

Living The Universal Principles For Having It All, Session 16

Introductory Suggestions: Using Tarot Imagery For Having It All

- Tarot is NOT a symbolic system
- The images actually direct subconscious processes to develop higher awareness and greater wisdom as your guide
- PRACTICE: See the images in your mind on your way to sleep and in the morning

Opening Meditation:

We begin with the feeling exercise:

Feel your feelings / feel love for how you feel / feel how you feel AS love / feel love for yourself.

The value of every experience is our growth in life-mastery and compassion, so we can be more supportive of others.

Return to your most painful life experiences and feel grateful for its gift of expansion of your power to be compassionately supportive of others going through something similar.

Story:

Once there was a man who passed away and found himself in a magnificent mansion. He had everything he could want, including his own gardener, chef, organizer, secretary and even his own butler. Everything was done for him. One day, while his butler was dressing him, he protested and said, "Look, just let me dress myself. I want to do SOMETHING on my own." "I'm sorry," said the butler, "but that is not permitted." The man moaned. "Really? I'd rather be in hell than to have to go through this." The butler raised an eyebrow and asked, "But sir, where do you think you are?"

Principle 74: SURRENDER Brings True Joy

- Surrender to the universe with trust is the key to living in true happiness, in the higher vibration for having it all.
- Feelings of stress and anxiety indicate attachment to control,
 - Based on an underlying fearful attitude that things are moving in a worse direction
- Remember the principle: The way things go reflects our underlying attitude toward them
 - When you feel stuck in anxious attachment (listen to video: Bob Lancer's Exit Anxious Attachment) do The Method to surrender
 - Practice taking everything light: When you take it light, you make it light
 - Do EVERYTHING in a Simple, Easy, Fun way

Surrender Meditation:

Begin with the Feeling Meditation

Feel your feelings

Feel love for how you feel

Feel what you feel as love

Feel love for yourself

1. Feel your body relaxing and your breath flowing in a smooth, calm way
2. Feel yourself letting go of all effort to control your life or any aspect of your life

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3. Feel grateful for the fact that everything that has ever taken place in your life served a worthwhile purpose for you and for others.
4. Feel your willingness to accept that at the soul level you chose everything you have gone through in life for the purpose of growing in compassion and life-mastery.
5. Feel gratitude toward everyone who played a part in what happened for giving you the opportunity to grow in mastery and supportiveness
6. Feel grateful to the universe for being perfectly safe, loving and supportive.
7. Feel your heart and mind opening with feelings of glad wonderment and positive anticipation the infinite new beautiful opportunities that are blossoming up ahead for you
8. Feel yourself letting go of any sense of attachment to things in your life turning out in any particular way
9. Feel yourself surrendering the pattern of imagining possibilities you do *not* want to manifest.
10. Open your heart to feel everything as perfect.
11. Feel perfectly safe, loved and supported as you let go of all effort to control anything or anyone.

Principle 75: The value of every experience

- The value of every experience we go through, however painful it might be, is
 - The lessons for mastery it presents –
 - So that in future similar circumstances we choose another way
 - our growth in compassion, the ability to help others through it.
 - This is how we contribute to the ongoing evolution of human consciousness.
- To regard an experience as “bad” is to
 - Block our subconscious from learning the lessons it offered
 - To demonstrate a kind of selfishness, as that attitude discounts its value of helping us to be of help toward others.

Principle 76: The Principle of Ripeness

AKA: The Natural Order (Organic) Manifestation Process

- Manifestation begins on the submicroscopic level and proceeds through a natural order process of unfoldment.
 - We direct it with will or intention (the seed) and patient nurturing (giving it attention, time and energy.
 - The process is GRADUAL: Direct Momentum and Progressive approximation
 - But we cannot push the process or *make it happen*;
 - We have to work WITH nature
 - We have to pull out the weeds of negative, destructive thoughts, speech, feelings (emotions and attitudes) and action.
 - FAITH is the fertilizer.
 - When ripeness occurs, it seems to fall into your lap.
 - When the fruit is ripe it comes off the vine easily and tastes sweet

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- When you struggle to get the fruit it is unripe and can give you a belly ache
- **Ripeness In teaching and learning**
 - The student has to be prepared to receive the seed of light you are planting
 - To attempt to force instruction is like trying to sow a seed on concrete
- **Ripeness Marketing**
 - Ripen your skills and abilities and the universe will send you those you can support, and easily present ways for people to find you.
- **Ripening of the soul**
 - Suffering ripens the soul in the sense that it prepares it for awakening to the realization that life becomes increasingly unbearable until you want freedom from suffering and happiness more than anything you believe will bring it to you.
- **Principle 77: You Own Your Highest Level**
AKA: Everyone Is A Superstar
 - You subconsciously retain how you achieved, entered, and lived in your highest level
 - Living naturally will always bring you back there.
 - Living naturally in that situation will reveal opportunities to rise upward NATURALLY.
 - To rise higher, practice feeling that your gifts and talents are at the ultimate level of a superstar
 - Practice treating everyone as a superstar to bring out their stardom and yours.
 - When you judge another negatively, you judge yourself and lower or hinder your own brilliant natural self-expression

Principle 78: Every Challenge or Problem brings with it the power to overcome it.

- There is a pattern for the development of human consciousness in the Divine Mind, the Logos, the seed-pattern of the universe
- Every situation develops us along the lines of that pattern, liberating us to the higher consciousness that reveals the way to joyful living and abundance.
- We encounter difficulties and challenges when it is time for us to receive and harness higher power (see Tarot Key 7, The Chariot).
- As we direct our power wisely that problems turn into solutions and challenges into greater opportunities.
- Practice feeling loving appreciation for you challenges or problems, and any challenging feelings that come with them. (Do The Feeling Exercise).

Principle 79: THINK ON PURPOSE

- Every thought directs you're your power and your life.
- Watch what you think about and ask yourself: is this where I want my life to go?
- *Who and what do you think you are?*
- Contemplate your purpose by opening up to it, or surrendering to it.
- **Corollary: F.A.T.E.**

Your life follows the direction of the focus of your attention, time and energy.

Living The Universal Principles For Having It All, Session 16

Principle 80: To live consistently in the high-joy vibration, living in joy has to be the first priority

- You must want happiness – freedom from emotional suffering - more than anything you expect to get happiness from
- Living in joy is mastery:
 - To strengthen it, we go through the four initiations represented by earth (physical conditions), water (emotion and desire), air (thought and speech) and fire (will)
- Surrender into a harmonious state of peace and poise
 - This ability grows stronger through commitment to consistent practice in ALL situations.
- **Do the temple meditation to let go of resistance / attachments that prevent you from choosing joy NOW.**