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**THE LAWS OF LIFE: Nineteen Universal Laws and Spiritual Truths" (from Inspirational Books)**

**By Craig Lock**

THE LAWS OF LIFE: Nineteen Universal Laws and Spiritual Truths" (from Inspirational Books)

"Our minds can shape the way a thing will be, because we act according to our expectations ...and that's why it shapes our reality."

INTRODUCTION:

Submitter's Note: Just sharing a few thoughts as I research, study and write about the human mind, spiritual principles and the Laws of Life. This article is largely based upon a chapter, "Universal Laws and Truth" from the fascinating and thought-provoking book, "The Way of the Warrior Trader" by Dr Richard D. McCall. I believe, If we can understand these "facts of life", anyone WILL overcome negative and consequently disabling emotions, so you can achieve your full potential in life. So this is my reason for sharing (as well as "formalising, clarifying, imprinting and manifesting" these principles and thoughts – 'wise' in my "top two inches", as I do it), together with some additional points and personal input)

Now (at long last!) I'll share the concepts mentioned in this work with you .

\* Here are the Nineteen Universal (and Spiritual) Laws, which are applicable in ALL areas of our lives:

1. First is the Law of ATTRACTION: When you are well grounded in your life purpose, have clarity for what you desire most, and are focused on your specific needs, the Universe (God/Life Force/Infinite Spirit) will come to your aid. People who spend time each day getting clear on what it is that they want, always will be able to get what they want.

2. The second principle is the Law of CONNECTION: I believe every 'body' on this planet is connected in the spiritual realm. We are all spiritual beings on an earthly existence. Because we humans have the power of intellectualisation, rationality and especially in the immense power of choices – to act, to

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elevate our thinking and so choose our level of consciousness, which will determine our ultimate destinies. And we activate our spiritual connection through service to others, a sense of gratitude (or an attitude of abundance and especially grace), and a shared humanity.

3. The third principle is based on the Law of SOWING AND REAPING: In more modern everyday language, this may also be known as the Law of Cause and Effect (as postulated by the Greek philosopher, Socrates). First you must give, and then you will receive. The farmer plants the seed and then reaps the rich harvest.

### 4 The Law of DUALITY (or CONTRASTS):

There is a flip side or opposite of everything. Every negative has a positive (and is accentuated – big word – by the contrast). For instance, you can only know good, if there is evil. Light can only exist with the darkness. Good luck can only exist, if there is such a thing as having experienced bad luck. And to

experience success you must know failure. Even severe adversity can have some benefit, if we adopt a positive attitude and grow from the experience. We can perhaps use our bitter experiences of the deepest hurts to help others.

Perhaps our dark times (the "dark night of the soul") are there so that we can really find joy in the bright days.

### 5 The Law of CYCLES:

All events occur in cycles. Professional athletes and cricketers (or baseballers for you Americans) might refer to the law of cycles as streaks ("hot"). In accepting the law of cycles, we must know how to make the most of the good streaks. And when times are bad, keep your head up and look ahead expectantly to the upcoming reversal of fortune.

### 6 The Law of EVOLUTION and CHANGE:

Everything evolves and changes (as pressures and the sands of life shift over time) – the ebbs and flows of life. So it is up to you to ensure you progress and move ahead; as what were once huge obstacles get, "seemingly miraculously" removed..

### 7 The Law of CHOICES:

The greatest aspect of the human condition, I believe is our freedom: a freedom to make choices in life: regarding where to live, occupation, how we spend our time, our leisure pursuits, who to marry, and so on. Each one of us has absolute control over the multitude of choices we make each day ...and our possibilities are unlimited. Stop feeling trapped by your circumstances, as you are not a victim of life. If you are feeling "negatively stuck in the deep brown stuff", make the decision to change your life and choose a brand new future. Consequently YOU have the power and freedom to control your destiny.

Linked to the above Law of Choices is:

8 The Law of RESPONSIBILITY:

You must accept the full outcomes for the various decisions (choices) you make daily.

9 The Law of INERTIA:

In physics the law of inertia states that: "An object at rest tends to stay at rest." This law is true of life as well. Action gets momentum going! The longer you procrastinate on completing that project, the longer you go without acting, the harder it will be to get started.

10 The Law of MOMENTUM: "An object in motion tends to stay in motion." This second law of physics is again a reality of life. Once you get started, it is easier to keep going and make progress. After the decision has been made, one tiny first step gets the momentum going. You probably notice the effect of this law in action every day. Once you get out of bed (for me the hardest part) and into the shower (warm, I trust!), getting dressed, having 'brekkie' and even going out the door to work ('clean and shiny') is 'a breeze'. Done often enough (usually 21X 'they' say), an action becomes an ingrained HABIT... and good habits lead to good results and good living.

"The journey of a thousand miles starts with a single step." – ancient Chinese saying

11 The Law of SYNCHRONICITY (otherwise known as "CO-INCIDENCES"\*): \* I prefer to call it 'divine order'.

This principle is closely aligned with no 1: The Law of Attraction. You are part of the universe, not a separate entity. We humans are all connected to a common humanity. Your actions affect those around you and determine how your life is shaped. It is important to recognize that you are inseparable from the events and situations in your life. When you see your connection to the world around you, you understand the control you have over your destiny.

N.B: 12 The Law of MANIFESTATION: Life is like a mirror – what you put out, you'll get back even more. Put out positive energy (vibrations) and you'll attract positive results. (This too is closely aligned with Law One: the Law of Attraction). You become what you think about the most ("then why aren't I a woman!"). Our thoughts shape our reality; so we need to learn how to SHAPE our thoughts, as the potter moulds the clay. Consequently, as the old saying goes, "Be careful what you wish for – you'll probably get it!"

"We are what we think.

All that we are arises

With our thoughts.

With our thoughts,

We make our world."

– the Buddha

"It's not what you think you are,

but what you THINK, you ARE."

– minister Norman Vincent Peale, the father of the concept 'The Power of Positive Thinking'

13 ("Lucky") The Law of EXPECTATION (POSITIVE):

Always expect a favourable outcome – the best from your actions. Be an optimist seeing the glass as "half full" in all your endeavours!

14. The Law of INTENTION (good) Do things in the right "heart and spirit" with a genuine desire (intent) of some action(s) to make some small difference in the world, otherwise sharing ideas to help others ...and you can't go wrong. (My reason for sharing this piece – "oh no, not another article from you, Craig!")

N.B.

15 The Law of PROCESS AND ACTION: Spend more time in planning and setting goals. Then spend

quiet times in reflection and contemplation to review and monitor your progress. Are you moving ahead, or do you perhaps need to "change tack" (strategy). Manifesting what we want out of life still requires action and planning. Ask, trust, and allow the Universe's Infinite Wisdom to send you the answers on what to do to attain our deepest desires. BALANCE thought with decision, which leads to ACTION. Because, if you are going to move ahead in life and make the most of your potential, rather than just ponder possibilities, you will need to take some practical steps, ie. actually DO something, "Mr/Mrs/Ms Dreamer". You have to undergo the process of taking your desired goals and breaking them down into manageable parts. Plan appropriately and follow through – then through taking action on each step, it IS definitely possible to attain even your "wildest" dreams or destination.

16 The Law of HABIT: Good habits maketh man and woman.

17. The Laws of COMMITMENT and PERSISTENCE:

When one commits fully to an endeavour, "body, heart and soul", nothing can stop you. The moment one commits fully to an enterprise, all the mysterious forces of the Universe, God, Providence, Life Force moves too – in bringing all the threads even the "tangled" ones) together, so that your most earnest desires WILL one day come to pass..

18. The Law of COMMAND: "Thou shalt deem a thing and it shall be so."

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The words we use to ourselves are vital in shaping our attitudes (mindsets). So be careful what you say to yourself (especially negative self talk/chatter); as it might just happen – it usually does!

and finally... and most importantly (saving the best for last)

### 19. The Law of BELIEF:

"All things are possible to him who believes." – Mark 9:23

(Jesus Christ understood perfectly human nature and these principles of the mind – even 2000 years ago!) BELIEVE in the tremendous power of BELIEF (ie. certainty): in the form of your thoughts and imagination. Use these incredible mental tools to your advantage through your amazing human mind. Sow positive energy and you'll reap positive results. If you think your life will be exciting and fulfilling, you WILL make it a reality.

"Whatever you ask for in prayer, believe that you HAVE received it and it will be yours." – Mark 11:24

I believe there is a spiritual solution to any problem on this planet. When stuck on what action to take, ASK, TRUST, and allow the Universe's Infinite Wisdom to send you the answers through the amazing power of your subconscious mind, our "doorway to God, the Ultimate Source".

The above principles, I believe, are in perfect alignment with the laws of physics and human psychology (the spiritual is just another (and 'higher') realm or dimension in which they operate). I sincerely hope these Truths (eternal) motivate and perhaps even inspire you to move ahead and achieve great success... in your business, or whatever endeavours you may choose to embark on in your life.

Craig Lock (Eagle Productions)

<http://www.craiglockbooks.com>

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"Let the light of your BEING shine brightly; so revealing Who You Really Are. Be a Bringer of the Light, which emanates from the deepest recesses of our soul, God, our Creator, the original Source, the Essence of Life (and Ground of our very Being). Therefore, it can do more than illuminate your own path. Because we are all connected (no matter where on the planet you may live), YOUR unique spirit will help makes the lives of others easier: By illuminating the paths of our fellow human beings down the often tumultuous journey of life. For this torch, this beacon of light and hope is the spirit of our shared humanity, the character of God, truth, wisdom, beauty and especially love... and I truly believe that this divine spark lies within each ONE of us. It's what we have in common. Through your actions and your being, let your light, YOUR unique spirit truly shine brightly on the world, like the radiance emitted by a candle at midnight." – Craig Lock (inspired by the ultimate Source).

P.S: I love these uplifting words from Larry Chenges, so I'll share to end off this piece of writing...

"I wish you well on a rainy day

I wish you rainbows to brighten your day

To feel your quiet moments with a special kind of warmth

to remind you that happiness can happen

when you least expect it.

I wish you rainbows to make you laugh and smile to show you the simple beauty of life and to give you the magic of dreams come true.

I wish you rainbows

I wish you well."

– Larry S. Chenges (thanks, Larry)

I wish you well too in following your dreams and being all you were created to be. – craig  
This piece may be freely published. .

Craig Lock (Eagle Productions)

## **Yoga For Stress Relief**

**By John Furnem**

Yoga is a science. That is something to grasp. Yoga is a science, and not a vague, dreamy drifting or imagining. While it is true the west has been familiar with the practice of yoga for a relatively short time, yoga is not a new discipline , and it has been studied and practiced in many countries during the last century. Yoga is an applied science, a systematized collection of laws applied to bring about a definite end.

It takes up the laws of psychology, applicable to the unfolding of the whole consciousness of man on every plane, in every world, and applies those rationally in a particular case. This rational application of the laws of unfolding consciousness acts exactly on the same principles that you see applied around you every day in other departments of science. Yoga uses many of the techniques that are used in more modern and lately developed psychological or even medial physical exercise disciplines.

As one ages he learns that by looking at the world around you, how enormously the intelligence of man, co–operating with nature, may quicken "natural" processes, and the working of intelligence is as "natural" as anything else. The yoga way not only combines this feeling of "cosmos" but also works beneath the surface to strengthen the unity of man with the universe. We make this distinction, and practically it is a real one, between "rational" and "natural" growth, because human intelligence can

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guide the working of natural laws; and when we come to deal with Yoga, we are in the same department of applied science as, let us say, is the scientific farmer or gardener, when he applies the natural laws of selection to breeding. The farmer or gardener cannot transcend the laws of nature, nor can he work against them. He has no other laws of nature to work with save universal laws by which nature is evolving forms around us, and yet he does in a few years what nature takes, perhaps, hundreds of thousands of years to do.

This can be done by applying human intelligence to choose the laws that serve him and to neutralize the laws that have a negative effect on the goal of the farmer. The farmer brings the divine intelligence in man to utilize the divine powers in nature that are working for general rather than for particular ends.

Yoga is something that can make a real change in people's lives, we have seen this many times, from the physical practice of yoga to the philosophical implications, through the knowledge of the science of yoga, all that is yoga combines into a bigger, complete discipline that is beneficial for humanity. For some calling yoga is a way to allow this to pass as an acceptable means of physical development, for others it seems like it contradicts the very spiritual nature of yoga, the different faces of yoga, as its different uses sometime creates the illusion of one single use.

John Furnem is a dot com veteran, specializing in human resources and work psychology he has written articles about relief and stress management. John currently writes Stress Relief and Yoga articles for

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