

30 Universal Principles which can be used once the coherence exercise is done:

Why do we need universal principles?

Humans are here to learn lessons and master these lessons to progress towards enlightenment. What is enlightenment you might ask? My best definition of enlightenment is simply, "I am therefore you are" more detail on this? Well, according to quantum mechanics, the entire world outside of ourselves is a reflection of the world within ourselves. Too much to digest? I agree, it was for me too at first, but then when I started using a journal which helped my map what at first seemed like coincidences, but then I realized that they were actually synchronicities. I.e. the universe had synchronised these events according to the resonance / vibration I had put out there.

This then lead me to wanting to be more in control of my destiny and future. By the way, control needs to be redefined as rather being aware of what works and what does not work with universal principles rather than thinking from an ego and lineal point of view. I will explain this in more detail later.

Principle of attraction:

That whichever we give attention and thought to, we begin to invite into our lives, whether we consciously want it or not. We unconsciously transmit our energy into the universe. We are magnets of our emotions and thoughts. We can send out unconscious resonance of bad or good, as the unconscious cannot differentiate with either. This was literally mind blowing for me, as no-one had ever explained this to me at school or at any other level of my education. We are taught in a black and white, yin yang, yes or no format, therefore this is not necessarily a logical thought process, particularly if our belief structures are so strong and tell us what is right or wrong.

However, as we live on a planet which is in dire need of more goodness and less badness (without judgement or pointing any fingers of course), it is up to each and every individual to decide what kind of life they would like to live. If you are wanting a life filled with happiness and laughter, then find the resonance to provide this outer reflection in the world from your inner self. How to do this, you may ask if your day is not going as well as you might like? Again, change your vibratory energy by focusing on a moment in time when you felt happy, blissful and content. This could be any moment, such as watching a sunset or experiencing the birth of a child or simply taking your dog for a walk.

What I really love about this, is that all hell can be breaking loose around you and you will feel complete inner peace and calm. Sound impossible? Well try it next time you feel like your environment is chaotic.

I will include this Rexercise in a separate section called "obtaining peace in chaos with heart resonance"

Principle of request

No-one may interfere in your life unless you ask them for it, it's that simple. We all know how it feels to have an interfering busy body in our lives and therefore the universe honours this law by not interfering with us unless we specifically ask for it. Be clear and concise and also don't expect it in any format as this expectation may also put blinkers on you and you won't then notice the solution being provided. Expectation often comes from our belief structures and programming, therefore, in order to receive a solution, we need to free our minds/ourselves as much as possible and rather operate from our hearts (this is covered in the heart coherence Rexercise)

Principle of resistance

Our thoughts and beliefs are like the programme of a computer. When we focus on something whether consciously or unconsciously, we are calling it towards us. Remember, the unconscious mind cannot differentiate between right or wrong, therefore if you say something like, "I don't want to be poor" the unconscious mind only hears a poverty statement. This explains why when people focus on financial becoming debt free, the cycle often perpetuates itself. Please also realize that the unconscious mind only hears the present tense, therefore the most powerful statement you can make is something like, "I am financially abundant" See, there is no chance of being mistaken here using a positive present tense affirmation. This took me years to learn and understand.

Resistance is a great way of actually "seeing" where your stuck beliefs are, especially if similar patterns and cycles keep emerging.

That which you resist, persists.

Principle of Reflection

That in the outer world is a mirror reflection and reflecting back to you aspects of yourself. If you own a certain brand of vehicle, have you noticed how you see more of those vehicles on the road? That's simply because that vehicle is in your consciousness more than the others.

So, when someone gives you a tough time or another person gives you a compliment unexpectedly, those are all reflections of your inner self reflected in the outer world, as you are the one who has recognised them.

I suppose the best way and potentially the hardest way to use this law, is to be completely honest and objective with yourself, by saying, "Ok, so Jim said something nasty to me and I feel really terrible inside - where does that come from and how can I learn and sort this out"

I can tell you from experience that once you have dealt with an emotional issue, it never comes back in the same form again and it feels great to have dealt with it.

Principle of projection

The easiest way to understand and relate to this principle, is kind of how I am typing it here. I am relating to my experience and possibly projecting it onto you rather than simply asking, "so how do you feel about this" - which I suppose is more difficult when writing a book and the person is not necessarily in front of you.

Ever noticed how having a bad day affects others around you and suddenly everyone is having a bad day. It's kind of like that.

The best advice I received from my mother was, "surround yourself with people you aspire towards"

Principle of attachment

Anything in this world and/or universe is achievable and you can have, but if you have based your self-worth on it, then you are attached to it. This is very difficult as we may have grown up with people telling us (more like programming us) if you do that, then this will be your reward. If you win the race then you will be the best. Have you ever noticed how short lived the feeling of success is? Have you ever failed and not achieved your desired result

and felt that feeling? Perhaps it was a partner in your life who you "expected" to be a certain way and there was always disappointment as they failed to meet your expectation? It does not feel very nice does it?

I've found that the best way to deal with is kind of feeling, is to understand it for just what it is and send it on its way. Be thankful for it being brought to your attention and then release it.

I'm sure you will feel a lot lighter and more freedom afterwards.

Principle of attention

Ever heard the saying, "where attention goes energy flows"? If you want a life of fear, heartache or poverty, then focus your attention on these feelings. But who wants that right? Yet, it seems like we all really struggle with these things. The easiest way I normally deal with these, is by using the heart coherence technique (see heart coherence technique) and change the negative into a positive. You do need to catch yourself in the moment though to do this.

The only thing holding any person back are doubts and fears - it's that simple. The most important thing to be aware of in each moment of the day, are signs from the universe (I call these bread crumbs). If certain things trigger fears or doubts, then say thank you universe, as this is clearly stuff which needs to be worked on using the heart coherence technique.

Once these doubts and fears have been worked through and you have dismissed them properly, they will never return.

Principle of flow

Going with the flow has more truth than many people realise. However, in order to go with the flow, there needs to be the capacity to handle this. In other words, if there are old belief structures blocking your way forward which you have become aware of by simply being aware and objective with yourself, then you need to let go of those first before there is room for anything new. Every tried filling a glass of water which is full with more water? It is impossible right? It's the same principle.

It is also important to follow our intuition, as this will tell us guide us to what is ego and what is higher self.

Principle of abundance

Abundance can flow very easily, if we allow it to. Our belief structures are normally our main blocks to abundance, hence it is very important to be aware of our beliefs in the moment that they happen. A good example would be asking someone for their help. Often people feel that the simple act of asking someone else for anything can bring up belief of self-worth. What would they think of me for asking them for that or how can I ask them for something of such great value? What's the worst thing that could happen? They could say no? Wow, that would definitely jeopardize our ego's right? But if the ego is not who we are and we are connected to everything in the universe, then theoretically, we are simply blocking ourselves from what we really want.

Our perception of the world around us is built on our belief structures, therefore if we change our belief structures towards that which we do want then our perception of the world changes and when our perception of the world changes, so does the world itself.

Principle of clarity

Clarity is incredibly important not only for the world around you, but for yourself. The simpler and clearer one can be, the easier and faster things can manifest. Kind of like the polarity of a person being indecisive with either yes or no. When a person is indecisive, it creates indecision and therefore blocks a smooth flow of manifestation.

Some people might say, " I don't have clarity on the situation and therefore how can I be clear?"

Sometimes the answer is not necessarily what we want to hear, therefore the easiest way to tap into what needs to happen next, is to do something you love or use the heart coherence method, as described in my foundation course material - it is scientifically proven that when we are in the zone of what we love, we gain clarity - the answer simply, "feels right".

P.s. It is also important to remember that sometimes some movement forward is better than no movement forward (in other words, stagnation) - the universe will always guide us back on track)

Fatigue is an exception to the rule when trying to make decisions. We are energetic conductors and receivers of information. If our lack of clarity is due to fatigue, then the best thing to do is rest and take time out first before making any decisions.

Exercise is extremely important to keep the balance between body and mind. Therefore exercise will most definitely help in getting the blood flowing and the energy going.

Principle of intention

When your intentions align for the highest good, i.e. of higher vibration rather than lower vibration, then the universe will back you 100%.

The trick is to maintain your focus, keep your awareness open to potentials along the way and stay positive despite any challenges along the way. (Again the heart coherence method will help massively here)

Principle of prosperity

Lower vibrations will negatively impact on prosperity. If you believe that you don't deserve something, then you won't be attracting it to you. Ever wondered about people with lots of money who don't share? Well, those who understand the balance of life understand that money is simply an energy and therefore needs to flow. If a person tries to hold onto money, then the universe receives a vibration that you have enough and don't need more. Therefore it is important to invest money back into circulation which then provides the flow of it in terms of the principle of prosperity and Enables the universe to then provide more. Let's also remember that we are all on the same planet together and that we all support each other in one form or another at the end of the day.

Please remember how powerful words and thoughts are. When we align our words with our thoughts, the vibration in the universe is amplified. Therefore doing meditations and much work on attracting abundance and then when a friend in passing asks you how it is all going and you say, "still struggling along" what do you think the message to the universe is? It will be the balance

between struggling and abundance, therefore you would more than likely find that nothing will happen. At which point you then throw up your hands and say, " you see, I told you so, nothing is happening!"

Principle of manifestation

Every single thing we created on our planet started with a thought, then a word of instruction and then a deed of action.

Again, the key to manifesting something you would like into your life, is clarity. The journey is always an internal one before it becomes an external one. What you would like in your life needs to feel right with you first, then the vibrational frequency is tuned in and things speed up on the manifesting front.

Some quick and easy steps to follow:

- * Gain clarity in thought of what you desire
- * Using the heart coherence method see yourself enjoying your manifestation
- * Align your words and thoughts towards your manifestation in conversation with others
- * It is important to action movement towards your manifestation
- * Take cognizance of your environment and any synchronicities towards your manifestation
- * Act in the moment on the synchronicity to stay in the flow

Principle of success

Often success is associated with financial abundance. However, success is actually correctly defined by when our vibration matches the desired outcome. This makes it easier to celebrate success, as we have successes all the time albeit small. Please remember many small successes = BIG success
By celebrating many small successes we also avoid the negative feeling/vibration of not achieving one big success, which in turn helps us again towards our goal of achieving our BIG success.

People who are passionate about what they do will attract success, as they are aligned with their higher selves. Sometimes there is no logic in success, as a person who falls in love with another person sometimes does illogical things when in love, but they are still in love and feel good.

A powerful present tense affirmation for success (especially after a heart coherence reexercise)

I am successful in.... (what you are wanting to be successful in)

Please remember that it is against the universal principle of free will to try and get others to do things which they have not consented to, in order to achieve your success.

Principle of responsibility

Whenever we are challenged with any given situation, it is up to us as to how we respond to the challenge. If we are left not feeling right or feel that we did not handle a particular situation in the correct manner, then don't worry, the universe can provide you another opportunity to rectify the situation.

It is important to realise though, that in order to face responsibilities in a manner which honours all parties concerned (including yourself), you need to take care of our emotional and physical needs first. You have heard the saying, "healthy body is a healthy mind." this is so true.

With proper understanding of responsibility, we then realise that we can't go around blaming others in the world for our circumstances and how we feel about the world. We are the ones responsible for our own world.

Higher understanding leads to graceful handling of situations which honours not only others around us, but ourselves.

Principle of discernment

When an important decision comes our way, it is important to check in with ourselves and ask ourselves how we feel about it.

Once something feels right, then it helps us make the right decision for ourselves and therefore our world around us.

Principle of affirmation

Possibly one of the most powerful facts for me about the unconscious mind, is that it does not know the difference between wrong and right. Therefore when we affirm something in our minds (hopefully not aloud as it becomes more powerful) about us not being good enough or being a failure, then our unconscious mind is listening and the vibration of the universe takes us in that direction.

The universe arranges itself in the direction of what you believe. I suppose you could call the universe and the unconscious mind one and the same thing, as we are all ultimately connected anyway.

Visualization techniques are extremely powerful when linked to affirmations. Please make sure that whenever performing any visualization technique or affirmation, to use the heart coherence method from our foundation course, as this really takes everything a quantum level and speeds everything up.

If you have thoughts and feelings which don't feel nice and concern you (we all do), then simply allow them to pass through and don't hold onto them.

Eventually, it gets easier with time to hold the thoughts you would like rather than the ones you don't.

Please remember that affirmations can only really work in the present tense, as the unconscious mind does not hear the future or the past.

E.g. I am happy / is massively more powerful than, I want to be happy. The latter will actually create more wanting of happiness.

Principle of prayer

Although every thought or action or anything we do is a form of prayer, people like to still have a form of prayer.

It is important, when we realise that prayer is happening all the time, albeit in a different form, that we are consciously aware of what we are asking for.

When we are focused towards a higher vibrational frequency rather than a lower one, then with some faith mixed into the recipe, we can be rest assured our prayers have been heard and will be answered.

An important aspect of prayer though, is detachment. After all, the farmer only plants the seed but does not force it to grow. There are other forces at play to get the plant to grow. When ordering food from a waiter, we don't ask for it every minute! Hence detaching and allowing the divine forces / universal forces to carry the momentum further.

Principle of faith

Faith is what brings us miracles. The masters of the world all had such tremendous faith that they were able to activate their DNA to perform all kinds of miracles witnessed by many.

Doubt is the killer of faith. If doubt enters your mind, simply don't hold onto it and use the heart coherence method, should you need to get your vibration higher.

Faith is confidence in yourself. If you are struggling with confidence, then build it slowly one step at a time with small successes, as discussed with the universal principle on success.

Principle of unity

Understanding that every person and everything is atomically connected. This prevents judgement for if you judge another person, you are actually judging yourself - hence all healing starts within

We also then look for the commonality within people to connect with each other, which then has massive ripple effects, such as a better understanding of others and how to handle difficult situations

Unity is not only used to understand humans but also animals, plants and everything else which exists on the planet.

Studies have been conducted on plants using electromagnetic frequency machines to measure different environmental affects.

Example:

Plants in a room with classical music thrive VS plants in a room with heavy metal music.

They have even been able to see if a trauma has occurred near plants by measuring their frequency

These kinds of experiments help us as humans to understand the Divinity within each of us

Principle of vibration

Fear is a low vibration / low frequency

Love / peace / have a high vibration / high frequency

Therefore one can understand how the negative news affects people and therefore hopefully in the not too distant future we will rather have good news channels.

I can hear you saying, " we'll it's been like that for a long time, why will it change now?" good question!

Quite simply, with the advent of technology and global connectivity plus where we are currently positioned in the cosmos and the electromagnetic effects of the solar flares on our planet, we agree moving towards a higher consciousness.

Currently our DNA is at 33%

When we reach 44% we have peace on earth

Our past will seem very barbaric and we will wonder how we could have done the awful things to each other that we did.

We can clearly see how animals respond to vibrations. Dogs can sense when people are scared at them and growl accordingly

See the chart of emotions and where they fit on the vibrational scale

By living a higher vibration life with charm, generosity, love and other positive vibrations, you will raise others around you to higher vibrations as well.

Ever been in a room where someone has a great laugh and is very happy, you can feel their happy vibe and you want to be around them.

Well that's the future of our planet.

When a person is ill, it definitely helps to bring light and joy into their lives, which like the plants which respond to emotion, will bring healing to that person, even if we can't necessarily measure it.

We could even go into the numerology of people's names, which carries a vibration. But for now, that is another topic of discussion.

Principle of grace

Probably the greatest challenge is having grace for so called "strangers", as this can transmute debts and heal relationships, but the we do need to learn our lesson before offering grace, as this aligns with our higher self / highest intention.

Principle of miracles

When we operate from heart coherence, we open up the potentials for many things including what can be seen as miracles. In fact, if you can operate from

this space of coherence, many other people will wonder what it is you are doing differently to obtain these "miraculous results"

As we operate at a higher level of consciousness, atomically we are vibrating at a much higher rate, therefore we attract more of what we want into our lives, rather than that which we don't want as we are obviously operating at a much rate of awareness.

Principle of decree

This is incredibly powerful as far as the vibrational content of words go.

It is actually a demand of the universe to obtain faster results.

However, please be aware here, that it is not to be taken lightly, as the power behind can have many ripple effects, which you would need to be aware of before making the decree.

Example:

By Divine Decree, I invoke the protection and guidance of Archangel Michael, to help me through these difficult times and guide me towards abundance and personal fulfilment.

Principle of blessings

As always, intent is vitally important when blessing someone. Thank goodness, we associate blessings with good things, as this makes any belief structure around blessings a more positive one.

When blessing someone or a situation, visualisation techniques such as seeing pure white light streaming from above and connecting the person with heaven and earth, is incredibly powerful and never to be underestimated no matter how much ones believes in such things.

The irony of life and belief structures, is that people don't necessarily like to pay bills, however paying bills is an outward energy which balances with the inward bound energy (not sure how many times more an inward bound energy multiplies with the blessing of the outward bound energy, but it does, otherwise we would not have abundance when we properly understand this principle and get it to work in our favour).

Therefore it is just as important to bless the bills going out as it is to bless the money coming back in, as the universe amplifies gratitude and abundance. If you have a poverty consciousness, the risk is that you may need to work a little

harder at blessing the outward bound bills. The logic, however states that we need to pay the bills irrespective, therefore why not make it a more positive experience and see the magic happen...

This principle of blessing can obviously apply to any aspect of your life where you may feel the stuck energy.

Principle of gratitude

Again there is a massive difference in energetic flow between head based decisions and heart based decisions. The latter being a lot more powerful. Have you ever felt your body ignite with willingness to help, when someone is completely grateful to you for something you did to help them? This is not a brain thing, it is a heartfelt emotion and incredibly powerful. We often don't realise the true power of gratitude, which I feel will change as more and more people step into the lives they truly deserve to live as we create heaven on earth.

So how can we properly activate the power of gratitude?

First make a list (can be a daily list just before you go to sleep, this then helps you take the right stuff into your consciousness when you are sleeping) What I normally list are all the things which made my day easier, such as running water, people who honoured each other, kindness from others, money flowing into and out of my bank account, as this creates more again, and so forth...

The way which works best for me and just feels right, is to get myself into heart coherence with the heart coherence method as mentioned earlier. When we feel the emotion which we relate to due a past experience, then it's easy to get into the power of "I am", as we are already there. I suppose this sheds light on the ancients telling us, all we need to know is already within us.

Principle of healing

The two most prominent emotions on earth are fear and love. They both have resonances, however since the equinox of 2012, the scales are tilting more towards love, as people become more aware that fear does not serve their higher selves.

It does not mean that one does not focus on fear, which creates stress and disease in the body. It is vitally important to focus on the negatives to then be able to find the positive and work through the negative to create a better life for yourself.

Love is a higher vibration energy and helps us release blocks within ourselves which can create physical illness and discomfort.

There are many ways in which a person can be facilitated towards healing. I say facilitated, as without your permission for someone else to work with you, they may not interfere against your free will.

It is important to align body, mind and soul - when all three align properly and are in synch, then a peaceful, comfortable, loving, happy and contented human being emerges. (p.s. it is never too late)

I have found that an easy way to feel better is to dance or sing or do something creative. Being in nature is also extremely powerful.

Group healing for someone else is massively powerful and can never be underestimated. Some might call it prayer, others call it meditation. It does not really matter, as long as the intention is aligned.

I again, would suggest the heart coherence alignment technique here, as the power of people all resonating on the same level magnifies the power of the healing.

Principle of perspective

Ever found that time goes by very quickly when you having fun?

Almost sounds like we would want the opposite right? Time to slow down when having fun!

Well, it's all about perspective.

When we leave planet earth in a spaceship (for the right reasons of course) - immediately time stands still, as we have no more sunrise or sunset - in fact, the time which can then be measured, would be our solar systems rotation around the central point of our galaxy - which is so slow, we would struggle to comprehend it - I don't even think we have done one rotation since the creation of our solar system.

Another example of perspective is the size of things which were massive when we were little children compared to when we are adults. As an extreme example, Mount Everest only gets climbed by adults, as it is a perspective only attainable by an adult.

Therefore, the formative years for children is extremely important (0-7 years old) as the child has no filters for what it hears - it all gets sucked into the consciousness like a sponge - therefore it is imperative that parents are aware of how they speak and what they say to children specifically in this category of age group, as this will form the strongest part of their belief structure / perspective for the rest of their lives (not to say it can't be changed with effort and awareness)

Principle of purification

The aura of a person (which can now be photographed using a Kirlian camera) tells a lot about where the consciousness of a person is at. Although it is quite etheric, the logic of it is quite straightforward. The lighter / brighter the aura, the better the emotional state of the person is. A darker / almost non-existent aura, is not emotionally in a good space.

So how do we purify our aura / lift our energies? The answer is quite logical. Do something which feels good, like taking a long walk on the beach (if that's your thing) or a walk in the forest. My personal favourite is swimming in the sea, as I always feel fantastic afterwards from the salt water. Another method which i use if the sea is too cold, is a hot bath with a mixture of 1 cup of Epsom salts and one cup of bicarbonate soda. The heart coherence reexercise is also a good way and very quick if you are nowhere near a beach or a forest.

So why purify our aura?

With a cleaner aura and lighter energy, we attract those things / situations into our life which help us move forward towards leading a more blissful life, rather than a tough life filled with survival and hardships. Choose which you would prefer? Life is all about choices...

We can extend this purification to the whole planet. How you may ask? The planet has a magnetic grid with ley lines. These ley lines carry energy. Human beings can then transmit positive vibes into the ley lines of the earth by using a simple technique such as the one below:

Bring yourself into balance using the heart coherence Rexercise, then:

* Imagine a shaft of white light coming into your body through the top of your head from the heavens above.

- * See this light fill your body from your arms down to your feet
- * Extend the flow of this white light from your crown of your head down into the earth
- * Feel how this white light is filling the ley lines beneath your feet with loving energy and expand it to the next street, then the next village or town, then expand to the next country, then eventually the whole world.
- * It does not matter how long you hold this for, as long as you are comfortable in doing this exercise

Remember when you come out of it to say, "So be it, it is done"

Principle of Completion

When something is completed, it is vitally important to acknowledge this completion and celebrate it. It does not matter how BIG or small. In fact the smaller it is, the easier it will be to obtain completion and therefore the successful celebration of it. This will feel absolutely great and before you know it, your life will be one BIG synchronous success. Rinse and repeat this cycle as often as you like and others will start asking what your "secret recipe" is.

You can answer them by saying, "I am a complete human being" if you like :)