

Living The Universal Principles For Having It All: Session 1

To experience the Joy of Having It All, and to experience that joy and allness expanding, integrate the following Universal Principles into your way of relating to the universe and living your life

Principle 1: True Joy Is Unconditional

- Live in your joy, UN-conditionally.
 - Don't leave your joy to try to figure anything out, or to try to make anything work.
 - Your joyful feeling is the feeling of harmonious non-resistance with the universal flow. Go *with* the flow *without* fearful anticipating.

- Exercise:
 - Recognize the conditions you set for yourself that must be met for you to live in joy, like having a certain amount of money, being in a certain kind of relationship, having a job, receiving others' approval, etc.
 - Recognize that these conditions are all mental, imaginary, based on beliefs.
 - Then, take the power out of those conditions by deliberately *practicing*, in any present situation, living in the feelings of:
 - Joy
 - Love
 - Appreciation
 - Success
 - Purpose
 - Freedom
 - Order
 - Harmony
 - Peace
 - Security
 - Abundance
 - Additionally, practice NOT pushing or pressuring yourself to figure anything out or to *make* anything happen.
 - And remember to PRACTICE paying attention to and *listening* to our *feelings* all day.

Principle 2: You Are *Not* Your Self-Image

- *Every time* you slip out of joy, into a lower vibration or negative emotional state, there is a mental image of yourself in that lower state, that you are identifying with.
- When you reject that image, you free yourself from the lower state that it portrays you in.
 - You also free yourself from manifesting the problems that lower vibrating state produces.
- Don't relate to your imaginary version of yourself as the real you.
 - Your mind is like a movie projector presenting you with imaginary versions of reality.
 - Reject *all* mental images of yourself as limited or lacking in any way.

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- Remember: You never have to prove yourself, you only have to *be* yourself to experience having it all.
 - Being yourself means living in your natural state of joyful peace, harmony, love and order.
- PRACTICE paying close attention to the activities of your mind, until you actually NOTICE the mental image of yourself that is showing up there.
 - This gives you the opportunity to identify with that image and live it out, or to let it go to free yourself from its constraints, lack and limitations.

A Corollary Principle:

- We live up to *or down to* the mental image of ourselves that we identify with.