

Session 14 of Living The Universal Principles For Having It All

Opening Quote:

*"Your word and thought are image-seed
That return to you in event and deed." Isidore Friedman*

Opening Meditation: Returning To The Feeling Exercise

1. Feel your feelings fully and freely
2. Feel love for how you feel
3. Feel what you feel AS love
4. Feel love for yourself

Principle 59: Look forward to the now / Look forward to what you have to (choose to) do

- When you look forward to something you set yourself up for disappointment because your expectations are based on fantasy
- The future you look forward to may not be, while you take for granted all that is here now.
- You also overlook the perfection of now and its infinite opportunities / possibilities.

We are everyone

- Your effect upon others equals your effect upon yourself.
- When we hate or fear another, we are hating and fearing the aspect of ourselves that they represent.
- When we relate to other as separate, we fall for the illusion that the contours of our physical body are the contours of ourselves. (see the Principle of Oneness)

Corollary: Health means Wholeness

- The word health comes from the word wholth, which means wholeness
- When we conflict with another, we are in conflict with the aspect of ourselves they represent. This is sickness producing.

The more emotionalism, the more chaos and drama manifests in your life

- This is why it is so crucially important that, particularly when there is chaos, drama, mishaps or things seem to be going awry that we
 - maintain our internal state of peace and poise,
 - proceed in a relaxed and focused orderly way,
 - avoid leaving our calm and centered state as if our life depends on it (it may).

Principle 60: You Create What You Radiate

AKA: The Principle Of Reflection: The outer world is a reflection of your inner world

- You are CONSTANTLY radiating energy
- That energy is loaded with the information of thought and feeling.
- The universe, and particularly the circumstances that manifest in your life, is an exact reflection of what you radiate
- The higher the harmonious energy radiance the more harmonious circumstances you create.

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- To become more conscious of what you radiate (and therefore more conscious of what you create) review the list of emotional patterns we looked at on page 2 of Lesson 4. Here is that list again:

These are “set-up” states: setting us up for the conditions they portend:

- 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)

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Principle 61: The Word Is Not The Thing (The Map Is Not The Territory)

- The challenge with this Principle is that it seems too obvious to even mention.
- Yet, notice
- how you react to words (as if they are things)
- how you automatically believe that a person will do what they say they will do
- how people use words hide the truth
- how you can talk yourself into a problem (see Principle 62)

Principle 62: The Power Of Suggestion

- *See Tarot Key 8: Strength*
- Your true STRENGTH is your strength to master the power of suggestion
 - Your subconscious mind believes what you tell it in statements, mental images and concepts.
 - It then goes on to create the situation that you believe yourself to be in;
 - **Practice:** Drop limiting concepts / stories / ideas of yourself in any kind of difficulty, lack or loss.
 - This is the secret of all spiritual activities (Tarot Key 8)
 - Transforming beastial drives (fear-based) into alignment with and surrender and openness to the universal principles for having it all.

Principle 63: Infinite Possibility

- Whatever has happened in the past, it in no way and to no degree limits your possibilities going forward.

Principle 64: Right Measure

- Practice: bring “measure” into your speech to suggest to your subconscious to be more accurate.
- Measure:
- how much you speak, think, emote and do.
- How much time you spend and with whom.
- How much effort you make.

Principle 65: Context Is Everything

Practice being aware of where you are and who is there IN THE NOW to receive intuitive guidance as to how to function where you are.

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Closing Exercise:

Orienting to the context of the universe:

The Kabbalah Tree of Steps

Apply this when walking slowly on the ground or up or down steps.

Meditate on:

Step 1: Divine Will, the deepest, truest guiding force within you.

Step 2: Divine Wisdom

Step 3: Divine Understanding

Step 4: Divine Mercy

Step 5: Divine Justice

Step 6: Divine Beauty

Step 7: Divine Victory

Step 8: Divine Glory

Step 9: Divine Foundation (Support, Everlastingness)

Step 10: Divine Manifestation, The Kingdom of Heaven on Earth