

ALL
UNIVERSAL LAWS
AND PRINCIPLES
GOVERNING LIFE



Compiled
By
Niall Nicholson

This book is dedicated to the
Benefit of
All Sentient
Beings, so
That everyone
Who reads this
Book shall find
Some measure of
Peace.

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Published in the United State

ISBN No.

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Chapter One

Universal Laws



1. The Law of Divine Oneness:

The Law of Divine Oneness helps us to understand that we live in a world where everything is connected to everything else. Everything we do, say, think and believe affects others and the universe around us.



2. The Law of Vibration:

This Universal Law states that everything in the Universe moves, vibrates, and travels in circular patterns. The same principles of vibration in the physical world apply to our thoughts, feelings, desires, and wills in the Etheric world. Each sound, thing, and even thought has its own vibrational frequency, unique unto itself.



3. The Law of Action:

The Law of Action must be applied in order for us to manifest things on earth. Therefore, we must engage in actions that support our thoughts, dreams, emotions and words.



4. The Law of Correspondence:

This Universal Law states that the principles or laws of physics that explain the physical world – energy, Light, vibration, and motion – have their corresponding principles in the etheric or universe. "As above, so below."



5. The Law of Cause and Effect:

This Universal Law states that nothing happens by chance or outside the Universal Laws. Every action has a reaction or consequence and we "reap what we have sown."



6. The Law of Compensation:

This Universal Law is the Law of Cause and Effect applied to blessings and abundance that are provided for us. The visible effects of our deeds are given to us in gifts, money, inheritances, friendships, and blessings.



7. The Law of Attraction:

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. Negative energies attract negative energies and positive energies attract positive energies.



8. The Law of Perpetual Transmutation of Energy:

This Universal Law states that all persons have within them the power to alter the conditions in their lives. Higher vibrations consume and transform lower ones; thus, each of us can transmute the energies in our

lives by understanding the *Universal Laws* and applying the principles in such a way as to effect change.



9. The Law of Relativity:

This *Universal Law* states that each person will receive a series of challenges (*Tests of Initiation*) for the purpose of strengthening the *Light* within. We must consider each of these tests to be a call to action, and remain connected to our hearts when proceeding to solve the problems. This law also teaches us to compare our problems to anothers, and put everything into its proper perspective. No matter how bad we perceive our situation to be, there is always someone who is in a worse position. It is all relative.



10. The Law of Polarity:

This *Universal Law* states that everything is on a continuum and has an opposite. We can suppress and transform undesirable thoughts by concentrating on the opposite pole. It is the law of mental vibrations.



11. The Law of Rhythm:

This Universal Law states that everything vibrates and moves to certain rhythms. These rhythms establish seasons, cycles, stages of development, and patterns. Each cycle reflects the regularity of God's universe. Masters know how to rise above negative parts of a cycle by never getting too excited or allowing negative energies to penetrate their consciousness.



12. The Law of Gender:

This Universal Law states that everything has its masculine (yang) and feminine (yin) principles, and that these are the basis for all creation. The spiritual Initiate must balance the masculine and feminine energies within herself or himself to become a Master and a true co-creator with the Gods.

Chapter Two

What You Need to Keep in Mind



1. Love Is The Law Of Life: All love is expansion, all selfishness is contraction. Love is therefore the only law of life. He who loves lives, he who is selfish is dying. Therefore, love for love's sake, because it is law of life, just as you breathe to live.



2. It's Your Outlook That Matters: It is our own mental attitude, which makes the world what it is for us. Our thoughts make things beautiful, our thoughts make things ugly. The whole world is in our own minds. Learn to see things in the proper light.



3. Life is Beautiful: First, believe in this world - that there is meaning behind everything. Everything in the world is good, is holy and beautiful. If you see something evil, think that you do not understand it in the

right light. Throw the burden on yourselves!



4. It's The Way You Feel: Feel like Christ and you will be a Christ; feel like Buddha and you will be a Buddha. It is feeling that is the life, the strength, the vitality, without which no amount of intellectual activity can reach God.



5. Set Yourself Free: The moment I have realized God sitting in the temple of every human body, the moment I stand in reverence before every human being and see God in him - that moment I am free from bondage, everything that binds vanishes, and I am free.



6. Don't Play The Blame Game: Condemn none: if you can stretch out a helping hand, do so. If you cannot, fold your hands, bless your brothers, and let them go their own way.



7. Help Others: If money helps a man to do good to others, it is of some value; but if not, and it is ill gotten gains, then the sooner its

energy is transmuted , the better.



8. **Uphold Your Ideals:** Our duty is to encourage every one in his struggle to live up to his own highest ideal, and strive at the same time to make the ideal as near as possible to the Truth.



9. **Listen To Your Soul:** You have to grow from the inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul.



10. **Be Yourself:** The greatest religion is to be true to your own nature. Have faith in yourselves!



11. **Nothing Is Impossible:** Never think there is anything impossible for the soul. It is the greatest heresy to think so. If there is sin, this is the only sin - to say that you are weak, or others are weak.



12. **You Have The Power:** All the powers in the universe are already ours.

It is we who have put our hands before our eyes and cry that it is dark.



13. **Learn Everyday:** The goal of mankind is knowledge... now this knowledge is inherent in man. No knowledge comes from outside: it is all inside. What we say a man 'knows', should, in strict psychological language, be what he 'discovers' or 'unveils'; what man 'learns' is really what he discovers by taking the cover off his own soul, which is a mine of infinite knowledge.



14. **Be Truthful:** Everything can be sacrificed for truth, but truth cannot be sacrificed for anything.



15. **Think Different:** All differences in this world are of degree, and not of kind, because oneness is the secret of everything.

Chapter Three

ANOTHER PERSPECTIVE ON THE LAWS OF THE UNIVERSE



Every time we focus on something we are calling it towards us. With our thoughts and beliefs, we invite people, situations and material things into our life. Often we can use our energy in resistance. Many invoke this law without being aware of doing it.



Your conscious mind can discriminate between a negative and a positive instruction but your unconscious mind cannot tell the difference. The following words invoke this law: don't, can't, wont or not. You become what you resist.

Whatever you resist persists in your life and uses up your energy in struggle. **Never resist failure or poverty. Instead attract success and wealth. Always embrace the positive rather than resist the negative. Releasing control frees energy.**



One positive way of transforming negative thoughts is to write them down and then burn the piece of paper.

Then write down what you do want so as to attract that into your life instead. If you are in conflict you stay stuck.



If someone is blaming another for what is happening in his own life, he is a victim who is resisting taking responsibility for what he has created. Anything that you are resisting has a message for you. If you have recurring patterns of failure constantly picture yourself succeeding. Quit resisting. Decide what you do want in life and start to send out magnetic, excited, Enthusiastic energies to draw the positive to you. What you resist persists in your life and drains you of energy. Embrace what you do want and feel alive.



LAW OF ATTRACTION

You have drawn towards you everything and everyone who is in your life.

You send out into the ether the story of your patterns, emotional energy, mindsets, and denials, likes and dislikes. People who do not

resonate on our frequency simply are not attracted to us. The vibration you emit is made up of your conscious and unconscious energy, some magnetic, some repellent and some neutral. Like attracts like. Qualities such as love, kindness, delight or generosity transmit a high frequency and magnetize people with similar energy. The universe provides mirrors for us to look into. Our underlying beliefs attract people and situations to us. If you think negative thoughts you attract negative people and situations to you. Whenever something is not materializing, as you would like it, examine your underlying feelings and change them. The inner attracts the outer. If something in your outer world is not what you want it to be, look inside and shift how you feel about Yourself. You will automatically attract different people and experiences to you. Remind yourself of your good qualities. Send out positive light and wait for a miracle to be drawn towards you. You are a magnet: you attract like to you.



THE LAW OF REQUEST

Under spiritual law, if you want help, you must ask for it. It is better to help another only when they ask you for help.

If you feel you want to help someone else without their permission then you need to look at the part within yourself that feels the need to

rescue them. A being of Light never interferes with your life. But they will save you from an accident or death if it is not your karma. They will also see you make mistakes so you can learn and grow. There are times when you may wish to ask for help. This is done calmly and with strength.

As soon as you are ready to ask for help you are ready to receive it. You are ready to accept the wisdom that goes with it. Then the higher powers will align themselves to help you.

The person who is steadfastly walking the spiritual path goes within to look for answers. As soon as you are ready to know something the teacher will appear to provide it. When you are ready to formulate the question, you are ready to receive the answer. When you need help first quiet and center yourself. Meditate on what you really want and find clarity about it.

Then request help to your spiritual helpers. The answer lies in the question. The more clarity you have in your question, the fuller the help you will receive. They will always help you. The universe is waiting to help you. All you have to do is ask.



AS WITHIN SO WITHOUT

Earth is a place of learning where our lessons are presented to us by making our outside world an exact reflection of our inner world. If you feel secure, loved, safe and happy inside you will have secure, safe and happy people in your life. If you feel angry, self-critical or feel

rejected deep inside, you will have people who get angry at you, or put you down or who abandon you. The universe rearranges itself to reflect your reality. Literally as within so without.

Your body is a mirror of your deep, often unconscious, inner feelings. The left side of our body reflects our attitude to women and the past. The right side reflects our attitude to men and the future. The words we choose to use also reflect the condition of our bodies. So if you have a 'pain in the neck', who is being a 'pain in the neck' in your life. If you say or think it enough times, you will get a 'pain in the neck'. The kind of car we own is a deep inner reflection of who we are. Like wise, our home and our pets reflect our inner qualities. The higher beings who watch over us cause the material objects in our life to alter according to our inner state. So if we want to change something in our lives then we need to alter our beliefs and attitudes in order for our outer world to change. **The universe rearranges itself to bring you what you believe.**



AS ABOVE SO BELOW

This is the first Law of the Universe. On Earth as it is in heaven. The Universe loves you and holds a vision of your future as an enlightened person no matter what mistakes you are making on Earth. God does not judge you, only encourages. You have free will to make your own choices in life. God will not force you to do his will. he Universe waits without judgment as we experience and learn. When we are ready it opens new doors. God wants us to be happy, fulfilled, prosperous and healthy.

Chapter Four

'Universal Principles'



1. Energy

The basic component of the Universe, energy, occurs in either materialized or unmaterialized form. All that we see and feel is an expression of energy.

Energy is synonymous with love. When we resist the flow of energy, or love, we experience discomfort. When we align with the energy flowing around us, we feel joyful and at peace.



2. Infinite Intelligence, or God

Within all energy is an intelligence that is infinite, eternal and purposeful. This Infinite Intelligence, which we sometimes refer to as

God, or simply love, is the source of all creative expression and the essential power in the Universe.
The way we view our Infinite Intelligence, or God, is precisely the way we experience life.



3. Oneness

Since the essence of everything is pure loving energy, in the truest sense, we are **One**. When we feel our connection to our **Oneness**, we feel the power of who we really are.

Our **Oneness**, love, is indivisible. Whenever we attempt to withhold love from anyone, we withhold love from everyone, including ourselves.



4. There Is Nothing Outside Of Us

In order to have our human experiences, we created the apparent reality that we are living outside the **Oneness**; that there are things and people that can affect us without our consent.

The truth is that there is nothing outside of us; all that we see is our

Self.



5. Perfection

Our Oneness is perfect and expresses this perfection as unconditional love and support. Whatever unfolds is God happening. When we see other than unconditional love unfolding, we are not seeing clearly. We create unclarity to have the experiences that we came into the human form to have.

When we are ready to see with greater clarity, we embrace whatever is before us in unconditional love, trusting that the Universe, in Its constant expression of unconditional love, is sending us the perfect support. With practice, our clarity grows, along with our appreciation for the unconditional love and support that is always present.



6. Beliefs

Under the guidance of our Souls, we intentionally adopt the beliefs we hold in order to provide ourselves with the precise experiences we are

having. These beliefs help us hide our power so that our journey as humans can unfold as we planned before we entered this realm.

The urge to explore life as a human beyond the limitations of these beliefs is a signal that our Soul Selves are looking to guide us in finding and reclaiming the power we had previously hidden, and to awaken us to the truth of who we really are.



7. Intuition, feelings and Power

Our Infinite Intelligence communicates to us through our intuition, which we access through our feelings. The more willing we are to feel our feelings, the more able we are to connect with the power that resides in them.

The true power in the Universe is a totally peaceful power.



8. Mutual Support

Our Universe functions as a mutual support system in which each and every thing in existence relates to and affects every other thing. Every person and circumstance in our lives is there to support us by reflecting

back to us the present state of our consciousness.

The prevalent belief that we are naturally competitive and adversarial is just a mirroring back to us of our acceptance of that belief. The more we look for the support that is present in each event and circumstance in our lives, the more we appreciate how perfect the Universe's support for us truly is.



9. The Mirror Principle

Everything that we see and feel is a reflection of the state of our own consciousness. Every person we attract into our lives is showing us a perception we hold about ourselves. Every feeling expressed by another mirrors a feeling deep within us.

This reflection is a gift, for it allows us to be aware of the beliefs we hold, and the power that we have hidden in them.



10. Nonjudgment

We have been carefully taught to evaluate and judge much of what we experience. However, right and wrong, good and bad are just beliefs,

places where we have hidden a lot of our power.

The truth is that everything that occurs is just another event or circumstance. Judging something keeps whatever we judge the way we judge it. Also, judging anyone or anything tells us that we are judging ourselves in the same way.

Judging creates discomfort within us that can only be relieved by opening our hearts, first to the judgment and then to the person or thing we have judged. Expanding this openhearted energy leads to the joyful feeling of unconditional love for ourselves as the wholeness and completeness of who we really are.



11. Purpose

Our Soul knows our purpose for this lifetime and initially supports us by helping us hide our power and our knowing so that we may have the experiences we came here to have. When we are ready to reconnect with infinite intelligence, our Soul supports us in uncovering our power and our knowing. We are always on purpose, and we are always perfect support for experiencing and expressing ourselves in accordance with our purpose.



12. Comfort and Discomfort

Our bodies are magnificent instruments that we create to support us in having the experiences we come to the human form to have. Our bodies are created and maintained in consciousness. They mirror the state of our consciousness, which includes the collective consciousness beliefs in how to look, act, age and die.

Unencumbered by our beliefs, our consciousness is unlimited, as are our bodies. The natural state of our consciousness is perfect ease, as is the natural state of our bodies. The limited beliefs we have about our bodies are there to love and embrace just the way they are. This opens the energy held in the beliefs as it opens the energy in our bodies from that of dis-ease to ease.



13. Abundance

Abundance is our natural state. Everything we experience is part of the abundance. When limitation appears, we are seeing a reflection of our beliefs in limitation. Opening these beliefs provides us with a clearer view of our abundance.



14. Giving and Receiving

Giving and receiving always occurs in balance. It is important to receive gratefully, as it is to give voluntarily, generously, and with no expectations. Our willingness to keep the energy flowing in and out of our lives supports the energy in expanding.

The corollary to the principle of giving and receiving is that we give only to ourselves. Since we are all One, when we are giving to another, we are giving to ourselves.



15. Nonattachment and Freedom

Our perceived need to hold on to anything or anyone demonstrates our belief in shortage and personal incompleteness. Holding on to anything - people or possessions -- blocks the flow of energy around our experience with the person or object and reduces the joy of the experience. It also inhibits new people and new things from coming into our lives.

As we open our hearts and expand our trust in the natural abundance of the Universe, we give ourselves and everyone else the gift of freedom.



16. Expressing Who We Really Are

Each of us has one or more talents we love to express. When we are fully and freely expressing who we really are, we feel joyful and fulfilled.

Since how we see and feel about ourselves is how we see and feel about other people, feeling more love for ourselves is the most mutually supportive focus we can have



17. Means and Ends

Means and ends are the same. The action and out come are one.

To enjoy a life that works perfectly, we see and feel the perfection of everything and everyone, including ourselves. To experience the natural abundance of the Universe, we feel and express gratitude for everything just the way it is.



18. Harmony in Relationships

Every relationship in our lives reflects our relationship with ourselves. Every person we attract is there to support us in opening our hearts and reclaiming our power.

When we feel love for ourselves, and the perfection of ourselves, just the way we are, we attract loving and harmonious relationships with other people.



19. The Universe Handles the Details

Taking care of the details of our lives is generally considered a rational-mind activity. However, when our rational minds are active, we shut out our Infinite Intelligence, which has the capacity to handle the details in ways that are vastly more supportive of us and everyone else.

As we learn to relinquish our rational thinking and surrender to our intuition -- our connection to Infinite Intelligence -- we discover how easily, effortlessly and spontaneously events unfold for us.

And because there is one Universe and in it the universal nature of oneness, there is one set of laws and principles governing all life in it. So it follows that there also must be one truth.. In the next chapter we will take a look at that truth.

Chapter five



Universality of Truth

There are billions of people living on this planet earth, and probably trillions more living in other regions of the universe or in other universes. There are millions and millions of differing opinions, ideas, experiences, and so forth. Is there anything that is common to everyone, irrespective of their personal experience or different ideas?



Some people hypothesize that there is no common basis of understanding or experience, and that basically everything is made up according to ones own like or dislikes. They say that everything is a matter of personal preference. Some people say the Truth is just what we make it up to be, and that just as beauty is in the eyes of the beholder so also is truth in the eyes of the beholder.

This form of thinking is rooted in individuality, and is not uncommon in a culture that bases itself on the ideal of rugged individualism. Each of us is, after all, unique and one of a kind. One who contemplates deeply on

this uniqueness of the self, comes to realize that there is a world of difference between being unique and being individualistic. A unique person is truly one of a kind, whereas an individualistic person is quite common and ordinary. Individuality is the quality of ego, whereas uniqueness is an inherent quality of the soul-self, the pure consciousness.



Ego is the false identification of the conscious self with the mind and body. The soul-self, or pure consciousness, is consciousness devoid of ego expression. When we are really not in our ego, we experience directly the beauty of life, and that experience is always unique, it is always ever-new, and it is not possible to copy that experience in the memory or find a substitute for it. On the other hand, when we are in our ego we intuitively know that our experience is limited, and the mind and ego then react by attempting to cover up our lack. Ego reacts by asserting itself and claims dominion over the mind, which it uses to manufacture images to prop itself up. Ego-individualistic-self-confidence is a very poor substitute for the soul confidence (aatam-vishwas) inherent in the state of pure awareness (aatam-stiti). In fact, it is no substitute at all, because there is no substitute for the state of imageless awareness, the state of pure consciousness.

By its very nature, ego does not let us experience the universality of Truth, because to do so would negate the existence of ego. But of course, ego wants to believe it knows everything, so it creates its own

Truth, because to know the Truth makes the ego feel important and powerful, even though the truth it knows is not the Truth at all but only its own images. This is why ego holds onto its images, including its images of universality.



There are many, many religious preachers, pundits, prophets, and profiteers but very, very few real teachers and tellers of Truth. No one can really tell you the Truth unless you are ready to hear it, which means no one can teach you the Truth unless you are ready to learn it. Emotional maturity and the desire to learn are both prerequisites.

We become emotionally mature when we begin to realize that the whole world does not revolve around us. The less self-involved we are, the more fit we become for self-realization. Every insight we have into the real nature of our being increases our desire to learn more. The time comes when our desire for Self Knowledge outweighs all other desires. Eventually we are ready to hear the Truth from the lips of a True Teacher.



The Truth-teacher is a facilitator and not a dictator. He or she simply facilitates the truth-seeker in the search for Truth. A true Guide will

guide you to look within your own self and discover by direct perception your own True Self.

It is not possible to see clearly if our perception is clouded by our misconceptions, images, and false knowledge. As long as we are holding onto our ego we will remain confused and unhappy. We need to drop our ego by letting go of our images and begin with a clean slate. As the Zen meditation says, We need to empty the picture filled with mud and water, so that the fresh water can be poured into it. We need to empty our mind of all our preconceived notions of Truth in order to learn the Truth from within. When we drop our ego and images we become simple, humble, human beings, who are eager and earnest to get to the bottom of the matter and experience the Truth directly.



Everyone who has had a taste of divine bliss, a taste of Truth, knows without any doubt that is absolutely real and far beyond the realm of mind, intellect, and ego. Everyone who has had an insight into the Nature of Truth, knows unequivocally that this Truth is Universal and has nothing at all to do with individuality, morbidity, mortality, and immorality.

People who are individualistic, people who are depressed and morbid, people who are dying everyday in selfishness, and people who are living immoral, fiendish, degrading lives do not know the real meaning of this

beautiful human life. They remain asleep in Ignorance and continue to suffer in the duality of their nightmares and fantasies until they awaken to the still small voice within, the whisper of their own soul beckoning them to return home to their True Self, to reclaim their inheritance of Supreme Ecstasy and Divine Love.



Truth is not in the eyes of the beholder but in the eyes of the True Beloved. When we look into the eyes of the true Love of our Life (that is, when we have the perception of the vision of Eternity), we forget our own small self and experience directly the Supreme, Divine, Universal Truth.

Additional Books By the Author

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