings of it happening now.
7. Notice the thoughts, mental images that arise

### Principle 85: Liberation

Tarot Image 15: realization of the dream of bondage

- All forms of dependency produces an experience of bondage and limitation
  - All forms of bondage and limitation are imaginary
    - See the chains, large enough to slip off the head (representing thoughts)
- Tarot Image 16: realizing you are free
  - (when you discover you cannot count on what you depended upon)
- Tarot Image 17: Meditation:
  - what to do with that freedom:
    - cleanse the urns of your consciousness to give yourself new suggestions and create anew - trusting the natural manifestation process.

### Principle 86: Practice Right Speech

- *When* you are conversing with another, be sure to be alertly aware IN THE NOW of
- *Where* you are speaking
- *What* you are saying
- *How* you are saying it
- *To whom* you are speaking
- *KYBMS to conserve power*

### Principle 87: The F.A.S.T. Formula: Aligning with your outcome

- F=feelings
  - feel yourself in a perfect universe
  - feel yourself in the outcome that fulfills your heart's desire
- A = actions
  - Take action in line with your priorities
  - Act in line with the universe's perfection (avoid destructive paths of rebelliousness)
  - Bring conscious rhythmic alternation into your daily activity pattern

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- Act in orderly, calm ways with full attention on the present
- S = speech
  - You talk yourself into what you say
  - Waste no power on unnecessary speech
  - Avoid complaining and criticizing (talking about what you DON'T want)
  - Avoid using words that are inconsistent with the perfection of the universe (ie: that's too bad, how tragic, etc.)
  - Avoid speaking in ways that give away power: *that* is a disappointment, *they* make me angry, etc.
- T = Thought
  - Avoid thinking about what you do **not** want to bring about
    - Every mental image is a world you enter and manifest
  - Avoid thinking from an unbalanced, inharmonious feeling-state
    - Harmonious feelings manifest harmonious, constructive thinking
  - In harmonious feeling, open your mind to a vision of your life working perfectly and reality working perfectly for eternity (heaven)

### Principle 88: Feel your "I" as the Divine Presence

#### IE: We live up to or down to the image we hold of ourselves.

- How you think and feel about your self can either limit or un-limit your power and your joy.
- **Practice:** being aware of your feeling of being, your sense of your self, your presence *now*.
  - Feel that as the Divine Presence, Unlimited, Free, All-Powerful, Absolute Love

### Principle 89: Let The Universe Handle The Details

- Live in the feeling of how you want your life to feel
- Notice the visions that come in association with that feeling
- **Don't** try to figure out HOW you are going to manifest what you want.
  - Otherwise you risk closing your heart and mind to the infinite possibilities
- Be alert to notice inner promptings and outer openings for advancement in the direction you want to follow.

### Principle 90: The more want you live in, the more WANT you manifest

#### IE: Yearning Repels

- If you feel the sense of wanting something, do The Method or Feeling Exercise to shift from wanting more to having it all.
  - Wanting is always based on the delusion that an outside event, situation or person can "save" you from the sense of lack you feel or fear.
  - Wanting is based on the belief, thought, mental image of being where you don't want to be.
- You manifest circumstances consistent with and that support how you feel and think of your life.

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### Principle 91: Turning problems into solutions

#### IE: you have to let go of your problems to receive / experience your solutions

- When you have a problem, drop it from your mind and focus on the feeling of a life that works perfectly
- Open your heart (feelings) and mind to the internal experience of the perfect solution to the problem (THAT DOES NOT INVOLVE ATTACHMENT TO ANY SPECIFIC OUTCOME).
- IE: If you have a financial problem, don't try to imagine a certain amount of money coming in; imagine yourself in a life free from money problems, in your ideal financial condition as a general experience)
- See Above: DON'T TRY TO FIGURE OUT HOW THE SOLUTION CAN COME ABOUT

### Principle 92: Take the power out of money, etc.

#### IE: The universe you experience is a reflection of your state of consciousness.

- We give money our power, and thereby give ourselves the belief in our powerlessness when we count on money to make us feel abundant, safe, successful, valuable, important, etc.
- Abundance, safety, success, being of value, truly mattering ARE STATES OF CONSCIOUSNESS
- Take back the power you have given to other people, circumstances and things by holding them responsible for how you feel, think, speak and act
- Never waste a thought thinking or worrying about what others say, think, feel or do.
- Focus on keeping your power in alignment.

### Principle 93: Finding and following your True Purpose

- Your true purpose is the purpose you would most love to fulfill.
- Open your heart and mind to the feeling and vision of you fulfilling the highest, deepest, truest, most meaningful purpose TO YOU.
- DON'T TRY TO FIGURE OUT HOW TO GET THERE (Be there now)

### Principle 94: Mastering The Art Of Creation: Rising Through Kabbalah's Four Worlds

- World 1. Atziluth – Originality
- World 2. Briah – Creativity
- World 3. Yetzirah – Formation
- World 4. Asiah: Making

#### Closing Meditaton:

- Rise in consciousness from the bottom up; ie: begin at world 4 and move up toward world 1.
  - World 4: Become aware of your present physical experience.
  - World 3: Become aware of your thoughts and feelings (these "forms" are the precursors to the forms on the material level
  - World 2: Align your thoughts and feelings with the ultimate outcome for your life NOW
  - World 1: Open your consciousness to receive guidance from "above" for what to want or how to direct your thoughts and feelings.