

## Living The Universal Principles For Having It All: Session 12

*Since we are, in the most real sense, all connected, heart to heart and essence to essence, being in an environment that honors this truth is the most empowering environment for us. AP*

### **Principle 48: Every Challenge Brings With It An Equal Or Greater Opportunity.**

- We live in a universe where beauty, balance and order rules.
- This plays out in the way that the more challenging or difficult your situation, the greater the opportunity that comes with it.
- In every challenge there is the opportunity to free ourselves, or to strengthen our freedom, from negative emotional reactions and the repetition of past, unconscious ways of dealing with similar circumstances.
- When we judge a situation as wrong, bad or less than perfect, we prevent ourselves from looking for and recognizing the opportunity that it presents.
  - **EXAMPLE:** something occurs that you react to with negative emotion.
    - Gives you the opportunity to free the energy stuck in that reaction pattern.
- **EXERCISE:**
  - Bring to mind your most challenging, difficult, painful situation from your past.
    - What was the equal or greater opportunity it presented to you?
      - Example: giving up your attachment to things going a different way based on the belief that nothing good can come from what is happening.

### **Corollary Principle: There Is No Such Thing As A Disappointment**

- When you react with disappointment you are overlooking the perfect opportunity being presented to you by what has happened or is happening.
- Feelings and an attitude of disappointment prevents us from seeing the equal or greater opportunity that is present (based on *The Principle of Suggestion*).
  - Begin to train yourself to let go of feelings of disappointment using The Method as needed soon as they arise.
  - Avoid talking yourself into a state of disappointment.
  - Don't let others talk you into it.

### **Principle 49: The Open Door**

- This is somewhat corollary with the above principle.
- Nothing ever really goes wrong in life.
  - However things are turning out for you, if you hold onto a negative judgment because it does not match your ideas of what you want or need, you make yourself stuck in that negative situation.
  - If you let go of your attachment to how you *think* things SHOULD go, and look for the way that is open to you for advancing in the direction you want things to go, you will find it.
- Example: When you feel blocked from doing what you want to do, the open door might be to do something else you love, or to take an action that leads you where you want to go, or

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release your attachment to what is not available right now to free yourself from the pattern of disappointment. The possibilities are endless.

- **Practice:**

1. *Ask your inner self: what is the way that is open for me here and now.*
2. Begin *feeling* for the way that is open for you right here where you are.
3. Feel yourself surrendering to that open way.

### Principle 50: The Resurrection Process

- We are all born to “die” not just physically, but psychically.
- Learning how to “die”, to let go of all attachment and trust the way of the Open Door, is an intrinsic life-lesson for all who incarnate.
- As we surrender to the “death process” we rise into a higher plane of being,
  - Every challenge teaches letting go of attachments that resist the cosmic flow.
    - This surrender leads to the realization that everything is always working out perfectly, even “the loss of it all”.
- Psychic or personality death means that we no longer identify with the personality patterns – emotions, personal values, judgments, beliefs – that pit us against the flow of the cosmic process.
  - As we freely flow WITH the universe, letting go of all negative emotions and judgments around what happens, we find ourselves living in a life of more heavenly harmony, grace, abundance, joy and love.
  - When you do The Method on negative emotion such as anger, fear, sorrow, etc., you are *suggesting* to your subconscious that there is no validity to negative emotions
    - This opens the subconscious to trust in the infinite possibilities of good, which releases joy, love, gratitude and the power to manifest or rise into a new life in which those higher possibilities are manifesting.
- **Exercise:**
- Where – in what situations - do your emotional states / reactions interfere with your feeling of smoothly flowing with love and harmony through the universe?
  - Envision and feel how you want to feel in those situations.
- What outcomes do you feel attached to in life? What outcomes do you fear?
  - Feel yourself letting go of those outcomes with perfect trust in what the universe has in store for you.
- What is it about yourself do you feel negative judgment or criticalness toward? What experience does it seem to deprive you or stand in the way of?
  - Shift into a feeling of acceptance, appreciation and love of this aspect as perfect and feel your willingness to go through the open door to your ultimate fulfillment.
- What is it about others do you feel negative judgment or criticalness toward?
  - Shift into a feeling of acceptance, appreciation and love of this aspect as perfect just the way it is.
- What aspect of your life do you feel is not working perfectly?
  - Shift into a feeling of acceptance, appreciation and love of this aspect as perfect.

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### Principle 51: Facing Core Issues

- The facing of core issues is an intrinsic aspect of the resurrection process.
- A core issue is revealed when you have a strong, destabilizing emotional reaction AGAINST what is happening, in reaction to a form of what has happened repeatedly, cyclically, beginning in early childhood.
  - We continue to re-create circumstances that cause us to face our core issue, until it is completely resolved.
- These are the circumstances that we feel the most resistance to and the strongest desire to escape from
  - Even though they actually bring us the greatest opportunity for living a more joyful life of greater abundance (see Principle 48 above).
    - The feelings they arouse contain tremendous power.
      - As we feel our feelings and free that power, we find ourselves gradually released from our core issues, to joyfully trust and flow with the perfect operations of the universe.
- **Exercise: Identifying your core issue(s) in advance**
  - Think back over your life.
  - Ask yourself: What recurring forms of situation have caused my deeply unsettling emotional states?
  - Instead of waiting for another one to recur, do The Method (or the meditation that follows) on that deeply disrupted emotional state.

### Principle 52: Releasing Power Through Self-Forgiveness

- Any work we do on forgiveness really comes down to forgiving ourselves.
- When we hold something against ourselves, we are driven into self-punishing actions.
- As we release ourselves from this anger, we are free to follow a path of true love for ourselves and others.
- Following is a meditation called: Releasing Power Through Self-Forgiveness. Apply it whenever you find yourself feeling blocked from total forgiveness of anyone.
  - **Meditation: Releasing Power Through Self-Forgiveness**
    1. *Close your eyes and feel your feelings of anger, resentment, self-criticalness, self-loathing or blocked forgiveness toward yourself. Feel these feelings fully and freely.*
    2. *Feel love, gratitude and appreciation for your feelings, because the more you feel the more power you release.*
    3. *Feel loving compassion toward yourself for feeling this negativity toward yourself.*
    4. *Feel yourself letting go of any negative judgment toward or interpretation of your feelings as being wrong, bad or unfair.*
    5. *Feel yourself letting go of any negative judgment or interpretation of your past actions as being wrong, bad or unfair.*

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6. *Feel trust in and acceptance of the purposefulness of everything you have ever done, even if you do not yet know what that purpose is.*
7. *Open your heart and mind to see and feel all of your past actions as perfect.*
8. *Feel appreciation for everything you have ever done and felt as supporting the liberation of your greater power and potential.*
9. *Feel the loving essence of who you truly are and connect this loving essence with who you have always been.*
10. *Feel your heart opening and your love expanding, until it embraces your past actions, the essence of who you have been and the essence of who you are.*
11. *Feel the power of your love and feel that power expanding until it fills the universe, then surrender to the feeling of that infinite power as your own.*