You are the creator

...of your entire life, your entire experience.

*Things don't happen **to** us, they happen **through** us.*

The Universe doesn't listen to your words and obey them. The Universe responds to your vibration, to what you are sending out through your thoughts which create feelings, and it is your feelings that are magnetic and attract to you a match to what you are sending out. A good tool or technique can shift the energy, which will create a shift, often noticeable, in your life. Yet, without the mindset to support this shift, you will revert back to the energy you were previously holding. You will fall back into the familiar patterns that you are comfortable with.

I am going to share with you a series of principles that govern my life and my business.

These Principles, once applied, become more than a way of doing things. *They become a way of living, a way of being.*

They are what I discovered and shifted into before I could step out as who I am into the world with what I have to offer and create a business that supports and sustains the life I want to live, the life I desire and deserve.

Notice as you read each one, which ones speak to you, which cause you to react, possibly in a negative or disbelieving way, and which ones you are neutral about at this time. If you do not agree, what do you currently believe instead? Just read each one and notice what comes up for you. ***Where this is a charge, there is gold to mine.***

9 Universal Guiding Principles

1

Energy flows where attention goes.

What we resist persists. Pay close attention to what you are focusing on. What are you thinking about? What are you feeling? How much time are you spending focusing on what you want, and how much time are you spending focusing on what you don't want?

Everything counts. Everything matters.

2

A choice point exists in every moment. Our life is shaped by the series of choices we make along the way. Become more conscious about the choices presented to you. Become more conscious of your ability to choose. This requires a shift in perspective from Victim to Creator. This requires taking complete responsibility for all of it.

Everything is Energy.

3

You are an energetic being in energetic exchange with the Universe and everyone and everything in it. Learn about Your Own Universal Energy (Y.O.U. Energy) and how to use it to heal yourself and create your extraordinary life. Learn to work with this. Everything that shows up in your life is there for a reason. You can learn to interpret this, recognize it, heal and clear it, and create life YOUR way.

9 Universal Guiding Principles

4

When we begin to dream big dreams,

to set intentions and goals for ourselves, when we begin to strive for a more extraordinary life, everything that is not in alignment with that rises up to be healed or transformed. I call that, “Your stuff coming up.” When you step into your intentions, dreams and goals, your “stuff ” is going to come up. You can choose to heal and clear this so that you can move forward and step out of mediocrity into your most extraordinary expression and experience

Learn to leave the How’s to the Universe.

5

Get to the essence of what you want. Dream big. See it, feel it, live it, love it, be it. Don’t waste your time asking, how? “How could THIS possibly happen for ME?” Don’t let your logical mind take over and try to figure it all out. That will take you right into stories of limitation, scarcity and lack. The Universe can create miracles when we move out of the way.

6

Get out of your head and get out of your stories.

We all have created stories we tell others and ourselves that define who we are and what our lives are about. These stories have power over us. They are highly charged with words and emotions. We can become trapped within our stories. Start recognizing what stories you are telling, then stop telling your stories.

9 Universal Guiding Principles

7

The Law of Attraction is always on.

It always exists whether you believe in it or not, whether you are actively working with it or not. It is not something you can spend time on here and there and get consistent results. A common misperception I see people making is that they set aside some time to meditate or journal or say their affirmations or attend a workshop, and then they step right back into living their life with their limiting beliefs, bad habits and unhealthy patterns, and toxic emotions driving their bus. And then they wonder why The Law of Attraction doesn't work.

8

Once you get into the flow, don't stop.

Act, Assess and Adjust. Keep going. So many people stop just short of acting. They hesitate, and then they miss the moment of the energy that has stepped in to meet them. You can learn to stay connected to Source/Creator energy and to receive inspired actions. Then it's still up to you to ACT.

9

Before the doing comes the being.

This one is counterintuitive to a lot of people when they first start working with it. Many people come for help, and they say, tell me what to do, and I'll do it… if you can guarantee that I'll get these results. They say that when they ***have*** something, they will ***do*** something that will allow them to ***be*** something. It doesn't work that way. You have to be the thing you want to be first. You have to do the things that people like that would do. And THEN you will have what people like that have. We call this the Be-Do-Have.

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