

Living The Universal Principles Of Having It All: Session 5

Introductory exercise:

- Review a past difficult period.
- Go through the list of inharmonious feeling-states and use The Three Step Process to work on one.
 1. See what happened without judging it. It just was.
 2. Review your reaction and remind yourself: I chose the way I felt, thought and acted in response.
 3. Ask yourself how you really want to feel – how you would choose to feel now.

Principle 17: Time To Rise Above The Human Drama

Corollary Principle: When you rise above it all, it all rises up to meet you

- We live in the Human Drama by struggling to micro-manage the universe.
- For a long time (life times) we CHOOSE to live in the ups and downs of “The Human Drama”.
 - Review your life and see how YOU CHOSE the “dark emotional passageways” you went down, to see what would happen, to experience it.
- There comes a point in our evolution when the soul tires of “playing make believe with toys” and CHOOSES to live in the real: we are then ready to rise above the human drama.
 - No more drama, no more crisis, no more trying to prove yourself, no more emotional movies in the head bringing you into the maelstrom.
 - The choice is now to live in the high joy vibration, following the simple and easy way.
- Ironically, as we engage in this ascending process (letting the universe “do its thing”), we find our lives working out perfectly.
 - **PRACTICE:**
 - Watch the movies in your head and immediately let go of the disturbing ones.
 - Do NOT attach to lower emotional states and moods
 - avoid thinking when you find one happening.

Principle 18 The Maze Of Return

- Emotions, logic and desire can send us into The Maze Of Return.
 - You fall into the Maze Of Return when you get side-tracked and stray from the simple, easy, fun path of your purpose into complication, rush, pressure and conflict.
 - You then have to work your way back to where you strayed from (you have to RETURN to the point of departure)
 - **PRACTICE:**
 - Do the writing exercise to clarify your top priority, your over-riding purpose.
 - Notice when you feel tempted to veer from your innermost sense of purpose to
 - Get even with someone
 - Please another or live up to their expectations
 - Get involved in a drama
 - Deviate from your purpose

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- based on a logical belief that tells you “you should”
- based on an emotional reaction or fleeting desire
- Put a lot of attention, time and energy into a secondary purpose.

- Stay on purpose. Don’t fall for the false, superficial and fleeting.

Principle 19: Cycology:

- Everything in life is happening again. It is entirely different in every way, yet consistent in its pattern of repetition and return.
- This means that we eventually get the opportunity to make a new choice in a similar situation, based on the wisdom of experience gained before.

- Cycles consist of beginnings, intervals and endings.
- Every cycle has its “life-cycle” based on the principle of rhythmic alternation.
- If you try to force yourself to go from the beginning to the end you break your rhythm, lower your energy, lose your joy and lower your manifestations.

- The universe is designed on the pattern of travelling around in a circle. Every day is Groundhog Day. Sooner or later, you find yourself facing a previous form of challenge. If you apply the wisdom you gained from the previous experience to the present one, you attain improved results.

- See the similarity between then and now so you can apply what you learned then to what you face now.
 - This raises and expands each cycle into the pattern of a breathing spiral, and up, up we go.

Principle 20: The Breathing Spiral

- Cycles become spirals as we persevere in our liberation-practice through them, taking us higher and higher up the Breathing Spiral, the spiral of our spiritual and earthly ascent, the “spiral staircase” leading to heaven on earth, preparing the way to soar when the physical incarnation ceases.

- The pattern of the breathing spiral of spiritual ascent or mastery includes the Principle of Pulsation, also known as the Law of Rhythmic Alternation.
 - Cycles of constriction come to oppose our progress.
 - As we persevere in our liberation from self-imposed constraint, a period of expansion into higher realms of creation follows.
 - The true self (your soul) goes through contracting and expanding circumstances in a rhythmic, alternating pulse-beat for its (your) *infinite* expansion into limitless life.

Principle 21: Perseverance

- As you persevere in your practice to overcome each successive cycle of the down-drag, you ascend the Breathing Spiral.

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- Persevere in your practice of living above the human drama movies
 - Watch your feelings – take nothing very seriously.
 - Watch your thoughts – stay out of disturbing mental movies that bring you down
 - Practice remaining in the peaceful and harmonious high joy vibration
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Principle 22: Progressive Approximation

- We can always make change by degrees.
 - By degrees we progressively approximate what we are manifesting.
 - Early progress is often too subtle to be noticed.
 - Through perseverance you gradually see your circumstances progressively matching the fulfillment of your heart's ultimate desires.
 - One of the common mistakes made along the path is to try to get too much done too fast.
 - Practical Patience means trusting the time things take and being at ease, rather than in conflict, with the flow.

Principle 23: Live In Harmony / Listen To Music

- Your soul thrives on harmony, and when your soul thrives, so does your body and your mind.
- To live in harmony means that you recognize, on a feeling level, when you are in harmony with the universe.
 - You are in harmony with the universe when you live above the human drama machine, in your calm and peaceful joy vibration.
 - As we expose our open hearts to the beauty in all sorts of music we attune to “the music of the spheres”, the harmony of living in the unconditional love, harmony and abundance of the universe (the word universe comes from the Latin, and means one verse or one song).
 - Listen to the music (harmony) in nature, the music of a running stream, the gentle wind, the bird song, the dog's moan as you rub his belly.
 - Listen to the silent music of your inner stillness.
 - Feel the harmony emanating from the beauty of nature, like the rainbow, the flower, the mountain peaks, the sky and the clouds, etc.
 - Listening to all of these forms of music awakens our *feel* for the sense of being in and out of harmony with the universe.
 - In all things follow the *feeling* of beauty and harmony. (Listen to Class 6, on Sphere 6 of the Kabbalah Tree Of Life in the Kabbalah Course.)
- Follow the life-path that makes your heart sing, and reap all the riches in all of the forms that your heart desires.

Principle 24: The Endless Path

- Many, if not most, and maybe all “seekers” of the glorious truth of it all – including me at one time – set themselves up for inevitable disappointment by believing (consciously or

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unconsciously) that they should be beyond having to deal with The Down-Drag pulling them down to the previous level (See Principle 15).

- In the now, you are ALWAYS called to go forward, upward, even as you feel the pull backward and downward to your previous level.
- If you PRESENTLY do the gentle, pleasant work of releasing yourself from the past patterns of thought and feeling trying to reclaim your power and bring you down, you rise up higher.
 - If you give-in to the pull of the down drag you slide back down into the nightmare dream of yourself victimized by the dark universe you choose to live in.
 - We enter the higher realms by RENOUNCING the old dark patterns of seemingly pleasurable self-sabotage, trying to sneak up and grab you, tempt you to stray from your liberation-pilgrimage.
- Deeper and higher into the light of pure joy we must forever rise, or begin our descent. There is no limit on The Endless Path.
- One common pitfall is judging ourselves for seeming to have the same old stuff to overcome.
 - Remember the principle of Cycology.
 - Envisioning oneself as behind, lower than or failing is the choice that makes it so.
 - You are as free as you are free from:
 - The turmoil of living in the human drama
 - The imaginary limits you project upon your mental self-image.
 - The depressing, anxious feeling states you used to dwell in
 - We all must liberate ourselves every minute of every day to advance along the Endless Path to having it all.