

## Session 10 of Living The Universal Principles For Having It All

### Opening Exercise

#### Raising Our Vibration By Consciously Merging With The Divine Presence

1. Feel your feelings
2. Feel the energy or power in your feelings
3. Feel that energy as the Divine Presence
4. Feel your breathing
5. Feel your breathing as God's Breath breathing through you

#### Principle 43: Distinguishing Between Conscious Experience And Ideas

- Virtually ALL of our unhappiness and feelings of difficulty comes from IDEAS (beliefs) ABOUT ourself, our life, our circumstances, the world, reality, other people, etc.
- The rest comes from nothing but habit – habitual moods, attitudes, and emotional reactions.
- **Practice:**
  - Living with attention focused on the NOW, including your feelings in the now.
  - Notice the imaginary nature of ALL of your ideas of the past, present and future.

#### Principle 44: Your Relationship With God

- How do you relate to the underlying power that creates, fills and directs the universe?
- This determines the basic quality of your experiences and how much joy you can experience and express.
- **Exercise:**
  - Look around and notice the objects in your environment.
    - Notice one or more ways that each object provides you with loving support.
  - Look back at people you found difficult in your past
    - In what ways were they supportive?
- See Tarot Key 14: Samech, picturing the alchemical process of the universe
  - It expresses how every event and situation is supporting that process
  - Meditate on this key on a feeling level to align consciousness with this process
- **Exercise:**
  - Feel God as All-Powerful, All-Loving, All-Supportive ALWAYS
  - Review your past relationships and experiences
    - See and feel every person and situation as a manifestation of God's Perfect Love and Support

#### Principle 45: Harmony

- The universe is ALWAYS a Perfectly Harmonious System
- To experience the harmony, practice living in your state of inner harmony UNCONDITIONALLY
  - Living in harmony:
    - activates your high joy vibration
    - Permits circumstances to work out harmoniously in a virtually effortless way
  - Practice feeling and maintaining inner harmonious equipoise

## Session 10 of Living The Universal Principles For Having It All

- Apply Right Measure to your focus of attention
  - What you focus on you give your power to
    - Focusing too much on thoughts of outer events makes you emotionally dependent upon them, stealing your harmony from you.
      - Leading to “psychotic” states of paranoia and delusions of grandeur
    - Avoid arguing for the lack of harmony based on logic, emotion and appearances.
- See Sphere 6 on the Kabbalah Tree of Life: it represents harmony
  - See how it is the perfect balance between Mercy and Justice
  - See how it leads to Victory, Honor and Support (Foundation)
  - See how it receives Divine Will (Crown), Wisdom and Understanding (Inner Guidance)
- **Exercise:**
  - Feel your inner harmony
  - Stay clear of thoughts that disrupt it

### Principle 46: Moving From Judgment To Support

- Notice the tendency to slip into judgmental opinions of people
  - Consciously practice feeling supportive toward one and all
  - Tune in with your feelings to sense the way to be supportive rather than conflictive
    - Get a sense of their energy and align with supporting their higher vibration.
- Notice the tendency to react with negative or positive judgment toward events and circumstances
  - Instead of reacting, consider how you can USE this situation for your self-support.
    - Example: people speaking loudly as I write this
    - I can use it to strengthen my concentration
    - To strengthen my non-reactivity and unconditional love.

### Principle 47: The more feeling you accept, the power and joy you receive

- When we block or suppress our feelings, we block and suppress the power they contain.
- The more feeling you allow yourself to experience, the more empowered you experience yourself to be
- The more powerful you feel, the more joyful, and vice versa
- The more powerful and joyful you feel, the higher the level of your manifesting.
- Practice staying in conscious touch with your feelings ALWAYS to experience more and more feeling, and thus more and more power
- Based on the principle that we receive more of what we feel love and appreciation for, practice feeling loving appreciation for what you feel.

## **Session 10 of Living The Universal Principles For Having It All**

### **Closing Exercise: Divine Love and Empowerment**

1. Feel your feelings
2. Feel love for how you feel
3. Feel how you feel as love
4. Feel love for your ability to feel
5. Feel love for yourself
6. Feel love for God as the source of infinite goodness and love
7. Feel love for yourself as God
8. Feel love for the universe
9. Feel love for everyone and everything in the universe
10. Feel love for love

Repeat 3 times (or more)

If you are experiencing a particularly difficult feeling, follow these steps with The Method.