



Spiritual Laws

*The laws of life provides the way
to our higher consciousness
At some, point in our lives our attitudes
and actions will be our keys to
unlocking the secrets of our life.*

We are the creators of our own lives and when we follow the laws of the spirit, they can help to align us with our higher self. However, even the highest laws, principles or knowledge can only help us when we remember to apply them to our daily lives. Spiritual laws have nothing to do with our cultural concepts of right or wrong, good or bad, it is more about cause and effect. When we come to a fork in the road, we make a choice as to which path to take. There are no wrong paths as each soul has the birth right of free will, but laws do teach us that every action has a reaction so if we took the path that aligned us with our higher self, our life experiences or lessons are less of a struggle than the path that was off course.

Ultimately, sooner or later, all the spiritual laws reveal themselves. All we have to do is pay attention and to trust that deeper part of ourselves that knows the truth. These spiritual laws are only a few of what the soul will use as a guideline in order for it to accomplish the assortment of tasks it has to fulfill in this lifetime. It is only through our understanding of the spiritual laws that the soul grows. The level of progress depends upon the souls own enfoldment or its awakened consciousness. We were all meant for greatness, each soul comes with its own talents and gifts and it is up to you to use them wisely.

To find the number of your Spiritual Law month, add the number of the month and day of birth to the month and year that you are presently in. Reduce this number to a single digit

by following the instructions below. Remember that you can only count to 9 when figuring out your personal month

Example: Let us say you were born January 12,

- The Day and Month of birth (January - 1, 12)
Add $1 + 1 + 2 = 4$
- Year and month that you are in (June 2011)
Add $6 + 4 = 10$
- Now add them both together
Add $4 + 10 = 14/5$

This means that your spiritual laws monthly cycle would start on month 5 which is about the Law of Discipline and the Law of Flexibility.

*We have to live and we have to die,
The rest we make up*

Month 1

The first thing you have to realize this month is that the self does matter in that you have to learn to become aware of who you are and that all things are possible when you believe in the power of the self. What dreams or goals do you have? In order for you to manifest them, you have to visualize and plan them in your head first and then you can take that first step in making them a reality. Often, due to our insecurities, many of our greatest ideas never come to life because we let our fears rule over our lives. Our fears and insecurities come in all forms – self-doubts, failure, our past experiences, or it may be the lord of opinion that we take for truths as to what we believe is right for us. Believe in yourself, don't be afraid to try new things, be adventurous because you never know who you will meet or what new opportunities that will come your way. It is only when we follow what's in our own hearts that we connect with our soul's purpose in bringing out our greatness from within.

Law of Choice

Many of us may not realize that we create our lives by the choices that we make each day. Where you are today was created by the choices you made in the past. Depending on our situations, sometimes we have more power within ourselves to choose our own path and other times we may feel that our choices are limited in that family, work, or friends make them for us. Are you making solid choices in your life? Every thought or idea that we have are our future seeds and every choice that we make has consequences. If we make positive choices then we make our life more enlightening and as well gives a sense of purpose within our lives. But either way, the choice is still ours to make whether we can exercise our free-will in a positive or negative way. Yet when we make wise choices, it expands our world. We become more aware of the choices we made in that we become more responsible for our own life and in time we will come to realize that our power is through our choices.

The Law of Action

It is only when we take action do we manifest our dreams or change the circumstances that we may find ourselves in. It doesn't matter what you know or who you are, nor does it matter how many books you have read or how talented you are. It is only by taking that first step do we live to our full potential. Are you afraid to take that first step? Sometimes it can be hard to get ourselves motivated because we seem to wait for that voice in our heads to tell us that it is okay to take action instead of just doing it. Our thoughts are very powerful and sometimes they can stop us from moving forward. That voice starts to whisper thoughts of, "You'll fail, you can't do it, wait awhile," or it may be something that you experienced in the past that has created the insecurities of self-doubts. However, it is only when we have the courage to face our fears head on, no matter what our situations or dreams may be, that we come to realize we have the power to overcome our fears and self-doubts because with action comes understanding and knowledge.

*He who lives in Harmony with himself
lives in harmony with the universe*

Month 2

Partnership and cooperation will play a big role this month, this not only applies to our outer world but our inner world as well. Inner cooperation can sometimes be hard because the soul and the ego have their own agenda and until they learn to work together there can be conflicts when it comes to balancing our inner needs and limits of our outer world. Do you feel in harmony? Sometimes life can be hard, especially when we fill our invisible world up with what is happening around us as it causes conflict between our inner and outer worlds. Quite often, we take on more than what we can handle instead of sharing our responsibilities through cooperation which helps to establish a healthy boundary, not only within ourselves, but also with the world at large. It is only through giving of the self that we find a happy balance and sometimes whatever we feel we need is really our inner guide telling us what we most need to give.

The Law of Balance

These days, it can be easy for us to lose our sense of balance. We fill our lives up with family, work, career, and friends, sometimes it drains us emotionally and physically. We either swing too much one way or the other. Sometimes we tend to overwork or overload ourselves with not only our own everyday life problems, but everyone else's as well. Do you feel emotionally or physically drained? Every one of us deep down yearns for some kind of inner peace or inner balance and yet many of us have forgotten what a sense of balance feels like because we tend to be creatures of habit. Quite often, we don't notice the imbalance until it affects the quality of our lives. Only then do we become aware of ourselves and start making the shift the other way in finding the middle ground. It is only through quieting the mind that we start to pay attention and listen to our own rhythm. In doing so, we start to realize what's out of balance in our life and when we start to make the adjustments we'll find a deeper sense of harmony and inner peace.

The Law of Presence

As you listen to a clock, you can hear time ticking away one second at a time and as each second passes, it is ticking away the hours and days of our lives. Yet most of us are not aware of the ticking clock because our thoughts are too absorbed with worrying about things of the past or even future events, but in truth we only have this moment. Anything that happened in the past is gone and anything in the future hasn't happened yet. What moment are you living in – the past or future? Most worries and problems don't exist in this moment, they are only kept alive in our minds by the images and pictures of our own reality. It is only when we still the chatter of the mind that we start to realize the now, this moment, and as situations arise, we handle them when they appear moment-to-moment and then sweep away any unnecessary debris meaning don't attach yourself to any outcome. By learning to live in the now it teaches us that every second of our life is important. It gives us a sense of inner peace and balance. You will come to know that the now is real and everything else is an illusion – even time itself.

*The events of childhood do not pass
but repeat themselves like seasons of the year
Eleanor Farjeon*

Month 3

Your self-expression and creativity will be your biggest asset this month. It is through the expression of the self that you tap into our talents and gifts. When we think of our talents and gifts, many of us tend to think of our outer world talents of singing, dancing, or acting, which is only a small area of our potential. Every emotion, inspiration, communication, and even our bodies, are other areas in which the self uses to express itself as our potential is unlimited. Do you feel the abundance within you? Many of us have lost our awareness to our self power when it comes to what we say, do, or feel. It can affect us on many levels whether we use it in a positive or negative way. It is through bringing to life the joy of the self that our inspirations and imagination will not only inspire others to their own wealth, but will also help us to shake off any negative energy that may want to cling to us. When we share our inner joy with others, we are planting our future seeds of joy.

Law of Patterns

How many times have you tried to quit smoking, drinking, overspending, or gambling, and you found it only lasted a couple of hours, days, or even weeks before you picked them up again. Many of us don't realize that everything we feel, do, and think is just a few patterns of our habits and belief system. Our habits and what we come to believe about ourselves become the basis to our survival that affects every area of our life and over time they become a part of who we are. Quite often, we tend to find it hard to let go of our unhealthy habits because we fear change or we fill our invisible world up with all kinds of insecurities, we end up being the slave of our habits. It is only through closely examining ourselves to see what the repeated patterns are that we are able to break the cycle of old habits or outdated beliefs by replacing them with new healthy habits. We do this by doing something different and by dedicating ourselves towards the time and patience that is needed in restructuring our lives.

The Law of Cycles

The sun rises and then it sets, spring comes and then it's summer, and before we know it fall and winter are here again. Our lives are no different, we have favorable times and hard times. Many of our relationships come and go and when they do go, we have good days and not so good days. Our lives are forever changing, whether or not we are aware of it. Are you aligned with the rhythm of your life? Our lives are no different from the passing of the seasons. With time, we will realize that what we thought was true for the morning of our life has changed by the afternoon of our life. Yet it's only when we go with the flow of life do we realize we too must also change. We become aware that our old habits don't have to run our lives and that the past is the past and it doesn't have to become our future. When one cycle ends another one starts and ultimately through our life lessons it leads us towards greater awareness, knowledge, and a sense of inner peace. It seems we have to die a little in order of give birth to the new and the seeds you plant today are the highs of tomorrow.

*We rise to great heights
By a winding staircase*

Francis Bacon

Month 4

Stability and goal setting are the things to strive for this month. No matter what our life situations are, it is important that we have a solid foundation in life. Building a secure foundation takes time, as it requires patience and understanding. How strong is your foundation? At times it can be hard not to rush the progress as we tend to want to get things done quickly. Yet it is only when we do things slowly, one step at a time, that we come to realize that there are no shortcuts in life. There are times when we may feel disappointed when things don't go the way we think they should and become discouraged. We start having thoughts of forgetting the whole idea when our success isn't instant. However, it is only through our dedication and hard work that we achieve our goals. Sometimes the road can be long, especially when it comes to our long range goals. Stability and faith are the ingredients needed in building a solid foundation because through them we learn to trust the process which brings about our clarity and patience.

The Law of Process

Our road to success is easier when we break our far reaching goals down into smaller achievements. It doesn't matter if it is our careers, relationships, or our home life. By making them smaller, we tend to stay more focused and committed. Our lives are full of many successes and achievements even though many of us are not aware that even our small accomplishments are big successes in themselves. How many steps do you miss? Most of us like to run to the finish line, but life reminds us that there are no overnight successes that last, we make it by taking one step at a time and if we try to skip too many steps it will catch up to us and we will have to backtrack and do our homework. Many of

us have a hard time setting goals or we fill our invisible world with self-doubts. Yet throughout our day, we go through many processes and each of these involves hundreds of steps. It is only when we pay attention to the many steps that we realize that we can accomplish anything in life.

The Law of Expectations

What we come to believe about ourselves over time tends to shape our life. If we have high expectations about our goals or dreams, we expand our world by our positive thoughts. When we fill our invisible world with negative thoughts, it tends to drain us of our energy and if we lose too much we tend to have low expectations of what we can or cannot do. What are your expectations? Many of us when we start a new project have high expectations. Not only do we believe in ourselves, we also visualize ourselves at the finish line, but somewhere along the way we got lost and forgot our will to believe. We think it must be outside of ourselves, so we adopt the expectations of others to be truth instead of following what's in our own hearts. When we believe in the power of the self, it takes us beyond into the greater part of ourselves and our expectations will expand into new experiences. These new experiences will create a new vision of who you will become and by following the heart and doing whatever it takes to get there, you surely will become it.

This is just a sample of a 4 Months out of a 9month cycle