

From the author of the *REAL.CLEAR.* collection of spiritual teachings.

Spiritual Laws

HARD & FAST LOGIC FOR FORGING AHEAD



JILL LOREE

Spiritual Laws

Also by Jill Loree



The *Real. Clear.* series offers a fresh approach to timeless spiritual teachings, conveying profound ideas by way of easier-to-read language. It's the Guide's wisdom in Jill Loree's words.

HOLY MOLY | *Real. Clear.* (Book One)

The Story of Duality, Darkness and a Daring Rescue

FINDING GOLD | *Real. Clear.* (Book Two)

The Search for Our Own Precious Self

BIBLE ME THIS | *Real. Clear.* (Book Three)

Releasing the Riddles of Holy Scripture

THE PULL | *Real. Clear.* (Book Four)

Relationships & their Spiritual Significance

PEARLS | *Real. Clear.* (Book Five)

A Mind-Opening Collection of 17 Fresh Spiritual Teachings

GEMS | *Real. Clear.* (Book Six)

A Multifaceted Collection of 16 Clear Spiritual Teachings

BONES | *Real. Clear.* (Book Seven)

A Building-Block Collection of 19 Fundamental
Spiritual Teachings



SPIRITUAL LAWS

Hard & Fast Logic for Forging Ahead



The *Self. Help.* series offers a bird's-eye view of the Guide's teachings and how to apply them in working with others and ourselves.

SPILLING THE SCRIPT | *Self. Help.* (Book One)

A Concise Guide to Self-Knowing

HEALING THE HURT | *Self. Help.* (Book Two)

How to Help Using Spiritual Guidance

DOING THE WORK | *Self. Help.* (Book Three)

Healing our Body, Mind & Spirit
by Getting to Know the Self



WORD FOR WORD

An Intimate Exchange Between a Couple of Kindred Souls

By Jill Loree with Scott Wisler

www.phoenesse.com



The Guide Speaks website delivers spiritual truths by way of thousands of questions posed to the Guide and answered with candor and insight.

THE GUIDE SPEAKS

The Complete Q&A Collection

By Eva Pierrakos with Jill Loree

www.theguidespeaks.org

Spiritual Laws

HARD & FAST LOGIC FOR FORGING AHEAD



Jill Loree

©2017 Jill Loree. All rights reserved.

Published by Phoenesse LLC
www.phoenesse.com.

ISBN-13: 978-1979632515

Phoenesse® is a registered service mark of Phoenesse LLC.

Pathwork® is a registered service mark owned exclusively by the Pathwork Foundation. It is used here with the permission of the Foundation. The mark may not be used without express written permission from the Pathwork Foundation.

Quotations from Pathwork® Guide Lecture Material © 2000, 2009, 2013 the Pathwork Foundation are reprinted with the permission of the Pathwork Foundation. www.pathwork.org

The ideas represented herein are the personal interpretation and understanding of the author and are not necessarily endorsed by the copyright holder of the Pathwork® Guide Lecture material.

Preface

The following list of Spiritual Laws and Spiritual Concepts was compiled by Matthew Connors, Kirtee Faye, Michael Morgan, Mef Ford and Peter Sampson, and is included in *Spilling the Script: A Concise Guide to Self-Knowing* by Jill Loree.

Spiritual Laws

Law of Brotherhood | “To be able to open your heart to another brings spiritual help that you could not receive by yourself.”

- Pathwork® Lecture #26

Law of Cause and Effect | “Every act has its consequences.”

- Pathwork® Lecture #245

Law of Justice | “Love your brother as yourself.”

- Pathwork® Lecture #30

Law of Karma (Law of Cause and Effect over many Lifetimes) | “Every entity is always given a chance to solve his problems, conflicts and dis-

harmonies in the easiest circumstances possible.”

- Pathwork® Lecture #38

Law of Living in Truth | “To face life’s reality means to face yourself as you are, with all your imperfections. Embrace life whole-heartedly, without fear, without self-pity or being afraid of being hurt. Say to yourself, ‘In order to become what I would like to be, I must first, without fear of shame or vanity, face what is in me.’ ”

- Pathwork® Lecture #25

Law of Paying the Price | “There is a price to be paid for everything. He who tries to avoid this will finally pay much dearer.”

- Pathwork® Lecture #25

Law of Self-Responsibility | “You create your own reality.”

- Pathwork® Lecture #40

Spiritual Concepts

Concept of Abundance | “We possess all the powers, faculties and resources to create and bring about what we wish for. It is only our misconceptions and fear of happiness which prevent us from having it.”

- Pathwork® Lecture #157

Concept of Awareness | “You cannot purify—eliminate a problem—if you don’t first become aware of it.”

- Pathwork® Lecture #41

Concept of Free Will | “Every individual has complete free will. God has created perfect laws and perfect conditions that his children have the opportunity to follow freely or not.”

- Pathwork® Lecture #18

Concept of Growth | “The only thing that gives meaning to life is to continuously grow.”

- Pathwork® Lecture #89

Concept of Harmony | “A human being living in complete and utter harmony with the life force would not die. Wherever the life force has not been violated, happiness, complete harmony and peace would be yours.”

- Pathwork® Lecture #48

Concept of Sacrifice | “You have to give up what you want to gain.”

- Pathwork® Lecture #17

Concept of Self-Acceptance | “You do not have to be perfect in order to respect yourself. All you have to do is to have a realistic attitude about your imperfections and to adopt a constructive attitude about them.”

- Pathwork® Lecture #31

In addition, Eva Pierrakos created her own summary of spiritual laws, available from the Pathwork Foundation as Pathwork Lecture #171 *Spiritual Laws*. Many of the laws discussed in Lecture #171 are included in this book, *Spiritual Laws*.

Foreword

Many of us relate to the feeling that when they handed out the Guidebook For Life, we must have been out to lunch. It seems we missed the talking points about how this crazy place is run. For some days it seems like the Wild West, a lawless land with lots of anarchy and apparently no fences. Other days, it's blue skies and songbirds, and we suspect—or at least hope—there might be some sense to it.

Come to find out, there are an infinite number of laws that govern everything that happens. This book makes no claim to be comprehensive in covering them all. And not everything included here is really a “law,” but more like a telling of how it is: here’s how this sphere works.

If we’re willing to take in this sampling of teachings, we’ll start to grasp that there’s a method. That someone, or something, is behind life, pounding out a plan. So gather round and listen up, because there are important guidelines we could all stand to know more about, and the hammer is about to drop.

—Jill Loree

Contents

Feelings	1
Exhaustion	2
Giving & Receiving	4
The Ego	6
Justice	8
Free Will	9
Cause & Effect	11
Making an Effort	13
Faults	14
Balance	17
Self-Responsibility	20
Course-Correction	22
Cheating Life	24
Health	25
Duality & Unity	26
Mutuality	27
Being Affected	30
Misunderstandings	32
Power	34

Contents

Self-Realization	35
Growing	37
The Nature of Life	38
Self-Perpetuating Circles	41
Creating	44
Making Connections	47
Masculine and Feminine	49
Opposites	51
About the Author	53
More from Jill Loree	55

1

Feelings

There are spiritual laws that apply on three levels of reality: doing, thinking and feeling. Of these, the hardest work must be done on the feeling level. The reason that feelings are the most difficult is because so many of our emotions are unconscious. Consider that unlike actions and thoughts, we don't have nearly the same ability to immediately and directly control our feelings. This means we must work all that much harder, applying our willpower as well as our patience, to make them conscious so we can work with them. The higher our development, the more deeply into our feelings we'll be able to go.

2

Exhaustion

The Plan of Salvation calls for fallen spiritual beings to return to Earth time and time again, each time with a mission to advance spiritually by healing some aspect of negativity. And each time we incarnate, we will find that there is one equation that must always come out right: hardship equals self-created difficulties. In other words, if we feel we have a tough life, we have had a hand in determining how the cards have been dealt.

The beauty of the system is that embedded in our struggles is the precise medicine we need to heal our inner ills. If we will turn and face our pain and do what needs to be done to free ourselves from our chains, we will learn exactly the lesson that our soul needs in order to grow and mature.

Pain and struggle, then, are really just motivators for change. Without them, we would remain immature and lacking in some important understanding about life and ourselves. We would coast.

This also means that when we incarnate as human beings, there is an agenda for something we're to discover. One could call this our destiny. At the same time, we are never without free will. Meaning we can choose to pay attention and try to become better, or we can stay stuck in our distortions and most likely become bitter.

So destiny and free will are inherently linked, but it's not an either-or situation; they are not mutually exclusive.

The upshot of all this is that the life events we draw to ourselves are the

fate we ourselves have created. It must be so. So if what we create is trouble, we're on the hook to search within ourselves and see where the real trouble lies. We must dissolve the same inside ourselves. And this, friends, can best be done by walking a path of inner self-discipline, self-searching and self-knowing.

To accomplish this, we all have a well of inner strength within and it's entirely up to us how we direct these resources. It's a spiritual law that whatever energy we use for spiritual growth will be perpetually replenished. But when we let ourselves spiral into negative circles of completely unproductive currents, we're going to run out of gas. We will waste the precious energy we have at our disposal and then wonder why we feel so exhausted.

3

Giving & Receiving

Wherever there is fear, this is an indication that some spiritual law is being violated. In fact, all facets of life are affected by this principle of fear keeping us from living in alignment with the divine. For example, when we have a desire to be healthy because we fear being sick, we prevent good health. When we're afraid of growing older, we keep ourselves from feeling young. If we fear being poor, we block abundance. Our fear of loneliness precludes finding real companionship. And if we fear life with a companion, we stop ourselves from enjoying self-containment.

Likewise with giving and receiving: if we fear giving, we can't receive. It's impossible; it's a matter of psychic incompatibility. This is really a simple mathematical equation, or law of physics, and such laws contain a certain order that can't be broken. In short, as a result of our unwillingness to give, we are constantly shortchanged. And whenever this happens, it seems to confirm our belief that it's not safe to give because we don't get a fair return.

In such an untruthful stance, a person's psyche can't possibly be in alignment with spiritual law. We are closed off and can't respond to the truth, and therefore we can't open to receiving. All because we refuse to give.

When we do learn to give, we will, paradoxically, experience that the more we give, the more our energy is renewed within. That's the **Law of the Universal Life Principle** working through us. When we operate from the separated Lower Self state however, we are stuck in the dualistic

logic that says the more we give, the less we have. So to the split-off ego mind, where we are caught in the illusion of duality, it seems giving depletes us. But that is not in truth.

Taking this a step further, consider that in truth, giving and receiving are one. For if we have something we want to give someone and the other will not receive it, we are hurt. But when they take what we offer, they give something to us. So in the receiving is the giving, and in the giving is the receiving. There's really no difference between the two.

The **Law of Giving and Receiving** is so vitally important to understand, it's taught in every religious scripture that's ever existed. For people everywhere believe that giving is some kind of sanctimonious edict issued forth by an arbitrary authority who is making demands on us, and who will hopefully reward us with something good in return. It's like a form of bargaining.

In fact, we all have a built-in mechanism that makes it quite impossible to receive when our souls are withholding our innate desire and ability to give. Since the two are really one, it's not possible for one to flow and not the other. So if we won't trust life and we hold back, we can't enter the flow of life. The whole process of giving and receiving comes to a screeching halt, along with the grace of God. That's how we separate ourselves from the riches that are all around and just waiting to fill us.

Let's take a quick look at jealousy and envy and competitiveness. Why are these never true feelings? Because they derive from the false assumption that there's a limited supply of goodies on Earth, and therefore what someone else gets means less for us. The minute we buy the notion that we have any reason to feel deprived because someone else has something we don't, we're neglecting the greater truth of life, including the fact that we're the ones cutting ourselves off from what we could have.

4

The Ego

When we are born, we don't yet have an ego. As such, we act like the children that we are, and a child wants to be omnipotent, seeking 100% pleasure and bliss, and it doesn't yet know about frustration and lack of fulfillment. Along the way to growing up, then, a person has to learn how to make do with limited pleasure, for that's the deal here in this dualistic dimension. This we must do before we can go on to realize that, yes, total pleasure will be our ultimate stop. But we're not there yet.

So to accept less is to accept life here on planet Earth. We must wake up to the truth that here on the Good Ship Lollipop, our only option is to let go of our childish ambition for super-perfection, super-power, and super-pleasure. Then, over time, when our egos become sufficiently strong, we can we let go of the ego as well.

But if we fall short of developing a strong ego—one strong enough to make do with less—we'll end up compensating for our weakness by always wanting more, more, more, which will make us even weaker. This follows along the same lines as the law which says that when we approach life from abundance, we produce more abundance; when we come from a place of poverty, we end up creating more need and more poverty.

When we are living with a weak ego, we lack the outer ability to do what the ego is good for, including thinking, deciding, discerning, and acting in an appropriate way. When our egos are healthy, we have loving, trusting atti-

tudes and are genuinely generous and open, self-assertive and realistic. When we go against the grain of these attitudes, we nurture hate and separation; we're weak and distrustful and do things that go against our own best interest; we're hung up in illusion. Boiling it down, when we operate with an unhealthy ego, we're heading in the opposite direction from the lawfulness of the divine that lives within us.

And this answers the question of why the unhealthy ego works so hard to stay in control. For the ego can't let go and fall into line with the deeper true self as long as the ego is still clinging to attitudes that aren't compatible with the truth of divine laws. In short, if we want to be enlivened by our inner being and express our divine nature, we must become one with it. Our outer personality, then, has to make itself compatible with its laws and its way of being.

The spiritual law behind all this requires us to take risks and learn to trust the universe so that we can operate from a position of strength and abundance, not from weakness, neediness and poverty. Paradoxically, to do this, we must come to realize we can be just as happy with less. This is where we must land before we can become ready to abandon this level in search of an even higher state. This is the way forward if we want to avoid living the unfortunate life of a petty ego-bound spirit.

5

Justice

Spiritual justice works by taking advantage of any human injustice in order to ultimately bring about a greater level of justice. This means that all forms of negativity can be stepping-stones to something better. This also means that as we go along, hoping to move in the general direction of perfection, the germ of evil must be allowed to sprout. For if it remained dormant with no opportunity to show itself, it would not release the untruth it holds, and that is what's blocking our bliss.

One of our classic negative moves is to deny the truth that we are the ones who say No to life. Adding to this, we blame others for our own holding back. Then we deny the blaming. Every time we do this, we are in violation of the laws of life. For the laws of life work in service of uncovering the truth, and one very important truth is that the causes for our resistance, denial and blame always live inside of us.

It's also true that any time we behave in ways that gratify our own egos while obviously hurting other people, we are living in violation of a couple of laws: the **Law of Justice** as well as the **Law of Brother and Sisterhood**. For it's not possible to hurt others without hurting ourselves at the same time, and vice versa. When we do that, the consequence will be inner turmoil and outer trouble. Living in this kind of ignorance is technically a sin, for to sin is to live in ways that deviate from spiritual laws. This is why we're encouraged to love our sisters and brothers as ourselves.

6

Free Will

There is an important stipulation contained in spiritual laws assuring our free will must never be violated. And so, since we all have free will, we all have the choice to align our will with truth and God's will for us. Or not.

So then if things aren't going well for us, this must mean we believe our will is better than God's will for us. And there's our first mistake. For as Holy Scripture states so well: *According to your belief, you shall experience.* This is one of the most important laws there is, and it wrongly throws into question the whole notion of unlimited free will.

For truth be told, we live and breathe in a malleable substance that is molded by our beliefs. We can create whatever realistic state we can conceive of, from heaven to hell and all the stops in between. This, actually, is where visualization can come in handy. By conceiving of something, impressing our soul substance with the vision of it, and then having faith that it can be our reality, we can create, according to our beliefs.

If, however, we believe the whole world is hostile and stacked against us, well then guess what? It will be. For everything we do, say, think and feel will head in that direction. Conversely, if we believe we can change and grow out of our negativity and destructiveness, our hopelessness, misery and poverty, then we can do just that.

But such a positive belief has to include our willingness to climb our way out of our self-dug holes. We must locate the obstructions and remove

them. This is the price we must pay if want something better.

If, unconsciously, we want to cheat life, hoping to gain more than we are willing to give, we are in violation of divine law. And then no matter how much we try, try, try to believe in the abundance of life, it won't work. Our soul substance will refuse this impression until we do the work of removing this obstruction that is in clear violation of the laws of life. For life can't be cheated. And it's well this way.

This is why it's also said that we can't skip steps. If we want some result and we have a misunderstanding buried in us, we have to deal with this obstacle first. To find it, we can meditate on what needs to be altered inside us. And if we're not willing to correct what's in error, this is the reason the good results will never come. It can't be otherwise.



These spiritual laws run like clockwork and are so perfectly crafted it's not possible for anything unjust to come to any of us. But we do have free will, and sometimes we run ourselves into the muck. So plans are prepared according to prevailing circumstances, always within the guidelines of spiritual laws and giving us the easiest path forward possible. Then it's up to us.

Sometimes we step up to the plate and do what's needed to avoid an unfortunate situation, and sometimes we don't. Then plans are modified in accordance with the latest circumstances. Even though all alternatives are considered ahead of time and prepared for, people will do what people will do, and God won't force us to do what's best. It may seem odd that God came up with these perfectly crafted laws and then gave us free reign to break them, but if we weren't able to violate the laws, we wouldn't be like God in having free will now, would we?

In the end, it's up to us to apply our already purified aspects to the task of addressing the unpurified parts. Our own Higher Self is not going to force itself upon us and strong-arm us into making the better choice. That would go against all spiritual law. Therefore our ego must make all the effort; we have to marshal our forces as best we can in our current disconnected state and start building a bridge. This is the way we must go. It's the only way to get home.

7

Cause & Effect

The **Law of Cause and Effect** is not some impersonal, arbitrary force that has nothing to do with us. Quite the contrary, it is directly linked with the concept of free will and the reality that all outcomes are a result of our input. So while we want to always be asking for guidance and sometimes waiting for it to manifest through whatever channels, we can at the same time be engaging our own brains in being decent and responsible people, applying our free will to positively affect the outcome of any situation.

We need to understand that life, which is always a blend of both good parts and bad parts, is not the cause of all our problems, it's the effect. The cause of our struggles is us and what we have set into motion through our errors and misunderstandings.

Note, the element of time has no bearing on the reality of cause and effect. So whether we are able to link cause with effect or whether the separation of time is too big for us to see the link, it's still the same law operating behind the scenes. What then are we to do if we can't see the root cause of our unrest? We must simply do our best to see what we *can* see. You know, all the stuff our nearest and dearest would readily point out to us but dare not say out of fear they'd hurt our feelings. And of course, they don't think we'd listen even if they told us. Those are the things we need to look for.

So the factor of time does nothing to erase the reality of cause and effect.

Cause & Effect

We must also realize that once an act happens, it's irreversible and therefore its momentary consequences can't be reversed. We can later try to correct our mistakes though by discovering our inner turmoil that led to a certain act.

In this way, we can neutralize the effect of a negative act. But in the moment, the act has consequences and those can't be annulled. It's only over time that we have any hope of eliminating the consequences that result from our actions. As such, time can potentially work in our favor.



We have a hard time comprehending that this whole place runs on the current of cause and effect, spinning on top of wonderfully just laws that weave together mercy, grace, wisdom and love. As such, if we are living in truth and in alignment with spiritual laws, we'll get along fine in life.

For it's a law that what we put out is what we get back. This is a law that works on every level of existence, and make no mistake, this law works every time. Our goal then is to act and react in such a way that what is returned to us is what we want. Too often, though, we want to continue to cling to our misguided untrue beliefs about life. And the thing is, life has a hard time co-existing with untruth.

So in typical human fashion, we jump to the wrong conclusion and think that life is retaliating. Once we make some headway on our personal path, gaining some understanding about how this works, we're bound to see that all evil is self-created. Every bad thing that has ever happened to us has an origin in us, and resolving the pain of the experience requires we unearth a hidden untruth. In doing this work of finding and unwinding the causes that live in us, we receive both the medicine that heals our hurts, and the lesson that helps us grow.

8

Making an Effort

If we want to receive help from the spirit world of God, we are going to need to make the first step. This is a universal law. And let's not kid ourselves, the easiest way is usually not going to be the bestest way. So be prepared. There is a spiritual law that says there's a price to be paid for everything. And what is that price? No self-pity, no self-delusion and no coddling of the little ego. The good stuff takes time, effort, patience and perseverance. Oh, and courage. So buckle up.

9

Faults

Spiritual laws are built upon things like justice, wisdom, perfection and love, so they operate like a finely calibrated machine and are followed with exacting precision. The only exception is when we have accrued merits through our good efforts that justify interference on our behalf.

One hard and fast rule in spiritual matters is that like attracts like, every time. This is a law that can't be changed. So for example, in the spirit realm, there are both good spirits and bad spirits, and we will attract the ones who specialize in the good or bad qualities that are a match for what we ourselves possess.

Let's say we have a fault of being selfish. This means selfish specialists will be able to attach themselves to us. Or if our fault is to go off on people in furious outbursts, we'll have negative specialists around us who are just waiting for us to let them unload on someone. They will influence us, take over us, and then live through us, if we let them.

So it's our own faults that crack open the door and let them in, and then they wait for an opportunity to spring into action. That's how we collude with them. The only way to rid ourselves of these specialists is by doing our work and overcoming our faults. When we do so, those entities learn from us and also grow. But if we're not diligent and strong, they will inspire us to follow them in their blindness. In the end, if we let this happen, we will not then become our best selves.



God's laws are lovingly designed to eventually bring us back to where we started, which is back into union with God. For God is love and the very nature of love is to share. We, however, in our humanity, turn every divine aspect into its opposite, using the same power towards a very different outcome. So we are the ones who separated ourselves from God, and now we find ourselves here on planet Earth where people of varying levels of spiritual development are all jumbled up, and not always sharing the space so well together.

In the Spirit World, thoughts and feelings aren't abstract like they are here in this material world. There, everything is concrete and everything has form, not just material objects like here. This means that even love has form in the Spirit World and is not invisible.

So there, spirits only live in worlds with other spirits who are at a similar level of development. Such an arrangement facilitates life in general, but individual development is slowed down, for there's less friction, which is what is needed to bring our faults to the surface where we can see them and fix them. Without the friction then of other people's faults, we're slower to develop. This points to the very real upside of coming here to Earth.



We all know that physical growth can only happen gradually, and it's no different with growing spiritually or emotionally. It takes time. But it's so worth making the effort. For nothing in the world can do more to eliminate strife than every little step that each of us takes toward developing awareness of our flaws and being willing to address them.

In truth, any time we're upset by someone else's faults, there must be a matching sock somewhere in our soul. For we especially condemn the faults we see in someone else that we ourselves have. The disharmony we feel is because deep down we don't want to admit or give up our own fault, and this makes us resent the fault when we see it in someone else.

And right there, in our resentment, we are breaking spiritual law, be-

Faults

cause we refuse to see ourselves in truth. To whatever extent we can't remain serene in the face of another's faults, to that extent we don't accept ourselves as we are right now. When we inwardly fight against the other, it's ourselves we refuse to accept. Our work is to learn to tolerate other people's faults, including those that we ourselves have as well as those we don't, while we take steps to dismantle our own shortcomings.

10

Balance

Here on this dualistic sphere we have qualities like harmony, beauty and love, and we also have their opposing not-so-charming aspects. And of course there are lots of stops in-between. Somewhere on this spectrum is where we each stand, waffling about whether to follow the line of least resistance—which always matches our lowest nature—or to take the high road—which is the narrow and more difficult path of following our Higher Self.

How then is a person judged in the Spirit World when we, say, really and truly want to find the truth, but then cop out and go for the easy way? For one thing, bear in mind that not all souls coming here are at the same level of development, not by a long shot. So the same is not expected of everyone.

Nonetheless, spiritual laws operate just as effectively if we align with the good as when we opt to take the low road; there will be an appropriate corresponding effect for whatever cause we set into motion. But more importantly, spiritual laws are designed to funnel us in the right direction by making the consequences of going sideways increasingly unpleasant. So it's not a matter of our being punished. In fact, there's no punishment at all from on high. That notion has it all wrong.

The deal is, we punish ourselves. When we get off track from the plan for our lives, the life plan itself kicks in to bring us back in line. For we'll never find fulfillment if we're lost in the weeds. The more ignorantly we

Balance

insist on proceeding down dark dead-end paths, the more out of balance we become and the more disharmony we will feel as we try to get ourselves re-centered.

This force works the same in nature as in our bodies and souls. So when we go contrary to our plan, it's like having an earthquake or an avalanche hit our souls. That's what we typically call a crisis. It's a rough way to go about things, but when the dust settles, balance is restored.



Much of life is about achieving balance. In fact, all laws of physics, chemistry, biology—pretty much every conceivable science there is—are governed by the great law of balance. Some of these laws are obvious to scientists, but others are more intricate and we haven't yet perceived them.

The beauty of all divine law lies in the way they are constantly moving us toward a state of being in balance, often using disintegration as a stepping-stone toward integration. We could say, then, that the **Law of Balance** is always integrating.

On the physical level, being in balance creates order. Imbalance, then, leads to disorder. That said, the temporary disorder of the deconstruction process is often a necessary step in the construction of a more orderly environment. Mentally, balance equates to sanity, which leads us toward more balance and ever-more clear thinking.

Emotionally, to be in balance is to be in harmony in our feelings. Imbalance, then, means to feel disharmonious within, which always indicates the presence of negative emotions. Pain is often the negative feeling that motivates us to restore harmony by dealing with its unpleasantness. Too often, though, we attempt to avoid our pain and therefore miss out on what it is bringing to our attention, on what needs integrating. As a result, we miss the opportunity to regain our balance and cause ourselves to live in a perpetual state of disharmony.

The balancing factor then is the cohesive force that lives behind apparent opposites. It's there in the nesting of the receptive state into the active so that the active movement becomes what we could call "effortless effort." If activity feels strained, tiring and effortful, this is because it doesn't contain

the receptive principle in it.

In fact, this is often the reason that people shy away from movement, from making an effort; it's because we can't feel the quiet within the active space. We then become stagnant since our effort feels so strained. What we need is a balance of the active principle—which is movement and action—together with the quiet state of being from the receptive principle.

The active goes out and the receptive takes in. The active is a tensing of energies and the receptive state relaxes. Combine the two in proper balance and our efforts will be calm and relaxed, while our receptivity will be vibrant and alive. In either case, both movements can be present, it's just a matter of proportion. That's what keeps everything in balance.

We can find another example of balance in the temperatures found here on Earth. Both warmth and cold are indispensable for harmonious living, but when out of balance, a hot bath can burn us or a cold wind can freeze our skin. Either way, when too far out of balance, they can kill.

Everything appearing as opposites then are simply the two halves needed to create a whole. So it is not possible to live fully in reality—to be in unity—and leave out any half. Our work, when we are struggling, is to search for the side we are missing, so we can integrate apparent opposites and live in balance. Often, the piece we need to face is our pain.

11

Self-Responsibility

The **Law of Self-Responsibility** puts the onus on us to resolve our own problems, whatever they may be. It takes away the belief that somehow we have been defeated—by our childhood, by other people, or by life—while also wiping away any remaining childish notion that for us to be happy, we must be king of the hill. For the illusion that we’re passive victims is just as unrealistic as the notion that we are omnipotent rulers.

Paradoxically, as soon as we get on with accepting our own limitations and the ways in which our shortcomings contribute to our unsatisfying life experiences, we’ll discover the boost of power we need to transform our lives into something more meaningful. We will also start to see that others also have limitations, and that it’s the interlocking combination of our faults that co-creates our conflicts.

Accepting self-responsibility then is the way to eliminate self-pity, get past resignation, move beyond endless endurance and unpack smoldering resentments against the injustices of life. It’s also the way to stop harping on the cases we have built against others, which is a Lower-Self game we play that needs to end.

In contrast, if we refuse self-responsibility, we will stay stuck in being dependent on others, and the byproduct of this is feeling helpless and powerless. This inevitably leads to resentments because it’s not possible for others to fulfill all of our expectations. We will live in fear “we’ll never get

it” and consequently defend ourselves needlessly, further cutting ourselves off from the source of life that lives inside us.

All the while, we go on willfully ignoring how we are the ones creating such a miserable state for ourselves. We do this because it suits us better to keep blaming others for our miserable lot in life, and waiting for a salvation that is never going to come.

Speaking of salvation, let’s be clear, while Christ did (and does) so incredibly much for us, it makes no sense for Christ to have died on the cross for the sins of someone else. No, if we have committed a sin—veered away from spiritual laws using our own God-given free will—then we’re the ones who have to make it right. No one else can or should do our work for us.

12

Course-Correction

Over the long haul, whatever happens must be for the good, for that's how divine laws have been constructed. Basically, when we zag in a direction that opposes God's will and therefore spiritual laws, we will feel the pinch and be motivated to zig back into line, to course-correct.

These are loving laws we're talking about, designed to help us steer clear of making wrong choices using our own free will. For every single itty-bitty decision we make, and every attitude we choose or deed we do, is another chance to get right with God by setting ourselves straight with divine laws.

There is a spiritual law that says we will always be shown the easiest path forward, given the circumstances at hand. But note, the flipside of this means that the longer it takes us to chart a better course, the more difficult the way will become. We so often observe this in action when we get caught in some vicious Lower-Self habit, and the more caught we become, the harder it is to break free. The more we keep running from facing up to our inner misunderstandings, and the more we continue to resist changing, the bigger our hurdles become. This keeps going until our life challenges become so insurmountable they bring us to our knees. Our own unhappiness will eventually lead us to want to make a change.

Keep in mind, we can always turn to God and ask for help in overcoming our obstacles. Perhaps we think God doesn't care about us and that we shouldn't burden God with our problems. But how crazy is that? God cre-

ated this sphere specifically so we could come here and learn to correct our inner errors. And this includes them all, great and small.

Actually, there is really no such thing as a big or little issue. For whatever is happening between us and a small handful of people is the exact same thing playing out on the world's biggest stages. Some tiny issue in a domestic spat has the same impact—the same importance—as a big international quarrel. Those so-called big issues couldn't even exist if thousands of minor ones didn't roll up into them.

So our day-to-day struggles set the precedent for creating the mammoth situations we see playing out on a larger scale. The place to resolve such issues then starts by mindfully examining every distortion we discover in ourselves.

13

Cheating Life

Life on Earth is not all bad. It's also not all good. There's always a downside to everything and every time we make a choice, there are multiple factors to consider. First, there's the reality that maybe we can't have exactly what we want, exactly *how* we want it, exactly *when* we want it. There are lots of moving parts on this planet and everyone has free will. Bottom line, people don't always do what's best and that creates an effect.

Further, sometimes we're just not wholly willing to pay the price to have what we want. Or maybe we aren't up for accepting the inherent disadvantages to the option we prefer.

No matter what the situation is, here is one hard-and-fast truth: we can't cheat life. It's simply not possible to receive more than we are willing to give. Nonetheless, we're all hoping we can game the system, gaining the greatest advantages and not having to shoulder the load of what it takes to get the goodies. And that right there is a violation of spiritual law. Because life cannot be cheated.

Living on the Earth plane then comes with risks. There's no certainty, really ever, so some uncertainty must be accepted. Honest to Pete, that's one of the many shortcomings of life: there is no risk-proof plan. We must all do the hard work of making an effort, making mistakes, learning and going on.

14

Health

There are laws governing growth and development, and they apply identically—in theory as well as in application—on the physical, mental, emotional and spiritual planes. Further, there's no difference in how they operate whether it's a single-celled organism or a human being. They even apply exactly the same to humanity as a whole.

For the relationship that exists between a person and each of our cells is the same as the one between all of humankind and a person. So they follow the very same laws for living and growing. The micro rolls up into the macro; every atom is a minute replica of the entire universe.



Whenever we give in to a compulsion or lean on a forcing current, we are violating divine law. For the hallmark of following divine law is having inner freedom. When our inner distortions obstruct the smooth flow of the life force in this way, a chain reaction is set into motion that eventually shows up in the form of physical sickness.

But there, embedded in our illnesses, lies the specific remedy our soul needs. By facing and resolving the underlying cause of our illness, we will receive the very medicine we need. Too often though we miss this point, thinking our ills are either random events or some kind of punishment.

15

Duality & Unity

When we deconstruct any duality, we will find that it's never true that one opposite is all good and the other is all bad. For each half can be either. Each option has the possibility of being productive and healthy, or alternatively, destructive and unhealthy.

So sometimes our work is to be self-assertive while in another situation, we're better served being flexible and willing to adapt. At times we need to be quiet and introspective, and other times call us to focus our concern on others. Sometimes we will be outgoing, and sometimes we will be self-contained.

One way to know which behaviors or actions are most in accordance with divine law in a given moment is by determining, first and foremost, whether they hurt anyone. For if something is to the disadvantage of anyone else, it can't truly be to our advantage.

Over time, working both sides of any duality will eventually lead us into experiencing the unitive principle. Where we get crossed up with duality is by favoring one position over another and thinking there are ironclad rules about how we should always behave.

16

Mutuality

The movement that bridges the gap between duality and unity is called mutuality. And nothing—absolutely nothing—can be created without mutuality. This is a spiritual law. In short, mutuality is the process of two apparently opposite things moving toward each other for the purpose of uniting and creating. Together, they will form one complete whole. As such, this movement of mutuality is what eliminates separation.

During the process of mutuality, two things must open up toward each other. Then, by cooperating and affecting each other, something new can come into being. The process works the same for forming a new relationship as for creating a work of art. For example, a new form of self-expression can only come into being when we allow our limited egos to merge with something beyond ourselves.

First, we form the idea of what we want to create in our mind. In this way, the mind joins with creative inspiration and imagination to extend itself beyond what it previously was aware could exist. Without this, we don't even have a plan. Next, this first part of creativity connects up with the second part, which is execution. This implies that effort will now be required. For surely, if we want to create something, we'll need to add in some elbow grease, along with a bit of self-discipline.

So the creative spark must work in harmony with the more mechanical means of the ego for something to be created. The first part, the creativity, is

Mutuality

spontaneous and free flowing, while the second part, the execution, is a voluntary act of our will. Inspiration alone without the perspiration produces nothing but a good idea.

This movement of mutuality, which leads us toward unity, involves a harmonious give and take, a dose of mutual cooperation. In other words, a Yes must meet a Yes for something to happen. One of the first places we can apply this principle is to the relationship we have with ourselves. We must meet our inner self halfway.

When we do this, we connect ourselves with the source of all that is. When we won't, but instead chose to operate solely from our ego, we are closed off from receiving the abundance of universal life. As such, we remain poor. For if we can't receive, we must stay deprived. That's why it says in Holy Scripture that the poor will become poorer and the rich richer. This is one of the laws of life.

So the more we grow in the direction of transcending opposites by following the movement of mutuality, the more we will learn to unite with the inner Oneness and the more our cup will be filled.



But where do we even start? We must begin with what we already have access to: we must put our existing conscious awareness to good use in order for new inspiration and wisdom to well up from our depths. Instead, what we so often do is meander along the path of least resistance, blindly settling for a would-be existence. We stay stuck in old ruts and we indulge in compulsive, negative and hopelessly circular thinking. We keep reacting from habit, and then go on to justify our less-than-stellar behavior.

As a result, we're hard put to expand past the negative version of ourselves that we identify with. Moreover, if we don't use whatever good values we already have developed, additional positive values can't possibly be realized. This law of life applies up and down, across the board, to all levels of our being. It's very important we come to realize this.

For we each have a task to do. We're all carrying some negative aspect that is in need of transforming. There are laws governing what we've brought with us, and these distortions are now ours to work with. That's the purpose

of coming here: to integrate something negative back into God's fold, and each of us deals differently with how we go about refining our unpolished bits. The thing that's common to everyone is needing to find the way to re-connect with our essence, with our core. Doing so brings us into alignment with the truth.

As we heal and become more whole, we will see the spiritual principle of orderliness surfacing in our lives. When order is not evident, that gives us a lot of information about where we stand, inwardly. For the spiritually unified person is also going to be an orderly person.

More and more we'll come to realize that boundaries and structure are an integral part of a loving creation, and they are present in every aspect of our reality. So as we work to build a more harmonious life experience for ourselves, we will discover the value of God's laws in helping us create and maintain balance. Just think, if there were no laws and no boundaries, this entire world would disintegrate in a mad ball of chaos and destruction.

17

Being Affected

We can only be affected by the wrongdoings of others if there is something in us that responds. We're like tuning forks that only hum when the note playing next to us resonates with something inside us. This means that the negative thoughts and feelings that come rolling off of others will only stir up the corresponding areas in us where we harbor our own distortions.

Likewise, this explains why whatever we are thinking and feeling can be so contagious for creating similar attitudes in others. And it doesn't matter if our attitude is conscious or unconscious, we're still putting down what others are wont to pick up. The spiritual law that governs this is called the **Law of Affinity**, which relates to the attraction of similar things and the repulsion of dissimilar things.

So in fact, it's a misnomer to believe that we can come to harm through some arbitrary fate or due to the cruelty, selfishness or ignorance of others. Any fear that this is so is pure illusion. We're not victims of other people, and no harm can come our way that's not self-produced.

This is one of the very best reasons to embark upon a spiritual path: to gain personal freedom from the chains of our inner distortions. For it's when we won't take responsibility for our own issues that we lock ourselves in chains and then claim someone else holds the key. That's how we cut off our own freedom.

What we must realize is that there's a fair and natural price we must pay for liberty. It's called self-responsibility, and the more we avoid it, the higher the toll becomes. Plus, as long as we deny our own culpability, we'll stay locked in our fears.

So we don't need to fight to make anyone else perfect, for now we know that their imperfections can't hurt us. Furthermore, there is no influence from the outside that can cause increased distortion in us. This is one of our biggest, most misguided beliefs ever. Truth is, we were already plenty distorted before some other selfish or ignorant person showed up.

It's our desire to dodge self-responsibility that results in our lack of understanding, our lopsided discernment and our inability to weigh the good from the bad. So it's our attempts to escape and deceive ourselves that keep us stuck.

The solution? We must always look within. For if we aren't willing to grow up and become a mature adult, we'll be preyed upon by fears of how the harmful behaviors of others can hurt us. Beyond this, if our goal is to reach and affect the core of another person, we must ourselves be acting and reacting from our true selves. Such resonance can then happen whether or not the other person is working on a spiritual path.

So the only true safeguard comes from uncovering the untruth inside ourselves, and giving up our dependency on others doing right. That's the ticket for freeing ourselves from the effects of other people's wrong deeds. We must become free of our own illusions and wrong thinking. For if we're free of our own inner errors, the ills of others won't affect us.

18

Misunderstandings

Our wrong conclusions about life, which the Guide calls “images,” draw events and circumstances to us like moths to a flame. This is inevitable, much like a magnet or the **Law of Gravity**. So what we unconsciously believe has an affect on the universal currents that float through our personal space, making certain life experiences flat-out unavoidable.

Maybe we have a conscious cherished desire that is contradicted by an unconscious image. Can you guess which one wins? The unconscious image trumps the conscious desire, every time. As a result, regardless of what we say we want, our life situation is showing us—through our negative manifestations—where we have contradictory desires hidden from our awareness.

So people and life events will always line up in accordance with our images—those misunderstandings we don’t even know we have—and it matters not a lick how strong our conscious desire may be. If we don’t know about this principle—or don’t want to know about it—we may become bitter and feel like we’re a victim of an unfair universe.

Whether or not we can see how our difficulties are self-produced, we can make the choice to prod and probe our psyche in a spirit of humility—*‘Perhaps there’s something I’ve got wrong?’*—and openness. It often helps to hold fast to the perspective that our souls are complicated and multi-faceted. The problem isn’t that we’re not smart enough—it’s that we’re unaware of things we must become aware of.

So while the greater truth of life may be unlimited goodness, spiritual law dictates that whatever concept we're holding onto, that's what's going to manifest in our lives. The trouble is we aren't even aware of the way we hang onto untruthful notions that we long ago buried deep in our psyche. To whatever extent we can embrace this idea and have an attitude of honest questioning, to that extent the possibility of a better reality, however we conceive of that, can unfold.



If we want to know the truth, including the truth about the untruth dwelling inside us, all we have to do is ask. But we do have to ask. That's the law. Whenever we specifically contact the greater source of wisdom within, it will respond. We will be filled with stimulating ideas and new outlooks; we will be infused with invaluable guidance and with feelings of truth and beauty. If we ask, we'll get an answer. Again, that's the law.

Once we start to crystallize the questions we should be asking, probing more deeply and coming more fully into awareness, action is no longer the main thing that matters most. Then the primary thing to focus on is knowing. We will begin to gain clarity and insight as we start to unwind the unshakable false conclusions we formed as children about the way life works.

Fact is, knowing how all this actually works, even before we are able to live by it, creates a sense of freedom and truthfulness inside us. Self-liking and self-respect will naturally arise from no longer buying self-understood ideas as unquestionable "facts" to be glossed over and taken for granted.

It's hard to overstate the impact our images can have on our lives. For in the end, it doesn't matter what other people are producing in their consciousness, our life experiences depend only on what we're producing. So let's say we haven't yet freed ourselves from fears and defenses, negativity and hopelessness, and deep, deep unresolved anger. Then chances are, a mass catastrophe could include us because we have catastrophic beliefs buried inside us.

19

Power

The fusion of energy and consciousness creates an electromagnetic field that has tremendous power. Every single possible outcome is contained in this force field, and every single idea or attitude we have about life creates such a force field. Once a force field gets activated, it sets events, patterns, behaviors and reactions into motion.

These force fields are ruled by the **Law of Like Attracts Like**. This means our whole approach to life—what we think and believe—will attract or push away people, events and circumstances. So in our work, we must excavate the deep negative emotions that are attached to our false ideas, along with the negative intention we have launched toward life as a result. When we do so, we'll discover with alarming clarity that what happens to us in life is no coincidence. The world is just lining up according to an immutable law: the **Law of Self-Creation**.

20

Self-Realization

The flow of this energy is not personal to us. Rather, it follows immutable laws that are built into life. When the conditions are right, the spigot opens up and life force flows. When conditions aren't compatible because we're not in truth, the flow is blocked. Self-realization means we're making good use of the power we have available to us.

Moreover, the only way for us to achieve self-realization is through our freely made decision to adopt spiritual laws. We must take full responsibility for this decision to follow natural, universal laws and not just give our allegiance to hand-me-down values or unnatural cultural standards.

Sometimes natural and unnatural laws look like identical twins. But there's a world of difference between choosing for ourselves to abide by a certain standard versus blindly obeying. The two may look and sound exactly alike on the surface but to the inner ear, they're singing totally different tunes.

Here's the thing: if we only follow laws that come from outside us, that's not real spirituality. Consider the commandment to keep the Sabbath holy. The deeper meaning here is not a directive about how to spend our weekends, but rather an invitation to keep balance in our activities. So part of our lives should be devoted to our jobs, our responsibilities. Part of our lives should involve spiritual development. And part should go toward pleasure and relaxing. There is no "must" here, and certainly there is no clear-cut criteria about when and how to do our work and connect with God.



For us to fully realize our true selves, the thinking and doing functions of our egos—over which we have direct control—must let go and integrate with our as-yet involuntary processes of feeling and intuition. This process of becoming self-realized then will bring forward all our dormant potentials as we tap into the creative force which freely follows the most meaningful and lawful foundations there are.

As we do this, whatever ingrained ideas we have will become the motor that drives this power. Whether our ideas are conscious or unconscious, truthful or untruthful, they will become self-perpetuating. The only thing making these forces dangerous is our own wrong thinking. But if we challenge our mistaken assumptions that we find are untrue, this same power can become totally trustworthy.

Instead, what we usually do is decide we can't trust our intuition, and our brilliant solution is to rely solely on our egos. Then we work to vigilantly guard ourselves against anything we can't control, like our involuntary processes.

But if we want to give our best to life and to everything we do, we must go beyond our egos and see that we have nothing to fear in our involuntary processes. We need to convince ourselves of their self-regulating nature, which means they know how to take care of the self. There are laws that are being obeyed and that in no way make us an innocent victim. As it turns out, we are the only thing standing in the way of crafting a better life for ourselves.

21

Growing

As we are beginning to understand, laws that apply to the physical level apply identically to all levels of consciousness. So just as a physical organism breathes, moves and pulsates, there is similar movement in the involuntary processes, although the movement is not as obvious as for three-dimensional organisms. Namely, there are three principles at work in the **Law of Growth**: expansion, restriction and stasis.

When we restrict the natural pulsation of our consciousness by tensing up and refusing to let it breathe, we are in opposition to the Law of Growth. We do this when we attempt to numb or freeze unpleasant feelings, hoping to avoid our difficulties. But then they simply reappear in different forms. This will continue to happen until we have healed our spiritual organism from all its afflictions. So there's essentially no chance that by avoiding our inner disturbances, they will go away.

Consider the pervasive affliction of perfectionism. By refusing to accept our current shortcomings and present-day imperfect self, we are out of step with the laws of love and truth. Furthermore, living in this cramped, demanding condition, we can't sustain the powerful force of being happy, for then the climate of our inner landscape simply doesn't jibe with bliss.

22

The Nature of Life

This whole universe is infused with a vibrant substance that powers everything. It works behind the scenes for physical power, including electrical and atomic power, and mental power alike. It's sort of like a mass that we can mold and impress using our consciousness. One outcome of our molding activities is matter, in varying degrees of density. But we also create something more subtle than matter: our life experiences. So yeah, we're the ones molding what happens in our lives.

If we were to peer deeply into the experiences we create, we would see that there is always a movement that's made up of a mixture of mobility and relaxation. When these two principles are in harmony, life continues. When they are out of balance, death ensues.

What this means is that having the flexibility to relax into what is, in this moment—even if what is right now isn't what we want—will ultimately bring us what we want. First, we will get a good feeling about ourselves as we fall into harmony with the movement already happening in our own psyche. Later on, that thing—whatever it is we're just dying to have—must come. It can't not come. This is due to the **Law of Cause and Effect**.

But we must be able to embody a climate of inner knowing that fulfillment is potentially ours. Just by knowing this, whatever it is can be ours because we know this. But if we don't know this, we need to let go of whatever untruth is blocking our knowing. We must relax so our wish can

materialize. For if we insist on staying wound up in a state of “I have to have it,” we’ll never get it.

In short, it’s a spiritual law that we must first give up whatever it is we want to gain. Without the willingness to let go, we are so tense inside that the good stuff can’t come to us. And if it did come, it couldn’t get in.



What we see when we look at a landscape in nature is an expression of souls. So on the one hand we may see beauty, but at the same time, there may also be dirt and pollution and barrenness. It is significant to realize that what we see reflected to us in nature and atmospheric conditions may paint a more accurate picture of the soul life of all of humanity than what we see when we look at, say, how nation’s relate or what the world’s city conditions are like.

Our real selves, our truest nature, *is* nature. It is creation. We are not just part of nature, we are nature. So what nature is reflecting back to us is that part of our souls in which we raise our thoughts to higher things through meditation and contemplation.

But the environment can only show us what already exists; it can’t bring out something that’s not already there to begin with. And if nature seems to us to be an enemy, it’s just that we don’t understand its laws. Nature, in fact, is completely trustworthy. And the laws that govern nature are the same that govern us. It would be unreasonable then to distrust ourselves.



The nature of life is neutral; the universe is not out to get us. This impressionable substance it’s made up of is highly creative and very potent, and this is the same stuff our souls are made of. We could call it our soul substance. It’s only when we press limits into our soul substance that those limitations must seem real to us. Then the life-limiting rules we set for ourselves and blindly follow will find their validation.

But the minute we start to question our own homegrown rules and limits, we discover that unlike spiritual laws, these are not hard and fast laws.

The Nature of Life

Almost like magic, our self-set limits start to dissolve and we find new laws that match our new, more truthful beliefs. This life stuff is so moldable, in fact, there's no end to how far it can reach. It can go all the way to the edge of our consciousness. This makes life limitless in its possibilities for unfolding richer, better, more amazing experiences.

On the other hand, life's ability to unfold in the direction of evil is not limitless. Indeed, there's a limit we hit when life stops, or at least appears to cease. The ultimate big, bad dread is always lack-o-life. There's nothing, it seems, on the other side of non-life. Of course, that's only true on this plane of existence. It couldn't possibly be true in the greater, grander scheme of things because in absolute reality, life is life. Life simply can't be non-life.

23

Self-Perpetuating Circles

The process of evolution follows the movement of a circle closing. It starts with an outward movement and ends with a return to perfection. Along the way, we often go in circles that are not so perfect. For every misconception creates a duality, which is a split, causing inner conflicts that turn into vicious circles.

For example, our childish misunderstandings lead us down a road to false guilt: we feel guilty for the fact that we are nursing a wrong belief. Our false guilt, however, produces unpleasant feelings that cause us to defend ourselves unnecessarily behind a mask—a Power Mask, Love Mask or Serenity Mask. Such pretenses lead to justified guilt because they violate spiritual law.

Underlying our creation of circles, or cycles—regardless of whether they are vicious or benevolent—is the principle of self-perpetuation. When we are at one with reality and functioning in an autonomous way, we create positive self-perpetuating circles. The only way to change such a self-perpetuating force is by deliberately setting something new into motion. This principle can be found in practically every area of science including chemistry labs and physics equations.

So for the personality that would like to pursue a negative direction, a new world—more like a psychic sphere—can be created that covers over the original positive one. Be sure to note that even the most destructive attitudes

Self-Perpetuating Circles

do not spring from the root of evil, per se, but rather from sheer misunderstanding. If we truly get this, we'll see how destructive processes are really quite impressive in the way they follow the exact same mechanics as constructive ones. Everything runs on the same basic lawfulness that drives all of creation, both at its best and at its worst.

The nucleating agent, if you will, can be any thought or action. These are the cause that brings in a particular energy that sets off a series of chain reactions. The energy is what produces the effect. Ergo, every cause creates an effect. And over time, rather than petering out, thanks to the principle of augmentation, the force and momentum of the circles we set into motion becomes stronger, as do the attitudes that spawned them.

So the more we love, the more love we'll have in us and the more love we'll attract to us. Ultimately, whenever we are troubled, you can bet that in some way, we are breaking the **Law of Love**. Simply put, truth and love are one the same thing. When we understand the whole truth of any issue, we will not experience disharmony and love will naturally flow from our center. So whenever we're not feeling the love, that's an indicator that somewhere, somehow, we're not in truth.



We are the ones who originally opted to kick off a negative chain reaction. Now, to unwind things, every link in the chain—each of which becomes a new cause creating new effects—has to be retraced. We have to understand where we veered off course and find our way back to the original truthful point where there aren't any conflicts. That's the point where positive fruitful expansion can take off from. That's the level where there's no fear but instead peace and stimulation, and an unending unfolding of all we could ever want. Such a place really exists.

There is a healing force that is poised and ready to help us out, if we'll just give it a chance. We see how it works on the physical level as our bodies naturally begin to heal after they've been hurt. And it works the same on the mental and psychic levels. This live healing power will begin to operate in our lives as soon as we make an effort to understand these laws and do our best to correct our impairment. We can trust this natural healing force to

lead us in the direction of wholeness and fulfillment, expansion and constructive living.

So our first violation happens when we are ignorant that this process is taking place. Our next violation is that we hold onto false ideas. And that, friends, is always directly related to our not wanting to see and accept some truth about ourselves.

When we attempt to fake it, creating outsides that aren't a match for our insides, that outer shell is going to have to break down. It might bear a striking resemblance to something glorious, but it's not in sync with divine reality so such false covers must all crack and crumble.

Only after the outer form has crashed and our inner chaos has been exposed and eliminated are we in good shape to put our pieces back together again. That's how inner beauty builds outer beauty, inner harmony creates outer harmony, and inner abundance leads to outer abundance. This process repeats itself in many areas as we do our work and develop spiritual maturity.

24

Creating

Once we have made ourselves thoroughly aware of our misconceptions and we have allowed ourselves to express our negative feelings—not by acting them out on innocent people, but by doing our personal work—we are ready to start the process of recreating our lives.

First, we must get clear about what it is we want and our intention to change. We need to articulate this with clear thoughts. It's often helpful to get this out of our heads and onto paper. We need to develop a clear vision of what it will look like to function in a productive and healthy way, instead of traipsing further down the road of past destructive patterns.

Then our conscious ego has to get it in gear and initiate the change. We must strengthen our will, formulate ideas, impress our soul substance with the truth and begin to create benign, gentle circles. Our ego is also tasked with actively reaching out to the great inner power at the core of our being. Having opened the door, it needs to get quiet, become receptive, and listen. Its job then is to get out of the way so the wisdom within can reveal itself.

This can be a real balancing act and it's not always easy to find just the right amount of gas-versus-brakes. We need to sense when our work is to be active in uncovering untruths and finding new wisdom to imprint, and when to step aside and cede the floor to our Higher Self, staying calm and being receptive.

This might sound surprising, but one of the best things we can do is to call

on the greater universal self for help in getting better at perceiving it. We can ask for assistance and inspiration in learning to meditate more deeply and in a more meaningful way. Help is right there for the asking. Just as soon as we recognize the limitations of our ego minds, we can start to tap into the infinitely vaster brain that is accessed through our solar plexus.



If we have an idea that we want to create something new in our lives, it would be helpful for us to understand that no one actually ever creates anything new. It's just impossible for anything new to come into existence. But don't fret, for it is very possible that we can make something manifest that already exists. And it's a fact, absolutely everything already exists.

So the question is: where is it? Well, it's on another level of consciousness. Every experience, situation and concept, every feeling, object and state of being already exists in a state of potentiality. And the even better news is that the potential already has the finished product bundled up in it. Understanding this principle of creation—namely, that everything already exists and we can bring these possibilities to life—is necessary for us to experience the infinite potential of life.

The first place to apply these laws of creation is on the trouble spots, where we feel cornered, limited or handicapped. We need to become clear about what's really possible, for we have the ability to realize what we can conceive of. But if our ideas about the way out are half-formed or not realistic, we will only envision temporary solutions. Once we unwind our problem areas, we can begin to expand our possibilities for happiness.

The creative power flowing through us is constructive, good and wise. But in our current state of development, it's also destructive, bad and thick-headed. The latter part is only temporary and is not the inherent nature of this power, but still it's there. It's important to note that this power penetrates our whole being and is molded by everything we think, feel, do and desire, whether good or bad.

Our work is to empty ourselves of all distortions that don't serve us by transforming them back to their original creative form. Along the way, it may seem that the laws guiding us are contradictory. For example, if we

Creating

can't let ourselves be emptied we can never be filled. Then, from the emptiness a new fullness will arise, but we can't just pretend our fear doesn't exist.

Here's another: it's imperative we make ourselves receptive and expectant, yet we must not get lost in wishful thinking, be impatient or have preconceived ideas. Still another: we need to be specific, but our specificity must be light and neutral. These are spiritual laws we must try to comprehend and abide.

As we do the work of self-finding, we steadily march our way toward personal freedom. And while ultimately we all are capable of enjoying total freedom, our freedom will start out limited since we must journey through the results of what we have created. Indeed, we can't skip past hardship now when our past actions and attitudes have been based on illusion and are therefore destructive.

But buck up, for we do possess the complete freedom to now choose the attitudes that lead us to our self-produced fate. When we see that all our hurdles have been of our own making—a direct result of our inner distortions—we have the information we need to prevent recycling the same, and maybe worse, experiences. In this way, our stumbling blocks become our steppingstones.

25

Making Connections

We don't wind up here on planet Earth because we were "sent" here, or because someone commanded us to come. Rather, there's a process of attraction and repulsion that, per spiritual law, behaves a lot like the laws involved in chemical bonds. So it's our current level of consciousness that creates this world, including all the physical laws that run the place.

One physical law, for example, that we're familiar with is the **Law of Gravity**. This is a special law that pertains to humans in our present state of consciousness. It parallels on the physical level our inner emotional reaction to giving up our egos as being the sole aspect of who we are. To us, that's akin to falling and being crushed.

As we cycle from one lifetime to the next, the relationship between cause and effect often seems broken. Only as we mature spiritually and our awareness increases do we grow enough to sense that causes from our former lives result in effects we experience in this lifetime. It's often uncomfortable to see how we are the ones who have created what we deplore now. And that if we want things to be different, we'll have to give up something we're ferociously hanging on to.

But once we accept the beauty in these laws, ah, what peace. What freedom. What safety. What seems like a fate beyond our control—like where we're born, as what, the look of our body, the shape of our face, the kinds

Making Connections

of talents we have—will all be seen for what it is: self-wanted and self-caused, sometimes wisely and sometimes destructively.



It is a spiritual law that the more advanced we are—the more work we have done over the course of many lifetimes—the bigger will be the impact of any negativity that remains. So then even minor infractions against the truth of divine law will cast larger and longer shadows.

To put it differently, this law says that the greater our spiritual potential to do the work we set out to do—to be aware of it, to understand what it's about, and to follow the process of development—the greater will be the repercussion of not living up to our potential. It's the gap between our potential and the actual direction we take in life that trips us up. The bigger the gap, the more severe life seems.

It's often not some big tragic event we're talking about, but perhaps more like a chronic state of depression, anxiety or, more likely, feeling of disconnectedness. This is not a punishment, friends. It's the grace of God helping to make sure we don't fall behind in a useless puddle of stagnation. It's intended to give us the incentive we need to do better, to open our eyes, to pay attention and pray for guidance.

There's another law that has to do with making connections. One goal is to make the necessary connections between what's happening outside ourselves, in life, with what's happening in our inner processes. A second goal is to connect the dots between our inner processes that seem totally unrelated to each other. So when we come across seemingly isolated problems—faults, conflicts, difficulties with others—we must go deeper to determine the connection between apparently disparate issues.

For example, say we have difficulty establishing fulfilling relationships and also feel blocked in our career. What's the connection? Or maybe we uncover a pushy, greedy attitude and, say, also experience sexual dissatisfaction. What's the connection? Or there's submissiveness and lack of assertion, on the one hand, and out-and-out hostility on the other. We've got to search for the connection, for it's a law that everything in us is connected. If we look, we'll find them.

26

Masculine and Feminine

The two fundamental principles of the masculine and feminine are quintessential for the creative process to take place. The masculine holds the force of activation that “makes it happen”; the feminine holds the principle of getting out of the way and “letting it happen.” They are both always present when anything in the universe gets created. Literally anything and everything. It’s there when a farmer puts a seed in the ground, waters it and weeds around it (activation), and then leaves it alone so it can grow (letting be). Even these spiritual laws of life have relied on these two forces to come into being.

Spiritual laws also govern the two fundamental motions of discipline and letting go. In their healthy state, we could call these the prototypes of masculinity and femininity, and while they both exist in both men and women, we arrive at them from different directions.

So when a man won’t take on the appropriate responsibility needed for his work or his everyday duties—and even more significantly, for his feelings—fearing this would cause him too heavy a burden, he simultaneously weighs himself down more and separates himself from everything his soul deeply desires. But when he takes full responsibility for all aspects of his life, with everything that entails, then he can safely let go of himself. By finding himself, he is able to lose himself.

For a woman who refuses to surrender herself and allow the apparent

Masculine and Feminine

helplessness this involves, and who then attempts to control in an unhealthy and artificial way, she makes herself more helpless. At the same time, she isolates herself and gives up what is meant to be her destiny. When she doesn't let her pride, fear, and self-will get in the way and cause her to fight her destiny, she gains strength and finds her sense of security within herself. By losing herself, she is able to find herself.

So where a man loses himself by finding himself, a woman finds herself by losing herself. These two motivating forces are the same thing! If we look closely, we will discover that in a broad sense, every divine law contains these two principles: the masculine and feminine, or discipline and letting go. They complement one another and coexist in all parts of life.

27

Opposites

Much like with the laws of physics, for every attitude there is an equal and opposite attitude. This can create a healthy complement or steer us further into distortion, such as happens when we blame life for our misery, negating any form of self-responsibility, which then means we also take on burdens that are not ours. For such blaming inevitably incurs an opposite, compensating attitude.

The healthy version of all this would be the harmonious balancing of a proper dose of self-responsibility together with a freedom from assuming the burdens of anyone else. And to be clear, that last bit doesn't mean we shouldn't freely and lovingly help others when and where we can.

In the long run, we can realize that houses built on sand must come down in order to be rebuilt on a more solid footing. It is in this way that everything that is destructive has a constructive element that serves creation. This is always true, every time. But in the course of our lives, the truth of this is not always so obvious.

Opposites also appear in dealing with our pain: the more we accept it, the less painful it will become. It's our resistance to pain that makes it so hard to bear. And on and on this goes. The more we accept our hate, the less we will hate. The more we accept our ugliness, the more beautiful we will be. The more we accept our weaknesses, the stronger we will become. The more we admit our hurts, the more dignity we will have. These are in-

Opposites

exorable laws, and so it must be so.

God's laws are indeed divine in their creation and in their perfection. As such, our goal is to obey them to the best of our ability. If we do this, they will lead us along a path of growth and healing that will eventually bring us home to our own glory.

Our work then is to abide by these loving laws and know that if we choose to go another way, well, that's our choice. But there will always be a price to pay. This is the loving hand of God at work, and always, always, always it's for our own good. So let's go God's way. Let's keep forging ahead.

About the Author



A neatnik with a ready sense of humor, Jill Loree’s first job as a root-beer-stand carhop in Northern Wisconsin was an early sign that things could only get better.

She would go on to throw pizzas and bartend while in college, before discovering that the sweet spot of her 30-year sales-and-marketing career would be in business-to-business advertising. A true Gemini with a degree in Chemistry and a flair for writing, she enjoys the challenge of thinking creatively about scientific topics. Her brain fires on both the left and right sides.

That said, her real passion in life has been her spiritual path. Raised in the Lutheran faith, she became a more deeply spiritual person in the rooms of AA, a spiritual recovery program, starting in 1989. In 1997, she was introduced to the wisdom of the Pathwork, which she describes as “having walked through the doorway of a fourth step and found the whole library.”

She completed four years of Pathwork Helpership training in 2007 fol-

About the Author

lowed by four years of apprenticing and discernment before stepping into her full Helpership in 2011. She has been a teacher in the Transformation Program offered at Sevenoaks Retreat Center in Madison, Virginia, operated by Mid-Atlantic Pathwork, where she also led marketing activities for over two years and served on the Board of Trustees.

In 2012, Jill completed four years of Kabbalah training in a course called the Soul's Journey, achieving certification for hands-on healing using the energies embodied in the tree of life.

Not bad for a former pom-pom squad captain who once played Dolly in *Hello Dolly!* She is now the proud mom to two adult children, Charlie and Jackson, who were born and raised in Atlanta. Having grown weary of borrowing other people's last names, Jill now happily uses her middle name as her last—it's pronounced loh-REE. In her spare time, she enjoys reading, writing, running, yoga and hiking, especially in the mountains.

As she turns the corner onto the back nine in life, she has consciously decoupled from the corporate world and is now dedicating her life to writing and spiritual teaching.

Discover more from Jill Loree at www.phoenesse.com.

More from Jill Loree



Real. Clear.

A Seven-Book Series of Spiritual Teachings

The *Real. Clear.* series offers a fresh approach to timeless spiritual teachings by way of easier-to-read language; it's the Guide's wisdom in Jill Loree's words. Each book is written with a bit of levity because, as Mary Poppins put it, "A spoonful of sugar helps the medicine go down."

HOLY MOLY: The Story of Duality, Darkness and Daring Rescue

There's one story, as ancient and ageless as anything one can imagine, that lays a foundation on which all other truths stand. It exposes the origin of opposites. It illuminates the reality of darkness in our midst. It speaks of herculean efforts made on our behalf. This is that story.

FINDING GOLD: The Search for Our Own Precious Self

More from Jill Loree

The journey to finding the whole amazing nugget of the true self is a lot like prospecting for gold. Both combine the lure of potential and the excitement of seeing a sparkling possibility, with needing to have the patience of a saint.

It helps to have a map of our inner landscape and a headlamp for seeing into dark corners. That's what Jill Loree has created in this collection of spiritual teachings called *Finding Gold*.

BIBLE ME THIS: Releasing the Riddles of Holy Scripture

The Bible is a stumper for many of us, not unlike the Riddler teasing Batman with his "Riddle me this" taunts. But what if we could know what some of those obscure passages mean? What's the truth hidden in the myth of Adam & Eve? And what was up with that Tower of Babel?

Bible Me This is a collection of in-depth answers to a variety of questions asked of the Guide about the Bible.

THE PULL: Relationships & their Spiritual Significance

The Pull is about discovering the truth about relationships: they are the doorway through which we ultimately can come to know ourselves, God and another person; through them, we can learn to fully live. Because while life may be many things, more than anything else, it is all about relationships.

The Pull walks us through the delicate dance of intimate relationships, helping us navigate one of the most challenging aspects of life.

PEARLS: A Mind-Opening Collection of 17 Fresh Spiritual Teachings

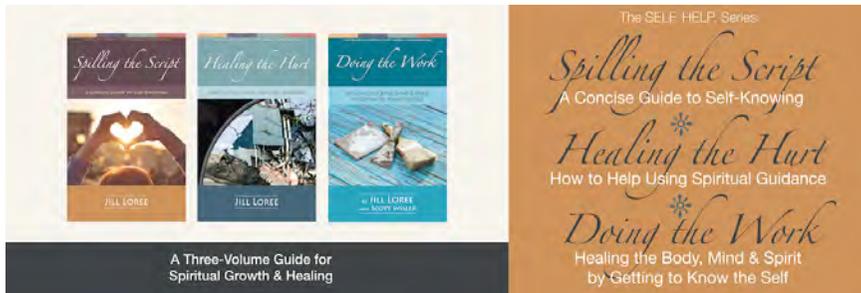
In this classic, practical collection, Jill Loree strings together timeless spiritual teachings, each carefully polished with a light touch. Topics include: Privacy & Secrecy • The Lord's Prayer • Political Systems • The Superstition of Pessimism • Preparing to Reincarnate • Our Relationship to Time • Grace & Deficit • The Power of Words • Perfectionism • Authority • Order • Positive Thinking • Three Faces of Evil • Meditation for Three Voices • The Spiritual Meaning of Crisis • Leadership • Letting Go & Letting God

GEMS: A Multifaceted Collection of 16 Clear Spiritual Teachings

Clear and radiant, colorful and deep, each sparkling gem in this collection of spiritual teachings taken mostly from the final 50 lectures out of nearly 250, offers a ray of light to help illuminate our steps to reaching Oneness.

BONES: A Building-Block Collection of 19 Fundamental Spiritual Teachings

This collection is like the bones of a body—a framework around which the remaining body of work can arrange itself. Sure, there’s a lot that needs to be filled in to make it all come to life, but with *Bones*, now we’ve got the basic building blocks in place. Plus the words go down like a strawberry milkshake—pleasing to the tongue yet with all the calcium we need for optimum health.



Self. Help.

A Three-Book Teaching Series

The *Self. Help.* series offers a bird’s-eye view of the Guide’s teachings and how to apply them in working with ourselves and others.

SPILLING THE SCRIPT: A Concise Guide to Self-Knowing

Now, for the first time, powerful spiritual teachings from the Guide are available in one concise book. Jill Loree has written *Spilling the Script* to deliver a clear, high-level perspective about self-discovery and healing, giving us the map we need for following this life-changing path to Oneness.

The goal of this spiritual journey is to make contact with our divine core so we can transition from living in duality to discovering the joy of being in unity. For even as we believe ourselves to be victims of an unfair universe, the truth is that we are continually guarding ourselves against pain, and through our defended approach to life we unknowingly bring about our current life circumstances. But we can make new choices.

Bit by bit, as we come out of the trance we have been in, we begin to see cause and effect, and to take responsibility for the state of our lives. Gradually, our lives transform. We once again can sense our essential nature and eternal connectedness with all that is.

“You will find how you cause all your difficulties. You have already stopped regarding these words as mere theory, but the better you progress, the more will you truly understand just how and why you cause your hardships. By so doing, you gain the key to changing your life.”

- Pathwork Guide, Lecture #78

HEALING THE HURT: How to Heal Using Spiritual Guidance

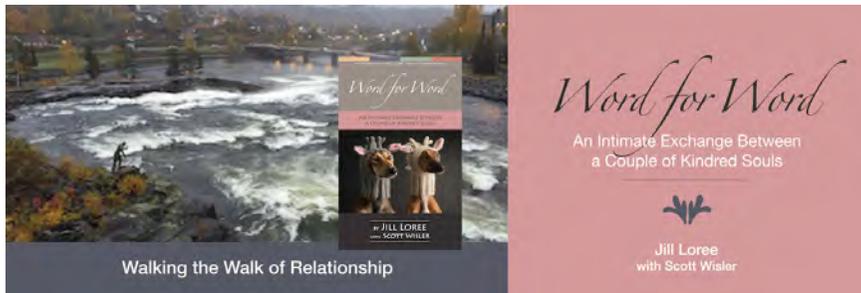
The work of healing our fractured inner selves takes a little finesse, a lot of stick-to-it-iveness, and the skilled help of someone who has gone down this road before. Being a Helper then is about applying all we have learned on our own healing journey to help guide others through the process of re-unifying their fragmented hidden places.

That may sound simple, but it's surely not easy. It's also not easy to be the Worker, the one who does this work of spiritual healing. Now, with *Healing the Hurt*, everyone can understand the important skills needed by a Helper to assure Workers find what they're looking for.

DOING THE WORK: Healing our Body, Mind & Spirit by Getting to Know the Self

Many of us have an inkling there can be more to life: that more meaningful moments are possible, and more satisfying experiences are attainable. Well, we're right. And fortunately, the tools for bringing this about are not really a secret. They're just not obvious. Herein lies the crux of the problem. We must come to realize what we have not been willing or able to see before.

Truth be told, no one gets out of planet Earth alive. But we can come out ahead by learning to make the best use of our time here. And that starts the day we begin doing the work. So let's get at it.



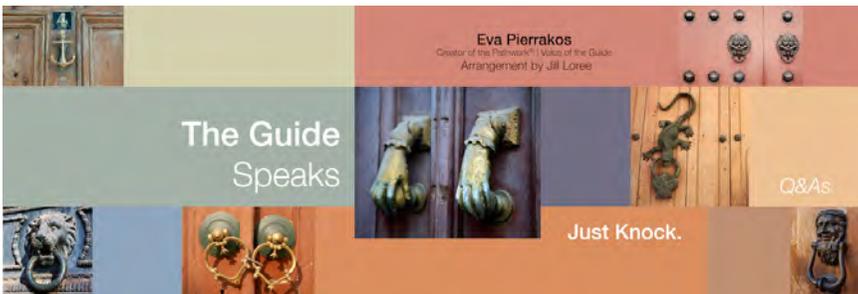
Word for Word
An Intimate Exchange Between
a Couple of Kindred Souls

By Jill Loree
with Scott Wisler

What does it really look like, not just to talk the talk, but also to walk the walk of a spiritual path? In a word, it can get complicated.

Now, in this word-for-word collection of straight-forward messages written between a couple of died-in-the-wool spiritual seekers, we get a glimpse into some of the wily ways our work surfaces in our relationships, and how we can navigate through the hiccups.

Surprisingly insightful and at times pretty funny, here is a rare inside perspective on the messy work of healing, growing and relating.



The Guide Speaks

The Complete Q&A Collection

By Eva Pierrakos
with Jill Loree

www.theguidespeaks.org

In *The Guide Speaks*, Jill Loree opens up this fascinating collection of thousands of Q&As answered by the Pathwork Guide, all arranged alphabetically by topic. This website includes hard-hitting questions asked about fears, hate, anger, health, relationships, reincarnation, death, prayer, meditation, religion, Christ, the Bible, the Spirit World and so much more.

“There are so many questions you need to ask, personal and general ones. In the end they become one and the same. The lectures I am called upon to deliver are also answers to unspoken questions, questions that arise

More from Jill Loree

out of your inner yearning, searching, and desires to know and to be in truth. They arise out of your willingness to find divine reality, whether this attitude exists on the conscious or unconscious level.

But there are other questions that need to be asked deliberately on the active, outer, conscious level in order to fulfill the law. For only when you knock can the door be opened; only when you ask can you be given. This is a law.”

- The Pathwork Guide in Q&A #250