

LISTEN

We can only get in touch
with our own source of intuition and wisdom
when we no longer depend upon others' opinions
for our sense of identity or worth;
we all tend to worship something;
the question is,
will we worship the god of opinion,
or the god of our heart?

I found I had less and less to say,
until finally, I became silent,
and began to listen.
I discovered in the silence,
the voice of God.

Søren Kierkegaard

Name

Date



THE LAWS OF LIFE

This Law lesson should be studied on a consistent basis until you really feel comfortable knowing how the laws impact every aspect of your life. And because most of us are raised in ignorance with respect to these laws, our paradigms cause us to violate them, regularly. An entrepreneur who has no conscious understanding of these laws and yet is enjoying a respectable degree of success is, to a certain degree, living in and conducting their business affairs in harmony with the laws, even though he/she may have no awareness of them. As we mentioned in a prior lesson, these individuals would be considered unconscious competents. This is exactly the category I fell into for the first ten years of my entrepreneurial career. The success I was enjoying coupled with the ignorance as to why I was successful is really what caused me to begin to study the material now being shared with you.

This particular lesson offers certain rules or laws that will help you to enjoy a more abundant life that is your birthright. We do not maintain that all the laws are covered; we merely offer a set of rules, which can be examined critically to determine whether or not they are beneficial to you. Although we name the seven laws, your attention will be drawn to the law which Emerson referred to as the "Law of Laws".

There is but one Great Law; namely, "Energy Is".

All physical and mental science is based on this one great law and its seven subsidiary laws which operate in conjunction with each other.

1. The Law of Perpetual Transmutation
2. The Law of Relativity
3. The Law of Vibration
4. The Law of Polarity
5. The Law of Rhythm
6. The Law of Gender
7. The Law of Cause and Effect

The best definition of Natural Law seems to be that, "It is the uniform and orderly method of the omnipotent God".



Unlike any other form of animal life that has been created, you were given the power of choice or free will. Along with this power came certain responsibilities. The capacity to choose does not involve freedom from the consequence of your choices. The laws or rules which govern you and which we will cover, to some degree, in this lesson are as exact as the laws which govern the material universe. You may act in accordance with these laws or you may disregard them, but you cannot, in any way, alter them. The law forever operates and holds you to strict accountability, and there is not the slightest allowance made for ignorance.



*“Circumstance does not make the man,
it reveals him to himself.”*

James Allen

In light of this truth, what then is the meaning of “fighting against circumstances”? It means that a person is continually battling against an EFFECT (an external circumstance), while at the same time they are nourishing and preserving its CAUSE in their heart.

Your mind may be likened to a garden which may be cultivated or allowed to run wild; but whether cultivated or neglected, it must and will bring forth.

Through a planned program of study, you will come to realize that you are the master gardener of your soul—the director of your life. You will also reveal, within yourself, the laws of thought and you will understand, with ever-increasing accuracy, how the thought forces and the mind elements operate in the shaping of your character, circumstances and destiny.

Every person is where they are by the law of their being; the thoughts that have been built into their character have brought them to where they are.

In a person’s little life or in their formative years, the people with whom an individual is surrounded will have a tremendous effect on the type of thoughts that are planted in their mind. Too often, a child is taught their limitations rather than their potential.

People do not attract that which they want, but that which they are. Their whims, fancies and ambitions are thwarted at every step, but their innermost thoughts and desires are fed with their own food, whether it be constructive or destructive.

A person is manacled only by themselves; thought and action are the jailers of FATE—they are also the angels of FREEDOM. A person’s wishes and prayers are only gratified and answered when they harmonize with their thoughts and actions.



The Natural Laws *of the Universe*

The Law of *Perpetual Transmutation*

- Energy moves into physical form.
- The images you hold in your mind most often materialize in results in your life.

The Law of *Relativity*

- Nothing is good or bad, big or small ... until you RELATE it to something.
- Practice relating your situation to something much worse and yours will always look good.

The Law of *Vibration*

- Everything vibrates, nothing rests.
- Conscious awareness of vibration is called feeling. Your thoughts control your paradigms and your vibration (which dictates what you attract).
- When you are not feeling good, become aware of what you are thinking, then think of something pleasant.

The Law of *Polarity*

- Everything has an opposite: Hot—Cold ... Up—Down ... Good—Bad.
- Constantly look for the good in people and situations. When you find it, tell the person. People love compliments and the positive idea in your mind makes you feel good. Remember, good idea—good vibration.

The Law of *Rhythm*

- The tide goes out ... night follows day ... good times—bad times.
- When you are on a down swing, do not feel bad. Know the swing will change and things will get better. There are good times coming—think of them.

The Law of *Gender*

- Every seed has a gestation or incubation period. Ideas are spiritual seeds and will move into form or physical results.
- Your goals will manifest when the time is right. Know they will.

The Law of *Cause and Effect*

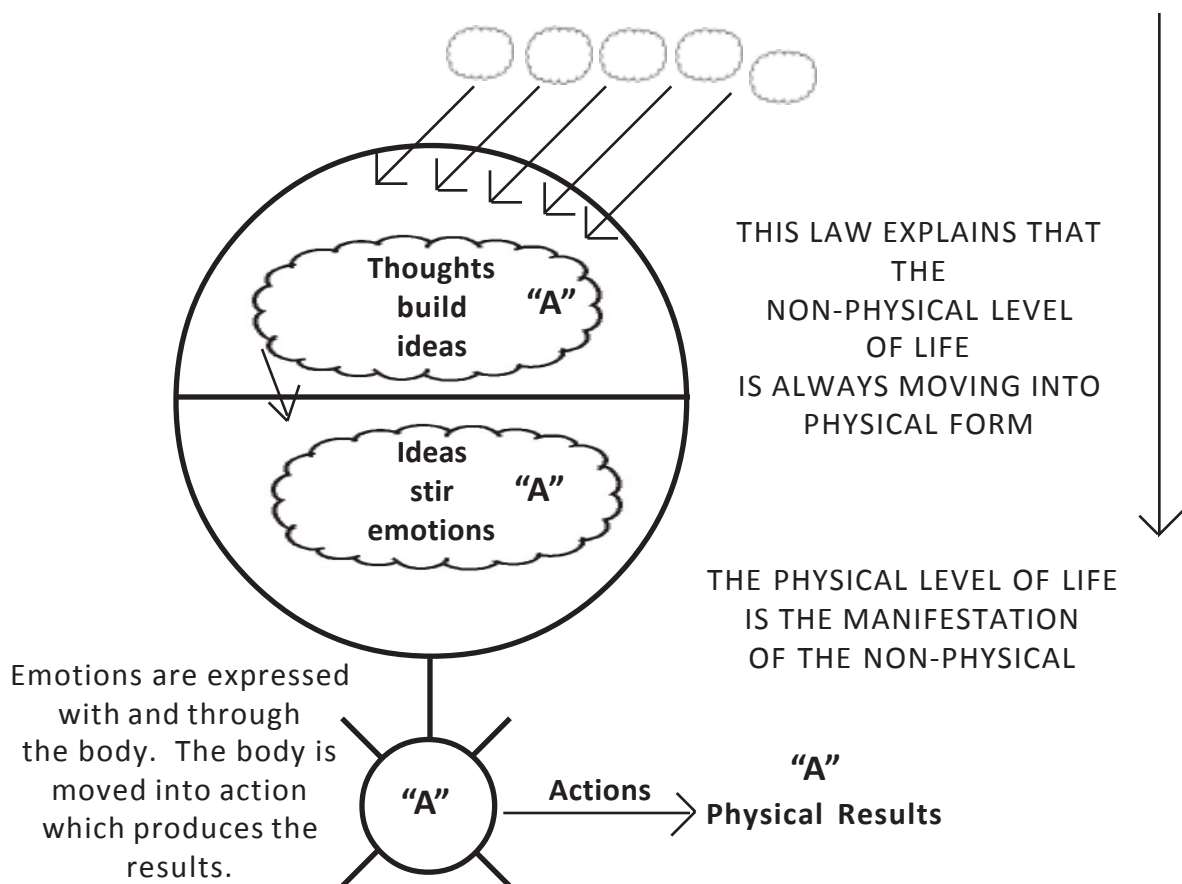
- Whatever you send into the Universe comes back. Action—re-action are equal and opposite.
- Say good things to everyone; treat everyone with total respect and it will all come back. Never worry about what you are going to get, just concentrate on what you can give.



The Law of *Perpetual Transmutation*

This law explains that everything in the universe that we can see, hear, smell, taste, or touch, together with our emotions, is the manifestation of energy in various levels of vibration. The universe as a whole, and in its parts, has its existence in an ocean of motion. Motion is the only thing that is constant. Change is energy's only attribute; and because of it, comes all that is apparent to our material senses. Energy is in a constant state of transmission and transmutation. It is the cause and effect of itself and can be neither created nor destroyed.

THOUGHT ENERGY—NON-PHYSICAL—ENERGY-SPIRIT-THOUGHT

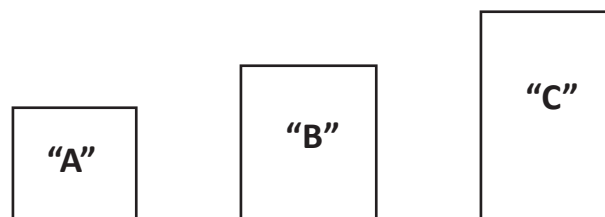




The Law of *Relativity*

In the study of this law, we find that all things are relative. All laws are related to each other and correspond with each other. The laws of the little are the laws of the great. There is no such thing as big or small, fast or slow, except by comparison. Every law that is a law must be relative to all other laws. In other words, they must be in harmony, agreement and correspond with each other. An understanding of this law will give one the means of solving many of the secrets of nature that seem paradoxical. The much discussed fourth dimension is nothing more or less than the dimension of vibration. Again, all rates of vibration are either high or low, only by comparison with those above or below them.

Whenever this law is properly used, you win. Let's remember that everyone does something better than you and, likewise, you do something better than every person you meet. When you relate something you do that you are not proficient at, to something another person does that they have mastered, you will probably not compare well. You are using the law against yourself. Begin using this law to heighten your self esteem. You will then become aware of how special you are in the light of truth!



When you relate "B" to "A", "B" looks big. However, when you relate "B" to "C", "B" looks small. The obvious truth is that "B" is neither big nor small, "B" just "IS." We make "B" what it is by virtue of how we work with this law.

Everything in life just "IS". We make it what it is. Make a habit of using this law to your benefit.



The Law of *Vibration and Attraction*

Everything in the universe vibrates ... nothing rests. "We really do live in an ocean of motion." This truly contains "The Great Secret of Life". You are always moving toward something and it is always moving toward you ... it's action and attraction.

This is where your intuitive factor is used (or should be). You can use it to pick up other people's vibrations. When you consciously become aware of vibrations, you call them feelings. When you feel bad, you can change your feelings by thinking good thoughts. When you pick up a bad feeling from another person ... you know they must be thinking negative thoughts. You must not let their negative vibrations affect your way of thinking.

Your thoughts are vibrations that you send off into the universe. When you concentrate, the vibration is stronger. Your thoughts are cosmic waves of energy that penetrate all time and space (vibrations). Thought is the most potent vibration. Remember, you have the ability to think ... that makes you a very special creation (God's greatest masterpiece.) You should always be delighted with yourself. (All creation begins in thought.) Your thought controls the vibration your physical body is in. Dis-ease is a body that is not at ease. Health is a body at ease.

1. Your conscious awareness of vibration is referred to as "feeling" ... therefore, when you say, "I feel bad" or "I feel great", you are declaring that you are in either a negative or a positive vibration.
2. Mind is movement. The law of vibration decrees that everything moves, nothing rests.
3. The brain is the instrument you use to move your entire being into a different vibration. The brain is your vibratory switching station.
4. Your brain will not think, but you think with your brain. Your brain is something you have to use to improve your life.
5. When you say you "think" or you say you are "thinking about something," what you are really doing is choosing to activate certain brain cells. They, in turn, affect your central nervous system and you move into whatever vibration those particular cells govern. The Law of Attraction immediately goes to work delivering whatever you are thinking about.



6. Brain cells are where you store mental pictures or images. If the cells you activate have sad or negative images, you will move into a negative vibration and feel bad. If they have happy images, you will move into a positive vibration and feel good. Choose happy pictures and you must feel good. Vibration is everything.

**The sound of God evolves through the Law of Vibration.
Ignore logic and follow that "gut feeling".
God is speaking to you.**

The Law of *Polarity*

Everything in the universe has its opposite. There would be no inside to a room without an outside. If you referred to the side of this sheet of paper these words are written on as the top, then the other side would be the bottom. You have a right and left side to your body, a front and back. Every up has a down and every down has an up. The law of Polarity not only states that everything has an opposite ... it is equal and opposite. If it was 3 feet from the floor up to the table, it would be 3 feet from the table down to the floor. If it is 150 miles from Manchester to London, by law it must be 150 miles from London to Manchester; it could not be any other way.

If something you considered bad happens in your life, there has to be something good about it. And, if it was only a little bad, when you mentally work your way around to the other side, you will find it will only be a little good.



Permit the above line to represent any situation in life. Realize that every situation JUST IS; you make it negative or positive by virtue of how you choose to think about the situation. When you look at the situation one way and it is negative, you can change your perspective and look at it from the opposite viewpoint and find it will be positive.





The Law of *Rhythm*

1. The Law of Rhythm embodies the truth that everything is moving to and fro, flowing in and out, swinging backward and forward. There is a high and a low tide. Everything is flowing, both in and out, in accordance with this law. There is always a reaction to every action. Something must advance when anything retreats; something must rise when anything sinks. This law governs the movement of the planets in their orbits and also manifests in the mineral and vegetable kingdoms. Men and women can observe this law in their mental, physical and emotional states. The Law of Rhythm is universal. This can be observed in the rising and setting of the sun and moon, ebb and flow of the tides, coming and going of the seasons, and in the rhythmic swing of consciousness and unconsciousness.
2. You are not going to feel good all of the time; no one does. If you did, you wouldn't even know it. The LOW FEELINGS are what permit you to enjoy the HIGH FEELINGS.
3. There will always be highs and lows in life. REASON gives us the ability to CHOOSE our thoughts (THAT IS FREE WILL). Even when you are on a natural down swing, you can choose good thoughts with your FREE WILL and continue to move up toward your goal.



The Law of *Gender*

The Law of Gender manifests in ALL things as masculine and feminine. It is this law that governs what we know as creation. The word creation is often erroneously used. In reality, nothing is ever created. All new things merely result from the changing of something that was, into something else that now is. The Law of Gender manifests in the animal kingdom as the sex of the animal. It also manifests in the mineral and vegetable kingdoms. Without the dual principle of male and female in all things, there could not be a difference of potential, perpetuation of motion, nor a regeneration.

This is, in truth, the Creative Law. This Law decrees that everything in nature is both male and female. Both are required for life to exist.

This law also decrees that all seeds (ideas are spiritual seeds) have a gestation or incubation period before they manifest. In other words, when you choose a goal or build the image in your mind, a definite period of time must elapse before that image manifests in physical results.

**BE PATIENT!
ALL IDEAS MOVE INTO FORM
AT THE RIGHT TIME.**



The Law of *Cause and Effect*

Every cause has its effect; every effect, its cause. There is no such thing as chance. Everything happens according to law. Nothing in the entire universe ever happens, unless it occurs according to law. Nothing ever escapes the law. It is impossible for the human mind to conceive of starting a new chain of causation, for the simple reason that every effect must have a cause; and in turn, that cause must have an effect. Thus, we have the perpetual, never-ending cycle of cause and effect.

Ralph Waldo Emerson called the Law of Cause and Effect, the Law of Laws. You are, of course, very interested in RESULTS: your physical health, your relationships, the respect you earn, your material income. You must concentrate on the CAUSE, and the EFFECT will automatically take care of itself. That is how the Law works.

Outlined below are four affirmations to help you focus on CAUSES:

MY MENTAL AND PHYSICAL HEALTH

I maintain a balanced diet and exercise mentally and physically every day.

MY RELATIONSHIPS

I maintain close contact with all of my loving and meaningful relationships.

THE RESPECT I EARN

I treat everyone with the utmost respect.
I am a good-finder.

MY MATERIAL INCOME

I continually think of creative ways to provide better service.

LEARN TO LIVE BY LAW, FORGET ABOUT LUCK!

THE LAW OF PSYCHOLOGICAL RECIPROCITY

When you put out positive energy, you will get back positive energy, but rarely right away. When you put out negative energy, you will get back negative energy. Rather than be caught by this law, let's use it. When someone gives you a positive comment, give them one right back. When someone sends you a negative comment, step aside and let it keep on going.



HEALTH

Do you know what the number one sickness is?

Think about it for a moment—the number one sickness, today?

Dr. John A. Schindler, former chief physician of the well-known Monroe Clinic, stated that better than 50%—(some other very eminent physicians and surgeons say well over 75%)—of all the people who are going to doctors in North America are suffering from one disease. It can and does affect people of any age, in every walk of life. This disease is terrifically expensive to diagnose and treat.

It's called, of course, psychosomatic illness—a feeling of sickness in the body, caused by the mind. The pain that you get with this sort of thing is just as severe as the real illness that you imagine.

Dr. Schindler said that this type of illness is caused by three things:

1. Cares
2. Difficulties
3. Troubles

It was Montaigne, one of the wisest men who ever lived, who wrote, “The thing in the world I am most afraid of is fear.” Your mind can make or break you! It takes in, digests, and gives meaning to your every experience. It initiates and regulates your every thought, emotion, action ... conscious or unconscious. Hippocrates often referred to as the “Father of Medicine”, recognized it 2400 years ago as the cause of “our joys, delights, laughter ... the fears and terrors that assail us, some by night and some by day”.

The results in your life are effects ... what is the cause?





If there is one truth, above all others, that you must recognize about yourself, it is this astounding fact:

*“Nothing is either good or bad,
but your thinking that makes it so.”*

Ralph Waldo Trine

Current research shows, beyond question, that there is no part of your body that can remain unaffected by the way you react to your life’s situations.

Anything that affects the mind affects the body as well—you CANNOT separate the two.

Consider anger for a moment. It’s a mental thing, a person’s choice of thoughts about a situation. Yet, a person’s face gets red or white, their eyes widen, their muscles tighten and tremble ... and on and on. The mental condition affects the entire body.

What about embarrassment? It’s a mental thing, but it dilates the blood vessels in the face and causes the face to redden. It may make you stammer, swallow, etc.

A person who has a psychosomatic heart condition suffers all of the pain and mental anguish of the real thing, even though there is nothing with their heart.

How do you rid yourself of this dis-ease? There is a lot of excellent advice available.

Let’s see what the good Doctor has to say on the next page!





Dr. Schindler's Rules

1. Quit looking for a knock in your motor. Stop imagining that you're suffering from something.
2. Like your work—everyone has to work. It's a vital part of living—learn to like it and quit worrying about it.
3. Have a hobby—something you enjoy doing in your spare time.
4. Learn to like people. Millions of people keep themselves frustrated and sick by looking for the faults of people instead of their good points. Everyone has faults, if you're looking for them. Try to like everyone and you'll find the anger, frustration and tightness in your stomach and chest will disappear.
5. Learn to be satisfied with a situation that you cannot change.
6. Learn to accept adversity as a normal part of living.
7. Learn to be cheerful and humorous. (In the morning, tell your spouse how good she or he looks even if it isn't true. It'll make both of you feel better.)
8. Finally, meet your problems with decision. When a problem comes up, decide what to do, and then quit worrying about it. Forget it. And, Dr. Schindler says, the key is to remember this—it may sound corny, but it works. Say to yourself, "I'm going to keep my attitude and my thinking as pleasant and as cheerful as possible."

Psychosomatic illnesses start in the mind.

Keep your mind on cheerful, happy things as much as you possibly can and you'll find that you'll have a body to match.





FAMILY

Your family is certainly one of the most important areas of your life and should be a source of rich reward—and will be—through conscious effort. Your constructive efforts will have a very positive affect on the lives of those around you, especially children. A very wise man once said, “Men are not made into slaves by heredity, but by habit patterns bred into them in their youth”.

Remember, we communicate through our thoughts, feelings and actions.

About children, Mark Twain said, “I love those little people and it is no small thing when they, who are so fresh from God, love me”.

Write a short description of what would constitute the ultimate in a happy, harmonious family relationship between you and the members of your immediate family.

The results in your life are effects ... what is the cause?





What circumstances do you feel are obstructing this type of relationship?

With the new understanding you are developing and knowing the corresponding action must (not may—but must), develop the ultimate in a happy, harmonious family life for you, what changes are you going to make in your thought patterns now?

*“There comes a time in every man’s unfoldment
when he will realize that envy is ignorance
and imitation is suicide.”*

Ralph Waldo Emerson

THE ONLY LIFE ANY PERSON CAN LIVE IS THEIR OWN.





SOCIAL

For a person to maintain balance, a happy, well-rounded social life is as necessary as eating or sleeping. It is unfortunate, but true, that many individuals and married couples have little or no social life; this is neither healthy nor necessary. If your social life is not as harmonious as you would like it to be, it can be changed easily. Through a conscious effort on your part, it will be changed. If you feel it is well-balanced now, CONGRATULATIONS!

Write a brief description of what you feel would constitute a well-rounded, happy social life for you.

What circumstances do you feel are obstructing this type of social life?







ABILITY TO EARN MONEY

Here is an area of life that is greatly misunderstood by many people. How often do you hear—“money is the root of all evil”. That is not what the great teacher said. We were taught that the love of money was the root of evil. We should have a healthy respect for money since it is the medium of exchange which is used in the world today for another person’s services. It is the only reward which is completely negotiable ... and can be used by everyone.

When you hear people say, “money won’t bring you happiness”, you might remind them that the earning and possession of money has brought a lot more happiness than has poverty. Money is a warm home and plenty of food on the table, it’s birthday presents and a college education, it’s a trip abroad and the means to help the elderly and the less fortunate.

All of the money in the world is available to you, you only have to earn it. You should have the amount that you need to provide the things that you want to live in the style that you choose to live.

The only limit to your earning power is the limit that you choose to place on yourself.

THE LAW OF COMPENSATION

The amount of money that you earn will always be in direct ratio to:

1. The need for what you do
2. Your ability to do it
3. The difficulty there will be in replacing you

There are only two ways to earn money:

1. People at work
2. Money at work





There are however, three money earning strategies to consider:

M1	_____	96%
M2	_____	3%
M3	_____	1%/96%

You must work to earn money, and you must do the work **first**, before you receive the money. Most people have this equation reversed. “Give me the money—then I’ll do the work” or, “I’m not being paid for it” is the cry of many. They are deluding themselves.

Most people THINK they want more money than they really do and they SETTLE FOR A LOT LESS than they could earn.

Before you focus your attention on your circumstances, with respect to your ability to earn money, it would help to remember a few points about your work, since this is the area that, more than anything, will affect your earning ability.

The results in your life are effects ... what is the cause?





Sometimes you lose sight of the value of your work, and consequently, you lose that zest for life—not just from your work—but from your life.

Here are a few zest-restoring ideas that you can use **RIGHT NOW**—
and every day from now on.

1. Understand that anything—your job, marriage, etc., no matter how exciting in the beginning, will grow—not may grow—will grow stale, in time, if you’re not careful.
2. Keep in mind that you must fight staleness in your life daily. There is something that you can do—something that you must do—every day in order to keep vitality in your performance. It’s simply the actor’s technique: “Live the part” or act the part.
3. Realize that there is no such thing as a job without a future. Every job has a future just as every person has. Whether that future is great or small will depend entirely upon the person. There are no small parts, there are only small actors.
4. See the “big picture” (with you in it.) See your job in relation to the whole scheme of things. (Remember, only you place limitations on you, regardless of what *they* might say).
5. Finally, continue to develop your ability to see yourself, your work, and what you do through the eyes of the most important person—the customer.

***DON'T EVER LOSE YOUR ZEST FOR LIFE
AND LIFE WON'T LOSE ITS ZEST FOR YOU.***

THAT IS THE LAW





With this understanding, focus your attention on these important questions.

1. I presently have _____ sources of income.
2. My annual income is \$ _____ .
3. To live in the style that I choose to live, I must earn \$ _____ annually.
4. What circumstances are obstructing you from earning the amount of money that you need, to live in the way that you choose?

5. What changes are you going to make in your thoughts that you know, in time, will cause the necessary changes in your actions so that your talents and abilities will be worth the above amount to your employer?

