



Working with
*Universal
Laws*

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Universal Laws

.....we hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness.....

**-Declaration of Independence,
United States of America**

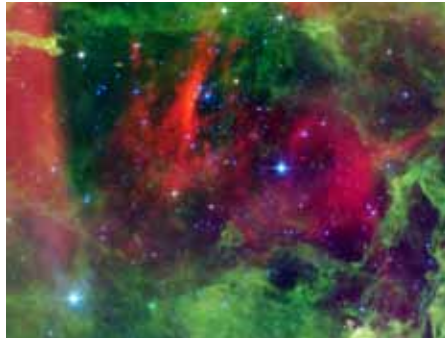
Everything in the universe is energy. Everything is one body of energy, comprised of particles so small that your mind has difficulty conceptualizing the configuration of tachyon particles of light that hold together everything in the universe. We are part of this force field of energy.

We are all subject to the Universal Laws in this energy field. Understanding and living within the knowledge of the laws allows us to live in higher frequency and create the life we each want.

If we are energy beings, and if all energy moves in a circular motion, then we are the generator and creator of all that occurs in our lives. “What you sow is what you reap.”

Thoughts are energy, and in addition to our thoughts, everything we feel, say, and do constitutes a form of energy. This makes us a powerful energy emitter and receiver. Each moment, what we think, feel, say or do sends out a resonance field into the universe that returns to us and creates our reality. It is our consciousness that drives this energy.

We also come across what I call Universal Tests. When we start living consciously, we start to understand how things work in the Universe. Therefore, we raise our own vibration to a higher level. We gather the lessons which help us grow and evolve into a higher being. When this happens, I find the Universe gives us opportunities to be “tested,” to see whether we completely understand the lessons. The tests relate to how we react to them, and how long it takes to get through the situation. The higher we climb our evolution ladder, the harder the tests are, yet the time of getting through them is much faster because we are mastering our mental and emotional levels of being.



Law of Divine Oneness

Spirit is the essence of consciousness, the energy of the universe that creates all things. Each one of us is a part of that Spirit – a Divine entity. So the Spirit is the Higher Self, the eternal being that lives within us.

-Shakti Gawain

Your thoughts, visualizations, and language are powerful tools for spiritual growth. Thoughts create, and constitute the basis for all there is, because thoughts are vibrations before they become thoughts. You then express them as the energies of words, emotions and actions. In this way you interact with the world and carry out your life activities.

The Law of Divine Oneness helps us understand that we live in a world where everything is connected to everything else. As energy, everything you do, say, think and believe affects others and the universe around you. You are one with the world and your power comes from the mind.

Summary

Everything consists of, and exists as energy. Your subatomic particles aren't fixed, in fact, particles may be flowing into and out of you now from: this page, the sky, the floor, your best friend and your worst enemy. In other words, there is no separation. How would you behave if you really knew that you were not separate from life, your friends, colleagues and every being that has ever existed? The answer is this – probably differently.

Many people ask spiritual teachers, “How can I become more spiritual?” The answer is simple. **Apply the principle of no separation as a practice into your everyday life.**

How do you become more spiritual?

First, you have the intention to become aware of the connection that exists between all living beings. Make the commitment to yourself to see the good and the beauty in all things. When something or someone pushes your buttons and you become aware of being filled with negativity, judgment, or criticism, say “no separation” to yourself. Acknowledge the presence of life force (or God force) in this event or being.

For example, perhaps a wasp is flying too close to your body, or a homeless person is asking you for money. Remember that whatever annoys you has subatomic particles that may be flowing through you at that time. Remembering this should be enough to disconnect you from negativity and perceived separation. If it's not, say **“Peace be with you.”** You can do this either out loud or inside your mind. What's important is that you keep on saying it until you genuinely wish an annoyance, or an enemy, peace. When this happens, you will experience “no separation” and will receive all the benefits of remaining connected to the life force that exists within and around you. No matter what “it” is, if the universe creates it, who are you to negate it? Peace be with you.

Example

I'm going to share an example from my friend's life as I think it shows exactly what this law is telling you about.

Fiona's husband, Jeffrey, and their children spent Christmas holidays at their grandparents and were coming home. Before leaving, Jeffrey called Fiona so she knew they would be home around 4:30 p.m. While washing dishes around 2:00 p.m., Fiona had a “flash” of an accident where her husband had run into a semi-truck due to poor visibility.

Fiona felt unsettled and decided to send her family Reiki energy (she had taken two levels). She put a golden shield around her husband and children, keeping them as safe as possible, and then she let go.

Jeffrey and the children still hadn't arrived by 5:00 p.m. which is when Fiona's brother-in-law, Manfred, arrived with his family. “Fi, I was listening to the CB radio and heard that Jeffrey and the kids are okay, but they had an accident.”

“Oh no. What happened?”

“The road visibility was so bad that Jeffrey didn't see the semi until it was nearly too late. He slammed on the brakes and spun into a ditch to avoid the truck.”

Fiona, chin quivering, asked Manfred, “Are you sure they're okay? When did this happen?”

“They are fine, don't worry. It was around two o'clock. I think the tow truck has already pulled them out.”

My friend grabbed her cell phone and called Jeffrey who confirmed that everyone was okay. They had miraculously avoided an accident that could've end up really bad.

Fiona is very sensitive to energy and can work with it well. Understanding that everything is connected, she reached out and did what she could, trusting that this would be enough.

What are some past experiences that come to mind that you can use for growth and understanding around the Law of Divine Oneness?

How is the Law of Divine Oneness playing out right now?

Record any evidence you found after applying the Law of Divine Oneness.
