

The UNIVERSAL SPIRITUAL LAWS

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The Spiritual Laws are split into four categories, the first being 'The Basic Laws of Life'. This set of laws consist of: The Law of Attraction, The Law of Request, The Law of Resistance, The Law of Reflection, The Law of Projection, The Law of Attachment.

The second set of Universal Spiritual Laws are 'The Laws of Creation'. These consist of: The Law of Attention, The Law of Flow, The Law of Abundance, The Law of Clarity, The Law of Intention, The Law of Prosperity, The Law of Manifestation and The Law of Success.

The third set of Spiritual Laws are called the 'Laws of Higher Awareness'. These laws are: The Law of Balance and Polarity, The Law of Karma, The Law of Reincarnation, The Law of Responsibility, The Law of Discrimination, The Law of Affirmation, The Law of Prayer, The Law of Meditation, The Law of Challenge.

The fourth and final set of Universal Spiritual Laws are the 'Laws of Higher Frequency'. These laws consist of: The Law of Frequency or Vibration, The Law of Miracles, The Law of Healing, The Law of Purification, The Law of Perspective, The Law of Gratitude, The Law of

Blessings, The Law of Decree, The Law of Faith, The Law of Grace and The Law of One.

The Basic Laws of Life

The Spiritual Law of ATTRACTION

“To better understand the Law of Attraction, see yourself as a magnet attracting unto you the essence of that which you are thinking and feeling. And so, if you are feeling fat, you cannot attract thin. If you are feeling poor, you cannot attract prosperity. And so on. It defies Law.

The more you come to understand the power of the Law of Attraction, the more interest you will have in deliberately directing your thoughts—for you get what you think about, whether you want it or not. Without exception, that which you give thought to is that which you begin to invite into your experience.”

The first Law of the Universe is ‘As above so below’.
‘Peace within leads to peace in your life’.

Your body is a mirror of your deep, often unconscious, inner feelings. This law applies to the physical body. Inner feelings are reflected in the way we build our bodies.

· If we feel emotionally or sexually vulnerable inside, we may develop a protective layer of fat over our abdomen and hips, as these are the places where we hold our emotions and sexuality.

· If at an inner level we feel un-loveable, we may build a big chest to protect our heart centre. ie. muscle/body builders with muscley chests are often hiding feelings of vulnerability. A woman will unconsciously build big breast to indicate her need to nurture or to be nurtured.

· If we feel deep inside that we must shoulder the responsibility for our family or even the world, we build ourselves big shoulders. If, on the other hand, we have no intention or desire to carry responsibility, we build sloping shoulders that allow burdens to slip off.

- If you have a pain in the neck, ask yourself, 'Who or what am I allowing to be a pain in the neck?'
- A pain in the backside - 'Who is the pain in the backside?'
- A pain in the heart - 'Who am I allowing to hurt me?'
- Indigestion - 'What experience can't I assimilate or stomach.'
- An ache - 'Who or what am I aching for?'
- Unable to hear clearly - 'What don't I want to hear' or 'Who don't I want to listen to?'
- Stiff hips - 'How can I change my attitude to moving forward?'
- Anything on the right side of the body mirrors attitudes to do with the masculine, men, the future or our career.
- The left side reflects the feminine aspects, our attitude to women, the past or our home life.
- Our animals will reflect your inner qualities back to you. If your animals have seemingly different characteristics, each one is representing a part of your personality – that is why it has come into your life.

'As soon as you are ready to ask for help you are ready to receive it. You are ready to accept the wisdom that goes with it. Then the higher powers will align themselves to help you.'

You unconsciously transmit your energy out to the Universe. Some of your qualities are magnetic and others repellant. You have drawn towards yourself everyone and everything that is in your life.

In regards to the people in our lives, we attract these which represent something about ourselves, be it good or bad, positive or negative. People who do not resonate with our energetic frequency are not attracted to us.

The vibration you emit is made up of your conscious and unconscious energy – some repellant, some magnetic, some neutral. The underlying law is 'like attracts like'. We attract into our lives people and situations that have similar vibrations to our own.

Negative qualities such as depression, neediness, selfishness, desperation, greediness, unkindness or thoughtlessness transmit on a low frequency. If we have these elements in our personalities we will magnetize someone with similar energy into your life.

Positive qualities such as love, happiness, kindness, delight and generosity

transmit on a higher frequency energy and magnetizes people with similar energy into your life.

Look around you and note the characters around you in your life. They are in your life for a reason.

Our underlying beliefs attract situations and people to us. If you have a belief that you are not deserving, you will attract people into your life who mirror that belief back to you by treating you badly.

If you believe that you have to serve others, you will attract people who need to be looked after in some way.

If you believe that no one could possibly understand you, you will magnetize and attract people who do not understand you.

The person who keeps drawing the same type of person into their lives is continuing to broadcast the same message.

The Law of Attraction works on many levels. If you are out of harmony with life you may attract food which disagrees with you.

If you think self-critical thoughts then you are taking little swipes at yourself. If you are burying rage you may draw in attack. If you feel you do things because you feel you 'should' or feel obligated, then you are in bondage. You will attract situations and people that keep you bound. If you think negative thoughts you will attract negative people and situations. If you are sending out positive energy, you will attract help when you need it.

The inner attracts the outer. If something in your outer world is not what you want it to be, look inside and shift how you feel about yourself. You will then automatically attract different people and experiences to you.

Do not send out negative energy and wait for a disaster to be magnetized towards you. Send out positive energy and wait for a miracle to be drawn towards you.

The Spiritual Law of REQUEST

Under Spiritual Law, if you want help you must **ask** for it.

The Law of Request teaches us to **ask** when our souls are ready, with clarity and intention. It is our personal responsibility to ask for the things we need in our lives.

With the Law of Request, we are NOT to impose ourselves upon others. If you push yourself upon someone who hasn't asked for your help you help you prevent them from sorting out their own situation for themselves, hindering their own learning process. Also, when you force your help or advice on to someone, you bear the karma if it goes wrong.

It is considered bad manners to rush in uninvited and most likely your help will be ignored or unappreciated. Of course, if someone is drowning you help! You guide the blind and comfort the sick and bereaved. However, if you feel upset by the mess someone has got themselves into, it is your stuff. It is an indication that you need to look at yourself rather than rescue someone else.

If you are involved in a difficult situation at work or in your career, the experience and learning you gain from dealing with the problem and overcoming it may be the perfect stepping stone you need to move you on in your career. It teaches you new skills and prepares you for promotion. You wouldn't appreciate it if someone leaped in and took over without asking permission as that would be interfering and it would block you from being ready for a better job.

In the spiritual realms, no angel, Spirit Guide or Higher Being is able to interfere with your life choices. Instead, they will stand by with patience and compassion and watch you making a mess of your situation if that is what you need for your spiritual growth. They will though, save you from serious accident if that is not your karma or designated life experience, and even

death if it is not your time or right Exit Point. Not only is it spiritual bad manners for them to interfere but it also stops you from learning your life lessons from the experience.

There are times when it is appropriate to ask for help from your Spirit Guides and angels. As soon as you are ready to ask for help, you are ready to receive it. You are ready to accept the wisdom that goes with it. Then the higher powers will align themselves to help you.' The answer most often lies in the question and the more clarity you have in your question, the fuller the help you will receive.

Some people are constantly crying out, 'When, what, how, why?' They want to know the answer to one question after another. But these are demands rather than questions. They come from a place of desperation and neediness, rather than a centered open place. The person who is steadfastly walking the spiritual path goes within to find answers. As soon as you are ready to know something, the 'teacher' will appear to provide it. This may be in the form of a book, a person, a television program or a magazine article.

'The Universe is waiting to help you all you have to do is ask.'

The Spiritual Law of RESISTANCE

Every time we focus on something we are 'calling' it towards us. With our thoughts and beliefs we invite people, situations, experiences and material things into our life. When they arrive, if we do not really want them, we try to push them away.

Many people invoke the Law of Resistance without being consciously aware that they are doing it. Your unconscious mind and the Universal mind work similar to computers. You cannot tell a computer 'not' to bring up a certain file if you have clicked on it, as it cannot accept negative instructions. It will assume you DO want that file and bring it up.

Your conscious mind can discriminate between a negative instruction and a positive one - but your unconscious mind is fully engaged cannot tell the difference.

If you think a thought or make a statement often enough it will access your unconscious mind. Some people have illness in their lives because they 'resist' illness. If you are continuously thinking 'I don't want to be ill', the word 'ill' filters constantly into your unconscious mind ... making you ill.

'Don't', 'can't', 'won't' and 'not' are words which invoke the Law of Resistance. For example, the thought 'I won't ever find a perfect partner' resists the perfect partner; 'I don't want to be poor' brings about poverty; 'I can't live in that awful house' keeps you living in that awful house; and 'I won't ever be like my mother' ensures that you will become just like her.

On the positive side, statements such as 'I am healthy'; 'I deserve a perfect partner'; 'I welcome riches'; 'I live in a beautiful home' bring that energy towards you.

"Never resist failure or poverty. Instead attract success, wealth and abundance. Always embrace the positive rather than resisting the negative."

The Law of Resistance is triggered by 'victim' consciousness. A victim is someone who blames others for their fate, believes the world owes them, and they generally feel sorry for themselves. When someone is thinking 'Poor me' or 'I am so unlucky' they are being a 'victim' who is resisting abundance and generosity. If someone is blaming another for what is happening in their own life, then they are a 'victim' who is resisting taking personal responsibility for what they themselves have created.

When we feel angry or guilty we resist the joy of life and the magnificence of 'Self'.

The Spiritual Law of REFLECTION

The mirror of the Universe is so honest and accurate that your deepest secrets show up in the reflections you see of yourself. Every single person and situation in your life is a mirror of an aspect of yourself, good or bad, positive or negative. When the Universe presents us with someone or something in life, this is a mirror. The **Spiritual Law of Reflection** reminds us to look in the mirror and change ourselves.

The more a characteristic in someone else bothers you, the more your soul is trying to draw a reflection to your attention.

If the Universe really wants to draw your attention to something, it will give you three (3) mirrors to look into at once.

Water reflects what is happening to your emotions or spirituality. If your emotions are 'leaking', then this is telling you that you have unshed tears or unresolved emotional issues and this will manifest itself in leaking or dripping taps and the like. Rivers, lakes and oceans carry the emotional and spiritual life-force of an area. Water also symbolically washes and purifies.

Fire is hot and bright. A fire in the hearth or campfire may indicate a peaceful, comfortable, warm centre. A rampaging bushfire reflects the anger and hostility of all those affected by it. Fire is also a transmuter of negative energy.

Earth is solid, but can change form. If you get stuck in the mud it has something to tell you about where you are at in your life. An earthquake tells you that the foundations of your life are not as secure as you may have thought. From Earth there is new growth.

Air is energy. Air represents communication and new ideas. A hurricane or strong winds blow away outmoded thinking from an area, and heralding the new.

Your car also represents aspects of you. If your brakes fail it may be a warning for you to stop something you are doing.

The lights don't work - can you see where you are going in life?

The paintwork is scratched and battered - are you feeling dented or

battered?

Flat tyres - are you feeling deflated or is someone letting you down? Are you letting yourself down?

The horn doesn't work - maybe it is time that you speak up for yourself.

Flat battery - are you feeling flat; have you run out of energy?

Gears - gears facilitate the movement from one speed to another. If your gears are grating this could be indicating that you may have trouble making a move in your life.

Animals reflect the qualities and characteristics of their owners. A well-disciplined, good natured, friendly dog reflects an owner you can trust and feel comfortable with. A wild, savage or noisy dog will warn you to be careful of its owner, even if your impression is of a gentle person.

Whatever comes into your life, look into the mirror and see what it has to teach you. Once we understand the Law of Reflection we can expand our spiritual growth by looking at what life is telling us.

The Spiritual Law of PROJECTION

All aspects of ourselves are reflected back to us. All that we perceive outside self is a mirror of something within. Therefore, everything that we see outside is a 'projection'.

We project our energy, both positive and negative, onto other people and assume it is within them, often denying that it is within us.

Every time you say the words 'you are' or 'he is' or 'she is/he is', you are projecting something of yourself onto someone else.

When we assume that someone else feels as we do, it is a projection. For example, statements such as 'you must feel awful about that', or 'you must

be so happy ...' are both projections. You are putting your feelings on to the other person.

We project our fears on to the world. It is more comfortable to imagine that someone else has the qualities we wish to deny are within ourselves.

'When one witch warns you that another witch is evil –
Beware the witch who warned you.'

'It takes one to know one.'

'A pot calling the kettle black'.

If you burying your hostility and express it as passive anger, you will project hostility on to those around you and will imagine that people are aggressive whether they are or not. You will selectively imagine angry or threatening attitudes where none are intended or expressed. Those who project their hatred/anger/rage think everyone is out to get them.

We project our insecurities and our sexuality on to others. The person who is paranoid about the morality of others is projecting their own underlying immorality.

Someone who suspects that all around him are cheating him is projecting his inner cheat. As a consequence he may attract cheats into his life.

Someone who accuses their partner of being unfaithful is projecting their own lack of faith in the relationship.

On the positive side, we also project our gracious, powerful, beautiful and brilliant qualities on to others. Every time you think or say good, positive things about people, you are projecting your own qualities within.

We project our love on to others. A person who is kind will imagine that all around them are also kind, and will attract this energy into their life.

Projecting yourself on to someone else prevents you from taking responsibility for Self. Most people do not even realize that what they are saying is actually within them. It is a powerful form of denial.

The Spiritual Law of ATTACHMENT

You can have anything you wish in your life - but if your sense of self-worth or your happiness **depends** on having it, then you are 'attached' to it.

Whoever or whatever you are attached to, can manipulate and control you. Cords are formed between people who have unresolved issues between them. Every time you send thoughts or words of anger, jealousy, hurt, envy or need to someone, you manifest a tiny thread which attaches to them. An occasional thought may dissolve it, but if you consistently send negative feelings out, the threads will form ropes or cords. These will remain and bind you together, until they are released.

In subsequent lifetimes the cords will reactivate and draw you inevitably towards those with whom you have unresolved issues. This is to enable the soul the opportunity to do things differently. We can be attached to things or objects. Negative energies such as greed, pride, envy and need can send huge cords to objects like houses, cars, bank balances and jobs. This is why it is called 'the trappings of wealth'.

You can, of course, have a beautiful home, a great job and a lovely car to drive - but, if you **need** to live in that beautiful home and you **need** to drive that fancy car to give you status or security, it then becomes a 'trapping'.

In regards to relationships, you are entitled to enjoy a wonderful, loving relationship with a suitable partner.

Neediness though, cords you to your partner with the result that you are pulled to and fro emotionally (and psychically). Co-dependant relationships enmesh you in cords so that it is difficult to feel objective about the relationship, or to leave your partner. You are bound.

When a parent becomes bound to their child it becomes difficult to release them into adulthood. A child may be so attached to a parent that it is difficult to form and maintain mature, adult relationships with a partner.

Attachment is 'conditional' love. Unconditional love dissolves the cords that bind. If you **need** someone to behave in a certain way in order to love them, then that is NOT love – it is attachment.

We hold (and cling) onto others for our sake, not theirs.

When we put our hopes, desires and expectations on people, they react from their own patterns. When we accept them as they are, this is Love.

It is very common for a whole family to be entangled in cords of co-dependency. Shame and guilt bind you to memories and hold you back. When you are ready to forgive yourself for your past actions, you dissolve these restricting cords and the memory loses its energy.

Forgiveness dissolves cords for all time. Our souls wish for us to face and release all our unresolved issues and life lessons so that we are free to move forward. When you forgive someone and totally let go of what has happened in the past, you free both that person and yourself.

The most powerful way of releasing attachment is by intention, visualization and unconditional love for the self and others.

The Laws of Creation

The Spiritual Law of ATTENTION

Whatever you focus on and give your attention to, will manifest. "Energy flows where attention goes".

Spiritual law ensures that an outcome manifests to the exact percentage you give it your attention. Attention is the focus of your thoughts, words and actions.

Lives differ according to the expectations of the individual. People who are in similar life situations will each hold a different picture of the expected outcome. Accordingly, each will create a slightly different result, as each

person creates their own reality.

The only thing that stops you from manifesting your dreams, goals and desires, is your own doubts and fears. Watch where you put your thoughts.

As we travel the road of life we are asked to pay attention to the whispers, hints, signs and symbols the Universe presents to guide us along our way. If you give attention to a fear or worry, you energize it and bring it into creation.

Picturing worse-case scenarios in your mind, or continually talking to others about your fears, are powerful ways of drawing that fear into your life.

Remember, the positive has a more powerful charge than the negative.

When you hold the positive in your attention, you make your dreams, goals and desires come to fruition. When you hold the vision and do the necessary work, success is assured. Focus on what you want and you will get it.

‘Be careful what you wish for as you just might get it.’

The Spiritual Law of FLOW

We live in a Universe comprised of energy. Nothing is static. Everything moves and changes. The **Law of Flow** governs every area of life.

If something is full, nothing new can be put into it. If you hoard things, be it money, clothes, jewellery, ideas or even harbour old resentments, there is no space for the new and positive to enter. To allow new into your life you must let go of the old. If you hold onto old emotions you are full of those old memories which prevent fresh and happier things from coming in. As soon as you throw away rubbish from your home and life, the Law of Flow will

ensure that something else takes its place. It is your choice as to whether you replace the rubbish with more rubbish, or shift your consciousness to attract something better. If you have the same thoughts and beliefs, then the same conditions will return. If you start making changes, no matter how small or insignificant they may seem, automatically something different has to come in.

“If you want something to be different, do different things.”

As soon as you release beliefs and memories that are no longer needed in your life, you open the door for new to come in.

According to the theories of Feng Shui, every part of your house relates to a different aspect of your life. If you have clutter or rubbish in the part of your house that relates to fame, then you prevent that aspect of your life from flowing. Different places relate to work, success, relationships money and so on. When you are physically clearing rubbish out of your house, start affirming for what you wish to replace it with.

‘Go with the flow.’

We all receive constant guidance, though most people are unaware of this. When we ignore our gut feeling, we reject the prompting of our soul. When we know something will lead to trouble and misery but we do it all the same, we resist the messages from our Higher Self. Guidance often comes in the form of intuition and when we honour it, we go with the flow of the current of life.

The Spiritual Law of ABUNDANCE

Abundance means free-flowing love, happiness, joy, success, prosperity, vitality, generosity, laughter and all the positive things in life.

The flow of Abundance is directed towards you, but your beliefs, thoughts, memories and self-worthiness creates barriers to receiving it. It is up to us to remove the beliefs which block our flow of abundance.

Love is about enjoying all of your relationships. We block our due abundance of love when we close our hearts. Our beliefs and fears about rejection and hurt make us close our hearts. They cause us to either cling onto unhealthy relationships or emotionally withdraw. We stop loving when our mind takes over and we see the imperfection of the other. This forms blocks to the flow of love.

Success is a state of mind, not a particular achievement. When all of your focus is on reaching a specific goal, nominated as 'success', there is a moment of elation at the moment of the achievement – but then you have to set another one and strive again, so success is not about trying to change the flow, which just leads to stress, frustration and loss of self-worth.

Abundant success is about flowing along with life, taking advantage of the currents, and enjoying the journey.

True success is a sense of inner satisfaction and fulfillment.

To really live basked in the flow of abundance one must understand the energetic vibration of 'give and take'. The more we allow ourselves to receive, the better we feel inside. Then, when feeling full and content within, we are genuinely able to nurture others. When you allow yourself to be nurtured regularly (eg. eating healthful, nourishing meals) you don't yearn with neediness. When there is a natural 'in and out' flow of love, caring and nurturing in our lives, we feel balanced and abundant in all ways.

However much you may want for the abundance you see, the Universe will not bring it to you until you prove that you are ready to receive and accept it graciously. The **Law of Abundance** is quite basic. If you want more friends in your life, be friendly towards others. Change your fear-based beliefs that block the abundant flow of friendliness and friendship.

If you want more happiness in your life, express and live happiness. This on its own will make you feel happier and will draw the flow of happiness to you.

If you want more caring and nurturing in your life, remove the barriers that

stop you from receiving and you will send out the right energy, and the people around you will automatically nurture you.

Material things flow to you when you have an abundance consciousness.

The Spiritual Law of CLARITY

When you are totally clear about what you want, everyone picks up your message and responds accordingly.

Lack of clarity ties up psychic energy and keeps you in confusion. Clarity frees you to move forward and opens new doors of opportunity.

There are two ways to activate the **Law of Clarity**. If you are feeling 'lost' and frustrated and cannot see which way to go - wait patiently and the path will clear for you. Then you will be able to make the correct move.

The second is to make a move in any direction. Use your intuition when making your move. It is important that you make a decision to move, regardless of how fearful or difficult it may seem.

If you choose not to make a decision, then you have already made a decision.

The word 'decision' comes from the Latin word 'decedere', which means 'to cut off'. A decision cuts off other possibilities. You must then focus on the route you have chosen. The quickest way is to make positive, clear decisions, then implement them. Clarity opens doors to the future.

Speak clearly to the Universe about your wants, needs and wishes. Clear thoughts and intentions draw from the Universe that which you require in your life.

"The indispensable first step to getting the things you want out of life is this: decide what you want". - Ben Stein

The Spiritual Law of INTENTION

Intentions are much more powerful than wants, wishes or hopes. Intention releases a force that makes things happen. Whatever your aim in life, if you gather the energy and keep your target in sight, the force of the Universe backs your vision. That is the power of intention.

Intention is taken into consideration when assessing karma. When your intentions are noble and honourable, even if your plan does not come to fruition, you will be rewarded for the purity of your ideals. It is the intention that signals the rightness (or otherwise) of an idea or project. Make sure that your intentions do not come from the ego, but are for the highest good as Universal energy supports the highest good.

Universal energy supports your intention ... it is the basis of manifestations.

The Spiritual Law of PROSPERITY

If you believe that you do not deserve prosperity, then you cannot expect to receive it. We draw from the Universal pool according to our consciousness. You either have a 'poverty consciousness' or an 'abundance consciousness'.

Huge fear underlies poverty consciousness. Some people use all of their available energy focusing on 'lack'.

Greed is financial indigestion. If you hoard money in a bank account without letting it flow freely, you eventually tell the Universe that you do not want or need more, and eventually it will stop sending it to you. If you believe that you are unworthy you will miss opportunities. If you are mean-spirited, rigid-minded and tight-fisted, you will never feel contented or

happy for poverty consciousness is an attitude.

Those who are generous-hearted, open-minded and giving will always be contented and happy. Their attitude of prosperity is to use riches with wisdom.

Think, speak, act and believe as if you are prosperous, and you will impress the Universe to send you plenty.

The Spiritual Law of MANIFESTATION

You have manifested every single thing that is in your life. Everything in the Universe has an energetic frequency of its own, and it is broadcasting on the etheric level. Your task is to tune-in to the vibrational frequency of the vision you seek. This will access the information you need to draw it into your life.

Your constant thoughts send out interference which stops you from fine-tuning to the frequency you need to be able to draw it in. Be certain you know exactly what you want, otherwise you may receive something other than what you wished for.

Clarity is the key to manifestation. Be still, clear and precise.

If you want to attract a friend who is open-hearted, fun-loving and light, then you must develop those desired qualities in yourself.

The ability to manifest is extremely powerful so it is important that you manifest only for the highest good. As soon as you have clarity, clearly picture what you want. Visualization is an important element. You must have absolute faith that your intention will come to fruition.

If you have difficulty with gaining clarity, write down exactly what you want. If you want for a partner, write down exactly what qualities you would

like them to have ... and remember to have those same qualities in return within yourself.

If you wish to manifest a car, write down exactly what you need. Picture it, visualize it, then make sure you are sending out the right vibrations that match the vibration of the car. Focus on the higher qualities of that which you are manifesting.

The steps of manifestation:

- Be still and listen to your guidance.
- Be very clear and exact about what you want.
- Relax and visualize yourself receiving it.
- Align your vibration to what you wish to manifest.
- Have total faith that it is on its way to you.
- Take any necessary action.

“You are a living magnet. What you attract into your life is in harmony with your dominant thoughts.” - Brian Tracy

The Spiritual Law of SUCCESS

Success comes to us when we get the energy right. Success occurs when our personal or collective vibration resonates with the vibration of the wished-for outcome. Your beliefs create an energy which vibrates around you. Success follows when you believe in yourself.

To succeed, clear out the physical, mental and emotional clutter. You cannot succeed if you don't know where you are going.

In material terms, 'success' means achieving your desired outcome.

The easiest way to achieve material success is to use the **Law of Attention**. Be clear about what you want, have the necessary faith in yourself, then work steadfastly towards that vision.

For success in love, take notice of your beliefs about love. Those that create success have the self-belief of 'I am loveable, I respond lovingly to others, I have an open-heart and I give generously of myself.'

Beliefs that result in business success are 'I deserve to succeed, I can trust people, I deserve to have good things.'

In spiritual terms, success means believing in yourself, doing the best you can, and achieving the highest outcome for all.

If success arrives on your lap from nowhere, then it is 'karma' - the reward for work done in a past life being reaped in this one. Karma has placed you in the right place at the right time, and with the appropriate mindset.

In order to succeed you must also follow the **Law of Flow**. If you wish to activate the **Law of Success** and allow the wheel of fortune to turn for you, let go and keep a positive focus on where you wish to be.

Success occurs when your vibration resonates with the vibration of the outcome you desire.

The Laws of Higher Awareness

The Spiritual Law of BALANCE and POLARITY

The **Spiritual Law of Balance and Polarity** is also known as the Law of Symmetry.

In our lives we experience one aspect of life, then it's opposite. The more we choose to explore one extreme, the further from the centre we move. Then we must go the other way to understand it's opposite.

To know white we must know black; to know positive, we must experience negative.

If we experience lifetimes of riches, we will need to experience the opposite, which is poverty.

If we become a tyrant in one lifetime, our soul will want for us to compensation by being a 'victim'.

We all have unresolved aspects within us and our aim is to integrate the polarities so that we can live in balance.

Our soul's goal is to experience polarities - then gain balance.

Masculine energy is doing, thinking, logical, aggressive, while the feminine counterpart is being, creating, intuitive and passive. Our soul's aim is to balance these internally so that we can listen to our intuition, then act on it.

Our aim is to balance all aspects of our lives.

The Spiritual Law of KARMA

The energy of thoughtfulness, kindness and graciousness are considered to be 'good karma'. When you send these energies out, they will be returned to you in kind.

Hate, anger and resentment are damaging energies. When you send out these negative energies, they too will return to you in some form.

The **Law of Karma** is 'as you give so you shall receive', or 'you reap what you sow'. Bad deeds and thoughts return to you, as do kind, thoughtful deeds. To the exact extent that you live these qualities, you will receive an equivalent back into your life, at some time. Karma is recorded and balanced. Loving thoughts, emotions, deeds and words are 'credits'. Negative ones are 'debits'. The Universe calls these up when we least expect it.

Your family is also your karma. Your soul chooses your family before you are born. Difficult family ties may be a consequence of unresolved feelings or situations in a past life. You choose that family this time around because your soul wanted another chance to resolve the problems. This offers you the lessons your soul needs to learn.

By loving and empowering others we heal karmic relationships.

Mindsets that you bring into this life with you are also your karma. If you have a mindset that you are not good enough, the belief will inevitably draw into your life things and people that make you feel inferior or weak.

Positive beliefs create good karma in your life. Wonderful things then happen. You are responsible for your own mindset, so change your beliefs if they do not serve you in a positive manner.

Your health is your karma. Before you incarnated you chose your family, your life challenges and your mission. You also chose your body and your genetic predisposition. Your moment by moment choices of thoughts and emotions will affect your vitality and health. This is your karma.

The balance sheet of your karma is known as your 'Akashic Records', which is a recorded history of all of your lives and life experiences and lessons. Karma is carried forward from lifetime to lifetime. We may not experience the consequences of our actions until a subsequent lifetime. Because of this there is often no obvious and visible correlation between an action and its consequence/s.

The higher our vibration, the more quickly karma returns to us. Some are subjected to 'instant karma'. If you feel that you never get away with anything, you may be experiencing instant karma. This means that whatever you give out comes back to you, instantly. It is a sign that you are becoming more evolved because your karmic balance sheet is being kept up to date. Your soul is no longer allowing you to accumulate debt.

The key to the **Law of Karma** is '*you reap what you sow.*'

The Spiritual Law of REINCARNATION

The word 'carne' means flesh. Incarnation is when our spirit enters a physical body. Reincarnation is the principle of returning into a physical body, more than once.

Under the **Law of Reincarnation**, if there is anything unresolved or incomplete at the end of a lifetime, your soul is allowed an opportunity to return in human form to resolve or complete it.

If you cheat someone in one lifetime, your soul will wish to make amends by returning to help that person in another life.

Where one person has consistently hurt another (eg. a husband harming his wife), they will wish to return together so that the soul of the perpetrator can repay.

If a parent dies leaving his children feeling angry, confused or misunderstood, under the Law of Reincarnation those spirits will choose to come back together to try to relate differently. Whole families often return at the same time in an effort to work things out. Communities who are in conflict or at war will come back to Earth together to see if their souls can find peace together instead of battle and conflict.

Often we reincarnate again and again into similar circumstances because of the soul's desire to put the past to rest.

Once we are on the earthplane, in this material place of free-will and choice, it is all too easy to forget the ideals and perspective of the spiritual world. Once again we make the same mistakes and are trapped in the cycle of reincarnation.

Earth is a learning establishment in which our lessons are presented to us in the form of experiences. Once we die and leave behind the physical body, our soul's 'report card' is scrutinized and reviewed with the help of our guides, angels and spiritual mentors, known as the Lords of Karma. We then decide which lesson we need to brush up on and which

classes we need to redo in order to accomplish our goal of ascension.

Where we have done well, our soul learns new lessons in the following incarnation/s.

Souls will experience lives in every religion, have lives as peasants, merchants, soldiers, medics and artists - every conceivable life style and area they can learn from. These souls will incarnate again and again to perfect lessons and repay karma. These souls will experience all polarities, such as student/teacher, rich/poor, male/female, service/selfishness, betrayer/betrayed.

The *Akashic Records are kept by the Lords of Karma. Good and bad are credits and debits. In future lifetimes we can call on our credit, but we must also re-pay our debts.

There are many reasons why a soul may wish to reincarnate. Some may include:

- to put right past wrongs (to repay our debts)
- to experience and strengthen ourselves
- to learn more about our emotions, sexuality and other lessons exclusive to the earthplane
- to serve on this planet, to teach, to help, to be a 'light' to others.

Earth is a planet of free-will and choice. Every thought, word or deed eventually manifests into your life. Your mindsets and emotions build your physical body and provide you with opportunities to have different experiences.

Ultimately, there is a spiritual working-out of all things.

It is not up to us to judge what somebody else is doing or how they are handling the lessons of their incarnation. Just be aware that every single soul is on a journey over many lifetimes, and they are continuously learning on that journey.

The greatest way of helping another is to demonstrate by example that there is another way of living.

The Spiritual Law of PRAYER

'Prayer' is communicating with God (Higher Source, Universal Energy, however or whatever you wish to refer to it ...) Every word and every thought is actually a prayer.

Worry is a negative prayer. It is telling the Universe how frightened you may be feeling. It also reinforces your 'fear' vibration and may bring about exactly what you fear.

We must direct our thoughts in a positive and focused manner.

The Law of Prayer is asking and believing. Faith is an active ingredient in bringing your prayers about. The moment you have offered your prayer, start thanking the Universe for it. Then prepare to receive what you have asked for. Your faith will precipitate the arrival of your wish.

Often people pray without really expecting the prayer to be granted, so they take no action. What they do not realize is that faith activates a response from the Universe. Many people pray for something, but are then not prepared to receive what they asked for.

When you offer a prayer, keep holding the vision of perfection. If you pray for peace, picture and feel peace coming about. If you pray for healing for someone, visualize that person healthy and strong. Always pray for the highest good for all to happen. Prayer is simple, sincere, authentic and from the heart.

To activate the **Law of Prayer**:

- Ask
- Detach from the result
- Thank the Universe for responding
- Hold your faith
- Prepare for it to be granted

If you wish to draw something to yourself, you must ask in the right way and the divine current will bring it to you. You must be sure that you are really ready for it.

Asking is prayer. When you pray for something and really believe that it will be granted, your energy links to the divine current and the Universe sends a response. The faith you have is what aligns your request to the Universal current.

To 'ask' is to centre yourself in the radiant light and project your clear divine thought into the mind of the Source/Universe. When your thought-vibrations align with the cosmic thought - that is asking. The divine current must answer and pull you into itself so that the situation moves and transforms. To ask in such a way is always to receive a response from the Universe.

The Spiritual Law of MEDITATION

The Law of Meditation encourages us to connect with our inner-selves and with spirit.

Meditation is generally a subjective, personal experience. The term can refer to the process of reaching this state, as well as to the state itself. The word, 'meditation,' means many things dependent upon the context of its use.

The aim and intention of meditation is to still the 'monkey chatter' long enough for God (Higher Source, Universe etc) to be able to deliver the seeds of guidance and wisdom. During these still, quiet moments we are open to inspiration and answers to our questions. During meditation we have an opportunity to explore the resources available to us. It is here that we find our true (authentic) selves. Meditation allows our divine self to expand.

There are hundreds of specific types of meditation. People practice meditation for many reasons within the context of their culture. Meditation is a component of many religions, and has been practiced since antiquity, especially by monastics. More and more doctors are prescribing meditation as a way to lower blood pressure, improve exercise performance in people

with angina, help people with asthma breathe easier, relieve insomnia and generally relax the everyday stresses of life. Meditation is a safe and simple way to balance a person's physical, emotional, and mental states. It is simple; but can benefit everybody.

The use of Meditation for healing is not new. Meditative techniques are the product of diverse cultures and peoples around the world. It has been rooted in the traditions of the world's great religions. In fact, practically all religious groups practice meditation in one form or another. The value of Meditation to alleviate suffering and promote healing has been known and practiced for thousands of years.

The Spiritual Law of RESPONSIBILITY

Responsibility is the ability to respond appropriately to a person or situation. Challenges are sent by the Universe to gauge or check how you respond to each situation. Successive tests prepare you for spiritual promotion. It is up to you to prove that you can handle responsibility. Before promotion you must pass the test. If you rise to all challenges with integrity, your spiritual progress will be enhanced.

Everything and everyone you are given to look after is a responsibility. If you do not respond to the challenge then it will be taken away from you and may be re-presented at another time. You have a responsibility to everything in your life. Take note of how you look after yourself, your children, your home and garden, your pets and possessions. You have a responsibility to care for them.

You cannot take on great responsibility in life if you do not take care of your own needs. Your emotions and spirit need to be looked after. You must look after and nurture your physical body, and take care of your emotional state.

Every single individual is responsible for their own feelings and their own destiny and you do not have the right to carry someone else's burden for

them, as this would prevent *their* personal growth. When we take responsibility for someone else's decisions, we do not serve their highest growth or good. Your responsibility is to empower and strengthen others and encourage them to carry their own responsibility.

Most of us project our own feelings on to others. If you cannot tell someone about a situation or how you feel in case they feel hurt, jealous, angry, depressed or jealous, you are taking responsibility for *their* feelings, and are doing them as injustice. When we speak honestly about our own feelings, we take responsibility for ourselves, and in doing so we release the other person and as well as ourselves.

When we understand the **Spiritual Law of Responsibility**, we no longer blame anybody else, or project our feelings on to others.

True responsibility is the ability to respond to the needs of all around you - to flowers, trees, animals, humans and the planet. An evolved being responds graciously to every living creature in the Universe.

It isn't what happens to us that counts - its how we react to it.

The Spiritual Law of DISCRIMINATION and DISCERNMENT

The more evolved our souls are, the more we are expected to discriminate and discern; and of course, we are tested by the Universe in this aspect throughout our lifetime.

If you are given guidance, told something by someone, meet a new person, or are offered a job – check internally to see whether or not it **feels** right to you.

When we work with the forces of the Universe, we must always use discrimination and discernment. If any impressions or feelings do not feel right to you, then it is up to you to listen to your intuition, be discerning, then make the right choice.

Our intuition (or gut feeling) tells us whether someone is being honest or not. We often disregard this because our logical mind argues against it or because we do not want to believe it. We over-ride and disregard our intuition. If we are not discerning, we will bear the resultant karma.

It is our responsibility to be discerning in our lives.

"Your gut is your inner compass."
— Oprah

The Spiritual Law of AFFIRMATION

Affirmations are thoughts, words or a phrase that are constantly repeated until they enter the unconscious mind and becomes part of your 'programming'.

Most of us affirm unconsciously all the time. We consistently repeat thoughts until we anchor them in our mind. We make the same statements again and again, until they become our reality.

Our constantly repeated statements may be both positive and negative. Your unconscious mind does not discriminate, and accepts all information. Therefore, your affirmations enter the files of your unconscious mind and profoundly affect how you feel and act, your emotions, day to day activities, and ultimately, your entire life. The more energy and emphasis we put into our affirmations, the more deeply they enter our belief system.

If you constantly think 'I am a failure' you will gradually believe that you are indeed a failure. For example, if you constantly repeat that you **always** have miserable holiday, you bring it about in three ways.

- Your selectively remember only the bad times.
- You act in ways that cause you misery.
- The Universe brings to you what you believe.

The **Law of Affirmation** states that you bring about what you affirm. Affirm that you are what you **want** to be. You will become it sooner than you think. The Universe rearranges itself to give you what you **believe**.

Make sure your affirmations contain only positive words, and speak (or write) your words with energy and intent.

Affirmations must be said in the present tense. For example, if you affirm that you are going to be healthy tomorrow, tomorrow never comes. It is better to affirm 'I am healthy now'. It helps to hold the vision and bring it about. Keep your affirmations simple. Affirmations which are rhyming or rhythmic slip into your unconscious mind easily.

Affirmative words help us to focus upon the positives, and helps us escape a fearful mindset. Affirmative words heal our thoughts, and brings a positive reality into our lives. What you believe and expect is what you experience.

Visualization, like affirmations, is based upon the Law of Cause and Effect ... whatever you see and believe eventually become a physical reality. Holding onto your faith and trust forms a mould for your outer reality. However, if your faith wavers or your desires, goals and/or dreams constantly flit from one image to another, your outer reality will reflect this fear and confusion.

Visualizations can instantly come into our reality if our minds accept this as a possibility. However, when we feel undeserving or afraid, we try to force our dream into reality. Our visualizations become pressure-filled and tense, and this tension can block the goal coming to fruition. When you visualize and **believe** in your goal completely it is able to come about. Our demeaning judgements and limiting beliefs of 'I couldn't possibly achieve that' or 'I'm not good enough to achieve this' puts tension on our visualization, which in turn stops us from manifesting our inner visions.

False feelings and thoughts and beliefs of 'I lack time, money, connections, education, intelligence ... ' or whatever keeps people from even trying to achieve their goals and life purpose, and puts a halt to any positive visualizations coming into reality.

Metaphysically, we are able to create whatever we may desire. What we focus and concentrate on always manifests into the physical plane. This is the spiritual Law of Cause and Effect or the Law of Karma.

Manifestation requires faith. As humans we usually have more faith in that our fears will turn into reality, rather than faith in our dreams and aspirations becoming a reality.

Visualization is based upon the Law of Cause and Effect. Whatever you see and believe forms a mould for your outer reality.

If you hold onto your faith, dreams and trust then anything you see will eventually become a physical reality in your life. If your faith and trust waver, and/or your dreams and goals constantly flit from one image to another, then your reality will reflect this fear and confusion.

Everything in the material, physical world is a reflection of our thoughts and beliefs.

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We are able to effortlessly manifest our needs using faith, visualization and affirmations.

Using Affirmations to Bring About Positive Change

One of the most important keys for eliminating insecurities and establishing a habit of self-love is the use of 'affirmations'.

Affirmations:

- * expressing in words what we honestly want, and who we honestly want to be; then repeating those words or phrases over and over until the subconscious mind accepts them as fact, so that our behaviour will follow accordingly.
- * Through affirmations we can think ourselves healthier, stronger, more positive, more handsome, prettier, kinder, more patient, more confident, more courageous - whatever will help us love ourselves more.
- * There is a logical, but often overlooked reason why affirmations work: they are direct communication with the 'soul mind', and the soul mind, with its eternal knowledge and wisdom, always recognizes and resonates with the truth.
- * An effective way to reinforce your affirmations, and your deepest wishes, is to write them down in the form of 'Letters to the Universe'. Your letters can be addressed to God, the Universe, your Spirit Guides or Angels – whomever you feel most intimately connected to your own divine power. Include plenty of affirmations in your letters. Within your letters write down, very specifically, everything you really want, including your physical, emotional and spiritual wishes - the most rewarding life is a balance of all three.

Adapting a positive perspective changes negative thought-forms to positive ones. Using positive affirmations is a way to achieve a positive attitude and frame of mind. Another way is through verbal declarations.

Our voices and the words we use send a vibration and energy out to the Universe. Using positive words and declarations sends out positive

energies.

Affirming and declaring in a positive manner also helps to break the habit of negative thought-forms, patterns and belief-sets.

Declare your affirmations with determination and state your intentions loud and clear and with true meaning. Put your heart and soul into it. Remember to affirm what you want to be as if you are already. This is a quick route to where you want to be ... then act as if it has already become your reality.

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The Spiritual Law of CHALLENGE

The **Spiritual Law of Challenge** is for our own protection.

This is also where discernment and responsibility come into play. We are not to accept all that we see, hear or believe. Our aim is to discern what is right for us, and challenge what we feel is not right for us.

We have the right to ask of another his or her intent, their identity and whatever pertinent information we feel we require when encountering someone or something new.

You are here on Earth on a Spiritual quest. In this plane of duality there is darkness and light, negative and positive. For everything in the light, there is its counterpart in the dark. Your task is to discern between good and bad, challenge if in doubt, and make your 'light' so strong that the darkness cannot affect you. Usually your own powers of discernment will tell you if something/someone is good or bad. If in doubt, challenge always.

“Challenges are what make life interesting; overcoming them is what makes life meaningful.

-Joshua J. Marine

Laws of Higher Frequency

The Spiritual Law of FREQUENCY or VIBRATION

Fear is a heavy vibration and a low frequency. In contrast, peace, calmness, love and harmony are light vibrations with a high frequency.

Anger and rage are low vibration energies. Underlying them is always fear and a feeling of powerlessness or vulnerability. When we stay calm and centered, we sustain a high vibration. We are empowered. When we hold this energy we can speak our truths and live with integrity and be our authentic selves.

Animals respond to frequencies of which we as humans are not aware. A dog growls if you are frightened of it, and a horse will immediately know if you are scared and will respond accordingly. If you are feeling strong, confident and loving, all creatures (humans, animals and plants) will respond positively to the high frequency you emit.

Angels have a very high frequency vibration. Thinking of them or connecting with them raises your consciousness and vibration.

To do something because you feel obligated or pressured, or that you 'should', is a heavy vibration on a low frequency. Guilt and/or obligation are not good reasons for doing things. When you change your attitude or make the decision to do what you genuinely want to do, you radiate high frequency light and energy.

Lack of self-worth comes from negative self-talk and sometimes negative talk from others. It is a heavy and dark vibration with a low frequency. Self worth and confidence radiate high frequency light and energy. All you have to do is realize, recognize and accept that you are a being of light and your vibration will lift considerably. When you realize this and act as a master of light, you radiate a high vibration.

When you live your life with charm, grace, joy, integrity, generosity and any

of the other positive qualities, you will automatically dissolve the low frequency emission of others and raise them to a higher level. And under the Law of Karma, wonderful things will start coming back to you.

Thoughts of jealousy, anger, violence, abuse, guilt and swearing (and all other forms of negative emotion) form heavy, dark, low frequency vibrations. Love, joy, compassion and forgiveness transmutes the energy and raises it to a high frequency energy and vibration.

Illness and disease have a heavy vibration which blocks the flow of vital life-force. Healing takes place when high frequency energy is channeled to that person. It transmutes the heavy vibration of the illness and allows the physical body to return to good health.

Your name also has a vibration. When it is spoken it calls in your life lessons. Before you were born you chose the name and vibration to suit your life purpose and lessons, then telepathically imparted the name you wished to be called to your parents. Numerologically your name carries the energies and vibrations of the relevant numbers it is made up from. Each letter has a corresponding number and the total of these numbers gives your First Name Vibration number.

In order to draw love and light to our planet and it's inhabitants, invoke columns of white light to allow angels and higher beings to enter. With your thoughts, create bridges of light to people and places so that help and healing may go out to them.

The lower, heavier vibrations can always be transmuted and raised higher by the light vibrations of love, compassion, joy, kindness and light.

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The Spiritual Law of MIRACLES

On Earth we live in a heavy vibration. This heavy vibration is subject to the Law of Karma. The Divine frequency dissolves and transmutes our lower energy, and a miracle occurs. This is the **Spiritual Law of Miracles**.

As the worldwide consciousness rises, more and more people are accessing the Divine and consequently more people are experiencing miracles.

Genuine forgiveness and unconditional love are divine energies which allow miracles to happen. Miracles are a natural result of the activation of higher energies. When we ask the angels, ascended masters or any being from the spiritual hierarchy of light to help us, we draw in the divine frequency which transcends our physical laws.

Synchronicity and coincidences are forms of miracles. Spiritual forces are working behind the scenes to co-ordinate the Universe to make sure that pre-destined meetings take place. Coincidences and synchronicities are directed by God and orchestrated by your guides and angels so that you have the opportunity of fulfilling your destiny. As your vibrations lift, you are on your true pathway.

To enact the **Law of Miracles**, simply ask.

The Spiritual Law of HEALING

Light is energy. Your physical body is built by the energy and vibration of the consciousness of your soul over many lifetimes. You are here to experience life in a human body. Certain physical choices are made by your soul and higher-self before birth and may appear as physical limitation/s. Your lower-self makes other choices from moment to moment.

There are two basic emotions on the earthplane. One is **fear** and the other is **love**. When you resist your chosen experiences through fear, you create blocks in your mental, emotional and spiritual bodies. This eventually causes physical disease (dis-ease). Rigid and inflexible beliefs and mental

attitudes cause both mental and physical tension. If you hold the physical body or an organ of the body in tension, over time something physical will manifest. Denied or suppressed emotions sit within the body until they manifest into a physical illness. When you fail to acknowledge your spiritual self, you hinder the supply of divine energy and eventually your physical body will wither away. All ill-health or disease is caused by stagnant energy. When you feel happiness and inner joy your cells flow with love and your body responds by being healthy.

Love is a high frequency energy which keeps your body clear and flowing. All manifestations of fear are of a low vibration and block the flow of positive energy or 'chi'.

Healing takes place when high-frequency energy flows through the body, transmuting the stagnant energy which caused the disease. You must always ask for permission before you interfere with anyone else's energy. There are several reasons for this.

- The person's illness may be serving them in some way, whether they like it or not. It could be a karmic lesson they may need to experience and learn from.
- The illness may be serving a higher purpose for the growth of the person's soul.
- The illness is their karma, and if they have not learned the lesson offered, you would not be serving their growth by healing it.
- It may not be the right time for them to heal – and their soul will know this.
- They may have a spiritual contract for someone else to facilitate their healing.
- It is not up to you to decide what is or is not for the person's highest good.

If you are unable to ask permission from the person in question, use your intuition and tune into their Higher Self and simply ask. When you mentally ask for permission you will receive a distinct impression of an affirmative answer if it is appropriate. If you receive no distinct answer, **do not** send healing.

In an emergency situation in which someone is injured, do not hesitate to help. Healing energy will flow through you if it is appropriate.

SPIRITUAL HEALING

When people dedicate themselves as 'healers', they attune themselves to the Divine, through spiritual practice, personal development and 'right living'. This allows them to channel high-frequency energy, which flows through the cells of a person's physical body. When a healer is a clear channel, miracles can take place and the soul of the person receiving will use the healing where it needs it most.

FAITH HEALING

The healer channels from the Divine, but the healing energy is activated by the power of prayer and faith.

ATTITUDINAL HEALING

The healer helps his client to change his attitude. When the sick person genuinely forgives himself and the person who has caused the ill feelings of resentment, hate, fear or other stagnant emotion, the energy block dissolves and light and love flow again.

ABSENT HEALING

Through prayer, spiritual healing or intention, light may be sent to someone to aid in their healing.

MAGNETIC HEALING

If someone has spare personal energy this may be used to transmute the lower frequencies which block someone else. Energy can be raised by dance, ritual or chanting. Because this is not Divine energy, the healing may not last unless it triggers the person's own self-healing mechanism.

REIKI HEALING

Healers are attuned to high-frequency Universal symbols. This is rather like a television set being tuned in. When you are 'attuning' you bring in the Reiki energy to heal yourself and others.

ANGEL HEALING

Angelic healing is like spiritual healing, but the angels take the person who is giving healing and the person receiving it to God. The possibilities are limitless.

NATURAL HEALING

Homeopathy, acupuncture, crystal healing, sound healing, herbs, nutritional healing, and most natural therapies all work to re-align the sick person's energy system and clear the blockages with high-frequency energy. They also stimulate the person's own healing powers.

The human consciousness is rising so that the higher chakras, or spiritual energy centres, are opening. More and more people are drawn to give healing at this time.

Healing takes place because light transmutes the lower vibrations of ill-health.

The Spiritual Law of PURIFICATION

Your aura surrounds your physical body as well as your etheric body. If your essence is pure your aura is a huge light surrounding you and protecting you. If you have unresolved issues, they show as dirty marks or shadows. A person who is ill or in shock might have a wispy or even non-existent aura, while someone very negative would be surrounded in a dark or heavy aura.

When your aura is totally clear and pure, no harm can befall you. No negative person or situation can penetrate your aura. Fear lets in hurt, damage and/or danger. Purity confers safety.

The more we evolve, the brighter the spotlight on us, so that our dark spots can be revealed. When someone serves us by pointing out a negative spot in our aura, we call it 'pushing our buttons'. We often consider them to be 'difficult' or 'challenging' people.

Old resentments, hurts and angers automatically form dark patches in your

aura, as do any murky feelings such as jealousy, avarice, envy and greed. These dark spots will magnetize challenges into your life to draw your attention to what you need to tend to.

Earth, air, water and fire are excellent purifiers. Walking in bare feet on green grass allows your negative energies to go down through your feet into the earth where Mother Earth will purify them.

Being out in the wind or a breeze will clear your head and bring in clarity.

Swimming, particularly in salt (sea) water washes your aura clean. Sea salt in a bath will have the same effect.

Fire is the most powerful purification of all. Burning old photographs, letters and objects transmutes the negativity held in the memories and changes the psychic energy around you. You can also bury these old items in the earth as a form of purification. Walking through a breeze will also clear and purify our auras.

Your aura has a colour (or colours), a smell and a taste. It can feel thick, smooth, heavy or light. If it is murky, smelly and/or is heavy with unresolved emotions, you are sending out dark energy. Only people with similar auras and energies will feel comfortable in your presence.

Irritability is a sure sign that your aura needs purifying. All addictions are behaviours which we repeat in order to suppress natural feelings. These may be over-eating, compulsive spending, drinking too much alcohol, drug taking ... any number of negative behaviours. Excess alcohol, cigarettes and drugs pollute your aura. If you swear, say or think unpleasant things about others, hold onto anger, hurt, guilt, feel resentment, anxiety and worry, do too little exercise, live in physical dirt and/or mess, eat unhealthy and over-work, your aura will need purifying.

These locked-in feelings need to be released from your aura if it is to become pure. You can use **light** to help you to do this.

If you wish to walk the spiritual path it is imperative to purify your aura so that it is clear, fragrant, light and radiant with beautiful colours. When your aura is pure and light, angels and the more evolved spiritual guides are attracted to you.

The time has come for our planet to be purified so that it can ascend. The ley lines which were set around the Earth in Atlantean times as an energy communication system, carry a third-dimensional vibration. They are like an electricity grid which was laid underneath the surface of the earth. Some lines have been broken, others have been taken over by dark energies, and a few remain pure and intact. These old ley lines need to be repaired and purified. This can be done whilst meditating. This old energy system is now becoming obsolete; however it is still important for those who are not yet tuned in to the higher frequency.

The new network, which carries fifth-dimensional frequency, is being laid above the earth at the moment. Because these new lines carry a high-vibrational current, it needs people with high spiritual aspirations and intentions to focus on them to send the energy of peace, light and inspiration along them.

The colour of the fifth-dimension heart chakra, which is the spiritual energy centre of the heart, is pure white.

To Purify the Planet:

- Visualize light and love flowing along the network of ley lines below the surface of the Earth.

- Visualize high-frequency light and love flowing along the new network of lines above the surface of the Earth.

- Close your eyes and ask for a column of White Light to come down through the Universe and through you, to the centre of the Earth.

- Visualize the column expanding and ask that anything it touches be filled and protected by the Holy Spirit.

The Spiritual Law of PERSPECTIVE

Time is not linear. Your mental state changes your perception of time. If you are unhappy or bored, time slows down. If you are afraid, time seems to stand still. When you feel happy, excited and interested, time seems to speed by. The lower our frequency, the slower our perception of time. People engaged in high-vibration activities find that time passes quickly.

Time can be transcended. People with certain psychic abilities are able to tune into past lives or into the future. Different mediums will tune into different times. In dreams we often move into a different time reality.

Size also depends on perception. When we are children everything seems much larger than they do when we are adults. A problem which seems enormous and insurmountable in the middle of the night often seems quite manageable in the light of the morning. The challenge is the same but your perspective has changed.

The person with psychic vision who sees fairies, elves and other spirit creatures perceives a more expanded version of the Universe than does someone whose third eye is closed.

Someone who is haunted by negative entities will have a very different understanding from the person who is in touch with angels, spirit guides and light beings.

Each person handles their challenges differently according to their level of consciousness. All depends upon your perspective. There is no judgement - there is only awareness that everyone has a different reality. If you judge something or someone, it is time to reframe your perspective.

Humanity as a whole judges suicide. They condemn it as 'wicked' or 'weak'. On the 'Christ path' it is perceived as someone longing for more love, or responding to the call to go 'Home'. Torture can be perceived as 'evil', or as a desire to learn compassion. Sex can be seen as 'immoral', or as a longing to express love. War is 'terrible', or an opportunity to find courage and strength. The 'horrible' person can be seen as a 'threat', or as someone who is teaching you lessons. Someone who is 'pushing your buttons' is serving you by bringing unresolved feelings to your attention. He/she reminds you about your own doubts. The person who pushes the

buttons of millions (eg. Hitler) serves to offer lessons to all those who are affected.

Every person has a human aspect which merely masks their Divine perfection. We will continue to struggle until we see the Divine flame in all things, people included.

The Spiritual Law of GRATITUDE

Gratitude means giving thanks from your heart. When you do this, energy flows from your heart and activates certain responses from other people, as well as the Universe.

When you are totally grateful to a person for something they have done, that person feels the energy of thanks and is so over-joyed by it that they want to give you more. When you send out heartfelt thanks to the Universe for the blessings you have received, the Divine energy lovingly responds by giving you even more blessings.

Heartfelt gratitude is a key to abundance ... it unlocks the great resources of the Universe.

Judgement and criticism are the opposite (or polar) of gratitude and appreciation. Genuine gratitude and appreciation heals. When you appreciate something and are grateful for it, you are focusing on it, so by the **Law of Attention**, it increases and multiplies.

When we realize that we are sent challenges because they help us to grow, we alter our attitude towards them. Within every challenging situation is the gift of a lesson. Our task is to learn the lesson and appreciate what it has taught us.

If you want your life to become happier, healthier and more abundant keep a 'gratitude journal'. Every day write down a few things you are thankful for. You will find yourself looking for good things to record in it. You will automatically become more positive and appreciative.

Attitudes which activate the Law of Gratitude:

- be positive and appreciative
- count your blessings
- be joyful. When you glow with happiness you are appreciating what you have
- remember the good things about a person, and people in general
- focus on the good in every situation
- give praise generously
- use the words 'thank you' genuinely
- be loving and kind
- recognize your own magnificence
- celebrate life and be happy

Gratitude brings to you untold blessings from the Universe.

The Spiritual Law of BLESSINGS

When you bless someone you are invoking the **Law of Blessings** and directing divine energy towards them. When this is done with genuine intent, a shaft of Divine White Light is transferred into the person you are blessing. Raising your hand in the direction of the person you wish to bless directs the blessing towards them.

Blessing ushers in positive energy. When you say "bless you" to someone when they sneeze you are wishing for divine energy to enter them so that they become healthy.

Bless your work and it will increase and be filled with joy.

Bless people around you and they will be happy and fulfilled.

Bless your plants and they will grow abundantly.

Bless your home and it will be a place of peace.

Bless your body and it will become a beautiful temple for your spirit.

You can request blessings for others as well as yourself. Bless everyone and fill them with divine energy and you yourself will be open to the

blessings of the Universe.

The Spiritual Law of DECREE

When you initial the **Law of Decree** the might of the Universe is aligned behind it.

Affirmations and prayers are repeated. Decrees are made only once.

Examples of Decrees:

'By Divine Decree, in the name of God, under Grace, I invoke the Violet Flame to transmute now every negative thought, belief, patten, condition, attachment or alliance that I have made. It is done.'

'In the name of God and all that is light, under Grace, I decree that all vows made in past lives or this one, which do not serve the divine plan on Earth, be rescinded and released. So be it.'

'By Divine Decree, in the name of God, under Grace, I now call forth a pure white column of white light to bring unconditional love of the Christ consciousness to Earth. It is done.'

A **Decree** is akin to making a demand of the Universe.

The Spiritual Law of FAITH

Faith is a quality of such high frequency that it transcends the lower laws and makes the impossible possible. Faith allows miracles to take place.

The Law of Faith is simple. If you have total faith in an outcome, it will come about. To the extent that you doubt, you allow absolute, implicit, total trust in the Divine, you **know** that whatever is for the greatest good will happen. Faith takes away fear.

Faith means constantly listening to your inner guidance and intuition.

'Blind faith' implies giving away your trust without a foundation for it. Blind faith is merely hope.

Confidence is faith in self. If you have a foundation of self-esteem and worth, you will be a relaxed and easy person to be with. No one can undermine you for you will trust your own ability, and others will intuitively trust you.

Faith is the foundation for success, manifestation, prayer and decrees. When you have faith in a vision it must succeed.

Faith is the greatest power there is.

The Spiritual Law of GRACE

Grace is a Divine dispensation of mercy. It dissolves karma, creates miracles and can change matter.

Our soul has accepted the opportunity to incarnate on this planet to learn about and experience emotions and a physical body. We also have free-will in order to create our own life in a place where every thought, word and deed manifests.

We can invoke the **Law of Grace** to transmute our debts, change emotional feelings, heal relationships and the physical body - however, we

must be ready to receive it. We created all our situations with our consciousness and we must learn the lesson before we ask for grace.

We can offer grace to others through our compassion, mercy, empathy, forgiveness and unconditional love. Whenever we open our hearts to another we too receive an inflow of Divine love. Compassion, empathy, mercy, unconditional love and forgiveness are divine qualities which confer grace. Every time you open your heart with compassion, the love emanating from you grants someone else grace. A change of attitude may take place or the release of a deeply held fear or even a physical healing. The more grace we offer, the more in turn we receive.

Forgiveness is another Divine quality which dissolves and transmutes negative blocks. It results in emotional, attitudinal and physical healing taking place for both the giver and the receiver. Grace allows healing to occur because the high-frequency vibrations of love transmute the lower vibrations of pain and fear.

We create karma with our attitudes. All ill-feeling and disputes are the karmic consequences of egotistical attitudes. When you are ready to be understanding, compassionate or are ready to forgive, the angels lead you to someone or a situation that can help you release your karma.

Angels work with grace, constantly whispering to us to think, do or say that which will dissolve our negative karma. They try to help us forgive our sins and dissolve a backlog of karmic debt.

The more you open your heart to welcome strangers, to let go of anger, to care for the sick and senile, the hungry and homeless, the more grace pours into the planet. Every time you pray for another or help someone with love, the planet becomes more filled with divine light.

The Law of Grace is the divine mercy that sets people free.

The Spiritual Law of ONE

The Law of One is about accepting everyone and everything as they are, without judgment. This includes the Self.

On Earth we experience dark and light. This is the duality which comes from the free-will which we experience on Earth. Beyond the fifth dimension there is only Light. Wherever we are, all is perfect. Duality is merely a learning experience to expand our Light.

When we live the **Law of One** we create bridges by looking for the commonality in each other. Just as you were invited to be here for this learning on Earth, so are animals, insects, trees and plants. All are learning and evolving. You are entitled to your 'space' just as an animal is entitled to his territory.

(If your kitchen is overrun with ants, first talk to the Higher Self or the oversoul of the ants, and remind them that this is your territory. You ask them to move to a log in the garden or some safe place outside. If they ignore two warnings, tell them that you will have to return them to the Light if they do not honour your space. If they are outside your home, then you do not have the right to kill them.)

Honour trees and plants by telling them with a thought that you are about to prune them. Act with harmlessness - always.

When you understand the **Law of One**, you accept your own divinity. You start listening to your intuition and become a co-creator in your own life.