

## THE LAW OF PURE POTENTIALITY

*The source of all creation is pure  
consciousness . . . pure potentiality seeking  
expression from  
the unmanifest to the manifest.*

*And when we realize that our true Self is one  
of pure potentiality, we align with the power that  
manifests everything in the universe.*

- I will get in touch with the field of pure potentiality by taking time each day to be silent, to just Be. I will also sit alone in silent meditation at least twice a day for approximately thirty minutes in the morning and thirty minutes in the evening.
- I will take time each day to commune with nature and to silently witness the intelligence within every living thing. I will sit silently and watch a sunset, or listen to the sound of the ocean or a stream, or simply smell the scent of a flower. In the ecstasy of my own silence, and by communing with nature, I will enjoy the life throb of ages, the field of pure potentiality and unbounded creativity.
- I will practice non-judgment. I will begin my day with the statement, "Today, I shall judge nothing that occurs," and throughout the day I will remind myself not to judge.

## THE LAW OF GIVING

*The universe operates through dynamic exchange . . .  
giving and receiving are different aspects of the  
flow of energy in the universe.*

*And in our willingness to give that  
which we seek, we keep the abundance of  
the universe circulating in our lives.*

- Wherever I go, and whoever I encounter, I will bring them a gift. The gift may be a compliment, a flower, or a prayer. Today, I will give something to everyone I come into contact with, and so I will begin the process of circulating joy, wealth and affluence in my life and in the lives of others.
- Today I will gratefully receive all the gifts that life has to offer me. I will receive the gifts of nature: sunlight and the sound of birds singing, or spring showers or the first snow of winter. I will also be open to receiving from others, whether it be in the form of a material gift, money, a compliment, or a prayer.
- I will make a commitment to keep wealth circulating in my life by giving and receiving life's most precious gifts: the gifts of caring, affection, appreciation, and love. Each time I meet someone, I will silently wish them happiness, joy, and laughter.

**THE LAW OF "KARMA"  
OR CAUSE AND EFFECT**

*Every action generates a force of energy  
that returns to us in like kind . . .  
what we sow is what we reap.*

*And when we choose actions that bring happiness  
and success to others,  
the fruit of our karma is  
happiness and success.*

- Today I will witness the choices I make in each moment. And in the mere witnessing of these choices. I will bring them to my conscious awareness. I will know that the best way to prepare for any moment in the future is to be fully conscious in the present.
- Whenever I make a choice, I will ask myself two questions: "What are the consequences of this choice that I'm making?" and "Will this choice bring fulfillment and happiness to me and also to those who are affected by this choice?"
- I will then ask my heart for the guidance and be guided by its message of comfort or discomfort. If the choice feels comfortable, I will plunge ahead with abandon. If the choice feels uncomfortable, I will pause and see the consequences of my action with my inner vision. This guidance will enable me to make spontaneously correct choices for myself and for all those around me.

## THE LAW OF LEAST EFFORT

*Nature's intelligence functions with  
effortless ease . . . with carefreeness,  
harmony, and love.*

*And when we harness the forces of harmony, joy,  
and love, we create success and good fortune with  
effortless ease.*

- I will practice acceptance. Today I will accept people, situations, circumstances, and events as they occur. I will know that *this moment is as it should be*, because the whole universe is as it should be. I will not struggle against the whole universe by struggling against this moment. My acceptance is total and complete. I accept things as they are this moment, not as I wish they were.
- Having accepted things as they are, I will take *Responsibility* for my situation and for all those events I see as problems. I know that taking responsibility means not blaming anyone or anything for my situation (and this includes myself). I also know that every problem is an opportunity in disguise, and this alertness to opportunities allows me to take this moment and transform it into a greater benefit.
- Today my awareness will remain established in *Defenselessness*. I will relinquish the need to defend my point of view. I will feel no need to convince or persuade others to accept my point of view. I will remain open to all points of view and not be rigidly attached to any one of them.

## THE LAW OF INTENTION AND DESIRE

*Inherent in every intention and desire is the mechanics for its fulfillment . . . intention and desire in the field of pure potentiality have infinite organizing power.*

*And when we introduce an intention in the fertile ground of pure potentiality, we put this infinite organizing power to work for us.*

- I will make a list of all my desires. I will carry this list with me wherever I go. I will look at this list before I go into my silence and meditation. I will look at it before I go to sleep at night. I will look at it when I wake up in the morning.
- I will release this list of my desires and surrender it to the womb of creation, trusting that when things don't seem to go my way, there is a reason, and that the cosmic plan has designs for me much grander than even those that I have conceived.
- I will remind myself to practice present-moment awareness in all my actions. I will refuse to allow obstacles to consume and dissipate the quality of my attention in the present moment. I will accept the present *as it is*, and manifest the future through my deepest, most cherished intentions and desires.

## THE LAW OF DETACHMENT

*In detachment lies the wisdom of uncertainty . . .  
in the wisdom of uncertainty list the freedom  
from our past, from the known,  
which is the prison of past conditioning.*

*And in our willingness to step into the  
unknown, the field of all possibilities,  
we surrender ourselves to the creative mind  
that orchestrates the dance of the universe.*

- Today I will commit myself to detachment. I will allow myself and those around me the freedom to be as they are. I will not rigidly impose my idea of how things should be. I will not force solutions on problems, thereby creating new problems. I will participate in everything with detachment involvement.
- Today I will factor in uncertainty as an essential ingredient of my experience. In my willingness to accept uncertainty, solutions will spontaneously emerge out of the problem, out of the confusion, disorder and chaos. The more uncertain things seem to be, the more secure I will feel, because uncertainty is my path to freedom. Through the wisdom of uncertainty, I will find my security.
- I will step into the field of all possibilities and anticipate the excitement that can occur when I remain open to an infinity of choices. When I step into the field of all possibilities, I will experience all the fun, adventure, magic, and mystery of life.

**THE LAW OF "DHARMA"  
OR PURPOSE IN LIFE**

*Everyone has a purpose in life . . . a unique gift or special talent to give to others.*

*And when we blend this unique talent with service to others, we experience the ecstasy and exultation of our own spirit, which is the ultimate goal of all goals.*

- Today I will lovingly nurture the god or goddess in embryo that lies deep within my soul. I will pay attention to the spirit within me that animates both my body and my mind. I will awaken myself to this deep stillness within my heart. I will carry the consciousness of timeless, eternal Being in the midst of time-bound experience.
- I will make a list of my unique talents. Then I will list all the things that I love to do while expressing my unique talents. When I express my unique talents and use them in the service of humanity, I lose track of time and create abundance in my life as well in the lives of others.
- I will ask myself daily, "How can I serve?" and "How can I help?" The answers to these questions will allow me to help and serve my fellow human beings with love.

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