

## Session 7 of Living The Universal Principles For Having It All

*New term for a negative mental movie: a brain crap*

### Opening Exercise:

#### Hit'm with Love

#### AKA: USING CARE BEAR POWER

- If there is someone you resent, someone you find irritating or annoying, or just difficult to feel unconditional love for:
  1. Feel the feeling of love in your heart
  2. Feel that feeling of love expanding into the infinite
  3. Feel that infinite love concentrating into condensed ball of loving light in the center of your heart.
  4. Aggressively shoot out that love as a powerful ray, almost violent, directly into the heart of that person.
  5. Feel and see that light entering the core of that person and radiating out, filling and surrounding that person with loving light.
- This can also be done in social situations that you find uncomfortable:
  - Direct your love to each person in the social setting that you feel uncomfortable with.
- This can also be used to break barriers to loving yourself:
  1. Look in a mirror, or reverse your phone to selfie mode to see your reflection, or imagine yourself standing in front of you,
  2. Go through the steps above, aiming your love at your image.
  3. Feel yourself merging with your image and feel that love glowing within you.

### Principle 29: Action and Reaction are Equal

#### AKA: The way there is the way there is

#### AKA: The means equal the end

- How you cause it determines how the effect will be
  - IE: if you lie to get there, you have to lie to stay there
  - If you pretend to be someone else to get there, you will have to go on pretending to stay there.
- How you go about something determines how the outcome is going to be.
  - If you pursue an outcome with feelings of intensity, stress, overwhelm, frustration, impatience, annoyance, unhappiness, insecurity, lack, etc. the outcome will NOT alleviate you from those states, but rather support and reinforce those states.
- *Go for what you want the way you want it to be: orderly, calm, peaceful, happy, content, fulfilled, abundant.*

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### Principle 30: The Principle of Darkness and Light

- The earth-plane is represented on the Kabbalah Tree of Life by Malkuth, Sphere 10
  - Notice the asymmetrical descent
    - It represents the descent to dualism
- Refer to the principle on Cylcology
  - On the earth plane waves of darkness and contraction come to meet and overcome waves of expansion of light
    - Dark forces are opposed to universal truth, love, freedom and oneness
  - This is also consistent with the Down-Drag Principle
  - Attempting to defeat the darkness is as futile as attempting to defeat the light
  - Use the wave of darkness to brighten your light and expand your consciousness
  - Appreciate the dark forces as servants of the light's expansion

### Principle 31: Raising Our Vibration

#### AKA: Energy, Love, Joy, Infinite Intelligence and God

- As we saw in Principle 7: All is energy
  - $E = mc^2$ . On the most basic level, the equation says that energy and mass (matter) are interchangeable; *they are different forms of the same thing!*
- Thinking is usually *thinging* in the mind, setting us up for objective identification.
  - Expecting things to stay the same
  - Thinking we can actually own anything
  - Confusing the being with the body (vehicle)
  - Confusing the physical appearance with all there is to know about someone or some "thing"
  - It programs the subconscious to block out subtle inner feelings
- Practice Conscious Abstracting to open and attune your consciousness to the energy level
  - Point to every solid seeming object and state: this is a dynamic, radiant energy system
  - Practice feeling the vibration emanating from everything, everywhere, everyone
- *Shift from making choices and decisions based on ideas-emotions-desires to the sense of energy flowing freely and expansively within. This includes the basis for choosing the thoughts you think!*
  - In your choices, follow the feel of expanding / raising energy
    - avoid choices of thought, feeling, speech, action, environment, etc. that feel like a drain, a down-drag or a struggle.
- We experience energy through our feelings (of vibration)
- The higher the level of energy (vibration) the more joy, power, order, love and beauty we experience and the higher the level of our manifestations

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- We raise our energy by living in the higher vibrations of love, joy, peace or stillness, intelligence or intuitiveness and the Divine Presence
- *Based on the Principle of Perfection, there is only one energy or power operating at all times, and that is love.*
- To raise your vibration, practice feeling / relating to all forms of energy or power as LOVE
  - Exercise:
    - Feel your feelings  
Feel the energy of your feelings
    - Feel that energy as love
  - Energy also equates with joy
    - Living in your joy-song raises your vibration
  - To raise your vibration, practice feeling energy as the flow of joy
    - Exercise:
      - Feel your feelings
      - Feel the energy in your feelings
      - Feel that energy as joy
  - Energy also equates with peacefulness or stillness
    - Living in inner peacefulness and calm raises your vibration
  - To raise your vibration, practice feeling energy as the flow of stillness or inner peace
    - Exercise:
      - Feel your feelings
      - Feel the energy in your feelings
      - Feel that energy as deep inner peacefulness

Energy also equates with intelligence.

- Every form of energy carries within it the light of Infinite Intelligence
- To raise your vibration, practice feeling energy as the flow of Infinite Intelligence
  - Exercise:
    - Feel your feelings
    - Feel the energy in your feelings
    - Feel that energy as infinitely intelligent
- Based on the Principle of Oneness, energy or power is God or the Divine Presence
- To raise your vibration, practice feeling energy as the Infinite Divine Presence
  - Exercise:
    - Feel your feelings
    - Feel the energy in your feelings
    - Feel that energy as the Divine Presence

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- Practice Deliberate Heart Expansion
  - Recognize feelings of constriction in the heart-center
  - Deliberately feel the heart center expanding
  - Notice the impact deliberate expansion has on your relationships
  - Deliberately expand your heart when you feel it closing.
  - Use the *Hit'm With Love* exercise for support
  
- **PRACTICE For raising our vibration:**
  - Open to and accept the feeling of the energy of *love for you* coming from everything and everyone.
  - Feel the energy of joy radiating from everyone and everything
  - Feel the energy of the Divine Presence radiating from everything and everyone.
  - Feel the energy of Infinite Intelligence coming from everything and everyone
  - love and appreciation *yourself* as Infinite Divine Being, as the Divine Presence