

Living The Universal Principles Of Joy: Lesson 4

Principle 12: Joy is your natural state

This means that as you function in a natural way, unforced, joy, harmony, peace, love, gratitude and appreciation are what or how you feel.

- Therefore: Don't try to *make* yourself happy or happier;
- just focus on recognizing and releasing yourself (using The Method and The Feeling Exercise as needed) from the patterns of thought, feeling, speech and action that lower, block or limit your natural state of joy, the harmonious feeling-state of *having it all*.

Corollary Principle: Joy expands as you let go of the behavior patterns, speech, thoughts and feeling-states that block, limit or lower it and flow in harmonious rhythm with the universe.

- **PRACTICE:**
 - Lightly scan the list of discordant feeling-states on the following page.
 - Day-in, day-out Be on the look-out (the look-*in*) to recognize when you feel any trace of the presence of any one of them.
 - The moment you notice yourself feeling one of those discordant inner states, *immediately* concentrate on letting it go, using The Method and / or The Feeling Exercise, to support you in the liberation of your joy.

PRACTICE:

- Right Now: feel your way into harmonious rhythm with the flow of the universe.
 - One sign that you are going against the flow, thereby losing power and joy, is the feeling of struggle or *efforting* to make something happen.
 - When you notice this, pause, relax, and let go, trusting in the perfection of the universe to handle things perfectly.

Corollary Principle: Joy further expands as you do 3 things:

1. Open your heart and mind (heart-mind) to the infinite possibilities of fulfillment.
2. Express your gifts and talents freely, fully *and playfully*.
3. Practice deliberately feeling appreciation, gratitude, joy, peace, beauty, success, abundance and total worthiness for all your heart desires – *having it all*.

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- Feeling Inner conflict
- Feeling indecision
- Feeling inner resistance
- Feeling stuck
- Feeling frustrated
- Feeling angry
- Feeling enraged
- Feeling blue
- Feeling worse off than another
- Feeling better off than another
- Feeling unhappy
- Feeling disappointed
- Feeling discouraged
- Feeling defeated
- Feeling depressed
- Feeling numb
- Feeling anxious
- Feeling insecure
- Feeling afraid
- Feeling terrified
- Feeling panicky
- Feeling unworthy
- Feeling inferior
- Feeling inadequate
- Feeling not good enough
- Feeling undeserving
- Feeling like you don't matter
- Feeling betrayed
- Feeling victimized
- Feeling violated
- Feeling used
- Feeling taken advantage of
- Feeling outdone,
- Feeling unappreciated
- Feeling small
- Feeling devalued
- Feeling weak
- Feeling abused
- Feeling mistreated
- Feeling misunderstood
- Feeling overlooked
- Feeling disrespected
- Feeling lack
- Feeling loss
- Feeling lost
- Feeling grief
- Feeling envy
- Feeling jealousy
- Feeling suspicious
- Feeling hatred
- Feeling overwhelmed
- Feeling nervous
- Feeling pressured
- Feeling powerless
- Feeling helpless
- Feeling worried,
- Feeling dependent
- Feeling deprived
- Feeling desperate
- Feeling the sense of futility
- Feeling abandoned
- Feeling lonely
- Feeling self-doubt
- Feeling Critical of self or others
- Feeling dissatisfied
- Feeling impatience
- Feeling regret
- Feeling guilt
- Feeling self-recrimination
- Feeling annoyed
- Feeling irritated
- Feeling resentful
- Feeling condemning
- Feeling like you want to end your life
- Feeling embarrassed
- Feeling ashamed
- Feeling the urge to impress someone
- Feeling poor
- Feeling better than someone
- Feeling cheated
- Feeling the urge to cheat, lie or steal
- Feeling the urge to cause yourself or another injury or harm
- Feeling dejected
- Feeling heartache
- Feeling heartbreak
- Feeling ugly (or uglier than another)

Principle 13: A BELIEF lies at the root of all forms of unhappiness, including disappointment, anger, insecurity, etc. *(Since the universe is always functioning as a perfect, loving support system in line with the expanding fulfillment of Your Heart's Desire)*

Corollary Principle: When a negative belief runs our world, it ruins it.

- The fundamental, underlying belief that makes us unhappy is that what is happening is NOT perfect.
- When you feel anxious about the future it is based on the BELIEF that something can go wrong, that the universe might not support you perfectly come what may.
 - Practice:
 - Bring to mind a person or situation that you have reacted to with negative feelings or negative judgment.
 - Practice *feeling* that what happened was perfect.
 - Remember to practice this the next time you feel annoyed, disturbed or dismayed.
 - Notice when you are projecting a future with feelings of dread and then practice:
 - Feeling that whatever happens must be perfect
 - Letting go of your attachment to conditions working out in any particular way.
 - **Open your mind to the infinite, wonderful possibilities by doing the Perfect Outcome exercise**
 - Imagine how you would feel if things turned out so perfectly that it seems heavenly and miraculous.
 - Notice the visions that occur to you in association, but don't lock onto them with an effort to control.

Corollary Principle: We experience feelings of helplessness, powerlessness and worthlessness when we believe that we depend upon some external condition or person to give us the joy of *having it all*.

- Some falsely believe they have to want more to get more.
- But the only way to have more is to experience it in consciousness.
- From there you discover that more of what you want manifests as you flow in harmonious rhythm with the universe.

Principle 14: The PLAY Principle

- EX: False Belief: you have to work hard to be successful.
- Actually, you have to work in a way that feels like PLAY to infuse the high joy vibration into what you do (for higher results), and to sustain you in your work.

PRINCIPLE 15: Work is a Constant & the Down-Drag

- The kind of work that is a constant is the work to overcome the down-drag
- The down-drag is a parallel to the physical law of gravity
 - It pulls us down toward our previous level
 - At all times we have to work to overcome that
 - Work is a constant, so make it playful, because
 - The playful, joyful attitude supports you in long-term, continuous work
 - joy is how you know you are on your right path and doing your best work.

Principle 16: Reversal & The 3-Step Practice

- People believe, presume or imagine that a condition other than their own internal shift must be met for us to feel joy, appreciation, love, safety, abundance, success, purposefulness, self-value, etc.
 - Since we manifest circumstances that help us feel the way we feel, emotionally disempowering, discordant, painful emotional states create conditions that sustain, support and strengthen them.
- We reinforce negative states by suggesting to ourselves that a condition outside of ourselves really is responsible for how we feel.
 - Liberation begins as we REVERSE our perspective through **The 3-Step Practice**
 - View what happens without judging it
 - Accept that you feel how you want to feel in response to it
 - Ask yourself what you REALLY want to feel, and open your heart to feel that feeling expand within you.
 - **Practice:** go through the above list and imagine the conditions someone might use to justify those negative states.
 - For instance, one might say:
 - I am feeling unloved because my partner is inattentive
 - I am feeling unworthy of love because I am not as good looking as my friend
 - I am feeling unsuccessful because I do not operate at the level of my client
 - I am feeling lack or less than abundant because I cannot buy whatever I want when I want it
 - **Then, reverse those statements: Examples**
 - I am experiencing my partner's inattentiveness because of feeling unloved or unvalued.
 - As long as I see myself as not as good looking as my friend I will feel unworthy of love.
 - As long as I feel unsuccessful I will find myself operating at a level below those who I regard as more successful.
 - As long as I feel lack or less than abundant I will find myself unable to buy what I want when I want it.