



Conscious Living

In The Lawful Universe

By: *BrahmaKumari (BK) Shagun Saini*

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Publisher: The Shiv Baba Services Initiative ([↗](#))

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ISBN: 9798796810934

INTRODUCTION

The universe—and everything in it—is made of energy. At the subatomic level, everything is pure energy. Everything, without exception. The food you eat is energy. The water you drink is energy. The bed you sleep on is energy. The computer you use is energy. The Book in which you are reading this is also energy. In fact, you yourself are pure energy! And so is your spouse, your children, your parents, your boss, your pet, your friends and your relatives. Even the people you are not particularly fond of are—at the subatomic level—made up of pure, unadulterated energy.

We—each of us—is an energy system operating in a larger energy system we call the universe. This is the fundamental truth. This means that our physical bodies and our thoughts are made up of the same energy. Knowing this, we can begin to transform our lives in ways that we have hitherto never imagined.

Our physical bodies are much denser forms of energy compared to our thoughts, which are much more subtle energy. But our thoughts, though subtle, are a more powerful form of energy because they empower us to create something out of nothing. Think about it. Before anything is built in our physical reality, it is first conceived in the mind. You would have probably seen many new flyovers on city roads. A decade ago, these flyovers did not exist. Before being manifested in the physical reality, these flyovers were conceived in the collective minds of the civic administrators, civil

engineers, construction workers and many more people. So, energy works individually or collectively.

German Physicist Max Planck's in his Nobel Prize acceptance speech said "As a man who has devoted his whole life to the most clear-headed science, to the study of matter, I can tell you as a result of my research into atoms this much. There is no matter, as such. All matter originates and exists only by virtue of a force which brings the particles of the atom to vibration. I must assume behind this force the existence of a conscious and intelligent mind. This mind is the matrix of all matter".

We cannot achieve in our physical reality, what we cannot conceive in our minds. All manifestation starts with thoughts. When W Clement Stone said, "Whatever the mind of man can conceive and believe, it can achieve," he was sharing with us this version of the fundamental truth—that our thoughts are powerful form of energy that, when channelized effectively, could achieve astounding results. Stone was an American businessman, author, and philanthropist who advocated and practiced Positive Mental Attitude [PMA].

PMA can be easily understood from the energy perspective. One of the greatest scientists ever born, and a genius in his own right, Albert Einstein declared: “Energy can neither be created, nor destroyed. It can only change its form.” Quantum physics states that energy and mass are interchangeable. The moment we understand this, limitless possibilities open up. For instance, if thoughts are energy, then thoughts can become things. Now, if our thoughts are positive, then it follows that positive events will manifest for us. The opposite is also true. Negative thoughts are equally powerful and bring about what we don’t want for us. Therefore, it is in our best interest not to dwell on what we don’t want, and instead focus on what we want.

The greatest power that ever existed in this universe is the creator of this world, the universe itself, now the question arises is who is the creator, for different religious sects there is a different name for that divine energy, for different schools of thoughts exists different laws behind the working of this universe, so the question arises, what is the ultimate truth, Answer can vary but the most accepted answer is Universe "SHIVA", Shiva is not to be entangled with any religious thought Shiva the supreme father, it is the Universe itself. OM NAMAHA SIVAYA which means Soul, Earth, Water, Fire, Pranic Air, sky its total meaning is Universal Consciousness is one.

The Universal Laws Are the Key to Conscious Living

Knowing and correctly applying the Universal laws, you will succeed in any field – whether you want to split an atom, build an Empire or just live happily. Why am I so sure? Because the universe doesn't care whether you're a good person or a bad One. The rain pours equally for everyone. The universe empowers those who correctly understand and implement its laws. But it never supports the ones who ignore them.

Chapter 1 – The Law of Divine Oneness

"The most important principle of divine philosophy is the oneness of the world of humanity, the unity of mankind, the bond conjoining East and West, the tie of love which blends human hearts." Abdu'l-Baha

If you truly want to undergo a positive change in your life, you first need to understand the laws that govern the universe. The law of divine oneness can be described as the law of original creation. It impacts thoughts, desires, beliefs and action which will have an influence on our world and the people within it.

The law of divine oneness interconnects the whole of humanity and nature through a collective consciousness. Meaning we are all attached to one infinite energy source, and when we give happiness to others, we receive equal kindness in return. This law keeps balance and stability into the Universe.

If you look out of the window, everything you see is connected through vibrational energy. Regardless of the item it vibrates and depending on the destiny of the object will determine the vibrational energy. Energy can be broken down into either;

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- **Thermal energy**
- **Radiant energy**
- **Chemical energy**
- **Nuclear energy**
- **Electrical energy**
- **Motion energy**
- **Sound energy**
- **Elastic energy**
- **Gravitational energy**

Meaning if everything is energy, we interact with everything inside the universe through energy, including other people. We are consciously unaware of how we communicate. In fact, only 7% of our communication is verbal. Think about a situation whereby someone is clearly angry about something. You can feel the energy being produced by that individual as they tell the story.

Everything that exists originates from energy, and that energy flows to and from us. If someone in your family is hurt, everyone is hurt conversely if everyone is happy, the energy flows to make everyone happy. The law of divine oneness connects;

- **Humans**
- **Nature**
- **Elements**
- **Minerals**
- **Plants**
- **Insects**
- **Animals**
- **All non-living matter**

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The law of divine oneness states nothing exists outside this oneness and oneness is endless in time, space and force. Suggesting everything inside our universe must obey this law to exist and flourish.

We Are Connected to Divine Oneness Through Vibrational Energy

Your thoughts shift universal energies and create movement because the divine oneness connects everything in the universe, nothing can escape the law. You need to acknowledge that your desires, beliefs and behaviors will be aligned and move things in the direction towards you. When you think, feel, speak or act in a certain way, either positive or negative will begin to be attracted into your life.

Having a sense of oneness, you start to shift your awareness of how feelings of anger, revenge or hate can have negative distress to the world and people around you. Being mindful of this may influence you to shift your thoughts to positive energy. Love is a powerful emotion and can eliminate negativity within your mind. Love vibrates at an extremely high frequency of energy and attracts like things back towards you.

Energy cannot be created or destroyed but can only change from one form to another. Nothing dies completely, including us, we only change form from one state to another. Everything that exists is continually

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moving or changing form. For example, water continuously transforms from steam to water then to ice and back again.

Think about an old castle or manor house that has been left to deteriorate for hundreds of years. The object had deteriorated slowly over many years because of the transformation of energy and forces around it. It has constantly been diminishing because of the energy source effecting it. It proceeds to change form one molecule at a time until the object has disintegrated back into the universe. Because nothing can be destroyed, the energy is used to create something new.

Your thoughts, feeling and behaviors send out vibrational frequencies, and these frequencies can be matched to attract things into your life. However, because many of us have negative and harmful thoughts, we will attract these like energies back on to ourselves. You can't attract good into your life when you're in a negative vibrational frequency.

The Hidden Message of Divine Oneness Is Inside Water

Dr Masaru Emoto, the Japanese scientist who transformed the idea that our thoughts and feelings influence the world around us. For over 20 years he studied the scientific data of how the molecular structure in water modified when it was impacted by our words, thoughts, sounds and beliefs.

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Dr Emoto analyzed various frozen water samples from different parts of the world and discovered each water crystal had a different formation. Some water created beautiful crystal structures and others were distorted. Dr Emoto then spent the next 20 years exploring the reasons for this.

He filled jars with water from the same source and put labels on each jar. Half of the labels had a strong positive word like love, happiness and joy. The second half had strong negative words like hate, evil and death. Over several days people were chosen to say the words on the different jars. The experiment concluded when the water was frozen, and the water crystals were examined.

The results were amazing, the group of jars that contained water with positive words created beautifully formed crystal, whereas the negative words created distorted and damaged crystals. The experiment continued by examining music and their effect on the water. The results revealed music containing positive words created the beautiful crystal structures and music with negative words formed distorted crystals.

Importance of this Law to Consciousness

Our bodies are around 65% water, and when we hear or speak these negative words, it is creating the water inside us to become distorted and deformed. Our words also can affect other people and more importantly, those people who we love and should be taking care of.

Dr Emoto's research shows the power of words and thoughts on the Universe. The divine oneness state

everything is energy, and we are all connected by energy. Meaning our thoughts and words have an impact on the world around us. Negativity can become damaging to us and others around. Transform negativity into positive energy and release it into the universe because you will begin to attract like back towards you.

Ways to practice the Law of Divine Oneness

1. Use Positive Affirmations to Improve Your Thoughts

Listening to positive affirmation in the morning and before you go to sleep will allow your subconscious mind to absorb those positive statements. Affirmations repeat several positive words or statement that will begin to transform your thoughts and raise your vibrational frequency. This positive message will keep your mindset focused on happiness and positivity throughout the day.

2. Daily Meditation Calms the Mind

Spend 20 minutes every morning meditating to connect with your inner self, mind and universe by using meditation music. Meditation has been around for hundreds of years and is a practice that the majority of highly successful individuals share. Meditation is described as the key to the door which opens universal consciousness through your subconscious mind. When

you calm the mind your open this power and thoughts, ideas and happiness enter your mind.

3. Give to Others

Giving is the most powerful emotional connect you can have with someone else. If you continually look to give to others instead of taking, your life will transform.

Money isn't the only way you can give. You have an abundance of talents that you can use to help others. The law of divine oneness works best when the good energy flows and By helping others you can achieve this.

4. End the Day with Gratitude

Become grateful for the things you currently have in your life. You will never attract more until you give thanks for the things you have. We live in a world where we always want more but when was the last time you stopped and realized what you currently have?

Chapter 2- The Law of Vibration

"How you vibrate is what the universe echoes back to you in every moment." Panache

The Law of Vibration is the foundation of the law of attraction. According to the Law of Vibration, everything is vibrating, nothing is at rest. Although we cannot see the Law of Vibration, it is real. Just like the Law of Gravity, we cannot see gravity, but it is there.

After the microscope introduction into the world, people started believing smaller particles in our bodies. And today, science has proved that everything is made of atoms and molecules, and what made these atoms are energies. And thus, you, me, and everything else has its vibration frequency. We are all bound by the Law of Vibration.

Once you understand that your thoughts and emotions are energy vibration (Law of Vibration), and you know that “like attracts like” (Law of Attraction), you will appreciate that you can now start to alter and transform your life just by altering your thoughts and emotions, which will ultimately alter the energy vibration within you.

Affect Of The Law Of Vibration in Life

Microcosm (atomic particles) = Macrocosm (the external Universe)

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In a nutshell, as you choose to have happy feelings, more happy feelings will be drawn into your life because you are offering the energy vibration that is in harmony with happy feelings. On the other hand, if you are upset and feel inferior, you will create more of the same vibration in your life.

Your mind is the most powerful tool in this universe because you can change and alter the vibration energy through your thoughts and feelings. And when you do that, you will attract and bring forth the energy vibration that is in harmony with your thoughts and feelings.

Your thought is where it all begins. As your conscious mind dwells habitually on thoughts of a certain frequency, these become firmly embedded in your subconscious mind. These thoughts will become your dominant vibration. And this dominant vibration sets up a resonance with other similar vibrations and draws them into your life.

It means that it works like a big mirror. You first create the vibration frequency through your mind (feelings and thoughts) and then buzz that frequency out into your surrounding that is vibrating in harmony with your frequency will come to you in the forms of things, people, and experiences.

Ways to practice the Law of Vibration

You have to understand that over 90% of the manifesting process is completed by the time you get your vibration activated. This means to say that the vibration element of

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your wish has already occurred in the non-physical realm, within you. Therefore, your primary focus is to align with your desires so that what you want can appear in your physical reality.

Everything happens in the inner world first. Our outer world is a mere echo or the fruits of what has happened in the inner world. Your mission is to maintain that vibration and unlock the desires from their energetic holding space so they can manifest. You need to learn how to close the gap between your intention and the manifestation.

Abraham Hicks once said, “The greater part of us is non-physical.” This may sound a little confusing, but your goal is to align your vibration with the vibration of the things that you want in your life. When your vibrations are in alignment with the things you want, the universe will deliver them to you. Things will become smooth and come to you. You will feel like you are so lucky and things just come to you without much effort.

So how can you do that? Well, to put it in a simple term, you just need to make sure your thoughts and feelings are in harmony with what you want. You need to act as if the things that you want to have already been manifested and you are living them right now. Most people understand their thoughts, But the need is to understand your feeling too. You need to feel as if your desire has already manifested. It will close the gap between your inner world and your outer world.

Five Keys

1. Set Your Intention Right
2. Raise Your Vibration through Visualization
3. Raise Your Vibration through Emotions

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4. Trust and Believe in the Process
5. Let Go and Ready to Receive

Chapter 3 – The Law of Attraction

"Imagination is everything, it is the preview of life's coming attractions." Albert Einstein

The law of attraction is a philosophy suggesting that positive thoughts bring positive results into a person's life, while negative thoughts bring negative outcomes. It is based on the belief that thoughts are a form of energy and that positive energy attracts success in all areas of life, including health, finances, and relationships. While the Law of Attraction has generated attention in recent years due to books like "The Secret" , There are central universal principles that make up the law of attraction:

Like attracts like: This law suggests that similar things are attracted to one another. It means that people tend to attract people who are similar to them—but it also suggests that people's thoughts tend to attract similar results. Negative Thinking is believed to attract negative experiences, while Positive Thinking is believed to produce desirable experiences.

Nature abhors a vacuum: This law of attraction suggests that removing negative things from your life can make space for more positive things to take their place. It is based on the notion that it is

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impossible to have a completely empty space in your mind and in your life. Since something will always fill this space, it is important to fill that space with positivity.

The present is always perfect: This law focuses on the idea that there are always things you can do to improve the present moment. While it might always seem like the present is somehow flawed, this law proposes that, rather than feeling dread or unhappiness, you should focus your energy on finding ways to make the present moment the best that it can be.

Use in Life

According to the law of attraction, you create your own reality. What you focus on is what you draw into your life. It suggests that what you believe will happen in your life is what does happen. Some things that you can do to incorporate the law of attraction into your own life include:

- Be grateful
- Visualize your goals
- Look for the positives in a situation
- Learn how to identify negative thinking
- Use positive affirmations
- Reframe negative events in a more positive way

While the law of attraction may not be an immediate solution for all of life's challenges, it can help you learn to cultivate a more optimistic outlook on life. It may also help you stay motivated to continue working toward your goals.

Ways to practice the Law of Attraction

There are some exercises that can help you learn to put the law of attraction into practice in your own life. Some ideas include:

- **Journaling:** Writing down your thoughts can help you better learn to recognize your habitual thought patterns to see whether you tend toward optimism or pessimism and learn more about changing negative patterns of thought.
- **Make a mood board:** Create a visual reminder that helps you maintain a positive mindset, stay motivated, and focus on your goals.
- **Practice acceptance:** Instead of focusing on what is wrong about the present or what needs to be changed, work on accepting things as they are. This doesn't mean that you won't continue to work toward a better future, it just means that you won't get bogged down by wishing for things to be different right now.

Practice positive self-talk: If you struggle with being overly self-critical, set a goal to engage in positive self-talk each day. Over time, this may come much more easily and you may find that it is harder to maintain a negative mindset.

Chapter 4 – The Law of Correspondence

"Everything we do is infused with the energy with which we do it. If we're frantic, life will be frantic. If we're peaceful, life will be peaceful." Marianne Williamson

The world is full of people who look at the mirror of life and they don't like the reflection they see, so what do they do? They pound the mirror, they try to change the mirror, they get frustrated at the mirror, and they complain and curse at the mirror. It is equivalent of trying to change the external world, instead of working on themselves.

The Law of Correspondence says "as within so without, as above so below." What this means is that your outer world is a reflection of your inner world.

Your outer world is 360-degree mirror, everywhere you look you are seeing yourself reflected back. Wherever you go, there you are. Your outer world merely expresses your thoughts, beliefs, feelings, attitudes. Therefore, if you can change your inner world that means you can dramatically change what is going on what is on the outside.

The Law of Correspondence says that your relationships, your health, your income, every single part of your life solely reflects on a 1 to 1 basis back to you the way you

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think and feel. Everything you have in your life you have attracted to yourself because of the person you are.

Ways to Change your Outer Reality

You have little or no control when it comes to the external world but you have **TOTAL** control when it comes to your inner realm. As it is result you have total control over your future destiny, you can become anything that you truly desire to become by simply altering your inner world so that is in full alignment and harmony with what you envision. However, you cannot constantly energize and identify with feelings of anger, frustration, lack and disappointment and expect to have a joyful, successful, abundant and fulfilled life on the outside. When you are fully integrated internally your outer world will experience profound changes. If you have been around for a while in the spiritual and self-growth community then this is not new news to you.

Chapter 5 – The Law of Inspired Action

An inspired action is when you do something because you feel the strong inner urge to do it, like having a gut feeling.

But it's not just a small action step, it is really a quantum leap towards your dream. This type of action is definitely one of the most critical steps in the Law of Attraction manifestation process and usually the first big step forward. It's about doing something that brings you one big step closer to your goal, and doing it with strong emotion, knowing that this is the RIGHT thing to do right now.

The great thing about such an action step is that it usually attracts the next steps and directs you further in the right direction. Maybe you've already heard when you want to manifest something that you should pay attention to the signs of the universe? And then, you simply have a strong feeling or desire to do something, often you can't even explain where the feeling comes from, why you got it, and what it should bring you. Then you either give in or ignore it. **You could also call it intuition. Or to have a creative idea or epiphany. And you are then taking action on it.** This is exactly the feeling that triggers inspired action if you decide to follow it. But that's the step you have to take.

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Because the How, this next step is your job. You don't have to know by 100% what to do and have planned it through in every single detail, but to be able to recognize the signs and to know when and how to react is not easy, so the how becomes your job, fortunately, one you can learn and train. I read somewhere the other day that inspired action works without a plan. That it's something, you don't think about in advance. Most of the time inspired action is something you do out of a positive feeling, you just want to do it, you have this inner urge, and it feels totally awesome. The problem is, it's not always like this and also depends a lot on your abundance blocks.

If you are one of the among those who rather question things and are anxious, or maybe just find it hard to make decisions, then it is quite possible that you don't see the hints of the universe so easily or when you do see them, you question your actions and maybe never move on.

Your inspired action is something that happen intuitively, something where you should act quickly and, in my opinion, even something that you can and should consciously trigger.

**How and when you have to take
inspired action.**

You have the belief that your dream will come true, then you start living as if these goals were already achieved (act as if), and this acting as if it will be a signal to your subconscious mind that this is the place where you belong.

And then the magic happens, it's not really magic, but sometimes magical things can happen when you activate the Law of Attraction **it is important to understand that in the end, only your actions count**, your inspired action! Your subconscious mind (or call it the universe) will give you signs, attract ideas, bring people and possibilities into your life, you will have inspirations, dreams, an epiphany, or anything that could inspire the right action. But in the end, you have to act. Without your action, all these signs are useless.

Chapter 6- The Law of Perpetual Transmutation of Energy

"Thoughts become things. If you see it in your mind, you will hold it in your hand." Bob Proctor

This universal law states that energy can neither be created nor destroyed in this Universe. This doesn't mean that it remains stationary or constant. Energy in the Universe is all the time changing its form and getting transferred among people and things. Energy is in constant motion. The law is referring to the total energy of the Universe.

It is from another important Universal law that we learn how everything in this Universe is made up of energy. Understanding the law of perpetual transmutation of energy is immensely helpful for manifestation. Raising your energy vibration is an essential requirement for manifesting your desire. Once you learn the technique of transmuting energy, there is no stopping you. All your desires and goals are within easy reach.

How do energy and vibrations work?

"As above, so below, as within, so without, and as the universe, so the soul."

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This hermetic principle encapsulates the law of perpetual transmutation of energy succinctly. Your vibrational energy is directly linked to your state of mind. When you are feeling happy and upbeat and there are positive thoughts and emotions in your mind, your energy will be high. On the other hand, when you are feeling low or having negative thoughts and emotions, your energy will also be lower.

When you are on a manifestation path to achieve what you set out to accomplish, you need to raise your vibration to the same level as the object of your desire. Diverse positive thinking strategies are adopted to make this happen. However, there is natural resistance from within us to change the status quo even if we realize that it is beneficial. Let us understand this through an example.

You are joining a new job as you were unhappy at the previous one. However, you approach the new job with trepidation and fear. You desperately want it to succeed but you do not feel confident that you will be able to make it work. When you are filled with negative energy, it blocks the free flow of positive energy towards yourself. This means things may go wrong at the new job as well. Instead, if you can approach the new job with positive feelings, you have a better chance of making it a success.

When things go wrong, another universal law comes into play as well. The more you resist, the more it persists. This means the same negative turn of events will continue to repeat until you learn from it and change your approach to a positive one.

Ways to practice the Law of Perpetual Transmutation of Energy

1. Freedom from Worries

Don't ponder on undesirable events of the past or worry about what is going to happen in the future. Instead of endless cycles of negative thoughts, be bold and take action. Find a workable solution and work that into your life.

2. You are the architect of your thoughts

Every time your mind wanders into negative territory, distract yourself. You can also try the tactic of replacing negative thoughts with positive ones. Follow what you find the most comfortable and workable for yourself.

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3. *Think positive*

Teach your mind the art of positive thinking. This is neither easy nor does it happen overnight. Changing your mindset requires an energy shift and it is a slow process. You can get help from affirmations. Use this technique to drive away negative thoughts from your mind.

4. *React to respond*

When things happen in your life, you have the choice to react or respond. When you react, it is automatic and hence you have no control over it. On the other hand, when you learn to respond, you will have an easier time in life.

Your subconscious mind is the central point where all these activities begin and happen. And, this is where you can make changes to improve your life. When mental blocks and limiting beliefs exist in your subconscious mind, it will create a conflict with your desire. This will slow down your manifestation process or even prevent it from succeeding.

Life is unpredictable and it is impossible to control everything happening to you. The trick is to focus on positive events and what makes you happy. And, leave out the less-than-desirable incidents. When you focus only on the positive aspects of your life, you will notice

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that slowly yet surely the tide is turning in your favor. Build upon this positivity more and more until there is no more negativity present in your life.

Make sure that your goals do not clash with your moral values. If they do, even if you succeed in manifesting it, you will not feel happy or content. Show kindness and compassion to others and express your gratitude for all the blessings you have received until now and will receive in the future. All this help retain your mind in the positive space and achieve higher vibrational energy. Then, all your desires will come true and good things keep coming to you naturally.

Chapter 7– The Law of Cause and Effect

**"The universal law of karma is that of action and reaction, cause and effect, sowing and reaping. In the course of natural righteousness, man, by his thoughts and actions, becomes the arbiter of his destiny."
Paramahansa Yogananda**

Nothing happens by chance or outside the Universal Laws. Every Action has a reaction or consequence "We reap what we sow". Ralph Waldo Emerson said the Law of Cause and Effect is the "law of laws". In this Cosmic law, significant lessons involving human conduct and interaction can be seen. "For every action, there is an equal and opposite reaction" Every human thought, word, and deed is a Cause that sets off a wave of energy throughout the universe which in turn creates the effect whether desirable or undesirable. The law states the effect must do physical manifestation. It describes the significance of good thoughts, words, emotions, and deeds for a better world as they all create striking effects.

With every thought of intention, emotion, and action a wave of energy is transmitted from a person which sets into the motion of an unseen chain of effects that vibrate from the mental plane through the entire cellular structure of the body out into the environment and finally into the Cosmos. Eventually, the vibratory energy returns to the source upon the swing of the pendulum.

The law of Cause and Effect states that every cause has an effect and every effect becomes the cause of something else. This law suggests that the universe is always in motion and progressed from a chain of events.

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If you want to look at this law from a philosophical drift, every cause and effect had its worldly purpose in what we are undergoing today.

According to the nature of your actions, the Divine omniscient consciousness will assign corresponding effects. To benefit individual society and mankind as a whole, one should use their free will of choice and perform good deeds with the awareness that what they think, act and speak about will affect the entire universe. The prosperity of life is created by our deeds in helping others through our thoughts and actions.

Chapter 8 – The Law of Compensation

**"When you understand the law of divine compensation, you realize that in the presence of spiritual consciousness, there is more than enough compensation for any diminishment in materiality."
Marianne Williamson**

The law of compensation is the law that says a person will always be compensated for his efforts and contributions, no matter what the effort, no matter how much or how little. Ralph Waldo Emerson, in his 1841 in his book called *Essays*, Emerson discussed the notion of “Compensation” - Emerson stated that a person will get compensated for his or her efforts and what they have contributed to others. He says that when you give, your reward may not come back right away, all at once or in the manner that you expected it, but your reward will come. In other words, if you make an effort in your life, you will get compensated for your efforts.

The Law of Compensation is a restatement of the Law of Sowing and Reaping

There's the saying that goes “you reap what you sow”. You can consider the Law of Compensation to be similar to the Law of Cause and Effect. Your actions, whatever they may be, will affect what you get. In life, there's always action and an equal and opposing reaction. That's the Law of Compensation.

Ways to use the Law of Compensation

It all comes down to what you have in your mind. If you focus your thoughts and energy to think positive, be happy, remain at peace, your life will suddenly change. Look at your life today and recognize that what you have in material goods, in relationships, in wealth and in all aspects of your life is what the world has returned to you for your efforts. Think about how you can contribute more to the world in your efforts, with your ideas and with your actions. Implement and execute your thoughts. Give more to the world, go the extra mile, spread positive thoughts, make people happy, reach out and touch someone's heart.

Increase your compensation

Based on the law of compensation, you can increase your compensation if you increase the value of your contribution or effort. The law of compensation says that your compensation is correlated with the value of the contribution you offer to the world. If the value of your contribution to the world goes up, the value of the compensation you'll get in return will also go up. You can think of it this way: the total value of your

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compensation will not exceed the total value of the effort you gave to the world.

Success is in your mind

Your mind can have a profound impact on your overall joy, happiness and satisfaction.

If you experience the world positively, think positive, adopt a happy attitude in your life, you will experience more and more positive feelings. The more positive feelings you experience, the more you can achieve happiness in your life. Ultimately, the universal law of compensation says that you will get more compensation with the positive experiences in your life.

Give more to the world

Another component of the Law of Compensation is how much you give to the world.

If you give more than what you are paid for or more than what is expected, you will increase your compensation. The universal law of compensation says that you will reap great compensation and rewards for the efforts you put in .If you consistently put more effort and exceed expectations, you will consistently be rewarded with more in your life.

Live happily

We all experience life in a different way. However, we all have the power to choose how we experience life. No matter your life circumstances, you can choose to change your mindset. You can choose to live a happy life. Happiness is in your mind. Nobody has a perfect life but we can all work to increase our happiness in life. Smile to people, tell them how happy you are to see them. Acknowledge those in your circle and beyond. Make others happy even though they are not immediately making you happy or the task required to make them happy is not joyful to you. Be thankful for all that you have. By making others happy, you will increase your own happiness. Don't expect others to make you happy.

Law of Compensation Napoleon Hill

Napoleon Hill, in his famous book *Keys to Success: The 17 Principles of Personal achievement* paraphrases Emerson's Law of Compensation.

He writes-

The orderliness of the world of natural laws gives evidence that they are under the control of a universal plan. Man is the only living creature equipped with the power of choice through which he may establish his own thoughts and behavior patterns. You have the power to break bad habits and to create good ones in their place – at will. You are where you are and what you are because of your established habits and thoughts and deeds.

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Just like the Law of Compensation, Napoleon Hill says that you are where you are in your life because of your *habits, thoughts* and *deeds*. This means, if you have a habit of thinking positive thoughts and giving to the world with meaningful and concrete actions, your life will then evolve to a new level.

You have the power to choose how you lead your life.

You have the power to decide that today is the day that
you will make a change in your life,

Once you get to that realization, your life will change

Chapter 9- The Law of Polarity

"Normal is an illusion. What is normal for the spider is chaos for the fly." Charles Addams

Each person will receive as series of problems (Tests of Initiation/Lessons) for the purpose of strengthening the light within. In each of these tests/lesson challenge is to remain connected to our hearts when proceeding to solve the problems. This law also teaches us to compare our problems to others problem into its proper perspective. No matter how bad we perceive our situation to be, there is always someone who is in a worse position, all relative. Spiritual and metaphysical aspects of this law of relativity tells us that everything in our physical world is only made real by its relationship or comparison to something. Light only exists because we compare it to dark. Good can only exist because we compare it to bad. Hot can only exist because we compare it to cold. In fact, everything in our life *just is* until we compare it to something.

“Nothing in life has any meaning, except for the meaning that we give it”

It is all in how you look at your situation and what thoughts and perspective you choose to think about the situation with. When you focus on good thoughts and energies, more good things will come to you. Likewise, if you focus on how bad your situation is, you will attract bad more, you can always compare your life situation to

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someone else, and it will look better or worse depending on your view point and how you look at it. If you compare your situation to someone whose is worse yours will look better. No matter the situation at hand, 'There is always someone worse off and there is always someone better'. However, from a spiritual point of view, we can remove barriers of labelling and accept everything '*as is*'.

Chapter 10 – The Law of Polarity

"We cannot experience sadness without an idea of happiness. Light cannot be experienced if we do not know what darkness is. To feel successful, we must have a sense of what failure is."

Everything is on a continuum and has an opposite. We can suppress and transform undesirable thoughts by concentrating on the opposite pole. It is the law of mental vibrations. We can see that you cannot have a left without a right, an up without a down, failure and success, a good without a bad and so on, it is a world of duality. However, these opposites have no absolutes, there is not one point where you can say one starts and the other begins, it is a scale range.

There are two poles or opposites, the difference between the two extremes of one thing is called polarity. There are degrees of difference between the extremes or poles no absolutes. This law states that, in fact, these opposites are simply different manifestations of the same thing! Example: there is not one point where you can say that cold stops and heat begins, all on the same pole.

Napoleon Hill, author of the classic Think and Grow Rich, wrote "*Every adversity, every failure and every heartache carries with it the seed of an equivalent or a greater benefit.*"

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"Everything is Dual; everything has poles; everything has its pair of opposites; like and unlike are the same; opposites are identical in nature, but different in degree; extremes meet; all truths are but half-truths; all paradoxes may be reconciled."--The Kybalion.

An understanding of the principle will enable one to change his own Polarity, as well as that of others, if he will devote the time and study necessary to master the art. Mastery of the Law of Polarity requires learning how to maintain balance, focus, and detachment from the distractions of the material world.

Chapter 11- The Law of Rhythm

"The whole world moves according to the laws of nature in an auspicious rhythm of innocence, intelligence and divinity. That is Shiva." Gurudev Sri Sri Ravi Shankar

*"Everything flows, out and in; everything has its tides; all things rise and fall; the pendulum-swing manifests in everything; the measure of the swing to the right is the measure of the swing to the left; rhythm compensates."--
The Kybalion.*

The Law of Rhythm states that the energy in the universe is like a pendulum. Whenever something swings to the right, it must then swing to the left. Everything in existence is involved in a dance, swaying, flowing, swinging back and forth. Everything is either growing or dying.

This law can even be seen in the cycles of economies, there is a high period then a low period. Our seasons, you can see that the seasons are in a continuous flow of summer to winter. Everything goes through cycles, yet everything has a rhythm or a pattern. What seems to be random is actually very orderly.

The law of rhythm also governs our economy, health, relationships, and spirituality. Let's say that you're at peak potential with your health and fitness. If you realize you're at the peak, then you can foresee your health and fitness dropping some. However, instead of viewing this

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“drop in health” as something being wrong with you, you now view it as a sign to rest your body. Then, by law, you have to grow to a better and higher state of potential.

Masters know how to rise above negative parts of a cycle by never getting too excited or allowing negative things to penetrate their consciousness, the key to success in mastering this law is in balance. Never allow your emotions to swing too far to the left or right.

Chapter 12 – The Law of Gender

The Universal Law of Gender states, “Gender is in everything, everything has its Masculine and Feminine Principles.

The Law of Gender states that we all have the potential to express both feminine and masculine energy because both can be found within us. This is the law of the yin and the yang.

Like nature, feminine energy is like a seed and masculine energy is like pollen. The feminine, the seed (or the idea), needs to be fertilized by the masculine, the pollen (or the action). A seed cannot come into fruition without fertilization, and pollen is useless without a seed to pollinate. In other words, nature requires both energies in equal amounts to thrive. Our world, and our feeling of fulfillment, requires us to pull from both energies in any given situation. Our goal, in order to manifest the things we want, is to achieve balance between the two in our lives. And to achieve this balance, you may need to tap into the energy you’re not as comfortable with.

Even though this law uses the word “gender”, is not referring to sex or gender as we know it in terms of being male or female; instead, the Law of Gender is a representation of the types of energy that are more masculine in nature and the types of energy that are more feminine in nature. To be clear, this law has no relation to your sex organs; There are plenty of examples of women who have more masculine energy, and a men who have more feminine energy.

In fact, I'd probably say that most people have more masculine energy because society has and encourages more masculine energy. The business world places a heavy emphasis on masculine qualities and can influence people, even people who are naturally more feminine, to shift into masculine energy in order to "succeed in the business world". However, I think that's where we went wrong as a society and thankfully, I think we're starting to see a shift toward including more feminine qualities into business which can help us achieve that balance we want which means that we can be MORE successful as a result.

Ways to practice the Law of Gender

Masculine energy is based in knowledge. It is application, action, logic, practicality, stability, willpower, focus, drive, and clarity. If you're struggling to stay motivated, or you're really impulsive, chaotic, or you're feeling lost, you might need to tap into your masculine energy more. Alternatively, if you're always on the go, never allow downtime, can't sit still, and operate in a black and white world, you might be tapping into your masculine energy *too much*.

Feminine Energy is based on knowing. It is intuition, creativity, passion, nurturing, authentic, open, flowing, dynamic, and perceptive. If you're feeling blocked, hyper critical, resistant, unfulfilled, or feel disconnected from yourself and those around you, you might need to tune into your feminine energy more. If you're struggling to execute, move passed creating, find yourself, or become overcome with the emotions of

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others, you might need be tapping into your feminine energy too much.

As an example of each, if have too much feminine energy and you're imbalanced, you might get stuck daydreaming without ever taking action. If you have too much masculine energy and you're imbalanced, you might spend too much time being practical and killing great ideas before you start. Having the best of both worlds will make sure we're striking the balance between productivity and creation.

As individuals who want to manifest the things we want, we have to embrace the yin and the yang. To be in balance means not just having an idea, but taking action. Not just having knowledge, but knowing. Not just having passion, but also logic. Falling into any one extreme will create an imbalance that can throw you off of your course, just like many of the other laws we talked about already.

When I talk about balance, I'm not saying that everyday you need to balance both. Right? If you've had a really creative day, it doesn't mean you need to end with some serious action or logic. I'm talking about finding balance over a period of time, or over the course of our lives. There are certain phases of our lives where we will need to lean more into one or the other. If you're taking a series of tests over the course of a difficult semester, it's okay to lean more into your masculine to get things done for a while. If you're trying to make a major life decision or change, it's okay to lean more into the feminine for a while.

Our goal is to achieve balance over the course of our lives, understanding that we will go through phases and

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experiences where we eb and flow between the two. And, if you notice that you're feeling drained, unmotivated, or exhausted, you might want to check to see if you need to shift into the opposite energy for rest. If you've operated in the masculine energy for a long time, feminine energy can feel like a rest, even if it's awkward at first. If you've operated in feminine energy for a long time, masculine energy can feel like a breath of fresh air, and it will be really challenging to embrace at first. It's always uncomfortable shifting into the energy that we're not used to, so try it out little by little and see how it feels.

In order to function at our peak as individuals and as a society, this law encourages us to utilize both our feminine and our masculine energies because that is when we are our most powerful. To manifest what you want utilizing the Law of Gender, learn to pull from the feminine and the masculine energy, as needed, in any scenario. The person who can successfully balance the two in most situations will have knowledge and wisdom beyond their years.

Chapter 13- Words

In the beginning, was the Word, and the Word was with God, and the Word was God.

We could all learn something from this well-known Bible verse. Looking beyond the religious overtones, there is a message to be found in this for everyone. Everything begins with a word. Words consist of vibration and sound. It is these vibrations that create the very reality that surrounds us. Words are the creator, the creator of our universe, our lives, our reality. Without words, thought can never become a reality. This is something that we have been taught throughout history, as far back as the Bible, which writes of ‘God’ – whatever that word may mean to you – saying ‘let there be light and as a result creating light. We should only pick the very best words in order to create our very best reality.

The Power of Words and Affirmations

Our thoughts also impact what we manifest in our lives. But it can be argued that the real power lies in our words. It is our words that provide a bold affirmation of our innermost thoughts. They are a confirmation to the world of how we see others, our lives, and ourselves. It is this powerful affirmation that our words provide which enables our thoughts to manifest into a reality. So why do we choose to misuse our most powerful asset?

Ways to Use Words

Choosing Your Words Wisely

As a society, we have become conditioned to talk about our misfortunes and problems. We take our interpretations of events, people, and ourselves and communicate them to the world, bringing them into existence, by that admission, when we moan or complain about our lives to others, we are putting those negative words out there to become a reality. When you say something out loud enough times your words become the truth not only in your own mind but in the minds of everyone you are saying them to. If this is really so, then ask yourself – do you really want to tell yourself and everybody that you know that you are unlucky in love, unsuccessful, miserable, bored or whatever else you have been complaining about? Especially now that you know that it is these exact words that are creating the life that you live?

Begin to choose the words that you speak consciously. Practice improved self-awareness over the words that you use to describe yourself and your life. Negative, powerless words such as ‘can’t’, ‘shouldn’t’, ‘need’, ‘won’t’ should all be avoided. They strip you of your ability to manifest a life that you want to live. As the creator of your universe, what you say goes. Therefore, next time you catch yourself using negative words, regain control and frame your word choices so that they have a much more positive impact on your world.

For example, if you would usually say something such as ‘I am unhealthy and overweight’ then why not turn this

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into a more positive, constructive statement such as ‘I am in the process of becoming healthier and every day I get closer and closer to my ideal weight’

Your words are the paint with which you paint your reality. Choose those words wisely and positively to create a reality that is good for you.

I Am What I Am

Affirm who you are, your dreams, your hopes, and your successes with two of the most powerful words that a person can ever utter – **I am**. Two small but incredibly powerful words should be considered the most precious words that you have in your entire vocabulary. How we end the sentence ‘I am...’ defines who we are to ourselves and to everybody around us. So, when you say ‘I am...fat/lazy/shy’

or

‘I am...beautiful/confident/successful/happy’ this is the exact truth that you are creating for yourself. It doesn't even matter if there is any truth in the words that you are saying, how you finish those two little words is how you define your reality.

So why not choose a higher expression for yourself? Remind yourself of what you are and what you wish to be by starting each morning with a positive affirmation beginning with those magical words I Am.

Speak From the Heart

When we complain about a lot in life, speak anxiously or use hateful words, we usually do so from a place of fear. So, the first step that you need to take in order to conquer this is to practice better self-awareness of the words that you are using.

Next time you open your mouth to complain or put yourself or others down, **ask yourself:**

1. ‘Why am I about to say this?’
2. ‘How is this going to serve me or my happiness?’

Ask yourself these two important questions and you will no doubt discover that you are in fact speaking out of fear. This is the fear that you are not good enough, fear that you are in the wrong relationship, the wrong career, etc. Most importantly of all, you will realize that by voicing these fears you will be doing nothing for your happiness. Your words can only make you feel worse, manifesting these fears into your life with greater intensity.

Choose your words bravely, consciously, and lovingly. Always speak from a place of love, for yourself, for your life, and for others. Your words equal your world, so use them wisely.

Chapter 14 – Feelings

The feeling is the only medium through which ideas are transmitted to the subconscious mind. Therefore, the man who does not control his feeling may easily impress the subconscious with undesirable states. Control of feeling is not meant restraint or suppression of your feeling, but rather the disciplining of self to envision and entertain only such feeling as contributes to your happiness. Control of your feeling is all-important to a full and happy life. Never entertain an undesirable feeling, nor think sympathetically about wrong in any shape or form. Every feeling makes a subconscious impression and, unless it is counteracted by a more powerful feeling of an opposite nature.

I am happy is a stronger feeling than I will be happy. To feel I will be is to confess I am not. Sensation precedes manifestation and is the foundation upon which all manifestation rests. Be careful of your moods and feelings, for there is an unbroken connection between your feelings and your visible world. Your body is an emotional filter and bears the unmistakable effects of your prevalent emotions. Emotional disturbances, especially suppressed emotions, are the causes of all diseases. To feel intensely about a wrong without voicing or expressing that feeling is the beginning of disease – dis-ease – in both body and environment. Do not entertain the feeling of regret or failure for frustration or detachment from your disease.

Think feelingly only of the shape you desire to realize. Feeling the reality of the state desired and living and acting on that conviction is the way of all seeming miracles. All changes of expression are brought about

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through a change of feeling. A change of feeling is a change of destiny. All creation occurs in the domain of the subconscious. What you must acquire, then, is a reflective control of the operation of the subconscious, that is, control of your ideas and feelings.

Chance or accident is not responsible for the things that happen to you, nor is predestined fate the author of your fortune or misfortune. Your subconscious impressions determine the conditions of your world. The subconscious is not selective; it is impersonal and not a respecter of persons [Acts 10:34; Romans 2:11].

The subconscious is not concerned with the truth or falsity of your feeling. It always accepts as true that which you feel to be true. The feeling is the assent of the subconscious to the truth of that which is declared to be true. Because of this quality of the subconscious, there is nothing impossible for man. Whatever the mind of man can conceive and feel as true, the subconscious can and must objectify. Your feelings create the pattern from which your world is fashioned, and a change of feeling is a change of pattern. The subconscious never fails to express that which has been impressed upon it.

To impress the subconscious with the desirable state, you must assume the feeling that would be yours had you already realized your wish. In defining your objective, you must be concerned only with the objective itself. The manner of expression or the difficulties involved is not to be considered by you. To think feelingly about any state impresses it on the subconscious. Therefore, if you dwell on difficulties, barriers, or delay, the subconscious, by its very non-selective nature, accepts the feeling of difficulties and obstacles as your request and proceeds to

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produce them in your outer world. You are already that which you want to be, and your denial to believe this is the only reason you do not see it. To strive on the outside for that which you do not feel you are is to strive in futile, for we never discover that which we desire; we discover only that which we are.

**Mastery of self-control of your
thoughts and feelings is your highest
achievement**

Chapter 15– Free Mind

Ancient Seers of India gave the term “CHITTA” to the natural restless waves of the mind.

Thus, RISHI PATANJALI defined Yoga as “CHITTA VRITTHI NIRODHAHA ”

The natural restless waves of the mind result in unwanted immoderation of the energy of the soul. When the Soul Energy is dissipated, the physical body becomes weak and more susceptible to attacks from various external sources, resulting in multifarious diseases, early aging, and early death. The ability to concentrate on the issues at hand in the present moment is deeply hampered by the naturally existing restless waves of the mind. As a result, the memory power becomes impaired. More the natural restless waves of the mind, the more the ineffectiveness of the person to attend to any work, it is important to remember that an uncultivated mind is naturally restless.

The naturally restless mind is the common lot of all persons who do not make any efforts to consciously cultivate the mind. An uncultivated land, of course, becomes full of weeds. Similarly, an uncultivated mind becomes full of unwanted thoughts. Minimization of the naturally existing restless waves of the mind is achieved

when the mind is concentrated on any given work. The more a person concentrates on a given work, the more the mind of the person becomes cultivated and, to that extent, the restless nature of the mind becomes reduced. And, to that extent, the mind becomes more restful; to that extent, the energy of the physical body becomes more.

Spiritual Emptiness “Be an Empty Vessel with an Empty Mind”

Spiritual development is a process of learning by awakening to the answers that are already within you by becoming an empty vessel with an empty mind. This is what is often referred to as achieving spiritual emptiness.

However spiritual learning is quite different from the sort of learning we're used to receiving in educational institutions. When you learn at school, college, or University, you expand your knowledge and awareness by memorizing facts. So you are essentially filling yourself with more information, to improve your knowledge and awareness.

Spiritual learning is the complete opposite of this sort of learning. Spiritual learning does not involve accumulating more into you. It involves letting go of what's within you. Spiritual training that involves learning new practices and acquiring knowledge, is largely to teach you how to let go completely. Because

for consciousness to expand, you must learn how to let go of all the things within you that stop that process from happening.

What Do You Let Go of to Become an Empty Vessel?

You're letting go of everything that you have identified yourself with, as being who and what you are, and all other preconceptions. Your personality, your wants, wishes, desires, your ego. The concepts and beliefs you accept to be true, the people and things you attach yourself to, your needs and co-dependencies, all these things you learn to let go of so you can empty yourself.

When you let go of all these things you're left with an empty vessel which can then be filled with Source Love. However, you cannot fill any vessel that is already full of something else. You have to clear all the junk out of your head so your mind can rest in its natural state of being an empty mind and still. And when your mind is in that peaceful state you become more open to receiving.

Your heart must become an Empty Vessel too. But it's not only your head that needs a good clearing out. Your heart must become an empty vessel too. Because your heart cannot be filled with Source Love when it's already full of anger, judgments, fear, unforgiveness, selfishness, envy, jealousy, and the list goes on and on.

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Spiritual purity comes from spiritual emptiness. And that's what you are essentially working towards achieving with Reiki and other forms of energy healing. You heal yourself and empty yourself so that you purify yourself. And the purer you become, the closer you resonate with The Source and the more Love flows into your heart.

When you let go of your wants, wishes, desires, ego, concepts, beliefs, and all the other things you hold within you, and you're left with an empty vessel and an empty mind, your mind will try to grab onto things.

Your mind will try to remain attached to the past and attached to the things you have used to define yourself, or that have otherwise become a part of your life. And that can cause some mental fluctuations which can make you feel a bit lost. It can make you feel isolated and lonely. It can make you feel as though your life has become stagnant and is going nowhere. It can make you feel as though you have no real sense of purpose and direction and it can lead you to question the meaning of your life.

And naturally, negative thoughts, negative feelings, and negative self-talk can creep into your head. What you tell yourself when you're going through this stage, and what you believe, will determine how much you resist this natural process of emptying yourself to become an empty vessel. If negative thoughts and beliefs can be avoided you will flow through this transformation with relative ease and little resistance. And in a short time, your mind

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will stop grabbing onto things and trying to hold onto the past and will let go of all its attachments.

Then your empty mind will rest in its natural state of being empty and still. And this is when you will experience a deeper sense of freedom. You will experience what it feels like to be free from your mind. And you will be able to do think, feel, and act independently, without your mind modifying itself and subconsciously directing your behavior on autopilot. And when your mind is under control, you're free to open your heart with no resistance from your mind. And that is a beautiful freedom to awaken to

A Guide to Managing Your Thoughts and Emotions

50,000–70,000. That's the number of thoughts you have in a single day. And you don't have to be an Einstein or a Tesla either—it's the number of thoughts an average person has in one day. Feelings, one can safely surmise, must be even larger in number and scope. You feel hungry, sleepy, angry, happy, tired, sad, happy, worried, anxious, and so much more.

Naturally, all this mental and sentimental exercise is supposed to get a little taxing. Here's the good news: while you can't control many things in your life—such as the weather or the world order—you *can* control and manage your thoughts and feelings and of course, the

corresponding behaviors. And what comes of managing thoughts, feelings, and behaviors? You achieve your goals and are successful in your life.

Understanding How the Two are Interdependent

People may have pitted thoughts and feeling against each other as if the two were opposites, never meant to meet on a single plane. The truth, however, couldn't be far from it. Thoughts and feelings aren't just overlapping phenomena, they are connected. The question of whether you have a thought before you feel or whether you feel something before you feel is like the question of the egg and the hen. It's a circular debate that we're not at the moment interested in. We're just trying to emphasize the importance of managing thoughts and feelings, because it takes only a moment for you to go from thought to feeling—to behavior.

Ways to manage thoughts and feelings

Pinpoint the Problem

So, let's say you've been worried about the traffic you'll find on your way home. It's a thought that began as a passing, inconsequential worry, and has blown to

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unprecedented proportions. You're now actively concerned about making it home on time and are not looking forward to the commute. These thoughts will now affect how you feel and have a generally adverse effect on your overall well-being.

Reassess the Problem

Once you've acknowledged the thought that's making you nervous, *re-think* it—because you can't *un-think* it. Why are you having this thought? Why does it matter? Is getting home soon really important? Is someone else's (such as a colleague's) worry spilling out onto you?

Reframe

Once you've worked that out, take a deep breath. Listen to some soothing, pleasing music. Try and get some fresh air. And now, for the final trick: work out a positive angle of the problem. So what if you'll be stuck in traffic—you'll have some time to yourself. You can play your music and have a good time. You can stop somewhere and take a walk until the traffic clears. Give a new angle to the problem: the traffic isn't going to make you late. It's going to give you some time alone with yourself, for reflection.

**Spiritual purity comes
from spiritual emptiness**

Chapter 16 – Humans as Energy Beings

God (Supreme Consciousness) is energy hundreds of billions of years old living in a level of consciousness able to give light to consciousness to live in matter. God created the way for consciousness to live in matter. God (Supreme Consciousness) created human beings out of His likeness giving conscious energy the ability to live through matter at their level of consciousness. A human being is only energy. We are not the body we are the conscious energy inside of the body. This concept of a human energy field and Humans as Energy goes back 200 years to Nature Cure therapists. They promoted the concept of a vital life force. The gift God gave human beings is to live in free will creating the experience in the matter at any level one can think at. The miracle of our existence is having the ability to live as conscious energy in matter through higher levels of consciousness that eventually live in Heaven. Our purpose is to become Love just as God is Love.

We are living to become Love. The level in this life is to live by becoming conscious of Love because Love is the light that expands consciousness giving us greater levels of living. If we are to understand our level in life we have to always remember the human being is not the body but is the conscious energy inside of the body having an experience in matter through consciousness. What is existing is only consciousness. Consciousness is all that is alive. What we perceive as who we are, what

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life is, and life's purpose and meaning are only from humanity's level of consciousness. If we can give some time to not think about our existence at the level of the present world and instead live in a moment of Universal Truths and Laws we have an opportunity to understand life greater than what we might believe we can conceive.

Living in energy means everything in matter is temporary and only exists in consciousness. Whom we call ourselves doesn't even exist. The “self” is only a level for this part of life in the mortal world. Self is temporary and only a level giving us the way to experience our consciousness. In every new life, we will have a different medium and Spirit that we call ourselves. In living what is alive is only consciousness. The body is in consciousness and all matter is only a level of consciousness. As we are living through consciousness everything in matter is changing form based on our energy. This is how we are having matter give us matter to live through. Everything is having our consciousness living through it.

Nothing is existing outside of our light. Just as God has everything only existing in his light. We are living with everything only in our light becoming God. In this way we are creating our reality, we have the power within us which is not known nor discovered fully, By Balancing our energy through the power of thoughts, emotions, intention, and faith we can manifest anything we want and create our heaven. And individual heavens will help in building the whole society as heaven, as Mother Teresa rightly said "If each of us would clean our own doorstep, the whole world would be clean"

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Put your pure intentions, faith in anything and the divine energy will get manifest itself into it, the best way to understand this concept is Ideal Worship from the simple natural elements a statue is made, and with deep faith, it is worshipped and through the universal laws it gets manifested. By putting faith, intentions, strong will, and divine energy you can manifest anything from this universe. The creator who has perfectly and lawfully created this Universe has created you with the same love and powers as him. Surrender everything to the universe which is beyond your control and Create your Destiny through your Karma, Vibrations, and Thoughts. Through the divine energy of this Universe- become the divine creator of your universe.

Chapter 17 – Self Realization

Self - Realization, the concept today's culture has linked with some metaphysical experience where you went to Himalayan Cave, Or Forest, meditate for your whole life to get that "Self -Knowledge" or "Atam-gyan" The truth lies another side of Cultural Conditioning - what we are taught in our modern-day society is Eat, Sleep and Be Merry, which make us hunt more for pleasures and less for the truth, we are living by accident, our lives have become an existential crisis. Mental Health issues are common, Anger, Frustration and Depression are becoming new normal, Codependency and Attachment are at their peak, at this point, there comes a need to realize, How to Live.

Whether you are using your car, computer or even your cell phone, the more you know about it the better you can use it. Or even with the people around, your own family, friends, or people who work with you, the better you know them the better you can deal with them. Whatever you wish to deal with, the more you know about it, the better you can handle it, In the same manner, the more you know yourself the better you can lead your life joyfully. The more you know about this piece of life, which you refer to as me, the better your grasp over this and the better your ability to handle it, which gives you more access to life. In other words, self-realization is a way of knowing this piece of life in a much better way than the way you currently know it. You may know something about your thought process, your personality, and your emotions – you may have been psycho-analyzed already – but you still do not know anything

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about the nature of this life – how this happens, where it comes from, where it goes, what is its nature. If you do not know anything about the machine that you are handling, you will handle it by accident.

Self-realization transforms everything. To learn how the false self with all its pre-formed dogma and its robotic rhetoric controls everything we think and do. It appears we have free choice but how free is that choice if most everything we do is programming stemming from our imprinting and learned beliefs. Is your name really who you are? Someone named you, so who were you before your name? You just were, you just are. Before programming, we are a clean slate. I suppose that is debatable since if you believe you live through many lives, maybe some of that programming moves through with you?

Those discussions are fun but not necessary to wake up from false programming to realize the True Self. This is when true choice begins. When we realize we are more than the content of our lives. We are the paper the writing is on. We are the canvas on which the painting appears. We are the part of ourselves that never changes but stays there through the coming and goings of thoughts, feelings, memories, and conditions. The realization of that quiet observer is the real power that brings freedom from pain and suffering.

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We will work to remove, bit by bit the programming of the false self to reveal the true self the part that brings comfort, acceptance, and love in the most unconditional way. It is rarely observed that writing is not possible without the paper. Imagine this white paper. Write a bunch of stuff on the paper. All that writing obscures the paper, the true self, but as you dissolve the writing on the paper the paper is more realized as the necessary component to the writing itself. Our work is to remove the patterns of the false self- revealing what is already there, the sun behind the clouds. The added component of self-realization is true freedom and the root of the peace that surpasses all understanding.

Self - realization means your ability to unfold the true self that remained hidden and dormant through many incarnations. You got to know your soul and its true purpose in a specific human life through this process of realization.

It is the conscious knowledge of our physical form and spiritual energy that lies within. You are unable to know your real self because your mind is full of false beliefs and irrational thoughts that cloud our perceptions of reality. The various mind poisons or klesas restricts your realization process. You are unable to focus on the subtle and powerful energy of the soul that lies beyond your physical existence.

The moment you get to decipher this energy, you are realized. You are not the physical body or mind but you

are the life force or ‘prana’ that is immortal. Life energy doesn’t disintegrate. It merges with the universal soul. This is self - realization that merges with the divine soul and paves the path towards spiritual ascension. The process of realization gives immense happiness and bliss, leading to enlightenment.

Importance of Self Realization

In Sanskrit, self- realization means ‘Atman Gyan’ meaning knowledge of your spiritual self. The importance of self- realization lies in the fact that it allows you to understand and evaluate your real self. You break free from false beliefs that hold you back from attaining true knowledge. On receiving the knowledge of ‘who am I’, you take charge of your thoughts, feelings, and actions that guide your behavior. You become detached from worldly ties, your relationships are getting settled to the point where the cycle of birth and rebirth breaks and you can meet with your higher self.

According to Dada Bhagwan, a spiritual teacher “the knowledge that gets rid of anger, greed, pride, and deceit is real knowledge, it is self- realization.”

- Self- realization is a continuous process of exploring, analyzing, and searching the true or real self.

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- You gain knowledge of the single, unchanging, and ever-present ‘soul’ that is powerful and energetic.
- Self - realization determines your purpose in life and is an answer to your ultimate existence in this human form.
- It paves the path towards improvement in various aspects of life, your personal and creative growth is possible, only if you are aware of your abilities and potentials.
- Self - realization is a profound way of spiritual awakening from an illusory identity of ‘self’ (Ego) to real and divine identity of meeting the ultimate creator of existence.

10 Qualities of A Self Realized Person

A self-realized individual is devoid of anger, fear, greed, lust, dishonesty, and jealousy. He doesn’t possess negative thoughts and feelings that cloud the mind from attaining the knowledge of ‘self’. Self-realized individuals have the following qualities:

1. They are honest and righteous.
2. Simplicity and humility are their greatest assets.
3. These people accept people, situations, and circumstances as they are, without making evaluations.
4. Happiness is the ultimate goal of their existence. They have complete freedom from worldly ties.
5. Ability to perceive things objectively.
6. They are self-sufficient, autonomous and determined in nature.

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7. Self - realized people are perfect and effortless. They have full control over their thoughts, emotions, and actions.
8. They are charismatic and can easily inspire others.
9. These people have learned to accept themselves with their virtues and vices.
10. Self- realized individuals know their priorities in life and the way to achieve goals.

10 Impediments to Self - Realization

Great scholars and distinguished teachers had emphasized a few obstacles in the path of self - realization. It is a spiritual search of ‘self’ that is pure and loving. Self - realization allows you to live a life, you were meant to live.

1. Our body impedes our realization process because it is always busy with the gratification of needs and desires.
2. Wealth and money are obstacles to self-realization, as it destroys the soul’s purpose and devotional service to humanity.
3. Your greed and wants to achieve more worldly possessions are also obstacles towards fulfillment.
4. Your ‘ego’ or ‘me’ symbolizes pride and moves you away from selflessness and devotion. It is an obstacle to realize your real self.

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5. The negative thoughts, emotions, false beliefs, and desires are impediments as well. It resists understanding and clouds your awareness of the various things. As a result, you are unable to create your own reality.
6. Your ignorance about the internal world of purity and divinity is an impediment. You have never made a conscious effort to know yourself. The mysteries of the soul always remained hidden and unexplored.
7. Impatience and laziness to know oneself is an impediment.
8. If you are impatient, you always strive to do things in a hurry. You are without focus and end up messing things in life. This leads to a loss of purpose in life.
9. Lazy people do not make any efforts and waste time to unfold their potential.
10. The biggest impediment to self - realization is your immediate external world. You get influenced by the judgments of family, friends, and others. Thus try to be somebody else. Your daily decisions are based on the liking of others and end up living a life that doesn't belong to you.

The Science of Self Realization

In the western world, the philosophical debate on higher states and discovering the timeless science of self-realization was envisaged by Carl Jung. He referred to self - realization as a process of “individuation”, where

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your mental world shifts from ego to a state of self-awareness. You attain the highest potential of your psychic life, through realization.

The process of self-realization is a science that great teachers have said as a way to undergo self-analysis and discover your abilities. You also unleash those truths about ‘self’ that lies beneath your ego-centric personality. Your knowledge about the universe and the supreme powers are attained through the realization process.

A true realization occurs through pure thoughts, feelings, and good work that you do. The spiritual path is the synchronization of the mind-body connection. It unveils your true nature in the steps, the process of honest living and purposeful actions.

10 Stages of Self Realization

As self-realization means to know yourself, through yourself, it leads to liberation from all those aspects of you that are non-purposeful and unnecessary.

It follows certain stages that lead to the evolution of the soul. They are:

1. Self-inquiry

You begin to inquire and ask questions about ‘self’. Such as “Who you are?” and “What is your purpose in your present birth?” This introspective process leads to proclamation of unconventional thoughts, feelings, and leads to self- realization. These questions are your soul’s yearning to know the truth towards freedom and liberation.

2. Self-discovery

In this stage, you analyze your strengths and weaknesses. When you discover yourself, you even get to know your dark side. You begin to encounter the unpleasant truths about yourself that were hidden from your conscious awareness for a long time. It might be a painful process, as you need to accept yourself as you are and move towards growth without any biases.

3. Self-awareness

It is the conscious knowledge of one’s character and belief systems. Awareness comes with self-discovery. It is a way to know the subtle energies that lie within you. Your thoughts, intuitions, and instincts are the powerful tools of self-realization. When you become aware, you know what to do to tap your potential. It leads to the next stage called self-acceptance.

4. Self-acceptance

You accept yourself as you are. No fake or temporary reality that surrounds you. With a positive mindset and commitment, you start to accept yourself as a potential being who is capable of fulfilling everything with dedication and hard work. Self-acceptance helps you to meet your real self. You begin to live a life of your choice that is not influenced by the likes and judgments of others around you.

5. Self-empowerment

It is the knowledge that guides you towards a purposeful life. You take control of your life and positively view all problems. A good enough feeling pervades your ‘psyche’ that boosts confidence. You recognize your ability to live a natural and genuine state of happiness and peace. You have already learned to let go of the past and be present. Your negative thoughts and emotions do not interfere with inner bliss. There is no judgment, criticism and regrets. You are just filled with satisfaction and serenity.

6. Self-love

When you start to show compassion towards yourself, you become strong and complete from within. You develop self-validation, where all thoughts and feelings of yours are accepted as a part of you. Loving means to

forgive and accept yourself as you are, not of what you can be. It also nurtures self-esteem and confidence.

7. Self-respect

This comes when you are comfortable with your inner world. You are filled with happiness, peace, and forgiveness. You realize your worth by considering your strengths and work on weaknesses, self-respect is all about valuing yourself the way you are. You develop a growth mindset that brings the successful accomplishment of goals.

8. Self-transformation

In this stage, you let go of old emotional patterns and shed off those habits and belief systems that acted as impediments to self-realization. You are authentic and liberating in your outlook towards life, you transform and make space for new growth to occur. You have already expanded your realm of consciousness in this stage.

9. Self-mastery

Carl Jung said that self-mastery is the alignment of body-mind duality with the 'Oneness' of the soul. You have controlled and mastered your false ego. You have become balanced, calm, perceptive and wise. Self-mastery makes you kind and loving, honest, and truthful.

It's all about moving ahead of your limiting ego that hinders empowerment and growth.

10. Self-realization

With transformation and mastery, you enter the stage of realization. Here, your ego and false beliefs would no longer obscure thoughts and feelings. There is clarity in understanding 'Who you are?' You have moved away from labels such as 'me', 'I', and 'mine'.

You have progressed to a state of divine oneness with the supreme powers of the universe. From religious perspectives, it is also known as "Krishna and Christ consciousness", "enlightenment", "nirvana" or "moksha". The spiritual path of self- realization shows you that ego is impermanent and it binds you to subtle experiences that are self-limiting and detrimental towards evolution.

Ways to Reach Self Realization

1. Find time for you

The first step is to find time for yourself. There are so many pre-scheduled things that need to be done. Thus, you are left with no time to be alone with your thoughts, feelings, and beliefs. To find time is about thinking of your present, past, and future. You need to analyze your abilities and purpose in life. It is a type of contemplation

without anything or anyone interfering and taking your focus away from what is important.

2. Know yourself

This process will help you to come out of your comfort zone and know the deeper aspects of you. Most of us do not know our secret motives and desires. You are unsure of your deepest insecurities and fear that holds us back now and then. When you start to know yourself, you get an idea of all these and many more. These are self-introspective queries that give you the courage to break all negative habits and start forming new ones.

3. Find peace within

You can only be peaceful within when you have accepted yourself with all flaws and virtues. As we humans can never be perfect always, you must learn to take responsibility for all your good and bad deeds. Unconditional self-acceptance helps to find peace within.

4. Free your ties

This process is all about defeating those demons inside you that keeps telling you that “you cannot do it”. Such demons are your setbacks, fear, insecurities, negative thoughts, disturbing emotions that were deep-rooted for years now, you need to free yourself from those and

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move ahead with a positive attitude. The many boundaries that stop you from being a self-realized person need to be pushed back. You are capable of formulating your destiny and making a life of your choice. Freeing yourself from pessimism, hopelessness makes you good enough to accomplish success.

5. Be focused and do self-work

Self-realization allows you to understand and set clear goals. It increases your focus on specific objectives in life. To attain what you want, you need to do self-work which means to try to become the best version of yourself by expecting more from you. Push yourself to overcome obstacles and move ahead. Put in hard work and dedicate yourself to accomplish your objectives.

6. Get to explore your spiritual self

Here you understand the needs and desires of your soul. You will have to let go of material cravings. Remove all sensory gratification and feed your mind and spirit to develop power and strength. Then only you are liberated.

7. Meditate regularly

Meditation is a potent tool of self-connection. It takes you to a mental state of peace, happiness, and refines awareness. To attain self-realization, you should meditate every day. By practicing yoga in modern times, you can discover and get deeper insights about those aspects of self that you never knew existed. Meditation liberates your mind from daily hassles so that you can develop better focus and concentration.

Steps in self - realization meditation

- Find a comfortable place and start the practice
- Relax by focusing your mind on good experiences you had.
- Slowly take a note of your breath. Breathe in and out as comfortable as possible.
- Pause for a while and feel the experience of being present in your moments.
- Let go of your wandering thoughts and calm down your mind. Thoughts are like waves. Allow them to calm and go.
- Gently bring your focus back to the rhythms of your breath.
- You may practice this every day for 5 to 10 minutes.

10 Benefits of Attaining Self Realization

In today's world, you will get endless suggestions on who you should be and what your life ought to become. Thus, it is imperative to get confused at times. The best way to move away from these is to be aware of your abilities. There are several benefits of attaining realization.

1. You have higher confidence and good self-esteem, because of your deeper connection with the inner self.
2. Good focus and mental sharpness come with self-realization. You can define goals and work on it diligently.
3. Self-realized individuals are in better control of their thoughts and emotions. They can observe, face, and overcome emotional trauma.
4. It develops self-acceptance and ensures productive relations with others as well.
5. You are less guided by others and you do not live life on the wishes of others.
6. Self-realization helps you to confront your deepest fears and insecurities.
7. You get rid of meaningless things in life and can focus on what matters the most.
8. It removes distraction and keeps you grounded to reality.

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9. You have clear perspectives that guide your thoughts, feelings, and actions.
10. Self-realization helps in emotional healing. You can access those feelings that you have not reached before, allowing a cleansing process.

Chapter 18 – Self Healing

Self-healing is the self-practice to remove soul mind body blockages. Blockages can be present in the spiritual, mental, emotional, or physical body, as well as in relationships, finance, intelligence, and various aspects of life. Five thousand years ago in China, people started to do tai chi, meditation, qi gong, and kung fu for self-healing. In India and many other countries, people meditate, chant, practice yoga, use diet, and many distinct methods and techniques for self-healing. Millions of people understand that physical exercise promotes blood circulation and boosts energy. Millions of people also understand the benefits of spiritual practice, including meditation and chanting. Self-healing is a bridge through which all kinds of spiritual practices result get more propitious to the practitioner. The power, significance, and benefits of self-healing are unlimited. Through self-healing, you can:

- heal your spiritual body
- heal your mental body
- heal your emotional body
- heal your physical body
- prevent sickness
- rejuvenate your soul, heart, mind, and body
- prolong your life
- transform your relationships
- transform your finances
- increase your intelligence
- make every aspect of your life successful

Many—from physicians and healthcare workers to progressive consumers, even knowledgeable patients seeking alternative care—have become disillusioned by

the yet prevailing conventional interpretation of healing and what defines good health.

For example, wellness is not just the opposite of illness, but rather “a state of physical, mental and social wellbeing—not merely the absence of disease and infirmity.” This definition, established by the World Health Organization in 1946, provides a more holistic view of people’s wellbeing at all ages and is essential to the fullest attainment of health for all.

Emotional and Spiritual Self – Healing

There’s a revolution in health care emerging that’s based largely on insights from ancient traditions where healing and spirituality are linked. These ancient models come from traditions that are very much alive today—and have never been dormant (such as Chinese and Ayurvedic Medicine) and are embraced by cultures worldwide and tailored to their specific needs.

Evidence-based research also strongly supports the ancient view of the human body as more than a mere life-support system. Rather, our bodies are “vehicles” we must enhance for lifelong wellness and to realize our versions of perfect health.

These ancient healthcare models, which come to us as teachings, practices, and even rituals, provide us with new ways to understand the link between the body and mind. Our body and mind, as well as our attitudes and behaviors, are, in fact, an integral part of health care and one of the most important elements of the self-healing process itself.

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While many of the ancient systems of mind-body health are thousands of years old (see some for yourself here and here), their approach is modern, as they involve our bodies, mind, behaviors, emotions, and spiritual growth. In many cases, they have served as the foundation for common modern remedies (such as willow bark, prescribed in ancient Greece for headaches and the source of salicin, modern aspirin's reliever of pain.)

Principles of the Mind-Body Approach

Ancient teachings and modern science increasingly concur - Your body, mind, and emotions are part of one integrated system, and when you influence one aspect of your system, you affect all of it. Whatever point you begin from—whether it's your body, your thoughts, or your emotions—you can change the totality of your system, and your body's ability to physically and emotionally self- heal.

This means that when you activate your body positively or negatively, it can have a positive or negative impact on your mind. And whatever emotional responses you have, affect what you do and say and how you physically function or behave. When you're physically tired or ill, you're less likely to be creative, upbeat, or calm. Or, when you're emotionally depressed or down, your posture may reflect how you feel. Everything that is “you” is connected.

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Recognizing that you as a human being operate as a whole system helps you find better ways to achieve and maintain your health. The art and science of wellness come from understanding the importance and power of your body’s dual control—the mind-body connection—as the source and hope of self-healing itself.

What matters is the series of personal choices you make:

- Cultivating your body
- Sustaining vital energy
- Boosting your immune system
- Focusing the power of your mind
- Developing and refining your senses
- Empowering your emotions
- Creating health-producing behaviors to support spiritual and personal growth

The potential for self-care, and healing the body naturally, is founded on these choices. These many transformative strategies have never been quite this accessible to all. Nor have they even been so desperately needed. But it’s going to take renewed effort and attention to embrace as many holistic priorities as each of us can right now.

This challenge leads us back to “self-awareness”—of our physical health, mental focus, moods, behaviors, and values. The more we know about ourselves, and others who are important to us, the more we make our unconscious conscious, gain clarity to see more of the truth and develop mind-body skills essential for thriving in a complex world.

How to Embrace Physical and Emotional Self - Healing Now

Changing our actions, thoughts, and feelings, generating happiness in ourselves, and making our lives more positive are not mysterious talents. They are learned skills that come when you realize that you *can* change your health, and there *is* something you can do about it.

Taking the time to pay attention to your health makes you become an active force in designing it. Once you begin to take full responsibility for whatever you generate in your body and mind, extraordinary consequences will appear.

This is what natural self-healing can and should look like now:

- Deciding to create successful new routines and activate them
- Exercising healthfully, sleeping more regularly, reducing stress, going out in nature, and developing mind-body skills
- Learning to meditate, practicing breathing, focusing the senses—and simply appreciating yourself more.

Finding new ways of natural self-healing that engage your body, mind, and lifestyle means finding your style of practice that makes you feel healthy and happy. And over time, through sustained and committed efforts, you may achieve a revolution of sorts— creating both personal change and societal healing.

Chapter 19 – Chakras

Chakras, by definition, are energy centers within the human body that helps in regulating all its processes, from organ function to the immune system and emotions. Seven chakras are positioned throughout the body, from the base of your spine to the crown of your head. Each chakra has its vibrational frequency, and color, and governs specific functions that help make you well human. Before we define chakras and explore the meaning of each, it is essential to understand one thing: You are energy. All living things are created by and comprised of energy. The ability of your energy centers to function optimally is what keeps you psychologically, emotionally, physically, and spiritually balanced.

Chakra: A Brief Historical Definition

The term chakra is Sanskrit for “wheel.” Rightfully so, chakras are regularly depicted as spinning, colored wheels of energy. For millennia, chakras have been recognized as essential to life. Discussions about chakras originate in India around 1,500 B.C. and there is also mention of them in the Yoga Sutras of Patanjali, dating to circa 200 B.C. However, the West didn’t hear much about chakras until the subject was introduced by Sir John Woodroffe (aka Arthur Avalon) in the early 20th century.

Make every cell in your body awaken and rejoice!

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Most of us have energetic blocks and imbalances as well as energy-sabotaging habits that prevent us from accessing our full vitality, which leads us to feel exhausted, scattered, dull even ill. Now we will explore the seven chakras in our body, how they affect the body, what imbalance does to our personality and organs, and how to set it right by balancing the chakras with yoga asanas or poses.

1. **Muladhara Chakra - Root Chakra**
2. **Swadishthana Chakra – Sacral Chakra**
3. **Manipura Chakra – Solar Plexus Chakra**
4. **Anahata Chakra – Heart Chakra**
5. **Vishuddhi Chakra – Throat Chakra**
6. **Ajna Chakra – Third Eye Chakra**
7. **Sahasrara Chakra – Crown Chakra**

1. Muladhara Chakra

Element: Earth

Color: Red

Mantra: LAM

Location: Base of the spine between the anus and genitals

How it affects the body: The *Muladhara Chakra* influences the health of the bones, teeth, nails, anus, prostate, adrenals, kidneys, lower digestive functions, excretory functions, and sexual activity.

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Imbalance in the *chakra* leads to tiredness, poor sleep, lower back pain, sciatica, constipation, depression, immune-related disorders, obesity, and eating disorders.

The behavioral impact of the imbalance:

Ungrounded fear

Anger

Low self-esteem

Insecurity

Obsession with comfortability

Traits of a balanced Muladhara Chakra :

A feeling of being grounded and centered

A sense of commitment and independence

Energy and Vitality

Strength and stillness

Ability to digest food well

Poses that balance Muladhara chakra:

Grounding-into-feet poses like

Mountain Pose

Side-Angle Pose

Warrior Pose

Standing Forward Bend

Bridge Pose

2. Swadishthana Chakra

Element: Water

Color: Orange

Mantra: VAM

Location: Situated at the base of the pubis between the genitals and the sacral nerve plexus

How it affects the body: The *Swadishthana Chakra* deals with the individual's emotional identity, creativity, desire, pleasure and self-gratification, procreation, and personal relationships. It governs the sexual organs, stomach, upper intestines, liver, gallbladder, kidney, pancreas, adrenal glands, spleen, middle spine, and autoimmune system.

An unbalanced *Swadishthana Chakra* leads to lower back pain, sciatica, decreased libido, pelvic pain, urinary problems, poor digestion, low resistance to infection and viruses, tiredness, hormonal imbalances, and menstrual problems.

The behavioral impact of imbalance:

Irritability

Shyness

guilt vitality

Tendency to blame

Sexual obsession

Lack of creativity

Traits of a balanced *chakra*:

A feeling of compassion and friendliness

Intuitiveness

Vitality

Sense of belonging

Good sense of humor

Poses that balance Swadishthana *chakra*:

Hip opening poses like

Standing Wide Forward Bend

Sitting Wide Forward Bend

Bound Angle Pose

3.Manipura Chakra

Element: Fire

Color: Yellow

Mantra: RAM

Location: At the level of the umbilicus
corresponding to the gastric or solar plexus

How it affects the body: *Manipura Chakra* deals with a sense of belonging, and mental understanding of emotions, and defines self-esteem in an individual. It governs the effective functioning of the upper abdomen, gallbladder, liver, middle spine, kidney, adrenals, small intestines, and stomach.

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An unbalanced *Manipura Chakra* may lead to diabetes, pancreatitis, adrenal imbalances, arthritis, colon diseases, stomach ulcers, intestinal tumors, anorexia/bulimia, or low blood pressure.

The behavioral impact of the imbalance

Lack of self-esteem

Timidness

Sense of depression

Fear of rejection

Inability to make decisions

Judgmental and angry nature

Hostility

Traits of a balanced *chakra*:

Energetic and confident nature

Intelligence

High productivity

Improved focus

Good digestion

Postures that balance Manipura chakra:

Heat-building poses like

Sun Salutation Pose

Warrior Pose

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Backbends like Bow Pose

Twists like Sitting Half-spinal Twist

Abdominal-strengthening poses like Boat Pose

4. Anahata Chakra

Element: Air

Colors: Green or pink

Mantra: YAM

Location: On the cardiac plexus in the region of the heart

How it affects the body: *Anahata Chakra* affects a person's social identity and influences traits like trust, forgiveness, unconditional love, wisdom, compassion, and issues of the soul.

It deals with the functioning of the heart, rib cage, blood, circulatory system, lungs and diaphragm, thymus gland, breasts, esophagus, shoulders, arms, and hands. An imbalance can cause issues related to the thoracic spine, upper back and shoulder problems, asthma, heart conditions, shallow breathing, and lung diseases.

The behavioral impact of the imbalance:

Difficulty with love

Lack of hope, compassion, and confidence

A feeling of despair

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Mood variations

Traits of a balanced *chakra*:

The feeling of completeness and wholeness

Confidence and compassion

Empathy

Friendliness

Optimism

Increased motivation

Outgoing nature

Postures that balance Anahata chakra: Chest-openers like

Camel Pose

Cobra Pose

Fish Pose

Pranayamas like Alternate Nostril Breathing or Bellow breath

5. Vishuddhi Chakra

Element: Sound or Ether

Color: Blue

Mantra: HAM

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Location: On the level of the throat, the nerve plexus of the pharynx region

How it affects the body: *Vishuddhi*

Chakra deals with personality traits like communication, creativity, faith, truthfulness, self-awareness, and expression. It governs the throat, the thyroid, parathyroid gland, trachea, cervical vertebrae, vocal cords, neck and shoulders, arms, hands, esophagus, mouth, teeth, and gums.

An unbalanced *Vishuddhi Chakra* causes thyroid dysfunctions, sore throat, stiff neck, mouth ulcers, gum or tooth problems, laryngitis, and hearing problems.

The behavioral impact of the imbalance:

Shaken faith

Indecisiveness

Weak will-power

Lack of expressiveness

Lack of creativity

Proneness to addictions

Traits of a balanced *chakra*:

Increased creativity and expressiveness

Effective communication skills

Contentedness

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Good listening abilities

Postures that balance Vishuddhi chakra:

Fish Pose

Cat Stretch

Bridge Pose

Plow Pose

6.Ajna Chakra

Element: Light

Colors: Indigo

Mantra: AUM or OM

Location: Between the eyebrows (third eye)

How it affects the body: *Ajna Chakra* deals with self-awareness, wisdom, intellect, clairvoyance, implementation of ideas, detachment, insight, understanding, and intuitive reasoning. It governs the functions of the brain, eyes, ears, nose, pituitary gland, pineal glands, and neurological system.

Any imbalance could lead to headaches, nightmares, eyestrain, learning disabilities, panic, depression, blindness, deafness, seizures, or spinal dysfunctions.

The behavioral impact of the imbalance:

Poor judgment

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Confusion

Fear of truth

Indiscipline

Concentration issues

Proneness to addictions

Traits of a balanced *chakra*:

Clear thinking

Healthy imagination

Strong intuition power

Good concentration

Improved focus

Postures that balance Ajna chakra:

Child Pose

Meditation

Seated Yoga Mudra

Eye exercises like palming the eyes and rotational viewing

7.Sahasrara Chakra

Element: Conscience

Colors: Violet or White

Mantra: Silence

Location: Crown of the head

How it affects the body: *Sahasrara*

Chakra influences intuitive knowledge, connection to spirituality, integration of mind-body-spirit, and conscious awareness. It governs the center of the head and midline above the ears, brain, nervous system, and pineal gland. An imbalance in the *Sahasrara Chakra* causes chronic exhaustion and sensitivity to light and sound.

The behavioral impact of the imbalance:

Lack purpose

Identity crisis

Disbelief in any spiritual practices

Lack of inspiration

Sense of fear

Materialistic nature

Traits of a balanced *chakra*:

A feeling of oneness with the universe

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Open-mindedness

Intelligence

Thoughtfulness

An overall harmonious personality

Postures that balance Sahasrara chakra:

Balancing poses like Tree Pose brings awareness to the body

Yoga Mudra

Imbalance is a part of life, however, regular practice of yoga asanas will help you balance your chakras, enabling you to live a fulfilled, contented, and happy life. You can also use Chakra healing music and frequencies.

Chapter 20 – Present Moment Awareness

The present moment is all there ever is. Still, most people ignore it, imagining the future or the past, stuck in their thinking minds. The present moment is always so simple. Its simplicity is masked by the egoic mind - wanting to get to some imaginary point in the future (as if the future will bring more happiness than anything could now), or reliving the past (as if this is more important than now). Present moment awareness is the end of the ego and the end of illusion. Be aware that it knows this, and will resist you staying present. So many of our problems, traumas, anxieties, fears, etc are all based in our minds, in time - dwelling in the past, or conditioned by the past and then negatively anticipating "the future".

Time exists only in the mind. It keeps you from the conscious presence that is who you already are, only available within the present moment. Just for now, increase your present moment awareness. Be fully in this moment. Notice what you can be aware of - but do not label or judge anything.

- Be aware of what you can see, hear, smell, and feel.
- Be aware of your breath flowing gently in and out of your body.
- Feel your body from within - for example, can you be aware of your legs - as if you are feeling the inside of them?

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- Can you hear the silence beneath any noise that may be there? can you be aware of *space around* all things you can see rather than *just the things (the forms)*?
- What is perceiving all of these things?

All of this puts you within the present moment and somewhat out of your mind. Of course, the mind may well pull you back in again with some thought, or emotional resistance may arise when this happens you do the same thing - be *aware* of what is happening now but do not judge it or mentally label it. Just for this moment, allow the present moment to be as it is complete, and see what happens. You do not have to do anything (no matter what your mind may say!). This is the beginning of conscious living, of living at one with the present rather than being controlled by your ego and trapped in time. Present moment awareness brings you towards realizing your oneness with life.

You may notice as you do this, that a sense of peace, aliveness, and awareness, however subtle or strong is arising in the background. You do not have to do everything that has been listed above - just one method will do. For example, just feeling the flow of your breath. This puts you in a state of awareness - which is what you are, Stay for now in this state of present moment awareness (**presence**), not judging what arises. Any mental-emotional activity or feeling of restlessness, resistance, begins to weaken. By letting everything be, you take away its power over you.

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You may see that at this moment it is very simple. Things are as they are. This is the "isness" of the present moment that the Buddha spoke about. This moment is all there ever is - everything else is just an illusion of the mind, a bundle of thoughts and emotions. You may notice that as you stay in the present, you become more aware of deeper negative feelings, thoughts, and emotions that you were not aware of before. This is fine, and they are as they are, allow them to be as well, do not name any emotion or thought as "bad" or "uncomfortable" - let them be, be the space for them, and see what happens it is as if they are just asking for permission to be - then suddenly you are free - they are not you anymore, and as you realize this they weaken and disappear all by themselves - without you even wanting them or needing them to leave. This is the beauty of present moment awareness, the ultimate reality of life. The present moment is your doorway into freedom, and the mind/ego will not like it. So of course, you let this *be* as well.

Live in the Present Moment

Being present, or living in the present moment, is the key to ending suffering for the following reasons:

The Past fills us with regret - No matter what we do we can't change the past, but who hasn't laid awake at night thinking back to that one embarrassing thing they did in

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middle school at least once? But is there a point to worrying, other than to make us miserable?

The Future fills us with anxiety - While we have no effect on the past, our decisions can and do influence the future. However, also unlike the past, which we know very well, the future is entirely unknown. So, we prepare for everything and, in turn, do nothing.

The Present is the only time we have control. If we want our lives to change, those changes need to happen now. Looking too far back or forward keeps us distracted. We aren't in the past or future. We are here. We are now. This is where our focus should be.

The past and the future should act as tools to help us make decisions, rather than be the driving force behind them. Mountain-climbing, for example. If we took a helicopter to the top of a mountain, it wouldn't feel nearly as satisfying as it would if we'd climbed it ourselves. In this case, we needed the past events of physically making the climb to make reaching the peak in the present meaningful. Conversely, aimlessly wandering around at the base of the mountain forever wouldn't be satisfying either! It's the plan of reaching the top in the future that inspires and guides us forward. Where the past gives the present meaning, the future gives it direction.

Ways to become Present

Presence, or living in the moment, can manifest in many ways, and Tolle has more than a few suggestions:

Slow down - Our modern society has grown used to instant gratification, getting what we want exactly when we want it. Life doesn't always work this way however, which can leave us frustrated or stressed. Learning to slow down in our fast-paced lives helps retrain our patience for when we really need it.

Avoid multitasking - Whether we want to admit it or not, humans aren't very good at multitasking. We feel more productive when we have multiple projects going on at once, but truthfully, our productivity is better tackling one thing at a time.

Spend time in nature - Going out into the world and interacting with nature is a scientifically-backed mood booster. It forces us to slow down and simply appreciate the world for what it is. The Japanese even have a word for it: *shinrin-yoku* or “forest bathing.”

Meditate - Meditation is designed to help people focus on the present moment and a daily meditation practice can help us inject calm into our everyday lives. Bringing our focus from our thoughts to the natural rhythm of our breath grounds us and helps us acknowledge our bodies, thoughts, and feelings from a safe, objective distance.

Chapter 21 – Embracing Love

Living in the love vibration is our birthright. It sets the intention for every day, the agenda for every interaction, the prescription for every ill, and the expectation for every circumstance. In this state of being, we are heart-centered in thought, word, and deed. We project the high frequency of love and light, and it returns to us. This is the law of attraction.

Because the love vibration requires our ego-personality to surrender to the soul-self, we get out of our way. Our path is cleared. We encounter people and situations that inspire us and guide us toward the fulfillment of our potential and passion. We are in the flow of life. Our role shifts from the reactor to the cocreator. We are empowered.

You know when you're living in the love vibration because you can feel it. It feels like a natural high. It is a feeling of connection, wholeness, lightness, and expansion. Meditation, miracles of nature, emotional ecstasy, and places of awesome beauty can give us similar feelings of bliss.

Committing to the Love Vibration

To continually live in the love vibration takes considerable commitment and vigilance. It is all too easy to regress into fear, judgment, or self-righteousness. No matter how spiritual we think we are, we are still having the human experience of trials and tribulations, progress,

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and relapse. And it's all right. We don't have to deny or condemn our human vulnerabilities. The goal is to be positive and let the intelligence of our hearts guide us.

Prayer, meditation, inspirational readings, and service to others are all excellent ways to attract connection, wholeness, and love. Other strategies include:

- Seeking the good in everyone and everything.
- Bringing trust to adversity.
- Being grateful for all that we have.
- Taking the high road in any conflicted situation or relationship.
- Creating a sacred space of peace and beauty in which to renew.
- Caring for living things.

Love is the elixir for joy and the antidote to pain -

Love fuels the fire of our passion. Love lifts us from our limitations to our potential. Love transcends time and space. Love transmutes differences and prejudices. Love heals. Love is the vibration of Spirit, the song of the Universe. Love is the alpha and the omega.

Learning to live in the love vibration is why we are here. It is our individual and collective purpose. It is the secret of life that is hiding in plain view. When we live in the love vibration, we graduate this life with honors.

Embracing Wholeness

When we live in the love vibration, we *know* that all aspects of life are connected and that we each have the potential—indeed, the responsibility—to become whole. To clarify: Connection means that every presence on this planet (human, animal, plant, mineral) is a unique expression of God and that we are all interdependent. **There is no separation ... we are all cells of the living God, and what affects one, affects us all.**

Wholeness, on the other hand, means being complete as an individual and in harmony and balance at all levels of our being—body, mind, and spirit. To be whole means to gather up and heal our fragmented pieces—the parts of ourselves that are disconnected from Spirit. Our brokenness is often due to feelings of unworthiness and pain from the past. Living in the love vibration keeps us focused in the present moment, connected and at one with ourselves and all there is.

Chapter 22- Mantras and Chants

Man refers to the mind and contemplation. 'Tra' pertains to vital energy and protection. In Sanskrit, the word "Mantra" implies – 'a liberator of mind'. The word mantra indicates a specific structure of sonic patterns – coded in syllables and vowels, that works as a spiritual tool to liberate the mind from ignorance, illusion, and evil instincts. A mantra is a 'revealed sound.' having a specific combination of letters or words which have hidden within it a mysterious divine power, to bring about certain results on being used in a particular manner.

The specific configurations of syllables and the corresponding combinations of phonemes in the mantras make the latter powerful 'carriers' of the cosmic energy of sound. These sacred vibrations can help in lowering blood pressure, regulating blood sugar, balancing the heart rate, releasing negative energies and toxins from the body, and more. Also, as we develop a deeper understanding of the mantras we chant, they bring a feeling of deep inner calm and peace and can be a very helpful tool in our mindfulness journey.

The sound is a kind of energy. Energy is the ability to make something move. Sound energy is produced when something vibrates. When something vibrates, it moves back and forth. This vibrating or sound energy can be heard. The speed of sound is 343 meters per second.

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Today, modern science sees the whole existence as reverberations of energy, different levels of vibrations. Where there is a vibration, there is bound to be a sound. So, that means, the whole existence is a kind of sound or a complex amalgamation of sounds – the whole existence is an amalgamation of multiple mantras. Of these, a few mantras or a few sounds have been identified, which could be like keys. If you use them in a certain way, they become a key to opening up a different dimension of life and experience within you.

Every sound has a form attached to it. Similarly, every form has a sound attached to it. Every form in the existence is reverberating in a certain way and creates a certain sound. When you utter a sound, a form is created. There is a whole science using sounds in a particular way so that it creates the right kind of form. We can create powerful forms by uttering sounds in certain arrangements. This is known as the Nada Yoga, the yoga of sound. If you have mastery over the sound you also have mastery of the form that is attached to it. Sound can not only build forms but can also destroy or disintegrate them. The sonic vibrations of each spoken or mentally thought syllable exists in the universe forever.

SCIENCE BEHIND MANTRA

Each mantra acts as a bridge between the seeker and the presiding deities of those specific mantras. Generally, the ordinary sound vibrations travel in all directions but in

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the case of mantras, the words are arranged in such a way that these vibrations make a unique kind of spiral spring connection to the deity of that specific mantra, and the echo of that mantra returns with the added divine and subtle qualities of that deity to the aspirant.

A mantra is like a Boomerang. Whatever spell or mantra you send out of your mind in the universe, comes back to you. Energy has a 'boomerang' effect - the energy you emanate will return to you. So be very careful of your's choice of mantra. The science of mantras or spells is very ancient and widely practiced in all parts of the world as a powerful purifying and transforming tool leading to concentration, absorption, and illumination.

The mantra is a force like gravitational, electrical, and magnetism. Every word of the mantra has a specific weight, shape, size, form, power, color, and quality. The rhythmic utterance of a mantra can create a specific pattern of waves in the universe which have a definite frequency, vibration, and energy. The sound vibrations produced during mantra chanting are mechanical waves that always require a medium [like solid liquid and gas] for their transmission.

Scientific benefits of Chanting Mantras

1. Alfred A. Thomas, Doctorate in Medicine from Paris School of Medicine found that chanting sounds have a therapeutic effect on the body. Chanting calms the bodily system and activates the body's natural process. It also helps in getting

rid of addictions like smoking, alcohol, and drugs. Marian Diamond, a professor of Anatomy at the University of California, Berkeley also confirms that chanting helps in increasing the immune system.

2. Dr. Watkins, a senior lecturer in neuroscience at Imperial College London, recently carried out research that demonstrated that the musical structure of chanting can have a significant and positive physiological impact. The chants are said to reduce stress levels, lower blood pressure, increase performance hormones level as well as reduce anxiety and depression. Dr. Alan Watkins also confirmed that when we chant, the vibration of the sound calms the nervous system. It also reduces stress and increases memory power.
3. Chanting the mantra provokes a curative effect in us. In research done at Cleveland University USA, it is proved that the rhythmic tones produced during chanting create a melodious effect on the body and mind called the Neuro-linguistic effect (NLE). We understand the meaning of the mantra we are reciting, which creates a Psycholinguistic effect (PLE) on the body. Due to NLE and PLE effects, the body produces a curative chemical in the brain.
4. Chanting helps to uplift the spirit and produces positive vibes and energy with us thus enhancing our overall health, this includes – balancing blood pressure, reducing stress levels, and balancing heart rate.
5. Chanting mantras also purify the environment around us. Mantras can be used as a tool to cleanse negative energies from home and even from within.

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6. Dr. Alan Watkins also confirmed that when we chant, the vibration of the sound calms the nervous system. It also reduces stress and increases memory power.
7. Research done by Marian Diamond, a professor of Anatomy at the University of California, Berkeley shows that chanting helps in strengthening our immune system.

Chapter 23- Meditation

Meditation is a form of mental exercise that focuses on attention, awareness, and patience. It's critical to maintain your cool and avoid getting angry. Furthermore, it has several advantages for one's psychological wellbeing. There is no such thing as an ideal meditation practice. Your attention may stray or you may forget to follow your breath from time to time. That's all right. It's part of the fun. The most crucial aspect is to meditate on a regular basis, which is why it's called the journey rather than the destination.

What Are Benefits of Meditation?

Meditation has long been known to aid individuals in a variety of ways. It may assist someone physically or mentally. And the benefits don't stop there when your meditation session is finished. Furthermore, it can help you cope with symptoms associated with several medical issues and can help you remain calmer during the day.

Emotional Meditation Benefits

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- Meditation keeps you young. Meditation helps you to reduce stress, which aids in the prevention of ageing.
- If you're suffering from anxiety or depression, medication can help you cope. It is much more effective than antidepressants at managing anxiety and sadness.
- Meditation can be a very helpful practice for those of us who have difficulty focusing on life. It allows you to consider the present rather than the past or future. It aids in the improvement of your memory as well.
- Meditation is an excellent method to deal with persistent discomfort. It aids in the management of your fury. This helps you to let go of the bad ideas that may be running through your mind right now. This automatically improves your social interactions.
- Meditation can help with a variety of medical issues, including high blood pressure and heart conditions.
- Furthermore, it boosts your immune system.
- It aids in the maintenance of a healthy sleep cycle.
- Meditation may help you obtain a fresh viewpoint on difficult circumstances.
- Taking some time out to unwind with the help of nature is beneficial in terms of learning how to handle stress.
- Furthermore, it enhances self-awareness.
- Meditation helps you to concentrate on the present moment.
- It helps to minimize unpleasant sentiments.
- Furthermore, it improves your creativity and imagination.
- Meditation helps you be patient and tolerant.

Physical Meditation Benefits

Meditation may also help you if you have a medical problem, especially one that can be exacerbated by stress. While a growing body of medical evidence supports the therapeutic effects of meditation, some researchers believe it is not yet feasible to draw conclusions about the possibilities of meditation. Furthermore, it aids in the reduction of these diseases' symptoms, including:

- Anxiety
- Asthma
- Cancer
- Chronic pain
- Depression
- Heart disease
- High blood pressure
- Irritable bowel syndrome
- Sleep problems
- Tension Headaches

Other Benefits of Meditation - Meditation is the process of re-discovering, enjoying and using the positive qualities latent within you. Like any skill, meditation requires practice to achieve positive and satisfying results. By doing a little every day, it soon becomes a natural and easy habit, which generously rewards you for the little effort it involves. Meditation energizes your awareness, bringing both peace and wisdom to a busy mind. It expands one's capacity to love, and heals broken hearts. It also dissolves many fears, replacing them with lightness and freedom from

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anxiety. But perhaps the greatest gift that meditation brings is the glow of inner peace that is both gentle and strong.

Chapter 24 – Eating Habits

The happy being believes good health is more than just good ingredients. Preparing the food and eating the food while in a state of peace and relaxation soothes the body and allows the digestive organs to function efficiently as they assimilate and distribute nutrients to the cells. In addition to helping the digestive system, pure thoughts infuse the food with positive energy. This energy enters our cells like a peaceful tune, inspiring them to dance harmoniously. Though this may have been a far-out concept years ago, recent research in quantum physics, as well Dr. Emoto's research on the effects of consciousness on matter, support this concept. All matter responds to the energy of our thoughts. Why not make our food, which is deposited in the body three times a day, sing with high spiritual energy?

Tips for preparing food while in a peaceful frame of mind

1. Take a shower to cleanse the energies you may have picked up during the day. Water refreshes both the body and the spirit. Then turn on some gentle music in the kitchen. Set the intention to make your mealtime preparation a quiet, meditative process. Stay present and enjoy the silence as you chop, clean, and cook.
2. Meditate for 5-10 minutes before you prepare your food. In your meditation, nurture a simple

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thought. For example, "I, the soul, am fresh, pure, clean light." As you meditate on this thought, savor it. Visualize it. Feel it. Experience it. Then enter into your kitchen to hold that experience and thought as you prepare your meal.

3. Take a few moments of silence before you cook. Invite God into the kitchen with you to pour the pure energy of spiritual love over your food. As you cook, imagine God as a waterfall of divine pure, loving light above you. In each moment, see that light as it pours over your mind and heart as well as the food. Hold this vision as you prepare your meal.

Tips for eating while in a peaceful frame of mind

1. While you eat, simply eat and be fully present. Resist the urge to check your cell phone or search the web. Set the intention to eat calmly. Chew each bite at least 40 times. By counting the bites, you not only improve your digestion but you become present, peaceful, and focused.
2. Before you eat, take a moment to become aware that you are a soul and that the body is an instrument that allows you, the soul, to travel through the physical world and experience the sights, sounds, and scenes of life on the planet. Eating is a way of filling the body with good, healthy fuel.

With each bite you eat, imagine that you are filling that food with pure, healing light. As you swallow, visualize that light pouring into every cell of the body healing the body and bringing it into balance and harmony.

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3. Set the intention to rest your mind on one simple thought as you eat. As you eat, simply hold the thought, "I am a peaceful soul." As you savour your food, savour that thought as well. Allow yourself to feel it and experience it. If your mind wanders, simply come back to that one thought and see if you can hold that for the duration of your meal.

Chapter 25- Reiki Healing

Reiki is an energy healing technique that promotes relaxation, reduces stress and anxiety through gentle touch. Reiki practitioners use their hands to deliver energy to your body, improving the flow and balance of your energy to support healing. Mikao Usui developed reiki in the early 1900s. However, people have practiced Reiki for about 2,500 years. People also refer to Reiki as palm healing or hands-on healing. deriving the term from the Japanese words *rei*, meaning “universal,” and *ki*, which refers to the vital life force energy that flows through all living things. Now, reiki is used all over the world, including in hospitals and hospices, to complement other forms of health treatments. Energy medicine aims to help the flow of energy and remove blocks in a similar way to acupuncture or acupressure. Reiki practitioners believe that improving the flow of energy around the body can enable relaxation, relieve pain, speed healing, and reduce other symptoms of illness.

Health benefits

According to practitioners, Reiki channels universal energy known as ki, pronounced “chi” This is the same energy involved in tai chi exercise. This energy supposedly permeates the body. Reiki experts point out that although this energy is not measurable with modern scientific techniques, many who tune into it can feel it.

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Reiki allegedly aids relaxation, assists in the body's natural healing processes, and develops emotional, mental, and spiritual well-being. However, no studies have conclusively shown this to be true. Some anecdotal evidence suggests that it may induce deep relaxation, help people cope with difficulties, relieve emotional stress, and improve overall well-being.

Conditions that people have used Reiki to help treat include:

- Cancer
- Heart disease
- Anxiety
- Depression
- Chronic pain
- Infertility
- Neurodegenerative disorders
- Autism
- Fatigue

It is important to note that Reiki should never take the place of medical treatments.

However, people living with certain health conditions may be interested in trying Reiki alongside their regular treatment. For instance, some people with cancer may find Reiki beneficial as it may help them relax. The gentle nature of Reiki therapy may have a soothing effect on patients who find that they become overwhelmed with

invasive therapy, fear, and stress. Individuals report different experiences. Some say that the practitioner’s hands become hot, others report cooling hands, and some feel pulsating waves. The most common reports are of a release of stress and deep relaxation.

Reiki’s healing power: What is the evidence?

Although Reiki is growing in popularity, there is little evidence that it provides any clinical benefit. Practitioners claim that Reiki can enable relaxation, reduce pain, speed healing, and improve some symptoms. However, few research findings support any specific health benefits.

In contrast, a review article in the *Journal of Evidence-Based Complementary & Alternative Medicine Trusted Source* found “reasonably strong support” for Reiki being more effective than a placebo in reducing pain and anxiety in people with chronic health conditions.

Learning Reiki

Can Anyone Learn Reiki?

The ability to learn Reiki is not dependent on intellectual capacity, nor does one have to be able to meditate. It

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does not take years of practice. It is simply passed on from the teacher to the student. As soon as this happens, one has and can do Reiki. Because of this, it is easily learned by anyone.

Reiki is a pure form of healing not dependent on individual talent or acquired ability. Because of this, the personality of the healer is less likely to cloud the significance of the experience. The feeling of being connected directly to God's healing love and protection is clearly apparent.

Reiki training varies, but most students learn about:

- the energies around the body
- how to work with healing energy
- the ethics of working with clients

There are three levels of mastery. Those who reach “Master” level can teach others and can reportedly heal from a distance.

The Attunement

Reiki is not taught in the way other healing techniques are taught. It is transferred to the student by the Reiki Master during an attunement process. This process opens the crown, heart, and palm chakras and creates a special link between the student and the Reiki source.

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The Reiki attunement is a powerful spiritual experience. The attunement energies are channeled into the student through the Reiki Master. The process is guided by the Rei or God-consciousness and makes adjustments in the process depending on the needs of each student. The attunement is also attended by Reiki guides and other spiritual beings who help implement the process. Many report having mystical experiences involving personal messages, healings, visions, and past life experiences.

The attunement can also increase psychic sensitivity. Students often report experiences involving: opening of the third eye, increased intuitive awareness, and other psychic abilities after receiving a Reiki attunement.

Once you have received a Reiki attunement, you will have Reiki for the remainder of your life. It does not wear off and you can never lose it. While one attunement is all you need for each level to be attuned to that level, additional attunements bring benefit. Experimentation has found that additional attunements of the same level add to the value of that level. These benefits include refinement of the Reiki energy one is channeling, increased strength of the energy, healing of personal problems, clarity of mind, increased psychic sensitivity, and a raised level of consciousness. At the Reiki support groups sponsored by the Center, additional attunements are usually given by someone who has taken Third degree Reiki, with no extra fee required.

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The Reiki attunement can start a cleansing process that affects the physical body as well as the mind and emotions. Toxins that have been stored in the body may be released along with feelings and thought patterns that are no longer useful. Therefore, a process of purification prior to the attunement is recommended to improve the benefit one receives. See below for specific instructions on preparing for an attunement.

Preparing for an Attunement

In order to improve the result you receive during the attunement, a process of purification is recommended. This will allow the attunement energies to work more efficiently and create greater benefits for you. The following steps are optional. Follow them if you feel guided to do so.

1. Refrain from eating meat, fowl or fish for three days prior to the attunement. These foods often contain drugs in the form of penicillin and female hormones and toxins in the form of pesticides and heavy metals that make your system sluggish and throw it out of balance.
2. Consider a water or juice fast for one to three days especially if you already are a vegetarian or have experience with fasting.
3. Minimize your use of coffee and caffeine drinks or stop completely. They create imbalances in the nervous and endocrine systems. Use no caffeine drinks on the day of the attunement.
4. Use no alcohol for at least three days prior to the attunement.

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5. Minimize or stop using sweets. Eat no chocolate.
6. If you smoke, cut back, and smoke as little as possible on the day of the attunement.
7. Meditate an hour a day for at least a week using a style you are familiar with or simply spend this time in silence.
8. Reduce or eliminate time watching TV, listening to the radio, and reading newspapers.
9. Go for quiet walks, spend time with nature, and get moderate exercise.
10. Give more attention to the subtle impressions and sensations within and around; contemplate their meaning.
11. Release all anger, fear, jealousy, hate, worry, etc. up to the light. Create a sacred space within and around you.
12. By receiving an attunement you will become part of a group of people who are using Reiki to heal themselves, and each other, and who are working together to heal the Earth. You will also be receiving help from Reiki guides and other spiritual beings who are also working towards these goals. While Reiki is not a religion, you may prepare your mind with intention work and pray in a religious mode comfortable to you to prepare to open to higher spiritual energies and experiences.

If a practitioner is not available, you may wish to go ahead and start with a class. If money is a problem, some teachers offer scholarships. If Reiki is right for you, you can find a way.

Once you have found a teacher, the simplest and best advice is to follow your heart. Listen to your inner voice.

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When you decide that you wish to study Reiki, we recommend you consider the following questions in choosing a teacher.

Questions to Ask about Reiki Training

For yourself:

- Should I study Reiki at this time?
- Do I feel in my heart that I should study with this person?
- Is this person a good learning partner for me?
- Am I willing to commit to regular practice so that this method (indeed, any method!) may yield results?

Learning Reiki is a good starting point for experiencing and working with healing energy and a wonderful method for deepening awareness of universal energy. In general, Reiki complements other healing methods and spiritual practices. There are no hard and fast rules about how to approach starting Reiki and starting healing. Again, listen to your heart and you will be guided in choosing the right experiences and teacher(s) for you.

Once you have learned a healing technique, the work begins. To develop your understanding of, and sensitivity in, Reiki it is a good idea to devote time to regular practice, find a supportive teacher and practice group and pursue continuing study. Make sure that you

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arrange circumstances so that you can be nurtured in your healing and growth. Keep your eyes on your goals, your mind in your heart and take things one step at a time.

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END NOTE

We have heard people talking that everything is connected, but what does it really mean? How is everything connected? **How are all humans connected?** Is that some abstract concept or science can prove it? Spiritual teachers have known that from the beginning and now science confirms that. Quantum physics explains it through quantum entanglement.

Quantum Entanglement

Entanglement is a term in physics that says **once something begins as a whole, even though it is physically separated, energetically is still connected.**

In quantum physics, entangled particles remain connected so that actions performed on one affect the other, even when separated by a large distance, hundreds of miles or even more.

Quantum entanglement enables particles to affect each other instantaneously across any distance. Entangled particles would remain connected even if they were on opposite sides of the Universe.

Twin photon experiment

There was a **twin photon experiment** conducted at the University of Geneva in 1997. Scientists took one photon (particle of light) and broke it into two separated photons. Once they had two identical photons, they placed them into a specialized device that was connected

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to fiber optic cables that run in opposite directions from the device. One cable run 7 miles in one direction and the other run 7 miles in opposite direction.

They fired these photons simultaneously in opposite directions so that when each photon reached the maximum distance, they were 14 miles apart. At that point, scientists began to demonstrate that what happened to one photon was happening to another photon at exactly the same time.

They influenced one photon in one place while observing the other photon 14 miles away. They found that the other photon acted like it had exactly the same experience even though it wasn't being touched.

When they would force one photon to rotate in a particular direction, the other photon rotated in exactly the same direction.

When they would electrically charge or remove charge from the photon in one place, the same thing would happen on the other photon as if it would have the same experience.

Scientists were using atomic clocks (an extremely accurate type of clock) to find out how much time elapsed between the time one photon was influenced and the other responded and what they found was that there was no time elapsed. The change was instantaneous.

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It could only mean two things. Either information was traveling faster than the speed of light, or, the distance perceived between the objects didn't really exist.

The conclusion was that photons didn't need to communicate from one place to another as a conventional linear way of thinking says. Even though they were physically separated, they were still connected on an energetic level.

The experiment shows that the matter that once was physically connected remains energetically connected even though the space that separates the matter is of a large distance.

Scientists then started to look into the Universe in order to find out whether it is possible to apply this entanglement on a larger distance between galaxies and they found that galaxies on the one side of the Universe were actually entangled with galaxies on the other side of the Universe on a light year distance.

How are all humans connected?

Modern scientists agree that Universe, as we know it today, begins with the tremendous release of energy called Big Bang. Immediately before Big Bang occurred, entire Universe was compressed into a tiny ball of energy about the size of the single green pea.

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Yes, that's correct, according to quantum physics, the entire Universe is composed of energy. The matter is just a form of energy that takes shape when energy is reduced to low vibration.

If you could take out all the empty space from all physical matter in the Universe and bring all of that matter back into contact, all the matter in the entire Universe would occupy the space with the single green pea.

What is important here is that **there was a point in time when everything was physically connected**. When Big Bang occurred and energy began to expand, physically particles began to separate but energetically remain connected.

So, when we talk about our connection with other people, animals or things, there is a scientific basis for that connection – physical matter once unified remains energetically connected even when separated by large distances.

How deeply are we connected?

In 1987, there was an experiment conducted under the auspices of the United States Air Force and they found that there was a field of energy that connected all things everywhere. This field is sometimes called the Field, Quantum Field, God, Source, the Matrix or the Divine Matrix.

According to Gregg Braden, the field does more than just connects things through entanglement. It is a container for all things and a bridge between our inner and outer world. It is also the mirror in the world around us for what we claim to be true in the world within us.

Parting words

If everything was once physically connected even though it's no longer, the energy is still connected and we're energetically connected. We are all deeply connected through entanglement even though we appear to be separated. **Relationship of entanglement holds the key to understanding our relationship to our world.** We are deeply connected to each other and that connection is fundamental. We are part of this world and we are part of one another.

And it leads to a fundamental question for the way that we're going to do that. Because we've been given this incredible gift of consciousness. And because of this gift, we can deeply understand our connectedness, in a way we haven't seen other animals having the opportunity to

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do so. And because we can deeply understand our connectedness, we're the ones that have the decision on how we're going to go use that knowledge, how we're going to go use it to build our societies and to shape our lives. I think the reason that all the spiritual traditions have got this concept of "we are all connected in the universe" is because of the societies that actually profoundly adopt this idea are the ones that over time deepen their level of consideration, deepen their level of expression, deepen their level of understanding for each other. This is the reason that this idea pops up over and over at the core of spiritual traditions.

And I hope that through this book you see that the reason that it appears at the core of science is it's actually something that is just literally true of the physical universe at every single level of organization and every single manifestation of matter, energy, and life. I'd like us all to come together with this knowledge and understand this truth about how the universe is, that because our hearts, our breath, and our mind are connected in this way, we need to challenge ourselves to understand what it means to live from this truth.

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Application

This book is compact and practical guide based on proven research. To start the journey of Conscious Living. Some applications are required to be implemented in life. These eleven rules will help you to apply the knowledge you gained from this Book.

Eleven Rules

- Conceptualize the Universal Laws and Apply them.
- Live in the present moment and let go of the past pain and future's anxiety.
- Take control of your egoic mind don't compare, label or judge.
- Focus on Breathing, feel your breathing.
- Reframe your subconscious mind with the help of Affirmations, Chanting, Binaural Beats and Healing Music.
- Empower your mindset, Think Positively.
- Take diet charged with positive and loving energy.
- Practice Self - Healing and Yoga.
- Be still and Happy.
- Keep a learning attitude.
- Stay open to life, Life is easy filled with different situations for different responses.

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*HAPPY JOURNEY
MAY HIGHER CONSCIOUSNESS GUIDE YOU
AND
BLESS YOU WITH MORE POWER.*

Acknowledgement

I am deeply thankful to divine energy for guiding me throughout the Journey of Creating this Book. I extend my gratitude to all the wonderful people my family, friends, and relatives for giving me space to be.

I am also thankful to Amazon KDP for giving Budding Authors a chance to Self - Publish their work. Finally, I would like to express my love and gratitude to my mother and father, without whom this book would not have come into existence, to my spiritual teachers, soul family and the most empowering guru of all, Life.

About the Author

Shagun Saini is an undergraduate student at Gargi College, University of Delhi pursuing Honors in Philosophy. She studied and researched vivid topics of Self Development, Spirituality, Psychology, Pseudo-Science, and Philosophy and then conceptualized the way of Conscious Living backed by spiritual, psychological, and scientific research which made this book distinctive and applicable.