

12 Universal Laws To Live By

1. The Law of Divine Oneness. *We are all one.* Absolutely everything in universe is interconnected. Every choice, word, desire, and belief you have, will have an impact on others you know and the world. Can be immediate and obvious, or can take a while to manifest, or may never even discover that it has occurred. Awareness of the fact that we are a part of everything around us, makes us more powerful and more empathetic.

2. Law of Vibration. *Every particle in universe is in constant movement* and constantly carries energy. Everything in the universe, has its own specific energy frequency, including the planets, stars, and also to the chair your sitting on. Like attracts like, so high energy particles are naturally attuned to other high energy particles, and low energy, attuned to other lower energy particles.

3. Law of Correspondence. *Universal patterns exist and repeat.* These prominent patterns can also be found repeating on a very small scale, like certain spiral patterns in the galaxy, or patterns in your own thinking. Notice how they repeat elsewhere in world. Consider kinds of pattern changes you might be able to make, and how those will create change on large scale.

4. Law of Attraction. *Like attracts like.* In order to have desirable things, need to work out how to vibrate on the same frequency as these things. Work to live more positively in life today. Being positive, proactive and loving, attracts more positivity into your life. Pessimism, fear, lethargy attracts more negative experiences in life.

5. Law of Inspired Action. To live a more productive and full life, need to *consider what is needed to do.* To heighten your energy frequency, you must think about how to vibrate on that frequency, then take action steps towards getting it. Actively pursue our goals to attract what you seek, instead of just visualizing them and getting positive about them.

6. Law of Perpetual Transmutation of Energy. *Everything around us, is in constant flux,* but you can't see these changes, because exist at the cellular or atomic level. However, change carries on regardless. This is an important law, because it helps you see how you can trigger positive change. Keep in mind that high vibrations can trigger improvements in low vibrations [ie, if you're vibrating at a low frequency, then you expose yourself to the high frequency of a happy, encouraging friend, they will naturally trigger an energy transmutation in you], then you can change your life for the better.

7. The Law of Cause and Effect. *All actions have a corresponding reaction.* This law is applied to both the physical and spiritual aspects of universe. Your spiritual life can impact the world around you, causing positive or negative reactions. Similarly, your physical environment can impact on your spirituality, whether for good or for ill. Recognize the different relationships you see between both, and ways you might want to change them.

8. The Law of Compensation. *You will receive what you put out* so be careful about how you treat others, and the planet. Focuses on the idea that compensation can come in many forms [ie. if you win a large amount of money then you might think you're getting a reward. However, depending on how you have lived, your vast amount of wealth could lead to a worse life rather than a better one]. So essentially, you reap what you sow.

9. Law of Relativity. *No particular person, experience, emotion or action is evaluated as good or bad until you look at it in comparison with something else.* This law is all about the neutrality of things when seen in isolation [ie. you may think you are poor, but only because you have three wealthy uncles]. So work to remain conscious of the fact that there are always multiple perspectives on anything that happens to you. Slipping into these alternate perspectives can make you more grateful, and can also show you where you can make improvements in life.

10. Law of Polarity. *Absolutely everything has an opposite* and that it's the very existence of these opposites that allow us to understand our life. Consequently, when you go through something difficult, it will be this thing that helps you truly appreciate the good developments to come. Remind yourself this daily, to improve your resilience during difficulty [ie. though a bad breakup is painful, it teaches you what doesn't work for you in a relationship, helping you to eventually find what does].

11. Law of Rhythm. *All things come in cycles* (ie. in nature, in the seasons, in the body's aging process). Also applies to a person's life stages. Reflecting on this helps you to gain perspective. Today's season may be good, but nothing is permanent, so enjoy what you have while it lasts. Alternatively, perhaps you're in a negative part of the cycle right now, but it may be the very thing that prepares you for a prosperous change in cycles next month.

12. Law of Gender. Two major types of energy, the yin and yang, the anima and animus, or the masculine and feminine. We all contain the different roles of this energy and must find a way to achieve a balance between them in order to live authentically and happily. Can have an excess or a deficit of either one.