

The 7 Essential Universal Laws

The Keys to Create Anything by Using the
Laws of the Universe.

By: Christy Whitman

The 7 Essential Universal Laws

The Keys to Create Anything by Using the Laws of the Universe.

Table of Contents:

Chapter 1: Why It is Important to Learn the Universal Laws
Page 3

Chapter 2: The Law of Attraction
Page 9

Chapter 3: The Law of Deliberate Creation
Page 18

Chapter 4: The Law of Allowing
Page 22

Chapter 5: The Law of Sufficiency & Abundance
Page 29

Chapter 6: The Law of Pure Potentiality
Page 37

Chapter 7: The Law of Detachment
Page 41

Chapter 8: The Law of Polarity
Page 46

Chapter 9: A Bonus Law
Page 50

Chapter 1

Why is it important to learn the Universal Laws?

How successful would you be at playing a game if you had no idea what the rules were? How successful would you be at arriving at a destination if you had no map, no directions, no compass, and all the road signs were written in a foreign language? How could you build a house without a set of plans or bake a cake without the recipe?

Well, our lives are like a game with rules, a journey with a destination, a house built with a plan, and a cake that follows a recipe.

There are Universal Laws that must also be learned and applied if we are to create what we desire in our lives, such as a new relationship, more money, a new job, or even freedom from anxiety and depression. These laws exist whether you are aware of them or not, or if you choose to apply them or not. There are no lucky people and unlucky people. There are only deliberate and non-deliberate creators.

Ignorance of these laws can be the reason you experience debt, unfulfilled relationships, dissatisfaction at your job, and ill health. Not knowing about these laws causes you to manifest by default. To understand these Universal Laws, you will now have the rules of the game, the directions to your destination, the plans to build the house, and the recipe to bake a cake.

In every conscious waking moment we are manifesting our future. The Universal Laws are working to create that future. We can work with them, or we can work against them. We cannot *not* create! The best choice is to create deliberately or to create by conscious intention.

Universal Laws, also referred to as Spiritual Laws or Laws of Nature, are the unwavering and unchanging principles that rule our entire universe. They are the means by which our world continues to thrive and exist.

The vast majority of people never actually are aware of these laws, and do not learn how to apply them to create the lives they dream about. Learning these laws will literally attract abundance, success, freedom, and great joy with much less effort. Instead of trying to find and acquire abundance and happiness through working more hours, accumulating more stuff, and struggling through life, we can learn to flow with the

Universal Laws and develop balance back into our lives. We don't have to live a life where we are never satisfied, where we are always depleted, and where we are constantly feeling overwhelmed, exhausted, depressed, anxious, afraid, and a host of other counter productive symptoms. Most of us are disconnected from our true Source and supply that is available to us in every moment of every day.

When we understand and recognize the true Source, from where all abundance and joy comes from, we no longer have to struggle and have minimum results in our lives.

Instead of using personal will to make things happen, you can tap into Divine will and allow things to happen.

As a society we have developed a way of thinking and acting that causes us to be completely out of alignment with our Source. We have forgotten how to simply connect to and align with the Supply of Everything. This Source can and will easily and effortlessly provide what we desire (and more) for our lives. We have completely and unknowingly shut off that supply by becoming so caught up in making things happen, and have turned our focus completely on our outer reality. Many of us are not aware that our outer reality is a direct reflection of our inner reality. When we recognize the simple truth of Universal Laws and principles available to us, align with and consciously apply those laws, we will experience more freedom, joy, abundance, success, and prosperity than we could ever imagine! I have seen this happen in my own life, and in the lives of many, many, many of my clients.

The Universal Laws detailed in this book are in a very simple and easy to use format. You will learn how to apply each of them by using affirmations, exercises and processes. Understanding, aligning with and consciously implementing their tremendous power with focused intent can mean the difference between a life of anxiety, struggle, and lack, or a life filled with joy, satisfaction, and fulfillment.

Many people that have recently viewed or read *The Secret* have become disappointed and even frustrated because what they desire in their lives has not manifested. Unfortunately unless you identify and change your conditioning you will continue to receive more of the same in your life. *The Secret* is a great start in learning how to receive what you want, but there is a missing element. Because *The Secret* reveals that we are the one that is responsible for our creations (and we are), people are turning on themselves saying "I must be doing something wrong. What is wrong with me? Maybe I am not capable of having what I want. This must work for other people, not just me." THIS IS NOT TRUE! You just need to learn a little more to refine what you are doing. Watching *The*

Secret is similar to going to Kindergarten and then expecting to get a high paying job. It is just the beginning. Learning to apply and work with the Universal Laws, as well as your own personal development, is like going to grade school, high school, and college. You need to learn where your past conditioning has set you up to sabotage the success, happiness, and wealth that you desire. There is absolutely nothing wrong with your ability to create. You may be aware of the laws now, but just don't know how to properly apply them, or what past conditioning (resistance) is preventing you from moving forward in your life.

The Keys are Awareness and Application of These Laws.

Step one in working with these laws is obviously to become aware of them. Step two is actually applying them. As an example, you can read my book *Perfect Pictures* and feel great because you read it, but it is when you apply the information that you will actually see change happen. Everything in the universe is energy, and when you move energy, you will see the change in your own life. TAKING ACTION causes energy to move. The more change you want to see in your own life, the more energy you need to move, i.e. the more you need to apply these teachings.

Many people let fear stop them from taking action because they are afraid of making a mistake. This “perfection” mind-set paralyzes you from creating the life of your dreams. There are no mistakes, just opportunities to learn, grow, and expand. This is why we are all here! If you are not growing, you are dying. It is not what the “failures” mean in life, but it is the meaning that we give to the “failures.” Let me say that again...

It is not what the “failures” mean in life, but it is the meaning that we give to the “failures.”

It is all how we perceive our situations and circumstances that determine everything. When you take perfect action, you can correct along the way. One of my teachers, T. Harv Eker has a saying “Ready, Fire, Aim!” Most of us spend all our time and energy trying to aim that we never take action. It doesn't have to be perfect. My bonus gift to you for purchasing this system is my bestselling book, *Perfect Pictures*, which address this issue. The only things in life that are perfect is the Universe and these Universal Laws. Remember that the Universal Laws and principles that govern every aspect of existence and which are responsible for determining your life experience operate with precise, predictable and unwavering certainty and make no distinctions or judgments in how they operate or who they work for. They are at work 100% of the time regardless of your awareness of or ignorance to them. Their perfect, precise and steadfast operation make

no judgments or determinations based on your age, creed, geographical location, education, gender, religious preference, etc. The **ONLY** thing that determines **HOW** they work and **WHAT** is created is a result of their application by each individual.

Just as gravity makes no distinctions or judgments as to WHO it works for, Universal Laws operate within the same precise and absolute fashion. Because of the Law of Gravity, if you throw a ball up in the air, it is going to come down. It doesn't matter if you're young, old, black, white, American, French, Christian, or even atheist, Universal Laws operate in a very specific and predictable manner 100% of the time. As a result of developing an awareness of HOW they work and aligning yourself (thoughts, feelings, and actions) with them, you can begin to attract and experience outcomes which many believe to be unreachable or impossible. It is as if things happen by magic.

When you apply these Laws, you will soon discover that you are the creator of your life experience. You will soon learn that you create your own reality. Regardless of what your current life experience might be, or the circumstances that surround your life, you have an opportunity right now to direct your life on a new path that will be full of joy and happiness. You have been given the ability, as well as the free will, to consciously or unconsciously choose what your life experience will be. It is all based on what we give out vibrationally in the way of our thoughts, feelings, and actions.

By using this system, you will have the answers that have the potential to be the difference between a life of poverty and wealth, scarcity and abundance, illness and health, and depression and joy.

Awareness and application of these laws have transformed and lifted many of my coaching clients as well as many people around the world from a state of hopelessness to incredible joy and unwavering faith.

Becoming aware of and aligning with these Universal Laws and beginning to consciously implement correct action, you will begin to feel and experience the Divine Connection that has always existed. You no longer need to believe in inaccurate and false beliefs that tell you that you are not worthy, or not deserving of all the joy that life brings. What you will soon discover and realize is that your limiting past conditioning that was wrongly formed, is directly responsible for lack and limitation, and for you to continue to believe in them will attract more of what you don't want to experience in your life!

Are you ready to turn your life into an incredible journey of limitless hope, joy, fulfillment, success, abundance and happiness? Are you ready to discover the limitless Source of all that is? Are you ready to really live, free of fear, doubt, and anxiety? Are you ready to experience freedom and begin to truly succeed in every area of your life? Then set your intention!

If you desire transformation in your life, take a moment right now to set your intention for this to happen. Make a decision right now to bring every area of your life into greater alignment with the Divine. Setting your intention is the first and most powerful step to make it happen.

Do this right now!

How to use this system:

This ebook contains information on the 7 Essential Universal Laws that can create all that you desire in your life. Each chapter in this ebook has exercises that will help you become clear about what it is you desire in your life, and how you are currently applying the laws.

Use the accompanying activity book on a daily basis to help you apply the 7 Essential Universal Laws. Remember, it is in the application that all changes take place.

Enjoy my bestselling book, *Perfect Pictures* as a bonus. I have also included another bonus for you... *The Magnetizing Meditation*, which will help magnetize more money, success, and abundance in your life.

So, let's begin...

EXERCISE: What do you want to create in your life? Think of all the different areas of your life and write down one thing that you would like to create.

Financial: _____

Physical: _____

Relationships: _____

Career: _____

Spiritual: _____

Chapter 2

The Law of Attraction

The first Essential Universal Law and the most powerful is the Law of Attraction. There are many ways to express the Law of Attraction:

- Where your attention goes, your energy flows.
- That which you focus upon expands.
- Like attracts like.
- That which is like unto itself is drawn.

There are a number of words or expressions that describe the Law of Attraction:

- Out-of-the-blue
- Synchronicity
- Serendipity
- Luck
- Meant to be
- Fell into place
- Fate
- Karma
- Coincidence

The Law of Attraction states, that whatever is broadcast out into the universe is joined by (or attracted to) energies that are of an equal frequency, resonance, or vibration.

The Law of Attraction is the most powerful law in the Universe. Everything in the Universe is energy. All energy has a vibration, radiates a signal, and attracts a matching signal back. Thoughts and feelings are also energy. When we send out our thoughts, our thoughts have certain vibrations, which then radiates a signal, and a matching signal is sent back to the source of that signal. If we think thoughts of abundance, that vibration is sent out into the universe. The abundance signal is sent out and we receive back matching energy in the form of abundance. The same is true if we are thinking thoughts of lack or limitation. If we feel that something we have in our experience is not good enough, we are sending out that vibration and signal and the universe, by the Law of Attraction, brings us more of what we think is not good enough.

The Law of Attraction delivers both what is wanted and what is unwanted, depending

on the signal we send out to the Universe.

You attract what you are and that which you concentrate upon. If you are feeling negative emotions, you draw in and experience negativity. If you are feeling positive emotions, you draw in and experience positive life experiences. You can attract to you only those qualities you possess. So, if you want freedom and joy in your life, you must feel that it already feels like to feel freedom and joy in your life right now.

This Universal Law demonstrates how we create the things, events, and people that come into our lives. Our thoughts, feelings, words, and actions produce energies which, in turn, attract like energies.

The Law of Attraction, also known as Cause and Effect or Sowing and Reaping is, like all, extremely important to understand and implement if you are to learn to purposefully and consciously attract the things into your life that you most desire. It is equally as important to learn how not to attract those things that you do not desire. Most of us are focused on what we don't want, and with our attention on what we don't want, we create more of what we don't want.

The way to work in alignment with the Law of Attraction is to be aware of what you are focusing your attention on. Whatever we give our energy, focus, and attention to, whether wanted or unwanted, is what we will attract into our lives.

If you choose to consciously and deliberately create a life of abundance and joy, becoming aware of how this law works is very important. The Law of Attraction, like all the Universal Laws, is verifiable, unwavering and predictable. You can then implement it, to attract to yourself, the things that prior to this knowledge, seemed to happen only by chance. How you deliberately choose your thoughts and feelings is important in order to become a person that deliberately creates your life.

Awareness is the key!

As explained in the and everything that you can physically experience with the five human senses of sight, sound, taste, touch, and smell, broken down and analyzed in their most basic sub-atomic structure, consists of vibration. The things that cannot be sensed with the five basic human senses such as your, emotions, oxygen, etc. are also, broken down into their most basic form, vibration or energy.

Quantum Physics in a nutshell:

- 1) All things (seen and unseen) broken down into their most basic form, are energy or vibrations.
- 2) Thoughts are a vibration,
- 3) Our world and everything within it first began with a thought.
- 4) **The thoughts that we think (seeds) are merely emitted vibrations which are broadcast into the Universe attracting to them vibrations of the same vibrational resonance or frequency which creates (manifests) what we come to see and experience in our physical world as our current reality. (Our Life)**

Scientific Look at the Law of Attraction

I am not a scientific type of person. When I first started to apply the Law of Attraction, I had no idea how it worked, nor did I care. I just wanted to see extraordinary results in my life, so I started to apply it. My life literally changed over night. I created money out-of-the-blue, top rankings in my profession, my dream house and since then have created my ideal relationship, my dream car, success in my business, and my ideal career. There is no doubt in my mind that the Law of Attraction is a viable and powerful force. I have personally seen the amazing power it has had not only in my life, but in all of the many lives of my coaching clients lives. My point is, you don't have to know how it works to work with it.

But...for you more analytical people that want to know how it works, here is an example of how to explain this law:

The following experiment will allow you to see the Law of Attraction in action from a physical perspective. First of all we'll take two eyedroppers, and fill one with oil and the other with water. Next, drop one drop of water onto a surface. Now take the other (oil) and place a drop directly on top of the drop of water. What happens? Do they join together and become as one, or does one repel the other? Obviously they repel each other. But why is this? They are both a liquid substance and it seems they should come together into one mass.

The reason is as simple as the Law of Attraction.

Although both substances are of a liquid origin, each have their own individual subatomic makeup which is different from the other (varying vibrations or energies). Without getting into the exact scientific formulas and subatomic structures that make up each substance and the mathematical equations that support this, in their most basic form, like everything in our world, they consist of vibration or energy. The energy or vibration that is emitted from each is different because of the varying structures of atoms and subatomic particles that each contains, which cause them to vibrate or resonate at different frequencies. Since they vibrate at different frequencies they are unable to be attracted to each other and actually repel the other.

If you used this same process drop a single drop of water and then put another drop of water directly on top of the first, what happens? The two join together as one, because the subatomic makeup or structure, or rate of vibration, (energy) of the two is exactly the same. This brings us to the conclusion that like vibrations attracts like vibrations.

So it is with the Law of Attraction. Every thought energy you release into the Universe creates and sends out a specific vibratory pattern or frequency. The type of thought (positive or negative), is attracted by and joined with like energy of the same harmonious frequency or vibration which vibrates in resonance with it. This in turn create the events or circumstances that you see manifest in your every day life. You are literally attracting to yourself, things that you think about.

Another way of thinking about this is that there are many forms of energy: atomic, thermal, electromotive, kinetic, and potential. Energy can never be destroyed.

“All matter is made up of atoms, and each atom has a nucleus (containing protons and neutrons) around which orbit electrons. Electrons in atoms always orbit the nucleus in prescribed “orbitals” or energy levels that assure the stability of the atom. Electrons may be compelled to assume “higher” orbits by the addition of energy, or may give off energy when they drop into a “lower” orbit. When it comes to “vibrations,” if atoms are “aligned,” they create a motive force, all pulling together in the same direction, in much the same way as metals can be magnetized by aligning their molecules in the same direction. This creation of positive and negative poles is a fact of nature and science. Suffice to say, science has shown that if there are physical laws that can be observed and quantified in one arena, there are most probably similar laws in other arenas, even if they cannot at this time be quantified.” Michael Losier, *Law of Attraction Book*.

What about the spiritual?

Spiritual Awareness of the Law of Attraction

The Law of Attraction has been communicated through the writing and teachings of some of the greatest teachers in history such as Jesus and Buddha. Although it has been fairly recently that The Law of Attraction was given a name, it has existed since the beginning of time!

“Whatever things ye desire when ye pray, believe that you receive them and ye shall have them.”

Who was it that said this? Jesus! He was describing how to apply the first part of the Law of Attraction. First you need to identify what you desire, ask for what you desire, and believe you can have it. It doesn't just stop there.

Here's another...

“I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there’ and it will move. Nothing will be impossible for you.”

Using this example, Jesus taught that when you believe and have faith nothing will be impossible. A belief is a thought that has been thought over and over again. And the good news about thoughts is that they can be changed. So can our past conditioning that limits us from having everything we desire. I work with coaching clients to change their limiting conditioning, or resistance, so they are able to have faith that everything is possible.

Here's another...

“Daughter, your faith has healed you. Go in peace and be freed from your suffering.”

Jesus showed that to stop suffering, you need to change your limiting thoughts and beliefs. Having faith is an empowering belief. What are your beliefs that limit you from having what you desire? It is those beliefs that will keep you from attracting everything you want in your life. You need to believe in the Universe and yourself!

More biblical references...

“Faith is the substance of things hoped for, the evidence of things not seen.”

Thoughts develop our beliefs. Although you can't yet see it, “thought correlates with its object” to make it meta-physical to physical.

“As a man thinketh, so is he”

Who said this? Buddha. Whatever thoughts you focus upon will manifest into form and ultimately create your reality.

When you change your thoughts, you will change your beliefs and you will change your entire world!

Other references from Buddha...

“We are what we think. All that we are arises with our thoughts. With our thoughts, we make our world.”

“All that we are is the result of what we have thought. If a man speaks or acts with an evil thought, pain follows him. If a man speaks or acts with a pure thought, happiness follows him, like a shadow that never leaves him.”

“All things appear and disappear because of the concurrence of causes and conditions. Nothing ever exists entirely alone; everything is in relation to everything else.”

A quote from the Kabbalah...

“Three are the dwellings of the sons and daughters of Man. Thought, feeling and body. When the three become one, you will say to this mountain “move” and the mountain will move.”

–The Kabbalah

I could reference hundreds, if not thousands of spiritual writings and quotes concerning the Law of Attraction.

The important thing for you to understand is this: You are an extension of Source energy. You have the ability to create your life the way you desire it to be. The powerful Law of Attraction will correspond to what you give your attention to. It responds to whatever vibration you are offering. It does not hear your words, it responds to your energy vibration.

In order to experience the positive aspects of life, you must harmonize your thought vibrations with the vibrations of that which you seek to attract.

If you have a sincere desire to attract more money into your life but your thoughts and conditioning concerning money are fear or anxiety based, you are in essence projecting a belief or “faith” in the lack of money and as a result can only “attract” to you conditions that are in alignment with your belief. You can not attract being wealthy if you feel poor. It defies law. You can not attract being thin if you feel fat. It defies law. You can not attract a relationship if you feel lonely. It defies law.

Take a look at your own life. What are you attracting? What thoughts are you thinking? The results you see around you, the events, conditions and circumstances in your own life will determine the answer. Your outer reality (physical environment) is a direct reflection of your inner reality or thought process (mental or spiritual). Put another way, your outside physical world is a direct manifestation of your inner consciousness or thoughts. The quality and consistency of your thinking, is the cause of your external circumstances. What those thoughts attract and produce are the effects.

You are responsible for your life. Life is NOT a set of circumstances which happen by “fate” or “chance.” The Law of Attraction delivers to you precisely what you have asked for.

EXERCISE: In chapter one you wrote down what you desire in all areas of your life. Write down what your current “reality” is in all the areas mentioned (financial, physical, relationships, career, and spiritual). What is it about your current “reality” that you want to change? Why do you want to change it? What don’t you want to change? Until you get clear about what you don’t want, you can’t be clear about what you do want.

Financial: _____

Physical: _____

Relationships: _____

Career: _____

Spiritual: _____

Now, write down what is keeping you from where you want to be. For example, if you want a new relationship and you have identified the type of person you desire to be with, what is preventing you from having that type of relationship? What work do you have to do on yourself to get in alignment with that type of person?

There is a reason you are asking for what you want. Why do you want what you want? From a spiritual perspective, in order to receive that which you are asking for, you need to be in vibrational alignment with it. You have to become that which you are asking for. For example, when I asked the Universe for my ideal partner, I needed to become “ready” to receive him. I needed to do work on myself, so that when he arrived, I would

be ready. I wanted a man that was secure, so in order to be able to be in a relationship with that type of man, I needed to be secure within myself. I had to work on myself. Once I felt connected and secure...Frederic showed up.

All change begins with changing your thoughts. Change your thoughts and you will change your world. It is an extremely simple process. It is do-able. If I can do it, ***you can do it!*** Learn it, properly implement it, and you will prosper above and beyond what you previously “believed” to be possible.

Exercises to Implement the Law of Attraction:

- You must know what you want and what direction you want your life to go.
- Make a list of your desires. For 15 minutes every day work, change, and upgrade the list. Keep silent about this.
- Get in a good feeling place (good vibration) about your un-manifested desires.

To learn more about how to apply the Law of Attraction, or to receive coaching, contact Christy Whitman at (610) 883-7345 or email at www.christywhitman.com

Chapter 3

The Law of Deliberate Creation

The second Essential Universal Law is the Law of Deliberate Creation, and this is where the fun begins. The Law of Deliberate Creation states, “That which I give thought to, I begin to attract. What I give thought to with emotion, I attract more quickly. That which I think about, I receive.” When you give thought to something you desire with an expectation or belief in it, you are then in the place to receive it.

The difference between the Law of Attraction and the Law of Deliberate Creation is that, the Law of Attraction is like a boomerang. Whatever we give out with our energy vibrations (thoughts, feelings, etc.) we will receive back to us. The Law of Deliberate Creation is offering a vibration knowingly, so that you don’t create by default. Most of the time, unless you are aware of these laws, you are offering a vibration unknowingly. For example, if you are witnessing something that makes you happy, you are raising your vibration and you will then vibrate happiness. On the other hand, if you witness something that makes you angry, you will offer that same negative vibration. The Law of Attraction responds to whatever you are vibrating by giving you more of the same.

When you don’t apply the Law of Deliberate Creation you are an observer and you create by default. If you focus on your current “reality” and you give off a vibration (either positive or negative), the Law of Attraction responds to that vibration and you receive more of the same. Say that you are in debt. You observe this “reality” and while observing that you don’t have enough money to pay your bills, you unconsciously offer a vibration that is negative (fear, worry, doubt, etc.). The Law of Attraction responds to that negative, “I am in debt” or lack vibration and as a result, the Law of Attraction brings you more of what you are vibrating (I am in debt or lack) and feeds the non-deliberate attraction cycle.

Even though you may not be aware of it, you are creating by default. So when you take yourself out of this non-deliberate cycle of creating, and deliberately start focusing on what you do want in your life and offer a vibration that is positive, you are applying the Law of Deliberate Creation.

You are your own magician—and out of seemingly nothing you can, with conscious intent, and detachment from results, create whatever you want. There is no judgment on what you create but there are consequences that follow your intent. For starters, your

thoughts, visualizations, intentions, emotions, feelings, beliefs, behaviors, attitudes, clear expectations, words, deeds and actions must be aligned with what you intend to create.

This is why it is so important to recognize and release your limiting conditions in your life, or what I like to refer to as resistance. This is why so many people are frustrated that they are not creating what they want after watching *The Secret*. They get excited about the possibilities, start thinking positively, and then expect that they will create major changes in their lives. But are they aware of the VIBRATION they are giving out to the Universe? During my Magnetizing and Manifesting Coaching Course we work together to change your old programming and conditioning and let you reclaim your abundance. Here is what one of the coaching clients from the Magnetizing Course said about the course:

“I’ve experienced more spiritual growth since working with Christy Whitman (2 months) than I did in the 5 years before I met her. Her gentle way of reminding us of our true origin propels her clients into the possible future which before was only a dream. She remains available to students after their completion of a class and continues to be a magnificent guide on the side and a wonderful support.” Kay Wallach, Ed.D.

What I teach my clients and help them to apply is that the manifestation of anything you desire already exists in the Universe. It is up to you to bring it into reality in the physical. So how do you do that?

- Declare your intention.
- Even though you can not see, touch, hear, smell, or taste it, you have to believe that it is real and already exists. You have to FEEL it.
- Think about, focus on and pay attention to WHY you want this.
- Determine how long, within reason, it should take to manifest this reality.
- Focus your mind on being grateful for already receiving it. Your subconscious mind does not know the difference if it already exists or not and will start creating it in your experience.
- Remain fully confident that you can do whatever is required to manifest this reality.
- Expect total success, nothing less!
- Intend on playing by the rules and standing in your integrity throughout the manifestation process.
- Keep your focus on your intended creation, not the absence of it. The minute to focus on the fact that it has not come yet, you start creating the lack of it.
- Willingly take each step, one at a time, keeping your vision focused on your intended creation. In other words...TAKE ACTION towards your goals. When you receive inspired thoughts to take action – TAKE THEM!

- Make each experience along the way consistent with your stated intentions as you keep your eyes firmly on your vision.
- Feel and sense the essence of what you desire as already a part of you.
- Release any thought processes that disallow your creations to manifest such as doubt, failure, uncertainty, disbelief and failure. These are not an option to you!
- Be prepared to do whatever is required to manifest this reality.
- Do what it takes to get the job done.
- Trust the process as the Law of Deliberate Creation enables the manifestation process to unfold.
- Do what you need to do. Trust the process. Remain detached from the results or the outcome.
- Take the required steps, and the Universe will manifest your intentional creation.

Your thoughts start your creation of your reality. Your total belief system enables this process to manifest by directing the universal energy to apply itself to unfold the Law of Deliberate Creation as easy as it unfolds the Law of Gravity. We were all taught that “seeing is believing,” but that is not the way of the world of manifesting. Believing is Seeing! Not the other way around.

EXERCISE: What is it that you want to deliberately create in your life? How can you apply the Law of Deliberate Creation to all these areas in your life? Write those down now. What do you feel about the possibility of creating these things?

Financial: _____

Physical: _____

Relationships: _____

Career: _____

Spiritual: _____

To learn more about how to apply the Law of Deliberate Creation, or to receive coaching, contact Christy Whitman at (610) 883-7345 or email at www.christywhitman.com

Chapter 4

The Law of Allowing

The third Essential Universal Law is the Law of Allowing. This is the principle of least action, of no resistance. The application of the Law of Allowing will bring absolute freedom in your life. You will feel free in your relationships to be who you are. You will feel free in your career to do what you want. And you will feel free in your life to create whatever you desire.

The most powerful law in the Universe is the Law of Attraction. This law states, “That which is like unto itself is drawn.” When bad things happen in your life, it seems that everything starts to go wrong. When you begin your day on a positive foot, the rest of the day is a positive one. Thoughts attract one to the other and gain power the more you think of them. What then manifests is the direct reflection of what you have been thinking and feeling.

The second of these basic laws is the Law of Deliberate Creation. This law states, “That which I give thought to, I begin to attract. What I give thought to with emotion, I attract more quickly.” As you expect to receive what you think about, you will get. When you give thought to something you desire with an expectation or belief in it, you are then in the place to receive it.

The third of these basic laws is the Law of Allowing. There are two ways to apply this law. First is the way to allow others to be as they are, and second, is the way we allow (receive) from the Universe to deliver all that we desire.

Application of the Law of Allowing promises you ease and effortlessness as you apply the principle of no resistance. Nature shows us how harmony and love allow nature to blossom effortlessly. If you can allow yourself to be Who You Really Are, a part of the Universe, then the Law of Allowing will unfold in front of you. When you are motivated by love and your connection to well-being your positive energy flows. You can then use this surplus of energy to manifest what you intentionally want to create. Inspiration and creativity can then flow through you and the un-manifested becomes manifested.

Allowing Others

“I am that which I am. While I am that which I am, I allow others to be that which they are.” There are no two people that are the same, even though we can share many similar traits. We all are very different and unique.

If you can accept, and not just tolerate another person’s differences and similarities, then you understand the Law of Allowing.

If you are out of alignment with the Law of Allowing you believe that another person needs to think, feel, believe, and act according to how you think they “should.” I call this having *Perfect Pictures* and this can cause great suffering in your life and your relationships. This is the opposite of accepting another as they are. If you have a deep rooted fear that unless everyone thinks, feels, believes, and acts in a certain way, “your way” then they are somehow “wrong,” you then judge. Judgment is a lower level emotion and based on the Law of Attraction, you will attract more negative people, circumstances, and situations to you. If you need to make everyone conform in order to feel good about yourselves and your world, you will never experience freedom. This is the exact opposite of freedom. This is bondage. We can never get the rest of the entire world to behave the way we think they “should.” This is why wars start.

If you have this fear, you have an attitude of vulnerability. You somehow feel that another person’s experience will become your experience. For example, if you are observing someone that is obese and you are not practicing the Law of Allowing, you will judge that person that they are “sick, wrong, gross, fill in the blank.” You judge them because you want them to change. You then feel that if that person changes, the threat of you becoming obese similar to that person is gone. Let’s look at another example. If you are observing someone that talks with their mouth full of food, and instead of allowing them to eat the way they are, you find yourself getting disgusted and upset with that person. You really want that person to change, or stop doing the certain behavior (talking with their mouth full of food). You are afraid that you will look badly as well. Instead of just allowing that person to be as they are, you take it personally and let it affect your mood, and ultimately robbing you of your freedom.

When you are not allowing, you are resisting. Whether you are resisting the manifestation of things you have asked the Universe for, resisting the behavior of your partner, or resisting the way your friend is speaking to you, you are in a place of resistance and can’t be in a place to experience freedom. Resistance robs us of our true freedom. Resistance is the opposite of allowing.

What is resistance?

- Fear
- Doubt
- Disappointment
- Loneliness
- Lack
- Sadness
- Confusion
- Stress
- Anger
- Hurt
- Resentments
- Envy
- Jealousy
- Blame
- Guilt
- Boredom
- Depression
- Judgment

The Law of Allowing is one of the laws that govern our Universe. These laws are eternal, they are forever. These laws are universal, which means they are everywhere. They are absolute, whether you know they are or not. They exist whether you accept they exist or not. They influence your life, whether you know that they do, or not.

You have already read about two other powerful laws that exist and if you come to learn and apply them you will have a great understanding of how the Universe functions. You will understand how things happen in your life. You will understand how you are the creator of your own experience, and you can choose to create life experience that you desire. You will then be FREE!!

Do you think that if someone has different beliefs than you, it prevents you from having what you want? Or do you believe there's room for it all? The **Law of Allowing** may be the most difficult one to get our hearts and minds around. The truth is, there is freedom in allowing circumstances to be what they are and people to be who they are, whether you agree with them or not.

When you say yes to something, you attract more of that into your life, because that is what you are focused on. When you say no to something, you attract more of that into your life, because that is what you are focused on. So in order to allow what you want to flow to you, you must allow others to focus on what they want – even if you don't agree with it.

Allow others to be who they are, to do what they do and to have what they have. Do not judge them and do not have emotional attachments and expectations of them. They are what, who and how they are. If that is different from whom, what and how you are, so be it. Accept, honor, respect, allow and support who YOU are. Accept, honor, respect, allow and support who THEY are.

Honor their right to live their life as they choose, to worship their perception of God as they want to, or not to worship if that is their choice. They are neither right nor wrong. They simply “are” what they are. Given where they are standing right now, their conditioning, their beliefs, their circumstances, their present needs and desires, their choice to be “just as they are” can be understood if you allow yourself to stand in their shoes. Do not judge, simply allow yourself to be you and allow them to be the Beings that they “just are.” Release them in love and allow them to be.

The Universal Law of Allowing means dropping all judgments and all emotional attachments to what others are, have, or do. This is quite different from being tolerant. Being tolerant is not liking what someone else is or does and holding emotion-laden, negative thoughts about them, but letting them be or do it any way. Practicing The Law of Allowing requires granting to others the same rights you ask for yourself — the right to be, do, and have whatever you choose without emotional attachment.

When we can practice this law in our relationships, we find that co-dependence dissolves. When we can honestly say to our partners, “I love and support you to be all that you are and all that you are not. I love and support myself to be all that I am and all that I am not. We are in this relationship because we choose to be and not because we have to be. I will not harm neither you nor myself. Each of us is capable of being, doing, and having what we want. Each releases the other from the responsibility of being his or her source and the provider of happiness and well-being. We acknowledge that God is the source; people are the avenues. Yes, from time to time when I'm giving myself the permission to love myself, it may appear to you that you are the one who has showered me with love feelings. The reality is that the love feelings I feel when I am with you come out of me.” This quote was from Terry Cole-Whittaker and her book *What You Think of Me is None of My Business*.

When this mind-set is applied in relationships, it is truly AMAZING! This is a great example of how to practice the Law of Allowing in relationships. By practicing this law in ALL of your relationships, they will ALL improve.

My relationship with my mother improved the day I started to apply this law. The days that I don't apply this law and expect her to be a certain way, and think she "should" be something other than she is, the relationship is rocky. I know that when I apply this to my relationship with my partner, Frederic, we are free to be who we are. There is such a beautiful honesty and we have so much freedom with one another.

In my coaching course, *Attracting Your Ideal Relationship*, we work with the direct application of the Law of Allowing. It is amazing to see my coaching clients relationships evolve. Because the energy shifts, the person is then able to attract the type of partner that they want into their lives, because the resistance is no longer there.

Here is a way to practice the Law of Allowing: When someone pushes your buttons and you have an emotional reaction to what they say or do, say to yourself "He (she) is neither good nor bad. I don't like him or dislike him. He just is. He's another human being doing the best he can. He is probably doing the best he knows how given his conditioning, his beliefs, his circumstances, his present needs and desires.

Another way to practice the Law of Allowing: Instead of making others wrong for who they are or what they do, become the observer and simply say, "That's something that I choose not to accept in my life." Then to allow the other person to be, have, or do as they will, without trying to fix anything, or change them, or make them wrong for being who they are, for having what they have, or for doing what they do.

How else does the Law of Allowing affect our lives?

The second way to apply the Law of Allowing is to release resistance so the Universe can bring to us all that we desire. This part of the four step process of manifestation is the receiving part of the equation. (Ask, Believe, Receive, Act).

When we are in the place of allowing we are free from resistance. What is resistance? It is negative emotions that keep us out of the flow of pure, positive energy. Think of your physical body as a pipe that is directly connected to our Source. When we are in pure positive non-resistance energy, we are in direct flow and connection. Things, ideas, inspiration, situations, circumstances and good feelings flow to us easily and effortlessly. It just happens with ease, similar to our breathing. But, when we are feeling negative

emotions such as depression, anger, resentment, frustration, envy, jealousy, blame, guilt, shame, disappointment, doubt, and even boredom we are stuffing up our pipe. The pure positive energy of Source can not flow to us because it is being clogged.

When we desire something to manifest from the Universe, and we are feeling negative emotions, we are blocking that creation from coming into manifestation. It is our negative emotions that holds us apart from it. When we release our resistance, we are back in the state of allowing and all the abundance, freedom, joy, success, prosperity, wealth, happiness (you name it) is free to flow to us.

How do you ALLOW?

- Accept this moment as it is, not as you think it “should be.”
- Take responsibility for how you feel.
- Know that you have the ability to change how you feel.
- Practice defenselessness. When you defend your point of view, you are in resistance.
- Remember, your energy is unlimited and if you follow the path of non-resistance you will experience happiness and bliss as your life flows with effortless ease.
- Release your intentions with detachment and trust in the process of the Universe to give you what you need when you need it—all in effortless ease.

EXERCISE: Become aware of the ways in which you are not allowing what you desire to manifest. Become aware of the ways that you are in resistance. Where are you judging others to be how they “should” be instead of allowing them to be who they are?

Financial: _____

Physical: _____

Relationships: _____

Career: _____

Spiritual: _____

To learn more about the Law of Allowing, or to receive coaching, contact
Christy Whitman at (610) 883-7345 or email at www.christywhitman.com

Chapter 5

The Law of Sufficiency & Abundance

The fourth Essential Universal Law is the Law of Sufficiency and Abundance. You have everything within you right now to make your life a living dream, if you choose to accept that which is your divine birthright. We live in a Universe of abundance, although the majority of us have learned to view it as a Universe of scarcity.

“Our sufficiency is from God.” 11 Corinthians 3:5

There is an unlimited supply of every good and wonderful thing, as well as experiences. There is enough for everyone! There is always enough. We have bought into the lie that there is not enough. This lie is the lie of scarcity and limitation.

The truth is that we are completely abundant and are able to create whatever we desire. The truth is that we live in a world where, spiritually and energetically speaking, there is an unlimited supply of goods. You were given life, and have access to the power that you need in order to create the life in any way that you choose. And you are not hindered or cheated out of your “portion” of prosperity if someone else achieves or acquires success. We are eternal beings in physical form; well-being and abundance are the basis of our Universe.

Beliefs based in lack affect our ability to manifest our hearts desires, from a space of ease and effortlessness. This lack mentality controls us by keeping us longing for what others have, or fighting to be better than others.

Most of us feel that who we are, what we have, and what we are doing is not enough. That is a big lie. You learned about the Law of Attraction. If you feel that nothing is ever enough, that is what you will be attracting into your life. If you feel you are not enough, you are right. If you feel what you have is not enough, you will continue to receive not enough.

It is time that we learned to tap into the truth of our being. This truth is that we are enough. In this moment, we are perfect, whole and complete just as we are. Because we are growing and expanding beings, we will always desire to have more in our lives, but if we are coming from a place of “not enough” we never will truly feel that whatever we manifest or bring into our lives is enough.

So when it is going to be enough?

- When are you going to feel satisfied?
- Is it when you lose the 10 pounds?
- Or when you finally have a million dollars in the bank?
- Or when you finally have your ideal relationship?

How do you know what will be enough?

If you are always looking outside of yourself at circumstances and situations to become more than they are, you are not in the now and appreciating what you have. If you continue to chase things outside of yourself in order to feel that you are enough, you will never feel truly satisfied. There is always more to achieve, acquire, and do. When you come from a place of feeling that everything in your life right now is sufficient, you will know great peace. When you can feel gratitude for what you currently have in your life, while at the same time feel excited for all the things you desire to manifest, you will know complete joy.

What if you gave a child a gift and this child was ungrateful and showed very little appreciation to you for providing this gift? How motivated would you be to provide this same child with another gift? You probably wouldn't feel very gracious and giving towards this child. What if you gave a child a gift and he/she was so grateful. He/she grabbed you and gave you a big hug and said, "Thank you. Thank you. Thank you!" You probably would want to give this child all that you had and more. This is exactly how the Universe responds. If you are not grateful for what it has already given you, why would it want to give you more?

What if you aligned your thoughts and emotions right now with abundance? What if you felt that you are enough? You are worthy. You have everything that you need right now inside of you to build a fortune and to reach your goals. You have all you need inside of you to create your ideal job. You have everything inside of you to attract your ideal mate. You always have enough.

I offer a course called the Five Week Abundance Principle Course. In this course I help my clients tap into the truth of their being and learn how to vibrate in abundance. I teach them at a cellular level that they are enough, and because their conditioning changes, they start attracting where they once were sabotaging. This course has literally changed my client's lives. I have witnessed my clients create:

- improved relationships
- customers into their business

- promotions
- raises
- new relationships
- peace and inner joy

So how can you start applying this law right now?

Be satisfied now. Don't wait to be satisfied. Put your hand over your heart and say to yourself, "I am satisfied with what I have. My love, happiness, and security is coming from within, from the creator, as my source, and supply."

Start with where you are and what you have right now. Set your goals, see yourself already there, and be resolved to succeed in attaining your goals, whatever it takes.

Manifestation happens when we can be in a place of feeling at peace with where we are, while being excited about the possibilities ahead. That is why it's so important to learn about all the Laws, not just the Law of Attraction.

If you are not experiencing the kind of abundance that you desire, there is a reason. What could that reason be? Your limiting conditioning!

If your thoughts are focused on lack and limitation, you will receive an abundance of lack and limitation. The Law of Abundance is acting in the exact and precise manner that it was designed to by *providing you with an abundance of whatever it is that you are asking* it (through your thoughts) to give you.

By fully understanding the and principles that have existed since the beginning of time, you have to gain awareness of whatever you are focusing on, in your thoughts as well as your continual self talk. You receive an abundance of what you are asking the Source to give you.

If your thoughts are continually focusing on lack and limitation, you are asking the Source to give you an abundance of lack and limitation!

There is abundance everywhere. An unlimited supply is available to all.

EXERCISE: What abundance are you attracting into your life? Are you attracting an abundance of love, success, prosperity, freedom, wealth, joy, and happiness? Or are you attracting an abundance of lack, limitation, scarcity, worry, fear, doubt, shame, blame, and anger?

What could the reason be that you aren't experiencing all the abundance you desire? You are receiving exactly what it is you're asking for. So, in all the areas of your life, what are you focusing on? Are you focused on the lack or the abundance in each area? Think of the best feeling thought that you can think of in each of these areas to move you in the direction of creating what you want.

Financial: _____

Physical: _____

Relationships: _____

Career: _____

Spiritual: _____

Whatever type of abundance you are focusing on (asking for), The Law of Abundance assures that you will receive, whether it's an abundance of plenty or an abundance of lack!

The only thing standing between you and a world of plenty of everything is your choice to focus on the abundance of what you want in your life rather than focusing on the lack of it. You are the one that needs to purposefully implement the wondrous and powerful Universal Laws and principles into your life, or not. It is you that is responsible for all your outer circumstances. If you don't like the circumstances in your life, you are the one that has the power to change them. Remember...the Law of Deliberate Creation! By deliberately applying the Law of Abundance, you will, by the Law of Attraction, attract more to you. Do you see why learning ALL the laws are so important? They all work together. It is designed that way. Your physical body works in perfect union. So does the Universe.

Abraham illustrates the point of abundance by talking about how the Universe is like a well stocked kitchen, with every ingredient available to us in any moment. It is our choice which recipes we create, and which ingredients we choose to put into our creations. Every experience is available to us, just like all the ingredients in a well stocked kitchen. From the abundance of all things, it is up to us to decide what we want and bring it into our lives. The Universe is totally abundant.

*Abundance is not only your birthright, it is who you are.
You are abundance.*

The world is an abundant place and your natural state is one of abundance. When you are living in abundance you are connected to the flow of life. You are connected to Source Energy. That's the way life is meant to be. As you go through a process of self transformation, you are opening yourself to the free flow of energy. Your life becomes abundant. Abundance means having plenty. Plenty of whatever you want. This is not to be confused with having just enough, which is a lesser state of being. Having plenty means having a reserve.

One of my best friends has somehow always known this law. She knows that her world is always fine and she always has more than she ever needs. She truly feels at the depth of her soul that she has plenty. That is in fact her reality. She does not “settle” for a mediocre life either. Her life is truly full of love, adventure, and total joy. She has a beautiful home, a wonderful man, a caring family, and a very secure and lucrative job.

I had to learn to apply this in my life, because my main theme was “it’s never enough.” I never felt that I was enough. If I was a size 6, I wanted to be a size 4. When I became a size 4, I then wanted to be a size 2. Then when I was size 2, I wanted to look like Janet Jackson. No matter what my body looked like, it was never enough. I talk about this transformational realization in *Perfect Pictures*.

In my past relationships, no matter how much my partners gave me, it just wasn’t enough. I was always focused on the lack of what I thought I “should” receive. My partners always felt they were not good enough or felt defeated, because in my mind, they weren’t enough.

I know that most of the clients that I work with are also not familiar with “I have plenty.” But, there is hope. I am now totally satisfied and fulfilled in my life. This took work on my mind. I trained my own mind to go from thinking thoughts of lack and limitation to thoughts of sufficiency and abundance. I love and appreciate my body. I have an amazing partner who gives me so much love and affection that it makes my heart overflow. I have an amazing career where I empower others to live their best life, while making an amazing living! I get to take the most wonderful trips all over the world. My relationships with my friends and family are of respect, admiration, support, and love. I truly feel so abundant!

So, how do you free yourself to live more fully and to live an abundant life? There are simple things you can do – they don’t take time or money – they only take a change of attitude.

Steps to An Abundant Life

1. Be grateful for what you already have in your life right now. Focus on the good that is already in your life. It’s easy to think about what you don’t have, but spend some time each day, thinking about what you do have. Start each day by thinking about 5 things that you are grateful for. When you think of each thing, really FEEL the gratitude inside your body. Everything is energy and when you really use your energy in your body, it is reflected outside of you. When you show the Universe that you are already grateful and can appreciate all that it has already given you, it will give you more. Think of the examples I gave about giving a gift to a child. If you were the Universe would you give more to you? Have gratitude for what you already have, and the Universe will deliver you more.

2. Tithing: Give a portion, 10% or more of your time, money and talents back into God's work in the world by giving to where you are receiving spiritual knowledge. Experience the magic of ten-fold or more return. This is a really important aspect of living abundantly – every time you freely give money away, you are implying that you are confident that more will come – this is a BIG positive affirmation with a lot of power behind it. I've suggested this to many of my coaching clients, and they've told me that when they do this – magically – they seem to have more. I've seen that the more I give away the more I get back, and the happier and more abundantly I live. It is not just about getting the money back, either. There is such a wonderful, positive feeling that happens when we can give to others. When we can make a contribution to the world, we feel we are on purpose and part of the bigger whole.

3. Create a vacuum so that more good things can flow into your life. Don't fill your life up with things you don't really want. Ask yourself if you want each thing before you buy it. Don't have an abundance of "stuff." Live an abundant life by seeking out the things and experiences that work for you in your core being. Clean out what you are no longer using or need. Clean out closets, desks, etc. Let go of what you no longer want to make way for the new. Eliminate drains and waste. Eliminate useless expenditures. Release all thoughts, words, beliefs, and actions that are not abundant.

4. Release resistance that interferes with the free-flow of abundance such as resentment, jealousy, envy, self-pity, complaining, criticizing, cruelty, anger, hatred, greed, gluttony, laziness, arrogance, self-centeredness, lamentation, worry, weakness, fear and doubt. If you are jealous or envious of someone, it implies that what they have is not available for you to have also. My co-author, Rebecca Grado and I have written an entire book, *The Fairest One of All*, on female competition and the detrimental effects of comparing and competing.

5. Forgive those that have wronged you. When you hold on to your anger, however justifiable it may seem, it only hurts you, not the person you are angry at. It also keeps you stuck in the past, rather than going forward into a better future. A great tool to release your anger and let go of any negative feelings is to write a letter expressing yourself. Write until you feel you have no more anger inside of you, and then burn it. Forgive those who have taken from you or hurt you. Invest 10 minutes a day in forgiving. "I forgive and release _____ and wish them well and wish them away."

6. Allow yourself to be open to receive! Know that you are worthy of abundance from your Source. Being able to receive is healthy, but many people find it difficult. You may need to practice receiving. It may feel strange at first, but you will get used to it. Think

of the pleasure you get in giving. By not receiving generously you are denying other people the pleasure of giving. It takes one person to give, and the other person to receive. Allow yourself to receive. You deserve abundance! It is your birthright, remember?

7. Take personal responsibility for your life. YOU are the one responsible for your situations and circumstances. Take total responsibility for your life, finances, health, relationships, career, attitude, thoughts, feelings and actions. Realize there is no 'good luck' or 'bad luck' there are just conscious and unconscious creators. People who put their faith in 'good luck' often spend their lives waiting for things to happen. People who don't believe in luck go out and make things happen. When you take responsibility for your life, you stop playing the victim and stop blaming others for your life experiences. When you blame others you're stating that you have no control. When you take responsibility you take control of your own life, and therefore can make any necessary changes, because you are in charge.

8. We need to master our inner dialogue because we create our world around us. When you find yourself looking at situations in your life and saying, "There's no good man/woman out there, or I don't have enough money, there are no good jobs for me out there," you should probably also look into your heart and ask, "If there's nothing out there, is there anything in here?" Once you understand that your external reality can't be separated from your internal reality—once you understand that the universe really is your extended body—it becomes very clear that negative energy within yourself is very self-destructive. Having negative emotions (which stem from our thoughts) is a major barrier to the fulfillment of your desires. In my coaching, we work on transforming negative energy into a higher level of awareness. Release resistance so that you can fall back into the flow of well-being and abundance that already exists.

So what are the principles that you live by? Are you ready to recognize the connection between how you are living and the way the Universe works? Are you ready to live in harmony with that connection? Are you ready to put this law into practice?

To learn more about the Law of Sufficiency & Abundance, or to receive coaching, contact Christy Whitman at (610) 883-7345 or email at www.christywhitman.com

Chapter 6

The Law of Pure Potentiality

The fifth Essential Universal Law is the Law of Pure Potentiality. This law is based on the fact that the true essence of who we are is pure consciousness. The Source of all creation, which we are a part of, is pure consciousness, or pure potentiality, expressing itself into our outer reality. When we realize that our inner being, the Spirit that animates our minds and bodies, is one of pure potentiality, we are then in alignment with the power that manifests everything in the Universe. Anything is possible and there is unlimited creativity.

As we learned in the Law of Sufficiency and Abundance, the Universe knows no limits. The potential of the Universe and everything in it is unlimited. The only limits are the ones we impose through our fears, doubts, uncertainty, lack of faith, lack of confidence, or any other lower level emotion. When you are internally focused and feel connection with your inner being, you are less focused on the external world. Other peoples' opinions no longer matter. Most of us are focused on what is outside of us including situations, circumstances, people, places and things. When you are focused on the external world you are most likely seeking approval from others. Our thoughts, beliefs, emotions, and therefore behaviors are always anticipating a response from our environment. That is why we are always in so much fear about what is going to happen, what other people will say or think, or feel that we need to control certain things. When we come from a place of fear, we are not experiencing Pure Potentiality.

The Course in Miracles is a practice of spiritual psychotherapy that teaches that there are only two primary emotions; love and fear. Love is of the Spirit and fear is of the ego. The ego focuses on the image we have of ourselves, and it is usually false. The false image we have is something that we learned from our parents, teachers, and society as a whole. The ego is the one that tells us that our bodies, our jobs, our relationships, and what we have is who we are, and it is never enough. *Perfect Pictures* really digs deep on the awareness of the identification with our outer circumstances to determine who we are and how to release it. We need to release this identification to ego in order to learn who we really are. The ego always keeps us in the mind-set of thinking we are never enough. Remember in the Law of Sufficiency and Abundance and the Law of Attraction, if we continue to believe that we are not enough, that is what we will create in our reality.

The ego identifies with what we do in the world, what clothes we wear, what car we drive, what neighborhood we live in, who we are dating or married to, how our children behave, or what our bodies look like. All of these identities thrive on approval and control.

Our Spirit that is our true self and the essence of our being is completely free of outside conditions, circumstances, or anything external. It does not care who is superior or inferior. It does not compete and compare because everyone is unique and different, and yet at the same time the same and connected. It does not fear any life circumstance, because it does not know fear, it only knows love. Criticism does not hurt the soul because the soul can not be hurt, it is eternal.

If you feel you have limitations in your life, your Ego will feel fear and desire things that will make you feel “free,” such as money, prestige, and power. What happens to you when those objects disappear? What if you have all the money you want, and then suddenly it is gone? Your freedom was conditional. Your “power” only lasts as long as the conditions are there.

If you know and develop a relationship with Source, and act “as if” you were part of Source, you will be in touch with pure potentiality. That is why the practice of meditation is so powerful. When you allow yourself to be silent and just “be,” you develop a connection with Source, with your Pure Potentiality.

- You can apply the Law of Pure Potentiality by:
- Talking to Source through sincere genuine prayer.
- Listen to Source through meditation by learning to be still and know that you are one with Source.
- Act like Source, do not judge, do not control, and do not manipulate – simply BE LOVE.
- Think, act, do, say in every conscious moment of choice “What is in alignment with LOVE?”
- Commune with nature and witness the intelligence within every living thing.
- Practice non-judgment

We are connecting to Pure Potentiality when we apply the above mentioned actions. How do you feel when you sit and watch a sunset, or listen to the waves of the ocean crash up against the shore, or smell the beautiful scent of a flower? Pure Potentiality created all those things, and so much more. You are unlimited, and when you know only love, there is no need to fear, and in the absence of fear, you will know that you are part of Pure Potentiality. Anything is possible, because nothing is impossible. When you are in alignment with the Law of Pure Potentiality, you will feel centered and at peace.

When you know the truth of your being, know who you really are, that you are an extension of Source energy, you will then know that you are able to fulfill any dream that you have. The more you connect with your true self, and know that you are never separated from it, the more you are in Pure Potentiality.

If you know that you are part of the Universe, and that The Universe will provide all your needs when you require them, then you are unlimited in your potentiality. When you are in alignment with Pure Potentiality, there is no fear. You will be truly free.

EXERCISE: How can you start to implement the Law of Pure Potentiality into your daily life? Where can you practice non-judgment in every area of your life?

Financial: _____

Physical: _____

Relationships: _____

Career: _____

Spiritual: _____

To learn more about the Law of Pure Potentiality, or to receive coaching, contact Christy Whitman at (610) 883-7345 or email at www.christywhitman.com

Chapter 7

The Law of Detachment

The sixth Essential Universal Law is the Law of Detachment. The Law of Detachment says “in order to acquire anything in the physical Universe, you have to relinquish your attachment to it.” This does not mean that you have to create by default or that you should not desire or intend for what you want to create. Remember, “meant-to-be” and “luck” do not exist. We need to work with the Law of Attraction to create what we desire. This again means that the Law of Detachment works in harmony with the other laws, including the Law of Attraction.

This law comes very easy for some, and not so easy for others. I am one of those people that had difficulty with detachment. My book *Perfect Pictures* is all about our attachments to the things in our lives. When I started applying the Law of Attraction, I needed to practice the Law of Detachment just as much. Here is an example that illustrates this attachment.

During a period of my life when I was going through an amicable divorce, I knew that I could not stay in the town I was in. I lived in Redding, California, a very small town, and my former husband was from there. I needed to start my new life somewhere else. Because the beautiful Law of Attraction went to work when I intended for this move, I was offered a promotion with my pharmaceutical company that would allow me to move out of CA, and start a new life in Pennsylvania. This promotion was a position as a sales training manager. I was so excited because it was in alignment with what I loved doing (coaching/speaking/training). Since I was moving to PA, we had to sell our dream house, in California, which represented a great deal to me. It represented my freedom and independence. Selling this house would allow me to break all my ties with my former, get me out of debt, allow me to purchase my dream car (my Audi, which I now have), and provide me with enough money to purchase my own townhouse in PA.

During this transition my company paid for my entire move and set me up in a furnished apartment for three months, while the rest of my things were in storage. My Perfect Picture (my attachment) was that I was going to sell my house in CA, get the money to purchase my new townhouse and after the three months were finished, move into the townhouse without a hitch. I did not want to move and then have to move again. During this three month timeframe, I was VERY ANXIOUS because all I wanted was for my house to sell. I had many emotional breakdowns because the house would receive offers,

but it was not the type of offer that excited us. The three months were almost up and I needed to move.

I made a decision, I needed to go with the flow and not be so attached to how things “should” be. I needed to trust that the Universe was going to provide me with everything I needed. I needed to trust that the Universe had my “order” so to speak and would deliver something far more than I could dream for myself. My happiness and joy were dependent on selling my house. In order to be happy, I needed to release my attachment to the outcome.

I magically met a couple that was renting a townhouse. I was able to rent their brand new townhouse that had never been lived in. When I released my perfect picture and attachments, the house finally sold and we got the offer that we wanted. It sold right before I moved into the townhouse, and I was already committed to moving into this townhouse. So I did.

After moving in and getting settled, the last thing I wanted to do was to pack up my stuff and move again. So, I decided to put off looking for my own townhouse to purchase.

I now know why all this happened the way it did. The Universe obviously knows me and knows how I take action on what I want. If I would have sold the house during the three months that I was in the apartment, I would have purchased my townhouse. Because I didn't have any attachments to my own home, I was able to be free.

A few months later I met the love of my life, Frederic. He lived in Montreal. We made our long distance relationship work, but as we spent more time together and got to know each other better, it became more and more difficult to leave one another. Because I did not own the house I was living in, I was able to resign from the company I was working for, start my business full time, and move to Montreal to be with him. If I would have sold my house in the “perfect” timing, and purchased a new one, I would have been tied to my salary at the company until the house sold. I would have lost money because during the time I was looking to buy the house it was a sellers market, and it had changed to a buyers market. And I wouldn't have been able to just pick up and go when we felt it was time for Frederic and I to be together.

You see, it is all about trust. The Universe was orchestrating all the events for me to meet my ideal man. When we are in a state of detachment, we trust. To be detached from the outcome of a result means that you have to learn to trust. What is trust? **TRUST – To**

Rely Unto Spirit Totally When you know that Spirit will give you what you need – not necessarily what you want (that’s Ego’s job) – then you will learn to do the work that is required to be done and move on. The results will take care of themselves. The timing of how things manifest will come at the perfect time. When we trust, the Universe knows what that perfect timing is, it happens even faster, because we get out of the way. If you stand in the way of the energy creating the outcome, or result, through your lack of trust, insecurity and fearfulness, you put a barrier in the way and block the efficiency of that flow of energy (resistance). By learning to trust, you live in the wisdom of insecurity and uncertainty where there are unlimited opportunities being created in the present moment of now. Remember the Law of Pure Potentiality? Again...see how all the laws work together?

Detachment is another way of saying allowing. It is when you combine your intentions and detach from the outcomes that your desires will manifest.

Like in the example of my house, when we are attached to a certain outcome, we need this thing to happen in order to feel happy and secure. We are looking at circumstances, situation, events and people outside of ourselves as being our Source. Our Source of all good things including happiness and abundance is our higher self, the Pure Potentiality, which is within as well as without.

Detachment comes from having an abundance consciousness, because you trust and know that everything will fall into the perfect place at the perfect time. You know your unlimited potential and that you can be, do and have anything in your life. When we are attached to our intentions being a certain way and we have perfect pictures, we lose the flow of our creativity, and our energy. Attachments are resistance and with resistance the Universe can not deliver our desires to us. The attachment and our perfect pictures interfere with the entire creative process.

The Law of Deliberate Creation, the power of intention, and the Law of Detachment all work together to create our desires. Applying the Law of Detachment to your goals and desires allow you to be flexible and trust when the Universe delivers you something for which you are a vibrational match to, but you didn’t expect. Detachment allows you to stay open to allow the Universe to bring you something even better than you thought possible.

In the example of wanting to sell my house, I had no idea that my man was on his way, or that he lived in a different country. It was only later that I realized why my house didn’t sell when I wanted it to. We can intend all we want, but we also have to allow our desires to manifest. Detachment is the ultimate act of allowing.

When you are in alignment with the Law of Detachment you don't force things to happen, you allow. When you allow you are in vibrational alignment with pure positive energy and things magically flow to you.

When you practice detachment, you realize that there are no problems. In every difficult or challenging time, there is the greatest potential for growth. My spiritual teachers used to say to me when I was going through a growth period and my issues were coming up, "beautiful." I wanted to throw a shoe at them. Now when I'm detached, I understand that times I'm in transition or that are difficult are actually times of breakthroughs and growth.

Detachment for me really is being free. There is no anxiety. Upset feelings do not exist. My wonderful partner, Frederic never gets upset about anything. He is so wonderful, caring, loving, and he has such a sense of peace about him. The reason that he is this way is because he is so detached. This does not mean that he doesn't care, because he cares deeply about what is important to him. Deep within his core he believes that there is always a way for everything to work out. He is a great teacher for me because I can sometimes be very rigid in my mindset about the way things "should" be. I have done a lot of healing on my perfect pictures, but they are still there. Where I release my perfect pictures is practicing detachment. It is when I am in the space of trusting, allowing and detaching from the outcomes in my life, that I feel inner peace and everything flows. This law is about freedom. This law is about relaxing and knowing that every outcome will turn out beautifully if you trust.

Be detached – Let go and let God – and expect a miracle!

EXERCISE: In all the areas in your life, where can you practice detachment? What are you rigidly attached to? Where can you factor in uncertainty in these areas of your life? Which areas do you need to allow and trust in a power greater than yourself?

Financial: _____

Physical: _____

Relationships: _____

Career: _____

Spiritual: _____

To learn more about the Law of Detachment, or to receive coaching, contact Christy Whitman at (610) 883-7345 or email at www.christywhitman.com

Chapter 8

The Law of Polarity

The eighth and final Essential Universal Law is the Law of Polarity. This law states that “Unity is plural at a minimum of two.” In the duality that exists there are two poles, or opposites, of everything. Polarity represents the two extremes of one “thing” which is the same thing. For example, temperature has polarity evidenced by hot at one extreme and cold at the other extreme. The temperature “thing” is the same “thing” and it is evidenced by two poles, or opposites, or extremes – hot and cold. Along this same “thing,” degrees measure the perception of the attitude of the individual to what is considered hot and what is considered cold. Hot and cold mean different things to different people – so does rich and poor, love and hate, good and bad, etc. What is important in understanding the Law of Polarity is the ability to understand the power of transformation. By choosing to change your perception and your resulting attitude, you can shift your perception of someone or something from, say, “bad” to “good.” This becomes your new reality now. By seeking a higher frequency vibration of energy in this transformation process, the previous lower frequency of vibration of energy gets replaced. “Bad” can become “Good,” as an example. With the choice made, the decision implemented automatically involves the Law of Attraction – that which is like unto itself is drawn – depending on the choice made in your responses. You can raise your vibrations and positively change others. It is up to you to make a choice to change your perception and your attitude towards something or someone. Just as it is up to you to create the life you desire.

Another example of the Law of Polarity is the physical and the metaphysical. The physical is what is visible and which we can see, hear, touch, smell, and taste. The metaphysical is that which we feel, such as emotions, feelings, and energy. In order for you to create what you desire you have to have both the physical and metaphysical. The physical part of us needs to take action to make things happen in the Universe, while the metaphysical part of us needs to do the energy work. It is when we combine both the polar opposites that we create what we truly desire.

$$M + M = M$$

Meditation + Movement = Manifestation

This is why most people are frustrated with *The Secret* and there is so much doubt in the teachings. Action in the physical world, as well as the energy work in the metaphysical world needs to take place in order for things to manifest.

Learning to fully understand, comprehend and Master the Law of Polarity is necessary to achieve the sense of joy, satisfaction, contentment, and well-being.

The Law of Polarity was created and exists as a means to enable each of us to explore and experience life to the fullest. A life experience absent of the Law of Polarity would deny you the ability to fully experience your life.

As an example, if what you perceive as bad did not exist, would you know when you were having a good experience? If lack and limitation did not exist would you know what it was like to experience abundance? If failure did not exist would you know what it was like to experience success? If there was no death we could not experience life.

The Law of Polarity contains a full spectrum of possibilities ranging from positive to negative and any number of points in between. By developing this understanding and learning to fully accept and surrender to whatever may show up in your life, you will have made incredible progress in your given ability to mold, shape, and achieve a life experience that you consciously desire to experience. Regardless of how you perceive the events, conditions and circumstances of your life, you can learn to understand that ALL THINGS work together for good.

Regardless of what life experience you may have in your reality right now, you possess the potential, as well as the ability, to experience harmony and fulfillment in each and every area of your life.

The Law of Polarity can teach us that within every perceived problem there exists its solution. Within every perceived failure lies its success.

You learned in, whatever vibration you are sending out through your energy, focus, and attention, whether wanted or unwanted, you attract more of the same back to you. That vibration results in what manifests and is experienced in your life. That predominant focus literally acts as the seed that will produce the harvest. That's where the saying, "You reap what you sow." comes from. In order to manifest and experience the events, conditions and circumstances that you perceive as positive, place your predominant focus on that which is positive.

What is extremely important to understand is that within each experience, regardless of how it may be perceived, is the possibility as well as the ability to experience the opposite. If you are in debt, within that experience lies the ability to experience financial plenty. If you are currently experiencing difficult and un-fulfilling relationships, within that situation lies the possibility of experiencing healthy and harmonious relationships.

It is when we are sick that we want to feel well. It is in the moments of “contrast” that we become clear on what we really want. Once we have that clarity, then we can ask the Universe for what we desire, deliberately create, allow and take action towards our desires. The contrast is realized within every event, condition, situation, or circumstance. For example, it is when you have a partner that is insecure that you realize you desire a partner that is secure. It is when you feel financially strapped that you feel you want to be financially free. The potential and possibility to experience the opposite exists. The only thing that determines the results we see in our lives is the choices we make on how to perceive something. The only determining factor which lies between these two seemingly opposite circumstances is what you believe to be true and what we choose to focus on.

How do you experience and apply the Law of Polarity to attract what you want?

- Learn to accept whatever you may be currently experiencing. When you accept everything as it is, you are in the polar opposite of resistance. We learned about how resistance prevents us from having all that we desire. It is the negative emotions that act as resistance. Resistance happens when we put our focus and attention on what we don't want. When we accept all things for what they are...there is no negative emotion and therefore no resistance. Our desires will manifest with ease and effortlessness. When you have acceptance and can express sincere and heartfelt gratitude for whatever your current experience may be, you will soon find that those things you do not want will fall away.
- Observe the contrast only to get clarity on what you do want. Notice how you become clear about what you like by paying attention to what you don't like. Your contrast can provide you clarity. It is then important to quickly take your focus off of what you don't want (contrast) and redirect it onto what you do want (clarity). During my coaching sessions I take you through a contrast/clarity exercise that will help you use this point to your advantage so you can become really clear about what you do want and create whatever you desire.
- Like all the Universal Laws, you can't change the fact that The Law of Polarity exists. It always has and always will continue to exist. You can't control, deceive, or run away from it. Regardless of your depth of understanding of it or ignorance to it, it will continue to exist and operate with exact and precise certainty. The good news is you can learn how to use it to your advantage. Just as it is important to know that if you walked off the edge of a building, you would fall, it is important to know that contrast can be used to help you create what you desire.

EXERCISE: In all the areas in your life, where can you experience more clarity? Where are you focused on what you don't want? Where can you take the focus and attention off of what you don't want and put it on what you do want?

Financial: _____

Physical: _____

Relationships: _____

Career: _____

Spiritual: _____

To learn more about the Law of Polarity, or to receive coaching, contact
Christy Whitman at (610) 883-7345 or email at www.christywhitman.com

Chapter 9: A Bonus Law!

The Law of Reflection

The Law of Reflection is a very important law and is thrown in as a bonus for you.

The Law of Reflection says that the traits you respond to in others, you recognize in yourself, both positive and negative.

Everything in the Universe is a mirror reflection of YOU. All relationships are a mirror reflection of the relationship with YOU. This includes your relationship with money as well as people in your life. If you have fear or insecurity about money, success, or anyone in your life, then these are reflections of fear and insecurity within your own being. No matter how secure your partner attempts to make you feel, how much money or success you acquire, unless you change your inner feelings of insecurity, you will never feel secure. Have you ever noticed this happens in relationships? The one partner is insecure, and no matter what the other partner says or does, the one partner is never secure and questions the love of the other.

My co-author and I discuss this concept in our book on female competition. Whenever you are experiencing a female competing with you in your life, it is because somewhere within you, you have female competition. It is when you recognize it, release it, and reclaim your own divine self that you will no longer experience this in your life.

I have had many coaching clients that experienced criticism from their bosses, or parents. It is when I coached them on stopping that critical voice inside their own minds that the relationships literally changed.

It is only when develop self-love with your true self, that you release the feelings of fear or insecurity.

This law can be demonstrated in four ways.

First:

That which you admire in others, you recognize as existing within yourself. When you notice wonderful qualities in another person, it is because you too have those qualities. When I look at Frederic and think about how truly amazing he is, it is an opportunity to recognize that I am just as amazing. I would not have been able to attract him into my life (by the Law of Attraction) if I was not as amazing.

EXERCISE: When you admire qualities in a person, what do you admire about them? Own that you too have those qualities! You wouldn't be able to recognize them if you didn't!

Second:

The Law of Reflection is demonstrated by that which you resist and react to strongly in others is sure to be found within yourself. I cover this in depth in *Perfect Pictures*. Do you have those people in your life that push your buttons? No matter what they do, they seem to upset you in some way? A lot of us can relate to this with our parents. When you start to learn and apply the Law of Reflection, it is freeing. You realize when someone upsets you and you resist a quality that they possess, you can then turn back to yourself and realize that in order to change it outside of yourself, you need to change it within.

Third:

The third way that the Law of Reflection is expressed is that which you resist and react to in others is something which you are afraid exists within you. This is the scary part. When we observe this type of quality in another person and have an emotional reaction to it, we certainly don't want to look at it. I know I used to hate it when my dad would express his anger. It wasn't until I learned this law that I realized that I too had anger issues. But the good news was that once I became aware of it in myself, I was able to change it. Now when I get angry I have a healthy way of expressing it, instead of blowing up and upsetting and alienating everyone around me. Because I applied the Law of Reflection in my own life, I can gain clarity and change what I am afraid exists.

Fourth:

The Law of Reflection manifests in that which you resist in yourself, you will dislike in others. It is all about self-love. When you realize that you dislike a quality in another person, point the finger back to yourself and that is a great indication of where we need to develop self-love and self-acceptance.

The Law of Reflection is a great way to rise above the effect of fear. Those fears will always be reflected in your reactions to others. Once you recognize that everything is a mirror reflection of you and your inner world, you can recognize them and change them. As you let go of the fear, you automatically open yourself to express more unconditional love for yourself and others.

Our emotions are a gift from our higher self to let us know how we are feeling in each moment. It is our guidance system. How are you feeling? Remember feelings are the language of the Soul and the Soul always stands in its integrity. So how are you really feeling about yourself? Want a clue? What reflections of other people and other things are affecting you? When something irritates you about a person, situation, or circumstance, identify what is really irritating you. Now look deep inside yourself and identify that irritation inside of you.

Conversely, when you are with someone who makes you feel positive emotions, or you are happy doing an activity, or you see an object you really admire, look deep inside yourself to see what it mirrors to you that you like about yourself. The reflection that you have identified you cannot change in the other person or object. You must change it, if it irritates you, inside of you. If it pleases you, you must enhance it inside of you. You cannot change anyone else – only you. When you look in a mirror and your hair needs brushing, do you brush the hair on your head or the hair in the mirror? Everything is a reflection if you open your eyes to empowering yourself at Soul level. Look for the reflections and see what they teach you about you. By wanting to expand your consciousness and choosing to expand your spiritual growth, see the reflections as your continual growth opportunities – see these reflections as fascinating, exciting openings to become Who You Really Are as you strive to remember you are a part of Source.

The Truth and the Law

1. Your outer world of form and experience is a reflection of your inner world of thoughts and feelings. As above, so below. As within, so without. That is the Law.
2. The greater your awareness of the Presence of God within you, the more that Presence fills your consciousness. That is the Law.
3. The deeper your understanding of Spirit as the Source, Substance and Activity of your supply, the more permanently that Truth will be etched in your consciousness. That is the Law.
4. It is your spiritual consciousness – your Knowledge of the Presence of God within you as total and complete fulfillment – that interprets itself as every form or experience in your world. That is the Law.

EXERCISE: In all the areas in your life, where can you practice the Law of Reflection? What qualities do you admire in yourself and others? Where can you factor in uncertainty in these areas of your life? Who pushes your buttons and what do they do that push those buttons? What qualities are you afraid to look at within yourself?

Financial: _____

Physical: _____

Relationships: _____

Career: _____

Spiritual: _____

To learn more about the Law of Reflection, or to receive coaching, contact
Christy Whitman at (610) 883-7345 or email at www.christywhitman.com