

Alignment – Law of Attraction and the Seven Universal Laws

Sample Chapter

Chapter 2 – Aligning with the Law of Divine Oneness

The Law of Divine Oneness - Introduction

You are the Universe, a part of it, and it is a part of you. In the beginning of your journey through the Law of Attraction and alignment with the Seven Universal Laws, understanding that concept is very difficult. However, this has been proven on a scientific level. Moreover, this concept has been around since Antiquity. The Law of Divine Oneness is an immutable law. This law is always in effect and cannot be transcended.

This law states:

Everything in the Universe is connected to everything else. What we think, say, do and believe will have a corresponding effect on others and the world around us.

Everything that exists and the Universe are one. We are always connected to the force of the Universe because the energy of The Universe is everywhere at once, and permeates through all things living or material. The knowledge of The Universe is infinite and always available to us. Each soul is part of the Universe's energy.

Everything that exists, seen and unseen, is connected to each other, inseparable from each other through a field of divine oneness. Known by many names such as The All Knowing, the Vortex, pure consciousness, or universal mind energy, sometimes also known as Life Force, the Source, or the Universe, everything is one.

Increasing awareness of this law will increase your awareness of The Universe and awareness of being connected to everything. It is important for us as a human race to start realizing and understand this law. As we do, we will realize that what we think of each other should only be for good. As we think of the good in others, they will in turn think of the good in you. It is imperative that your thoughts, feelings, and actions be for the positive, in order to manifest more of what you truly want. Otherwise, you will manifest more of the negative things that have been holding you back.

As you gain a fuller understanding of the laws, you will see how they are all related, overlap each other, and govern the world we live in.

Everything consists of, and exists as energy. Your subatomic particles aren't fixed; in fact, particles are flowing in and out of you now from the Sun, the floor, your best friend, and the air you breathe. In other words, there is no separation.

As you read the following sections in this chapter. You will come to understand certain concepts and begin to understand what it means to be one with the Universe. Keep an open mind.

Reinventing Yourself - The Beginning

So you have found yourself with this book, looking for answers on how to better your life. The fact that you are here means that on some level whether conscious or subconscious, you are not happy with some aspect of your life. You are looking for change. You are tired of your circumstances and don't know where to turn. You are

looking for answers. You are looking for someone to tell you what you need to do to get out of your current circumstances... Am I right? Of course I am. But guess what... I'm not going to do that. I can't do that. No one can do that... *The only person who can do that is YOU.*

What I *can* do is give you a few tools to help you on your journey. First, you must realize that reinventing yourself is *YOUR* journey. No one can walk this road but you. You will only get out of this book, this advice, and these tools what you put into it. *It is ALL up to you.*

What you probably aren't aware of is that you already possess the answers you are seeking. That's right. The answers to all of your questions are already inside you. What you are actually seeking is tools, knowledge, wisdom, and/or strength to discover those answers.

One of the first steps in reinventing yourself is you must realize that *YOU ARE A PERFECT BEING*. You are the Universe, a part of it. You are it and it is you. The Universe is perfect, and as a part of it, you are perfect as well. I absolutely know this to be true. I know this because of the "Universal Law of Divine Oneness".

The reality is that you must start thinking of yourself as a perfect being. I know that in the beginning this is very hard. You may even have to pretend. However, with practice, knowledge, and time, you will come to know that you ARE indeed perfect.

The reason you don't believe it right now is that you have been conditioned to think otherwise. Since you were a very small child, you have been developing an image of "who you think you are". This image has been influenced by your parents, siblings, cousins, grandparents, friends, teachers, society, television, and much, much more. Maybe you have heard sayings like:

- If anything can go wrong, it will...
- I'm only human
- You've gotta take the good with the bad
- Life sucks
- I can't win
- If it weren't for bad luck I'd have no luck at all
- And many more...

Well I am telling you that all of that is a big load of crap.

The truth is that *you create the circumstances of your life moment by moment* by being "who you are" in that moment. Your thoughts, decisions, actions, words, beliefs, and personal philosophies have brought you to this moment. It is not a coincidence... coincidences do not exist.

To overcome these circumstances, you MUST change your thinking. You must unlearn what you have learned. Once you change your thinking, your life will begin to change. You will begin to feel the change. Your life will begin to take on wonderful new meaning. You will begin to attract all of the things your heart desires.

This is NOT an easy road. If you are not willing to accept the information that you obtain in this book and if you are not willing to open your mind to the fact that you ARE perfect, if you are not willing to swallow your pride and realize that you are where you are because of your current beliefs, then no amount of advice or information will help you. It is all up to you.

How badly do you want to change?

Universal Consciousness

In the last section, we talked about how you must begin to see yourself as a Perfect Being. Seeing yourself as such is extremely important if you want to change the circumstances of your life. It is important because YOU are the only person in your life that can change those circumstances. YOU are the one who has the power. Even if you feel now that everything is beyond your control, the Universe has given you everything necessary to have the life you want.

In the beginning, one of the hardest concepts to grasp is that *you are the Universe*, and the Universe is you. This is explained with the Law of Divine Oneness. Another concept that you must grasp, and believe, is that *the Universe is alive*. The Universe is aware. It is totally and completely aware of you, because you are the Universe, a part of it. Once you begin to realize this concept, you will begin to realize that everything that has happened to you in the past, the present, and the future, are circumstances that give you strength, wisdom, and information.

The Universe cares about your well-being. It cares because you are a part of it. What does that mean? It means that every circumstance in your life is for your benefit. That's right... everything that has gone right in your life, and everything that has gone seemingly "wrong" has been for your total and complete benefit.

One might then ask, "How could losing my job, or my significant other be for my benefit?" It has been for your benefit because the Universe ultimately wants what is best for you. The Universe wants you to be happy. Understanding that your current situation is making you unhappy, the Universe has placed you in this situation to point you, or guide you to what will make you happy. After all, you are the Universe, a part of it, and the Universe wants to be happy.

Consider the following...

Let's say that a man has a girlfriend who has been taking advantage of him. She constantly spends his money, she plays with his emotions, and she takes advantage of his generosity. The man puts up with these things because "he loves her", or because "when things are good, she makes me feel great". After a while, the woman does not change. She continues to play with his emotions. She uses his emotions against him and manipulates him to do whatever she wants. Eventually, she tires of him, or grows tired of the things he has to offer and breaks off the relationship. Afterward, the man is crushed, heart-broken, and thinking of every avenue to try to win her back. His attempts fail, and later his pain is worsened when she moves on to another partner. How could that possibly have been for his benefit? How could the pain, the loss, and the heartache possibly benefit anyone?

Consider that six months later, the man meets another woman who actually treats him right. She is loving, warm, affectionate, and understanding. She is everything he had ever dreamed. He knows that she is everything he had ever dreamed because he learned from the previous relationship what was toxic to him. After a while, the man and woman marry and live their lives happily ever after.

Now can you see how the circumstances of the previous relationship, the pain, the heartache, and the loss of self-respect were actually of benefit in the end?

Most of the time, we cannot see the benefits of seemingly bad situations because the Universe has not yet shown us how it was for our benefit. Once you begin to believe that everything that happens is for your benefit, you will begin to learn to control the events, situations, and circumstances.

The circumstances in your life are placed there by the Universe, and since you are the Universe, a part of it, you will soon come to realize that it is YOU who has created your current circumstances. Your thoughts, your actions, your decisions, and your philosophies all played a part in creating your circumstances. To change those

outward circumstances, you must change your thinking. A simple shift in the way you see circumstances will change them.

The Universe mirrors you. It mirrors your thoughts, both conscious and subconscious. It mirrors your actions and reactions.

The Universe Is Your Mirror

The world around you, the people in your life, the events transpiring in your life, how people react to you, your home, your car, and all of the other outward circumstances that you see are actually mirrors of your inner self.

I know that might not be what you want to hear. It might even sting a little to think it. Nevertheless, it is true.

Imagine meeting a person whose mind is very ordered. This person is intelligent, well spoken, neat, clean, friendly, hard working, and honorable. Imagine that this person invited you into their home. You see that it is clean, tidy, without clutter, and beautifully furnished. Imagine speaking to this person's friends; they all say this person is fun, loyal, and good-hearted. All of these things would be 'mirroring' who this person is. If this person were asked to complete a task, you would see "who he or she is" mirrored in that task.

In your own life, if you were to critically observe your possessions, your clothes, your friends, the quality of your work, your social situations, your financial situations, and anything else in your life, they all mirror "Who you are".

For some people, that can be a bitter pill to swallow in the beginning. If you are unhappy with all of those things, it mirrors "Who you are" and your reactions to past circumstances that brought you to this point.

People often ask why they attract the wrong people, haters, alcoholics, abusers, gold-diggers, or whatever into their lives. The answer is inside them. Somewhere inside, whether it is conscious or subconscious, their actions, reactions, feelings, and thoughts are attracting this type of situation.

Some people often wonder why they can't catch that "lucky break", why they aren't wealthy, or why they aren't happy. Many of us assume we have bad luck or it's an unfortunate coincidence. It's not! We attract it all. Deep down it may reflect what we think we deserve or it's behavior we've grown used to so it seems safer, even if it's negative. It is because somewhere inside, we stand in our own way of being who we want to be and having what we want to have.

As I mentioned earlier, we as people have developed a view of how we think the world works, and how we have been conditioned to believe certain things; things that eventually become a roadblock to the happiness and success that we all seek.

The good news is that you have the power within you to change all of that!

In order to change all of your outward circumstances, you **MUST** change the way you think. You **MUST** change the way you see the world.

Carrying out that mission is tough. It is hard. It is probably one of the hardest things you will ever do in your life. But wouldn't it be even more difficult to continue in your current state? You are reading this because you are not satisfied with your life and you want to change. You have read about, and heard about the Law of Attraction, and you want to begin to attract the good things in your life that you see mirrored in others. You want to be happy. Well I'm here to tell you that you will not have those things until you change your thinking and the way you see things.

The changes that you must make are internal changes. They MUST be internal changes, because by now you are understanding that the things you want to change are "mirrored" because of "Who you have been" up until this point.

You currently see those things as "problems" or "issues", but what they really are situations that the Universe has put in front of you for one reason only... for your benefit. They are there so you can gain wisdom, strength, and information from them.

One way to begin to make the inner changes necessary is to start "reprogramming" your beliefs. We begin to "reprogram" our beliefs by affirming to ourselves that we are in fact in control. We are the Universe. Moreover, when we learn to control ourselves internally, control our feelings, and control our actions, that we can control our outward circumstances.

Realization and Affirmation

As you begin to realize that you and the Universe are the same, you will start to feel a sense of power and control over the circumstances of your life.

It is a very powerful feeling to know that your actions, reactions, and emotions are the very thing that creates your personal universe. YOU are the most powerful being in your life. Feels good, doesn't it?

Realizing that the Universe is completely and totally aware of you and your feelings can bring a sense of security. Once you start to believe it, it gets even better. As I stated before, carrying out the mission of changing your thinking, thereby changing your circumstances, is a very tough thing to do... you may even have to pretend early on; but trust me when I say it does get easier.

Here is an affirmation that I use daily to help keep my positive vibrations at a level where I can attract positive thoughts, and attract the things that I want.

"From this moment forward, I AM in control of every situation. I always know the exact right words to speak. I always know the exact right actions to take, and this IS so. I now obtain vibrant good health. I will have the possessions I want. I now have the power of the Universe, and this IS so. I will have peace and harmony in my life. I will have wonderful love and abundance, and this IS so. I give myself permission to enjoy ALL that flows to me. I claim ALL of these things from this time forward. This IS so."

Write that affirmation down on several pieces of paper. Put those pieces of paper in highly visible places where you can see them easily. Tell yourself daily that you are in control, and soon you will believe it. Once you believe it, it will be so.

Is That Really My Responsibility?

What comes to mind when you think of "responsibility"? Is it care for your children? Is it family obligations? Is it work and paying the bills? Maybe in your mind responsibility is doing the laundry, grocery shopping, cooking, and cleaning, or any other myriad of chores that you do... but what is it really?

The Merriam-Webster definition of responsibility is 1. the state of being the person who caused something to happen. 2. a duty or task that you are required or expected to do. 3. something that you should do because it is morally right, legally required, etc.

In terms of using the Law of Attraction to create "your perfect universe", the only definition that you should consider important is the first - *the state of being the person who caused something to happen*. All the other definitions that you apply to the term "responsibility" are just tasks. In looking at your life, where you are, who you are, and how you got here is completely and totally your responsibility.

If you break down the actual word "responsibility", it is actually two words... *Response* and *Ability*. In terms of your life, responsibility is your "ability to respond". It is your ability to respond to circumstances and situations that have come to be in your life that defines what the word really means. In other words, it is your ability to choose your response. Because everything that you attract into your life comes from your own vibration, you have the ability to choose how you will respond to it. You have the ability to choose whether or not a particular circumstance stays in your life or whether it fades away. That is a great power that you wield... the ability to direct and determine the outcome of a situation simply by choosing your response... Wow! That is huge power... and you have it. Your oneness with the Universe gives you that power.

If you have a negative reaction to something, it is OK, because it is already done and there is nothing that can be done about it... it's what happens after the negative reaction that is important. What happens next is your responsibility. Are you going to complain about it? Are you going to tell all of your friends in an attempt to inspire sympathy? Are you going to write about it on your favorite social media site? Are you going to continue to feed it negative energy? Or are you going to accept responsibility for that fact that it happened and take appropriate steps to rid the negativity from your personal universe?

In the end, the responsibility for how your life turns out is yours and yours alone. It is not with your parents, your boss, your significant other, your chosen God, or anyone else. You can blame whomever you want, but you're the one who must experience and endure the results. You are the only one who can change it. As I have said on many occasions, and will continue to say, *"If you want to change outward circumstances, you must make inner changes"*.

The key to using the Law of Attraction to create "your perfect universe" is responsibility. You must accept personal responsibility for everything in your life. And I do mean everything. If you perceived it, you manifested it, and whatever you continue to give your attention will continue to manifest in your life.

If you focus your thoughts on whatever negative situation is currently happening, you'll unknowingly activate the Law of Attraction to continue to bring more of the same. Your situation will never really change. And how could it? If you thinking about what you're already getting, then you are manifesting a feedback loop. If your life is filled with the manifestations of your desires, then you're in heaven. If it is filled with what you don't want, then it is hell.

How do you learn to stop thinking about what you don't want?

The first step is to accept responsibility for attracting it. Accept responsibility for all circumstances and situations that are currently occurring, all those that have occurred in the past, and all that will occur in the future. This raises your consciousness and makes you more capable of successfully getting what you do want.

The next step is to remind yourself during the next negative experience, that you have a choice. You have the ability to respond. You have the ability to choose your reaction to that event and determine its outcome with your actions.

In time, you will see that it really is that simple.

Channeling the Universal Consciousness

If you have read all of the previous sections, you are now starting to understand that you and the Universe are one. You are beginning to understand the first Universal Law, the Law of Divine Oneness.

One of the greatest, most powerful and most beautiful realizations is that the Universe communicates to you. It communicates through you and you through it. This is one of the principles of the Law of Attraction.

Another great realization is that you have chosen to exist. That's right. The piece of the Universe that is you, the energies that compose your thoughts, your feelings, and your physical body at some point chose to experience life as a human being. As you are a pure, bright spirit composed of star-stuff, you have the honor of tapping into the Universal Consciousness. To put this in a simpler analogy; it is quite similar to using an ATM card to access your bank account. Instead of withdrawing money, you are withdrawing information. The real beauty of this is that there is no limit to the amount that you can withdraw.

You tap into this Universal Consciousness in the form of ideas. What you think is an idea, whether original or not, is actually a communication between you and the Universe. When you have an idea, what you have really done is use your "metaphysical ATM card" to withdraw information from the Universal Consciousness.

Some of history's greatest thinkers were aware of this ability to "channel" information from the Universe. Mozart, DaVinci, Ben Franklin, and just about any others you can think of were able to do this. It is quite well known that Thomas Edison, when stumped for an idea, would sit in a chair and hold a large ball bearing in each hand. He would place pie tins under each hand and begin to relax. He would clear his mind of everything. Once he started to fall asleep, one of the bearings would drop from his hands and land on the pie tin. The noise would startle him awake and he would immediately write down all ideas in his head. What Edison had just done was use his "metaphysical ATM card" to make a withdrawal from the infinite bank of information from the Universal Consciousness.

The great thing is that you can access this bank of information just as history's greatest thinkers have always done, and still do today. Now that you know how Edison did it, you can try the same thing, or make up your own way of doing this.

Personally, when I'm really stumped, I go to a secluded area on the beach and relax. I let the rolling of the waves hypnotize (for lack of a better word) me. I clear my mind of everything and just exist there. After a while, ideas begin to flow, or solutions to circumstances present themselves and I go with it. I go with it because I understand that this flow of information is a communication from the Universe. I have used my "metaphysical ATM card" to make a withdrawal. Do all of the ideas work to bring the result I desire? Of course not... but many of them do.

This Is Your Time

Are you starting to see how the Law of Divine Oneness keeps you connected to everything around you? Do you now believe that you ARE the Universe, a part of it, and it is you?

Good!

This is the end of the chapter on the Law of Divine Oneness. The next chapter will cover the second Universal Law, the Law of Vibration. The Law of Vibration is the very basis of the Law of Attraction. But before we get to that, it is essential that you complete the following exercises and then go back and read all that has come before. Understanding the Seven Universal Laws and how they weave together will help your manifestations, your dreams, come true.

Here is another affirmation to help you along your path.

Read this affirmation aloud every morning and again every night before bed. Read it like you wrote it. Believe in it as if you had channeled it from the Universe.

"This is my time to have the circumstances of my life the way that I want them. The Universe responds to me. In the midst of the ever-unfolding Universal events, I participate in directing and controlling the outcome of events in my perfect personal universe. I create the circumstances of my life moment by moment. I affect the Universe by being 'who I am' at every moment. To change those outward circumstances, I make changes in myself. I AM a pure bright spirit, a perfect being. When I act with that knowledge, the Universe responds in the only way possible - with what I want."

Welcome to the New You!

Exercise 1 – Happiness Exercise

One of the things that are essential in reprogramming your thought, thereby reinventing yourself is learning to be happy. The Universe wants you to be happy. The Universe is aware of your thoughts and feelings, because you are the Universe, a part of it.

When you are happy, you put your vibrations on another level, a level that will attract more happiness. This is the foundation of the Law of Attraction.

The Universal Law of Polarity, which is mutable, states that happiness and sadness are two extremes of the same thing. It takes the same equal amount of energy to feel happy as it does to feel sad. So why do so many people choose to feel sad? It is because Ego has programmed and conditioned us to think otherwise. Since you were a very small child, you have been developing an image of how things work, or how they're supposed to be. Your parents, siblings, cousins, grandparents, friends, teachers, society, television have influenced this idea, and much more. What is worse is that pride and ego will not let most people think otherwise.

Have you ever heard the popular saying, "It is what it is?" I completely and totally disagree with that saying. What it is isn't always what it seems.

Now is your time to retrain your mind and choose to be happy. The following exercise will help you learn to be happy.

In this exercise, take a full half hour to immerse yourself in an activity of your choosing. Take care to choose an activity that brings you pleasure. It doesn't matter what the activity is; what is important is that you completely and totally immerse yourself in it.

Begin by saying aloud, "I, state your name, give myself permission to enjoy this half hour of pleasure."

Now this next part is very important. *You must treat this exercise as if it is the most important thing in your life. Do NOT let any negative thoughts intrude during this exercise. If even a single negative thought intrudes, you must start the exercise over.*

You need to completely and thoroughly enjoy this exercise in order to retrain your mind to feel happy thoughts.

Once you have completed this exercise, write down what you did and how you felt about it. You can later read about your feelings and re-experience the sensation of happiness.

Once you complete this exercise, write down what you did and how it made you feel on the next page. Afterward, you can move on to the next exercise.

Happiness Exercise: _____ **Date:** _____

Exercise 2 – Self-Awareness Exercise

Now that you are beginning to understand that the circumstances in your life are actually just mirrors of "Who you are" at each moment, it is time for an exercise that will convince you of that truth.

In this exercise, I want you to *take an entire day* to see yourself from the inside looking out. This is a very important and very powerful exercise. Once it is accomplished, you will see that it really is you who has created and attracted the circumstances you now face.

Start by separating your inner-self from your outer-self. Pretend you are outdoors, looking at yourself through a window. Observe your actions, observe your decisions, listen to yourself speak, and pay close attention to how you react to circumstances that arise during this time.

If you are faced with a particularly difficult situation, observe how you handled it. If you have an argument, for example, observe your reactions to that person. Observe all the things you say. Observe all the things you do. Did you respond with hostility? Did you feed in to the other person's anger? If a financial difficulty arises, observe your reaction... Did you panic? Did you let yourself crumble?

Watch everything you do and say. Watch every reaction in any situation. Once the situation has calmed down, ask yourself these questions...

1. Did I react in the best possible way?
2. Did I say the best possible thing I could say?
3. Did I feel the best possible way?
4. Was I being, acting, and feeling the way that my "Perfect Self" would?

At the end of the day, ask yourself the questions again. Write down your answers. Write down how each situation made you feel and what you could have done better. This is a very powerful tool in understanding that you attract circumstances by being who you are at each moment.

Try to complete this exercise at least once a week. When you have practiced enough, you will begin to recognize circumstances and situations as they arise, and you will begin to react, think, feel, and speak in the best ways that will make you happy.

For moving on to the next exercise, you may move on once you have completed this exercise once in its entirety.

Self-Awareness Exercise Notes

Date: _____

Exercise 3 – Channeling Exercise

Do you remember the Happiness Exercise from earlier? I want you to try that exercise again, but this time, I want you to "*channel*" ideas about what you want to do for the exercise.

Find a quiet place where you will be undisturbed for at least 15 minutes. Sit quietly and empty your mind. Once you have emptied your mind, let it roam freely. Let the Universe communicate to you ideas on what you would like to do for the Happiness Exercise. It may seem as if you are using your imagination, but what is actually happening is that you are using your "metaphysical ATM card" to withdraw information from the Universal Consciousness. The Universe is communicating to you in the form of ideas.

Once you have channeled 3 to 5 ideas, write them down. Then over the next 3 to 5 days, perform the Happiness Exercise using one idea at a time. If you put forth an honest effort in completing these exercises, you will find that your happiness will increase. You will find yourself wanting to channel more and more often. You will begin to feel powerful in the knowledge that you are the Universe, a part of it and it is part of you. Be sure to write down your thoughts and feelings after each time you perform the exercise for later reference.

After completing this exercise once, you may move on to the next chapter.

Channeling Exercise Ideas

- 1.
- 2.
- 3.
- 4.
- 5.

