

THE BOOK  
OF  
**UNIVERSAL  
SPIRIT  
LAWS**

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Blessings and Greetings to you all,

Universal Spirit Laws are foundation stones assisting you on your journey to greater enlightenment. By understanding and applying these laws you should experience being and feeling more and more the part of God that You Really Are.

Your feelings of Love, Trust and Oneness will enlighten you; improve your Self Love and your Self Worthiness as you continue your journey of Self Discovery.

Blessings and Greetings

In Light and in Love

Namaste

May the Love We are greet the Love You are - remembering You are a part of God.

Amen and Amen

## The Law of Abundance

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**G**od is love. You are part of God. You are love. God has unlimited love for you. If you open your heart you will have an abundance of love. Only you can stop this flow of abundance to you. If you do not feel worthy to receive abundance you will create a barrier to stop the flow of abundance to you.

If you feel worthy then this abundance will flow to you. In your worthiness you will want to share your flow of abundance with others.

If you want to have something in abundance - give it in abundance.

If you want to have love give love. If you want to have a friend, be a friend.

Sharing what you have, your knowledge, your wisdom with others allows your abundance to flow to others and their abundance then flows to others and so on. You are enriched by giving your abundance to others and this allows you to receive even more abundance from the Source of

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all abundance - God expressing unlimited love  
for you.



## The Law of Action

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**A**ction alone brings potential into reality. Dreams, thoughts, good intentions, commitment, courage, love remain good concepts however only action brings them into being.

To turn ideas into action requires intention, commitment, movement of energy and courage because to act is to take a risk. We only grow stronger from our own action - we have to be proactive to determine our growth. Being reactive is fear based defensiveness. Being proactive is having the courage to commit to change.

Act or be acted upon - it's your choice.

## The Law of Affirmation

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**T**o affirm is to make firm into reality what you want to be. Your thoughts create your reality. What you believe about yourself and how you reaffirm that continually is what you manifest.

In your affirmations are your intentions for yourself?

If you so desire only create positive words to say out aloud to yourself. Affirmations happen in the present moment of now.

Effective affirmations are simple ones. For example, "Now I deserve happiness", "Now I love my husband/wife". Then visualize that and act as if it is a reality with constant continual repetitions of your affirmations, with visualizations and actions, as if it was a reality already, then "watch this space" as it evolves. Affirmations only manifest themselves if you stand in your integrity throughout this process.

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When you have achieved what you affirm constantly maintain that affirmation process to maintain the manifestation. It is like rolling a ball up a hill, stop rolling the ball and it falls down the hill.

Make firm your reality - affirm now and in every present moment of now thereafter.

## The Law of Allowing

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**A**llow others to be who they are, to do what they do and to have what they have. Do not judge them and do not have emotional attachments and expectations of them. They are what, who and how they are. If that is different to who, what and how you are, so be it. Accept, honor, respect, allow and support who you are. Accept, honor, respect, allow and support who they are.

Honor their right to live their life as they choose, to worship their perception of God as they want to, or not to worship if that be their choice. They are neither right nor wrong. They simply "are" what they are. Given where they are standing right now, their conditioning, their beliefs, their circumstances, their present needs and desires, their choice to be "just are" can be understood if you allow yourself to stand in their shoes. Do not judge, simply allow you to be you and allow them to be the Beings that they "just are". Release them in love and allow them to be.

The Law of

## As Above So Below

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**G**od's will for you is your will for you when you are standing in your integrity remembering that you are a part of God, that God is love and You are love. When that is your will for you, you will know joy, fulfillment and a sense of worth. You will know Bliss - which is happiness without a reason to be happy - simply blissful.

However, you have free choice. God and God's emissaries are non judgmental, non manipulative and non controlling. They have infinite patience as they wait for you to experience, learn, heal, grow and evolve. They have opened the door for your joy, fulfillment, self-worth and bliss. The roads that you choose to travel to get to that door will depend on whether and when you choose to remember that you are part of God. When you remember who you are "As Above" so you will create and manifest that "below".

The Law of

## As Within So Without

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**Y**our inside is a reflection of your outside. Your inner world is a reflection of your outer world.

Your outer world and the things you create into your reality is a mirror of what you believe and have created inside of you.

You were born without a belief inside of you. That which has been done to you or by you, with or without your consent, both "good and bad" things, have buried themselves inside you. They are then manifested as your reality outside of you.

If you are angry inside of you, you will find angry people in your life. They are mirroring your denied anger back to you. If you are peaceful inside of you, you will find yourself in the company of peaceful people mirroring peace back to you.

## The Law of Attachment

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**Y**our Ego has wants, your Soul has needs. You may not get what you want but you will definitely get what you need for your healing, growth and evolvment.

Your Ego wants create attachments to things that you want to make you feel better about yourself. Your wants you are attached to will manipulate and control your inner sense of worth and happiness. If you receive your wants you are attached to those wants being received, and remaining, to feel worthy and happy. If you don't receive these wants or they do not remain or sustain themselves, you feel unworthy and not happy. Attachment creates conditional acceptance and determines your fluctuating inner self worth attitudes. Being attached to something creates dependency. You act like a puppet on a string being manipulated and controlled in conditional acceptance and conditional love.

The converse, being detached, comes from your

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Soul and creates unconditional acceptance of yourself, by yourself, and unconditional self love resulting in positive self worthiness.





## The Law of Attention

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**Y**our thoughts are a magnifying glass. What you put your attention on will result. What you put your attention on, your energy flows to create "Believing is Seeing". What you believe you are becoming. If you want joy, fulfillment, self-worth and to know unconditional self love then hold these positive attributes in your attention and make your vision, your beliefs, a reality. Keep the perfection of the end result of your vision in your mind without doubt or fear. Intend it to come about, do what is required through necessary action to bring it about while you stand in your integrity, give it full, undivided, positive attention and see how it blossoms into reality.

Conversely, if you give your attention to worry or fear that too will manifest itself into reality.

You have freedom of choice of where to put your attention on positive or negative attitudes. Choose wisely and pay attention!

## The Law of Attraction

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**L**ike attracts like. You attract the vibrations of people and situations into your life that resonate with the vibrations you send out. Your underlying thoughts, feelings, beliefs and vision attract people and situations to you to mirror those thoughts, feelings, beliefs and visions.

When so-called "negative" people or situations are attracted to you, you must stand in your integrity and investigate, to interrogate your underlying thoughts, feelings, beliefs and visions to see what needs to be healed. This will assist growth and evolvment to occur to ensure you no longer require the mirror of that negativity to be attributed to you.

To "positively" develop attraction of comparable desires and needs from other people and situations remind yourself of your good qualities, have clear intent without doubts and, through positive action, wait receptively and expectantly for the manifestations of like attractions to occur.

## The Law of Balance

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**W**hen you are in balance you can heal, grow and evolve far more effectively. All your energy can be utilized for your desired intentions. When you are out of balance your energy is out of balance and cannot be effectively utilized for maximum performance. A state of inner balance creates inner peace. When you have achieved this state of inner balance, remember it and use it as a reference point. This will increase your awareness of when you go out of balance so it can be corrected.

The Law of Balance can be applied by being aware of your imbalances.

To achieve and sustain balance start with your breathing. The rhythms of your inhaling and exhaling will determine your balance. Focus on your breathing and see how your emotions become better balanced.

Inner balance creating outer balance should be your desired state continually.

## The Law of Belief

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**B**elief precedes reality. You create your own reality. There is no fine print to be evasive about here. What you dream creates a vision. When you see the dream so vividly that you can picture it clearly, feel it, touch it, smell it, taste it - when you believe in it so strongly that it becomes so real then it becomes part of you. When you can see that you and the vision are being there as one, then your belief becomes your new truth - providing it is done standing in your integrity, your faith and your trust.

## The Law of Blessings

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**BLESS - Being Love Evokes Sacred Souls**

**W**hen you give someone a blessing, providing it is done in love and in light, you are asking God to shine Divine Light onto, and into, that person, people or event. By giving a blessing you become enlightened as you feel God's love touching you. When you receive a blessing knowingly, or unknowingly, know that God did not have to go far to bless you, after all you are part of God.

May God bless you and keep you. May God cause Divine Light to shine upon you. May God create your peace.

The Law of

## Cause and Effect

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**E**very action has a consequence returning to you. For every cause there is an effect. For every effect can be traced back to a cause.

If you react to circumstances you may be unconscious in your reactions. If you respond to circumstances you may be conscious and deliberate in your responses. If you act consciously aware of the choices that you make, in every present moment of now, you can decide if that choice will bring happiness to you as well as for those around you affected by your choice.

By becoming a conscious maker of choices, the effect of your actions is to enable evolvment for you and for those around you affected by your choice. Ultimately, this evolution will be happiness for you and those affected by the cause and effect set into motion, by your conscious choice you made standing in your integrity.

## The Law of Choices

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**CHOICE** - *Courageously Helping One In Choosing  
Evolution*

**C**hoice is not made with words but with actions. You all have free will - the power of choice - when you exercise your choice you determine this making of your destiny. You can only make the best possible choices currently available within a particular set of circumstances. However, you always get to choose how you will react or how you will respond, internally and externally.

Only when you have sufficient self-worth to choose whether to end something of value to you can you fully commit to it. When you do not "have to" do something out of commitment, guilt or responsibility, but passionately choose to "want to" do something out of desire or happiness then you can fully commit to it.

To make new choices requires the will, courage and self respect to honor yourself. Until you realize you have the power to say "no" you can never really say "yes" in making a conscious choice.

Every choice of action, or inaction, has consequences. Your willingness to understand and accept these consequences empowers you to choose who, what, where, when and how your life will be. The obligations and commitments created by these choices can be seen as opportunities for healing, growth and evolvment - this choice creates miracles of transformation.

You become the choices you make.





The Law of

## Clarity

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**T**o be clear about your thoughts, feelings, intentions, desires, decisions, attitudes, beliefs and vision enables the Universe to honor your choice - if you manifest it clearly. If you are unclear, muddled, befuddled, groping in the dark, uncertain, confused, the Universe will mirror these manifestations of lack of clarity back to you keeping you in the dark.

If you are truthful, honest, are genuine and have integrity then your intentions and desire are clear. People will respond with trust in you.

## The Law of Compassion

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**T**o have compassion is to have understanding. To be compassionate is to be forgiving. To develop compassion, first understand and forgive yourself, knowing that you are doing the best you can within your current belief system and your current capability levels. The more understanding, forgiveness and loving kindness you can give yourself the more genuine compassion you can feel for someone else and the more compassion you can give to someone else.

Do not judge yourself or anyone else. There are only teachers for you, not friends or enemies. There are only lessons for you, not "good" or "bad" experiences. You are here to heal, grow and evolve. Be kind to yourself, you are a child of the Universe. Be compassionate to yourself and to others in your understanding, forgiveness and love.

## The Law of Compensation

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**T**o be compensated is to be paid what you are due for the energy you have expended. In your giving of energy you are entitled to receive energy back as compensation. This receipt of energy earned by your giving, manifests itself in many and various ways. Money, friendships, love, blessings and health are some examples here. If you do not consider your giving deserves your receiving anything in exchange then you are confusing your lack of self-worth, your lack of self-love, with your perception that there is a lack of abundance in the world. There is not enough, so I will give and you do not have to worry about compensating me in any way!

The world, and the Universe, is abundant. There is more than enough for everyone. You deserve to be rewarded in abundance for what you give. You deserve to be compensated for your giving. If you do not expect, welcome and even demand

compensation for your giving then you are damaging those who are receiving. They receive so the Universe can compensate you for giving. They can then give so others can receive and so the cycle goes. Your compensation is sacred and requires your acceptance of it to maintain the balance of giving and receiving by the Universe within the Universe.



The Law of

# Correspondence

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**A**ll are One and in that Oneness all correspond with and to one another. It has been said repeatedly on this website, GuideSpeak.com, that You are part of God. All are One, all are part of One.

Your choices you make, in every present moment of now, create a cause and effect within this Oneness. If you choose to poison this Oneness, that part of this Oneness is damaged. If you choose to love this Oneness that part of this Oneness is enhanced. Now in your correspondence to this Oneness you exist in either the part that is damaged by you with poison or in the part that is enhanced by you with love. It's your choice as you correspond with Oneness.

You become One with your thoughts, your feelings, your choices, your decisions, your actions, your belief, your behavior, your vision of you and your vision for you. You choose how your part of Oneness will treat you in eternity.

## The Law of Cycles

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**W**hatever rises will fall and whatever falls will rise again. Change is the only constant thing. Change occurs throughout the cycles.

**CHANGE - Clearing Healing And New Gifts Emerging**

If you see change as threatening or if you see change as opportunistic will determine how difficultly, or how easily, you manage the inevitability of change as the cycles turn.

Wherever you are in your cycle, go with the flow. There is a time in the cycle when your energy is strong and there is a time when your energy is weak. When strong energy abounds use it to progress, when energy is weak use it to survive.

Remember the cycle always turns and wherever you are in the cycle know that "This too shall pass".

## The Law of Decree

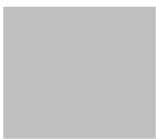
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**W**hen you decree your intentions you authoritatively indelibly state what you fervently want to occur. You instruct the Universe to fulfill your desires. There is a saying "Be careful what you wish for - you may get it!" When you make a decree you must stand in your integrity and in humility. You must instruct with clear vision and authority. Your decree must be for the highest good of everyone serving all those on earth and in the Universe. A decree is generally only made once unlike prayers and affirmations which are made frequently. When deciding on what your decree is to be take great care in covering as many "angles" as possible. Decrees can offer you a faster way to achieve your healing, growth and evolvment.

However, decrees when spoken aloud a number of times commit you to healing, growth and evolvment. This may be considered painful as

you go through this process. If you have "stuff" that needs clearing be prepared for some lessons coming your way!

You cannot have the healing, growth and evolvment you require without the mirrors of people and events showing up and clearing the way for this process to happen. That is why We repeatedly say "it takes courage to come into the physical - but what opportunities you have for healing, growth and evolvment of your Soul?"





## The Law of Detachment

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**T**o be detached from the outcome of a result means that you have learnt to trust.

***TRUST - To Rely Upon Spirit Totally***

When you know that Spirit will give you what you need - not necessarily what you want (that's Ego's job) - then you will learn to do the work that is required to be done and move on. The results will take care of themselves. Whatever the outcome of the results that will be dealt with at the appropriate time. If you stand in the way of the energy creating the outcome, or result, through your lack of trust, insecurity and fearfulness, you put a barrier in the way of blocking the efficiency of that flow of energy. By learning to trust, you live in the wisdom of insecurity and uncertainty where there are unlimited opportunities being created in the present moment of now.

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Be detached - Let go and let God - and expect a miracle!

***MIRACLE - May I Recognize A Conscious Light Evolving.***



The Law of

## Discrimination

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**T**o discriminate is not to judge someone or something based on Ego's societal norms as age, sex, skin color, education, appearances, religion, etc. To discriminate at Soul level is to listen to your inner voice, your intuition, that feeling coming from a place your conscious mind has not experienced, beyond thought. When presented with a choice discriminate by using your intuition to guide you to make a decision for the higher good of your Soul. Your Ego may be able to persuade your mind that what it wants is beneficial for you. Listen to your feelings, the language of your Soul, to guide you as your real intuition deciphers your feelings and tells you what you should do for your highest good.

## The Law of Duality

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**Y**ou cannot know "good" if you don't know "bad". You cannot know what it feels like to be in the "light" unless you know what "darkness" is.

The tension created by the duality of opposites, the see-saw of life, allows balance to be achieved. This balance may require you to be so much in the light to feel worthy because you have been in the darkness of unworthiness for so long.

The fulcrum of the see-saw of balance is your reference point. The further down you have gone, the further up you need to go to eventually be in balance. The duality of opposites is continually required to enable you to find your balance and, thereafter, to keep in balance.

## The Law of Expectation

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**W**hat you expect from your life you will receive. What you believe you can, or can't do, will manifest itself. What you doubt, have uncertainty about or create disbelief, your thoughts will create that as your reality. Purge your negative beliefs by identifying all your doubts, uncertainties and disbeliefs. Write them all down on paper. Read them out aloud. Bring all your fears out into the open so they do not "live" inside your belief system any longer. Having seen and heard that these fears are unrealistic and unfounded convince yourself that they are untrue and do not serve you any longer. Tear the paper into shreds. Burn the shreds, dispose of the ashes.

Now replace this vacuum in your belief system with the truth. Your clear intentions create this expectation. State your expectations out loud as many times as necessary. Write them down on paper. Keep the paper with you at all times. Visit and revisit this message often daily. Your new

belief system will be created sincerely when you can see your expectations as a picture, an image, a vision. That vision is part of you now. You and your expectations are one. Your expectations are now part of you.

First you believe it, then you see it, then you expect it, then it manifests itself into reality.

Once you believe it, then see it, then act on it - do not think about it - simply trust and allow your energy with all its unseen, unknown power to manifest it into reality.

Do not think, simply **TRUST** - **To Rely Upon Spirit Totally**

Do not think as this will create limitations. Believe it, see it, do it.

Know deep inside you "Believing is Seeing" - The expectation will create the reality.

## The Law of

# Faith

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**W**hat would happen to you right now if a miracle occurred and you knew with absolute certainty that God existed and you were part of God? Assume that you received confirmation that, without a shadow of a doubt, God is here guiding you, protecting you, loving you.

That God will give you everything you need to make you heal, grow and evolve into Being - a part of God.

That you now no longer had to fear anything, that you would not lose anything that was needed for your Higher Good.

That you could love everything and everyone for Who They Really Are, parts of God.

That every pleasure and every hardship you had to experience was for your Higher Good so you

could heal, grow and evolve into Being, a part of God.

If you could no longer have any fear and that you could know only love.

What would happen to you right now, and in every successive moment of now, if you believed this to be true?

Do you really want it to be true? Then live your life As If this were true.

Believe it; See it; Do it; Create it!

Believing is Seeing!

What do you have to lose? Is your life right now better than believing that God is here and you are part of God? That God is love and You are love?

Have faith that God is here with you now. That you are part of God. That God is love. That you are love - and see what happens to your life. Trust the process. Expect a miracle!

***MIRACLE - May I Recognize A Conscious Light Evolving.***





## The Law of

# Flow

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**E**verything is energy. The states of matter that are in existence depend on the frequency, or vibration level, at which that energy is vibrating. When energy is static its power level is low. When energy flows, at a regulated acceptable level, then it is very effective in all areas. When energy flows, at full speed, creativity as well as destruction and damage could result. The flow of energy that is most effective, most productive, most prosperous is when the outflow of energy matches the inflow of energy. No strain, no draining, no leakage of energy is experienced.

The flow of energy, at the correct level, enables blockages to be removed. These blockages were created when energy did not flow correctly. Balancing the flow of energy keeps everything at its optimum performance. This also applies to personal emotions, health, relationships, finances, work, love, friendship - and everything else that has meaning in your life.

## The Law of Forgiveness

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**F**or Giving is For Receiving is For Healing yourself now.

For Giving you the opportunity to correct a learning experience that you make. If you make a learning experience again, and again, and again, it's no longer a learning experience because you have not learnt from it. It's a mistake.

For Giving other people the opportunity to correct a learning experience that they made. Should they learn from that experience and not replicate their words or actions then it is easy to forgive and move on.

Your level of for giving yourself one or more opportunities will determine your ability for giving others one or more opportunities.

You cannot heal, grow and evolve without forgiveness of yourself and others. You decide

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whether you want to forgive and heal yourself or not. For giving is for receiving - your healing. It's your choice now.

The Law of

## Frequency

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**E**verything in the Universe is flowing, is in motion. Whether it is a solid, liquid or gas it moves, vibrates and travels in what is known as circular patterns. Frequency measures the motion's pattern as it oscillates, vibrates or creates waves a number of times for each selected unit of time.

Each thing has its own unique vibrational frequency. States of matter and energy are a reflection of the number of times something vibrates in, say, a millisecond. From heavy solid redwood trees to light or heat is only a function of vibrational frequency. To find out who you really are, at Soul level, where you emit a unique vibrational frequency that defines you, and allows you to be a part of God, you must BE STILL and KNOW THAT I AM GOD.

If you could become still long enough to allow your own unique vibrational frequency to align with you, in your stillness, then you will know

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God exists within You.

By allowing distractions, noises, television, radio, people, and all noises, to disturb that stillness, your unique vibrational frequency will remain a mystery to you. Once again it's your choice -stillness or noise - to know God or to know noise.

## The Law of Gender

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**M**asculine and feminine energies are universal. These two energies are united and that union is required to create anything on the physical, mental and spiritual planes of existence. The masculine energy directs itself to the feminine energy to initiate the creative process. The female energy, having received the male energy, then undertakes the creative work. This is a symbiotic relationship for any form of creation to take place - thought, words, deeds, action, light, heat, power, etc.

To truly create the balancing of the masculine with the feminine, energies must be expended to a point of stability, a point of equal balance. When this balance point is reached, the Soul knows and the person can act intuitively and create appropriate maximum performance solutions as they align with their Higher Self, the part of God, that they truly are.

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Honor and respect for the masculine energy, and for the feminine energy, is required before a true union can be formed to initiate creativity.

***RESPECT - Recognize Each Soul Politely Ensuring  
Correct Tribute***

## The Law of Giving

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**T**o give is to receive. Giving and receiving are the two opposite seats on the see-saw of life. Every relationship is one of give and take. Everything in the Universe is energy. Energy is continually being exchanged in the Universe as it flows from gas to liquid to solid, from solid to liquid to gas. The circulation, the flow of energy means that something or someone is always giving energy one moment in one form and receiving energy the next moment in another form.

The intention behind the giving, if it is to create happiness for the receiver and the giver, will ensure it generates increase. Happiness is expansive because it supports life and sustains life. It adds to, or increases, life. The giver also benefits from this expansiveness, this increase in life.

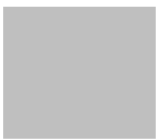
The Law of Giving says if you want to receive something first give it to others. The best way to



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get what you want is to help others get what they want. Giving and receiving, with the correct intention, allows the flow of energies in the Universe to provide for the Giver and for the Receiver.

For as long as you give you will be receiving.



## The Law of Grace

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**G**race is God's infinite way of giving mercy, healing, growth and evolvment. In colloquial terms "God's get out of jail free" card.

God will always give you what you need and not necessarily what you want (that's Ego's job!) God's grace can only be asked for when you have done everything, and We mean everything, in your power to learn the lessons you have created for your own healing, growth and evolvment.

When you have genuinely been the best you can be in learning and applying these lessons, then call upon God's grace to complete your healing and so propel your growth and your evolvment. It is said that this grace may dissolve your karma. However, you can be an instrument of grace by offering grace to others through your compassion, your empathy, giving unconditional love and forgiveness. These are the divine

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qualities that give grace.

You, as a part of God, can give grace to others in this way and so receive grace by giving it.

Grace will set you and others free.

The Law of

## Gratitude

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**G**ratitude means a great attitude! If you feel an abundance of thanks for something or someone then your Soul sends out the vibrational frequency of love and thanks. A thanks only comes from the lips. Love and thanks come from the heart, the Soul.

If you feel and can express heartfelt gratitude then you unlock the Universe's abundance treasure chest. You know this because when you receive gratitude and appreciation you feel worthy. When you give gratitude and appreciation to something or someone you feel self-worthy. Conversely, when you give, or receive, the opposite, judgment and criticism, you feel smaller, you feel unworthy.

The gratitude you feel and express when you realize every challenge you face has within it a lesson of healing, growth and evolvment makes you look forward to challenges with willing appreciation and gratitude for your opportunity

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to grow. Count your blessings, in appreciation and gratitude, and watch them grow.



## The Law of Healing

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**E**verything is energy. The vibrational frequency determines whether this energy is light or is solid matter, such as a giant redwood tree.

Where fear exists in your life it can manifest itself as a blockage in relevant parts of your physical body. This fear may come from this lifetime or past/parallel lifetimes. This blockage is restricting the flow of energy from performing at its maximum efficiency. When the circulation of your life force energy is restricted you feel imbalanced, out of sorts, ill, sick, sore, painful, incapable, non-functioning, near death. These blockages cause ill at ease feelings, dis-ease, disease, and possibly death.

Fear unresolved manifests as illness. Your thoughts create your reality. If you think you are sick, you become sick and remain sick. Your healing comes from love manifested as light. Your unconditional love of yourself prevents

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illness, alternatively, kick-starts your healing process by replacing fear with love. Your healing light, or the healing light brought from someone else, is stronger in its vibrational frequency than the illness, the blockage, caused from fear, which has a low vibrational frequency. This higher vibrational frequency obliterates the lower vibrational frequency.

Identify your fears, face them head on, but have "only love" as your weapon to defeat these fears. Stand in your integrity; say "What would Love do now?" Act and facing fears - do it - and watch these fears dissolve in the light of truth and love.

Pain is required for your healing, growth and evolvment. Pain is part of the process of healing. It identifies the blockage. It is intensified when the blockage is dissolved or removed and the absence of that pain tells you that you are healed. Come only from love, create the light of higher vibrational frequency, face your fears while standing in your integrity and see these fears dissolve, feel pain free and have an attitude of gratitude. Now count your blessings in appreciation, gratitude and in unconditional self love for your new found health. Believe you are healed. Believing is Seeing!

## The Law of Integrity

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**Y**ou are part of God. When you know, and remember Who You Are, then being integrated with God, you know your Integrity. Integrity means being integrated so that your thoughts, words, actions are a reflection of your highest intentions. This integration occurs through your mind, body, spirit, emotions, attitudes, beliefs and behavior.

Be in harmony with God; think, say and act "What would God/Love do now?" and then do whatever you please - you will always be standing in your integrity.

Your motives and your intent determine how you stand in your integrity. By acknowledging your weaknesses, your failings and having the motivation and intention to now stand in your integrity, drawing upon your inner strength, to be the best you can be, then you can integrate with your perception of God.



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If, on the other hand, through your motivations and your intentions you choose not to stand in your integrity; if you choose temporary sensory satisfaction at the expense of knowingly not standing in your integrity, then be conscious that others may be affected and offended by your choices.

The consequences of your choices are inevitable according to the way the Universe handles the Law of Cause and Effect.

In breaking spiritual law, the action itself is its own punishment, as it sets up the ripple effect of the consequences of that action. These ripples develop into waves and the waves become tidal waves. When these waves eventually crash against the "immovable" objects of your life, they prove to be very movable as they are swept along in the path of the breaking tidal wave.

At that point learning to stand in your integrity will assist in your healing, growth and evolutionary process.

Stand in your integrity - or fall for anything, anywhere, any-how, any-when.

## The Law of Intention

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**P**roviding you are standing in your integrity and what you want to manifest is for the benefit of mankind, not your own needs and wants, then your passionate intentions will release a force that will commence the manifestation process - so stand back, in your integrity, and watch out - for the creation of manifestation.

Intention is not simple desire - it is desire propelled by intent. The real strength of this intent is that it unleashes forces in the Universe propelling it towards manifestation - provided it is for the higher good of the Soul's journey and not merely to satisfy Ego's wants.

By unleashing genuine, passionate intention, the trust inherent in the process is that the Soul will provide needs, not wants (that's Ego's job). The outcome is assured so detachment to the outcome is required to ensure that the flow of energy creating the manifestation into reality is

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not blocked by consciously attaching expectations to whether the outcome will manifest itself or not.

Intention with detachment allows you to be present in the now. With your detached intent in the present, your intention for the future will manifest itself because the future is created in the present. Accept what is now in the present and intend the future.

Providing your intentions are honorable, passionate and beneficial to mankind, then trust in the process of creative manifestation as you remain detached from the outcome or results.

The Law of

Intentional

Creation/Manifestation

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**I**ntentional creation or manifestation is the conscious process of intentionally creating anything you choose to manifest itself in your personal reality. You are your own magician - out of seemingly nothing you can, with conscious intent, and detachment from results, create whatever you want. There is no judgment on what you create but there are consequences that follow your intent. For starters, your thoughts, visualizations, intentions, emotions, feelings, beliefs, behaviors, attitudes, clear expectations, words, deeds and actions must be aligned with what you intend creating.

The manifestation already exists in Spirit, now to bring it into reality in the physical: Declare your intention; although your five senses cannot validate the existence of the reality of the manifestation, as yet, you must know it is real

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and already exists; think about, focus on and pay attention to your ultimate objectives; determine how long, within reason, it should take to manifest this reality; your attitude is positive and great, it's gratitude, in advance of proof; you remain fully confident that you can do whatever is required to manifest this reality; your expectations are total success; you intend playing by the rules and standing in your integrity throughout the manifestation process; the clear vision of your intended creation remains your focus; you willingly take each step, one at a time, keeping your clear vision intact of your intended creation.

Each experience along the way is consistent with your stated intentions as you keep your eyes firmly on your vision; you feel and sense that intended reality to willingly be part of you; doubt, failure, uncertainty, disbelief and failure are not thought processes you will allow, and, failure is not an option. You are prepared to do whatever is required to manifest this reality; you do what it takes to get the job done. You trust the process as the Law of Intentional Creation enables the manifestation process to unfold. By doing what you need to do, by trusting the process, you remain detached from the results or the outcome. While you are taking the required steps, the Universe will manifest your intentional creation.

Your thoughts start your creation of your reality. Your total belief system enables this process to manifest by directing the universal energy to apply itself to unfold the Law of Intentional Creation as easy as it unfolds the Law of Gravity.

Believing is Seeing!



## The Law of Karma

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**K**armic Law is the result of choices we make, consciously or unconsciously and the cause and effect of the consequent actions that result. By unconscious choice, most times reactions, consequences result. By conscious choice, most times thought provoked responses, consequences result.

The Law of Integrity, whether obeyed or not obeyed, sets up the consequences of action both "good" and "bad" as a ripple effect which turns into a wave and ultimately a tidal wave. Obeyed laws create "positive" consequences and disobeyed laws create "negative" consequences.

Ultimately, all consequences are "positive". However, by first going the "negative" route to end up as "positive" could entail hardships, pain, healing, growth and evolvment in many lifetimes.

The Law of Karma says no debt in the Universe

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ever goes unpaid. Become a conscious choice-maker, seeking happiness for you and for all of mankind, generate actions that evolve your Soul through "positive" healing and growth.

Once again, it's your choice, this time your conscious choice, at all times your conscious choice.





## The Law of Least Effort

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**L**aw of Least Effort promises you effortless ease and care-freeness as you apply the principle of no resistance. Nature shows us how harmony and love allow nature to blossom forth effortlessly and if you can truly be Who You Really Are, a part of God, then the Law of Least Effort will unfold in front of you.

When your motivations are purely love based, your energy manifests itself and you can use this surplus energy to manifest what you intentionally want to create. By accepting this moment as it should be, by taking responsibility for how you feel, having the ability to change how you feel and by not defending your point of view, your energy is unlimited and if you now follow the path of non-resistance you will experience happiness and bliss as your life flows with effortless ease. Your intentions are released with detachment and trust in the process of the Universe to give you what you need when you need it -all in effortless ease.

# The Law of Love

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**LOVE** - *Let Our Vibrations Evolve*

**W**hatever rises will fall and whatever falls will rise again. Change is the only constant.

The Law of Love states that the highest vibrational frequency is God in infinite love. God is love. You are part of God, part of love. God is light. You are light. You are part of God. With the knowledge of the Law of Love no other laws are even necessary.

However, as you are on the physical plane and fear is present in a duality with love, it is necessary to produce all these other Universal Spiritual Laws.

Love conquers all.  
Love is.

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Love - your real existence - if you only knew, believed and remembered - your life's journey on the earth plane could be effortless and blissful. Your healing, growth and evolvment would be complete and you could really know you are part of God.

**LOVE** - *Let Our Vibrations Evolve*

Be love and become Beloved.



The Law of

# Manifestation

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**T**he Law of Manifestation is also known as the Law of Intentional Creation

## The Law of Meditation

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**P**rayers is about you talking to God, meditation is about you listening to God. To listen to God, first Be Still. Then allow yourself to still the chatter in your mind. Allow your mind's chatter to go on and on without any response or action from you. Let these thoughts simply go into the ether unanswered by you. Eventually, your mind will calm down and be still. Now listen, really listen, ensuring your breathing is regular -in and out, in and out, in and out. If you cannot hear anything, then simply relax and have no expectations. The stillness is your reward. Perhaps there will come a time in your regular meditations that you will feel something, or hear something, or see something, or sense something. Be still and know that I am God. Meditation opens up the doorway into bliss. Bliss is happiness without a reason to be happy.

## The Law of Miracles

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**MIRACLE - May I Recognize A Conscious Light Evolving.**

**M**iracles occur when consciousness enables the light to evolve. Miracles are common place in God's world of consciousness. The sunrise and sunset create miraculous artworks in the sky. However, because they are everyday occurrences they are taken for granted. Can you imagine if the sun only rose and set one day in every 50 years? How that day would be treasured and savored as a day of a miracle.

Your life is surrounded by everyday miracles. The perfection of you and how your mind, body and spirit works is a miracle of God's creation. The conception, development and birth of a baby is a miracle.

Your growth and development is a miracle. The ecological balance within the world and the

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adaptation of all earth's creatures is a miracle. How people transform themselves in consciousness from "bad" to "good" is a miracle. The healing, growth and evolution of you and others as you become part of God, the Source of all Miracles, is a miracle of transformation.

By seeing and recognizing the miracles evolving around you, you start to connect to the possibility that miracles are possible and you can manifest miracles.

Start to recognize the conscious light evolving within you, and people with whom you interact. Genuinely compliment yourself and them, for having the conscious light within and watch the miracles that emerge in your relationships with yourself and with those others.

Live your life in consciousness of light evolving then - Expect a Miracle!

## The Law of

# Now

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**Y**our breath is your life force. You cannot take a breath yesterday and you cannot take a breath tomorrow. You can only take a breath NOW. Each breath you take can only take place in the present moment of now.

The breath you took yesterday at some time you survived and the breath you hope to take place sometime tomorrow may, or may not, occur.

The only moment there is, is NOW. The only breath that has any significance is the breath you are taking now.

The only time that has any significance for your life's continuance is now. Yesterday is a memory and tomorrow is a dream. There is only NOW. Now well lived in conscious choice makes the memory pleasant and the dream potentially pleasant.

What choices are you making NOW, in the



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present moment of Now, to ensure your memories are pleasant and your potential future is pleasant? Accept what is NOW - not what was then and what may yet be.

Your only moment is NOW - make a conscious choice NOW.

## The Law of One

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**G**od is You and You are part of God. God comprises parts of all of you. God is One, ONE which is made up of parts of all of you. For God to be God, God must experience all of everything. Therefore, do not judge anything or any one, or what is or is not done, as God requires all these experiences. Your healing, your growth, your evolvment is your co-creation contribution to making God increase in Perfection. God is perfection, however, as God is unlimited so Perfection is also unlimited. Perfection can always be improved upon. There are no limits to your healing, growth and evolvment. As you evolve in co-creation so does God as you are part of God.

Whatever you do to you, or another, you do to yourself and to God, whether "good" or "bad". You are all One in your interconnectivity. You are all part of God. God is One. God is love. You are love. Be love. Be the part of God You Are - in your magnificence!

# The Law of Perpetual Transmutation of Energy

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**E**verything and everyone is only energy. With free will you can choose to change, to transmute, energy with your thoughts.

Your thoughts come from your perspective of situations, people and things. These perspectives are based on your judgments. These judgments are made from where you are standing at the present moment of now.

By learning not to judge, by accepting "What is Now", your thoughts change and more positive thoughts, based on greater understanding and acceptance, allow higher vibrational frequencies to consume and change previous lower vibrational frequencies of thought, which may have been more negative thoughts. This transmutation comes about by forgiveness of

others and sending them love.

By thinking negative thoughts you send lower vibrational frequencies to others negatively affecting all parties involved.

If you use your free will to change and transmute your thought patterns, based on forgiveness and love, you allow your vibrational frequencies of energy to increase as you evolve towards the light.



## The Law of Perspective

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**D**epending where you are standing, things always look different. If you stand right up against a mountain or if you stand a mile away from it, the mountain appears different. If you stand in your integrity then choices made consciously appear to be "right". If you stand in your lack of integrity, making a choice based on sensory perception, without being conscious of the consequence of your actions, then you have convinced yourself that that is the "right" choice.

Your level of consciousness will determine how you perceive the perspective of your choices. Everyone has a different perspective of reality. When you judge someone or something you do it from your perspective of "right" or "wrong". Your perspective of reality. If you were possibly shown a different perspective and if you were willing to listen and adjust your perspective perhaps your judgment would be different.

There is Divinity in everyone. You are all a part of God. Sometimes people mask this Divine perfection. If you want to have "the Proper Perspective" - God's perspective - then see the Divinity in all people and things. All is perfect according to God's perspective. Only man's perspective is distorted as judgment affects perspective. Acceptance of "what is now" and allowing things to be as they are opens the door to start seeing Divinity, the love of all people and things.

## The Law of Polarity

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**I**n the duality that exists there are two poles, or opposites, of everything. Polarity represents the two extremes of one "thing" which is the same thing. For example, temperature has polarity evidenced by hot at one extreme and cold at the other extreme. The temperature "thing" is the same "thing" and it is evidenced by two poles, or opposites, or extremes - hot and cold. Along this same "thing" degrees measure the perception of the attitude of the individual to what is considered hot and what is considered cold. Hot and cold mean different things to different people - so does rich and poor, love and hate, good and bad, etc.

What is important in understanding the Law of Polarity is the ability to understand the power of transformation. By choosing to change your perception and your resulting attitude you can shift your perception of someone or something from, say, "bad" to "good". This becomes your new reality now. By seeking a higher frequency

vibration of energy in this transformation process the previous lower frequency of vibration of energy gets replaced. "Bad" can become "Good", as an example. The choice made, the decision implemented automatically involves the Law of Cause and Effect - reaping what you sow - depending on the choice made in your responses. You can raise your vibrations and positively change others.

To make a choice for changing your perception and your attitude towards something or someone by transmuting and bringing about healing, growth and evolvment for you as you interact with others, stay balanced, focused and detached from the results.

Once you have opened the door to this transmutation process then forgiveness, love and compassion become your new companions on your journey through life.





## The Law of Prayer

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**W**hen you pray to God do not want. God knows what you need and will always give you what you need for your Higher Good. This may not be what you want!

Do not say God, I want so and so. You will always be receiving "wanting", you may never receive "so and so". Rather thank God, in advance, for "so and so". If it is for the need of your Higher Good it has already been created in Spirit and by thanking God for it you enable it to be manifested on earth.

Trust God to know what you need, by thanking God for it, then prepare yourself to receive it. Detach yourself from the results. Have faith that God will provide your need if in God's wisdom you do need it. Upon its manifestation, thank God for it.

If your request, and thanks for "so and so" did not manifest itself, know that everything

happens for the best - it is simply a function of time until you find that out in your life's journey. If you do not get what you requested and thanked God for, then have faith and thank God for not providing it now. God knows what is best for you. Have faith. Trust God and remember to row away from the rocks!



## The Law of Process

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**Y**our process in your life's journey is step by step.

**STEP** - **S**uccess **T**reasures **E**nthusiastic  
**P**ersistence

Step by step, inch by inch, moment by moment ants build an anthill. Come rain, come shine, step by step, inch by inch, moment by moment - and after a while the anthill is complete.

The first step in the process of your life is creating a goal for you. What inspires you, what are you passionate about, what excites you, what touches your heart?

The Next Step - is to ask yourself: Are you prepared to put in the effort and the sacrifices that require commitment to your goal?

The Next Step - is to make sure you are committed to risk your all, to persist through

fear, doubt, discouragement, discomfort, routine, boredom and frustration.

The Next Step - is to discover if you have got what it takes to draw upon your inner strength when the going gets tough to find out what you are really made of.

The Next Step - are you prepared to find out Who You Really Are - to find out how strong and magnificent you really are, how powerful beyond any self imposed limits you really are.

The Next Step - is to acknowledge that people rarely ever fail; they only stop trying.

The Next Step - Are you now ready to take your first physical step with enthusiasm knowing what your goal is but focusing only on your next step, then the next step, and so on.

The Next Step - You will need discipline and patience as you persist step by step. Your enthusiasm grows into persistence and dogged determination - step by step.

The Next Step - Step by step you need the process, the patience, the persistence to reach any goal.

The Next Step - Before you even reach your goal,

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which is only a momentary satisfaction of accomplishment, you begin to realize, step by step, that the victory is in the process. The reward is also the journey not only the goal.

The Next Step - When you reach your goal, you realize how you limited yourself and you create another goal, the journey never ends.

The Next Step - You become aware that the reward is not WHAT you do - it's HOW you do it - step by step.

For every step - Trust the Process - Step by Step

## The Law of Projection

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**E**verything you see outside of yourself is a projection of how you feel about you projected onto someone else or something else. The other person or object is holding up a mirror for you to see yourself and your inner feelings about yourself, more clearly.

You project your fears onto the world. You project your love onto the world. By projecting yourself onto something or someone enables you to shift your responsibility to them. Take responsibility for yourself, then act on it. Heal, grow and evolve by taking responsibility for yourself.

When you think something "bad" about something or someone look inside yourself to find what you feel "bad" about yourself and choose to change it if you so desire. When you think "good" about something or someone look inside yourself to find what you feel "good" about you - and then congratulate yourself with praise in your growing self worthiness.

## The Law of Prosperity

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**P**rosperity is often misdiagnosed as financial wealth. How prosperous is the wealthiest person on earth who has a life threatening disease? Certainly he can throw all his money at keeping him alive but if it is to no avail how prosperous is/was he? How prosperous was Mother Theresa as she lived and worked amongst the poorest of the poor?

How prosperous does a beggar feel when handed a \$100 note?

How prosperous does a billionaire feel when he wins \$100 in a wager?

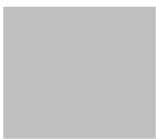
How prosperous are the parents of a new born baby?

How prosperous does a person feel when the tests show the cancer has disappeared?

Prosperity is not financial wealth. Prosperity is an attitude of consciousness. Wealth consciousness

or poverty consciousness does not depend on your bank balance - it depends on your gratitude - your great attitude.

If you can willingly give the little that you have, knowing that, in your heart, God will provide you with all your needs, then your prosperity knows no limits because you know you are part of God -and God knows no limits. Then you have wealth consciousness and you know prosperity.





The Law of

## Pure Potentiality

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**G**od is pure potentiality. God knows no limits. Potential is unlimited. Its only limits are the ones you impose through your fears, doubts, uncertainty, lack of faith, lack of confidence.

If, in your fear, you need to surround yourself with your Ego's wants; money, prestige, power are some examples here, then what happens to you when the objects disappear? If in your love, in your faith, you know that you are part of God, that God will provide all your needs when you require them, then you are unlimited in your potentiality.

If you would know God and develop your relationship, then act "As If" you were part of God, which you are but do not re-member you are a member, a part, of God.

Talk to God through sincere genuine prayer. Listen to God through meditation by learning to

Be Still and know that I am God. Act like God, do not judge, do not control, do not manipulate - simply BE LOVE. Think, act, do, say in every conscious moment of choice "What Would God/Love Do Now?"

You are unlimited, know only love, there is no need to fear, know that you are part of Pure Potentiality.



## The Law of Purification

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**I**n your understanding, know that you are part of God, a member of God, as you start to remember God, you realize that choices you made before now have not always served you well.

In the past you have thought, said and done things that do not suit you now. These things cannot be retracted but they can be forgiven.

So, firstly, forgive yourself sincerely knowing now that you will not make those choices again, now that you are a conscious choice-maker, consciously aware of being part of God. Thereafter, with regard to other parties you may have negatively affected, whether the affected parties are on the earth plane or in Spirit, ask for their forgiveness of your choices which may have adversely affected them. You simply have to genuinely ask for their forgiveness. Whether they can find it within themselves to give you forgiveness is their issue - not yours.

Now that you have identified the choices you made that you have forgiven yourself for and asked other affected parties to forgive you for, then write these issues down on paper, so they come from inside to outside of you.

If possible, and providing it can be safely done, burn this paper, possibly in a pot on the stove, and flush the ashes down the drain with water or alternatively bury them in the earth.

Fire, water, earth and air are all great purifiers as you release this negative energy from you.

As you search to re-member and become part of God, you become more and more enlightened. Any dark spots still on you or new ones you attract will be much more easily seen now that you are becoming more enlightened. The bigger your light, the bigger the shadow behind you. Your conscious choice-making has "raised the stakes" as you continually have to deal with dark issues that are so much more transparent and visible, for all to see, when you stand in a much brighter light.

The process of purification is ongoing until you reach perfection - and then earth no longer requires you as you have come to earth to heal, grow and evolve! In your process of purification

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seeking ultimate perfection, you have become part of God. Re-Member.



## The Law of Purpose

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**Y**ou have chosen to come to the earth plane for a purpose. At Spirit level there was one, or a number of issues, that your Karma identified as having to be balanced. Perhaps you came here to learn how to forgive, perhaps you came here to teach, perhaps you came here to learn how to give love to unloved orphans, etc., etc.

You can identify your purpose by what you do when you lose track of time. What you do when your passion takes over from your logic and you "fly" as you get "high" with passion and enthusiasm for the task at hand. This way you can find out what it is that you are here to give. When spontaneously you say "How can I help?", when you have discovered your purpose, when you are helping others, when you feel passionate and time has no meaning, when you feel "high" on life, then know you are becoming part of God - as you Re-Member your purpose for coming as a Soul into a body on earth.

## The Law of Reflection

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**H**ow are you feeling? Remember feelings are the language of the Soul and the Soul always stands in its integrity. So how are you really feeling about yourself? Want a clue?

What reflections of other people and other things are affecting you? When something irritates you about a person or an object identify what is really irritating you about them or it. Now look deep inside yourself and identify that irritation inside of you.

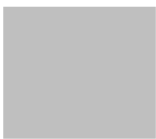
Conversely, when you are with someone who makes you happy to be alive or you see an object you really admire look deep inside yourself to see what it mirrors to you that you like about yourself.

The reflection that you have identified you cannot change in the other person or object. You must change it, if it irritates you, inside of you. If

it pleases you, you must enhance it inside of you. You cannot change anyone else - only you. When you look in a mirror and your hair needs brushing, do you brush the hair on your head or the hair in the mirror?

Everything is a reflection if you open your eyes to empowering yourself at Soul level.

Look for the reflections and see what they teach you about you. By wanting to expand your consciousness and choosing to expand your spiritual growth, see the reflections as your continual growth opportunities - see these reflections as fascinating, exciting openings to become Who You Really Are as you strive to Remember you as part of God.





The Law of

## Reincarnation

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**A**s a child, if your parents asked you to clean up your room - "It's a mess!" - and you didn't, what happened? There were consequences and eventually you were forced to clean up your room. Alternatively, if your parents cleaned up your room for you, well how did that impact on your life when you were older? Did your parents clean up after you made mistake after mistake - even in your middle-age?

If you left the mess, you didn't clean it up and nor did they, nor did anyone else, how "messy" has your life been as you got older? It's your mess so you clean it up now - or later!

The Law of Reincarnation allows your Soul to return to earth, in another human body, male or female, rich or poor, well or ill, any specific skin color, religion or intelligence level. This return to earth is to enable you, as your Soul, to resolve any unresolved or incomplete issues from your last, or other previous, lifetimes on earth. Earth

is a laboratory where lessons come as experiences. Reincarnation is your Karma's way of perfecting the lessons your Soul has chosen to learn.

The desire to reincarnate is to repay past debts, to redress imbalances, to increase self-worthiness, to learn about emotional responses, physical sexuality, vulnerability, humility and many other lessons only available to be learnt on the earth plane. In addition to helping others, teaching others, serving others and to show others the way to enlightenment also motivates a Soul's choice for reincarnation.

Each lesson has as its center the ability to choose love as its solution. The free choice, or free will, in each allows thoughts, words, deeds, actions to manifest into physical reality. Karma is attached to these conscious or unconscious choices.

Reincarnation can be termed "learning to say you are sorry" and putting your words into action - lifetime after lifetime - until you prove it through your actions.

Ultimately, when you are love, become love, become Beloved and Remember and act as the part of God You Really Are, then your need to reincarnate is over and you move onto higher

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planes within the Universe as you go towards the Light.



## The Law of Relativity

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**I**n the bigger picture, everything is related and it all fits together like a great mosaic or great jigsaw puzzle. After all, everything is One. When presented with a lesson which appears to be a problem, if the meaning you give it is a victim reaction "Why me, others deserve this not me?" then the reaction you choose may retard your spiritual progress.

If, on the other hand, if the meaning you choose to respond with is "Well this is a tough assignment, when I complete it I will really have grown spiritually", then your relative choice, made in consciousness, will quickly advance your Soul's journey towards enlightenment.

Each lesson presented to you is unique for you. It cannot be compared to or judged by anything or anyone else's position or journey. That judgment or comparison is not relevant to your current situation.

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If your approach is "What am I to learn from this and how will it help me grow spiritually?" then the meaning you give it is not in relation or comparison to anyone else.

If you won the lottery, would you say "no that's not fair, give it to him over there". If you suffered a bad accident, would you say "no that's not fair, give it to him over there"?

You get what you need for your healing, growth and evolvment of your Soul on its journey towards enlightenment.

Make your conscious, relative choices from your Soul not your Ego for your spiritual growth.

The Law of

# Responsibility

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**W**hatever rises will fall and whatever falls will rise again. Change is the only constant.

Responsibility - the ability to respond. Please note, not the ability to react. Responding is a conscious choice, reaction is an unconscious choice.

You are never given anything you need for your healing, growth and evolvment that you can't handle. Challenges are sent to you to see if you have, or can develop, the ability to respond.

The Universe respects you and honors you with opportunities, sometimes incorrectly seen as problems, to enable you to develop your responsibility - your ability to respond.

You are not responsible for anyone else. Their ability to respond is also being tested. If you respond for them how will they heal, grow and

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evolve. You dishonor them by responding for them.

Your true responsibility towards others is to empower them by encouraging them to grasp the opportunity presented to them so they have, or develop, their own ability to respond for their own issues.

By taking responsibility for yourself you ensure that you are fit and healthy emotionally, physically, mentally and spiritually. If you are in that space, fully fit and healthy, and you have surplus energy, then you may help others empower themselves to learn to be responsible.

You are not responsible for protecting people from their feelings. Stand in your integrity and honestly express your feelings as you take responsibility for yourself. By honestly expressing your feelings, you allow others to grow in responsibility as they hear and then feel their reactions and responses to what you are feeling about them.

By taking responsibility do not blame others or project your negative feelings onto others. Take total responsibility for your life.

## The Law of Rhythms

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**R**hythms create renewal and depletion in a continual ongoing cycle. For every high there is a low as the pendulum moves from side to side rhythmically.

Your unconscious reactions and conscious responses determine how you handle the various stages of the cycle emotionally, physically, mentally and spiritually.

By acknowledging the highs but not depleting your energy in over-enthusiasm, you can handle the lows better when depression drains your energy levels. By emotionally detaching from all results by not over investing energy, or under-investing energy, you can walk the middle path in gratitude always and all ways. In this way you can overcome the swings of the pendulum from highs to lows from lows to highs, and so on.

Renewal and depletion are necessary - do not resist them but rather allow them to flow. Have



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awareness that, as in the Law of Cycles, "This too shall pass", so benefit from what each stage of the cycle has to offer, as you walk the middle path using your energy efficiently throughout. Inflow balances outflow for maximum performance of energy.

## The Law of Success

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**W**hen you get your energy flow right you gain success, as success is followed by success. This energy flow becomes successive. When you are experiencing success, you get into a space, a zone, that allows the energy to flow effortlessly without resistance.

This success comes when you believe in yourself, acting in the highest good for everyone, not only yourself, and you are doing the best you can as you stand in your integrity. When your vision is resonated by the vibrations of your thoughts and actions then success will flow.

Success is non definitive. To some people it is to win the highest award achievable in your environment. To others it is to get out of bed successfully as depression tries to pull you back to bed. The meaning of success is unique to each person. It can be measured by the feeling of satisfaction and fulfillment you have depending on your expectation levels. True success comes

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when you empower yourself, and others, achieving the goals you set yourself, as you stand in your integrity during the entire process.



## The Law of Surrender

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**T**o surrender does not mean putting your hands in the air and flying a white flag, it is not defeat, giving up or failing. To surrender is to be wise. It is wise to accept the flow of life's energy rather than resist it. To surrender is to accept "What is now" unconditionally and to give up, without any reservations whatsoever, any inner resistance to "What is now".

By making a conscious choice at this moment, and in every present moment of now, to fully accept that the present moment is as it should be, then by surrendering to this knowledge you are more powerful than you could possibly believe. By not judging the present moment of now but by accepting it and offering no resistance to what is now, you show tremendous faith in God and other Unseen Entities. This allows you to be in a state of grace, easy flow and enlightenment. Whether things are perceived "good" or "bad" is not material in this

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state of grace. Things are what they are and, eventually everything happens for the best. You can truly let go and let God - but make sure you row away from the rocks! By surrendering to "what is now", in this state of graceful surrender, you can see clearly what action needs to take place and by doing one thing at a time, step by step, inch by inch, moment by moment, as illustrated in the Law of Process, you accomplish what needs to be done, in your surrendered state.

The energy released in a surrendered state is a powerful, healing energy. This energy propels your healing, growth and evolvment. Surrender to discover how powerful You Really Are.

The Law of

# Transcendence

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**A**s Guides, we are not on the earth's plane and We can see the "Bigger Picture" of the Soul's journey. It is possible for you to learn through numerous Universal Spirit Laws to also see some of the "Bigger Picture" as it concerns you.

Let Us illustrate with the term "Universal Spirit Laws". Here some people will focus on the word laws. Their laws must be obeyed or else! By fixating on obeying the laws, or else, you might miss the more important understanding that it is the Spirit in which the laws are done, which is more important than the laws being obeyed. If the Spirit is one of love then the laws are all easy to implement. In many religions traditions have evolved and become laws. If the Spirit in which these traditions are undertaken is one of love then they are willingly done. If, as may be the case, that social peer pressure and fear of rejection by the community is the motivation behind the undertaking of the tradition then the

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law is being implemented but not the Spirit of the law.

In the Law of Reflection, by looking for the mirror of what is being reflected back to you by other people and things you can start to look past the obvious and transcend to begin to see the "Bigger Picture".

In the Law of As Within So Without, what you feel inside you is projected to people and things surrounding you.

To help you transcend, We recommend you look at other Universal Spiritual Laws and find how your desire to gain transcendence to see the "bigger picture" can be propelled by implementing the Spirit of certain of these laws.

In the Spirit of your journey of self discovery may these laws help you transcend to greater enlightenment.

## The Law of Truth

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**M**an's search for the truth has taken him down many interesting and strange pathways over the years. Man's desire to find the truth has, in many instances, been man's desire to define the truth for his benefit. Man's beliefs change and man assumes that those beliefs are the "truth". So man assumes the truth also changes.

To define truth, it may be wise to understand what is not truth. When all the things that are not truth are taken away then truth lies bare to be defined.

***TRUTH - To Rely **U**nto **T**he **H**eavens***

***TRUTH - To Remember **U**nconditionally **T**hrough **H**ealing***

***TRUTHS -To Reflect **U**pon **T**hy **H**igher **S**elf***

***TRUTHS - To Record **U**nto **T**hy **H**igher **S**elf***



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Can one army believe it is a truth that God is on their side? What God of love can support an army intent on killing people, who are Souls, which Souls are part of God? God is not suicidal, wanting to support the killing of parts of God.

So there is only one Truth - God is Love.

God is love in genuineness, faithfulness, honesty, exactness, correctness and righteousness. God is worthy of Trust. When you, as part of God, are love then you are being truthful. This truth is unchanging, indestructible, eternal and infinite.

There are those who know the truth but are not truthful in their behavior. There are those who love the truth but even this love can be spurned when unconscious choices dominate. There are those who delight in the truth, they embody the truth within themselves. These people are the truth, be the truth and can see the truth. They are the ABC of the truth. These people have healed, grown and evolved to become enlightened and have taken their rightful, truthful place as part of God. These people, in their truth, are love; be love, see love - the ABC of love in their truth.

The Truth is God is love and you are part of God - now you know the Truth.

The Law of

## Vulnerability

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**V**ulnerability is your greatest strength. When you become vulnerable, when you expose your deepest secrets, when you show someone else that you trust them with everything you hold valuable, then you allow them to show you understanding, compassion, empathy, forgiveness, love and trust.

Inherently everyone wants to be loved, respected, admired and trusted. This is Who They Really Are at Soul level.

By being truthfully vulnerable, not through manipulation and control, but by being open and honest, you allow people to show you their true selves, at Soul level.

This trust creates true friendships. By becoming vulnerable, you do not have to expend most of your energy protecting the masks and facades your Ego has created. You can use that energy correctly, creatively, meaningfully to become

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Who You Really Are at Soul level.

When you show your vulnerability, you allow you and others to become the best that all of you can be. Now that inner strength of you, and others, at Soul level is your greatest strength. So vulnerability becomes your greatest strength as you allow Soul to replace Ego in your life.

