

Living The Universal Principles For Having It All, Session 21: The Grand Finale

Opening Quote:

"The thoughts I think form the material conditions I manifest."

"How I feel creates circumstances that support those feelings."

Opening Meditation: Self-Acceptance

Until you completely accept yourself, allow yourself to BE yourself, stop trying to PROVE yourself, you will not accept another who truly loves and accepts you as you are.

You won't let yourself be at peace, happy, natural and content

To accept yourself is to let yourself BE without forcing or self-manipulation to live up to others' expectations.

It allows your life to flow naturally into greater success, abundance, richly harmonious relationships, the flourishing of your gifts and talents, and a life that feels like it works perfectly;

The Meditation:

1. Feel your feelings / feel love for how you feel / feel what you feel AS love, feel love for yourself
2. Feel your willingness to let go of **all** ideas, beliefs, opinions and visualizations of who or what you are
3. Feel the energy moving through you in the now
4. Feel yourself as a limitless energy being free of all ideas and notions that define you in any way
5. Examine your feelings to notice any feeling of forcing or unnaturalness, so that you can let that feeling go and allow your feelings (energy) to flow freely and naturally through you (this takes practice, so practice it daily, all day long)
6. Notice any ideas or thoughts that portray others as disapproving of you, regarding you as inferior or inadequate, looking down on you in any way.
7. Open your heart to feel and envision these individuals loving and appreciating you at the deepest level
8. Feel your willingness to let go of ALL expectations and pressures that you may otherwise impose upon yourself.
9. Open your heart to the feeling of your natural ease and flow in the now
10. Open your heart to the feeling of trust that just by being YOU your life unfolds perfectly in line with the fulfillment of your heart's desire

Principle 113: Liberating Energy From Creating What You Don't Want

- How much energy goes into feelings, visions, beliefs in a crisis, in a loss, in lack, in worry, etc.?
 - That energy is going into giving you that experience and manifesting physical forms consistent with it.
 - Release energy from those patterns
 - By not holding onto them mentally / emotionally
 - direct it with the Perfect Outcome Exercise.

Principle 114: How To Win The Money Game: Taking the power out of money

- Whatever experience you believe money can buy you, you can live in right now

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- As we learned in Principle 110: Mastery is fun
 - As soon as you make your financial situation serious, you cease to master it – it is now controlling you.
- Notice how you THINK about your financial situation
 - Drop visions, ideas, beliefs in your lack or limitation, failure or insecurity
- Stay on top of it (aware of what is going on), dealing with it gracefully
 - Live in the feeling-consciousness of the fulfillment of your desire for abundance: Don't make money an issue.
 - Let go of attachments
 - Let go of wants that cause you to feel financially limited, blocked or deprived.

Principle 115: Tip of The Iceberg

- Your power to direct your life through physical hard work and intellectual problem-solving is the TIP of the iceberg of your creative power.
 - The vast bulk of your creative power is in your STATE: specifically, the content and pattern of your conscious and unconscious thoughts and feelings
 - Make them CONSCIOUS (see Principle below)

Principle 116: Whatever You Are Conscious Of You Can Control; What You Are Unconscious Of Controls You.

- As you pay more attention to what you are thinking, feeling and saying – and to HOW you are saying what you say and doing what you do- you gain freedom to direct those creative powers more efficiently, intelligently, effectively and enjoyably

Principle 117: Whoever And Whatever Makes You React Controls You

- You give them your power.
- To regain your full (infinite) power, take 100% accountability for your reactions.

Principle 118: Don't Recreate the Past

- By holding onto the thoughts of “negative” things you went through
- By unconsciously projecting past negative outcomes into present situations
 - Process these with The Method and The Forgiveness Process
 - consider how you would go through something similar using The New Wisdom of Joy (with The Method)
 - fully appreciate that everything that happened served a higher purpose
 - Remember the Principle: Everything Is Changing All The Time, so base present choices and decisions on your CURRENT accurate assessment of the facts.
 - Don't stick to old decisions in the face of new facts.

Principle 119: Let Negative Feelings and Thoughts Leave

- Everything is changing, everything is in motion, including thoughts and feelings
- Notice when a negative, uncomfortable or painful feeling or thought arrives

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- Notice the tendency to hold onto them
- Consciously let them go by focusing your attention on the NOW

Principle 120: You are Constantly Vibrating, and the pattern of your vibration is reflected by the pattern of your circumstances.

- Vibrations and patterns of vibration emanate from your thoughts, feelings, speech and actions
- Chaotic vibratory patterns are reproduced by chaotic mental, emotional, physical circumstances.
- Calm, orderly, harmonious happy vibrations produce calm, orderly, harmonious and happy outcomes and circumstances.
- **Practice FEELING the energy flow through you.**
 - PRACTICE:
 - Feel your feelings to feel the flow of energy within you
 - Let your feelings flow freely
 - Notice any forcing, pushing or feeling of conflict
 - If you feel low in energy, don't fight it - rest

Principle 121: It Takes An Abundance Of Energy To Maintain A Balanced, Harmonious State.

- You can *feel* when your energy is low.
 - When that happens, it is *absolutely crucial* to give yourself the physical, mental and emotional rest you need for your energy level to rise and return to balance.
 - In a low energy state our thinking, emotions, moods, attitudes, speech and action all descend to a lower level, manifesting more discord, chaos, difficulty and loss.
 - When your energy is high, avoid doing too much.
 - You want to conserve your high state because that in and of itself manifests higher conditions.

PRACTICE: Accept Divine Power

- Feel the flow of energy moving through you
- Feel it as infinitely powerful
- drop thoughts or ideas of yourself as less than infinitely powerful.
- Practice: Feeling the energy you feel within you as limitless, omnipotent, Divine.

Principle 122: How You Judge Something Locks You Into The Way You Judge It

- When you judge yourself as bad, wrong, inadequate, unworthy, etc. you lock yourself into demonstrating actions and results consistent with that negative self-judgment.
 - When you judge yourself as better today, you will see yourself as worse tomorrow
- When you judge an experience as wrong, bad or inferior you lock yourself into that experience and continue to manifest experiences like that

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- If “today” you judge an experience or situation as better, “tomorrow” you will see your experience as worse

Principle 123: Awaken From Your Daymares

- Stay attentive to your mind enough to recognize that your frightening, upsetting, or otherwise disturbing thoughts are actually just nightmares – or “daymares”
- When you notice this happening WAKE UP by focusing on the present moment.

Principle 124: The Universe Is Expanding: including in the areas of your abundance, companionship, career, gifts and talents, blessings of home life, travel, etc.

- Notice when you feel the urge to PUSH your circumstances in a positive direction.
- Remember that the universe is expanding (as your consciousness expands)
- This means that everything in your world is NATURALLY evolving into higher states, more of what your heart desires.

Principle 125: Structure-Function-Order

- Wherever you look you see these three.
- To work with essential reality, perceive all things through this tri-part lens.
 - This awakens your intuitive feel for the structure-function-order of the cosmos,
 - and this becomes the *feeling* of the Guiding Light of wisdom within you in each moment.
- My teacher used to say to me, “Bobby, I don’t know much; but I know this: structure-function-order is God.”
- **Practice:**
 - Noticing structure, function and order in all you see.

Principle 126: Eliminating Hierarchical Value-Systems

- All experiences are equal.
- No one is privileged over another: each faces the experience just right for them
- There is no such thing as a victim (beyond the beliefs we hold)
- Practice relating to every event, situation, circumstance, etc. just WHAT IS, no better or worse than any other.
- When we feel something is better, it is because of how we are reacting to it.
- Better and worse exist in our reactions only
- Every experience is something to enjoy, learn from, utilize – this simple practice leads to the highest levels of mastery, joy and abundance

Principle 127: Beginnings And Endings

- There is no such thing as a beginning OR an ending
- Beginnings and endings happen simultaneously
- Work through feelings of loss and anxiety about the future as soon as possible – using The Method
- Living in feelings of loss manifests more loss

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- Living in feelings of anxiety manifests the consequences you feel anxious about
- Get into creating in the beginning a life, a universe, so glorious and victorious that you are filled with joy, love and gratitude for the change.
- The ending can be the beginning of whatever your heart desires.

Principle128: Watch your life-story in your head – no mind-crapping

The story of your life that you mentalize, you materialize

While you live in a tragic or troubled mental life-story you trouble yourself and feel like the victim of your imaginary tragedies, relating to those tragedies as real, rather than as made up. When you let go of your tragic mental story about yourself and about others, you free yourself from the experience of powerless victimization. You free yourself to enter the limitless now and experience having it all.

Principle 129: Making Nothing Of it

- When you feel disturbed by a situation, you are making too much of it.
- To UN-manifest the problematic situation, make *nothing* of it.
 - Do this by focusing on how you would feel if it wasn't happening, or at least no big deal.

Principle 130: How To Have It All

1. Feel your feelings / feel love for how you feel / feel what you feel AS love, feel love for yourself
2. Open your heart to feel the whole universe vibrating in a state of love and harmony
3. Feel your heart opening to the point that you can feel the entire vibrating universe within you
4. Feel the universe within you as infinitely powerful
5. Feel the infinite power of the universe as YOUR power
6. Imagine yourself living in heaven, where you can experience whatever you want just by thinking or becoming aware of what the experience you want
7. Open your heart and tune into your soul to know, realize or become aware of what you truly and most deeply desire to experience
8. Feel yourself having that experience, even if you are not mentally clear about what it is
9. The Temple Meditation:
 - a. Place in the fire / water / air / earth and feelings, thoughts or beliefs that report to you that you do not and cannot have it all
 - b. Go through the rest of the steps of the Temple Meditation
10. Practice living in the feeling experience of the fulfillment of your heart's desire, staying free of all ideas, thoughts, beliefs, opinions and feelings that would conflict with it