

Living The Universal Principles For Having It All, Session 19

Quotes:

"Unconscious experience is like a bald man's comb!"

"Hell is an uncontrolled creative imagination."

Isidore Friedman

Opening Meditation:

Meditation On Purpose

Introduction:

On one level, our life-purpose is to grow in mastery. Every experience gives us the opportunity to learn and grow.

On another level, our purpose is to grow in compassion. Every experience we go through enables us to understand and lovingly support another in going through it.

On another level, fulfillment of your purpose is a constant. You fulfill your purpose by being you, because your being is perfectly designed to support the perfect purpose of the universe as a whole and every part and person in it; this is true for all of us. To feel the joy of fulfilling your purpose, let yourself be, without negative judgment or limiting ideas about who or what you are or should be.

Freely and joyfully expressing your unique gifts and talents and exploring your true interests advances you along the path of purpose.

*On another level, you get to decide on the purpose you want to fulfill. Your purpose is whatever you want it to be and you fulfill it by aligning your thoughts, feelings, speech and action with its fulfillment. This is called *The Higher Game Of Creating*. What follows is a meditative journey into the fulfillment of your purpose on all three joyful levels.*

1. Feel your feelings fully and freely.
2. Feel love for what you feel, however uncomfortable your feelings might be.
3. Feel what you feel AS love.
4. Feel love for yourself.
5. Feel your willingness to trust that everything that ever has happened and will happen serves a perfect purpose, even if you don't know what that purpose is.
6. Feel your willingness to accept every experience as an opportunity to learn how to live a little better.
7. Feel grateful for the gift of compassion that comes with every experience you go through, your ability to relate with and loving support others in going through something similar.
8. Feel yourself being yourself without any effort to control or direct the way you are in the now.
9. Feel yourself being perfectly supportive of the universe just by being you now.
10. Feel the universe perfectly supporting you as you allow yourself to free express your authenticity in the now.
11. Feel the joy of being perfectly supportive of everyone in your life, of the entire universe, just by being you.
12. Think about your unique talents, what you naturally love doing and do for inspiration.
13. Feel the joy of fully and freely expressing your talents at the highest level.

Living The Universal Principles For Having It All, Session 19

14. Feel grateful to the universe for providing you with all the support you need to express your gifts and talents at the highest level.
15. Feel your heart and mind opening to the feeling of fulfilling the most wonderful, inspiring purpose you can imagine; the purpose that is your true heart's desire.
16. Feel the joy of fulfilling that purpose, as if you are fulfilling it here and now (because you are)
17. As you remain in the joyful feeling of fulfilling the highest, most sacred and valuable purpose, notice any mental images or ideas that occur in your mind.
18. Relate to these ideas and images as visualizations that manifest the fulfillment of your purpose in life.
19. Feel gratitude for the joy of awakening to your sacred purpose.
20. Feel gratitude to the universe for perfectly supporting you in the fulfillment of your sacred purpose.
21. Feel trust in the universe showing you the way to full that purpose.
22. Feel your commitment to the fulfillment of this sacred purpose.

Principle 95: Your Purpose Of Mastery

- As you CONSCIOUSLY deal with what is happening, you are given an opportunity to learn how to deal with it better.
- Relate to whatever is happening, whatever you are going through, as an opportunity to learn how to function more wisely, more effectively; growing in mastery.
- To function effectively is to align your actions and reactions with the universal principles for having it all.
 - Practice: review a past difficult experience. Notice how you handled it. Consider how you might handle it differently for improved results.

Principle 96: All you experience is your state of consciousness

- Every physical condition that appears to be “out there” is actually going on *in your mind*, in response to vibratory wave-lengths and frequencies contacting your nerve-endings.
- When you think about your life, yourself, your circumstances (past or present) you are looking at an INNER STORY OR MOVIE.
- The way you think and feel about your life – or any specific situation – creates situations consistent with those thoughts and feelings.
- Stay clear of all negative thoughts, judgments and feelings about yourself, your life, your circumstances and other people.

Principle 97: Every Event Is Infinite

- Every person, event, “object” and situation:
 - Consists of an infinite number of levels, features, details or aspects
 - To judge a situation as “bad” is to close your mind to the infinite possibilities of what is happening.
- Our awareness registers only an infinitesimal number of details or aspects,

Exercise:

Living The Universal Principles For Having It All, Session 19

- Imagine looking through a keyhole into a room.
- In your view, the room appears to be empty.
- You are then called as an eye witness for a crime that was allegedly committed in that room.
- You state that the room was empty, no one was there, no crime was committed.
- Then it is demonstrated in the courtroom that while one may see no one in the room through the keyhole, when the door is open and a more complete view of the room is revealed, it is seen how someone may have been in the room, committing the crime OUT OF THE RANGE OF THE KEYHOLE VIEW.

Keep your heart and mind open to the infinite possibilities of perfection of each moment.

Principle 98: The Formula For Manifestation: 3 steps to manifestation: Feeling – Thought – Materialization (physical action)

- You manifest consistently with how you feel.
- You manifest consistently with what you think about.
- You manifest consistently with what you take action for.

MAKE THESE CONSCIOUS

Principle 99: Work-Rest-Play CONSCIOUSLY

- To live with our greatest power and joy we need to work, rest and play in a conscious, measured, balanced way.
- In a very real sense, work-rest-play are a constant. They need to be blended and integrated into how we function for focused relaxation and playful productivity.
- There are times when work, rest or play are to predominate for a balanced life:
 - Work:
 - Without pressure, aware of your thoughts and feelings, following simple and easy ways of doing everything, with rhythmic alternation, having fun.
 - STAY AWARE IN THE NOW, OPEN TO INNER GUIDANCE
 - REST:
 - When you are feeling tired, run down, burned out, done in, exhausted: IT IS TIME TO REST CONSCIOUSLY
 - Bring awareness INTO rest by calming the body and resting the mind and the emotions. Dwell in a comfortable state of neutral, but stay aware to avoid drifting into unconscious thought-feeling patterns.
 - Open to the feeling of your purpose.
 - Open to the feeling of how you want your life to feel.
 - STAY AWARE IN THE NOW, OPEN TO INNER GUIDANCE
 - PLAY
 - Don't go unconscious during play (what you do for the sheer fun of it, how you spend leisure time other than resting)
 - Maintain your balance (peace and poise), play in your joy-state,
 - STAY AWARE IN THE NOW, OPEN TO INNER GUIDANCE

Living The Universal Principles For Having It All, Session 19

Principle 100: Thinking Consciously

We direct energy into manifestation through thought.

- The purpose of the thinking / imaginary mind is NOT to torment you, but to help you to convey and create what you want.
- Because every thought you think sends energy into the manifestation of what you are thinking about:
 - Relate to your thoughts as creative powers rather than as windows into reality.
 - *Nothing* may be more important than paying attention to your mental activities to notice every thought you think the instant that you think it and how that thought makes you feel.
 - As soon as you begin to think about what is happening you are *giving yourself* the experience or condition you think about.
 - When you are thinking about a future that frightens, disappoints or frustrates you, *you are thinking yourself into that future.*
- The moment you think about something, you are relating to what you are thinking about as if it is real.
 - If you think of someone annoying you, you feel annoyed.
 - If you think of someone having power over you, you feel powerless.
 - If you think of yourself failing, you feel like a failure
 - A frightened, angry or melancholy emotional state is the result of living in thoughts that trigger those feelings.
- In a very real sense, human beings live the life they THINK they are living.
- Many individuals who work on directing thought to manifest what they want do not realize they are holding onto a thought / belief of things being NOW a way they don't want.
 - Thus, while they work at creating what they want, they are holding onto what they don't want *and a feeling of struggle ensues.*
 - *The key to aligning the thinking or imaginary mind with having it all is letting go of thoughts that bring feelings of restriction, loss, lack, disappointment, frustration, insecurity, powerlessness, etc.*
 - **PRACTICE:** distinguishing between directly observing what is happening and your thoughts about what is happening.
 - **PRACTICE:** Dwelling in direct, alert, thoughtless awareness of your present moment experience
 - **PRACTICE:** Drop thoughts (and practice staying clear of thoughts) that you do not want to manifest.
 - As we practice living in direct, thoughtless observation of our present moment experience our mastery of our mental activities grows, liberating us from self-tormenting thoughts
 - My teacher defined living in automatic, unconscious, uncontrolled imagining as living in Hell.
 - To live in heaven on earth, drop thoughts and stay clear of thoughts that close or block feelings of love, joy, appreciation, freedom and abundance and cause feelings of unhappiness, threat, powerlessness, overwhelm, frustration, disappointment, etc.

Living The Universal Principles For Having It All, Session 19

Principle 101: Feeling Consciously

- Because we manifest circumstances consistent with the way we feel, nothing is more important than maintaining a balanced state of happy and contented inner peace, harmony and love.
 - When we function in a harmonious, orderly feeling-state we manifest harmonious, orderly outcomes and conditions.
 - Struggling in stress and strain to produce a beautiful outcome is like throwing bricks violently about and expecting that to construct a safe and beautiful home.
 - Feeling desperate, insecure, frustrated, lonely, lacking, overwhelmed, disappointed, threatened, etc. manifests circumstances that help you feel more of those feelings.
 - Feeling joy, appreciation, love, empowerment, trust that things are working perfectly manifests circumstances that help you feel more of those feelings.
 - **PRACTICE:** Feel yourself in the experiences you want to manifest
 - Drop feelings that create circumstances you do not want to manifest.

Principle 102: Forgiveness sets you free

- To forgive yourself is to free your heart to love and joy.
- It releases you to feel worthy of all your heart's desires, which frees you to create, receive and accept all your heart desires.
- It frees your energy from the waste of conflict and contention.
- It frees your consciousness from the belief in victimization which manifests conditions that seem to victimize you, take advantage of you, dominate and oppress you.

Closing Meditation

The Forgiveness Process

1. Feel your feelings fully and freely.
2. Feel love for what you feel, however uncomfortable your feelings might be.
3. Feel what you feel AS love.
4. Feel love for yourself.
5. Bring to mind a time in your life which causes you to feel shame, anger or even hatred toward yourself for what you did.
6. Feel your heart opening wide and feel a stream of the energy of pure forgiveness flowing from your heart into the image of yourself at that time.
7. Ask your soul, your inner self, for assistance in this.
8. After inundating that image or memory with a feeling of forgiveness, bring to mind another time in your life that needs forgiving.
9. Once again, feel your heart opening wide and feel a stream of the energy of pure forgiveness flowing from your heart into the image of yourself at that time.

Living The Universal Principles For Having It All, Session 19

10. Ask your soul, your inner self, for assistance in this.
11. Repeat this process as many times as necessary until you have forgiven yourself entirely.
12. Then, bring to mind someone from your past or present life who you need to forgive, someone you resent, whom you feel blocked from feeling unconditional love for.
13. Now, feel your heart opening wide and feel a stream of the energy of pure forgiveness flowing from your heart into the image of that person.
14. Ask your soul, your inner self, for assistance in this.
15. Repeat this process as many times as necessary until you have forgiven everyone.