

## Session 9 of Living The Universal Principles For Having It All

### Opening Exercise: The Feeling Power Exercise

1. Feel your feelings
2. Feel the energy in your feelings
3. Feel the vibrations of that energy flowing through you
4. Feel that energy as pure power
5. Feel yourself empowered by that power

### Principle 35: Living In Eternity

- **PRACTICE:** feeling the feeling of living in eternity now
- Drop the idea that you live in a temporal universe with time slipping away.
- Orient to the infinite possibilities of your eternal life

### Principle 36: There Is No Wrong Or Bad Event

- What if something great happens as a result of something “wrong” or “bad”?

### Principle 37: “Stepping Off”

#### AKA: Miracle Launching

#### AKA: Relying on the universe’s support

- Relying on spiritual laws (the Universal Principles For Having It All) rather than emotion-desire-materialistic logic
- The way of ascension: counting on the Universal Principles takes you higher and higher
- Take the power out of imaginary external supports.
  - See Key 0 of Tarot: Symbolology Of The Fool
    - Leaving the ledge: counting on spiritual laws (the Universal Principles) not imaginary external powers
    - Follow your inner light (white sun)
    - Find support in your memories of life-lessons (satchel)
    - Purify your desire – desire Truth (white rose)
    - The ten circles: The Kabbalah Tree of Life is the structure of the universe
    - Yod-Heh-Vuv-Heh: you are the creator with your consciousness
    - White undergarment: purity of intention
    - See this week’s lesson for more detailed explanation of the symbology

### Principle 38: Contemplating Order Raises Intelligence

- **PRACTICE:** Pay attention to the order – sequence – involved in intelligent action
- As you notice order you become attuned to the first or next step to take to bring order into chaos, to create harmonious outcomes.

### Principle 39: Compassion Vs. Sympathy

- Being compassionate means empathizing in the heart-center while relating to the individual as all powerful
- Being sympathetic means empathizing on the emotional level while relating to the individual as a victim facing over-powering externals.

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### Principle 40: How the universe makes our decisions

#### IE: How to receive the right decision every time

- Begin by tuning into the end result that feels truly harmonious and aligned with you.
- Keep your eyes open to notice when the universe presents you with an open door leading in the direction of the end-result you experienced in consciousness.

### Principle 41: There are no blockages, only guardrails

- When you come up against resistance, opposition, resistance relate to it as a guardrail, protecting you from drifting further off course.
- Refer to Principle 38 to follow the way of the open door.

### Principle 42: Consciousness Creates

- In a very real and practical sense, we can say that God – the Creator of the universe – is none other than *your own state of consciousness!*
  - Whatever you experience is the state or a condition of your consciousness.
    - The state of your consciousness is the product of your focus of attention.
      - IE: You experience what you focus on
    - Exercise:
      - Focus your attention on one object in your environment.
      - Then focus on another object.
      - Notice how what you take your focus off of DISAPPEARS from your experience.

### Corollary Principle: You experience the life you are conscious of yourself in

- You experience how you imagine, conceive of, think about the situation: what you believe to be true about the situation
  - When you accept that an experience you view in your mind is entirely made-up you release your emotional attachment to the belief that it was the way you saw it and from the painful emotional reactions that belief fostered.
- When you hold a disturbing vision (of your life, yourself, other people, specific circumstances) in consciousness, you relate to that vision as if it is real
    - And then begin to manifest that vision based on the Principles:
      - We direct energy into manifestation through thought.
      - We direct energy into manifestation through our feelings
        - IE: We manifest conditions consistent with how we think and feel.
      - We direct energy into manifestation consistent with our actions
        - IE: take action to correct a situation of lack and you are reinforcing your lack.

- **PRACTICE**

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- Imagine living in a universe of love, without limits
- Imagine how wonderful your life can be – setting no imaginary limits on what is possible
  - Let the feeling of your heart opening and expanding in joy be your guide in opening your imagination to the limitless.

### **Corollary Principle: A high level of energy is needed for a high level of consciousness**

- What is a higher level of consciousness?
  - Viewing conditions consistently with the Universal Principles For Having It All
    - IE: Awareness on the feeling level of the perfect, loving nature
    - Relating to yourself as the Divine Presence
    - Accepting your Infinite Possibilities

**PRACTICE:** Conservation of Energy, Rhythmic Alternation, Getting Enough Rest

### **Closing Meditation:** The Circle and the Point

- Draw a circle
- Place a dot at its center
- Hold your pen-point on the center
- Imagine the pen is a magic wand
- Imagine the center is the center of your being
- Concentrate on experiencing in consciousness the life you truly want to be living
- Imagine the circle is like a magic ring that keeps out all extraneous thoughts, feelings and images.