

OBSERVATION

Challenge your perception Change your Life

The Immutable Laws of Being

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Observation - Challenge Your Perception Change Your Life - The Immutable Laws of Existence

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When all else fails, great the day with love and you shall win.

Observation

When it comes to personal growth we often ignore the truth around us. In fact, personal development can't take place without such consciousness. You can only improve what you can evaluate and you can only measure what you understand. In other words, if you want to improve yourself, you need to know why things happen, how you can improve and what steps to take next.

But what is self-realization, how can you become more aware and develop a sense of oneness? This insight can produce a profound understanding of you. The search can confirm laws which are universal in their truth and procedures.

This is the realization of your core beliefs, your true values and your internal dialog. It is taking stock of your current path and adjusting everyday life to correspond with your path. Its awareness of self and those around you who change the energy and vibrations of your existence, it's finding the truth and oneness with your creator.

When you know your strengths and weaknesses and understand how you react to different situations, you can change the results by awareness of natural law. You can find out how disciplined you are and what motivates you, and use your awareness and emotional state to control action and events. Most of all, you can find out who you are.

Awareness:

You may believe you're aware of life and those around you. Maybe you've addressed your weaknesses and deem life as just a matter of making the most of the situation. Perhaps you believe in God but just don't quite understand why you believe. Maybe you feel your role as a male or female is compromised by the ever changing society. Whatever you may be going through I can promise you this, there is a reason, an underlying cause of your experiences.

Should you believe you're in control of your circumstances and that you manage a difficult life in an accurate manner, I'm here to say you may very well be right; but what if you're mistaken. What if there is more to life than being aware of those around you. Suppose these strengths and weaknesses are nothing more than an effect of specific actions and the situations are part of the rhythm of life. What if you could manipulate life to flow with these rhythms or realize when change is affecting a given results. You would be able to control life and not have life manage you.

Could it be possible the very existences of your problems are a mere symptom of other events taking place? That you may be disregarding opportunities or even allowing tribulations by not focusing on correct action.

Consider this for a moment; it could be you don't know everything about yourself and that you're not as observant of you and your own actions as you believe. It's okay; perfection should never be a goal. Your goal should be constant improvement on a daily basis; expansion of yourself, your knowledge, your passion and your desires; to become one with your creator and to truly know "You."

Personal development is more than taking action to improve areas in your life, its knowledge of the truth, while facing your fears, it's removing pride and finding harmony, it's releasing the potential inside of you.

We all have dreams and aspirations, but very few of us ever fulfill them. There are so many reasons why we don't become the person we want to be that it can be difficult to know where to start. One thing is certain, if you develop a map, acquire a purpose and hold firmly to your beliefs, you will succeed.

We reap what we sow and if we choose negative attitudes, bitterness or resentment, we will sow pessimism and despair. The same is true of our successes, if we choose honesty, appreciation and gratitude, we find our relationships mature, business flows and we begin to grow as individuals.

We know that our outer world is nothing but a reflection of our inner world and it's only our perception of events that give them meaning. Why do people reject the reality that we are the sum of what we continually think and our growth is in direct proportion to our beliefs and actions? Simple, they would have to take full responsibility for their lives and actions.

A positive mental attitude will do little for you in the area of success. If you truly wish to change your life you need to know why things happen, to believe life is larger than you and to habitually follow a path of correct thought. You have to be willing to pay the price in time, thought and effort. If you're honest with yourself, aware of your surroundings and focus on the end results, you'll find a map to a brighter future.

Laws:

Man-made laws to elicit desired behaviors, and the results, are unpredictable in nature. When these laws conflict with the Natural Law, we suffer consequences in our health, relationships, business and life in general. On the other hand, laws of nature are unbreakable. They can't be changed, altered or managed; they are undivided and operate perfectly. These laws are separate yet whole and traverse with each other as they influence our thoughts, actions and the events around us. One Law will never conflict with another and in fact, they work in perfect harmony with each other. We will never find an example where they differ with each other and create an unintended result; all is perfect.

The real prize in life is the discovery of these truths and how they govern your actions, dreams and consequences. These laws, when abided by, produce an effortless way of life and a harmonic existence. By discovering their immutable properties, you learn how to control your natural surroundings, and environment.

Somewhere in these 12 chapters you are going to find a person you never met. Suddenly and shockingly, your life will be changed to the extent you allow. Questions will be answered, events begin to make sense and life becomes unstoppable; if only for a moment.

Natural Law:

I'm sure that you've heard much about Universal Laws or at the very least the Law of Attraction. This well-known theory popularized in recent years by books, films and speakers of

new thought explains the principles of a metaphysical law that one can attract anything that they think about consistently.

Seeking the Law of Attraction is a wonderful tool for anyone's life but this is far from the total of your consciousness. In truth, the Law of Attraction is one of many laws and the better you understand how these laws operate, the quicker you can put them to work in your quest for a more fulfilling life. The understanding of these laws can change your existence and bring optimism to your future through insight of nature, energy, mind and thought and how they work not only in life, but the world around you. To truly investigate the sum total of your realization and gain a true perspective on existence you must seek the truths advanced by the nature of these laws.

Regardless of its name, whether you call it God, the One, Jehovah, these principles have always existed to determine the processes of creation. They are impersonal and work in conjunction with your subconscious mind and in connection with the Him and are the same in form, function and matter for everyone.

Knowing the truth is to recognize that nothing is made randomly, everything is governed by perfect directives which act and interact in unison. No one law stands as truth by itself, yet all laws are independent of the whole. Even though you may not understand or be familiar with their measures, you are continuously experiencing them and can verify their presence in every event manifested around you. Different from the laws of men, which change continuously depending on circumstances, universal laws are immutable principles that provide the origin and the perfect balance of everything God has created.

Like the universe itself, these laws are thought-driven and therefore overlap and join as thought dictates. As you move forward in the development of your consciousness, you discover a process that frees you from the constraints of the ego and aligns you with the perfect order of nature. Knowledge supports this process and gives you light to move forward along a way that can be sometimes unknown and incomprehensible. Though the end result will always be the same, truth and consistency of actions produce a natural result.

To begin to understand nature and these immutable laws from a logical standpoint, start by comparing them with the laws of physics. In physics a theory becomes law when it has been tested and produces the same results at any place where applied. Nature will hold to the same standards. Such a case is in the study of the cosmos where these laws are a given in every theory. Observe and study them with an open mind and the least contamination of your own ego. A mind full of ideas, concepts and beliefs will resist, opposes and refuses to understand the principles of the universe. You need to be open to the idea that spiritual design it's not just possible, but it's a certainty.

Ego.

The ego (limitations learned) always wants more, because it is never satisfied with what it has. All human beings want something now and as a matter of fact, the mind spends virtually all of its waking hours thinking of wants. Therefore life becomes a struggle of expectations and dissatisfaction. Throughout this process, we miss the essentials to be happy, to expand knowledge and to grow. If you examine your wants, it becomes clear that it's related to what

you do not have, never what you need. By focusing on what you want, you overlook the value of what you need and what you have. On the contrary, when your attention is focused on needs and values, the results optimize what you have.

Everything in the universe is neutral. There is nothing good or bad; therefore there is no blame, no guilt, no injustice, no luck, no punishment, etc. All these are concepts of the ego in order for the mind and body to survive and to satisfy their primal wants. Nature operates the same regardless of how your morning's going or whether your flight's on time.

Think of nature as an electrical circuit with a positive and negative side and a mechanism in between which completes the circuit. We know from the study of physics that a person can touch a live circuit, regardless of the voltage and nothing will happen as long as he is not grounded. Once he is grounded, attached to the negative side, energy will flow through him and may very well end his existence. For this reason birds are able to stand atop of high voltage power lines with no effect of the energy; the energy is present, the mechanism is in place but the circuit isn't complete. Natural Law is that mechanism which connects the energy to produce form and function.

Thought must be in harmony with the natural law and its creative process and in tune with the spirit, to form the circuit. Thinking thoughts that are not in tune with the soul, breaks the polarity, the circuit cannot be formed. The subconscious communicates this balance, or lack of connection in thought and action as it pertains to harmony. It's obedience with this communication which places you in tune with the Nature Laws. If you entertain thoughts which are not in agreement with these laws life cannot be converse; there is no circuit, no connection, you are isolated with the thoughts cling to you, harassing and worrying you.

You must control this thought, allow it to be constructive and creative by eliminating all destructive or competitive thinking. Wisdom, strength, courage and all harmonious conditions are the result of the power which we summon from correct contemplation. Likewise, every lack, limitation or adverse circumstance is the result of the weakness which we display forms a worldly view. This weakness is simply absence of power, a lack of thought and a deficiency of knowledge. It comes from nowhere, it is nothing; the remedy then is simply to develop the power and draw from the life within you.

Chapter One: Oneness

The first of the 12 Natural Laws helps you to understand you live in a world where everything's connected. What you do, say, think and believe affects everything around you.

In the late 1800s, American poet, philosopher and physicist Ralph Waldo Emerson, stated *"All creation is one and people should try to live life in harmony with nature and with others."* He describes the currents of the Universal Being as circulating through him *"I am part or particle of God."*

Emerson's most famous passage suggests individuals are connected to Divine Oneness as well as universal knowledge.

As he continues to consider his own existence Emerson states: *"It is certain the power to produce these delights, do not live in nature, but in man, or in a harmony of both; nature, in its mystery to man, is not only the material, but also a process and a result."*

Clearly, Emerson considers himself same in content and substance as the universe. That man is one and the same as the one who created him. The One who created him created all.

Divine Oneness is referenced in Ephesians 4:6: by the Apostil Paul, *"One God and Father of all, who is over all, and through all, and in all of you."* This verse mirrors much of the New Testament teaching of oneness. Man is one with God and all minds are of the same source as our creator; we are one with God.

Oneness and connection to God is the nature of man; it's your thoughts, dreams, beliefs and emotions, it's your soul and your spirit. Through this source you have access to all knowledge, known and unknown, to an infinite power and abilities far beyond your beliefs. This being true, you can tap the limitless creativity of the One who created all knowledge, all power and all present. If there is any point of doctrine that is absolutely truth in the teaching of Christ, it is that God is the Father and man is one with God.

The Mind:

It's important to understand the two minds at work and the basis of Divine Oneness as the foundation of the universe and all its work.

The brain, the organ of the mind, is a living cell. This organic matter has no ability for creative thought, only reaction to events. All living beings (mammals) have a brain that regulates life, movement and necessary roles to continue life, but only the brain of man can produce original thought. You may be able to teach your pet to react with given stimulus, but to train them in values or future conditions would be futile.

Connection of the objective and subjective mind is another distinction between primate and man. You have a subjective mind which relates to conscious thought by experiences but is incapable of undergoing those experiences. Thus, the subjective is an observer of conscious thought and events. It interacts with the objective mind to translate thought into emotion, to produces sympathy, anger, jealousy and fear. This connection allows you to experience

reactions and emotions over events and circumstances in the past, present and future. The objective mind on the other hand, undergoes experiences, decides the significance of those events, and filters what is important and relevant in the event. Only what the objective mind sees as relevant and true will be filtered to the subjective mind for integration.

Freud used the metaphor of an iceberg to describe the two major facets of human mind. The tip of the iceberg which extends above the water is the conscious - objective mind while the much larger bulk of the iceberg is the unconscious - subjective. When you see the tip of the iceberg you're seeing a dormant and decaying entity; one with no growth and little power to change its course. The exposed section is subject to greater, more resilient powers which lie beneath; the unseen that has the influence to change the course of the visual substance, to strengthen it or abate it. Though the base of the ice is the driving force, without the tip to hold back the sea, the ice would succumb to the elements rapidly. Thought, like the tip of the ice, is necessary to feed the form of the subconscious. Though it doesn't directly guide the path, it provides the course and fuel necessary for its survival.

When you consider the vast responsibilities of the subconscious mind, the power and potential become obvious. With the right leverage you can move mountains. Working directly with the subconscious mind provides leverage to effectively create profound and long-lasting changes on a mental, emotional and physical level.

This Law of Divine Oneness is one of conscious awareness and subjective impression of the mind and on the mind. One in which the conscious, "*objective mind*" adjusts its pattern of thought and reality through interaction with the subconscious, "*subjective mind.*" As the power of oneness flows the subconscious follows and with this, a natural connection with the mind of God results.

Although we divide ourselves as individuals we are one, and one is no greater or less than the One who created us. We possess superior and unique abilities from the same Source which develop in different ways and at different times in our growth. Collectively, we are spiritual beings having a human experience with the intent of developing fully. This is where physical characteristics and natural ability take form - yet the Source remains the same.

We are one, we are creation. You are one with God, the same as the creator. You develop unique abilities and physical talents that are exclusive to you and these traits develop at a fixed time. We have all experienced doing something extraordinary well, a point where everything just flowed and we were in a zone of excellence, the divine oneness flowing through you. Since God is omnipotent, "*all power,*" *omnipresent,* "*all present*" and *omniscient,* "*all knowing,*" isn't it rite that when you are in agreement with him, his authority and will shines through you and you experience the same harmony in life.

Being one with God is not only physical but psychological. Every time you are kind to others, or to you, you become more in tune to the oneness with God. His love and energy pervades through you because your mind and thoughts are the same, just of a different measure. I'm sure you've done good deeds in the past, done the right thing, given of yourself for the sake of others? The feeling you received from your action was one of love, delight, harmony, in short, feeling oneness with your creator.

There's a great mental world in which you live and more importantly you are one with it. This world will respond to your thoughts and desires in direct proportion to your purpose, faith and the action. When you're in harmony with God, your being, values and truths are creative and positive. You are strong in your will and produce enough depth to bring your purpose into reality. "As your faith is, so it will be unto you." Believe this truth. Live this truth and you will create it in the lives of yourself and others.

All paths hold the necessary lessons and your purpose is to create a harmonic existence. You are here to learn to completely "Love and Accept" yourself. This is done by connecting with others and the world around you. Realize you live your purpose by experiencing all that you do. It is through the development of trust, unconditional love, faith and the complete alignment with your Creator. How you choose to be of service to God is always up to you, it is the act of being in service that is your purpose.

Oneness:

Then God said, *"Let us make man in our image, in our likeness, and let them rule over the fish of the sea and the birds of the air, over the livestock, over all the earth, and over all the creatures that move along the ground. So God created man in his own image, in the image of God, he created him; male and female he created them."* - Gen. 1:26-27

This passage tells us, we're one with God, one in the same minds and spirit in a unique world. Just as He, we're placed above the plane of all living things and connection with him is undeviating.

Oneness with your creator, referred to as the Spirit of God, Faith or a relationship with Him is what spiritually bonds you with the world. Plants and animals, though certainly living entities, are incapable of thought on any spiritual level. Plants, though living, breathing organisms cannot expand beyond their own organic surroundings; their increase in life is limited to their environment and is subject to the will of man. The animal world primarily consists of creatures of instinct, able to move outside their environment but unable to thought beyond impulse. Some of the "higher" species appear capable of intelligent thought, but in reality it is a mere instinctive or trained thought rather than intellectual thought that is built from an oneness with the creator. In all of creation, we alone have been blessed with this wonderful ability and opportunity, for all the elements of God are parts of us.

The mind holds true to oneness. This is the foundation of natural law. This pattern is united and unity is present in all of Gods work. Any division characterized in us is found in the resistance of these laws.

Consciousness:

You're related to the world and everything you can see touches and feel by your objective mind. This existing independent mind is part of your conscious world of observable or verifiable conditions, the part of you which experiences actions and events. The conscious world senses communication while seeking facts gathered from your senses to give credibility to its thoughts. It's in the conscious mind that you relate to the world.

There's always mystery in life the conscious mind can't understand. You are given what you can absorb and comprehend. *Ecclesiastes, 3:1 "There's a time for everything on earth, and a season for every activity under heaven,"* this will go into greater depth in the Law of Rhythm.

As you struggle to make sense of your fast paced life and uncertain future, you need to consider the foundation of your existence and the key to the condition in which you live. The foundation, life, did not evolve to this complexity through evolutionary progress, it's just not logical. Not a single species lives alone, they all depend on the complex web of Life for their survival, even man. You may find a tiny housefly annoying, but remove it from the natural equation and the balance of your existence is threatened. These annoying insects are a primary source of food for fish, toads, spiders, and hummingbirds, which recur as a primary source of food for other species. The world is designed around the well-being of all.

Recognizing you're connected to one another, to all living, you can become in tune with the world. You can begin to inspire visions from a larger perspective, one larger than you, that is you. Conscious of being more than clay molded by others, you develop awareness of human individuality. You're one with the creator and never again will you be satisfied with the life you had. Connection with this One is true life.

Relax: People tend to prove their worth by overworking; seeking to bolster self-image with status, money, power, and possessions, anything other than who they really are.

Many people overwork because they cohere work with their worth. They think if they achieve a lot, then they must be worth a lot. In America we get our primary identity by what we do and what we possess. So, many confuse what they do with who they are. If a person says, "I am Doctor." *We think, WOW, he is worth a lot*". If a person says, "I am bus driver" we may not think they are worth much.

If you're living in a stimulating world, one filled with gratifying work and success, friends, colleagues and social groups, I'm sure you have a full and rewarding life. As sure as the divorce rate in America at 62%, that 51% are happy with their jobs and that 1/3rd are dissatisfied with life as a whole.

On the other side 22% believe they are deeply connected to their spouse, 36% claim they are happy with their careers and 2/3 believes in a higher power guiding their life.

What this statistically tells me is people need to take time and relax, and balance their life with other forms of values that are not found in their daily activities.

There are five (5) ways to relax that we will cover. Of course, the first way is one you should have guessed by now.

1) Read – Reading is the best way to relax and even six minutes can be enough to reduce the stress levels by more than two thirds, according to new research.

Psychologists believe concentration on reading and distractions of the literary expression eases tensions in muscles and the heart.

Self-help books are an effective way to help lessen stress. These encourage you to explore feelings while they recommend techniques as listening to soothing music, learning how to play a musical instrument. Just engaging in deep thought can aid in stressful situations.

Connecting the intellect by reading stimulates your creativity while causing you to enter an altered state of consciousness.

2) Sleep – Getting quality sleep is important to your physical and emotional health, as well as your personal productivity for many reasons. Unfortunately, many people find that stress can contribute to sleep deprivation. It's common for stressed people to have the problems with relaxation and sleep. The most common reason is stress. For example, if stress is occupying your mind, you may stay awake thinking about it, robbing yourself of precious rest. Severe stress can keep you hormonally off-balance, making it difficult for your body's natural sleep to occur. Don't underestimate the value of sleep. You can increase your energy and productivity by regulating sleep habits.

3) Nature – Most people identify with this way of relaxing. A natural setting is hard to explain. That's because we can't explain God. It may be the creation, the colors, the oneness or the serenity, whatever the case, nature diminishes anxiety.

Research shows a marked affect that nature has on an individual, the fresh air, plants, trees and natural outdoors promote health, well-being and overall state of mind. When you spend time outdoors, especially being active, you can lift your mood, think more positively, and feel more internal calm and greater harmony with the world around you.

Studies show natural outdoor environments promotes creativity along with physical and psychological welfare.

4) Music – There is a time and a place for listening to music and work usually isn't it. While doing work that involves concentration, you may find it's not in your best interest. I like various types' music, but I'm cautious of what I listen to because music can be counterproductive to your state of mind. Choose a style and type that harmonizes with your state or the condition you want to achieve.

Music is effective for relaxation, stress and anxiety relief. Since ancient times, music has been considered a valuable tool for calming the spirit, and it's often used in meditation to focus the mind and still busy thoughts.

Have you ever listened to Beethoven, Bach or Brahms? Try it sometime when you want a relaxing state, you'll be amazed by the soothing power of classical music. As a side benefit your cultural knowledge of music will increase.

It's been shown that music evokes physical response, alters brainwave patterns and lower blood pressure. This routine can reduce stress and make your reaction to stress less extreme. As my counselor once said, "If you're on edge, it takes very little pressure to knock you off balance." By settling a steady baseline, you can stay calm when confronted with adverse conditions. If you close your eyes and listen to healing music a few minutes each day, you'll find yourself more in control and less vulnerable to outside pressures.

5) Humor – This topic is familiar with everyone and is valuable in helping anyone to relax. Everyone likes a good laugh once in a while. Humor relieves worry and anxiety by taking life to seriously. In fact, it's more important than you would think.

Laughter can help to relax muscles, lower blood pressure, and increase the oxygen level in your blood. Laughter lowers your blood pressure and increases the T-cells in the body.

Laughter can help you put distance between yourself and your problems, allowing you to find solutions easily. Try humor the next time you have a problem.

So, who are you? You are life in the universe with a manual dexterity. You have two conscious minds, one of unlimited thought, power and knowledge, constantly searching for beauty, peace, love and harmony. And the other, one of self and reaction, one that respond to images, events and energies of others. We have the power to choose who we want to be and how we want to represent our world. You can step into consciousness of oneness or you can live in reaction to the world. You can be one with the universe and part of the trillions of molecules which make-up the mind and body, or you can choose the world of singleness, of self, of response to dominance. This is a world of solid form, separate from God, separate from the universe in which "*Self*" lives. This is the world of "*me*," Gerald Culbert, writer, speaker, businessman, and creator. This is the "*I*" inside of me. Every day I make a decision, which one of these worlds I will choose, who I will be.

Focus:

God may be different names in different languages – Yahweh, Allah, Brahma, or God – in reality, these names all refer to the same singular force and being.

We are all individual, everlasting expressions of God. Our essential nature is divine and therefore innately good. Our purpose is to express our divine potential as realized and displayed by Jesus and other master teachers. When you awaken your divine nature, God will express himself fully.

That we have been fashioned by a single Supreme Being is the belief in God. This being, has control over creation (omnipotence) perfect and complete knowledge (omniscience) and is in all (omnipresent). You can find truth in your personal meaning of Oneness simply by Focusing on the One. By clearing your head of the clutter of the modern world and the collection of negative thoughts brought on by the day or week your able focus clearly and solely on your oneness with the creator.

Find evidence of Oneness whether in the Bible, through meditation or just being silent and one with Him. All religion may be separate in interpretation and teaching while describing a single source, but the foundation is the same, man is creation of God and in His image. According to the Christian faith, all the works of God come together as man and find their purpose in him. The world was made for man, and man was made for God. Without this belief you have a tendency to evaluate reality. Simply put, your life has value and meaning because God has an infinite love for you and has given you the right to all knowledge. Find the source of your life and focus.

When your life is in turmoil, it's easy to focus on problems, pressure and difficulties.

You have the option to choose harmony and oppose this false self, your ego. The ego promotes thoughts like; I can't be happy or content; I must constantly look at how others are living and performing to assess my value. The ego wants you in a constant state of turmoil. It convinces you that if you are not always on edge, if you're not always vigilant, others will harm you, you aren't secure or you can't grow. When you choose peace and harmony in your life, when you focus on the positive of your existence, you are allowing the Divine into your life. And rather than vegetate, you will discover you can be busy, purposeful, and blissful and still have peace.

To reinstate harmony is a simple matter of allowing your higher self to take over when turmoil enters. You want to live a life of cooperation among men rather than a competition your ego pushes on you. When you opt for turmoil and anxiety, you allow your ego to take over. When you choose peace and harmony, you let God take over. Know that you always have this choice.

If you want to change your life, change your thoughts. See situations for what they are, from the viewpoint of an observer. Instead of focusing on the negative aspects, be optimistic you're taking correct action and move forward. Man would have never made it into space if the scientists continued to explore disbelief rather than solutions and expansion. Know that you have the knowledge and wisdom greater than any animal God has produced and the only challenges you face are self-imposed. Through correct thought, your resources are unlimited.

Though discontent, remind yourself you are more than these troubles. Focus on your oneness with the creator and knowledge of his work in your life. Remember, you can't make God stop loving you just as you can't make the Laws of Nature stop working for you. You can complain, yell and scream; the results will be the same until you face the challenge and take action.

Life takes on a new meaning, a new dignity, a new power when you live in the constant realization of your oneness with God, the Creator and a belief of infinite possibilities.

Christ stated, "*The kingdom of heaven is within us*". He meant the kingdom within is equal to the intelligence of Him. We can tap into its resources and vast supply at our will. The only determining factor in our abilities is our focus.

There are three subcategories on focus; though not in-depth, your knowledge of them necessary.

Focus on Love: The purest definition of Spirit is love and it's this feeling of devotion which provides the connection to Him. When you focus on the love and the emotional association that it brings, you lose sight of fear and anxiety. Joy and peace fill the soul while a harmonic balance flows through every aspect of life. I'm sure you've had these times of ecstasy when a certain individual light up your day and gave you a feeling deep in your stomach. Everything just seemed to flow, problems dissolved and time flew by. You're experiencing more than attraction to another, your coming into contact with the Spirit of God. Love is the only emotion that is more powerful than fear, and has the ability to conquer all.

Love can take many forms and can be found in the physical as well as the non-psychical world, but the real meaning is the same, "A profound, tender and passionate feeling for another." It's the most basic of human emotions; it's pure, natural and honest. Love is forgiveness and

guidance, its passion and commitment, love is all and it transcends the boundaries of every emotion. So, why is it so hard for many to experience true love?

Simple, we have planted so much fear in our subconscious that we block out the love which we were born to radiate and enjoy. To this, the answer is not to remove the fear, but replace it with love. When you find yourself worrying about those problems which keep you from experiencing an abundance of love, look deep into your soul for the tiniest glimpse of light which can return passion. It's there, beating inside you, in the oneness of God, no matter how deep.

Once you begin to look on all things with love you soon realize, this is the greatest weapon at your disposal. Love conquers problems and defeats fear, it clarifies good and evil and brings harmony upon you. By knowing how to influence your thoughts, you can control events and their meaning; you can become an unstoppable force by simply changing how you choose to see the world. Love is the essence of happiness, its freedom from fear and all which you wish to experience in your life.

You can cultivate the love in your life in many ways. Being alone in nature, listening to beautiful music, reading, writing, and being kind to you; these acts form conditions which open the soul so you may connect with the spirit.

When you overcome trepidation and deal with problems, your allowing love to take hold of your life and the more you do, the easier it will flow. Love is what we were born with; fear is what we've learned. When you consciously renew your thoughts by affirming worship, you set an example of overcoming to others.

None of us can remain totally focused on positive thoughts all the time. The point is to regain your focus as soon as you recognize you have lost it. Like the lens of a camera, if you lose the focus, everything you desire become blurry; re-focus with a simple but deliberate adjustment and you gain clarity. You can always re-set your intention and attention by choosing to focus on integrity rather than malevolence. This means, stop focusing on what's wrong and focus on what's right. If you are staring at what immoral, it's hard to see what's respectable.

Focus on Goal Setting: It's important to set goals. If you don't know where you're going then you will never know when you arrive. It bring you closer to spiritual truth and meaning by removing the self gratifying nature an immediate satisfaction which society has programmed.

With every goal, a path to success is provided. If you want to learn another language, if you want to travel to a foreign country, if you want to lose 25 pounds, all of these goals have specific steps you need to take to reach them.

To learn a language, for instance, you have to decide if you want to take a class or do on-line training. You need to schedule time to practice or join a group of like minded people where you can converse in that language. Maybe plan a trip so you can absorb yourself in the language and culture. The same with losing weight, do you want to follow a prescribed of the many weight loss programs or should you absorb yourself in nutrition and exercise to find a specific path which works for your body, palette and schedule.

Goal setting is great, but it's the first of many steps on the journey, it's the opening credits in the movie of your life. Once you've set a main goal, you need to tie in sub goals; smaller, bite size chunks which move you towards your goal. Break them down as far as you can, to where they become a series of simplistic tasks leading to your aim. They need to be written out in a clear and defined set of actions and reviewed constantly. Should they not fit your flow then you'll need to expand or modify them, but most importantly, take action every day towards accomplishment of specific tasks.

Once you've set sub goals, you'll need to set effort goals. These are detail oriented and have specific struggles attached. They are defined and measureable tasks such reading a book on languages or taking a one mile walk each evening. These simplistic in nature yet maybe difficult in execution.

If there is one habit which will propel you to greater heights faster than anything its Goal setting, an actions we will discuss in further depth.

Focus on One Course: Today, a great deal information is at our fingertips. We've been conditioned to move from one inspiration to the next at a moment's notice; to sustain thought is unusual. It's said, this is the information age, the era of choice, but what does this do to our spiritual nature, the self which need connection and harmony?

To live in truth and be successful we must follow a given the course of successful action, uninterrupted by choice and technology. There are time in which the computers need to be turned off, phones silenced and focus applied to gain any measureable results. A specific example would be in the case of meditation or worship services. How often do we see people bring their phones with them to such events - Why – is there something or someone which you can't separate from for one hour to work on yourself? Should you be in this habit, break it first before moving on, focus is vital.

Focus takes a set period of time, dedicated to one task and one task only. When you were a child, you didn't have computers or video games, when it was time to do your homework, you sat in your room and focused on the task until it was complete. This focus is lacking in today's culture, and it's what we need to return to. Goals can be clear and lofty, stated and defined, but if they lack single-mindedness, they will also be ill-fated. The dilemma is getting caught up in setting goals or the process, rather than focusing on course; there's usually much to do once your purpose is clear.

Separating goals into sub goals and then into individual actions will help you stay on course, but this can be time-consuming and your ego wants gratification now. Your mindset must be on specific actions not on the total outcome. To borrow a line from Og Mandino, "Nature never acts in haste, a thousand years is required to build the Olive, king of trees, yet an onion plant is old in nine weeks. I have lived as an onion plant and it has not pleased me." Many of us put off goal setting for a reason, "we want it now". We circumvent the process, knowing we have found a better and faster way of a process which has been in place for generations. When our new and faster approach fails to achieve, we simple give up and move to the next undertaking. Be patient, take action, and stay focused on your course, know with each step you take you're one step closer to where you want to be.

“It’s astonishing how many people lack the will to keep holding on and push to the end. They can make a sudden dash but they lack the fortitude to push to the finish; they are easily dissuaded. They move on as long as everything is smooth but the moment they hit friction, they lose heart. They depend on strong personalities for their spirit and strength instead of developing the courage to act. So many people lack originality and independence; they only dare to do what they’ve seen others do. They don’t step boldly from the crowd and act fearlessly.” Dr. Theodore Cuyler

When you set goals you are setting a course of actions and action is of little value if the path is not followed and seen to its conclusion. Successful planning requires continual focus on action and commitment to completion; one small goal at a time if necessary.

Do It:

Far from a work out fanatic, I’ve developed a habitual action each day of fitness. Regardless of the prior day or lack of sleep the night before, I exercise each morning at 6am. We’re not talking much, some general yoga followed by a 2 mile walk which takes all of 20 minutes. It’s in this time that I build clarity for the day to come and connect with the power of God. Sure, I miss the morning news and don’t have time to drown my sorrows in caffeine or nicotine while pondering what will go wrong today. But, I believe this is a fair trade for the moments of connection with the spirit. While others walk into the office with stories of how the world is continuing to conquer them, my pace has been set, plans have been formulated and thoughts are clear.

You’ve heard the phrase, *“A good plan today is better than a perfect plan tomorrow.”* Let’s rephrase this to, *“A well thought out plan today is better than a perfect plan tomorrow.”* Though action is a necessity for any transfer of energy, for any movement, for all creation, you want to increase the odds of your success. Many plans seem viable at the point of conception but when proper thought is applied, they become practicable.

Just as thought alone won't get you anywhere, inappropriate action can lead down the wrong path. When formulating a plan always step back from the event and separate the ego, ask yourself, “How would others perceive this action?” Far too often we are blinded by our own intent and can’t see the impact it has on others. Sometimes out of greed but most often out of distraction. By combining thought and action along with a willingness to serve the greater good you create a powerful force which changes your life.

I’m not suggesting you wait until plan is perfect before taking action. I’m saying, put a correct plan in place which takes in to account the variables of your intent, before taking action. If your goal is to climb Mt. Everest, you might want to start with a jog around the block before you book your trip.

Once committed to setting goals and formulating new habits you must take action. Right now, go to your calendar and pick a time without any distractions and commit to setting a course of action, any course in a positive direction. Now is the time to write your goals, or if they’re written, define them in smaller sub goals which you can do now. What can you achieve today, now, breakdown how you’re going to do it. Move on to tomorrow, what steps can you take today which will set in motion the following day’s events? Pick something you'd like to

accomplish and decide your course of action, the path you want to follow. What do you need to do? Focus on it; every day, every hour, and every minute. Keep it with you and constantly analyze your progress, you'll be amazed at what you can do and you'll feel great in the process.

If you're having trouble getting started, set a goal of setting goals, set a time and place and stick to it. Whatever the path, set a goal of actions to take place and results to be acquired, if only one, and sticks to it.

Like the Supreme Being, omnipotent, omnipresent and omniscience, singular but one, you are of the same mind. When proper actions take place, you align with natural law and begin to flow. Just as each law is separate by itself yet part of the whole. Your body, mind and soul are separate, but part of the whole. Without action, the mind is idle, without thought the body will suffer, without spirit the soul will die; independent yet one, a separate purpose while forming the whole. Never allow one to act independently of the others.

Awareness:

Your world cannot exist without perceived realities. There are signals produce all around us which are interpreted by our consciousness mind to determine their purpose. These signals are defragmented by inductive reasoning, (general pattern of memories that compose a truth about specific event or observation) and given to the subconscious as truth. If you're having difficulties, the problem might not be in the signals but rather, your interpretation of those signals. In a simple way, how many times have you misread the actions of others? Been speaking with another and a statement is made which offends or disturbs you, to only later find out your interpretation was wrong. What ensues is our filters, just as the memory in your computer, gets temporarily overloaded and kicks back random information; we have lost the connection with another and thus misinterpret their energy.

The same id present in our connection with God. Failure to connect with on a deeper level is not intentional and often we are not even aware of it. We may seek inner peace, harmony and a connection with our creator but we subconsciously lose sight of our purpose in favor of our chosen objectives. We may even be enlightened, seeking wisdom, meditating and reading the finest works, yet we still feel disconnected. The stumbling block to connection lies in the Laws of Nature and our belief of what we must do, not necessarily in what we should do. True and correct action is essential for growth, but your spiritual mind will not develop on action alone. This subjective mind is doesn't see action, it only perceives results and the emotions associated. There are times when you need to put down the books, take off the headphones and just be at peace with you; allow your unconscious to stretch its legs.

Meditation:

Meditation is a mental discipline by which you try to get beyond the conditioned, "thinking" mind into a deeper state of self-awareness; to free yourself from associating solely with objective thoughts and perceived realities.

There are no boundaries in mediation. It has neither depth no height which means it can always be further developed without limitations. Meditation is a personal matter and an adventure of

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