

Living The Universal Principles Of Having It All: Session 3

Principle 5: The Universe Or Cosmos Is A Perfect System Of Order And Beauty

(The word “cosmos” means “order and beauty”

The word “universe” means “one song”

- The universe is in the process of creating conditions of order and beauty.
- IT turns chaos into order, imbalance into balance, injustice into justice.
- When we function *like* the universe we experience its infinite love and support
 - Be in an ordered state
 - Do things in an orderly way
 - Bring order into chaos degree-by-degree
 - Follow the law (principle) of Rhythmic Alternation
 - Turn crisis into cosmos by maintaining peace and poise, identifying your first next step, and functioning in a balanced, orderly, harmonious way.
 - For relationships: maintain your harmony and create / preserve harmony as possible
 - Let go (mentally-emotionally) of inharmonious relationships
- Practice:
 - Turning everything over to the universe the moment you sense yourself losing your joy-vibration and entering struggle, stress, strain.
 - Do that now.

Principle 6: Unity or Oneness

- The universe is an infinite whole consisting of interrelated, interdependent parts in a perfect system of mutual support.
- Practice:
 - Seeing *and feeling* everything and everyone as extensions of yourself.
 - Dropping the idea of your individual separateness.
 - On a *feeling* level, accept your Oneness with all, including the Infinite Love-Power-Intelligence of the Divine Creator.

Corollary Principle: Only Thought Separates Us From What We Want

- Drop beliefs / thoughts that portray you as separated from what you want.
 - List conditions you would like to have in your life
 - Live in the consciousness of Oneness with them NOW
 - Live in the consciousness of life-success and mastery

Principle 7: Everything Is Energy

- Because the universe is perfect just the way it is, and because it exists as ONE UNIFIED FIELD
 - we can say all forms of energy and power are actually different forms of the One Power in existence.
 - that One Power and Divine Love are synonymous.
 - Since everything is energy, everything is actually composed of Divine Love.

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- This means that everything and everyone is radiating love for you and at you all the time.
- Practice:
 - Feeling love for you emanating from everything around you.
 - Feeling unconditional love for you coming from all people, past and present, known and unknown.
 - Feeling that YOU are essentially Unconditional Divine Love.

Corollary Principle: We consciously experience energy through our feelings.

- We can *feel* the flow of energy within us.
 - Do that now.
- We can also feel or “pick up on” the energy emitted by others, by environments, by objects, by circumstances.
 - Practice with books, people, places, foods, music, movies, etc.
 - IE: Become A Conscious Energy Being, guided by energy, not emotion-desire-logic.
- We can also feel the energy or power in or of our thoughts, emotions and desires.

Principle 8: Our Feelings, Not Thoughts, Are Our One True Guide

- Our feelings are our guide for living in alignment and in synch with the universe, the experience of Having It All
- Emotional states and desires obfuscate our deeper feelings of intuitive guidance.
- Living in thoughts blocks us from the true guidance that leads us along our path of purpose, which is JOY.
- Follow the path that energizes and enlivens
 - Avoid the path that drains and deadens

The Feeling Exercise

- This exercise can be used as a shortened version of The Method after the period of “Heavy Lifting”.
- It can also be used to:
 - Free us from mental looping (thinking unwanted, purposeless thoughts)
 - Get and keep us in touch with our feelings.
 - It can also lead us to “aerial awareness” of our entire life-span, the view of our life from “the other side”, to help us see:
 - How we took ourselves down our “dark corridors”
 - How living in the high-joy vibration makes it all a gift we are grateful for.
- **The Exercise:**
 - Each step lasts for a breath or two.
 - Cycle through all 6 steps three times for a complete cycle
 - Repeat as often as necessary to regain the high joy vibration
 - 1: Feel your feelings fully and freely for a breath or two

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- 2: Feel the energy in your feelings, feel the power, feel how strong the feeling is.
- 3: Feel love for the feeling.
- 4: Feel love for the power in or of the feeling.
- 5: Feel love for yourself.
- 6: Feel that love fully and freely.
- 7: Feel the power in or of that love.

Principle 9: Money-Emotion-Thought

- Your financial condition is a reflection of your emotional states and thoughts.
 - Turbulent emotions produce turbulent economic conditions.
 - Thinking about money problems manifests money problems.

Principle 10: Emotion-Behavior-Result

- A negative emotion, like anger, sadness or fear drives one into negative behavior,
 - including destructive actions (physical behavior), destructive or negative thinking (mental behavior) and destructive speech (verbal behavior).
 - This DE-constructs the order (results) in life we are working on.
- Negative emotion also restricts positive or constructive behavior.
 - The stronger the emotion, the more limits it places on our ability to function constructively, to make our cherished dreams come true.

Principle 11: Energy / Consciousness Is Our Source

- You do not depend upon the thoughts, speech, actions or approval of others.
- The level of your joy-vibration and the content of your consciousness is your source.
- Live in the High-Joy Vibration, with your mind open to the infinite possibilities