

## Living The Universal Principles For Having It All, Session 15

**Quote:** *“Love change. Invite it! Adore it! Accept it! Every time you get worried that something is going to change, mentally catch hold of the Fool and love the idea of motion. Get into that adventure. Step 2 is to re-examine yesterday and recognize that everything that happened was a blessing beyond description. It was a glorious experience because it was part of the process of becoming. When you begin seeing the past as having been a blessing, do you know what you are doing? You are holding benediction in your consciousness. And then it will come. Benediction. Blessing. What else could come? That which you hold in your consciousness is what comes. It must. This is the way God creates...” Ann Davies*

### **Opening Meditation: Divine Love Meditation**

Begin with the Feeling Meditation

Feel your feelings

Feel love for how you feel

Feel what you feel as love

Feel love for yourself

FEEL: I am One with God

    Feel that feeling expanding to fill the universe

FEEL: The universe is safe, friendly and abundant

    Feel that feeling expanding to fill the universe

FEEL: I choose love

    Feel that feeling expanding to fill the universe

FEEL: Everything and everyone are perfect just the way all is

    Feel that feeling expanding to fill the universe

FEEL: All is energy and all energy is joy

    Feel that feeling expanding to fill the universe

FEEL: I live in a field of infinite positive possibility

    Feel that feeling expanding to fill the universe

### **Principle 67: You can receive no more than you feel worthy of**

#### **Corollary: You Deserve All You Desire**

- Shame and Guilt are false emotions
- The universe holds nothing against you

### **Principle 68: Abundance is your natural state:**

#### **AKA: The Natural, Fun Way To Win The Money Game**

#### **AKA: Take The Power Out Of Money**

- The more power you invest in money, the more power you take from yourself
- Whatever power you give to money return to yourself for a full refund!
- How:
  1. List the reasons / conditions you want more money for
  2. Identify the feelings and beliefs you expect from those conditions
  3. Live in those feelings-visions now

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- As you live in your natural center, do what you love, and live in abundance consciousness all the money you need to support the expansion of your fulfillment.
  - Abundance is your natural state.
  - This means that it flows naturally in your life as you live and function naturally, easily, joyfully, even playfully
  - Relate to money as a fun game
  - The moment you make it serious or approach it with fear and pressure you begin constricting the flow of abundance
  - **Practice:**
    - Live in abundance consciousness.
    - Feel your natural way

### Principle 69: Owning Your Level

- The highest level you have attained becomes your natural level
- Just being natural takes you there and sustains you there
- Since The Universe Is Expanding and Reality Is Liberating (We will cover this Principle in a later class) your highest level is naturally expanding as you live naturally within it.

### Principle 70: Let Your Gifts and Talents Blossom (By Living Naturally)

**AKA: Succeed in a natural way: simple, easy and fun**

**AKA: Overcome “performance anxiety”**

- Live the way you want to live now:  
don't leave the way you want to live to live the way you want some time in the future, when some goal is met.
- Feeling performance anxiety indicates you are blocking your natural way based on the childhood-rooted belief that you are not good enough, adequate, worthy of love, success and abundance being YOURSELF.
- Your NATURAL gifts and talents flourish as you live more naturally. Being natural is the opposite of inhibiting your self-expression based on fear of imaginary failure.

### Principle 71: Manifestation unfolds naturally, organically

- Intention is the seed. Thought, feeling and action nurture it.
- The universe is naturally functioning in line with the fulfillment of your greatest heart's desires.
  - Everything you have gone through you CHOSE to go through to fulfill the purpose of your incarnation: advancement in the process of liberating your light.
- Flow WITH the universe or you work *against* the process of Divine Unfoldment
- As soon as you begin trying to force something, you are actually undoing what you are trying to accomplish:
- It's like trying to force open a rosebud. It serves only to destroy the flower that would have beautifully bloomed naturally.
- Learn how to recognize your natural way of dealing with EVERYTHING

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- Notice the urge to push, to force, to “get serious” and “MAKE it happen”: This is “the adversary” as it demonstrates an adversarial relationship with the flow of the universe.

### **Principle 72: Our test is always “how well are you using your power”**

- When you misuse power, you lose your power
- Everything you say, think, feel and do is what you are doing with your power
- Free your creative power from negative emotion with The Method
- The better you use your power (see key 8) the more power you receive and the higher your level of functioning and being.
- Follow the feeling of empowerment, avoid paths of disempowerment
  - Base choices on empowerment, not others’ opinions

### **Principle 73: Embrace your challenges – YOU CHOSE THEM**

- **A corollary to Every Challenge Brings An Equal Or Greater Opportunity**
- This is the first step to transmuting it and you: feel your willingness to trust that you chose it all as the perfect way to advance the fulfillment of your true life-purpose: growth of your soul’s liberation.
- 4 levels of challenge / initiation / master
  - Earth: physical level challenges and mastery of physical action and manifestation
  - Water: emotional level challenges and mastery of emotion
  - Air: mental level challenges and mastery of thought
  - Fire: (most extreme) challenges to the will and mastery of will

### **Principle 74: Perseverance**

*“If you persevere, you cannot fail.”* A.P.

- Perseverance is the key to the limitless.
- Many go into spiritual approaches in a “flavor of the month” way.
- If you have found something that you resonate with deeply, stick with it for the long term, aimed at 100% transformation / transcendence
- Often, individuals give up on change
  - right before a major change takes place
  - When they become enamored and attached to the positive results attained through the raising of consciousness.

### **Closing Meditation: Repeat Opening Meditation**