

Living The Universal Principles For Having It All, Session 20

Opening Quote:

"The true body of man is the physical universe. By no means is it merely the localized structure of flesh and blood and bones we use during a single incarnation." Paul Foster Case

"Practice thinking of yourself and feeling yourself to be the invisible spirit occupying and acting through your physical body, and relate to others similarly." Prentice Mulford

Opening Meditation: The Forgiveness Process – General Application

1. Feel your feelings
2. Feel love for how you feel
3. Feel what you feel AS love
4. Feel a gentle loving feeling toward yourself
5. Feel your heart opening and expanding
6. Ask your soul or inner divine essence to help you to feel the flow of the energy of forgiveness flowing from your heart.
7. Feel that forgiveness energy enveloping you, moving throughout your inner being, so that you FEEL the experience of being totally and entirely forgiven.
8. Feel your heart opening and expanding further and ask your soul or inner divine essence to help you to feel the flow of forgiveness streaming from your heart to everyone you know, everyone you have ever known, everyone in the world, into everyone and everything in the universe
9. Feel your heart opening further and ask your soul or inner divine essence to help you to feel deep, deep, powerful love for yourself, then for everyone and everything.
10. Feel your heart opening and expanding into a feeling of oneness with everyone and everything in the universe, and feel a deep love for the oneness that you are.

Daily Practice For Principle 102: Forgiveness Sets You Free

- Shift into feeling the ray of forgiveness streaming from your heart toward yourself whenever you feel ashamed, guilty, annoyed or angry at yourself.
- Shift into feeling the ray of forgiveness streaming from your heart toward anyone the moment you feel annoyed, angry, impatient or critical toward that person.

Principle 103: The Creative Process Meditation

IE: How to solve every problem

As Represented by Tarot Keys 0 through 4

- Key 0, The Fool: This is the foundation state for problem solving and creating what you want. It represents the basic state of trust in whatever happens, without attachment to any specific result.
- Key 1, The Magician: Here is where you feel the contours of your solution of the outcome you want to create; it involves a general feeling of fulfillment, harmony, things working perfectly. In this stage, notice any mental images that occur.
- Key 2, The High Priestess: This is the subconscious conveyer of the contours of your solution or outcome to your creative image-making faculty

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- Key 3, The Empress: This is the creative imagination, impregnated by the seed of the contour delivered from The Magician by The High Priestess. At this stage harmonious mental images as well as harmonious opportunities (see the wheat, representing “the bread of life”) begin to manifest.
- Key 4, The Emperor: Here is where reason and order are applied to your mental, emotional and physical activities to construct step-by-step the solution or outcome you intend.
- Meditating on Key 0 liberates perfect trust in the universe that aligns your feelings with the perfect outcomes and solutions
- Meditating on Key 1 helps you get in touch with your true intention for the outcome or solution you want, and aligns your forces with the cosmic manifestation of that outcome.
- Meditating on Key 2 clears your subconscious and renders it receptive to higher suggestion
- Meditating receptively on Key 3 stimulates your creative imagination
- Meditating receptively on Key 4 renders you a channel through which the ordering forces and constructive activities of the universe flow into the manifest world

Principle 104: There is no such thing as unfortunate or tragic, too bad or “that’s a shame”

- These terms have NO referent in reality – in other words, there is no actual condition that is unfortunate, tragic, too bad or a shame.
- When we use those words we plant the seed in our subconscious to react to life and evaluate what happens as if those statements were true.
 - This, in turn, manifests conditions that help us feel those negative ways even more
- When we stop projecting and superimposing negative mental-emotional evaluations on conditions we experience the high joy vibration of perfection, of having it all

Principle 105: Practice one-pointed awareness

- One-pointed awareness means:
- Focusing full attention on what you are doing, saying, thinking, feeling and where you are IN THE NOW
- When our mind is scattering our attention, it is squandering our power, leading to unnecessary fatigue
- Fatigue is a sign that is time for CONSCIOUS rest, meaning resting with one-pointed awareness.
- As we feel well-rested we can tune into the “contours” of our perfect life, perfect outcomes and perfect solutions – turning rest into the Creative Process Meditation

Principle 106: Never Play “the waiting game”

- Why wait, when you can engage in the Creative Process Meditation,
- or use your time to notice and free yourself from negative mental/emotional states and evaluations.

Principle 107: Practice Infinity-Consciousness

- for Abundance:
 - Remember the Principle: Everything Is Infinite

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- Contemplate on a feeling-level the infinite abundance consisting of the entire infinite universe.
- Contemplating infinity causes you to resonate with abundance.
- For Empowerment:
 - Contemplate on a feeling-level the Infinite Power of the entire universe
 - Feel that power within you, as your power.

Principle 108: How To Learn

- Learning ANYTHING is an organic process, following a definite series of stages or steps.
 - Key 0: You realize that you do not know
 - Key 1: You intend to know, so you examine and explore
 - Key 2: Your subconscious realizes what you want to understand or know how to do
 - Key 3: Ideas of understanding bloom
 - Key 4: Try them out and see what happens to discover what more you want or need to learn

Principle 109: Ask your soul to help you overcome unwanted habits

When you notice an unwanted habit of thought, emotional reaction, mood, attitude, speech or behavior, sincerely ask your soul or inner divine essence to help you to what is truly right for you to do

Principle 110 Mastery Is Fun

- You demonstrate mastery of something (including money) is when you are having fun with it
- As my teacher used to say, "Taking something seriously is the first sign of mental illness"
- The more you struggle and stress over something the more difficulty you manifest in that area
- When you approach something with the feeling-attitude that you have it handled, that the universe has it handled, you have established yourself in the foundation of mastery in that area
- Follow a simple, easy, fun way in the doing of everything for the results of mastery

Principle 111: No one can take advantage of you (without your cooperation)

IE: Establish Your Terms

- Never count on an emotional, chaotic individual who creates one calamity after another
- Wisdom is making problems smaller, not bigger: When someone ignorantly squanders their own resources, if you try to support them with yours, they end up squandering yours also – what you give is wood for the fire of their excessive consumption.
- Recognize where someone is at, their basic state and way of operating, to accurately sense and judge what you can reasonably count on them for, and how much
- Never try to reason with an emotional, anxious, hurried or harried person
 - you would be wasting your breath and inviting their attack (because they are hurting, and any way you "touch" them hurts them further).

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Corollary Principle: in any relationship, you merely have to establish your terms,

- to be sure you are not undermining your own support,
 - otherwise, you render yourself dependent rather than dependable and self-reliant
- Once you establish your terms, free the other(s) to take it or leave it.

Principle 112: First Thought / Last thought

- Your two most powerful thoughts are first thing in the morning and last thought before sleep
 - These are subconscious launch-pads
 - The first thought launches your day. Practice The Perfect Day Feeling Exercise or use The Method for clearing
 - The last thought launches your spiritual travels when you leave your body during sleep, in what we call “dreaming”
- “Dreaming” is really entering the spiritual dimension outside of your physical body.
- Depending on the quality of your last thought, you can go into higher dimensions for deep soul rest, spiritual teaching and other higher experiences, or simply rehash the experiences of your day – often leading to waking up tired.

Practice:

- reading, watching or listening to something spiritually nurturing and uplifting first thing in the morning and last thing before sleep
- You can also put into practice in these times the Blessing Meditation – see below

Final Meditation: Radiate Blessing

How to fill your life and your world with blessing

According to Kabbalah, human beings, being made “in the image of the divine” have the power to bless. What follows is the Radiate Blessing Meditation

1. Feel your feelings
2. Feel love for how you feel
3. Feel what you feel AS love
4. Feel a gentle loving feeling toward yourself
5. Feel your heart opening and expanding
6. Feel the energy or feeling of blessing or blessedness radiating from your heart in all directions, into infinite: in front of you, behind you, above you, below you, within you
7. Feel the energy or feeling of blessing radiating from your heart in all directions at once, filling the feeling of our ONENESS with the ALL.
8. Rest in this feeling for 5 or 10 breaths
9. Feel deep gratitude in your heart