

Living The Universal Principles For Having It All, Session 17

Opening Quote:

“The value of experience lies in the ability of the person to accept facts without prejudice or addiction to opinions, and to have the capacity to accept instruction with an open mind.”

Harriet Case, partner to Paul Foster Case

We add to that: it is to give us the ability to genuinely help others go through similar experiences. See the principle: *How We Support The Universe* below.

Opening Meditation: Feeling Our Way Into Current Events

Feel your feelings fully and freely

Feel love for how you feel

Feel that feeling as love

Feel love for yourself

Feel the power of your love for yourself

Feel that power as love

Feel the power of the now

Feel love for that power

Feel that power as love

Observe your mind

Notice thoughts, but don't get lost in them,

Drop your thoughts as soon as they arise,

No matter how curious you are to explore them

Now once again

Feel your feelings fully and freely

Feel love for how you feel

Feel that feeling as love

Feel love for yourself

Feel the power of your love for yourself

Feel that power as love

Feel the power of the now

Feel love for that power

Feel that power as love

Principle 81: Keep Up With “Current Events”

Corollary: Reality is liberating and change is expanding

IE: Everything is always changing... for the better

- There is only ONE CURRENT EVENT, and that is your present experience, conscious and unconscious, of the entire universe RIGHT NOW.
- The “current events” the media presents as news is an opportunity to practice and grow in higher consciousness:
 - Practice conscious abstracting
 - The word is not the thing

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- The inference is a story
 - Notice and free disturbed emotional reactions that give your power away
 - Feel compassion for all who appear to be suffering in any way
- Don't carry the stories around in your head, because
 - You live in oblivion of the REAL Current Events of your life, missing opportunities to expand your joy, love, appreciation and abundance
 - You head into the experiences that occupy your head (thought), otherwise
 - You then begin giving your power to outside events and "other people".
 - You experience a false sense of separation
- Prudently curtail or eliminate watching, reading or listening to the news when your subconscious is most susceptible to programming:
 - When you feel tired, sleepy, low in energy, fatigued
 - When you are already feeling anxious, depressed, disappointed or angry
- Regarding all media:
- Be discriminating with music, movies, shows, books, podcasts, etc. (meditate on B.O.T.A. Tarot Key 6 to help you to cultivate the faculty of discrimination)
 - be sure what you are viewing (receiving and resonating with) is entertaining you in a positive way. – Only YOU can know, based on your *feeling*.
- Be sure to keep commercials on mute as much as possible, unless there is something creative or really interesting being aired.
- These are scientifically aimed at manipulating your subconscious –
- when you look or listen to an ad, you are consenting to the abuse of power.
- Regarding Conspiracy Theories: it is usually best to stay away from such things, as they can ensnare your interest, which they are designed to do.
- Whatever proof they deliver, it is all entirely speculative from your perspective
- To know The Truth requires a spiritual awakening that reveals no human or extraterrestrial has any more power over you and your destiny than you give them.
- Whether what you are being told is true or not really doesn't matter. You bring about what you speak about, think about, feel about and do about. Focus on creating what you want without creating obstacles to it in your mind.
- IN A VERY REAL SENSE, THE MORE ONE LIVES IN SPECULATION, THE MORE OUT OF TOUCH WITH REALITY ONE GROWS.
- It becomes easier and easier to confuse what we think with what we know, until we become utterly lost in confusion, despair and feelings of powerlessness.
- What is important is that you realize it is just a story and that have more important things to do with your attention, time and energy than to escape into fantasy.
- you need to stay out of your head and in your feelings to guide you intuitively along the path in life that brings higher levels of heavenly order into your experience and awareness.
- DISCERN PROPAGANDA. KNOW when you are being mentally and emotionally manipulated. Discern the difference between believing and knowing – as you KNOW the truth you are set free.

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- Never regard another as an enemy; a competitive colleague, perhaps, but still absolutely helpful in you rising to a higher level of mastery.

Principle 82: Trust The Timing

AKA: Beware of the urge to rush, push, hurry; the urge to escape where you are; to be *there* already and get out of *here*

- This inner sense of pushing or pressure to go faster than you can with peace and poise sets of up for:
 - Frustration
 - Irritability
 - Unhappiness
- And it increases the feeling of resistance against us. It also robs us of being fully present, flowing in harmony with the now, enjoying fully every step of the way, every now here.
- The inner conflict we feel radiates into our environment and circumstances, stirring up conflict wherever possible.
- Treat every moment as precious to expand time.

Principle 83: There Are Two Main Causes Behind Events, And We Control Them Both

- First, Infinite Intelligence designs every event, every NOW,
 - and since that is OUR Intelligence – based on the principle of Oneness - we accept one hundred percent accountability for, and perfect trust in, whatever happens.
- Secondly, we consciously or unconsciously cause what happens through our thoughts and beliefs.
 - We therefore pay CONTINUAL attention to the thoughts flowing through our heads and the beliefs that blind us from reality.

Principle 84: Support The Universe and It Supports You (an extension of the Oneness Principle)

AKA: As you support the cosmic process in its eternal and infinite thriving, you experience yourself thriving more and more on every level on its support

- The first step in supporting the Cosmic Process is to alleviate ALL of your emotional suffering.
- As you advance in this process, you can help others find that same freedom.
- We alleviate suffering by using The Method and its related meditations and practices contained in The New Wisdom Of Joy lessons.
- Our general direction of life is to live our lives in a way that maximizes freedom from any degree of negativity in our moods, attitudes and emotional reactions.
- A basic practice here is maintaining our peace and poise under all circumstances.
- As we liberate ourselves from emotional suffering, a kind of door opens, revealing a way ahead that is simple, easy, joyful and increasingly abundant in all of life's blessings, including economic ones.

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- As we establish ourselves solidly in this way of living, EVERYONE AND EVERYTHING THRIVES, particularly those we are nearest and dearest to.
 - And we are capable of successfully helping others thrive in this way, which makes the universe as a whole thrive all the more, taking you higher in your own thriving.
- Practice: Surrender to a way of life in general, and through each specific situation, WHATEVER THE SITUATION, that feels balanced, harmonious and whole – FREE FROM EMOTIONAL SUFFERING.

Closing Meditation:

The Temple Meditation On Letting Go of Attachment to modes of suffering.