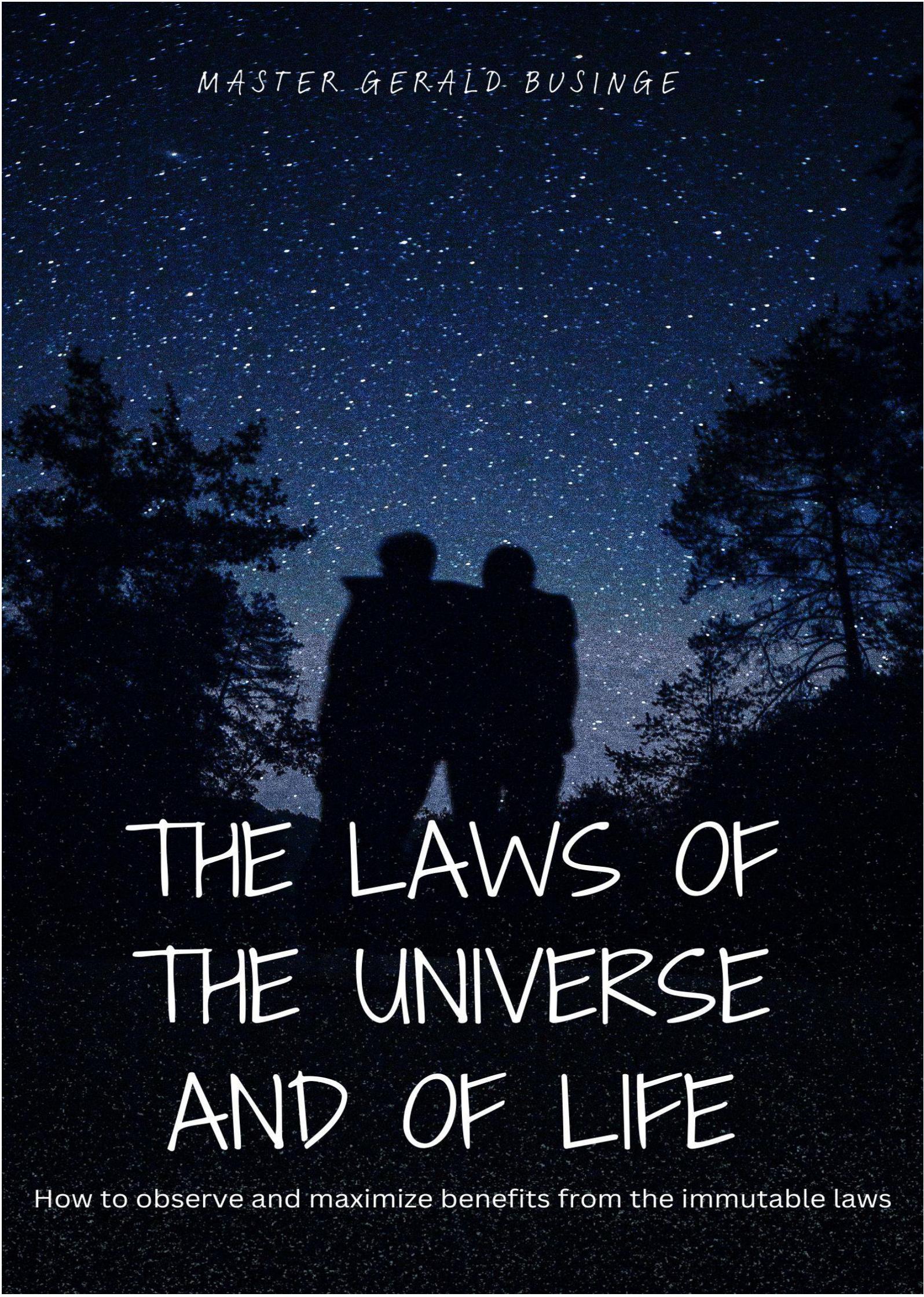


MASTER GERALD BUSINGE



THE LAWS OF
THE UNIVERSE
AND OF LIFE

How to observe and maximize benefits from the immutable laws

The Laws of the Universe and of Life

How to observe and maximize benefits from the immutable laws

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About the book

The Laws of the Universe and of Life: How to Observe and Maximize Benefits from the Immutable Laws is a profound exploration of the fundamental principles that govern existence. These universal laws—whether spiritual, natural, or metaphysical—shape our lives, influence our destinies, and provide a framework for personal mastery and divine alignment.

In this book, you will uncover the timeless truths that sages, mystics, and enlightened beings have understood for centuries. Through deep insights and practical guidance, you will learn how to recognize these laws in action and apply them consciously to transform your life. Whether it's the Law of Attraction, Cause and Effect, Divine Timing, or the Power of Intention, each principle is revealed with clarity, wisdom, and actionable steps for integration.

By aligning with these immutable laws, you will unlock greater abundance, harmony, and fulfillment. This book serves as a roadmap to self-discovery, empowerment, and a deeper connection with the divine flow of life. Whether you are seeking spiritual enlightenment, success, or inner peace, *The Laws of the Universe and of Life* will illuminate the path to your highest potential.

Introduction

It is often said that ignorance of the law is not a valid defense. While this phrase is commonly used in legal systems to explain the applicability of laws, it holds a broader implication that we must have proper knowledge and understanding of the laws governing our lives in any given situation.

There exist undeniable laws of the universe that govern our reality and shape our human experience. These laws have been intuitively recognized by people in ancient cultures across the world and form the basis of cultural norms and values. Understanding these universal laws is crucial if we desire to live up to our true potential and as Ultimate Masters that embrace the abundance in the universe.

The Universal laws were first listed in the book, *the Kybalion*, published in 1908. This book on Hermetic philosophy details 7 laws of the Universe. Later on, many authors have published their versions and lists of Universal laws over the years. Published in 1998 by Dr. Norma Milanovich & Dr. Shirley McCune, the book titled '*The Light Shall Set You Free*' expands on the catalog of Universal laws. I have expanded the list further here based on research from several authors and have shared 41 laws of the universe and of life.

The spiritual laws of the Universe apply not only to the physical entities but also to nonphysical ones. That is, in addition to affecting all living and non-living things in this universe, the laws apply equally to intangible entities such as emotions, thoughts, and feelings.

It is believed that these laws are universal and originate from a higher power, often referred to as Source, God, the Universe, or the Creator. Just like the physical laws such as gravity, these universal laws were not invented but rather discovered by individuals through their observations and experiences of the universe. Even notable figures like Isaac Newton did not create the law of gravity but rather uncovered its existence. Electricity was available before Benjamin Franklin "discovered it". If you are attentive, you must have realized that these universal laws are constantly at work, whether we are aware of them or not. Therefore, lacking knowledge or understanding of these laws puts us at a disadvantage in life.

In a sense, these laws of the universe can be likened to the rules of the game of life. If we aspire to succeed in the game, we must first familiarize ourselves with the rules. Just imagine

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participating in a game of football, poker, a dance competition, or tennis without knowing the rules. Your chances of winning would be unlikely. Knowing and understanding the rules provides you with a significant advantage. Being aware of and comprehending the laws of the universe is the only way to actively engage in life. Understanding these laws empowers us not only to survive but also to thrive in the vast universe on our life journey.

It is essential for us to grasp and comprehend the laws of nature and life. These laws are fundamental to our existence, and having knowledge of them allows us to navigate life with wisdom and mastery. By aligning ourselves with these universal principles, we can unlock our full potential and live a purposeful and abundant life.

Laws of the Universe and of Life

Here are the laws of the universe and life that I have researched and found to be helpful in understanding our daily experiences and guiding our success on Earth.

1. Law of Divine Oneness

The Law of Divine Oneness, which is the fundamental and primary law of the universe, declares that everything within the cosmos is interconnected. It encompasses the understanding that all aspects of existence are bound together in an intricate web of energy and consciousness.

According to this law, all entities in the universe, including our physical bodies, thoughts, and emotions, are composed of vibrating energy. Love, being the highest vibrational frequency, embodies the essence of this law, while hate represents the densest and lowest vibration.

The Law of Divine Oneness serves as a constant reminder that, regardless of what unfolds in the physical realm, we are forever united with God and with each other on a spiritual level. It emphasizes the interconnectedness of all beings, and underscores that our thoughts, actions, desires, and beliefs have an impact on others. Ultimately, embracing spirituality means recognizing our unity with all aspects of life—our fellow human beings, the natural world, such as trees, clouds, birds, rivers, and animals—and acknowledging the Creator as the source of all existence.

To manifest the Law of Divine Oneness, we consciously acknowledge that we are an integral part of a greater whole, and we accept responsibility for the energy we each contribute to this interconnectedness. We embody this law by cultivating compassion towards our fellow human beings, demonstrating care for nature and its continuity (including plants, animals, and water sources), and embracing the understanding that although we have distinct purposes, we are all manifestations of the same divine essence.

Practically, to honor the principle of divine oneness, we can dedicate a few moments each day to contemplate and appreciate the things we are grateful for. This practice elevates our energy vibration and aligns it with the frequency of love.

By embracing the Law of Divine Oneness, we attain inner peace and find solace in the knowledge that, despite any earthly challenges or difficulties, all is well on the spiritual plane. When we honor and respect all beings, including our fellow humans, and above all, the Creator of all, we remain grounded in this awareness, which brings harmony and relief to any worldly concerns.

2. The Law of Nature

The Law of Nature is akin to the Law of Divine Oneness, and it states that complementary elements are drawn to one another. Each living being has a designated role or function, and all cycles in nature serve specific purposes. The manifestation of nature relies on favorable conditions. This law tells us that living beings possess an innate sense of this law and tend to instinctively adhere to their natural roles. Every living being has specific dietary requirements that are essential for their species. Any violation of this law results in significant consequences. Additionally, this law affirms that everything that is born eventually experiences death. The Laws of Nature operate simultaneously, with the superior aspects influencing the inferior aspects and not the other way around.

The Law of Nature is manifested through the four realms of creation: mineral, vegetable, animal, and human. It can be observed in the harmonious manifestation and equilibrium maintained by each species within the vast diversity of creation. This law is further evident in the purity and continual renewal exhibited by living beings, as well as the flawless genetic combinations that contribute to their optimal health and vitality. The Law of Nature prevents

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the deterioration or degeneration of species and ruthlessly eliminates weaknesses that may arise.

According to this law, alterations in nature are a result of violating its principles. Such alterations can occur due to external actions permitted by higher laws, disrupting the natural state of harmony and perfection. These disturbances can lead to weakened immune systems, hereditary defects, malformations, hybrids, environmental pollution, diseases, and degenerative processes. However, these occurrences serve as reminders of the presence of the Law of Nature and encourage us to learn to respect and obey it. Once we acknowledge the governing laws of natural processes, we find ourselves in one of four states:

- unawareness of the law (innocence),
- transgression of the law (ignorance),
- awareness of the law (wisdom), and
- conscious transcendence (mastery).

When we act in alignment with the Law of Nature, we follow our instinct, which mirrors the wisdom of nature itself. Instinct encompasses the necessary processes for maintaining perfect health within species and is governed by the reptilian brain, a part of our own brain. Basic instinctive functions include procreation (mating), nourishment (sustenance), and protection (survival). By embracing our instinctive nature, we harmonize with the Law of Nature and its inherent wisdom.

3. Law of Vibration

The Law of Vibration states that everything in this world, whether tangible or intangible, is made up of energy that is vibrating at a specific frequency. This means everything that you see, like your phone, your pets, your friends, and everything that you don't see, like your thoughts, feelings, and emotions, is comprised of energy that is constantly vibrating.

This may sound strange on its own, but when you pair the Law of Vibration with the Law of Attraction, you now have the formula of what it takes to attract your desires into your reality through vibrational alignment. The Law of Attraction can only present itself when the Law of

Vibration is already being followed. The law of vibration reminds us that the humans and other beings in the universe are spirits having a solidity experience.

To manifest your desire using the Law of Vibration, you have to identify the vibration of your desire and then raise your vibration until you become a vibrational match with what you want. Say you want to manifest a loving, healthy, long-lasting relationship. You have to think of how great relationships can be as opposed to thinking of what can go wrong in a relationship. Your thoughts must be vibrating at a frequency of intimate love.

By the Law of Attraction, your vibration will attract things, people, situations, experiences, and outcomes with the same vibration into your life. You comply with this law when you think often of the things you appreciate or desire (if your getting them doesn't harm others).

4. The law of Love

Jesus Christ, arguably the greatest Master to have walked this earth was asked about the laws that can guide people to attain absolute favours from God almighty. In Matthew 22:37-39 Jesus replied: “ *Love the Lord your God with all your heart and with all your soul and with all your mind. ' 38 This is the first and greatest commandment. 39 And the second is like it: 'Love your neighbor as yourself'.*

The Law of Love, which is the essence of creation and the principle of evolution, encompasses the wisdom that underlies the universe. It transcends human concepts, beliefs, feelings, and emotions, existing solely within the realm of mental understanding and Permanent Consciousness. This law enables us to perceive eternal, perfect, pure, peaceful, joyful, harmonious, and happy aspects in all things, even in the face of conflicting beliefs or circumstances.

In our everyday lives, we can embrace the Law of Love by demonstrating respect for all living beings, acknowledging their unique functions, experiences, and behaviours. This entails relinquishing any forms of aggression, imposition, prohibition, punishment, or blame. Moreover, it requires liberating ourselves from notions of evil, injustice, confrontation, power, and domination, releasing them once and for all. By embodying love in our interactions and perspectives, we align ourselves with the profound wisdom of this law.

5. The Law of Polarity

It states that in every creation there is a masculine principle (transmitter) and a feminine principle (receiver). The ear is feminine and the voice masculine. Only through the Law of **The Laws of the Universe and of Life**- How to observe and maximize benefits from the immutable laws

Polarity can creation manifest. It is the Law that enables creation to be completed.

This Law operates basically through the mutual attraction of complementary elements, which is the constituent basis of all matter. Atoms exist because protons and electrons are attracted to each other; molecules are created by the attraction of one atom to another that provides it with electrons with the complementary magnetism; the masculine and feminine are attracted to each other to give birth to new life; the smooth complements the rough; the soft the hard; the bright the dark; the difficult the easy; the long the brief; the tall the short; the action the result, etc.

Polarity is expressed in this way to give rise to the diversity and interactions that generate the necessary experiences for human beings to reach understanding of the Universe and of the perfect Laws that govern it.

The Law of Polarity reminds us that everything in life has an opposite. For every problem, there's a solution. For every obstacle, there's an opportunity. This law is what gives birth to new desires when manifesting.

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. This law teaches us that things that appear to be opposites are actually two inseparable parts of the same thing:

“Think of hot and cold, for example; although they're opposites, they're actually on the same continuum and you cannot have one without the potential for the other. You can think of whatever you want to manifest in the same way. For example, abundance is inseparable from financial lack, love is inseparable from being alone, and success is inseparable from failure; each comes with the *potential* for its opposite,” says Katherine Hurst, in *Understanding And Applying The Law of Polarity*

To fully utilise the law of polarity, take something that is occurring in your life that you don't like, and name its opposite. You can use the law of polarity to help you focus in on what you do want in order to move in the right direction. Understanding this law makes you appreciate that you can use the current negative experiences to propel you in the opposite direction.

6. The Law of Energy integrity

The Law of Energy, also known as the Law of Integrity, says that each human being possesses a magnetic field that emits and attracts energy from the universe. It is often overlooked that the air we breathe holds tremendous power as it serves as the vessel for unlimited energy. Energy is an undeniable reality in our lives, and it is vital to recognize that when we inhale air or oxygen, we are also taking in energy.

Every aspect of nature possesses its own magnetic field. Your personal magnetic field acts as a shield, protecting you from the magnetic fields of others, unless you willingly allow them to enter your sphere. Even infections require your permission to penetrate your being. That is why even in biological sciences, they say prevention is better than cure.

Alchemy, which imparts wisdom on the transmutation and transmission of energy, teaches us that everything we do or possess carries its own energetic value. It is crucial to honor the integrity of your body's energy by avoiding thoughts and emotions or physical entanglements that harm it. When negative energy infiltrates our bodies, thoughts, or emotions, it manifests in undesirable circumstances. Remember, your magnetic field is in a constant state of evolution and change. Hence, it is essential to master the management of our most valuable resource—our energy, by protecting ourselves against bad energies.

7. The Law of Harmony

The Law of Synchronization, also known as the Law of harmony, governs the tendency of everything that is maintained to move towards a state of balance. This law enables perfect coordination and functioning of all that exists and occurs. It can be observed in static form, where it brings organization and arranges things precisely in their rightful places, as well as in dynamic form, where it contributes to the sequence and synchrony required for movement, operation, or performance.

The Law of Harmony is manifested in everything that is sustained and coexists. It is evident in the interactions within the natural realm that sustain life: in the cycles of day and night, the changing seasons, the intricate interactions between species, the designs of defense and non-aggression, the principle of non-reaction, socialization, tolerance, and, in general, in all events where forces or energies are involved in the pursuit of equilibrium and the maintenance of the entire system.

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This law states that everything that is sent out acts, reacts, and eventually returns. It says that anything that is attacked defends itself. That which brings pleasure is accepted. The law tells that only love has the power to transform the beastly aspects within us into more humane qualities. Only through understanding can destruction be avoided. We must strive to control situations instead of being controlled by them.

We recognize that we are not in harmony with this law when we experience dissatisfaction, suffering, anguish, stress, limited resources, maladjustment to the environment, difficulties in relationships, or emotional conflicts.

In the process of teaching children, deviating from the Law of Harmony can often lead to psychological trauma. However, it is through going against harmony that we learn to recognize its existence and importance.

Harmony is closely linked to flexibility, the ability to yield, seeking agreements, and knowing how to compromise. It is a continuous process of learning and maturing.

8. The Law of Manifestation

The Law of Manifestation, also known as the Law of Creation, is the fundamental principle that allows everything to come into existence and be made visible. Manifestation is the process of revealing what was previously unmanifest, the information that exists even though it may not have been perceived by our senses. The absence of perception does not negate the existence of something; it simply means that it has not yet manifested. To illustrate this, consider an aircraft propeller: when it is stationary, we can see its four blades (manifest), but when it is in motion, the blades become invisible to our eyes (unmanifest). Or just imagine how many radio and TV channels are there where you are now, or the texts, audios, photos and videos from the many websites and social media that are where you are now but not visible (until you manifest them using a phone or a computer).

This law governs the interplay between the masculine and feminine principles and is intricately connected to the Creator, from whom all sons and daughters emanate. It is important to understand that we cannot imagine, think, or create something that does not already exist in the unmanifest realm as part of the absolute information of the pre-existing Universe. Any process we label as "creation" is essentially the result of manifestation operating on polarity; it does not bring forth something entirely new. The Absolute contains the information necessary for

the manifestation and creation of suns, planets, plants, animals, humans, and everything else that exists and occurs in the Universe.

At the origin of all existence lies the unmanifest state, represented by a neutral point or point zero. This is why the Law of Manifestation is also referred to as the Law of Conciliation, as it represents the outcome of the union between extremes. We can recognize the Law of Manifestation in the thoughts that give rise to new advancements and developments for planet Earth.

9. Law of Correspondence

The Law of Correspondence teaches us that our outer world is always a reflection of our inner world. It follows the principle of "as above, so below; as within, so without." This law provides a simple way to assess the alignment of our vibration.

This law teaches us that every situation and circumstance we encounter is a learning experience. They are all generated by ourselves and occur exactly as they are meant to happen. We are always precisely where we are meant to be, equipped with what we need to live our lives. Only what is necessary will unfold, and we only give or receive what is required.

Every human being, without exception, finds themselves in the perfect place to learn the lessons specific to their journey in the physical world. Additionally, we have a dual purpose in accordance with the Law of Correspondence: to learn and to teach.

It is believed that before birth, the sex, race, parents, nationality, and function of an individual have already been determined, along with all the necessary experiences that correspond to the destiny and mission aligned with their level of consciousness for evolutionary purposes.

When we have exhausted the lessons and growth potential within a particular environment and the circumstances no longer serve our learning experiences or contribute to the growth of those around us, we are ready to move on to a new place with different circumstances that will be equally suitable and perfect for the continuous development of our consciousness. Simultaneously, in the previous environment, the events that need to happen will continue to unfold as they are in perfect alignment with the individuals present there.

If your life appears chaotic or disordered, it is an indication that your vibration is out of alignment with the loving energy of the Universe. Conversely, if your life seems to be flourishing, it signifies that your vibration is in harmony with the loving energy of the Universe.

This law reveals that life is akin to a mirror, where the macrocosm is reflected in the microcosm. It emphasizes that everything contained in the larger whole is also present in the smaller parts. The universe resides within each individual, just as each individual exists within the universe. This is due to the fractal nature of the universe, comprised of repeating patterns.

The patterns and experiences we encounter in our lives are reflections of the subconscious beliefs we hold. The state of our work performance reflects our thoughts about work, the friendships we attract reflect our thoughts about friendships, and the relationships we engage in mirror our feelings regarding love and intimacy.

To manifest the Law of Correspondence, we must shift from reacting to the outer world to intentionally creating the world we desire through our thoughts and feelings. When we cultivate positive and empowering thoughts and emotions within ourselves, our outer world will naturally align and transform accordingly.

10. The Law of Evolution

The Law of Evolution states that we are solely responsible for our own growth, and it is through experiences that we gain understanding and grasp the truth. It emphasizes that only through the interaction of opposites can consciousness develop, and our progress to a higher level is achieved through appropriate transformations. The pursuit of understanding is the primary purpose of our physical existence, and it enables us to recognize balance amidst imbalance. This law reminds us that we only engage in conflicts with situations that we have not comprehended yet.

The Law of Evolution operates by presenting us with opposing forces, leading to the confrontation of our ideas, beliefs, cultures, customs, feelings, and emotions. It allows for disequilibrium and apparent absurdity to exist within its framework, manifesting what is not in accordance with a particular context. It challenges the lower Laws of Nature, Harmony, and Correspondence, acting as a counterforce to those Laws it contradicts. It is also known as the Law of Inverse Flow, as its existence can only be realized by going

against it, similar to recognizing the current of a river by swimming against it. In other words, a force can only be measured by the resistance encountered.

From an individual standpoint, we observe the Law of Evolution at work through pain, suffering, anxiety, physical and mental illnesses, while on a societal level, it manifests as "social ills" such as poverty, insecurity, abuse of authority, sexual aggression, theft, and corruption.

We align ourselves with the Law of Evolution when we actively engage in learning or allow ourselves to learn, as this Law requires all processes that facilitate learning, no matter how challenging they may appear. It does not permit anyone to hinder or restrict the experiences necessary to verify and understand the Laws that govern the perfect order of the Universe.

The purpose of the Law of Evolution is for us to discern what is ineffective or false, and to transform beliefs into truths of wisdom. Through this Law, each of us can progress from a state of ignorance to one of wisdom, where we become invulnerable to external influences and can make decisions based on our inner knowing of what truly works.

Within the evolutionary process of moving from ignorance to wisdom, we encounter three types of characters who operate based on their understanding of the Law. These can be referred to as the "bad" character, the "good" character, and the "wise" character. However, it is important to note that there are no inherently good or bad individuals, but rather varying levels of accumulated ignorance within our minds and personalities. While the "bad" character lacks understanding, the "good" character possesses deep empathy. Both, however, remain ignorant of the Law.

The wise character is an individual who has transcended ignorance by comprehending the principles of the Laws of Nature, Harmony, Correspondence, and Evolution. They respect the experiences of others and are always ready to serve and teach when the appropriate time comes, without interfering with their learning process. The wise character refrains from assigning blame and instead serves as an example and guide. They do not involve themselves in the activities of the "good" or "bad" characters, but rather focus on teaching others how to fish, rather than providing them with fish.

The Law of Evolution establishes the parameters for the individual's destined experiences. It highlights that there is no fate or luck in the circumstances surrounding one's life. The

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place of birth, race, genetic structure determining temperament and physical and mental potential, zodiac sign influence, acquired culture and beliefs, as well as the assigned roles and functions—all these aspects are wisely predetermined. Each person is perfect for their specific evolutionary learning stage and fulfills the needs of their consciousness until its full development. Therefore, we can no longer speak of unfairness but of the correspondence between experiences, individual destinies, and the varying requirements of each individual.

11. Law of Attraction/ Law of Resonance

The Law of Attraction tells us that like attracts like. This law applies to everything that exists in the universe from tangible things like objects, people, and situations to intangible things like thoughts, feelings, and emotions. It tells us of our ability to attract into our world what it is we are focusing on. This law teaches us that thoughts become things eventually, and what you focus on expands. You always attract into your life the people, resources, situations and things in harmony with your dominant thoughts.

This is why people experience phenomenon like a *lucky streak* or a *downward spiral*. It is no coincidence that when things get good, it gets better. And when things get worse, it gets way worse. We are always attracting what we are focusing on.

Because these phenomena can all be explained using the Law of Attraction. It all comes down to your energy. Your energy is constantly attracting situations, events, and experiences that are a direct match for your energy.

In order to have the things you desire in life, you have to work out how to vibrate on the same frequency as these things. The more general lesson here is that being positive, proactive, and loving attracts more of the same into your life. Meanwhile, pessimism, fear, and lethargy will lead you to generate more negative experiences in all aspects of life.

To attract what you want, you must work from the highest (the spiritual plane) to the lowest potential (the physical plane), which may be different than what you are doing now or have done in the past.

However, at a higher level the law of attraction is better understood as the law of resonance where you start vibrating at the same frequency with your desire by thinking and feeling as if

you already have it. You embody your desire and be in the state of having it and then it will materialise. Instead of attracting which would imply your desire is far and not inside of you, now you feel it within and radiate it outwards, to ensure that which is within you starts to form on the outside. When you plant an orange tree, it does not attract the orange tree or orange fruit. It is already within. It just needs the right conditions to manifest itself. According to this law, you are both the seed and the condition. Since the seed exists, you be the condition to grow the seed and the fruit (your desire) will materialize.

12. Law of Inspired Action

The Law of Inspired Action states that inspiration will come about when you are aligned with who you are—an extension of Source as stated by the Law of Divine Oneness.

This law states that action taken from an inspired, high-vibration place will yield tremendous results compared to action taken from a place of struggle and low vibration. An inspired action is when you do something because you feel the strong inner urge to do it. It is when you can suddenly sense your intuition saying *“go for it. This is what you have to do.”* This is the type of action that really counts. It doesn't feel forced or unsustainable. It feels authentic. It feels aligned.

Practicing this law is all about slowing down, getting quiet, and creating space for divine guidance to come forward. When we let go of our need to control how things will work out and are instead open to all possibilities, it makes room for new ways of achieving the goals that we might not have considered otherwise.

This Law tells us that we must actively pursue our goals. **Manifestation involves not only the powers of the Universe but also our personal powers (which we derive direct from the Source- the Creator).**

13. Law of Perpetual Transmutation of Energy

The Law of Perpetual Transmutation of Energy states that energy is constantly evolving or fluctuating. This law makes perfect sense because the Law of Vibration states that everything is energy and the Law of Attraction states that like attracts like. Your energy is always moving towards high vibration (positivity) or low vibration (negativity).

According to the Law of Perpetual Transmutation of Energy, we absorb the energy of everything we are exposed to. Authentic, supportive (high vibrational) people increase our vibration, just like narcissistic, uncompassionate individuals lower our frequency and make us feel depleted.

This is why it's crucial to choose your surroundings very carefully. It is difficult to vibrate at a higher frequency (and therefore attract your desires) if the people in your life are constantly draining your energy. So, it is your job to monitor your vibration alignment and direct your focus towards better-feeling thoughts when necessary.

14. Law of Cause and Effect

The Law of Cause and Effect, also known as the law of karma, asserts that every cause has an effect. In our lives, our thoughts serve as the cause, and our experiences are the effects of our thinking.

Attempting to change our experiences without addressing the underlying thoughts is merely a fallacy, as all negative experiences are a direct result of our thinking. Therefore, if we desire to change our experiences, we must begin by transforming our thoughts. As you are aware, thoughts lead to actions.

The Law of Cause and Effect encompasses the idea that what we put out into the world will come back to us. Every action we take towards others will be returned to us multiplied, and we receive the effects of everything we cause. Any event that impacts someone's experience, whether positively or negatively, is not a matter of chance or luck. The Universe operates under precise and mathematical Laws, meaning every outcome in our lives has a specific cause, just as every thought, word, or action has an impact on the individual who originates it. There are no idle words, thoughts without consequences, or actions without results.

The Law of Cause and Effect is closely connected to the Law of Affinity and the Law of Correspondence. According to the Law of Affinity, our thoughts create or maintain a mental structure that resonates with the minds and circumstances of others who share similar thoughts. In other words, we attract what aligns with our thoughts. Through the Law of Correspondence, our words and actions are a direct reflection of our thoughts, immediately influencing our

relationships, health, and finances. They create circumstances that correspond to our attitudes and behaviours.

It is crucial to understand that nothing in life happens by chance. Everything we experience is a reflection of our past mental and emotional states. By loving others and wishing the best for them, by refraining from judgment and blame, and by radiating love, we open ourselves to receiving more love in return.

As Paramahansa Yogananda, a new thought author, emphasizes, "In the course of natural righteousness, man, by his thoughts and actions, becomes the arbiter of his destiny."

Therefore, since our current experiences are the effects of past actions, we must remain aware of our present actions. When we make the right decisions and take appropriate actions, success becomes not only attainable but inevitable. Prayer is a powerful tool for shifting the direction of our thoughts and aligning ourselves with positive outcomes.

To achieve excellent results in our lives, it is beneficial to:

- ✓ Always think positively about all circumstances and individuals.
- ✓ Extend well-wishes to everyone, especially those with whom we have had conflicts.
- ✓ Embrace all life circumstances as opportunities for learning and growth.
- ✓ Serve others selflessly, without limitations or conditions.
- ✓ Maintain a pleasant and calm attitude consistently.
- ✓ Find joy in everything we do.
- ✓ Deeply appreciate all that we have.

15. Law of Compensation

All actions and services entitle us to be compensated. Perfect equilibrium is governed by the *principle of action-recovery*, according to which any activity or movement consumes a specific amount of energy that needs to be recovered to maintain the efficiency and the continuance of the activity. Every human or divine interaction is maintained and is efficient due to the Law of Compensation. In every type of relationship there is a healthy and mutual interest in being complementary and obtaining mutual benefits.

The Law of Compensation, a fundamental principle within the Laws of the Universe, governs the exchange and balance of energy in all aspects of life. It states that individuals are **The Laws of the Universe and of Life**- How to observe and maximize benefits from the immutable laws

compensated in direct proportion to the value they contribute and the service they provide to others.

In essence, the Law of Compensation upholds the concept of cause and effect, asserting that every action we take has corresponding consequences. It recognizes that our thoughts, words, and deeds create ripples in the fabric of existence, shaping our reality and influencing the experiences we attract.

According to this law, when we offer genuine value, whether through our skills, knowledge, time, or resources, we create a positive impact on the world. In return, the universe responds by providing us with compensation that aligns with the value we have contributed. This compensation may manifest in various forms, such as financial abundance, opportunities, recognition, personal growth, or even intangible rewards like happiness and fulfillment.

The Law of Compensation operates on the principle of fairness and justice. It assures us that we will receive what we deserve based on the quality and quantity of our efforts. It reminds us that success is not arbitrary but is directly linked to our contributions and the positive impact we have on others.

It is important to note that the Law of Compensation goes beyond monetary gain. While financial abundance is one possible aspect of compensation, it also encompasses the fulfillment of our desires, the realization of our goals, and the alignment of our actions with our purpose. When we passionately pursue endeavours that uplift others and serve the greater good, the universe conspires to reward us accordingly.

However, the Law of Compensation is not a promise of instant gratification or entitlement. It requires patience, perseverance, and a genuine commitment to continuous improvement. The compensation we receive may not always be immediate or evident, as the universe operates on its own timeline. Sometimes, the rewards may come in unexpected ways or at unexpected times, but they will always be in harmony with the energy we have put forth.

Furthermore, the Law of Compensation is intimately connected to other universal laws, such as the Law of Attraction and the Law of Cause and Effect. Our thoughts, beliefs, and intentions shape our actions, which in turn influence the results we experience. By cultivating positive

and abundant mindsets, we attract more favourable outcomes and enhance the compensation we receive.

To harness the power of the Law of Compensation, it is essential to align our actions with our values, talents, and passions. By engaging in work or activities that are in harmony with our true selves, we tap into a natural flow of energy that attracts abundance and fulfillment. It is through the expression of our unique gifts and the genuine service we provide to others that we unlock the full potential of this law.

Ultimately, the Law of Compensation invites us to embrace a mindset of abundance, to give generously, and to trust in the inherent fairness of the universe. When we approach life with gratitude, integrity, and a commitment to adding value, we create a positive cycle of compensation that enriches not only our lives but also the lives of those around us.

Ralph Waldo Emerson, in his essay, “*Compensation*,” wrote that each person is compensated in like manner for that which he or she has contributed. In other words, ***you get what you give, you sow what you reap***. What you do in life will dictate how you will get compensated. Give love, and you will get love in return. Spread your wealth and get more wealth in return. Go the extra mile, and you’ll soon be rewarded.

If you offer your highest and best to everyone and everything in life, you will be rewarded with the highest and best. Serve the world with love, no matter how small or menial you feel it is. Allow others to serve you. Intentionally put yourself in a place of ever-flowing giving and receiving. It is the divine order of things.

This law tells us that giving without receiving leads to the exhaustion of the sources of mutual well-being, the disappearance of the product and service, and the deterioration of the quality of life and shared well-being.

We also learn from this law that receiving without giving produces poverty and people who are unable to serve, create, act, accept their life or commit to some activity; in addition to the disastrous results that arise from the increase in poverty, which generates all kinds of psychosocial ills.

16. Law of Relativity

The Law of Relativity states that everything is relative because we all perceive reality in our own way. This law explains why two people can go through the same situation but have two entirely different experiences.

This law reminds us to keep our perspective in check since everything is relative and, in the grand scheme of things, our problems are rarely as bad as they seem. "Normal is an illusion. What is normal for the spider is chaos for the fly," says Charles Addams, a life coach.

Every single soul on this planet will face challenges from time to time, and it's our responsibility to make sure we use our challenges to learn some lessons. Everything's divinely planned to make us stronger and help us evolve into the best versions of ourselves.

Understanding this law helps you prioritize inner peace over defending the truth because "truth"¹ is relative anyway. Understand that life happens *for* you, not against you. Use everything you experience as feedback for finetuning your desires and the direction you want to go in.

17. Law of Rhythm

The Law of Rhythm states that cycles are a natural part of the Universe. Just like the seasons, your life has seasons too.

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

There are patterns and rhythms to everything. Everything ebbs and flows, swinging to the left and back to the right. Like every season, everything has a purpose and function in the grander scale of the universe.

¹ Only Truth (God) is worth defending

See the good in every cycle and stage. Acknowledge and enjoy the positive that comes with every rising and receding tide. Allow yourself to experience the beauty in every unfolding and ever-changing cycle of life. Don't let current and temporary negative situations bring you down—understand that nothing is permanent.

This law also implies that we have to work only when we feel inspired to put in the work, and we have to rest when we feel inspired to rest. It's not possible, sustainable, or even desirable to be happy and productive every single day of the year. Winter or dry seasons come around every year to give us a break, to nurture our souls; and to rejuvenate our spirits.

You have your own rhythm. Honor it. Surrender to the flow of life and let your inner wisdom guide your thoughts, words, and actions.

18. Law of Gender

This Law states that everything has both a masculine and feminine energy. These two energies coexist within all of us, and we must find the balance between the two. The feminine energy is patient, kind, intuitive, creative and nurturing — while the masculine is persistent, focused, assertive and confident.

The Law of Gender states that life works best when your divine masculine and divine feminine energies are in alignment. The divine feminine represents the part of our consciousness that connects us to qualities like intuition, feeling, emotions, creativity, and spirituality. This feminine energy is the exact opposite of the divine masculine which connects us to qualities like logic, authority, confidence, objectivity, and action-taking. One thing to note is that one is not better than the other. Both the divine feminine and the divine masculine need to work together harmoniously to create solutions for the highest good.

However, society has traditionally favoured masculine qualities over feminine qualities. This is why we must restore our connection to our divine feminine to restore balance in our lives. In order to manifest your desires, you must strike a balance between doing (masculine energy) and receiving (feminine energy). Taking action and resting. Realize that when **The Laws of the Universe and of Life**- How to observe and maximize benefits from the immutable laws

you focus on a thought or feeling, it goes into a state of incubation and is then "born" into physical reality. Inspired action must be balanced with patience and faith.

19. The law of stewardship

If you do well with what God has already entrusted to you, then He will entrust you with more responsibilities. Ask yourself who would you bless if God blessed you with more? That struggling neighbour, single mother, that orphan, your church, ailing parents, or you will get more girlfriends, more bar nights, more houses, jewelry, or disobey your husband? Always remember that our ability to get better is determined by our sense of stewardship. Always have improving the lives of others in the plans of your desires and success plans.

20. The law of Mentalism:

The all is mind, everything in creation is a result of the mental state that preceded it. We learn that thoughts lead to manifestation of things and events. Thought comes before reality. We should be responsible for everything we create by being responsible for our thought. This law states that thoughts and emotions have to change in order to change actions and then reality we experience.

21. The Law of Care also called the Dynamic of care:

This is the real seed of life. It says that you must give enough attention and enough energy to what you want to manifest. It says that you must have the heart, mind and guts to achieve that which you desire. You must care enough to get knowledge, understanding and action needed to achieve your desires. It helps us to know the importance of achieving unity consciousness where our thoughts, feelings and actions are harmonious. The dynamic of care is the generative principle. It is the life force or genesis of every other law.

22. The Law of Warning

Also called the Law of Premonition, this profound principle within the Laws of the Universe asserts that every event in our lives is preceded by a subtle warning, although these "warnings" may sometimes elude our perception.

As our understanding of life's teachings deepen, our thoughts become clearer, dispelling mental confusion and opening the doors to new experiences. What was once seen as challenges now

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reveal themselves as opportunities for growth, and we acquire the necessary tools to establish harmonious relationships, maintain physical well-being, attract abundance and prosperity, and find immense joy in any activity we engage in.

Life graciously provides us with advance notice of potential difficulties, allowing us to avoid them if we are prepared to align ourselves with the order of the Universe. However, should we disregard these warnings, our lives may become entangled to grant us another opportunity to learn obedience to the Laws. A genuine warning indicates an obstruction, something that hinders progress and disrupts the natural flow. Conversely, when we encounter obstacles but still perceive a gradual advancement, albeit at a slower pace, it indicates a path where we can direct our efforts.

The Law of Premonition is designed to spare us unnecessary suffering and manifests itself in subtle ways, often through seemingly insignificant occurrences that appear in sequences of three or more. These may include inconvenient phone calls that delay us, misplacing keys, a flat tire, roadblocks, or cancelled flights. In such situations, our usual response might be to question, "Why is this happening to me?" However, life is merely signalling us, cautioning us against keeping certain appointments or embarking on particular journeys. At other times, the Law of Premonition communicates to us regarding business dealings, investments, relationships, health, and more. It also emerges in repetitive situations where we find ourselves making the same mistakes or adopting the same unhelpful attitudes or reactions, disregarding the warnings. It is during such instances that life guides us toward more challenging circumstances, aiming to instil new perspectives and attitudes because the easier trials were insufficient to evoke understanding and promote a change in mindset.

It is important to distinguish between a sense of premonition and fear. While premonition can serve as a form of protection, fear often becomes an obstacle in itself, hindering our growth and obstructing our progress.

By attuning ourselves to the Law of Premonition, we can heighten our awareness of these subtle indications and honour the guidance they provide. Embracing the lessons they offer, we navigate our lives with greater discernment and wisdom, ensuring that we align our actions with the harmonious workings of the Universe. Let us cultivate a receptive mindset, recognizing and respecting the significance of these warnings as we embark on our journey of self-discovery and transformation.

23. The Law of opportunity

Opportunity is always present; some people take advantage of it and are successful, while others battle against life and call it failure, unfairness or bad luck.

It is not that someone who has failed is unlucky, it is that they are not within the Law, they do not know it or they do not know how to be governed by it, and they violate it unknowingly. It is not that someone who is successful is lucky, it is that they are flowing with the Law, even if they do not know it. A wise person flows with the Law knowingly and everything just goes well for them. Successful people do not place limitations on what life offers them.

Taking advantage of the opportunity involves doing whatever we decide to do with all our energy and love, as though it were the most important thing in our lives, or as though we were doing it for the person we love the most, without minding the kind of work it is, or where we do it, or who we are doing it for. This way we will put the Law in our favor.

24. The Law of Two or Law of Inquiry

Life always has the answers ready whenever we inquire. The Law of Two manifests through a binary language (yes-no) that is recognized in what is facilitated and what is blocked. This Law only responds to questions that are asked by means of action. The Universe does not respond to inertia; we must ask about what is meant for us through action. We should not assume anything, but use the ability to inquire.

To stay within the Law, we must use what we possess and enjoy what life gives us. In this case, "I want", as a tool of inquiry, is healthy. If we want something and when we ask for it we receive it, then it was not a simple "I want", but a necessity for our function. If, on the contrary, we do not receive it, we will dispose with it, because we are being told that it is not what we need. By doing this exercise we put an end to conflicts and mental dualities.

25. The Law of Three (perseverance vs. stubbornness)

The Law of Three allows reasonable perseverance with regard to life's options and our personal expectations. However, on many occasions what we have is not *perseverance*, but *stubbornness* in the face of certain circumstances in which the Law of Warning is telling us "no".

When we have a doubt about a given situation, the wisest course of action is to make at least three attempts to ensure that it is not a lack of perseverance; and, of course, each time to observe

the result obtained. If some progress can be seen, however small, the purpose has chances of success; but if, on the contrary, stagnation or backward movement is observed, it is better to desist from the purpose to avoid falling into stubbornness or disobedience of the Law. However, if we are still not sure of the answer, we can try up to a maximum of seven times, because stubbornness will only lead us to achieve what we want, but not what we need for our development.

The Law of Three is the Law which streamlines the use of vital energy. At times we can achieve what we want but at a very high cost, or wasting energy uselessly, because such situations contribute little to our learning. A typical example of wasting vital energy is trying to change someone else, because that is impossible.

26. The Law of Communicating vessels

The Law of Energy Exchange, also known as the Law of Communicating Vessels, governs the transfer or absorption of energy, as it is only possible for someone who possesses energy to give, while those lacking energy can only receive.

Often, we unknowingly squander a significant amount of energy and find ourselves depleted by certain individuals, situations, jobs, or internal and external conflicts. This phenomenon can be explained by a principle of physics known as the "Law of Communicating Vessels."

The mental equilibrium of an individual is intricately tied to their levels of vital energy. Enthusiasm, joy, optimism, and the ability to seize opportunities for a successful and fulfilling life are directly correlated with high levels of energy. Conversely, individuals who feel apathetic, depressed, sad, frustrated, or defeated often experience significantly diminished vital energy. When a person with a high energy level interacts with others who possess very low energy, their vital energy flows towards the lower energy, leaving them feeling utterly exhausted without comprehending the reason behind it.

Effectively managing the Law of Energy Exchange necessitates great care in selecting our friendships, relationships, business engagements, living environments, workplaces, and even the thoughts we embrace. Additionally, we must continuously train ourselves to regulate the emotions and negative feelings that may arise involuntarily in the presence of certain individuals, situations, or information, so as not to inadvertently drain our energy.

When we find ourselves with individuals who are depressed or unsuccessful, or in distressing situations that we may witness, we must consciously "shut off the valve" of our emotions and

act solely based on our understanding. Otherwise, our energy will swiftly diminish. While we can offer support, enthusiasm, and energy to those in need, we must exercise wisdom and refrain from suffering ourselves. If we become entangled and fail to shut off the valve, we will lack the inner tranquillity required to effectively assist others.

Voluntary management of our emotions is of utmost importance to ensure that we are not governed by them but rather remain in control. Gradually, we can replace emotions with the understanding born from love. Emotions possess a dual nature, being positive one day and wholly negative the next, thereby presenting a complicated duality. On the other hand, understanding lacks duality and empowers us to act wisely and think clearly. Each individual bears responsibility for their vital energy. If we allow our energy to become destabilized, we will lose access to our centers of comprehension and wisdom.

The rise or fall of vital energy is contingent upon how we manage our thoughts, emotions, and feelings. The most significant "energy thief" resides not outside us but within us—it is the ego. The ego drains copious amounts of energy when it blames others, unnecessarily worries, engenders stress and anxiety, and fosters negative thoughts. It feeds on suffering and ignorance. Therefore, it becomes imperative to cleanse the mind, alleviate suffering, and escape from ignorance through wisdom-infused knowledge. When an individual's mental attitude is one of love, joy, and enthusiasm, they are generally less vulnerable to the influence of "energy thieves" because negative individuals are averse to such a disposition and seek out alternative targets. Conversely, when we find ourselves in a state of despondency, we become much more susceptible as we attract various forms of darkness due to a lack of mental clarity.

The most effective means of overcoming difficulties and maintaining high energy levels is persistently expressing joy and embracing a positive outlook on life. The simple act of smiling generates endorphins and heightens energy. Conversely, harbouring bitterness, sadness, frustration, or apathy triggers the release of other chemicals in the body that exacerbate depression and diminish energy.

27. The Law of Saturation

The path to liberation commences where suffering concludes. The wisdom that enlightens us is bestowed when we are prepared to undergo inner transformation, and not a moment before. This is because the mind is receptive to fresh possibilities only when it has reached saturation

with prior ones. Thus, this knowledge is intended for those who have transcended the need for further suffering.

When an individual truly comprehends the futility of battling against life's circumstances or resisting the unalterable tides, when they feel overwhelmed by the dire outcomes they consistently encounter in their relationships, health, or finances, or when they find themselves disenchanted with their current pursuits and disheartened by their living situation—when suffering, conflicts, failures, or afflictions have become an unbearable burden—they will be primed to embrace new insights and relinquish their resistance to inner metamorphosis. It is at this juncture that they can progress in their spiritual journey.

The mind attains saturation only after it recognizes the futility of opposition and suffering. It is only then that it becomes receptive to fresh knowledge, leading to the attainment of fruitful outcomes. No one traverses the realm beyond suffering without having experienced suffering.

28. The Law of Generation

Every event and circumstance that unfolds in our lives is a product of our own creation. As human beings, we possess immense creative capacity, and we intricately design our life experiences by gradually constructing our purpose. Unbeknownst to us, we weave the fabric of our own destiny through our resistance to the things we cannot accept and comprehend. Each individual serves as the generator of the situations that manifest in their life, and other people become the instruments they choose to facilitate the learning experiences they have decided upon.

The genesis of all creation lies within a thought or an idea, which is then translated into corresponding actions. Everything that has been previously formed in a person's mind through their thoughts and imagination manifests in their life with precise mathematical accuracy. However, the generation of external circumstances adheres to the Laws of Evolution and Correspondence. These laws aim to prompt individuals to shift their perception of life and adopt new behaviors in the face of the circumstances that life presents, ultimately aiding them in understanding and embracing what they have been missing.

When we comprehend that nothing and no one can bring harm to us, and that we are the creators of all our life circumstances, we can commence the process of creating a new life. To achieve this, we must cultivate a deep appreciation for everything we do and recognize the value of

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each experience we encounter, especially the most challenging ones. In essence, it entails finding joy in the act of learning until we attain invulnerable peace, unwavering happiness, and a perpetual expression of love for all people and all things.

The Law of Generation follows a specific sequence that wields transformative power over our lives. It begins with our mind's conception of life, which then shapes our internal approach—either an attitude of acceptance and appreciation or one of complaint and rejection. This attitude gives rise to specific thoughts and emotions, which can be either positive or negative, and subsequently influences our outward behavior, which can be either peaceful or aggressive. Our behavior generates results that we can observe, and these outcomes can either be satisfactory or tumultuous, leading to suffering.

Through the process of verifying the results, we gain a deeper understanding of life and acquire wisdom. This final step in the sequence unveils whether we are burdened with falsehoods that need to be discarded and changed, or whether we are enriched with virtues and truths that need to be reaffirmed. Typically, our personality comprises a combination of truths and falsehoods. This sequence demonstrates that as our perception of life begins to shift, the external world around us undergoes a corresponding transformation. Success in life becomes attainable only when our inner attitude aligns with the essence of success.

29. The Law of Sharing

The law of sharing tells us that the appropriate information makes it possible to resolve all human problems. We should manage it as a loving service. The management of universal information is hierarchical, as it always flows in only one direction: from the levels that have more information towards those that have less, since no one can give what they do not have or teach what they do not know.

Sharing and distributing the information within the human hierarchies is governed by the Laws of Evolution and Correspondence of the Universe, which determine the appropriate use of the information. For this reason, before giving information it is important to ascertain that it is really appropriate **information**, so as to share it in a manner that is **sufficient, efficient and timely**, for both the person giving it and for those who receive it.

Understanding the information of love enables us to transcend every human limitation and achieve tremendous results of harmony. It is very important to bear in mind **The Laws of the Universe and of Life**- How to observe and maximize benefits from the immutable laws

that the application of information as an action, whether it be for teaching or for the creation of goods, products or services, is always governed by the Law of Compensation.

On the foregoing basis, we reach the following conclusions:

- ✓ When we recognize that we do not know, we can set about learning and opening the flow of wisdom information to us.
- ✓ If we teach what we believe, we are multiplying beliefs; whereas truth is not a belief, but a verified understanding.
- ✓ We need to verify our correspondences in order to share: both omission and excess generate blocks.
- ✓ It is necessary to ask permission to share. Imposing, forcing and obliging generate resistance.
- ✓ Sharing what we have verified in our own life experience is a service of love

30. The Law of Affinity

All beings of similar character tend to convene in the same place. Our personal mental condition creates affinity that attracts what is similar to it in the outer world.

In order to develop internally the characteristics that are in tune with places, situations and people with a high level of satisfaction, it is essential to *keep a constant watch on our thoughts*, because they are the tool that programs the mind and maintains or transforms the personality, which is the source of all the human attitudes and behaviours that may determine our success or failure in our life experience.

The best always associate with the best. Everything that we choose to feed internally produces situations, people and places in line with that energy.

31. The Law of Empty Spaces

Also known as the Law of Replacement, this law tells us that any void in space seeks to be filled with something new. Hence, whatever departs from our lives or minds will be inevitably replaced by something fresh.

Within the Universe, excluding the Absolute, everything is replaceable, and nothing is indispensable. However, empty spaces do not truly exist, as they are always imbued with something, even if it is the essence of innocence. Therefore, when something is removed from a particular space, it swiftly becomes replenished with something new that assumes the role of its predecessor. The new elements may resemble the previous ones, or they may be entirely distinct.

Under the Law of Empty Spaces, we are perpetually accompanied, never truly alone. The sensation of loneliness is merely a mental constraint, for being completely isolated is an impossibility. Attachments, dependencies, and the feelings of loneliness or abandonment that many individuals endure stem from a failure to recognize or accept the necessity of managing the Law of Empty Spaces.

As human beings, we can learn to embody happiness, peace, compassion, respect, health, abundance, prosperity, and adaptability by understanding that, except for the spiritual realm, everything else is transient and replaceable. Moreover, we can harness this characteristic to completely revitalize the way we live and engage with the world on a daily basis, encompassing our physical body, mental landscape, and interactions with others and the diverse entities in the Universe. Should any aspect of these facets fall short of complete satisfaction, we can embrace the opportunity for total renewal.

Let us release from our minds everything that fails to bring satisfaction. This will make room for the new. By allowing the thoughts and attitudes of the ego to depart from our lives, we create space for the entry of wisdom's energy.

32.The Law of the Option of Love

The Law of Love's Option serves as a reminder that all endeavors undertaken with love yield positive outcomes. The Option of Love is infallible, never failing.

Through the Option of Love, we are equipped to navigate the challenges that life presents. Conversely, the option of pride hinders our passage through the gateway to love, peace, and happiness.

Life constantly subjects us to tests that gauge our spiritual development. Each one of us, to varying degrees, encounters diverse situations associated with relationships, health, finances, and our environment, which confront us with our deepest fears. In **The Laws of the Universe and of Life**- How to observe and maximize benefits from the immutable laws

these moments, our unresolved mental limitations manifest, giving rise to anxiety, suffering, aggression, defensiveness, stress, guilt, anger, resentment, hatred, vengeance, and the common human experiences of violence.

When we grasp that the difficulties we encounter on a daily basis are opportunities for learning what we have yet to understand, and that subsequent tests will assess our grasp of the Laws of the Universe and Life, we become prepared to embrace the option of love in the face of any challenge life presents.

When the ego, fueled by pride, overshadows our understanding, we are unable to utilize the option of love effectively, resulting in unsatisfactory outcomes. To attain freedom from internal conflict and find peace, harmony, and fulfillment in life, it is necessary to shed pride—an ill-suited advisor that rigidly resists acknowledging mistakes, compromises poorly, fails to apologize, hesitates to take the first step, shuns seeking help, forgives reluctantly, and lacks perseverance.

The Law of the Option allows us to give love a chance, particularly in situations where we perceive "no way out" and are unsure of what to do. It is then that we must summon courage to accept the circumstances and set aside pride, even if it means offering an apology when appropriate or, in cases where we feel defeated, genuinely wishing the victor all the best. Alternatively, we may relinquish our aspirations to grant others the opportunity to discover their own happiness, and learn to derive joy from the happiness of others. Additionally, we can express gratitude to those who, through their mistakes or ignorance, challenge us, as they afford us the opportunity to learn to love and transcend our own selfishness by wholeheartedly wishing them prosperity, happiness, and good health.

With each lesson in love that we embrace, we draw closer to a life brimming with happiness, peace, service, harmony, health, abundance, and prosperity. As we learn to love, difficulties gradually fade away, leaving nothing left for us to learn from them. In any situation, the Option of Love always exists.

Let us refrain from justifying reactions that fall short of love in our interactions. The Option of Love entails finding joy in the happiness of others, rather than insisting on being right. We suggest seizing every opportunity that life presents to liberate ourselves from pride. One exercise we can undertake is refraining from contradicting anyone who disagrees with us—beginning with simple, inconsequential matters. Pride

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desires; love understands and accepts.

As elucidated, the ego serves as a weapon we employ to combat life, hindering the establishment of positive relationships and the attainment of success. Once we effectively replace the ego's weapons with the tools of love, we become prepared to embody beings of peace and love, and to train ourselves in their application.

33.The Law of Understanding

This is the Law that makes it possible to evaluate whether life's tests have been transcended. Life never repeats a destiny situation that has already been understood.

There are no negative situations or circumstances, nor bad people who want to cause us harm, these are often just situations, circumstances and people with whom we are correspondent for carrying out our learning processes, although we do not yet understand them or take advantage of them efficiently.

The only way of overcoming suffering, grudges, trauma, aggression, resentment, pain, illness and death once and for all, is by understanding what life's experiences are teaching us. The different situations that we face and the circumstances that surround them are designed by destiny to induce understanding and the development of consciousness; therefore, when we succeed in understanding what a situation is teaching us, it immediately begins to disappear from our lives and will not happen again.

In any difficult situation we should ask ourselves: "What can I learn from this situation?" We may not find the answer immediately, and therefore the situation will continue to be present. But when we understand what life is really trying to teach us with each difficult situation, we can use the tools of love, which will enable us to transcend personal destiny and all of the difficulties arising from it. Understanding gives us the ability to use the seven tools of love. We suggest using the seven things we give here when using the tools of love in order not to slip into the behaviors of the ignorant. We learn that the ignorant:

- ✓ Try to change others in order to feel good.
- ✓ Hide their incapacity behind their aggression.

- ✓ Run from the best opportunities that life offers them.
- ✓ Suffer in the face of the possibility of learning to be happy.
- ✓ Blame others for their own results.
- ✓ Criticize and judge all that is different from them.
- ✓ They complain about what they have and suffer because of what they do not have.

In contrast, people with wisdom enjoy learning, and see learning opportunities in difficult situations, and therefore they begin to experience a new life in which happiness, inner peace, and the capacity to serve and enjoy are independent of any event that happens around them.

Understanding the true meaning of life enables us to completely rearrange our memories of past experiences, as well as all of the processes of current existence, and create appropriate conditions for having an extraordinary future, filled with happiness, peace, abundance, prosperity, love and a state of total personal satisfaction and peaceful co-existence with all other beings in the Universe.

Anyone who is happy with what they have, can be happy with everything.

There are no negative situations in the Universe, only learning situations, which are positive. All that is negative is the mental interpretation that the ignorant make of a learning opportunity. When a person faces what they consider "a problem", in fact what they have before them is an opportunity to learn something about life, to find a solution to that difficulty.

In the world of matter and form, there are no "bad" or "good" things, everything is neutral and necessary, and nothing happens to anyone that is not meant for them. The drama occurs when we face situations from emotion and ignorance, instead of understanding. Destiny is an opportunity for us to develop spirituality, **The Laws of the Universe and of Life**- How to observe and maximize benefits from the immutable laws

but if we do not seize it, we will make dramas and tragedies grow around us.

34. The Law of success

GOD intended every individual to succeed. It is God's purpose that man should become great. It is God's will that man should not only use, but enjoy, every good in the universe. The Law of God denies man nothing. Man is born to be abundant.

The powers inherent in man are inexhaustible. Each normal person is endowed with a complete set of faculties which, if properly developed and scientifically applied, will insure success, ever-growing success. Man is made for progress. Every man contains within himself/herself the capacity for endless development. Advancement into all things is the Law's great purpose. By learning to work with the Law in promoting that aim, man may build himself into greater and greater success.

All the processes of Nature are successful. Nature knows no failures. She never plans anything but success. She aims at results in every form and manner. To succeed in the best and fullest sense of the term we must, with Nature as our model, copy her methods. In her principles and laws, we shall discover all the secrets of success.

Real success is more than money, possession, fame or wealth but true success lies in the results obtained harvest obtained and distributed so you and others are helped. It is personal advancement and increase or a favourable maturing of all you attempt. You have to choose to use the right knowledge of your power to create.

This law tells that if you persist on any pursuit to achieve your dreams that are noble and helpful to you and the universe, you will certainly succeed at some time. It tells us that the unsuccessful are those who give up before fruition. It says success is within reach of every aspiring man. You cannot rise into better things until you do something about it. The laws says you must do something to keep advancing, moving forward. Nature knows no limitations to its purposes. What nature idealizes; she has power to actualize. And you are nature itself. You must think success and know that God or the law is your constant supply and ever on your side. The secret is in knowing that you can. Persistently stay in that attitude and you will succeed. Remember obstacles serve as an opportunity to bring out our latent powers. Always hold an I can attitude which is the divine order of things. Aim high, aim well.

We all bring God to everything we do! God is with in us! We are sparks of God! Think you can, feel you can. Aim high. Many sages have advised that make your statements broad and comprehensive, so that your mind may expand to the Infinite rather than trying to cram the Infinite into your mind. Success is not a game of chance. Express yourself as per your wants, believe you deserve it, and it will be yours. Just like in business. You have to release all fear and dwell in the presence of God and his power that is always open to your use. You need consistent training of yourself through relevant actions to achieve success. You must maintain the desire to advance and achieve better things in your life, to aspire success ward.

35. The Law of Cycles

The Law of Cycles is often understood as a fundamental principle governing the cyclical nature of existence and the interconnectedness of all things.

In Hinduism, the concept of the Law of Cycles is deeply rooted in the doctrine of samsara, the cycle of birth, death, and rebirth. According to this belief, all living beings are bound by the wheel of existence, continually undergoing reincarnation until they attain liberation (moksha) from this cycle. The Law of Cycles dictates that the circumstances of one's current life are determined by their actions and karma from previous lives.

Buddhism also recognizes the Law of Cycles, emphasizing the cycle of birth and death as a fundamental aspect of existence. The concept of samsara is central to Buddhist teachings, wherein beings are trapped in an endless cycle of suffering caused by desire and ignorance. The objective is to break free from this cycle through enlightenment and the realization of the true nature of reality.

In Taoism, the Law of Cycles is closely linked to the natural rhythms and cycles observed in the universe. The Tao, often described as the underlying principle of all things, operates through the continuous interplay of yin and yang energies. The Law of Cycles acknowledges the cyclical patterns of creation, transformation, and dissolution in nature and encourages individuals to align themselves with these cycles for harmony and balance.

Within the Hermetic tradition, the Law of Cycles is embodied in the principle of rhythm. This principle asserts that everything in the universe is subject to cycles of ebb and flow, expansion and contraction. By understanding and working with these cycles, individuals can navigate the varying energies and make progress on their spiritual path.

... the end of the universe and the end of the world. How to observe and maximize benefits from the immediate world

According to Rosicrucian teachings, the Law of Cycles governs the rhythmic and cyclical patterns observed in the macrocosm (the universe) as well as the microcosm (the individual). It asserts that everything in the universe follows a pattern of growth, decay, and regeneration. In the Rosicrucian perspective, the Law of Cycles is intimately connected to the concept of karma, the law of cause and effect. They believe that actions, thoughts, and emotions create energetic imprints that influence future experiences. These imprints, or karmic patterns, are believed to unfold cyclically across lifetimes, affecting an individual's circumstances and opportunities for growth.

Furthermore, Rosicrucians perceive the Law of Cycles as an invitation to actively participate in the rhythms of life and align oneself with the natural order. By understanding the cyclic nature of events and recognizing the patterns within one's life, individuals can gain insights, make conscious choices, and navigate their spiritual journey more effectively. Additionally, the Law of Cycles is viewed as an opportunity for personal transformation and spiritual evolution. It is believed that by consciously working with these natural cycles, individuals can harmonize with the cosmic energies and accelerate their progress on the path of self-realization.

Beyond ancient traditions, the Law of Cycles has been interpreted to emphasize the cyclic nature of life's experiences, personal growth, and the interplay of opposing forces. Some proponents of this concept suggest that by recognizing and harmonizing with the cycles of life, individuals can enhance their understanding, spiritual development, and overall well-being.

36. The Law of Forgiveness

It has been said for centuries that to err is human and to forgive is divine. The law of forgiveness tells us that we must forgive others if we want to be forgiven as well. This law of forgiveness has been greatly emphasized in all spiritual teaching and by several masters as empowering the person forgiving, more than the party being forgiven.

With forgiveness we tell others that we no longer hold them guilty. We pardon, absolve, condone and overlook everything that is stopping us from loving ourselves and others more. We in effect join the other party in a process of transformation towards being better.

In Mark 11: 25, we are told that God cannot answer your prayers if you do not forgive those you hold in contempt. This principle is a key prayer point in the Lord's Prayer that millions of people recite everyday. Scientists and psychologists have researched the relationship between

stress and illness and have **concluded** that the inability to forgive affects the outcome of serious illness. People who have a forgiving nature increase their chances of recovery.

Note that forgiveness is a mystical not logical command. It makes no sense to the reasoning mind. Our reasoning mind is generally incapable of forgiveness. Forgiveness is a self-initiated mystical act that requires the assistance of grace to release you from the compulsive and often self-righteous charter of the ego which continually enforces a position of entitled anger or hurt.

Forgiveness is fundamentally between you and God. A genuine act of forgiveness takes place inside of a disappointed heart that confronts the soul with the ego's need to hold another person responsible for why certain events in one's life turned out the way they did, or why you were hurt or you were treated unfairly. We always want to be right. Ultimately forgiveness is a battle between your ego and your capacity to transcend whatever situation you have experienced.

Forgiveness doesn't promote negative behaviour. It shouldn't be confused with pardon. When you forgive, you are releasing the person who wronged you and releasing yourself from their energy. The person you forgive doesn't have to know though it is good to tell them where possible. You can affirm "I forgive you completely and freely, I release you freely and I let you go. I wish the best for you and hold you in good light. Whatever caused issues between us is released forever. I hold you in the light and may peace be with you". You can say this to yourself in case you want to forgive yourself or to be forgiven by someone who you might have wronged and they are no longer accessible to you or you cannot approach them.

37. The Law of Receiving

The Law says, "It is more blessed to give than to receive" and "as you freely give, you freely receive." Unless we are free to extend or give out our desire, our good, the Law will not have any pattern to work with. It cannot proceed to supply any need without a pattern. It is God's wish to grant your desire, but you must ask and release any selfishness if you are to receive. You need to give something of yourself that is helpful to others, in order to receive. Masters understand that give and it shall be given unto you. He who seeks the father with the object of getting, does not seek genuinely to achieve the best fruit. Giving is the fundamental law of life. It is the fundamental law of creation. You give, then receive. You plant, then harvest.

The challenge many people try to work the Law backwards, and for that reason get little or no results. They say to themselves, "Well, after I get, then I will give." If you wish any good thing, you must first give some good to build upon.

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A dreamer or a wisher is one who is continually praying, sending out his/her ideas, his desires, and is so busy dreaming that he gets all his enjoyment out of his dreams. He/she doesn't know or realize that to release his/her dream and allow it to go forth to accomplish what it will, will in time return to him for good. After you form a definite clear outline of your desire, then release your thought God-ward—let it go—like throwing a ball out with no string or rubber attached to bring it back to you. “Man's extremity is God's opportunity” is true, for when man reaches his limit, he hopelessly stops his efforts. When he relaxes from his strain, the Law has a chance to reply to his desires, and things begin to change for him. When we give or receive generously we vibrate to the same cord and achieve an attunement where the ether directs to us the needed desires.

You must give without pressure of expectation of receiving in return. The mind is like a sponge. We squeeze it hard with our anxious thoughts, but not until we can release the pressure and allow the sponge to take its normal shape can it become absorbent and receptive again. After you give out your desire or benefit for others, even if it is sending blessings, think with gratitude and feel as you would if you have already received that which you want. You will then receive.

But remember not to give of your substance those who are not making effort to help themselves, as they might not appreciate it. Nature doesn't support parasites and swine. Tithing is effective for many people because you give without expectation but usually to those who will make good of the substance you are giving. Remember it is the idea at the back of giving that is important, not having personal interests in giving.

Master Jesus praised the lowly gift of the widow because of the spirit in which she gave. After you give you have to prepare to receive by doing related things as you would to prepare for your desire. We are continually drawing into life what we give and expect. You have to expect without much pressure, but full faith. The Lord loves a cheerful giver. To give your best is to receive the best. It works always.

38. The Law of Assumption

The Law of Assumption tells us that by maintaining positive emotions, affirming oneself with love, and embodying the state of already having what you want, you can manifest your desires.

The feeling is what makes the unseen seen, bridging the gap between wanting and receiving, so practice affirming yourself with love for life and keep your feelings pleasant. The brain needs repetition to accept new beliefs, which is why visualization, affirmation, and living in

the end are important in manifesting your desires. This law says that you attract what you are. The state you should be in to manifest your desire is not the one of trying to get it or that you will get, but the one of I have it. This is key to manifestation.

Trust your good feelings and thoughts, as they are a reflection of the truth and can guide you towards your desired reality. By consistently practicing and embodying your desired state, it becomes natural and automatic, leading to effortless manifestation and a transformed sense of self. Neville Goddard who popularised this law says that your desires are the intentions of God, and by embodying the state of already having what you want and showing faith through feeling, God will make it happen for you.

Choose to maintain your inner power and good feeling regardless of negative influences, by sending love and positive thoughts to others, as your thoughts have the power to manifest what you desire. You attract what you want by already being in the state of having it, directing your thoughts and emotions towards it, and using the law to bring good things to fruition.

Convince yourself, give away any lack to God, organize your thoughts and feelings to serve you, and trust that your intentions and elevated emotions will bring you everything you want, as the mind doesn't know the difference between what is true and what isn't, so rely on good feelings and trust that if a thought feels good, it is true. Affirm that you already have what you desire, without doubt, and practice imagining and feeling as if you already have it, until it becomes your natural state of being.

Stay loyal to the feeling of your desires, imagine and feel them, and stay in love with life, as your feelings guide you and thoughts naturally flow to you in your desired state. Live in the end, by focusing on the wish fulfilled state, where you hold your assumption true.

39. The Law of Supply

Nature originally intended that the real needs of man should be adequately supplied; not his surface wants, which are often impulses, but the normal specific needs of the individual, which would be abundantly satisfied were man to live in closer harmony with the fundamental law of supply. MAN IS NEVER SATISFIED. This fact is deplored by many, but God did not intend that man should be forever satisfied. The law of his being is perpetual increase, progress, and growth; so, when one good is realized, another desire for a greater good will develop; and when a higher state is reached, another and more glorious state will unfold his vision and urge him on and on.

Hence, the advancing life is the true life, the life that God intended man to live. At the root of most human difficulty lies the eternal problem of supply in some of its phases. In fact, supply must include that which supports every phase of our nature, and every difficulty involves some lack of proper support. To thoroughly understand the question of supply would, therefore, enable us to understand the whole problem of successful living.

The Law of supply tells us that there's an infinite supply of anything you want, waiting to come into your life right now. Science and logic affirm that the universe is filled with the essential substance of every imaginable good, and man is entitled to a full and ever-increasing supply of any and every good he may need or desire. "An abundance of all needed good is the natural heritage of every man, woman, and child." The cycle of a tree's substance demonstrates the continuous transformation and regeneration of natural resources.

Keep your thought and feelings in the idea of supply and abundance, focus on the whole. Sooner than later, you will attract the abundance. Use the law widely to gain supply of all you need. Avoid focusing only on money as you may lose other important aspects that make your life worth living, like love, family, peace, good health and vitality. Seek always to adjust your desire to God's plan so you can benefit from your heritage of good welfare and happiness.

40. The Law of Action

Closely associated with the law of attraction, this law tells us that we need to align our actions with our thoughts and feelings. In other words, we must follow through our emotions with inspired actions. Only this can lead to manifestation.

41. The Law of Luck

This law tells that Luck is not a matter of chance, but rather a force that can be cultivated through mindset, action, and belief systems, allowing individuals to attract positive outcomes and overcome victimization. Some people says LUCK is Labouring Under Correct Knowledge.

Luck is a powerful force that can be harnessed by anyone to bring about positive outcomes in life, and the elites have been using this knowledge to their advantage while some even manipulate it to make others unlucky.

There are people who want us to believe that luck doesn't exist. It does and there are ways to cultivate it, tools to increase luck and attract what we desire.

Playing the victim allows manipulation and control, so to benefit from luck, empower yourself and remove victimization to achieve your dreams and counter the influence of those who use the law of luck for their success at your expense.

You need to change your mindset and take action to become lucky by aligning with universal principles and attract positive outcomes in your life. Being lucky means having plenty of opportunities, the right people coming into your life effortlessly, always being at the right place at the right time, and living a charmed life, while being unlucky means experiencing unfavorable circumstances, events, and people in your life.

Most people have been taught to believe they are unlucky, but it is your responsibility to change your mindset and take action to become lucky and attract more positive outcomes in your life. You can create your own luck by practicing positive habits and taking responsibility for your life, as luck is a result of intentional practice rather than chance. You can attract or repel luck and good fortune based on your habits, thoughts, and who you are as a person.

To attract luck, one must take full responsibility for their life and have a positive attitude, as negativity and a lack of responsibility lead to unluckiness. Your beliefs and intentions shape your reality, so use tools to shift your mindset and expect good outcomes, as your thoughts have a powerful impact on the luck you attract.

The law tells us that your intentions and thoughts have a powerful impact on the outcomes you attract, so it is important to approach situations with positive intentions rather than fear or negativity. This might mean you trust your gut instincts, embrace opportunities, and follow your intuition for unexpected luck. You also need to set good intentions, embrace whatever comes forward, see everything as an opportunity, and trust your gut instinct to recognize and seize opportunities in life.

Think positively and focus on what you want, rather than what you don't want, in order to generate good luck and overcome stress and problems. Your thoughts, energy, and beliefs determine your luck, so it's important to change your energy field and create belief systems that help you. Some people find that embedding an object with certain energy, such as a flower of life, can bring good luck when touched or looked at. Carrying such a personal item with you at all times can serve as a reminder to shift your thoughts and energy towards luck and positivity.

Important to note about the laws of the universe and laws of life

It enlightens us to comprehend that every event is governed by the Law. The expression of "I want" leads us to the realization of the Law's existence. Our genuine needs guide us to recognize the necessity of abiding by the Law. It is impossible to overlook what is required for our spiritual growth. Being conscious of the Laws of the Universe and Life liberates us from suffering, conflicts, and fear. Honoring the experiences of others and offering unconditional service is an expression of love in human relationships. Nothing is created; everything is either manifested or unmanifested from pre-existing conditions.

Through our various activities and roles, we acquire the knowledge necessary for our destiny, thereby fulfilling the purpose of love in our lives. When we acknowledge our lack of knowledge, we open ourselves to learning and the inflow of wisdom. Suffering cannot be halted unless acceptance is embraced. Understanding cannot be attained without acceptance, and experience or knowledge of the Laws of the Universe is necessary for comprehension.

It is important to note that nothing presented here should be accepted as truth or fact without verification and personal application. Until we have firsthand knowledge, we may choose to believe, but it is wiser to embrace beliefs that bring peace, harmony, or hope for something better, rather than clinging to beliefs that cause suffering.

Acting by asking the what if question, creating by exercising our intuitive creativity and Imagination are three key techniques that law of attraction and reality creation teachers recommend.

Operate from a position of power not of force. Change your identity to that which you must be to achieve what it is you want, so you can change your stories, your beliefs, your thoughts and feelings, and your actions. This is better than attempting to change your actions, your thoughts and feelings, your beliefs and your stories in order to change your identity. You have to heal and change the primary component in your subconscious mind.

The enlightened masters understand that when we love, appreciate, and value what we have, we are in alignment with the Law, and everything functions harmoniously and effortlessly.

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Conversely, when we experience suffering, anguish, pain, and illness, it is an indication that we are going against the Laws, providing us an opportunity to recognize their existence. Making mistakes is a natural part of the learning process; the real challenge lies in not learning from those mistakes.

Mental reprogramming to flow with the Laws

In order to flow with the Laws and manage vital energy it is helpful to repeat the following phrases very frequently:

- a) "I have all I need to be happy."
- b) "I won't allow any situation outside me to disturb my peace and tranquility."
- c) "My happiness only depends on me."
- d) "People are not good or bad. Everyone does the best they can according to their level of ignorance or wisdom."
- e) "I'm the most important person for me and I'm committed to making myself happy."
- f) "I'm grateful for everything I have because it enables me to access increasingly better things."

When you come to know, understand and incorporate these universal laws into your life, you begin to see everything differently. They should help you exhibit more love and compassion, less judgement, and more deeply held inner peace.

We are meant to be in alignment with our higher selves, which is always aligned with higher vibrations of the universe. Even the darkness serves its purpose when we understand that it makes the light so much brighter and our desire for clarity so much stronger.

Knowing and understanding the Laws of the universe is crucial if you want to live a fulfilled, authentic life that brings you joy. When you are struggling with manifesting something- getting your wishes to come true, ask yourself: which Law am I not honouring?

The Cosmic Law: Guidance from the Angels and Spiritual Hierarchy

Another way to appreciate the laws of nature is to examine the cosmic law. This is a universal principle that operates in all planes of existence (the physical, mental and spiritual). One of the most practical and accessible ways to connect with the divine, and live our lives from a place of purpose and clarity, is by observing cosmic law. Cosmic law is a universal set of principles that govern all living things in this universe. The Cosmic Law is that which connects and unites the different spheres of being; is it the power which enables every created thing to fulfill its purpose, to perfect itself and achieve its ultimate end. It is not limited to a particular religion or belief system; rather it's a universal principle that can be found in many places around the world throughout various cultures.

The Cosmic Law is so important because it helps you to better align yourself with your life purpose and what you are here to do. It also helps you understand your life journey, as well as the things that have happened to you in the past. By understanding and applying these laws, you can take your life to a whole new level. You can live a life of greater happiness, abundance, and joy. In addition, you can find the strength and courage to navigate your way through the challenges you encounter along the way.

History of Cosmic Laws

There are several versions of the Cosmic Law, each coming from a different source. The first written version of the Cosmic Law can be traced back to ancient Egyptian texts. These Egyptian texts refer to a principle called Ma'at, which is a universal law that governs all of existence. Ma'at can be seen as a universal order or law that binds everything together, including people, their actions, and the cosmos itself. It represents truth, justice, order, and propriety. Similarly, the ancient Indian text called the Bhagavad Gita refers to the Law of Karma, which is the law of cause and effect applied on the spiritual path.

The first step to observing the Cosmic Law is to recognize that the Cosmic Law exists. Once you have an understanding of the different principles of the Cosmic Law, you can start to apply them to your life. Many people mistakenly believe that these laws only apply to certain people or situations. However, the truth is that these laws apply to everyone and everything. You just need to know how to apply them to your life. Here are the cosmic laws.

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The Universal Law of Growth and Development

The first Cosmic Law that you can apply in your life is the Universal Law of Growth and Development. It states that everything will change, grow, and develop over time. The way things are now will not be the same in a week, a month, or a year from now. Nothing in your life will stay the same. This is both a positive and a challenging aspect of life. It is positive because it means that your life is always growing and evolving. You have the opportunity to make changes and shift your life to a more positive direction. On the other hand, change can also be challenging because you have to let go of the way things are now in order to make room for the new. One way to observe this law is to keep an open mind about new opportunities and experiences. Whenever you encounter something new, try to see it as an opportunity for growth rather than a threat. When you approach new experiences with an open mind, you will have a greater chance of benefiting from them.

The Universal Law of Caution and Protection

The second Cosmic Law is the Universal Law of Caution and Protection. This law states that since everything changes, it's important to stay cautious and protect yourself from harm. It's also important to be cautious when you are trying new things because you don't know how they will affect you. This law also suggests that you take steps to protect yourself from harm. You can do this by surrounding yourself with positive people and influences in your life. You can also make wise decisions about the choices you make in life. This law applies to all areas of your life. For example, if you're starting a new business, you need to be cautious. You can't let emotions get in the way when you are making decisions about your business. You also need to protect yourself from potential harm such as financial loss. You can't let your fears or insecurities prevent you from taking advantage of opportunities that could help your business grow.

The Universal law of Change

The third Cosmic Law is the Universal Law of Change. This law states that everything is in flux and that you should embrace the unknown. At times, things might seem to be going along just fine, and then suddenly change happens. This can be positive or negative, and it can affect both yourself and others around you. It's important to be prepared for change because it will happen in both your personal life and your surroundings. You can embrace the law of change by being flexible, open-minded, and adaptable. You can also use change as an opportunity to

learn and grow as a person. You don't have to allow change to upset or worry you. Instead, you can use it to motivate you to take the necessary steps to improve your life.

The Universal Law of Equilibrium

The fourth Cosmic Law is the Universal Law of Equilibrium. This law states that everything is in a state of equilibrium. This means that there is a certain balance and harmony in the world. Nothing is too excessive or lacking. Everything is in the right proportion. This law applies to all aspects of life, including relationships, health, and finances. Sometimes, one aspect of your life will be more prominent than others. This is normal, but eventually, everything will return to a state of equilibrium. You can use this law to your advantage by being patient and simply waiting things out. When you start feeling overwhelmed, try to ease your stress by taking a break and focusing on things that bring you joy. You can also use this law to your advantage when you're dealing with other people. For example, if you're in a disagreement with someone, don't rush things. Simply take your time and remain calm.

26 Rules and principles to help you observe the cosmic law

The angels and spiritual hierarchy (whom you too can call on any time to help give you guidance) have spoken about these laws for thousands of years, but it's only recently that so many people have started to pay attention to what they are saying.

You might be surprised to learn that angels are constantly looking for ways to help us improve and grow as human beings. There are many channelers across the world who channel different angels. You too can grow into the habit of asking our guardian angel (every one of us has one) or the arch angels to help guide you in any situation, or to give you a sign that you are on the right track or otherwise. But even without speaking to the angels, there are known cosmic principles that if well followed will guarantee you a more fulfilling life.

With our daily lives consumed with work, family, and other responsibilities, it can be easy to let the small rules of life slip through the cracks. But staying happy and healthy requires living responsibly and fulfilling obligations of faith. Many people find their spirits lifted when observing the cosmic laws that govern our universe. The advice below is a compilation of suggestions for living a happier life by keeping these universal principles in mind at all times. These practices and adages have been passed down from generation to generation because they work. When you follow them as a way of life, you will see your world improve in many ways. If you're ready to live a happier life, here are 26 ways in which you can maximize your life by following the cosmic laws.

1. Don't be afraid to step out of your comfort zone: You are more valuable than that job or position. Learn new things and do them, do an extra job (even on volunteer basis), offer extra than required in your job or position. Be ready to learn and contribute.
2. Remember that everything in your life happens for a reason: Bad and good things happen to all. The successful people learn from all and strategize to move ahead better towards their intentional goals. Learn from all that is happening in your life.
3. Remember that everything you experience is for your benefit: Successful people understand that the goodness of God is meant for them and they can achieve anything. Don't get discouraged by bad happenings. Learn from the setbacks so you are better prepared for your next move towards success.
4. Help others and don't be afraid to ask for help: Don't forget that the world is about interdependence. If you need help ask. Not just for money. Knowledge, advice, time,

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guidance, mentorship or contacts are important in your efforts to achieve success. You can offer the same to others who are in need of either.

5. Don't always trust your first impression: You know many things you thought about others and even yourself that turned out to not be true. While instinct is good, you need to be much better than taking things at first impression. Instinct though should be adhered fast if it pertains to your personal safety.
6. Take care of your body- it is your only one: Exercise, eat well, sleep and do all that helps you keep active and in good shape.
7. Help others and be kind: Give back to others. Commit to charity and giving back to others. Join a Rotary club, Lions club, Good Samaritans or just give out surprises to those in need.
8. Commit to something you love to do every day. Do something that elates you every day.
9. Live honestly and with integrity: You won't get ahead cheating or lying to people, let alone to yourself. Say what you mean, and mean what you say. Be a person of your word. Great character is vital for success.
10. Know there is no such thing as luck. You have to be intentional about what you want to achieve and do what it takes to achieve it. Remember LUCK is Labouring Under Correct Knowledge. NO is next opportunity. Strive on.
11. Be grateful for what you have and who you are: A mentality of gratitude is one of the best assets you can have. Instead of complaining about what is not good or going well in your life, focus on what you are happy to have or the good happening, and more of that will be attracted to you.
12. Keep a gratitude journal: It helps to write down the things you are grateful for in order to avoid thinking things are so bad and getting yourself in a bad mood. Count your blessings one by one and you will be amazed at the many things the Lord has done for you. I am sure you know that song.
13. Stop obsessing over the past and the future: Live in the present, the here and now. Don't dwell on the past. Whatever happened was for you to learn and become better. The future will be good if you will it to be good. What is meant to happen will happen. Masters know that all that happens in life, or whatever is done is in the present. Only the present matters.
14. Don't be afraid of changing your perspective: Don't be stuck on a mindset or position or job because you have or had great hope or belief in it. It is ok to get new

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enlightenment after getting better knowledge or understanding. New perspectives might be your savior.

15. Stay away from people who constantly drag you down: The world is about energy (more on this in the chapter on energy). If you entertain people who bring negative energy in your life, they will pull you down. Avoid negative people.
16. You can't control what happens, only how you react to it: Successful people know that what is meant to happen happens (including the bad). Stuff happens as they say. You cannot change some of the things happening (remember the serenity prayer). What matters is how you react. Always know the best is ahead, so long as you are still alive and focused on you
17. Celebrate the small victories along the way: The world is a journey of discovery. Enjoy the learning and when you achieve something, celebrate it. It increases positive energy.
18. Think positively and have faith in the universe: Have positive thoughts always and know that once you think and do good, the good will return to you. Believe things will turn out good, always.
19. Take care of your mental health: Avoid situations or people that might stress you. The achievement of your destiny and desires begins from your thoughts. Thoughts become actions. You need a straight and healthy mind always.
20. Don't be so hard on yourself: Even if many things seem to be going wrong, never be too hard on yourself. God wants you to learn from what is happening so you become better.
21. Commit to something you have to do every day: Get a routine that helps you become better or to spread positive energy. Whether it is donating some money, eating a fruit, calling or texting a friend, calling to greet your parents or one of your friends, watching or reading success or spiritual growth tips, you will benefit from committing to self-improving things you do every day.
22. Stay in touch with nature: Human beings have to be in tune with nature. Not just in taking natural foods and medicines, walking in naturally fulfilling environment every now and then will help you become better.
23. Develop a daily ritual: From daily prayers, daily affirmations, walking or running a given distance or helping a stranger, good daily rituals help you become better consistently.
24. Find happiness within: To be truly happy you have to learn to be at peace with yourself. Focus on yourself and not others. Do what pleases you and your God, not what pleases

others. Even when you give or do things for others, do it for the God in you, not for them to avoid expecting gratitude or similar things from them. Expectations you have of others are the source of disappointments.

25. Commit to a spiritual practice: Human beings are spiritual beings tied up in a physical body. Without spiritual health, you can never achieve your destiny. Get spiritual knowledge and understanding you need. Undertake a spiritual practice every day. It could be prayer, gratitude, alms, affirmations of your oneness with God or even sharing God's good news.

26. If you fail, never give up because F.A.I.L means: "First Attempt In Learning"

Mastering Happiness, Peace and Love

To live a truly fruitful life, you have to master how to be happy, to live in peace and to exude love at all times.

How to **be happy**

- A. To learn to be happy we have only to face up to all that we believe takes our happiness away.
- B. To be happy we do not need anything outside of us, just understanding and a certain attitude of mind that lets things be without affecting your internal state.
- C. Non-acceptance is the only cause of suffering; we must stop arguing with reality.
- D. It is essential to stop working on others, and work only and exclusively on ourselves, changing what it is inside us that is annoying (the ego) so that it stops doing it.
- E. If there is suffering, then just one question needs to be asked: what is it that I am not accepting?; that is where the answer is to be found.
- F. Everyone, without exception, has what they need to be happy; however, very few people know how to be happy with what they have.

Learning to **be peaceful**

- A. Nothing and no one brings peace.
- B. Inner peace is the result of one's own spiritual development, not a gift.
- C. Handling peace requires several elements: clear and accurate information to understand that life is a process of love and that evil does not exist, the skill to manage one's own vital energy, and training.
- D. If peace is lost, we must ask ourselves: "What am I resisting?; what do I want to change?; who am I blaming?"

Learning to **love one's neighbour as oneself**

- A. All this requires is to be involved or share time with people whose behavior is very different to our own, to learn to love and respect them just as they are.
- B. Love cannot be offended, because it is invulnerable, immutable, universal and neutral. Love is the essence. Love is God. Just as God is love.
- C. Love signifies total understanding of the Universe; it is a way of being and does

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not need an "object" on which to project itself.

- D. Love is not a force, it is a tool.
- E. Love is not a feeling.
- F. Love is always giving the best of oneself. If there is a lack of motivation the best thing is to wonder why I am allowing the specific situation to limit my capacity for service, which in reality shouldnot depend on external events.

The 12 laws of Karma and how to use them to improve your life for the better

While some people think Karma as an avenging force, it is actually a principle in Buddhist and Hindu religions meaning the force produced by a person's actions in one's life that influence what happens to them in future lives.

As we have already said in previous topics, everything in the world is energy, including your thoughts and emotions (energy in motion). So, in essence, everything you do creates a corresponding energy that comes back to you in some form in the present or perceived future.

You need to be aware that everything you do creates either a positive or negative consequence. There is no hiding from this fact.

However, contrary to popular belief, these Karmic Laws are not really about punishment and reward. In fact, they are more about cause and effect. If you want your causes to have good effects, then you need to evaluate your intentions and your actions, so they can cultivate the positive results you want. With that in mind, think of the laws of karma as guidelines to follow as you go through daily life. Mastering the 12 laws of Karma will prove very useful in your quest for fulfillment, and will allow you to live a life of impact. Let's look at each of these laws in more detail.

1. The great law or the law of cause and effect

When most people talk about karma, they're likely referring to the great law of cause and effect. It states that as you sow, so shall you reap. In this world, you are like a farmer who clears their garden, sows seeds (thoughts) and reaps based on what one has sown.

Just like seeds take time to grow, the reward for your actions might also take long but it will sure come. Remember always that whatever you do unto people will eventually be done unto you. There is no cheating. If you chose to treat people right, you will notice the good ones will reciprocate positively towards you too.

Your words, thoughts and actions always eventually yield their harvest. They may return to you as love, money, happiness or joy. You should therefore be kind and courteous to people irrespective of the circumstance. One way I fervently advise to tap from this is to send out blessings and love to five people each day.

According to this law, whatever thoughts or energy you put out, you get back — good or bad. In order to get what you want, you have to embody and be worthy of those things. Even the great Master (teacher) Jesus told us whatsoever you sow, so shall you reap.

2. The law of creation

The law of creation underscores the importance that life doesn't just happen to us. To make things happen in your life, you need to take action, instead of waiting for something to magically come your way. Don't take a back seat in your life.

While we all come from divine source energy, you are the co-creator of making what you want, based on your intentions. But to create you have to know that you get what you are, not what you want. You have to do what is necessary and needed to help you achieve what you desire, not just wishing. You have to become the kind of person who deserves to achieve what you want or need.

Surround yourself with people and things that are necessary to reach where you are going. You don't have to strive to change people or situations, but to learn from them and change yourself to be better suited to achieve your goals and desires as you interact with different people and situation. Only you can change or create the life you want.

You need to use your skills, talents, and strengths to create something that not only benefits you but others, too, attracting what you want as a result.

3. The law of humility

This law states that what you resist persists. You need accept that a problem or challenge exists if you are to tackle it well. It is often the inability to accept the problem or challenge existing that hinders us from solving it. You need to come to terms with the problem or challenge.

Instead of building negative energy by resisting the problem, look inside yourself for one or more positive actions you can undertake to solve or ignore it.

According to Paul Harrison, creator of *The Daily Meditation*, the law of humility is based on the principle that you must be humble enough to accept that your current reality is the result of your past actions. For example, if you're blaming your colleagues or boss for your poor performance at work, Harrison says you must accept that you created this reality by not performing as well as you could have. Then start on corrective actions to get better results.

4. The law of growth

This law states that wherever you go, so you will be. It tells that for one to achieve good things in life, your thoughts should move to those good things. Growth starts within us. To positively shape the world, you need to start with yourself. That's because real change or personal growth begins with what you have control over, which is yourself, not other people or situations.

The law of growth also looks at the things you can't control and how you deal with accepting this fate. Ultimately, your focus should be on you, not trying to control the people or things around you. Remember positive thinking is the only thing that will build your positive world. Keep restructuring your thoughts towards what you desire (as opposed to what you don't want) and you will grow into what you really want in life.

5. The law of responsibility

This law states that our lives are of our own doing, nothing else. This law reminds us to be conscious of our thoughts which lead to the actions we undertake. When you are in a challenging situation, it is your responsibility to start thinking how you can overcome the situation and to know what you can change and what you cannot change. Accept the things you cannot change to achieve inner peace (often recite the serenity prayer).

Even when something bad happens to you suddenly, stop bemoaning the situation or blaming yourself. Take immediate responsibility by thinking how you will overcome the situation. Learn the lessons from what has happened and take personal responsibility to make things

better. When you develop capacity to control your thoughts and actions, you get a sense of control which is necessary to push yourself forward.

This law is a great reminder that what happens to you is because of you. Know that you are the product of the choices you make, and these come from what and how you choose to think. For the bad things resulting from what you cannot control like floods or death of a dear one, your responsibility is to accept and devise means of continuing on towards better life.

Serenity Prayer

God, grant me the Serenity
to accept the things I cannot change.
The courage to change the things I can,
and the wisdom to know the difference.

Living one day at a time,
enjoying one moment at a time;
Accepting hardship as a pathway to peace;
Taking, as Jesus did, this sinful world as it is;
Not as I would have it;
Trusting that You will make all things right
if I surrender to Your will;

So that I may be reasonably happy in this life
and supremely
happy with You forever in the next.

AMEN

6. The law of connection

This law states that everything you do in life is somehow connected. It is based on the principle that everything in your life, including your past, present, and future, are connected.

Who you are today is the result of your previous actions. Who you will be tomorrow will be the result of your actions today. That is why we encourage as many people to learn about these laws in their young age.

Know that magic bullet might not apply in your quest to achieve what you desire. Every single step counts, both taken in the past and those you take now. Make a conscious effort to take steps which are consistent with your desires and ultimately your destination. Starting simple actions like greetings people you meet with a genuine smile, caring for the needy in your community, blessings people you meet or wishing others well- as all these always impact on your future life experiences.

7. The law of focus

This law states that you cannot think about two things at the same time. If you want to achieve your goals and desires, you must concentrate your thoughts on what truly matters. Focus on those things that will help you achieve what you want.

Focusing on too many things at once can slow you down and lead to frustration and negativity. That's why the law of focus encourages you to concentrate on one thing at a time.

If you focus on higher values like love, peace, happiness and joy, then you're less likely to be distracted by heavy feelings of resentment, greed, rejection, failure or anger. The trick is to focus on positive emotions. Even when you find yourself in unpleasant circumstances, always look on the brighter side. The fact that you are alive is one such great thing to always be thankful for. Just imagine you are able to breath comfortable free air, yet without breath for three minutes, you will be no more. So, there is always a lot in our lives to be grateful for. Count your blessings always.

8. The law of giving and hospitality

This law states that demonstrating our selflessness demonstrates our true intention. It is impossible to have a belief that wouldn't reflect in our actions. You must give to the things you believe in. This law helps you understand the importance of your actions, reflecting your deeper beliefs.

For example, if you want to live in a peaceful world, you need to focus on cultivating peace for others. You should learn to be accommodating, helpful and useful to people even when you barely know them- if you believe the world should be helpful or that God helps people through people. True masters of life are always eager to give and help in the improvement of the lives of others.

9. The law of here and now

This law states that one cannot be present if they are always looking backwards or forwards. This is not to say that the past and future don't matter. They do. But humans should not get caught in their past failures and achievements. For some, living focused on the dreams of the future can hinder you from seeing the potential of the present. Never forget that the present counts more than the lived past and the perceived future. All creation happens in the present.

The steps you take today are more important than your past accomplishments. The future cannot be achieved without making necessary steps now. Use lessons from the past, and use your dreams for the future to drive you to take the necessary steps that are required right now.

To experience peace of mind, you have to embrace the present. This can only happen when you let go of negative thoughts or behaviors from your past. If you get too focused on past events, you'll keep reliving them. Understand the step by step actions needed for you to move towards the future you desire, but focus on the present step.

10. The law of change

This law states that history repeats itself unless changed. It reminds us that nothing changes unless you change it. Remember and apply the three Cs (Choice, Chance, Change). For you to

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change a bad situation, it is not enough to merely make up your mind to do it. You have to take action in order for the desired change to come to fruition.

According to this principle, history will continue to repeat itself until you learn from the experience and take steps to do something differently to stop the cycle. Change gives you a new path so that you can create a new future and a better version of yourself, free from the patterns of the past.

Even though true change begins from within, it never ends there. Go from resolutions to taking action if you really want to create positive change and ensure a better future for yourself and others.

11. The law of patience and reward

This law states that nothing of value is created without a positive mindset. All rewards come with being patient. No matter how long it takes, if you persistently continue to sow the seeds of hard work, the rewards will eventually come.

You have to continue to persist and make decisions that are consistent with your goals. All successful people advise that you should focus on the process and do your best every day. Don't get caught up in comparing yourself to others who are seemingly achieving more. Every human being has their time or season. Different seeds have different gestation periods but we know they will mature to the desired plant in the right time. Coffee planted at the same time with beans do not mature to harvest at the same time. Be consistent in your goals, and they will come to fruition.

12. The law of significance and inspiration

This law tells us that the best reward is one that contributes to the whole. While the first law says you will reap what you sow, this law reminds us that our individual thoughts and actions become our eventual contribution to society.

We all play a part and have something to contribute to this world. What we share may sometimes seem small to us but can make an enormous difference in someone else's life.

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All our thoughts and actions contribute to the massive energy that create results that affect many people in society. Ensure your thoughts and actions provide value and inspiration to the lives of others. Be passionate in pushing for your goals but strive to be an example to others. You are most useful when you remember you are part of the whole (universe).

According to this law, every contribution you make will affect the world. You have been born with a specific gift, mission, and purpose that only you can bring into the world with your uniqueness. Authentically sharing your skills and gifts is why you are on this planet at this time. You are significant and need to serve your gift to better the world.

The 21 Universal sub-laws

Having known and understood the major laws of the universe and the laws of karma, you will be helped to further appreciate the sub-laws that are nearer home to what we should be applying in our day-to-day life. If you acquire these well, your life on earth will be an astounding success.

1. **Aspiration to A Higher Power:** Have desire to connect with or seek guidance from a higher spiritual or divine entity beyond oneself.
2. **Charity:** Practice the act of selflessly giving assistance, support, or resources to those in need or less fortunate, motivated by compassion and a desire to alleviate suffering.
3. **Compassion:** Have the ability to empathize with others and show care, understanding, and show a willingness to help in times of difficulty or distress.
4. **Courage:** Possess the mental or moral strength to confront fear, danger, or adversity, and to take action or make decisions despite potential risks or uncertainties.
5. **Dedication:** Have the commitment, perseverance, and wholehearted devotion to a task, goal, or cause, often involving hard work and sacrifice to achieve desired outcomes.
6. **Faith:** Have a strong belief, trust, or confidence in divine source and providence, often associated with religious or spiritual convictions and the expectation of positive outcomes.
7. **Forgiveness:** Practice the act of letting go of resentment, anger, or the desire for revenge towards someone who has wronged you, and instead choose to offer compassion, understanding, and reconciliation.
8. **Generosity:** Practice the quality of willingly and freely giving, sharing, or providing resources, support, or assistance to others, often without expecting anything in return.
9. **Grace:** Embody an elegance, beauty, or refinement of character, often combined with kindness, generosity, and an ability to treat others with dignity and respect.
10. **Honesty:** Exhibit the quality of being truthful, sincere, and having integrity in thoughts, words, and actions, and the avoidance of deceit, fraud, or dishonesty.
11. **Hope:** Always have a feeling of optimism, expectation, or belief in the possibility of positive outcomes, even in challenging or uncertain situations.

12. **Joy:** Experience a deep and intense feeling of happiness, delight, or contentment that arises from positive experiences, gratitude, or inner peace.

13. **Kindness:** Practice the act of being considerate, gentle, compassionate, and benevolent towards others, often characterized by acts of goodwill, empathy, and understanding.

14. **Leadership:** Strive for the ability to guide, inspire, motivate, and influence others towards a common goal, often involving taking responsibility, making decisions, and providing direction.

15. **Noninterference:** Practice the act of refraining from interfering or intervening in the affairs, choices, or actions of others, while respecting their autonomy and freedom.

16. **Patience:** Have the capacity to remain calm, composed, and tolerant in the face of delays, difficulties, or frustrations, and to persevere without becoming annoyed or giving up.

17. **Praise:** Do the expression of admiration, approval, or commendation towards someone for their achievements, qualities, or actions, often to acknowledge and encourage their efforts.

18. **Responsibility:** Achieve the state or condition of being accountable, reliable, and obliged to fulfill obligations, duties, or commitments in a conscientious and dependable manner.

19. **Self-Love:** Ensure the practice of valuing, accepting, and caring for oneself, including the recognition of one's worth, needs, and well-being, and taking actions that promote self-care and self-respect.

20. **Thankfulness:** Exhibit the expression of gratitude and appreciation for the blessings, favours, or positive experiences one has received, and the recognition of the goodness and kindness of others.

21. **Unconditional Love:** Embody the profound and boundless affection, care, and acceptance shown to others without limitations, judgments, or expectations, regardless of their actions or circumstances.

NOTE: This publication is part of my bigger publication- [**Becoming Ultimate Masters: Harnessing your oneness with God, manifesting and having a fulfilling life**](#)

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