

True Health Begins With Your Mind



Universal Laws

12 Really Cool Concepts to Change Your Life

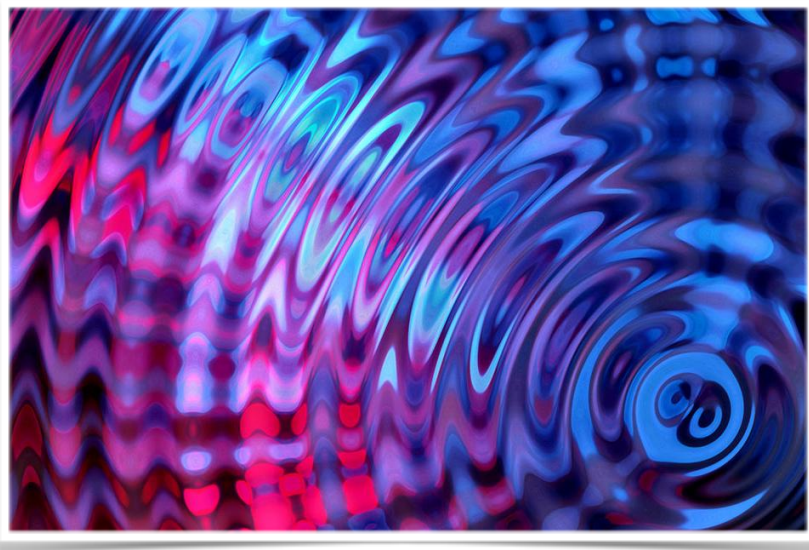
Natalie Whitaker



The Law of Divine Oneness

The First Law of the Universe

The law of divine oneness simply states that everything is connected to everything else. Our thoughts, beliefs, words and actions will have an effect on others and the universe around us. It is by this law, all the other laws apply. Everything is derived from one energy source and everything is at its most basic form is pure energy. Energy cannot be created or destroyed, only changed. Think of a seed. It begins as one thing, a seed, and changes into a plant, lives and dies, decomposes and is used for another plant. The energy that was the original seed is never gone, it is simply transformed. Everything is energy including your thoughts. Your thoughts control your actions and your actions produce everything that shows up in your life.



The Law of Vibration

The Second Law of the Universe

The basis of this universal law is the fact that everything is made of energy. Energy is in constant motion or vibrations. Everything vibrates and those vibrations resonate on different frequencies. Higher frequencies mean more energy and lower ones, lower energy. The incredible fact is that as human beings, we have the ability to change the vibration we are in at will. With one thought, your energy can increase. When your energy increases, your vibration increases resulting in raising your frequency. You feel better and that good continues to ripple throughout your life to those you come in contact. Their frequency raises and subsequently those they touch. The Beach Boys were on to something with their “Good, Good, Good, Good Vibrations.”



The Law of Attraction

The Third Law of the Universe

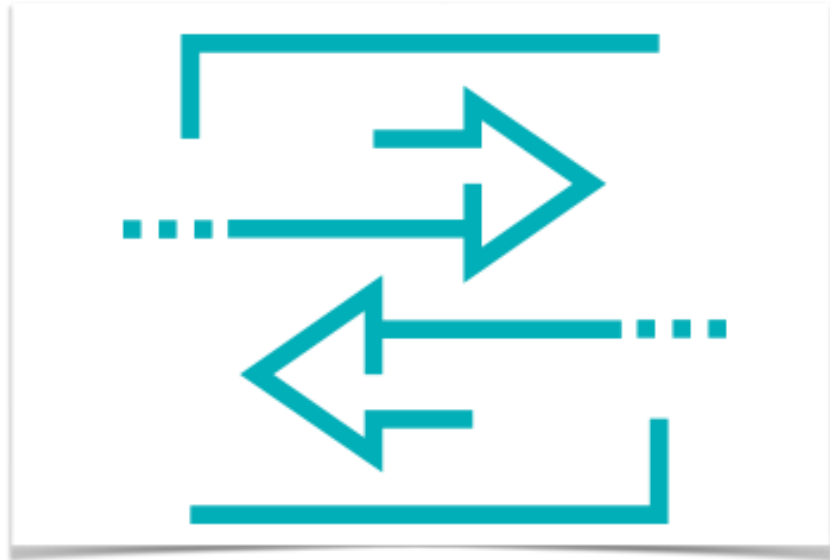
The law of attraction is probably the most well known Universal Law. The basis of this law is that like attracts like. We create and attract everything that comes into our lives. Our thoughts, feelings, words and actions produce energies that attract like energies. Positive energies attract positive energies and negative energies attract negative energies. Whatever you give your energy and attention to is attracted to you. Thinking that you can't afford something or you're not good enough will always be a self fulfilling prophecy. Your thoughts are very powerful. Mind them.



The Law of Action

The Fourth Law of the Universe

This law works hand in hand with the Law of Attraction. Basically, if you want it, you gotta get off your butt. If you are going to manifest your desires you must engage in actions that support your words, feelings, thoughts, dreams and emotions. You can want it, dream about it, wish for it, need it but if you aren't actively moving toward it, it will not be attracted to you.



The Law of Compensation

The Fifth Universal Law

You get what you give. You will always be compensated for your efforts and for your contribution. The amount of compensation depends on however much or however little you contribute. If you want to increase your compensation, increase the value of your contribution. Always do more than you are paid for and the rewards of greater respect and greater responsibility will turn into greater wealth.



The Law of Cause and Effect

The Sixth Universal Law

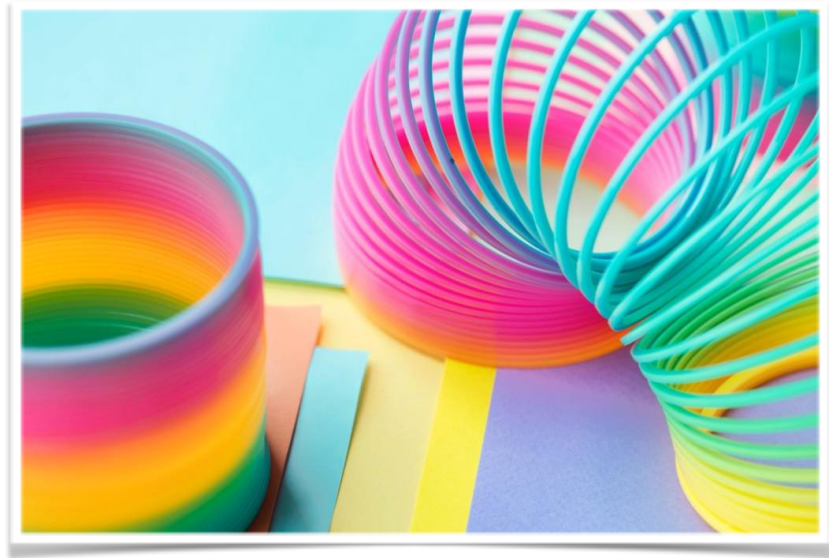
For every cause there is a definite effect and vice versa for every effect there is a definite cause. Your thoughts lead to actions that create specific effects. Those effects derived from your thoughts manifest and create your life. The amazing part is that at every moment in your life you can choose to change your thoughts and can create a whole new life. Aladdin and Jasmine had it right when they sang “A Whole New World”, you can have that too, in an instant. The choice is yours.



The Law of Correspondence

The Seventh Universal Law

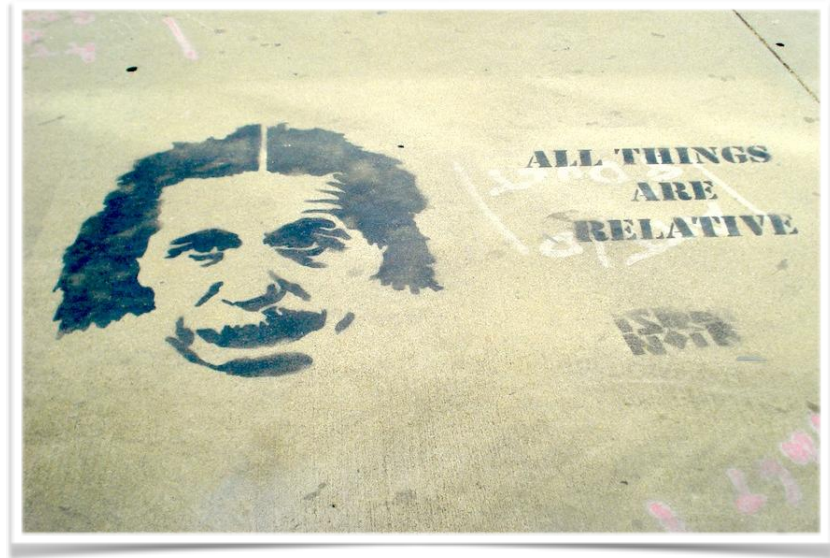
The Law of Correspondence deals with communication between your inner and outer self. Think of a mirror. What you see happening in your outer world is simply a reflection of what's going on in your inner world. If you see issues and struggles reflect on what's going on with your thoughts. Take a honest look at your whole world; realize the potential you have to create the change on the inside you want to see reflected on the outside. Michael Jackson says while looking at the man in the mirror, "If you want to make the world a better place, take a look at yourself and then make the change."



The Law of Perpetual Transmutation of Energy

The Eighth Universal Law

Everything is at its essence pure energy. That energy is always in motion, flowing into our consciousness constantly. We have the ability to harness that energy and transform it into whatever we choose to focus our attention on at the moment. Higher vibrations will always consume lower vibrations. Happiness, gratitude and kindness will always beat drama, depression and anxiety. Pay attention to what you focus on, you literally have the power to turn the unseen into the seen.



The Law of Relativity

The Ninth Universal Law

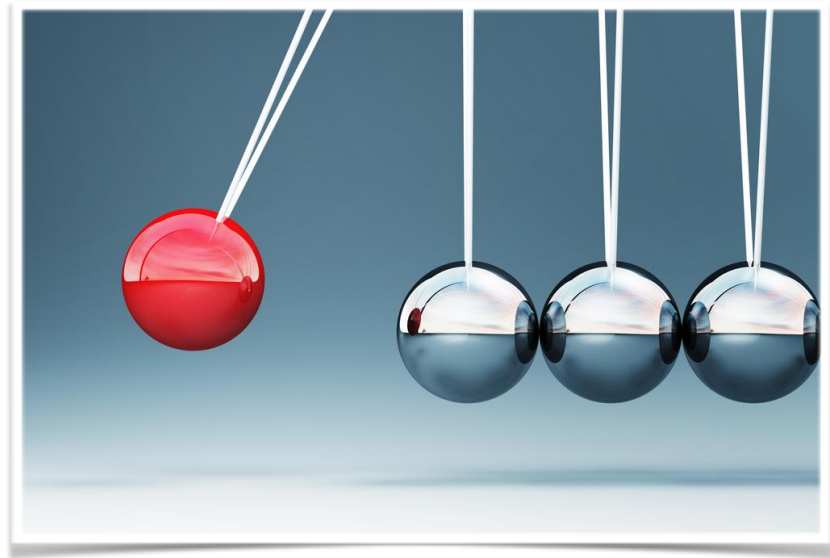
The law of relativity states that everything is relative to everything else. Nothing is good or bad. Everything in life just is. We assign meaning to it. And because we assign meaning to it, we can assign any meaning we desire. “Bad” things aren’t always bad, that is just the meaning we assign to it. Reassign the meaning.



The Law of Polarity

The Tenth Universal Law

Polarity is the difference between the two extremes of one thing. There are no absolutes only various degrees of the differences between the two. Everything is on a continuum and has an opposite. We can change and transform undesirable thoughts by concentrating on the opposite pole. Napoleon Hill said “ Every adversity, every failure and every heartache carries with it the seed of an equivalent or greater benefit.”



The Law of Rhythm

The Eleventh Law of the
Universe

Everything vibrates in an orderly manner, a rhythm. Seasons, cycles, stages of development and other natural patterns mimic a pendulum swinging back and forth. Rise above seemingly negative swings by never letting them knock you out of balance. Know that the pendulum always swings the other way and that with each swing there is opportunity.



The Law of Gender

The Twelfth Universal Law

Everything is comprised of masculine and feminine parts. This applies to physical and mental properties. By learning and accepting the two go hand in hand, you can attain balance. Attaining balance is where the magic happens. Balance is the path to enlightenment and peace. Who doesn't want that?