

Your Map to Success: Universal Laws, Rules of the Game and How to Play

Nowadays it seems that everywhere you look, you can find information about the Law of Attraction. Movies like *The Secret* and *What the Bleep Do We Know* **have** pushed it to the forefront of our awareness. However, there are several other laws and principles which are just as important that aren't getting equal play. Without really understanding these, you'll most likely remain stuck in a diet mentality, forever resenting or hating your body.

To live and eat as a naturally slender woman, you have to learn how to play some new games. In his book, "Games Slim and Fit People Play: Winning the Fit and Slim Game," author, Psychotherapist and NLP expert, L. Michael Hall, PhD, says, "The games you play with food (eating) and movement (exercising) determine the Wins and or Losses that you'll experience.

The stories you tell yourself about your body determine what games you play. They are the mental set ups that you feed your mind to get a certain result. If you're bent on winning the battle of the bulge, it starts here – with reorganizing your thoughts. It's got nothing to do with what diet plan you follow, how much you weigh, or what color food you choose to eat. It's not the fat on your thighs that's the problem, it's the fat in your head - that's where all the games begin. You're the player; now in this chapter, you get to learn the rules.

Beverly Nadler, Universal Laws Expert

The universal laws govern all the games and how they are played. Without really understanding them, you've got nothing going for you. In my opinion, the ultimate authority on the universal laws is my mentor, former coach, and dear friend, Beverly Nadler. Nobody knows them quite like she does. She has devoted many decades of her life to refining her understanding and teaching them with a passion and presence that is unmatched.

In the Foreword of this book, Beverly mentions the "Energy Model." This represents a collective change of thought based on a shifting paradigm of consciousness embracing an understanding of what energy is.

The dictionary defines "paradigm" as a model. The word, "model" has many meanings. In this case the closest ones would be a pattern, a guide to be strictly followed, or a standard established for use as a rule.

As I mentioned in the Introduction, Einstein's discovery of the theory of relativity turned the scientific community on its ear by proving that everything is made up of energy, including your thoughts.

Prior to this discovery, nobody really understood how energy worked. In the "Material Model," of the world, it was believed that things were solid and couldn't be changed. If a

desk, outside belly button, cancer cell, or a pencil looked solid, then it was automatically assumed that it was. Therefore it was believed that it would never be able to change unless something pricked, poked, sliced, jabbed or jogged it into movement. That represented the prevailing belief for a long, long, time.

The Evolution of Challenging a Universal Belief

We learn and evolve our understanding of the world by continually testing out theories and questioning our firmly held beliefs and assumptions. Each time we learn something new, we change and grow by continually expanding our model of the world.

For nearly 2 centuries throughout the early modern age, up until the mid 1600's, it was believed by mathematicians and scientists that the earth was at the center of the universe. This was called the "Geocentric model of the world."

The Greek philosopher, Plato (424 BC- 348 BC) who was a student of Socrates (469 BC – 399 BC) started the ball rolling by buying into this belief. He then shared it with his student, Aristotle (384 BC-322 BC). Aristotle decided to follow through, continue researching and find out if the theory was in fact true. He died before he could prove his assumptions.

Nearly 500 years later, an Egyptian mathematician and astronomer named Ptolemy took up the torch in an attempt to prove that the earth was at the center of the universe.

People believed this without question for over 2000 years. This also became the religious stance of The Catholic Church and anyone who defied this belief was considered a heretic against God and would be punished.

The Greeks, Indian and Muslim savants published similar hypotheses causing a ripple in the waters, but could not prove the theory. In people's minds, they continued to believe that the earth was the center of the universe.

During the 1500's and the 1600's, in the Renaissance era, some scientists started to knock this theory. Nicolaus Copernicus – (1473-1543) was a mathematician and an astronomer who took a huge gamble by attempting to prove that the earth wasn't the center of the universe, but he died before he could prove his theory.

In 1634, a Tuscan physicist named Galileo Galilei took up the torch, attempting to prove Copernicus' right and bring the world to a new understanding of **the** possibility that it was actually the sun, not the earth, that was the center of the universe. The Catholic Church was outraged at such a brazen assertion and he was tried and charged as a heretic and interrogated by the Roman Inquisition. Although he was successful in avoiding the penalty of death, by ultimately denying his truth, he was sentenced to a life term of house arrest which ended his life 9 years later.

Comment [AA1]: Karen, the only reason I included this section here was to offer a contrast and a tease at the same time. Here I show that it took us as a civilization to change a firmly held belief, and now with the use of the energy coaching tools available to us, change is literally at our fingertips and it can be as quick as the speed of thought. Do you feel this section is useful or should I keep it for another book? Let me know.

More than three hundred years later, after Galileo was dead and gone, his theory of a “heliocentric model” of the sun at the center of the universe, was finally proven correct. In a pitiful attempt of apology, the four largest satellites of Jupiter, were named the Galilean moons in his honor. Today we acknowledge Galileo for his great contributions and sacrifice to science as “the father of modern physics.”

This was one very important example of a world view that was challenged. You see it really isn't that easy to change a belief by logic alone. **I'm explaining how difficult it is to challenge a universal belief, so that you will understand how miraculous it is that you have the power to change your belief “literally at your fingertips!” Following are more examples.**

What Is a Paradigm?

There was quite a stir caused by centuries of civilizations trying to disprove the traditional theory of the earth at the center of the universe. The belief that the earth was God's graced favorite was strongly held for nearly two thousand years. This is a model of the world that was firmly held without question, until the 20th century. That is called a paradigm.

When Christopher Columbus' voyage proved that his ship did not fall off the edge of the earth as people feared it would, the paradigm of earth as a flat disc was rocked! All of a sudden we understood that the earth was round--another earth shattering paradigm shift.

The Wright Brothers' showed us that we needn't remain earth bound and that we could indeed fly through the air. Later when Apollo 13 landed on the moon, we saw that space travel was possible.

The Material Model of the world has been taken for granted for thousands of years. Whether or not you believe it, you have to accept it by default because it makes the world go 'round. The “Material Model” had been the foundation for our understanding of the universe for a long time until Albert Einstein, a young German patent clerk, became fascinated by the possibility of traveling on a wave of light. It was his willingness to bump up against tradition, by questioning firmly held assumptions and embracing his imagination, that led to the greatest scientific advance in our time --- our thoughts matter.

Huge advances in technology and science have offered us a much richer understanding of the possibilities that exist in our world. Yet time and time again they are often ignored.

In Galileo's day, you could die for bucking up against the system. Today you're considered a lunatic, eyes will roll and your reputation can be thrown into question.

This was the case when Dr. Roger Callahan passionately and persistently attempted to prove to his therapist peers that it was possible to cure a phobia in 5 minutes or less. As the true brave pioneer he was, he endured being laughed off the stage and scoffed at for his blatant disregard for the psychotherapy profession.

Beliefs will continue to come and go, based on new discoveries. Yet the laws will always be in effect.

Change Requires A Paradigm Shift

Although this is not a diet book, it is directed toward teaching you how to have a more loving and joyful relationship with your body, so we'll be talking about food and your body a lot.

The old paradigm belief responsible for making the diet organizations rich is still widely accepted. Yet contrary to popular belief, diets are not the holy grail. I'll share many reasons why this is true in the chapter on Diet Myths.

Over 64% of all Americans are overweight and 1/3 of them are obese; **an adult who has a body mass index (BMI) of 30 or higher is considered obese.** According to Business Week, diets are emptying out our cash reserves to the tune of 50 billion dollars a year. Now that you know where your money is going, don't you wonder why you're not getting the results?

In the chapter on Responsibility, I'll teach you an equation that I learned from Jack Canfield that makes it clear why you have to change your response if you want a different result. That means doing things differently, and creating some new habits that may feel a bit weird or uncomfortable at first.

We've been running around in circles, banging our feet on the scales, wishing and hoping that diets would make us happier, thinner and more confident. Yet if it hasn't worked for you so far, then it most likely never will. In order to make peace with food and become friends with your body, you have to stop thinking and eating like a fat person. That means that you can toss the diet mentality out the window.

It's time to learn the real rules of the game. Let's start with an understanding of the Universal laws.

The Universal Laws: The Rules of the Game of Life

These laws are not new. They've been around for thousands of years. The hermetic laws combine the best of modern science with ancient esoteric teachings called Hermetic Philosophy. With The Law of Attraction breaking new ground and going media mainstream, a new light is shining down on them, inviting us to take a closer peek.

At one time they were highly coveted, only available to royalty, religious, political, and military leaders. Ordinary people were forbidden from learning these laws by penalty of death. This hermetic philosophy was handed down by Hermes Trismegistus, master Egyptian Occultist.

Students of these teachings were taught in the Metaphysical (mystery) schools and Esoteric (secret) schools in Egypt and Greece. They were taught that there is one single great intelligent or thinking consciousness from which all creation flows. This belief in one 'God', 'One, Power' is in alignment with the common faith expressed by most, **since all religions and spiritual teachings in our culture agree there is one God, One Power** religious and spiritual teachings.

Einstein's discovery of everything being made up of **energy, paved the way for discoveries of modern physicists. Today, physicists agree that the entire universe is "a unified field of energy" that has an intelligence, or consciousness.** Science and spirituality have a meeting of the 'one' mind concept.

The wonderful thing about this new paradigm, "the Energy Model,"– is that it puts the ball squarely in your court, giving you back the power. It recognizes that everything can change and is constantly changing, whether it can be seen or not. You can't possibly deny the effect of the bomb that was dropped on Hiroshima, can you? Although you couldn't see the energy, it still caused enormous impact.

Understanding the power of energy makes it possible to heal yourself of cancer, become thin eating real food, and create more happiness in your life. You are the creator. This model doesn't discount the presence of God or a higher spiritual force; it explains it.

At this point, no scientist worth his salt would ever disagree with Einstein's finding that everything is composed of energy. Yet this fact has largely gone unnoticed by the medical profession. Even though there's been tons of evidence of the efficacy of energy related procedures, pioneers in this field are still met with a 'talk to the hand' attitude much like poor Dr. Roger Callahan faced. This is because the Medical Model is part of the old "Material Model" way of thinking.

It's no wonder anything new or risky we attempt is met with resistance. There's a part of us that wants to keep us in a nice tight little comfort zone, safe and sound. We start new exercise programs, say this diet will be the last, vow to stop smoking, earn more money, commit to personal growth, eat healthier, swear we'll stop seeing that bum, make a pinkie promise to be on time, **etc**, yet our progress is often stalled and our efforts are thwarted. We're spending so much energy going nowhere, running in place. Your desire to change and your good intentions have been in conflict with your mental computer's operating system, "the Material Model."

Now with this new technology we have the ability and awareness to rewrite our old, dated, defunct programs and create new ones that empower us to achieve our goals. It's expected that within the next 10 years, the "Energy Model" will be accepted without question by everyone. Now let me explain some of the laws that make up that model -- **the ones that are most important to you, in your desire to love the skin you're in**

The Law of Vibration

Everything in the universe, seen and unseen, good, bad and ugly, is made of atomic particles that are constantly moving and vibrating, resonating at specific frequencies. You are vibration in action, always attracting and repelling, energetically reacting to everything in the universe--people, places, circumstances, things, conditions, events, situations. All possibilities exist, all change is possible. **You “can” use And for effect -- though “technically it is not “correct” – or being sentence with You and you bring this all into your life by being in resonance with it.)**

Comment [AA2]: Beverly, do you think, energetically reacting to, helps the readers' understanding or should I just leave it at attracting and repelling?

Comment [AA3]: Beverly, I'm not certain that I understand your edit here. Would you give me an example of what specifically you would say?

Think of a radio. Everything and everyone is broadcasting their own message that comes in the form of a vibration, a signal that is unique to it. Colors, birds, people, water, a strand of hair, breast tissue--everything has its own vibration and that is constantly moving, broadcasting its unique vibe. There are high vibes and low vibes and everything else in between. There is a vibration to war, hunger, anger, joy, sadness, desire, cookies, clocks and socks. Depending upon what vibration you're broadcasting **and in resonance with**, that's what you'll attract into your life.

Now step back and think about what you've been saying about your body. Now taking into consideration that your body is energy and has consciousness it's been responding to your vibes, what results have you been getting? Are they what you want? Do you have the body you desire or just the one you think you deserve? If you're ready to learn how to crank up your vibes, head on over to the next law and see how you can play to win.

The Law of Attraction

This is the law that gets all the press. It's actually just the law of vibration at work. Keep in mind that the Law of Attraction is always working for you, always standing at the ready, waiting to bring you exactly what you ask for--**whether** wanted or unwanted. Beware of what you focus on and ask for, **even unintentionally, because** you just might get it!

Many people say they know what they want, but they are broadcasting messages of fear, doubt, scarcity and ugliness. For example, for years I was obsessed with wanting thinner thighs. Yet I kept saying to myself. *“I hate my thighs. They're so fat. I can never fit into the pretty clothes I want. I feel as fat as a house. I hate my thighs. I hate my thighs. I hate my thighs.”*

As you can see, I wasn't anywhere near **to** being a match for positive vibrations that would lead me to manifest those thinner thighs, because my subconscious mind, also called “the faithful servant,” kept me in patterns of overeating, and under exercising. If you want to be thin, you can't think like a fat person.

This is because we really attract with our vibrations. Most of what we call “thoughts” are not thoughts anyhow. They are emotionally charged automatic reactions coming from subconscious programs. These automatic reactions vibrate at specific frequencies and

attract back to us what we're in harmony with – and these become our life –good, bad or indifferent. When you vibrate and resonate **with** love, the vibration comes back to you. This is why your emotions are the best benchmark letting you know what you're attracting at any given moment.

In this hodge podge of our universe everything is humming. The question is what tune do you dance to? Are you a consummate worrier? You're probably attracting situations and people into your life that give you lots of reasons for concern. If you're feeling pretty good, more good things are coming your way.

Whether you're investing thought in your friend calling or fearing your husband **is** cheating, according to Law of Attraction, you just might get it. Seventeen seconds is all it takes to create the tendency to get the ball rolling and 59 minutes of concentrated unbroken thought and belief is enough to see first evidence of it happen. You see there really are no coincidences, and luck is all up to you. It's where opportunity and action bump into one another. You're just a big magnet. Now it's time to think about what you really want to attract.

So my little radio DJ, what station would you like to listen to today? It's up to you to become aware of what you want to tune in, turn on and tap into to get the results you want.

The Law of Polarity

This law and the one following, the **Law of Rhythm** explain why we don't always get what we want. They explain why bad things happen to good people, **and why things like** Global warming, Tsunamis, Hurricane Katrina, and other natural disasters **are** necessary to bring the planet back into balance.

The dictionary defines polar as occupying or characterized by opposite extremes. The Law of Polarity tells us there is a dual, or opposite, nature to everything that exists in the Universe. Positive and negative are two different sides of the same coin, Neither is better nor worse than the other, and they have nothing to do with good and bad. Good and bad are human labels.

You probably recognize and easily accept these familiar polar opposites: male/female, up/down, yin/yang, good/bad, east/west, fast/slow, stop/go, give/receive, in/out, big/small, high/low.

However it's not so easy to accept and understand that these are also a necessary part of life: pleasure/pain, war/peace, chaos/order, God/Devil, health/disease, rich/poor. It's common practice to judge the polarities and view some of them as good and others as bad. That's why we do our best to avoid those we consider bad.

Energetically speaking, positive and negative are just differently charged energies. Positive is assertive, which is a masculine energy. Negative is receptive, which is a

feminine potential. Everything in the universe contains both. Creation is the meeting of these energies as one, the positive proton (+) and the negative (-) electron. Nothing would exist without these opposite forces working together.

Simply put that means there will never be an end to all war, poverty will always exist somewhere, disease and pain will continue to exist on the planet forever. Without these things, there would be no abundance, joy, pleasure and health. You must have one in order to have the other. By changing your own subconscious programming, you can personally experience more peace, health, prosperity and pleasure in your life.

Nobody is perfect. That means that we all have light and dark, positive and negative sides to our personalities. We're all a blend of bits of all of our experience. Certain people express more of one aspect and less of another, but it's all subjective. What's good to you, may be bad to someone else. Everything good and wonderful also has elements of bad and terrible things inherent in it. There are benefits as well as drawbacks in every situation. Although I did not recognize it at the time, I can now see how my many negative experiences have given me the strength and wisdom to teach others. Without having those learning opportunities, I would never be so vocal and passionate about my intent to serve others and you would not be reading this book.

"There is no such thing as a problem without a gift for you in its hands."

~~ Richard Bach

Looking at all sides of a situation is constructive and wise thinking, not negative. It's the difference between pulling the weeds in your garden or just sitting there and watching them sprout up all around you, feeling helpless and frustrated. This is where you can get clear on the things you can change and be wise enough to accept the rest.

Being willing to view a situation from all sides and see the good as well as the bad, is necessary in order to be clear about what you want. Look at something from all angles before you decide if it's right for you.

Switching Polarity: How to Turn It Around

If you don't like what you've got, you've got to change the energy in the situation. To end war, you must bring peace. To go from small to large, you must increase size. You must add the opposite of whatever already exists. If you're cold, turn on the heat. To speed up a slow pace, add quickness. To bring light to darkness, add brightness.

If you're focused on being afraid, find ways of drawing closer to courage. If you feel angry or hateful, add love. Add happiness to end sadness. Where there is doubt, add faith.

Nobody said this was easy. The thing to remember is to keep on paying attention to what you have in order to make changes to get what you want.

The Law of Rhythm

As the pendulum swings, life also moves in cycles. Everything has a rhythm. The passage of time shows the cadence of nature, transitioning naturally from the heat of summer to the crisp and brilliantly colored leaves of fall. **Winter brings the stillness and appearance of things dying, and then everything blooms and reawakens in Spring.**

Action follows inaction, the light of day follows the dead of night, we breathe in and we breathe out, the tide rushes in and the tide rushes out, Each morning, the day breaks; in the evening, the sun sets. There's a time for planting and a time for harvest.

This law shows us that energy is neither created nor destroyed, merely recycled. Everything in the universe is subject to this law --, our economy, our bodies, our health, fashion, government, **the laws in our legal system.** It's all part of a huge continuum that never dies and is always changing, moving and growing, cycling back, returning back again.

It's very wise to learn and honor your own natural rhythms, called "biorhythms and discover how to make them work for you. I am a morning person, which means that I can easily wake up at 5 **A.M.** and do many hours of work. By 2:00 in the afternoon, I need a quick nap to recharge my batteries and set me up for the evening ahead.

During the times in my life when I've disregarded this awareness of my natural rhythms, and played around with staying up late into the night, I notice, **as I've gotten older,** that I am not as resilient as I used to be. Be willing to respect your body's limitations and work within your own natural cycle.

Harmonizing with the Law of Rhythm

We can learn a great deal from our animal friends and draw upon their wisdom and foresight. Their instincts lead the squirrels to know when to gather nuts to prepare for the winter ahead. Bears economize their energy by hibernating during the cold months. During times of plenty, save. As we learned before, everything in this universe is in constant motion. From the earth spinning on its axis, the sun rising and setting, and our bodies, we are in a constant state of vibration. That is why it is crucial to really learn how to leverage the power of your brain and think. I don't mean just mental activity, I mean really think- **because all your thoughts are vibrating messages to the universe.**

The law of rhythm is a bit like the law of polarity. There is a to and fro, ebb and flow, up and down. You will have lows in life and they will be followed by highs. You won't always feel great all the time. When you're down and out, you can really appreciate the highs and remind yourself that they are just around the corner. Be wise, guard your thoughts and focus on being productive and pleasant, when you can, as much as you can.

When that's not possible, conserve your energy and accept that quieter, lower place as being a time to settle down, go into your silent space, gather your reserves and focus on

what's coming ahead. No matter how much you try, you won't be able to move forward unless you change your thinking.

When the Law of Rhythm has you in a mental or emotional state that feels negative, practice, being grateful and start a gratitude journal. Notice the people, places and things in your life for which you are grateful. If nothing strikes you and you're really feeling low, then start small and be thankful for the fact that you are alive. Next look around and notice something that brings you pleasure. Perhaps the sun is shining or the birds are singing. Be thankful. The more gratitude you express, the more you'll be in resonance with **the high vibration of gratitude** and your life will spill over with more things for which to be grateful.

Flipswitching is an exercise that was created by Robert Anthony and it is taught in his manifesting programs. As I mentioned earlier, it only takes 17 seconds of changing your vibration to tune into **the resonance you want**. When you realize that you are in a low state, think or imagine something better and hold it for at least 17 seconds. This will raise your vibration a little bit and cause you to think another thought that is even better, with a higher vibration. **Even if you only go from a depressed state to an angry state, that is a higher vibration. It means you are moving in the right direction mentally and emotionally.** Just keep raising your thoughts, eeking them up a little at a time and pretty soon you'll feel better.

The Law of Cause and Effect

This law teaches us that everything has a cause and every cause has an effect. Many times we are not aware of them, yet they still continue on. You **get** -- on a diet, and restrict the food you eat. That causes you to feel deprived. You watch TV and there's a Burger King commercial. You love the taste of burgers and fries. That causes you to feel hungry and crave a burger and fries.

In personal growth and spiritual teachings, this law is also known as "karma." You may have heard the saying, "what goes around comes around." Many people assume that this means that there is punishment or judgment involved **and** that explains this law. That's not the case. This is merely the operation of all laws of energy, as explained by Hermetic Philosophy and the laws of quantum physics. Here's another more **detailed" example** – that illustrates this law:

A woman divorces her husband, an effect that was caused by his drinking, an effect that was caused by the husband's father's alcoholism, an effect that was caused by his father's poor parenting, an effect that was caused by his wife's death, an effect that was caused by the car accident that killed her, an effect that was caused by the driver's intoxication, an effect that was caused by drinking too much at the party, an effect that was caused by ... so you see no body knows how far down the rabbit hole it goes. Nothing is coincidence and everything happens for a reason.

Now What?

As a busy woman, it's so easy to get overwhelmed, because we're always so focused on making sure that everyone else gets taken care of, everything's running smoothly and we've remember to cross all our i's and dot all the t's. At the end of the day, it feels like there's nothing left for you at all, except maybe that stash of goodies in the house just calling your name. Oh dear, chocolate, pies and cookies, oh my!

Those are the times when you're lost in your thoughts and can't seem to pull yourself out of your own head. We're such a heady bunch, aren't we? We analyze, theorize and conceptualize, picking apart anything and everything that we did wrong that day, laying ourselves out to dry, feeling miserable, angry, sad or whatever toxic cocktail of emotions are churning inside of you.

You focus on the emotional label and the chatter inside your head. You may recognize that you feel angry, or sad, ticked off, or frustrated, but what you haven't known up until now is that your body and your emotions are connected. When you change one, you change the other.

But you're probably asking how can anyone in their right mind transition easily from anger to happiness without using something to tranquilize those overloaded emotions. The answer is knowing and becoming aware of how your body is feeling and where specifically you are feeling it. Don't get me wrong. I'm not talking about taking a pill to make it go away. I am suggesting that you have a conversation with your body and find out what it wants.

Here's why-your brain is like a big search engine. Here you are stuck with an emotion. Let's take worried. That's pretty appropriate for our world climate nowadays.

Let's say you have the thought, "I am worried." As soon as that thought pops up, your brain starts rushing through and combing through all your internal files, asking "Why am I worried?" Now you can bet your bottom dollar that your brain will always come up with a reason! Why you are worried, why you could be worried, and why you should be worried. Now you can imagine that worry is really percolating inside of you. Isn't it?

According to the law of attraction, the more you think about the question, "Why am I worried, or whatever else you feel, your brain will keep searching for reasons why you should be feeling that way. As the intensity of the negative feeling mounts, you're only feeling more and more worried.

Oh boy, you're climbing a slippery slope now. Here's the way it works. Since your subconscious mind is always listening in and has a say in whatever goes on with your body, it will give you all the reasons why you should be worried. Careful, now you've fallen into the trap! You can't wish your way out of this one. You have to attack the problem at it's source-your body.

As I said in the beginning, it's time to start having that conversation, reconnecting and becoming reacquainted with your body. It's filled with wisdom just waiting for you to tap into it. But if you won't pay attention to it, it will just continue to try to get your attention in whatever way it can.

Here's why, that knot of tension in your neck. It's got a name, it could be that report you promised, or the fact that nobody in the house does any of the cleaning except you, or maybe you had a fight with your best friend or your husband. The point is your body is the key to the change you seek. By relieving the tension in your body, the overwhelming emotion will untie itself. If you keep ignoring that conversation, that chocolate will also end up screaming at you.

Okay try this. If you're listening to this in a car, then pull over to the side a moment. Don't worry about anyone watching. They'll get a kick out of it as much as you will. Now I want to show you that your emotions are connected with your body. Just for a moment put a silly goofy grin on your face, look up, raise your arms over your head and shout out, "I am so depressed."

Didn't work. Did it? Most likely you're just not feeling it, depressed that is. You just can't feel the emotion of depression if you're doing something with your body that isn't in line with being depressed. As I mentioned before, your body language is not congruent. Things don't add up, if your body doesn't want to play, then you can't generate enough power to create the emotion.

Because in order to feel depressed, your body has to also get on board and do its part so that you can be totally depressed or whatever other emotion you're feeling. Think about this, If you've ever seen someone who's depressed, you know that they probably have their shoulders slumped down, their head hanging low, could be tilted to the left or right or maybe just drooped forward. They're looking down at the ground, hands, motionless, by their side, hanging like limp noodles. Their posture's all sloped and they probably have a big frown on their face. When they talk, their voice is really slow, and lethargic, and kind of monotone. Oh! Woe is me! That's the recipe for depression.

You see, the emotional thought has no power except as it is reflected in our body. Your emotions are a mirror of what goes on in your body. Unless your nervous system, body posture, hormones, and organs get involved and start behaving depressed, sad, worried, or angry, you won't experience the emotion. You just won't *feel* it because if it's not real in the body, it's not real to you.

I'll talk more about how to coach your self to pinpoint those emotions later, but for now, please know that this is the reason why you need to have this sturdy foundation of universal principles, so that you can begin to enjoy participating in your own wellness. Let's break each law down one by one and I'll give you a sample idea of why they are important to you.

Law of Vibration/Attraction – you’re feeling lousy, the deliverable you promised for today is not ready. You feel angry and upset because you pinned yourself into a corner, trying to promise something that wasn’t reasonable. You pushed yourself too hard again and you feel ragged and tired.

With an awareness of the law of Vibration and Law of Attraction, you know that you’ll only dig yourself in deeper if you keep on focusing what you don’t have, what you couldn’t do, why you feel so burdened. Instead think about what you can do in the situation. By changing the focus and considering what possibilities exist, you automatically uplevel your thinking. That may possibly be enough for you to get unstuck, but you may need a bit more of a push.

By recognizing that your thoughts affect your body, you can flip ahead in the book if you want, and grab some of the stress relief techniques that I share. For a quick energy flip, EFT is always my favorite Go to, but depending upon what you’re feeling, there are so many others. By using any of them, they will automatically improve the way you feel and give you a sense of relief. You’ll feel it right in your body. You might end up yawning, or heave a sigh of relief, or feel like your shoulders must have dropped 6 inches, creating an instant feeling of “Ah, that feels soooooo good.”

With an understanding of the law of Polarity, you can recognize that when you’re feeling blue, in order to get up from being down in the dumps, you have to take steps to add the polar opposite which is feeling in the pink. Now I understand that’s a huge stretch and it seems unreasonable, so let’s take it a step at a time. What makes you feel better when you’re down? While you think about that, I’ll share what works for me.

I love to listen to music. Also it instantly cheers me up to call a friend. Even if she’s not there, and I reach her voice mail, just hearing her voice was enough to lift me up out of the doldrums. Having my cat, Owie sit on my lap, feeling his warm white belly against my leg, while petting him as I tell him my tale of woe also works wonders. Many people use movies for therapy. I’m a huge movie buff. If I’m feeling blue and I have the time to watch something, I’ll look for a movie that inspires me, something that will remind me of being loved or gives me a good feeling, like Hairspray, Because I Said So, The Sound of Music, Mrs. Doubtfire, Music and Lyrics, Pretty Woman, The Cheetah Girls, The Wedding Date, that type of movie, a chick flick.

Also knowing that others are there to support you is such an enormous gift. Reach out and find an online support group or maybe a live one where you can really connect with other women and share what’s on your mind. I’ll invite you to join mine at the end of the book. For now, think about the many ways that you can soothe yourself.

As Nana used to say, once begun, half done. Just by stepping forward and making the attempt, you’ve already lifted your vibration. Remember that just because you’re adding the polar opposite, doesn’t necessarily mean that you’ll go from 0-60 in less than a minute. Although it can, it doesn’t necessarily work that way. You may just find your way to neutral and that’s better. Isn’t it? Also one of my favorite bugger bustin’ strategies

can be found in the chapter on Embrace Your Emotions. It's the brainchild of my friend and colleague, John Felitto. He created a process called, "Slow Down and Benefit from Negative Emotions." How much better can it get? Now we can recycle those nasty little buggers and make them work for us. How cool is that!

Now that you have a basic understanding of the law of Rhythm, you can begin to pay attention to your own personal rhythms. Find out when you're at your best, when your energy is lagging and when you need a pick me up. You can kind of plan ahead and know beforehand that a slump is coming, and when you're in a slump you can comfort yourself knowing that relief is around the corner.

Now it won't hit you out of the blue, because you'll be able to expect it and prepare for those less than wonderful days. It's always the right time to keep a gratitude journal, but when you're noticing that you're a bit under the weather and falling below the radar, that's when it benefits you most to remember your essence. Expressing gratitude for the blessings in your life brings you closer to your heart, connecting you to your soul.

The law of cause and effect reminds us that when we do something, there are consequences that can't be avoided. Again it's very similar to the law of rhythm in that it's predictable which makes it easier to deal with the outcome. Remember for best results, use your stress relief techniques and by all means finish reading the book.

These laws are only meant to give you a basic understanding of the laws that govern the universe. Having this basic understanding of these laws, and combining this **knowledge** with the value of using the various reprogramming techniques I teach in the book, will give you the opportunity to get more of what you want and less of what you don't.

