

From Chaos to Clarity



By Bryan McKeen

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*A Guide To The 12 Universal Laws
You Must Know*



Bryan McKeen

Dedicated to Baby Scott

All photos taken by Bryan McKeen and designed by John DeCataldo

Preface: *From Chaos to Clarity:*
A Guide to the 12 Universal Laws You Must Know

This was not meant to be a book. When I set out on this journey that was not my intention. Several times throughout my life I scoffed at the idea of ever writing a book. I did not believe it was something within me, even though at times in my life I did consider myself a writer and do enjoy the act of writing. My intention was to better understand this world, to follow my curiosity, and share my findings with others in hopes that it may serve them well. The aim is to bring awareness to the twelve universal laws of the universe to help bring about some clarity.

Through a greater understanding of these laws, I have watched my life change for the better. Great healing can come from a place of better understanding. That is why I feel it is important people learn about these universal principles and the reason I wrote this book.

When I came across the laws there was instant excitement, inner knowing, and great intrigue. My intuition guided me to dive in and I quickly realized that there was a huge wealth of knowledge to be learned from the universal laws. I could not believe I had lived my entire life up to this point with little to no awareness of their existence. How could there be twelve defined laws of the universe in which I live in and I had yet to be made aware of them? Perplexing.

As I began to write, words and connections started flooding to my mind with such ease it quickly became apparent that I needed to turn what was originally a short video idea on a single law into a full book with twelve chapters, one for each. By researching and

writing each individual law, my depth of understanding of each and the world around me would change. Synchronistic occurrences started to happen to me all the time. It was an exciting experience. As I wrote each chapter the universe had a way of revealing itself to me in the ways in which the laws work. The laws were becoming alive. Confirming I was on the right track. I would receive subtle confirmations. I could clearly read the messages being shown to me in various forms, touching on these subjects below the surface.

It wasn't all sunshine and roses. I would face challenges and shortcomings in my own life where I was out of balance within the laws. I would come to see them being played out in nature and the world around me in real time. Often in this book you will see I use nature as a reference point for displaying the laws. As someone much wiser than me once said "There is no lie in nature." The way that it operates has always and will always be. As hard as humans may try, the principles of these laws cannot be changed. The better we understand them and nature the more easily we can navigate the terrain of our lives.

When you operate within these laws and you will go with the natural flow of the universe. Step outside of one or more of them for too long, the universe will try to adjust you. It may do so with subtle cues at first but eventually it will be a more of an abrupt, significant, redirection to get your full attention. This will continue to happen until you are in accord or have learned the necessary lesson.

I make no claims to know it all and am still learning more daily. I did not come up with these concepts and take zero

ownership. I am grateful that they were brought to my attention and for their teachings on the matter. For that I can thank author and mentor Paul William Davis. This is simply my limited but expanding understanding and perspective of the twelve universal laws and how they make sense to me. I hope that you find this book as helpful for you to read as it was for me to write.

Throughout the book you will see me use the words, the universe, source, creator, and occasionally god. These are just the words I choose to frame it personally. Although, I am starting to use the word God more and more of late, for me it invokes organized religion. I feel that it can make some uncomfortable because of the negative connotation that comes with religious orders, which we have seen are hierarchal and can be corrupted like all other hierarchal structures. I also feel like that was possibly done on purpose, placing other people and structures in-between us and our own personal connection with god. That is a whole other story for a different time. Please feel free to replace my labels with whatever word best suites how you describe a higher-power. This will help you make your own personal connections while reading it.

My thanks go out to author Paul William Davis who has been a mentor in understanding this subject matter. His works include “EVOLVE”, “MORE” , and “Better Business Better Life Better World”. To my beautiful and wonderful dog full of life Wheezy. The majority of this book was written on our nature walks together. Rain or shine, hot or cold. Your nose in the ground, my head in the clouds. Our walks together became a vital part of the writing process for me and where it all began. To my family and friends for your continued love, patience, and support throughout all the transitions, ups and downs of our lives. To my Aunt Christa for being an example and

showing me that this was possible. Lastly, to everyone that helped me put this thing together. Mainly Johnny and Chelsea. You are appreciated.

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Chapter 1: *The Universal Law of Divine Oneness*



Did you know that there are twelve universal laws that define how our world works? By not knowing the twelve laws you are doing yourself a huge disservice. That is like playing a video game or a board game without knowing the rules. It would be hard to accomplish anything at all and it is highly unlikely you will win the game. All of our lives can be chaotic from time to time. I hope that this book can aid you in finding clarity. Clarity comes from understanding. Awareness of the twelve universal laws and how they work gives you the blueprint to how our lives and reality are shaped.

The first and most foundational law of the universe is the *Law of Divine Oneness*. This law states that all things and all people are interconnected. Not only are all things connected to each other, but they are all also connected to source, the creator, god, the universe, the divine, a high-power, whatever nomenclature you so choose. We together are a microcosm of the macrocosm. Just like how atoms are the microcosm that make up the macrocosm that is us.

Another common analogy used to explain this concept is a drop of rain in the ocean. The drop is just a singular drop of water but it also makes up, and is a part of the collective ocean. Every human is a part of the universe but also has the universe within. The human soul and the universe are one. This is important to realize. This is the reason why all of us are more powerful than we can even begin to comprehend.

Everything consists of and exists as energy. Your subatomic particles are not fixed. So if everything is connected to everything else. What we think, say, do, and believe will all have a corresponding effect on us, others, and the world that we live in. How differently do you think people would behave if they knew that we were not separate but all one tied together through a collective consciousness? I believe it would make for a much more harmonious world with less suffering.

This law can be seen in the symbiotic way that all things in nature work together. Food gets broken down and turned into shit which fertilizes and gives birth to new food which in turn gets eaten and turned into shit once more. The life force energy in dying material forms compost which feeds and fuels the soil for plants to grow. This also explains the repetitive geometry we see over and over again in nature. This is known as the Fibonacci sequence. Image search “fractal patterns” on your own time to get a glimpse.

Have you ever experienced someone who is always in a negative mood and takes on the “woe is me” persona? Have you ever noticed that bad breaks tend to befall them and difficult events seem to follow them around? This is not coincidental. In turn, have you ever come across others who are always in a positive, happy mood?

Doesn't it seem like those same people always seem to be doing so well in life like they were born with a lucky horseshoe stuck up their arse?

That is because our inner energy affects our outer world. If you are in a bad mood, not only will it affect other people negatively, but your entire environment will mirror and reflect that inner energy that you are carrying along with you.

Quotes that touch on the *Law of Divine Oneness* are:

"Do unto others as you would have them do to you."

-Jesus

"Give and it will be given to you."

-Luke 6:38

Now that you know about the *Law of Divine Oneness*. How can you put it into good practice?

Go Out in Nature. Do so often. Walk, hike, or do any other outdoor activity. I find it hard not to notice or feel the divine connection when I am out in nature. Having this connection will help you stay grounded and universally connected the world around you. It can also help you find peace and clear your mind. Connecting to something greater than yourself can bring about new inspiration.

Know That You Are Not Alone. No matter how you feel in the moment you are never alone. You are part of a larger collective and you are also connected to the creator, the infinite. Pretty dang cool!

Exercise Compassion. I know that it sounds corny to say this but when up against difficult decision ask yourself what would love do? You now have your answer.

Increase Your Awareness. Pay closer attention to the emotions you are feeling. Try to be less reactive to those emotions and other peoples temporary emotions that they are going through. Think before speaking or acting. Do not just react off of impulse. Basically, be more conscious. Be conscious minded of the collective consciousness that we all share. You also are going to want to increase your inner awareness of self. Do not hold on to things or hold yourself back. Free yourself.

A skeptic may claim that this law is subjective and lacks empirical evidence but even having said that the skeptics still cannot refute or show any proof that it does not exist. I would say if you take any one particular thing and look deeply enough into it. You will find the correlation and connection it has to the whole or the *Divine Oneness*. The Fibonacci fractal patterning throughout all things in the universe also provides validity.



Chapter 2: *The Universal Law of Duality*



The key to removing the most suffering from your life is through *The Universal Law of Duality*. This law may be one of the hardest to grasp and wrap your head around but once understood and applied, it really can help to take away pain that exists or persists in your life. This law is also known as *The Law of Polarity*, or *The Law of Complimentary Opposites*.

Although it is more universally known as *The Law of Duality*, I prefer to go with *The Law of Complimentary Opposites*. For me, it simplifies it and really hits the nail on the head. We are talking about complimentary forces here. This law states that our world and existence is dualistic. Everything in it is dual and each thing has its pair of opposing forces. Both sides are absolutely necessary for the other to exist. Hot/cold, dark/light, up/down, east/west, male/female, dull/sharp, tall/short, graceful and an absolute klutz. The list of examples are endless. In nature, there is land and sea, predator and prey, above and below. It is the Yin and the Yang together that

make a whole and forms the balance our universe exists as. Although all these examples are on the same line, they are on different sides of the spectrum. Which is why we perceive them as opposites. We have summer and winter as opposing forces with spring and fall being less extreme on the very same spectrum. Things that appear as opposites are in fact only two extremes of the same thing. This exists in ALL things at ALL Times. Opposites exist to provide balance and is how everything functions together. It is also how we delineate and differentiate things that we experience. Think of duality as being opposites that are identical in nature but different in degrees. Human beings are dualistic. No one is all good or all bad there are always aspects of both in everyone.

A great example is masculine energy and feminine energy. Most even subscribe to gender being its own universal law but it essentially fits perfectly into duality. We will touch more on this later but these are two opposing types of energies that could not exist without each other. Gender is not about sexuality it is about two specific types of energy. Feminine energy that is intuitive, nurturing, and creative. While masculine energy is knowledgeable, driving, and action-forward. Stability in both is the key component for success.

The powers that be are aware of *The Law of Duality* and they use it to manipulate and get desired reactions out of the masses. The news is extremely polarizing. If the subject matter is not polarizing it will not be discussed because a balanced, rational coverage would not cause a reaction from within you. The desired reaction they want is aimed at forcing you to pick a side of a story or an event and to hold on to a personal belief about it. Most feel that we must defend and become attached to these personal beliefs and treat

others with opposing thoughts harshly. Republicans and Democrats? How convenient? Two complete opposites, some may say complimentary opposites, used to keep us in a left/right paradigm trap incapable of allowing us to come together as human beings and seeing both sides.

Quotes connected to the Law of Duality are:

“Two sides of the same coin.”

-Thomas Jefferson

“The Yin and the Yang.”

-Lao Tzu

“Judge not before you judge yourself”

-Bob Marley

Where this law gets tricky is with our perceptions of what “good” and “bad” are. We focus on either the “negative” or the “positive” when in actuality things just are. The good cannot exist without the bad. Things we label as bad in the moment you may look back on as actually being a catalyst for positive growth towards something new. We will touch on this with our next law *The Law of Transmutation*. Things we believe we want or will be good for us may turn out quite differently if we actually were to achieve or receive them. Seeing things from only one perspective is a trap that keeps us locked into only seeing one aspect. Not seeing the full picture and that both “good” and “bad” qualities are always present. By not dwelling on the perceived “bad” events or issues, you can start to remove the suffering from your life.

Here are my tips for working with this fundamental law of the universe:

Remain Neutral. Whether we perceive an event to be on one side of the spectrum good or bad. Try to remain neutral. Realize that it just is. You are not going to be able to change a negative event. Live through it, and experience it fully but do not hold onto it and let it consume you. Let it be and learn from it. All occurrences are moments to learn from and can be used down the line as experience and knowledge gained. You can now use this to move forward and apply to future events. The universe seeks balance and will work to stabilize itself so move with the natural forces of the universe. Do not get stuck being bounced around from one extreme to the other holding onto beliefs that are not fundamentally you or serving you in any beneficial way.

Judge Not. The laws exist without judgment. The universe does not judge you, god loves you unconditionally. So act accordingly and one with the universe. "Judge not, before you judge yourself." When you judge others, what you are really doing is comparing yourself as either above or below someone else. We all serve a unique purpose, and all are expressions of god. When you realize this you start to have compassion for everybody.

Reverse Engineer your Unconscious Patterns. From the moment we are born we start to develop patterns. These tend to be formed in our early years and are typically learned from our family and upbringing. These thought patterns exist both consciously and unconsciously for us. When aspects of our lives are stuck and not progressing or you notice certain patterns throughout your life repeating themselves over and over again.

There is a good chance this is because we are clinging on to some self-limiting belief that is holding us back. Identify what these patterns and beliefs are for you. Notice the things you think, say, and do around these beliefs. Now use *The Law of Duality* to identify the opposite of these thought patterns, and actions. Take a look at the list you have identified. These are the thoughts, words, and behaviors that you want to exhibit. Start to think in this manner and you can rewire your unconscious beliefs within you. No more self-limiting beliefs! The key, is you truly have to believe it. Your unconscious has a bullshit meter that bats a 1000%. It knows if the thoughts are genuine and something you truly believe to be true.

A critique against this law is that it can oversimplify complex issues and limit our understanding of the nuances and complexities of reality. People have also claimed that duality suggests a separation between opposites. I am stating that there is not a separation but that these things exist on the same spectrum as opposing forces of nature. Complementing each other in a way that maintains balance in the universe. It exists so that we are able to identify, and experience both, and appreciate both sides. We are the ones that over complicate things in our own minds.



Chapter 3: *The Universal Law of Transmutation*



Become the most powerful version of yourself with *The Law of Transmutation*. To become the most powerful version of yourself, you must become familiar with and learn to harness the power that lies within *The Law of Transmutation*. The principle of this law is that all energy is perpetually in motion, always transferring or transmuting. Nothing remains constant, everything is always changing. Energy exists and always will. It cannot disappear or be destroyed but it can be transferred, transmuted, or transformed.

The best example of transmutation that we are all familiar with is the cycle of water. We constantly see it changing in form from water to ice, steam, clouds, rain, and snow. It is an energy that cannot be removed. It will always exist it just will eventually exist in a different form than the way you are currently experiencing it. We see this in other things all the time such as, taking an idea and turning it into something tangible. A carpenter turning wood into a home. An artist turning paint into a painting. Transmutation does not just exist on a physical, or material level but also on an energetic

plane. This is why positive thoughts and beliefs are so powerful. You can use this law to turn a negative thing into a positive outcome for yourself and others.

This very book you are holding in your hand (or reading online) is an example of the power of *The Law of Transmutation*. To give a personal example: The journey that led me to write this book all starts back to my own perceived negative experience. The lockdowns of 2020 and the events that followed fundamentally changed everything. For me the whole thing was a negative, nothing seemed to make sense anymore, and making sense did not seem to matter or be held in high regard anymore either. We all were being shifted into a new world whether we liked it or not, things would never be the same. For a while, I struggled with what to do with myself, but I knew what I was doing up until that point in time no longer mattered in the grand scheme of things. I could not continue living that way anymore. I originally struggled with how to process this experience and was more reactionary than I would be now. I doubled down on working and making as much money as possible. I worked three jobs because I felt like I already lacked freedom, so I might as well go towards security and take the route of making as much as I could in the meantime. This made for a long unsustainable year plus and having more money actually did not fix anything or make me feel any better about my circumstances. I found myself more out of alignment than at any other point in my life. I lacked purpose and I knew I was not using my innate strengths and abilities to their fullest or at all anymore really.

This led me down a more spiritual path. A path of personal responsibility, taking action for the health of my mind, body, and soul. Following my curiosity and creative tendencies made me a

much more aware, and conscious person that now feels a stronger connection to source, nature, and love. Instead of seeking security, I now sought alignment and purpose. I am a more complete version of myself, trying to realize my potential by bettering myself and others. My quest to understand humanity and the universe and how it all works led me to gain knowledge of self and finding out about the twelve laws of the universe. That discovery led me to writing this book. These things have all made my life exponentially better. The transmutation of a perceived negative event, taking my frustrations, angst, and negative emotions and turning them into a positive and more fulfilling life and outcome. Creating order out of the chaos my life existed in.

You have this power. You are the alchemist who can direct the output of energy you take in and turn whatever darkness or pain that is holding you back into the light.

Quotes that can be credited towards the law of transmutation are:

“Every human being is in a state of constant fluctuation and change.”

-Unknown (But I remember reading it in a book)

“Energy cannot be created nor destroyed; it can only be converted from one form to another.”

-The First Law of Thermodynamics.

Now how can you harness the power transmutation holds to dictate what happens in your life?

Remove The Fear of Death. You are a source of energy and energy cannot be created or destroyed. Even when our physical body is no

longer, our energy that is us at the core will remain and exist. There is no reason to be afraid of what will happen to us once we are gone. Once you let go of this fear, there is nothing you or anyone else can hold over you.

Experience and Express Yourself. Allow yourself to experience new and different things. Do not run from experiences and feelings. Joy comes from experiences not material gains. You must process all occurrences fully. If you do not let the transfer of energy flow through you through expression, communication, and moving forward. Negative repressed emotions will cause a blockage in our minds, bodies, and relationships. This is what causes trauma, and blockages of energy are what manifests itself into diseases, conflicts, pain, and anxiety.

Focus Your Intentions. Align yourself with the person that you want to become. What does he/she think, say, and do? Do your current actions align with that person and their beliefs? What can you do right now to be more like them? Bring intention into all aspects of your life. Especially what you consume. Do not eat shitty food, watch shitty television, and hang out with shitty people. When you remove those things from your life you will start to absorb less negative energy and move at a higher frequency. Conversely, once you start consuming that *good* stuff, i.e. quality food, drink, conversations, you begin to uplift yourself into an even higher, less dense, freer level of being. Good input in. Good input out.

Become the Alchemist. Harness all the energy you receive, both positive and negative. Direct that energy towards your intentions to create the life, person, and impact you want to see in the world. You can begin to recognize examples of this endlessly with athletes and

other professionals. How many times have you heard the story-lines of their upbringing and the dire straights their lives were once in? They chose to use those conditions as fuel to forge a better life for themselves by staying focused, driven, disciplined, and becoming the person they needed to be in order to survive and overcome their unfortunate circumstances. This propelled them to the heights they reached.

An argument against *The Law of Transmutation* is the idea that certain things in the universe are unchangeable or immutable. However, the only things that are immutable are the principles of natural law, the laws of physics, and the universal laws explored throughout this book.



Chapter 4: *The Universal Law of Cause and Effect*



The Law of Cause and Effect to me is the most simplistic, easy-to-grasp, common sense law of all the universal laws. Because of the simplicity and also because of its great power and importance it is one of my favorite laws. It is one of the foundations of which my life operates on and even operated on before I was aware of it being an actual law of the universe.

This law states that ALL actions have consequences or a reaction that proceeds said action. Every cause leads to an effect. So every thought we have, behavior we hold, or thing we do causes an effect to take place in our lives and collective universe. Nothing in life happens by chance. I repeat nothing in our life happens by chance. The life you have now is the one that you have manifested

for yourself wittingly or unwittingly through your thoughts, actions and beliefs.

Your thoughts create your behaviors. Your behaviors and beliefs lead to the actions you take. The actions cause the effects that occur in your life. So the first step to causing the effect you want to see in your life is to clean up your thoughts. To put intentions and direction behind your thoughts to influence the reactions that reverberate back to you. This extends out further than just our own individual lives. Since everything in the universe is relative and intertwined our actions do not only affect our own future but the fate of others and the whole. That is the secondary layer to this law. One can become a causer rather than an effector. Many are carried along obedient to the environment and the wills and desires of others stronger than themselves. Moved about like pawns. Some rise to control their moods and actions directly influencing their environment and surroundings.

The real power in this universal law is that it shows you that you are in complete control of what happens to you in this life. To me this is exciting and good news because it means you always have a chance to bring about what it is you want to bring about in your life and you can create the things you want to see and bring them into existence no matter where you are at now. For some this information causes issues because they do not want to bear the personal responsibility that comes along with the knowledge of controlling their own life and destiny. Our past is out of our control. But our actions and beliefs around the past can begin to dissolve things that happened before we had our current level of awareness.

Once a movement is set about into the world, it will have a continuing ripple that travels on having effects even beyond what our awareness is capable of perceiving. In metaphysics, it is said all that transfers outwards will have to return back to the source that created it. Just know that you will never be able to escape the effects of your actions in this lifetime.

Quotes that can be attributed to the Law of Cause and Effect are:

“There is an equal and opposite reaction for every action.”

-Sir Isaac Newton

“Watch your thoughts, they become your words; watch your words, they become your actions; watch your actions, they become your habits; watch your habits, they become your character; watch your character, it becomes your destiny.”

-Lao Tzu

“Success is created within you.”

-Unknown

“You reap what you sow.”

-Saint Paul

Steps you can take to embark on the journey of leading the causation in your life are:

Pay Attention. What you focus on expands. Consider what you are giving your attention to. Is it of benefit to you? You have free choice and free will. Wield this wisely. Your attention is a weapon. Free choice means that it is never too late to turn things around.

Put intention and goodwill behind your actions to dictate the effects you see come back your way. YOU CAN BE WHAT YOU WILL YOURSELF TO BE.

No More Excuses. No more excuses. Seriously no more of the bullshit. The excuses you tell others. The excuses you tell yourself. If you want to find an excuse to get out of something you will always be able to find one. Leave this behind. It is doing you no favors and is stunting your growth.

The excuses usually are also a limiting belief you hold and this is a mindset to break. No one likes to hear them anyway. You are only placating yourself and seeing one side of the story. Instead of the “Why me?” Ask yourself “How can I still?” regardless of the situation. You can always find a way.

Affirmations. You need to believe in yourself and your abilities. Think positively about yourself and what you want. Take time to write out a plan for your future self. Journal frequently to stay on top of what it is you want. Speak it into existence. This does not just mean saying what you want to happen out loud in a room by yourself. You do it by talking openly about your plans to others. By doing so you are making a declaration of your intentions with the world. Share what it is you are cultivating with others. It begins to become real once it is outside of yourself. This is also another level of accountability having it out there and known. Plus you never know who is listening and what kind of connections will come about by putting your intentions out into the universe.

Take Action! This is the most important thing. Positive thoughts and having a plan are great but if you do not take action upon them

consistently, then nothing is going to happen towards them and you will not see the desired change. You need to take action towards your goals to set in motion the effects you want to see. So go on and do it. I recently discovered this taking place in my life. Whenever I stop waiting for something particular to happen that I think needs to happen before I move forward. I take an action in the meantime and a new door or path opens up for me just like that. Your commitment will receive acknowledged from the universe.

Continuously Take Action! Nuff Said.

While it is not possible to completely dispel or disprove this law, there have been philosophical debates and discussions about the nature and extent of causality. Some argue that there may be exceptions or limitations to *The Law of Cause and Effect*, where certain events may occur without a discernible cause. My belief is that we just personally may not make the connection between the cause and the effect and some of the effects may not be observable because they do not all take place during our life times but like the rest it will eventually come to fruition. No one ever escape their actions.



Chapter 5: *The Universal Law of Vibration*



The key to unlocking the secrets of the universe lie within *The Law of Vibration*. Everything is energy and energy is everything. Everything is always in constant motion. Even things that seem static are still in motion. They are just vibrating at a low speed. The way that energy travels is in waveforms. The rate at which things vibrate is called frequency. The only difference between one object and another is the rate of its vibration. Having lighter energy lends itself to having a higher spiritual energy. Would you prefer to have a dense energy or a light and uplifted one?

Just like everything else in the universe, our thoughts and especially the words we use are literal vibrations. You have the power to dictate your frequency by choosing and directing your thoughts and language. You incarnate what you are a vibrational match for. Positive thoughts and actions attract positivity into your life and negative thoughts and behaviors attract negativity. Positivity also opens you up to receive intuitions while fear shuts

your intuitive side down. The problem that most people make is that we have the tendency in our mind to believe that once we receive something we want then we will become the person we want to be. But this is not how it works. You must already BE in order to RECEIVE. You do not receive something and then become. We all have the power to polarize our minds to any degree that we wish. This grants us perfect control over our mental states and moods.

The Law of Vibration can be seen in the study of cymatics, which is the fascinating research of wave phenomena. It is the visual representation of sound. I suggest watching videos on cymatics, since it is visual and seeing the correlation with your eyes is a more profound medium for you to make the connection and understand it, over just strictly reading about it. It has been found that many old ornate cathedral windows, you know the type. Are a physical representation of cymatic sound frequencies. Often the representation of the same sound the structure inside the church creates based on the architectural design. Now church bells start to make even more sense, don't they? Just wait until you learn about tuning forks and how the human body can be tuned if you didn't know already.

Colors also have vibrational frequencies. There are seven wavelength ranges in the visible spectrum that coordinate to different colors. As you move throughout the spectrum from red to violet the wavelengths decrease in size and the energy increases in intensity. Going back to using examples in nature, plant colors and their frequencies correlate and are indicators of their unique qualities and health benefits for us. The colors have always been a signal to us and are what attracts us to consume them in the first place.

Here are some examples of plant colors, frequencies, and health benefits. Red plants correlate highly with the root chakra and typically have grounding effects. Red foods like tomatoes, red peppers, and berries contain lycopene and anthocyanins. These antioxidants help reduce the risk of certain cancers and boost immunity. Yellow is associated with the solar plexus chakra. Yellow foods like lemons, bananas, and turmeric contain antioxidants like vitamin C and curcumin. These help with digestion, metabolism, and reducing inflammation. Orange connects with the sacral chakra. Orange foods like carrots, squash, and sweet potatoes have beta-carotene. This antioxidant helps maintain healthy skin, eyes, and immune function. Green is associated with the heart chakra. Our green foods like leafy greens, spirulina, and wheat grass are rich in chlorophyll and help us with detoxification, anti-inflammation, and cardiovascular health. Blue and violet connect to the crown chakra and deal more with consciousness they are associated with the third eye and crown chakras. Blue and purple foods like blueberries, blackberries, and purple cabbage contain anthocyanins. These help improve our cognitive function, memory, and brain health. The different colored plants contain different phytonutrients and antioxidants that affect specific areas of health, partially due to their light frequency. Speech, smells, and thoughts can all be thought of as vibrations and as such can be positive or negative in our experience of them.

Some quotes about the law of vibration are.

“The universe is always responding to your vibrations. Raise your vibrations to attract positive experiences.”

-Unknown

“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.”

-Nikola Tesla

“Everything in life is vibration.”

-Albert Einstein

“Everything is energy and that’s all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics”

-Albert Einstein

Things you can do to benefit yourself based on the law of vibration are:

View All Things as Energy. Once you start to become aware of this law and tap into the frequency of things. You will start to view things differently. View people as an energy source. What frequencies do they operate from and put out? Can you sense how someone can change the feel in the room? How do your vibrations respond to being around these people? Does it get uplifted? Do you become drained after spending time with them? This is why people say “Do you vibe with them.” Is the vibe off? Always trust the vibe, my friend. No more vibe killers! We do not need them in our circle. Although, the occasional reminder of what the presence of a vibe killer around us feels like is not a bad thing. It helps reaffirm what we do not want to inhibit.

The same goes for activities. What activities do you do that raise you up, and give you energy and excitement? Do more of those things. Try to make those activities in line with what you do for

work. You are going to live a happier life and also probably make more money, when the line of work you are in gives you an uplifting enthusiastic feeling as opposed to a secure thing that constantly brings your energy levels down. This will eventually catch up to you in some area of your life in the long-term. By operating from enthusiasm more often you are raising your frequency and are increasing your potential and the difference you can make. Rather than just wearing the security blanket given to you that drains and limits your abilities and life experiences.

This applies to all things in life since everything has its unique vibration. View everything as energy. What foods make you feel heavy and want to take a nap? Which ones nourish and energize you?

Clean up Your Environment. Look around you. Is the space around you suitable for what you want your life to be? Is the environment you spend the most of your time in conducive to what you want to attract into your life? Start to match your habitat to what you want your life to become. Clean it up, organize it, create space, and make it beautiful. Minimalism can go a long way to decluttering your mind. Our outer world is a reflection of our inner world and places harbor good and bad energies for us. All spaces are sacred if you make them such.

Embody. Embody the experiences you want before you have them. Be. Feel. Do. You must feel it and become aligned with the experience first and then you will receive it. You will not receive what you are not fit for or ready for at that time. Keep in mind the perspective as well that you will not receive it all at one time, you would not be ready to handle it all at one time anyway.

It would be too intense. There is always a progression and necessary steps along the journey.

Some may argue that the concept of vibration is too abstract to support its validity but when you break any and everything down to it's core, a vibration will always be found.



Chapter 6: *The Universal Law of Fair Exchange*



The Law that I personally struggle with the most is *The Law of Fair Exchange*. You could also be struggling with this and be completely unaware. That was the case with me for a long time. It is kind of funny how essential things in life are usually quite simple but we can make them much more complicated than need be. Often just by a lack of understanding. Once you understand things down to the basic principles it becomes so much easier. By now we know that everything is energy and that the universe seeks balance with all things at all times. An exchange is how we as humans transfer our energy to each other. A fair exchange is one that makes everything whole and leaves both parties of the transfer of energy (exchange) satisfied. It exists in business and our careers. It also plays out in our relationships with others. If there is an exchange that takes place but it is an unbalanced affair there will be some sort of conflict.

Resentment by the giver and guilt by the receiver will be harbored. What can we give and exchange? Time, gifts, money, attention, love, talents, or a service.

In the forward of this book, I mentioned how throughout the process of studying these laws and writing out each chapter the universe had a way of revealing itself to me in the most interesting and serendipitous ways. In the content I consumed, I would see it. In conversations overheard, I would hear it. I would find meaning in messages received from real-life occurrences. These were like proof positive and acknowledgments along the way that I was on the right path. Yes, some were the little head nods and subtle winks but others were real challenges to battle with because they were areas in which I needed improvement and was out of equilibrium within.

By the time I put Chapter 6 *“The Law of Fair Exchange”* on the page, I was aware I would be going through some tough sledding because I already knew enough to know that I was currently struggling in this area. I wrote the heading down anyway aware of the incoming adversity but also knowing that I was ready to address it head-on. That is exactly what happened, the lessons showed themselves immediately. They were painful but they were 100% necessary.

My dislike for conflict and not wanting to have what I perceived as going to be difficult conversations led me to not set expectations for others in almost all the exchanges in my life. I was so accustomed to not setting expectations for others, that I was not even setting them for myself on what I wanted from the outcome of exchanges. I always avoided the key conversation or speaking up

during those conversations where I could set my expectations going in. I would deliver upon what was expected of me and in return I would just accept whatever the other party felt like giving me in return. Sometimes it would be fair but more often than not I would accept less and deal with the lack and the recourse for this decision. I would either push it off to the side and try to forget about it or I would suppress my resentment for the unfair exchange without really addressing it.

This is an example showing a lack of self love. When you care about yourself and think highly of who you are. You are going to start to raise your standards and also start to create boundaries because you value yourself and your time.

This was a me problem and no fault of others. I did not communicate clearly on what my expectations or desired outcome of the exchange was. Once you set the expectation with others that you are in the business of giving away things like love, time, services, and value for free or at a discounted price that is now the expectation that has been set moving forward in all other future exchanges with this person. It is going to be harder to ask for fair compensation later on when the receiver has already been accustomed to taking from you. What you give has become less valuable to them. You cannot just give, give, give and expect that one day your contributions will be valued and justly rewarded. On the other hand, you cannot be a habitual taker and think that action will never catch up with you. In the long-term, the person doing the exploiting will pay the price one way or the other.

I did this with my creative endeavors. I got my start by interning on projects for free and then developing my own projects

that I would put out in the public space for free. I justified this to myself by saying that this is a passion of mine and I would be doing it anyway. Any money I receive is just a bonus and eventually, there will be some big future payoff down the line in to make it all worth it once my work gets recognized by the right person. This mindset was unsustainable. By not attaching value to my work and creative expression It would cause me to lose it. When you are operating from a place of lack and no security you will start to have that resentment I spoke of earlier. You will also eventually try to do something different to gain the security you seek. By not valuing myself, my contributions, and giving that stuff away for free. I gave it up altogether in order to survive (seek security). For me to make art I had to start valuing it as art myself. Not a passion or a hobby but something that is real and holds value to others.

This was not the only area of my life that I had the issue because “How we do one thing is how we do all things.” The unbalanced exchange was happening in personal relationships, and other business relationships as well. Recognition is the first step. So once I came to the realization that I was not operating within the *Laws of Fair Exchange*, it was easy to see where else it was manifesting itself in other areas of my life and be able to start to address it from here.

This principle drives everything and has inspired the creation of systems of exchange like money. We use money as a source for exchanging energies. To be within the universal law of fair exchange we must be charging or paying the appropriate amount for the goods and services that we purchase or deliver.

Our relationships with others, if we want them to be healthy must also provide balance. On the receiving end, if the receiver does not believe they deserve what they have been given they will lose it or give it away themselves. Value is relative and value needs to be agreed upon and defined at the point of exchange, a step I previously avoided. These conversations do not need to be difficult. If you cannot come to an agreement prior that works for both parties than no hard feelings. It is not a personal relationship or business relationship you should put your time into. Focus on the next one. This practice will actually save you a lot of time and grief.

The person who is overly altruistic and gives everything away will get taken advantage of. The person who overcharges will usually be more narcissistic and eventually get humbled. Even during a catastrophe and a time of loss, knowledge, and experience is gained. Whenever something is lost, or taken from you something else will always gained. That is a universal fair exchange.

To see what a universal fair exchange looks like, look no further than the relationship between the flowers and the bees. The flowers attract and invite the bees in to sip on that sweet-sweet nectar which is the energy source that bees use to live and travel from flower to flower. A byproduct of them sharing their exchange is that pollen accumulates and gets stuck to the bees bodies. The flowers rely on the bees to cross-pollinate their female plants. When the bees land on a new flower, the pollen gets shared. This transportation of the pollen is mandatory for the survival of that species of flower. That is a fair trade partner. Both rely on each other for survival. Now if only all the pollen my nose received did something other than make me sneeze that would also be chill. I am an avid raw honey consumer so I'll chalk that one up as being a fair

exchange for the occasional sneeze. The consumption of local honey is also supposed to help with allergies. Now would you just look at the interconnectedness of all that!?

Think about your relationship with the Earth. We are blessed to live in a world of true abundance. All you have to do is feed and nourish the earth's soil and the earth will feed and nourish you back tenfold for your efforts. This is something not to be taken lightly and a thing I try to constantly remind myself in order to help stay away from any semblance of having a scarcity mindset.

A quote that I am fond of that is associated with this law.

“If you want joy, give joy to others; If you want love, give love; If you want attention, pay attention to others; If you want respect give respect; if you want honesty give honesty; If you are seeking prosperity, try to help others become financially secure. If you want to receive a blessing, learn to silently bless others.”

-Unknown

My tips for staying within the law of fair exchange are:

Clear Communication and Setting Expectations. You need to be upfront with your communications and set clear goals, desired outcomes, and expectations with your partner, or whoever you are transacting with.

Deliver Upon What is Expected of You. You must be prepared to deliver upon what is expected of you. It is not a one-way street. You cannot only think about what you are getting out of the deal but also what you must contribute, and how it will also be beneficial for your

partner. Make sure that the exchange is something that you want to do and also works for you or you will have regrets throughout the process. It can also lead to stress if you have self-doubts about failing to deliver.

Self Worth and Recognition of Value. Value what it is that you bring to the table. Think about the impact you will have and how you can be of service and help to others. The more self-worth you have the more confidence and self-belief that you will also have. Having this will make it easier for you to charge what you deserve or hold higher expectations and standards of what you need in return. The more people you can help along the way the bigger the ripple effect you will have. The bigger effect you start having the more self-worth you will feel. The more self-worth the more in return you will receive and start attracting into your life. You must value yourself in order for someone to value you. Another way to improve your self-worth is through your self-care routine. The better you take care of your well-being physically and mentally the more you value yourself and in turn the better you will feel about yourself.

Do Not Over Give. If you are constantly going above and beyond for others and giving more than what you receive you are depleting your energy and resources. You can not be all you can be or be the best version of yourself for others if you are operating from a lower place because you have been over-giving to someone or somewhere else.

An argument against this law is that exchanges are often influenced by power dynamics and subjective perceptions of value. For example, in a transaction, one party may have more bargaining power leading to an unfair exchange. This law does not state that unfair exchanges do not happen in real life. They happen all the

time. There is always a consequence when the scales are uneven, however. Again, the exchange does not have to be money. It is more so an exchange of energy. Both sides of the exchange need to be feel fairly compensated for both and be established beforehand for it to be an exchange in accordance with *The Universal Law of Fair Exchange* to prevent any unease.



Chapter 7: *The Universal Law of Rhythm*



This Universal Law is so important I decided to name my company after it. *The Universal Law of Rhythm*. If you are familiar with the name of my company One Rhythm Productions, you may have thought you would see *The Law of Rhythm* sooner. I named my company after a combination of this law and *The Law of Divine Oneness*. Why? I had a realization one day that the word universe distilled and broken down literally means One Rhythm. Uni = One. Verse = Rhythm. The universe is all one big never ending song. Everything here is connected creating a song together and everything within the universe plays it's own individual part as an instrument. The whole thing all flows together in one beautiful well orchestrated rhythm. If you are interested in learning more about my company and what I do you can visit my website:

www.onerhythmproductions.com

I would love to see you there and hear from you directly.

The Law of Rhythm states that everything is cyclical and change is always ever present. It is the process of moving in and out of all the various stages in our life and combined lives. Our breath flows in and out as do the waves of the ocean. This law closely ties into *The Law of Polarity* but *The Law of Rhythm* is the measure of the motions that swing from one end to the other. Think of a pendulum swaying back and forth. However far it moves one way, it will swing back in the other direction. This is why enthusiasm is not always sustained it can be followed by a depression of sorts. The awareness of this rhythm allows us to appreciate all moments and experiences. There is comfort in knowing that the tough patches are only temporary. It also teaches us to appreciate the wins and highs when they occur as these experiences will also be fleeting soon enough.

Economies peak and collapse as do nations. There is an ebb and flow of all things from birth to death. You may now be realizing how much these swings have affected you in your own life. Since being a kid I have always loved being in the ocean. You quickly learn how to navigate the waves. If you stand firm and rigid the incoming waves will knock you on your ass. People either learn the ways of the ocean or become fearful of it. There are a few ways to survive the incoming waves with less friction. You can physically jump and rise above the wave. Dive head first and cut through it. Or surf the wave in. The same goes for navigating *The Universal Law of Rhythm*. The awareness of the rhythmic waves of our lives coming and going allows us to time our own movements as not to get buried by them.

Quotes that exemplify this law are:

“There is always something bright around the corner. The dark clouds will go away and there will be some sunshine again if you’re able to hold out.”

-Charles M. Schulz

“Nothing Stands still - everything is being born, growing, dying - the very instant a thing reaches it’s height, it begins to decline - the law of rhythm is in constant operations.”

-The Kybalion

“This too shall pass.”

-King Solomon

Here are the tips I have discovered to help implement *The Universal Law of Rhythm* into your life:

Perception. Can you accept the obstacles in front of you knowing that they are only temporary? Accept hardships in your life and take them on. With whatever it is you are struggling with, can you see what the potential benefits are? Bring your consciousness to see the other side and view how you can and will benefit from this. It is only temporary. Try to view even shitty circumstances with more appreciation knowing that different experiences are on the way.

Appreciate the Present Moment. I am sure by now you have seen and heard a million different things about being present and its importance. It cultivates inner peace and brings about happiness because you are focused on experiencing rather than being off somewhere else in your head and not in the moment. Awareness of

The Law of Rhythm helps to allow you to appreciate the present moment. Whether in a positive or negative state. You can know that it is only temporary. You are only experiencing this feeling right now. New feelings and emotions are on the way. This feeling may come back one day down the line but it is only guaranteed to be with you at this precise moment in time. So experience it fully while you are with it. As an example, a time of mourning. It is not something we want to experience and it is something most dread. However, it is an important part of life. When it comes about, honor that moment and appreciate it for what it is. Allow it to take place and push through it. It will pass you by soon enough and you can bring yourself to feel good about honoring the ones you love and appreciate.

The Wave Method. I mentioned this earlier but let us expand upon it. To me it is the perfect analogy. Change is always present and happening. It comes about like the ocean waves crashing in and pulling out. Rising and sinking. One wave comes by and the next wave does not stop and wait for you to get ready. They are ever present and continuous just like the changing tides of our lives. There are three methods to surviving the waves and there is one no-no. The no-no is that you do not want to get caught flat-footed. Do not be standing firm and have your feet planted on the ground rigid when the change is coming in. You must be prepared for the ever present changes. You also do not want to be out in the ocean oblivious or unaware that the waves are coming in. This is how you get knocked about and thrown off course not in control of your life or what happens to you.

If you can sense that the winds of change approaching are positive **Surf The Wave!** See how far it can take you. To fully ride the wave in and let it propel you to new places, you must fully commit to catching the wave. When you see and sense it coming. Full send, no stop. If you do not do that you can miss the wave entirely or only catch part of it not fully experience the outcome of seeing how far the wave could have brought you.

If the wave coming is too big and frightening and you worry that it can cause harm to you or you just are not entirely ready for it, you have the option to dive head-first into the wave and **Cut Through It.** It passes through you. You still experience it and you allow it to flow through and by you not getting hung up on it or letting it destroy you. It is the method of least resistance. You survive to see another day and another wave while not getting knocked off your feet.

There is also the option of learning to mentally rise above the tides and rhythm not really letting the current push you around one way or the other. Not entirely but to a certain degree you can escape it. You do this by **Jumping The Wave.** By rising above the vibration and change letting it pass beneath you. This is a level of self-mastery by refusing to let negative mental states affect you. An area of my life I have evolved and noticed my ability to do this is with news cycles and current events. I now have the awareness to see them coming, float above them, and watch them pass by below me without having a real effect or influence over my life and moods whatsoever. I strive to apply this lesson to other areas of my life.

Be Open To Improvisation. You have to have the ability to improvise along with what's going on in the world around you. Going back to the one song analogy. It's like a jam session. If you're playing your part in a band and they decide to switch up the tempo you can't just continue to play the same note at the same pace you need to switch how you are playing too. Being fluid in what you are doing allows you to adapt and bring harmony to whatever the task at hand is. In living less rigidly you open yourself up to new experiences and new ideas which can invite in new possibilities and excitement with it. Life is a collaboration.

A person who questions the validity of *The Universal Law of Rhythm* may say that not everything in the universe follows a predictable specific rhythm. I would follow up by saying that not all of the rhythmic patterns are as visible or obvious to see as the ocean waves rolling in, but they are taking place and everything has its own pace that it moves in. Some rhythms ebb and flow over several hundred years.



Chapter 8: *The Universal Law of Inspired Action*



The key to manifestation, or bringing about what you want to bring about in your life lies within *The Universal Law of Inspired Action*. To me, inspired action can be best described as using your intuition. Instinctively acting upon your intuitive thoughts to make things happen in your life that you want to happen. We all know the feeling of having those “aha” moments or realizations of a great idea. Not only do you have to recognize when you receive one of those thoughts, but you must take it a step further and put those thought concepts into motion. By doing so, you are letting the universe co-create through you. To make it even more magical think of it as a collaboration with a higher power. You are the vessel. Part of the collaboration is you physically doing the work that needs to take place for the results to happen.

The other key component is that once you take those steps let go of your attachments to the desired outcome of each step you take. You must let the universe do its work as well and allow things

to occur. It most likely will happen in a form or fashion that you could have never conceived or anticipated from the conception of the thought. It might not look exactly like you expected it to but It will be better outcome for you than you could have even imagined. Pay attention to the ideas and messages that you receive. Act upon them swiftly. Receive your blessings.

An inspired action comes from a place of inner knowing. Something within you calls your attention to take action. Even if it does not fully make sense at the time, or it is something against the grain that others may perceive as illogical. It is about surrendering to the guidance of the universe and listening to the call of what you know yourself to be true. By not taking that inspired step you are blocking your manifestations from fully forming in your reality. Internal debate, doubting, or trying too hard to consciously work out every single detail is actually stalling and preventing it. That is not how one takes inspired action. You are letting the inspiration you received slip away. The universe will find someone else to carry out the purpose or messaging if you take to long. Take the spark and run with it. Let that energy propel you to do what needs to be done. Let the universe bless you with what it is you desire.

An example of this would be an aspiring artist leaving financial security behind to pursue a project. Kid Cudi made a point to have this specific thing told in the documentary “A Man Named Scott”. He asked the directors to display his words on the screen describing what he himself called his “big moment”. His career was picking up some steam but he was still working a regular day job at a store that was once very important to him, BAPE. His job denied his request to take three weeks off to go on tour in Australia. He took his future into his own hands and made the leap. He quit so

that he could go on the tour anyway. He trusted that everything would work out how it was supposed to. He was not going to make money on the small Australian tour and he had no other fall-back plan or financial security once the tour was over. Yet he did so anyway. The rest is history, he became one of the biggest and most influential hip-hop artists in the past twenty years (also one of my favorites).

My favorite quotes about inspired action are:

“Allowing things to take their natural course is the key to mastering this world.”

-Unknown

“Be aware of the big difference between inspired action and activity. Activity comes from brain-mind and is rooted in disbelief and lack of faith - you are taking action to “make” your desire happen. Inspired action is allowing the law to work through you and to move you. Activity feels hard. Inspired action feels wonderful.”

-Unknown

These are the steps I have identified to improve your life using *The Universal Law of Inspired Action*:

Familiarize Yourself with the Feeling. Recognize the feeling of having an inspired thought. Become familiar with the experience of having those “ah hah” moments so that when you have one you know not to let it slip away without being acted upon.

Meditate. Meditation can look like various things for different people. Meditation does not have to be sitting crossed-legged in

silence for 30 minutes. It can be a guided meditation, breathing exercises, a walk, sitting on your front porch in a rocking chair. To me, meditation is anything that allows you to take some time for yourself to disconnect from the outside world and start to connect with the inner. Different things can bring you into a meditative state. Play around with these methods and find what works best for you. By creating space for yourself you are allowing inspired thoughts to come to you. When you silence the outside world, it will make that inner knowing voice louder and easier for you to pick up on. Inspired thoughts do not only come during meditation, however. They are actually more likely to come to you during an act you find meditative or therapeutic that is also partially occupying your mind. Doing something creative, gardening, listening to music, fishing, cooking, or riding a bike or even a horse. Music and nature walks tend to be the place I draw my most inspiration from.

Act Swiftly. Act now. There is never going to be some ideal timing that presents itself to you. Now is always the best time to act when it comes to inspired action. This is something I can struggle with. I always have tried to wait for the ideal time to take the action. Thinking I had to plan everything out strategically and do things at a certain time. This is limiting and wasting the most important thing, your time. You have a finite time here to experience things. The longer you wait the less motivated you will be to do it. Inspiration is something that fades and so does excitement. Also, the sooner you are called to act the sooner you will find out whether it is going to work out or not. Even in failure you are a step closer towards the next step and next success.

Let Go of Resistance. A major key is to let go of our resistance. We resist and do not allow certain things to happen naturally. We fight

with it. We bargain, and we explain it away. We doubt it. Worst of all we doubt ourselves. We calculate what could happen if it all goes wrong. We tend to let our analytical minds get in the way of what we innately already know. Letting go of resistance is acting upon the inspired thoughts. Inspired thoughts come from a universal consciousness, it is our duty to act upon them. Trust what connects us as one and connects you with god. Enthusiasm comes from the word enthousiasmos. It is of Greek origin meaning “possessed by a god, inspired”. When you receive thoughts that make you feel enthusiastic harness this feeling and let it inspire the actions that you take. Operate from that place as long as you can and see where it takes you.

Trust Your Gut. Inspiration originates from someplace outside of our heads. It comes from the soul. This is why they call it a gut feeling. A gut feeling is instinctual and the most reliable indicator we have to take our best course of action. Fun fact, within the intestinal lining are MILLIONS of neurons that communicate with our brains through the vagus nerve. Gut feelings are every cell in our body making a signal to our brain to try to influence our decisions. This is a great reason to trust yourself. For a long time, I struggled with trusting my gut and trying to be too analytical. This often actually led to me trying to receive validation from others outside of myself before making a decision or taking the action I already knew I needed to take.

Without going into all of the details, this was a costly lesson for me to learn. I had an instance where I participated in a competition that had an extremely large prize pool. A prize pool that had a life-changing amount of money attached to it. I had the exact winning formula that went on to take down and win the entire

tournament. The only problem was that at the last minute I did not trust my gut. I did some rushed half-assed, last minute research and looked to others opinions rather than my own. I put my faith in them and not in myself and changed my original play.

I watched as my previous selections went on to win someone else a million dollars, minus taxes, you know the state needs to take their slice out of everything of course. The next morning I went back to a dreaded job with no additional dollars and zero sleep from the night before, feeling defeated. It took a while for me to get over this feeling. I often had flashbacks to the moment when I changed my mind replaying it again and again. It is fine now. It was an important, expensive lesson that I needed to learn. I have learned it.

Critics may say that the concept of inspired action implies that there is a predetermined plan or destiny for each individual. This is not the case. Free will is always and will always be at play. People have the choice to go in whatever direction that they want. Awareness of *The Universal Law of Inspired Action* helps lead people to be more conscious of their inspired thoughts and follow their own internal navigational system. Which in turn can lead them to a more fruitful life of purpose and alignment. Also, having an existential purpose that is bigger than ourselves can lead to you pushing further and propelling your life to a place you could not have imagined without it.

Chapter 9: *The Universal Law of Attraction*



Ah, the most misunderstood law of all the laws of the Universe. *The Universal Law of Attraction*. It is also the most popular. This is likely the only universal law that you were made aware of before reading this. That was the case for me at least and many others I've talked too. In order to really understand this law having a grasp on the basics of the other laws is essential. The universal laws are all interconnected so knowing solely of this alone is not going to get you very far.

The Universal Law of Attraction is a principle that states that you will attract into your life whatever you focus on. Like attracts like. Whatever you give your energy and attention to is what will come back to you. Or what you focus on expands. When you focus on what you lack in life, then you will attract lack. When you focus on gratitude and abundance you bring more of it into your life. Remember that everything is energy so the energy you send out reflects back to you. If you have a negative belief or are thinking negatively about an upcoming event going into it, nine times out of ten you are going to have a negative experience when the event

comes about. The same thing goes for if you have a positive belief about that same event. Many preach visualization when they speak of this law. It goes deeper than just thinking or visualizing. It is essentially rooted in your beliefs. What you believe will be confirmed.

You will always find the evidence to support whatever it is you believe to be true. Are you struggling with money? Ask yourself what your beliefs are around money. Whatever you hold as beliefs about it will be true to your current circumstances. Change your beliefs to change your outcome! It was explained to me that this law acts much like a rubber band. The more tension that gets built up between you and what you focus on just like the more tension that gets put on the rubber band eventually it will have no choice but to snap together.

The Law of Attraction is not about putting in effort and trying to attract. It is more about presence and your state of being. It is really about your alignment. If your life and actions are aligned with who you truly are at the core you are going to start to attract the things and experiences you want in your life. This is a fundamental thing we often get wrong. Our current life choices do not always align with the things we are seeking therefore what we seek rarely has a chance to come about because we are not aligned with the actions and belief systems that will allow for them to happen.

A common example of *The Law of Attraction* can be seen in politics. If you believe one side of the aisle is right you will always find a way to justify your belief system and find a way to support your side as being correct in its stance. Conversely, the other sides supporters will always find a way to do the same exact thing on the

same exact political divide. Go online and you will see millions and millions of people proclaiming and confirming their own beliefs to themselves every second of the day. We attract what we believe to be true into our lives to confirm whatever our belief system currently is. There is much power in knowing this but the real power lies in your beliefs.

Here are quotes about The Universal Law of Attraction.

“What you focus on expands.”

- Paul William Davis

“Here’s the problem. Most people are thinking about what they don’t want, and they’re wondering why it shows up over and over again.”

- John Assaraf

“Every thought we think is creating our future.”

Louise L. Hay

“Once you make a decision, the universe conspires to make it happen.”

- Ralph Waldo Emerson

“If you truly want to change your life, you must first be willing to change your mind.”

-Donald Altman

Now here are some tips to put the *Universal Law of Attraction* into practice:

Gratitude. Try to find a reason to be grateful as often as you can. If you can find gratitude in each moment, you are really on to

something. The present moment is always perfect and all elements exist and are in play. When you can have and hold gratitude in tough, trying times you are dissolving the situation. Finding the positives during a negative time and seeing both sides is using *The Universal Law of Duality* to make the situation whole. You are going to feel a lot better when you can smile when the shit hits the fan and know that you are OK. A simple thought exercise is asking yourself “What can I do in the present moment to make this situation better?” Another can be to ask yourself “How can I still go about doing this?” Whenever something does not go according to plan or you do not perceive you have the right tools at the time to accomplish what you are trying to do. With gratitude, you are making the best out of the situation and truly appreciating your life and journey. Watch what happens.

Goals. Set long-term and short-term goals for yourself. This will keep you on track to bringing about what you want in your life. Think on how to get closer and keep tabs on the progress you have made towards it. Things are not going to happen overnight. So celebrate and appreciate each step you make as a win bringing you closer to what you want. This will help you not get discouraged along the way as things take time to develop.

Selective Focus. Again what you focus on expands. People tend to focus and harp on things that they do not like. We seem much rather to discuss what is happening that we do not like and complain about it. Pity parties love company. By doing this you are feeding into it whether it is political, societal, or economical. You are becoming consumed by the very thing that you do not like and find negative. You are letting it win. This keeps you in the same place and gets you nowhere. Doom and gloom begets more doom and

gloom. Focusing on what you find beautiful and grateful for attracts more beauty into your life.

Do Not Think About It. People often worry and obsess over the things they do not want to do. They also focus on what the worst potential outcome could be. This is helping bring it about and make it a reality. Both now in the present when it occupies your mind and also later when it becomes your reality. Most times it ends up being worst in our mind then what actually ends up playing out.

Do Think About It. Your aspirations and goals. You need to be consciously thinking about them and marinating on ideas on how to best bring them about. Focus on what you can do right now in the present to help facilitate it in the future. The more it occupies your time, mind, ideas, and actions the more you are already bringing it into the forefront of your world.

Look Closely at Your Beliefs. What do you believe in? What you believe about yourself, life, relationships, and money is what you will see reflected back at you. You create your own reality and you confirm it to be so with the belief systems you hold. Read that last sentence again.

An argument raised against the law is that it places the burden of responsibility solely on the individual, suggesting that if someone is not experiencing positive outcomes, it is solely due to negative thoughts or vibrations. This disregards the influence of external factors. Yes, there will always be things that are out of our control but the key is to realize that you are still the one that is ALWAYS in control. Even when something happens to us that is out

of our control or done by another, you are the one in control of how you address and handle those things. You can shift your energy and your personal perception back to claim ownership of any and all situations. This is self-mastery.



Chapter 10: *The Universal Law of Correspondence*



The Universal Law of Correspondence holds the answers to the greatest mysteries of the world and all the questions you have about life. For that reason, it has become my new favorite law. Aptly also known as *The Law of Reflection*, this law states that patterns repeat throughout us and throughout the entire universe. There is harmony between all the different planes of our reality. Our reality is a mirror of what is happening internally. The big saying for this one is “As above, so below.” But that is not the full quote there is more to it and I think it is important it gets shared. From Hermes Trismegistus “As above, so below, as within, so without, as the universe, so the soul.” You can dig very deep into each part of the quote and pull great meanings out of it. It shows that we live in a system of correspondences. Overall, it is about seeing the correlations between different planes.

This allows a greater understanding of the self, the world, and the relationship between the two. The law of correspondence flows both ways. The things around us influence how we feel, but

how we feel also alters the things around us and what we experience. The best way to break this down is to see the patterns in our lives. People, places, relationships, experiences, and occurrences are all a reflection of our mind state and beliefs. Mirrors are honest and always accurate. The universal mirror does not lie to you. Look to it to resolve your issues or life patterns that keep repeating and holding you back.

To help understand this, look at how you perceive and react to others. Things we admire in others are traits that we also possess. Things we react strongly to and do not like in others are also found within us or we are very afraid that under the right set of circumstances, we could act the same way. The things that we resist will always persist. This is why letting go of resistance allows the things that we want to happen to occur naturally. Resisting is us manifesting what it is we resist and bringing it to fruition. When something about someone is bugging you. What is it about them that is bugging you? What is it about yourself that the universe is trying to show you? When you see somebody that you admire. What aspect of them do you like? Know that you also possess this. Maybe this is an aspect of yourself that would like to express more often. Repeating patterns in our life is the universes way of trying to show us a trait of ourselves that we need to work on to change our life for the better. Take a look back at your patterns and see what you can learn from them.

What you allow around you impacts what shows up within you. What activities energize you? What drains you? These are all important questions to ask ourselves and to analyze. The reason this is so important to realize and how you can harness it to answer all of our questions is by understanding there are planes that are

beyond our ability to know or see with our two eyes. This does not mean they do not exist however. By applying the laws of correspondence we can understand the correlation and learn what we would otherwise have no idea of knowing. The harmonious reflection of everything from one to another.

A land surveyor is a great example of someone applying the law of correspondence. Surveyors gather data and figure out the size of objects and land by measuring the distance between several points of said object or land to the instrument they are using to do the calculation. They then can apply the data of these alignments and how far away the points are from the instrument used to calculate the distance, to see how far away the points are in actuality from each other. These correlating data points allow them to get accurate dimensions of the object they are measuring.

My biggest insight to date gained from *The Law of Correspondence* was that it proved to me that truth exists in astrology. For the longest time, I have always known that there was something to astrology. It was always too accurate and on point for me to ignore and dismiss. However, I never fully embraced it because for the life of me, I could not figure out how it was so. If I could not explain how it actually worked, it made it easy to write off as woo-woo. But once I understood the principles of correspondence it all began to make sense to me. Of course these huge, luminous, celestial bodies and large masses of extreme energy have an impact on who we are and how we react to things. It is the correlation between the macro and the micro. A correspondence occurs between them and us just as well as our cells have a corresponding effect on our physical body.

I have already used a few quotes about the law of correspondence but they are worth repeating and here are a few more:

By observing the heavens it's as if we are observing ourselves. By observing a cell, you can observe the entire body."

- Patrick Moise

"As above, so below, as within, so without, as the universe, so the soul."

- Hermes Trismegistus

"Everything that irritates us about others can lead us to an understanding of ourselves."

- Carl Jung

What is manifested in the material world, reflects the quality of the thought behind the pattern from the unmanifested layers. This principle also states that there is a correspondence between multiple planes of reality which may form into integrated and harmonious interactions, delineated as: the physical, mental, emotional and spiritual planes, at the individual and collective levels.

-Unknown

I only have one tip for how to use knowledge of *The Universal Law of Correspondence* but you can apply this one tip to absolutely every area in your life or any question you want answered:

Find the Meaning. Find meaning in everything. Spot the correlation. Recognizing the patterns and things that keep coming up for you. Is there a general theme to them? I mentioned this earlier but look at how people show up for you. We are all reflections for one another. Certain people or certain types of people will

continue to show up in your life in particular ways until the universe gets the message across to you and you recognize it. Find the message in the patterning. Learn from it and make the necessary adjustments. If there is an aspect of your life you do not have control over? Someone else will be there to control you with it. Find meaning in the patterns of your life. Looking back, are there any recurring themes? Deep down you will know the work you need to do to set these straight.

Find meaning in your dreams. Your dreams are a reflection of what our subconscious (below) mind is trying to communicate to our conscious (above) mind. This applies to everything you you can think of. A sickness you are experiencing will have a correspondence to another issue in your life or an issue going on somewhere else in your body. Treat occurrences, animals, and synchronicities, as messages to you from a divine source. That is what they are and that is the main way the universe communicates to us. It cannot speak to us directly through words but it can use symbols and literal messaging. If you are not looking for the messages and the meaning you may miss them. A lot of the time, things can be too right in front of our nose for us to realize it unless we are looking for it. Other ways the universe can communicate to you is by people randomly saying relevant things to you or others. Literal signs, billboards, or posts, songs and movies that strike a chord with your own situations.

Back on the subject of dreams. I don't think I can stress how important or powerful the practice of dream interpretations can be. Dreams are a direct message from your higher-self. A higher-self that knows more about your true wants and desires than you even do. To do this you want to find the correspondences yourself and

find the internal associations that come up for you. Google and dream dictionaries are not going to properly diagnose what the symbols mean to you on a personal level.

Entire books have been written on this subject matter and who knows maybe one day I will write one myself. If you think of it as your souls guidance, which it is. You will not take it lightly. It's something that also can be fun to do.

One argument against this law is that it fails to take into account the impact of societal structures, systemic inequalities, and external circumstances that can shape our reality. I believe you can find the correspondence behind the societal structures and inequalities that are in place by taking a look at the people that make up the society. If the people themselves are unwell, stricken with fear, and lack of control they will create systems in place in order to control themselves by.



Chapter 11: *The Universal Law of Relativity*



Take sole ownership of your life with *The Universal Law of Relativity*. There is great power in *The Law of Relativity*. To take ownership we must realize that everything is relative and our perspective is everything. This law states that in reality, everything is neutral. If everything is neutral then it is us who attaches the meaning and emotions to each event and experience we go through in our lives. Basically, it all comes down to the perceptions we hold. Your perspective on a thing is absolutely everything. We as humans are inclined to compare things in order to make sense of them but relativism exists in all things making them neutral. Something that is one thing for you can be something completely different to someone else from their point of view even though it is the same exact thing. In fact the same exact event can be experienced by five people and be perceived in five entirely different ways depending on who they are, the beliefs they hold, and what their role and relation is to what is happening.

A common example of this is time. Time is relative just like everything else. That is why time seems to move faster as we get older even though time stays the same. The rate at which time passes for you depends on your frame of reference for it. The less time you have been around the slower it seems to move. If your frame of reference is someone with more time and experience on this earth you will be asking yourself where does all the time go? Another quick example I'll give is the relativity in size. Say you have an oak tree in your backyard that you describe as the "tall" oak tree. The average oak tree is around 100 feet tall. When you compare that tree to a Sequoia tree, which can be anywhere from 250 to 300 feet tall. Is the oak tree in your backyard still tall? Or is it small in comparison to a Sequoia? It is tall relative to you.

This law is the reason why news and media is such an important industry. It is a 2.5 trillion dollar-a-year industry. It is worth so much and so important because the news and medias job is to shape perspective. It is a tool that can be used by you or get used against you. Jim Morrison is quoted as once saying "Whoever controls the media controls the mind." Whoever controls the media controls the general perception that is out in the public and in turn, influences the majorities reality and perspective more than any other one thing.

Here are some relativity quotes:

"No matter how bad we perceive our situation to be, there is always someone who is in a worse position."

-Unknown

“Our life is what our thoughts make of it.”

-Marcus Aurelius

“When you compare yourself, you judge yourself.”

-Paul William Davis

The tips I use to benefit from *The Universal Law of Relativity* are:

Level Up. We will all be tested numerous times along our journey. Challenges are how we develop and evolve. Challenges build character and is how we level up in life. We can not level up without them. How do you perceive challenges when they come your way? Do you avoid them? Try to take the easy way out? Or do you face them head-on, knowing it is an opportunity for you to grow? Never resist the opportunity for you to level up.

Do Not Play the Victim. You do not want to become a victim of circumstance or hold on to a victim mentality. The victim will always stay the victim as long as that is how they perceive themselves. This is why people blame others so they can take the onus off of themselves. This type of person is doing themselves no favors. If you do not play the victim and start to take ownership you are no longer placing something or someone above you. You no longer let the circumstance control you. You control it. You are now in the driver seat, you are the one with power. In an instant. They, or it, no longer have any power over you. Simply just by shifting your perception. Of course, your actions must also follow suit.

This also ties into *The Law of Cause and Effect*. The hero is the causer, they are looking for the solution and they are not blaming others for their circumstance. The victim is on the causation side they have given up their power to someone else. Things will just “happen” to them as a result.



Chapter 12: *The Universal Law of Love*



The twelfth and final universal law. This law is the key to everything in our existence. We could not talk about the universe, god, creation, or higher-power without talking about love. Many sources actually do not cover *The Universal Law of Love* but it is a universal law. Most have *The Universal Law of Gender* as the twelfth Law. We briefly touched on gender in the chapter about the Law of Duality. Gender fits perfectly into *The Law of Duality* and also fits really well into *The Universal Law of Love*. For this reason, we will cover it in more depth this chapter and also show how it relates to love while, explaining what *The Universal Law of Love* is.

Love is perfect equilibrium, it is harmony, and balance. We already know that the universe thrives off of balance. It also thrives off of love. Love is the secret to the universe, it is behind everything.

People often get love confused for other things. It is not romance, infatuation, or lust. Love does not judge. Love is finding balance and reaching a point of equilibrium by seeing both sides of all things. Gender works similarly. Harnessing both energies, masculine and feminine, in harmony is the source behind all creation. The marriage of the two forces combines to create life and all other things in our existence. Unconditional love is the foundation of creation. That is what this universe is, unconditional love. Love created you. You are an expression of love. When you have an idea (seed, feminine energy) and you act upon it (do, masculine energy) you create something that was not there prior. Both sides are necessary in order to create or bring something about in your life. Being out of balance or having predominantly one energy over the other will hold you back and prevent you from realizing what you are striving to bring about. Much like this love is not one-sided with rose-colored glasses.

Love is a powerful force and love expresses itself throughout all creation. Love bears all and endures all. Love is constant, entrusting, and has faith in things and others. It is a belief that something will turn out for the best no matter what the current circumstances may be. It finds the best in every situation. It does not just see the good in someone. It is not overly critical of the bad. Love is not playing ignorant or ignoring a problem. It is choosing to see beyond the problems and conflicts at hand and see them forward.

Seeing the highest potential that resides in all people and things. Love does not quit, it expects, and anticipates the best in everyone in every situation. A key to having love is having a knowing trust. A knowing trust in yourself. A knowing trust in others.

A knowing trust in god, the universe, the infinite, and creation. Having this knowing trust that things will work out how they are supposed to is how you connect to love and reach your highest potential and serve your highest purpose. Being overly critical, worrying, fear, indecisiveness, and distrust all block and prevent you from living a life full of love.

Love exists in aspects of each and every universal law. It is what makes us whole and one in *The Divine Oneness*. It is being able to see both sides of the *Duality* in man, nature, and the universe and be grateful for both sides. It is the force that allows us to *Transmute* one thing into another. It is what *Causes the Effects* we want to see happen. It is the highest form of *Vibration* you can operate from. Applying the *Law of Fair Exchange* results in us having equal loving relationships and partnerships. By being in tune with *The Law of Rhythm*, you are in tune with the flow of love and life. To use *Inspired Action*, you first must love yourself and trust your intuitions, and secondly, you must also trust and love god to act upon the intuitions without fear or attachment to the outcome you are being called to. Being loving is how you *Attract* more love into your own life. Loving oneself *Corresponds* to the love we receive from others. *Relativity* is how we perceive the love that exists in our lives. It all comes back to love.

Here are some helpful quotes about *The Universal Law of Love*.

“Love is the law of life.”

-Gandhi

“Love bears all things, believes all things, hopes all things, endures all things.”

-Saint Paul the Apostle

“Whatever you haven’t loved is repeated until it is loved.”

-Paul William Davis

Here are my tips for love:

Incorporate Love. When going through your daily routine it can be easy to overlook but do not forget about love. Incorporate love into everything you do. Whether it is your job, or your relationship with your father, mother, sister brother, or spouse. When you cook, create something, or do anything at all do it from a place of love. When you start to incorporate love into your daily life as often as possible you are operating from a totally different space. See how quickly things change for you and how great and grateful you feel almost automatically. Think of all tasks and things you perform as an offering of love.

Condemning is an Act of Self Harm. Realize that whatever you have not loved will run your life until you learn to love it. When you do not love something and you condemn it you are actually breeding more of it, attracting it, or becoming the same thing that you condemn.

You Possess the Key. You right now have the keys to the universe. When you get to the point of experiencing love in every aspect of yourself, others, and situations you are mastering your reality and the universe. Want to know what is great about love? Your ability to do it is free. There is nothing and no one who can prevent you from

being loving. All it takes is your willingness to give attention, patience, thoughts, intention and time. Love and give without expectations. If you do it to get something back in return you are not doing it for the right reasons. That does not possess the same frequency as love.

People will say love is an emotion that love is not an observable phenomenon that can be objectively measured and tested. It's a subjective feeling that manifests differently for different people. They will say that love is conditional. It is not an unconditional force like gravity that uniformly affects all objects. That is because real love is not conditional that is one place where they get it wrong. Actual love is unconditional love. The universe exists as unconditional love, you just need to be able to perceive this to receive it. People will say love cannot be scientifically quantified. There is no mathematical equation or clear natural mechanism that can predictably describe or produce love. Yet, we all know it to be real because we have all experienced it one way or another. Love cannot be created in a lab, but you sir or madam have the ability to create it within you and express it everywhere you go.



In Conclusion

Writing this book was a learning experience and a reality shift for me. To teach is to learn. By trying to comprehend and translate how these laws exist to you and others my life and understanding personally grew. I realized while writing about these fairly simple and ever-present principles I now have greater knowledge about the world in which we live. I also acknowledge that this knowledge was once more commonly known. We have a long way to go to move forward and advance not only our personal lives but also as a collective. We must look to and learn from our own past and humanities past. So many things had to happen just for us to be here now in this present time and moment. There will come a day when you are looked upon as an ancestor to your families lineage. Keep this knowledge at the fore-front of your actions. It is our responsibility to leave this world and our families reality better off than how it was when we arrived.

Bless you & please share after reading,

About The Author



Bryan McKeen is a facilitator of sorts. From a young age, he always played the role of whatever was best for the teams overall success. Team sports over individual ones drew his interest like basketball and baseball. This is where he excelled most. Besides sporting success throughout his adolescent ages, he was always drawn to creative pursuits. Winning drawing competitions in elementary school, to making award-winning short-films with his buddies at universities they did not attend. He even had a period of music-making and had songs played on a local radio station. After taking a hiatus from working on films as a production assistant and a producer/writer/editor at a studio Bryan is now back to expressing his creativity through writing and creating digital content. He founded One Rhythm Productions specializing in video promotion and story-telling for companies and individuals doing business in the realm of holistic, spirituality, nature, and personal mastery. Painting a clear picture of what exactly his clients provide to their customers and how it can improve their daily lives.

You can find out more about Bryan and the clients he works with by visiting www.onerhythmproductions.com

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*A Guide To The 12 Universal Laws
You Must Know*

