

UNIVERSAL PRINCIPLES

(THE JOURNEY REVISED AND EXPANDED EDITION)

1. ENERGY

The basic component of the Universe, energy, occurs in either materialized or un-materialized form. All that we see and feel is an expression of energy. All energy is the love of the Divine flowing through us. When we resist the flow of love, we experience discomfort. When we align with the love, we feel joyful and at peace.

2. INFINITE INTELLIGENCE, OR GOD

Within all energy is an intelligence that is infinite, eternal and purposeful. This Infinite Intelligence, which we sometimes refer to as God, or simply love, is the source of all creative expression and the essential Power in the Universe. The way we view our Infinite Intelligence, or God, is precisely the way we see and feel about our Self and the way we experience life. When we perceive God as an unconditionally loving and supportive energy at all times and under all circumstances, we experience our world as totally safe, and everyone in it as loving and supportive.

3. ONENESS

Since the essence of everything is pure loving energy, in the truest sense, we are One. Oneness, love, is indivisible. Whenever we attempt to withhold love from anyone, we withhold love from everyone, including our Self. The truth of this principle becomes clear as we allow our hearts to open and feel our interconnectedness.

4. THERE IS NOTHING OUTSIDE OF US

In order to have our human experiences, we have created the apparent reality that we are living outside the Oneness; that there are things and people that can affect us without our consent. The truth is that there is nothing outside of us; all that we see is our Self. This becomes our new reality when we open the belief in separation and accept the truth that we are One.

5. PERFECTION

God is perfect and expresses this perfection as unconditional love and support. Whatever unfolds is God happening. When we see and feel other than unconditional love, we are seeing and feeling the disguises we have created with our beliefs. We create disguises to explore the experiences that make up our human journey. When we are ready to see and feel with greater clarity, we embrace whatever is before us in unconditional love, trusting that the Universe, in Its constant expression of unconditional love, is sending us the perfect support to expand our joyfulness. With practice, our clarity grows, along with our gratitude for the unconditional love, support and joyfulness that is always present.

6. BELIEFS

A belief is a thought hooked to a feeling. The feeling gives the thought a perception of power and creates an illusion that is experienced as real. Under the guidance of our Souls, we adopt beliefs to provide us with the precise experiences we are having, and that we planned before we entered this realm. The urge to explore life beyond our beliefs is a signal that our Soul Selves are ready to guide us in freeing the flow of Divine Love, disguised by our beliefs.

7. FEELINGS

Our Soul communicates to us through our feelings. The more willing we are to feel our feelings, the more able we are to connect with the love that resides in them. Love, fully, freely and joyfully felt is the true Power in the Universe—a totally peaceful Power. This Power does not belong to each of us; It emanates from the Divine and manifests through us when we surrender to It.

8. MUTUAL SUPPORT

Our Universe functions as a mutual support system in which each and every thing in existence relates to and affects every other thing. Every person and circumstance in our lives is there to support us by reflecting back to us the beliefs we hold in our consciousness. The prevalent belief that we are naturally competitive and adversarial is just a mirroring back to us of our acceptance of that belief. Releasing beliefs from our consciousness frees the love of God to flow through us and to those with whom we interact. Mutual support then reflects more of our natural state of Oneness, and becomes the foundation for rebuilding community based on love, from family to village, city, state, nation and world. The more we look for the love that is present in each event and circumstance in our lives, the more we appreciate how perfect the Universe's support for us truly is.

9. THE MIRROR PRINCIPLE

Everything we see and feel is a reflection of the state of our own consciousness. Every person we attract into our lives is showing us a perception we hold about ourselves. Every feeling expressed by another mirrors a feeling deep within us. This reflection is a gift, for it allows us to be aware of the beliefs we hold, and the ways we have blocked the free flow of Divine Love through us.

10. NON-JUDGMENT

At our request, we have been carefully taught to evaluate and judge much of what we experience. However, "right" and "wrong," "good" and "bad" are just beliefs, disguises for the unconditional love that is always present. The truth is that everything that occurs is just another event or circumstance that we have created in our imagination. Judging something keeps whatever we judge the way we judge it. Also, judging anyone or anything tells us that we are judging ourselves in the same way. Judging creates discomfort that can only be relieved by opening our hearts, first to the judgment and then to the person or thing we have judged. Freeing this open-hearted energy leads to the joyful feeling of unconditional love for ourselves as the wholeness and completeness of who we really are.

11. PURPOSE

The Universe's purpose for each of us is to direct us to Oneness. When we align our individual purpose, what we love to do (our talent), with the Universe's purpose, the flow of Divine Power fills what we love to do with passion. This prepares the way for achieving fulfillment in career and relationships.

12. COMFORT AND DISCOMFORT

Our bodies are magnificent instruments that we create to support us in having the experiences we come to the human to have. Our bodies are created and maintained in consciousness. They mirror the state of our consciousness, beliefs in how to look, act, age and die. Unencumbered by beliefs, our consciousness is unlimited. The natural state of our consciousness is perfect ease, as is the natural state of our bodies. The beliefs we have about our bodies are there to love and embrace just the way they are. The resulting expansion of consciousness shifts the bodies' state from that of un-ease to ease.

13. ABUNDANCE

Abundance is our natural state. Everything we experience is an aspect of the abundance. When limitation appears, we are seeing a reflection of our beliefs, a resistance we have created to knowing we have it all. Opening these beliefs provides us with a clearer view of the abundance that is all around us awaiting our feeling of gratitude. Feeling gratitude for what we presently have opens us to knowing we have it all.

14. GIVING AND RECEIVING

Giving and receiving always occur in balance. It is natural to receive gratefully and to give generously: an expression of appreciation for the gift we have received. The corollary to the principle of giving and receiving is that we give only to our Selves knowing we already have it all.

15. NON-ATTACHMENT AND FREEDOM

Our perceived need to hold on to anything or anyone demonstrates our belief in shortage and personal incompleteness. Holding on to anything—people or possessions—blocks the flow of love through us thereby reducing the joy of our experience with the person or object. Holding onto what we have also inhibits new people and new things, along with the new experiences they bring, from coming into our lives. As we open our hearts, feel our state of Oneness and expand our trust in the natural abundance of the Universe, we give ourselves and everyone else the gift of freedom.

16. MEANS AND ENDS

Means and ends are the same. The action and outcome are one. To achieve peace, we feel and express inner peacefulness. To enjoy a life that works perfectly, we see and feel the perfection of everything and everyone, including our Selves. To experience the natural abundance of the Universe, we feel and express gratitude for the abundance we already have.

17. HARMONY IN RELATIONSHIPS

Our primary relationship is with God. How we see and feel about God determines the quality of all our relationships. Knowing that God loves and supports us unconditionally, allows each of us to feel unconditional love and support for our Selves. We are then able to feel and express unconditional love and support for everyone. Aligning with this sequence allows you to see your Self and others as who you really are: the Power and Presence of God eager to surrender to all possibility. When you hold this Truth in your consciousness that is what is reflected to you.

18. THE UNIVERSE HANDLES THE DETAILS

The Universe handles the details of our lives in accordance with the beliefs we hold in consciousness. Our core belief is to supersede the Divine in how we live our lives. The sole purpose of that belief and all the others we have created is to give us a life opposite to our natural state. As we open the energy in our beliefs, we increase the flow of Divine Love into all aspects of our lives. We can then rest in the arms of the Divine and observe the details of our day reflect the joy that the Love releases.

19. WHAT YOU FOCUS ON EXPANDS

The flow of Divine Power (Love) through the beliefs you hold in consciousness manifest as limitations in your physical reality. Focus on the physical brings you more of the limitations your existing beliefs are creating. Focus on releasing beliefs and surrendering to all possibility frees the flow of Divine Power to manifest more richness, beauty and joy in your life.

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