

## Session 13 of Living The Universal Principles For Having It All

### Opening Quote:

*"Peacefulness is the door through which we gain access to the abundance of the universe." AP*

### Principle 53: Practice Practice Practice Conscious Co-Creation

#### AKA: We Are Creating All The Time

- We create what we radiate
- You experience and manifest the life you are conscious of
- Observe your feelings about your life – this is the life you are creating
- When you want more of something, you are creating the lack of it –
  - The more you want, the more want you manifest
- You live the way you believe you must
- There is never a time that we have done so much work on ourselves that we no longer have to do the work
  - As we progress, we find our need to and ability to practice being a conscious co-creator with the universe CONSISTENTLY
  - To CO create means to consciously – CONTINUOUSLY –
    - feel your feelings in the now,
      - To flow WITH the current in the NOW
      - And to stay free of inner conflict, forcing, struggle, effort or laboriousness
  - Pay attention to the activities of your mind AT ALL TIMES
    - To keep the mind free of limited conditions and unwanted possibilities
  - Notice the focus of your attention AT ALL TIMES
    - To use your attention CONSCIOUSLY
    - to avoid empowering what you don't want, based on the principle that your power flows through your attention
  - DO NOT CONFUSE UNDERSTANDING THESE CONCEPTS WITH ACTUALLY PRACTICING, PRACTICING, PRACTICING IN THE NOW AT ALL TIMES.

### Principle 54: When you resent someone, you hold yourself hostage to victimization (limited possibilities)

- The underlying cause of resentment is the belief that the person (including yourself) that you resent limited your possibilities going forward.
- As you do The Method to dissolve the resentment, you liberate yourself from victimizing yourself with the limiting-consciousness of resentment.
- Concentrate on feeling and knowing yourself to be an unlimited divine being
- See the attachment to resentment and the desire to hold onto it to avoid "letting someone off the hook"

### Principle 55: True Seership And The Logos

#### AKA: You have the capacity for True Seership

- The Logos is the underlying architectural framework of the universe and the fulfillment of your purpose and potential within it.

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- True Seership means the ability to sense the underlying structure-function-order (logos) of the universe, align with it and depend upon it as your guide in the now (and in your guidance of others)
- See BOTA Tarot Keys 2 and 5
  - Key 2 represents your subconscious awareness of and connection to the underlying laws of principles governing the universe.
  - Key 5 (notice the structural similarity between the numerals 2 and 5) represents our capacity to listen to and “hear” the guiding inner voice of intuition that aligns us with the Logos.
- See The 3 Supernals on the Kabbalah Tree of Life
  - These are the first 3 Spheres, representing
    - 1. Divine Will (Kether, Sphere 1)
    - 2. Divine Wisdom (Chockmah, Sphere 2)
    - 3. Divine Understanding (Binah, Sphere 3)
      - Our capacity for Seership (aka: Prophecy) is represented by these 3 Spheres on the Tree, for they exist WITHIN you and me
      - To know Divine Will, Wisdom and Understanding (the Logos) as it applies to your guidance in the now, meditate on this part of the Tree, and those three Tarot wisdom images.

### Principle 56 : Everything Is Useful

#### A corollary to The Open Door and Challenges and Opportunities are equal

- Every event and situation that has ever occurred serves a higher purpose.
  - You can know and fulfill that purpose by contemplating the questions:
    - How can I use this
    - How was I being supported by what happened
    - How can I benefit from this
    - What can I learn from this
    - How can I grow through this
    - Additionally PRACTICE
      - Focusing in each moment on making the best use of the present moment
      - Paying close attention to the *now*
      - Going into stillness to connect with your deepest, innermost will and wisdom (the Logos) as your guide here and now.
- **Principle 57: Awareness Is The Master Key**  
As stated above, we are creating our life, our destiny ALL THE TIME
- Directing this process CONSCIOUSLY is the Master Key
- Whatever you are unconscious of, controls you / what you are conscious of, you can control
- Unconscious experience is like a bald man’s comb
- PRACTICE being aware of your body, your feelings, your thoughts, your actions, and what you are focusing your attention on CONSTANTLY

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- This reveals your wiser path through the now
- It takes a sufficient amount of energy to be sufficiently aware in the now
  - get the rest you need, conserve energy by not wasting it on unnecessary or unimportant thoughts, emotions, speech, actions.
- Suffering and unconsciousness are equal.
  - The more you suffer, the more unconscious you are (of how you are causing your suffering).
  - Whatever you are reaching for in the outer world to increase your happiness and improve your life CANNOT perform those functions.
- Since, the more aware you are, the more aware you become of how you create your suffering and limitations...
  - It is the PRACTICE of paying attention to present moment experience that is the path into having it all and enjoying a no-limit life.

### **Principle 58: Inner Stillness Is The most powerful “place” to be.**

- The state of inner stillness is felt as a deep calm in the center of your being.
- It is experienced in the core of your internal self, below and beyond any commotion, free of mental and emotional turbulence.
- As you surrender to your feeling of deep inner stillness, you enter what the ancients described as “the peace that passeth understanding” and “peace profound” and “the realm of silent inner listening”.
- Dwelling in this quiescent state of pure inner rest allows your energy to recharge and your vibrations to rise to the highest level, resulting in the highest level of manifesting.
- It can be more rejuvenating than sleep and it activates the energies of serene, unconditional joy and love.
- It is a state of no resistance and no forcing that brings you into total alignment with the Logos, the cosmic manifestation of your perfect life.
- It is the “place” to go whenever you feel tired or strained, or plagued by a problem or concern.
- It is here that you let go of all struggle and efforting, all fear and pressure
- It renders you receptive to the highest level of inner, intuitive guidance – the Infinite Intelligence (The Logos, Prophecy, Seership) that guides the universe.
- It literally connects you to the point of perfect inner stillness at the center of the universe, where you enter the originating world or dimension of the Divine (known as Atziluth, in Kabbalah).

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### **The Stillness Meditation**

Feel your feelings, fully and freely.

Feel love for how you feel, even if the feeling is uncomfortable or painful.

Feel the Inner Stillness below or beneath your feelings.

Focus your attention on the feeling of stillness deep, deep, deep within you.

Remain in that feeling of stillness.

Feel loving appreciation and gratitude for the feeling of perfect peace that is in the inner stillness at the center of your being.

Feel the stillness within you expanding until it is as large as the universe.

Feel your inner stillness as the stillness at the center of the universe.

Feel yourself in the center of stillness, completely surrendering all ideas about what is happening.

Feel the state of Inner Stillness free of all troubles, problems, attachments and desires.

Feel yourself opening to the feeling of total contentment in the stillness.

Feel yourself receptive to the flow of True Inner or Divine guidance in the stillness.

Feel your trust in the inner, intuitive guidance that comes in your core of stillness.

Feel trust that in the feeling of stillness you are aligning with the perfect pattern for your life.

Feel your commitment to remain in contact with your inner stillness at all times.

Feel your commitment to fully enter the stillness whenever you need inner guidance.

Feel your commitment to fully enter the stillness as your remedy for any chaos, turbulence or drama unfolding in your outer circumstances.

Feel your commitment to fully enter the stillness for recovery from any and all physical health issues, financial issues, emotional issues and relationship issues.

Feel yourself surrendering to the stillness within with perfect trust in what is and in what is to be.