The 7 Universal Laws…

Your Passport to Abundance, Love, Joy and Freedom

By Cathy Brown

Based on the teachings of Christy Whitman
Hello!

Thank you for downloading this report on the basics of the 7 Universal Laws. Your action shows that you are ready to discover how you can change your life to a life filled with abundance, joy, love, and freedom; by creating all that you desire.

Welcome to the world of unlimited fulfillment where the sky’s the limit; actually there is no limit. By learning and practicing these principles your dreams can become your reality. It doesn’t happen overnight and there is some work involved...but...the the effort is well worth it.

Let’s get started....

1. The Law of Attraction

The 1st Universal Law is the Law of Attraction...the basis of all that is. Things of like vibration are drawn to each other. Everything in the Universe is energy giving off a vibration. When you move energy – you will see changes in your life. TAKING ACTION causes energy to move...the more energy you need to move – the more you need to apply these teachings.

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. You attract what you are and what you are focusing on, your thoughts and your vibrations. 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.
So...how do we know do you know for sure what you are sending out to the Universe? Pay attention to the way you feel...thoughts of desire or...thoughts of absence of desire. Thoughts that match desire feel good and thoughts match lack of desire feel bad. **Make feeling good the most important goal of your day!**

2. **Law of Deliberate Creation**

Now, let’s look at the FUN law. Deliberate Creating gives us the power and control to really create whatever we want. It’s the Law of Deliberate Creation which states that which you give thought to, you begin to attract. What you give thought to with emotions, you attract more quickly. Sound familiar? It’s like Law of Attraction, right?

The difference between the Law of Attraction and the Law of Deliberate Creation is that, the Law of Attraction is like a boomerang. Whatever you give out as your energy vibrations (thoughts, feelings, etc.), you will receive back to you. The Law of Deliberate Creation if 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. These laws work together.

So... in order to get what you want... you need to use the Law of Deliberate Creation- knowingly give out the positive vibrations – so you are in control of your thoughts and vibrations and not creating by default. By using Deliberate Creation when the Law of Attraction takes over and boomerangs back you energy – it will bring what you want.
3. The Law of Allowing

This Law focuses on the least action – or the principle of no resistance. This is the law that will bring absolute freedom into your life.

There are 3 aspects of the Law of Allowing.

1. The relationship you have with **yourself**.
2. The relationship you have with **others**.
3. The relationship you have with the **Universe**.

The Law of Allowing is really about acceptance. It is another way of thinking...a way of surrender. Surrender into “What Is” ...doesn’t mean you never want to create something different in your life, it means, understanding, this is what your life is, right now...accepting what is, and then moving forward.

4. The Law of Sufficiency and Abundance

There is an unlimited supply of everything and every experience; more than enough to go around. The only thing that keeps you from receiving all that you ask for is your belief that there is not enough; the lack mentality.

There is enough for everyone. Manifestation happens when you can be in a place of feeling at peace with where you are, while being excited about the possibilities ahead.

This law is the key to pulling all of the Universal Laws together. When you are in alignment or abundance, you are in the space of allowing, you get to be a deliberate creator, by choosing to connect with abundance. When you are in a
vibration, in the space of satisfaction and abundance the Law of Attraction has to respond with what? MORE ABUNDANCE!

5. Law of Pure Potentiality

Based on the fact that consciousness is the essence of who you are, you realize that our inner being is pure potentiality. You are in alignment with the power that manifests everything in the Universe. Anything and everything is possible – there’s endless creativity – no limitations. The only limits are the ones imposed through your fears, doubts, uncertainty, lack of faith, lack of confidence or any other lack mentality. When you align with pure potentiality, there is no fear. You are truly free!

6. Law of Detachment

The 6th Universal Law is the Law of Detachment. Detachment “In order to acquire anything in the physical Universe, you have to relinquish your attachment to it”. This is very powerful. When you give up your attachment to the result, and combine intention with detachment at the same time, you will have what you desire.

Attachment is based on fear and insecurity – the need for security is based on not knowing your true self. The source of wealth and abundance in the physical world is the self (your Source); it is the consciousness that knows how to fulfill every need.
Detachment is another way of saying allowing. It is when you combine your intentions and detach from the outcomes that your desires will manifest. It’s all about TRUST. When you are in the state of detachment/allowing, you are releasing control of the timing, and the How, What and Why of the outcome. You must be attached to your intention, but not to your outcome. It is easier to be detached when you have total Trust in the Universe. Trust means To Rely Upon Spirit Totally.

7. The Law of Polarity

The Law of Polarity states that “Unity is plural at a minimum of 2”. That basically means that every subject actually has 2 subjects. Everything has 2 poles like hot and cold...black and white...good and bad...high and low.

You always know which end of the pole you are vibrating on by how you feel. How do you feel when you think “I don’t have enough money to my bills?” That’s the lack end...and it probably makes you feel bad...stressed...worried...anxious. Now if you asked for “$2.000 for your family vacation?” How would that make you feel? Probably at least satisfied (in the middle) or happy, exciting, looking forward to having fun with your family, (abundant) end, right?

We are also a Being...a thing...and we also have 2 poles; Metaphysical (our emotions and energy – our internal – inner being) and Physical (external, action). In order to create what you want in the physical world, you have to use a combination of both. You have to work inside to raise your vibration (metaphysical pole) then take Action (physical pole).
Now you know the “low down” on becoming a Deliberate Creator. The key to having these Laws work for you is to have a structured system to bring consistency into their practice. If you would like more information on how to “put these principles into practice”, please go to:

life coaching by cathy.com