

Day 15: The Law Of Sacrifice

Quote today

"Don't be afraid to give up the good to go for the great."

John D. Rockefeller

Recap of the Law

The Law of Sacrifice says that you cannot get something you want, without giving up something in return. In order to attain something you believe is of greater value, you must give up something you believe is of lesser value.

Today I am grateful for....

Write at least three things that you are grateful for on this magnificent day. Connect to the feeling of gratitude.

Meditate (at least 15 min.)

Feel free to meditate on this law or choose a meditation of your choice.

Exercise

Ask yourself, how is this exercise benefitting you physically, mentally and spiritually?

Hydrate

Drink ½ ounce of pure water per pound of body weight (or 30 ml per kg). 2 glasses upon rising, 2 glasses between breakfast and lunch, 2 glasses between lunch and dinner and 2 after dinner.

Your Life Insight

Give up something in order to get something. Ask yourself, "What habit(s) do I need to change or let go of in order to create something better for myself?" Also ask, "Do I need accountability to stay on track with this change?"

Your Mindful Practice

Take a moment, breathe and just be in the present. Examine your habits today. Ask yourself, "Why did I begin doing this?" and "Does this benefit my body, mind, and spirit?" If you find yourself habitually engaging in activities that do not support your healthy lifestyle, take steps to change those habits.

Day 15: The Law Of Sacrifice, Continued

Your Success Strategy Self-discipline is in our total control. What one thing are you ready to give up that will free your energy to go towards your current goals? Start tracking your habits over a day and see how you could improve your daily routine.

Your reading meditation This is your reading meditation time—time you have devoted to expanding your thoughts and understanding more about these laws.

Take a nice deep breath in through your nose and let it out through your mouth. You are going to let all the tension leave your body and as you exhale repeat in your mind the word, relax.

You are in the right place at the right time. Your body and mind are in a highly creative vibration right now. Your mind and your heart are ready to receive, completely wide open. Ready to receive whatever it is that you need to know right now. You now have the best possible guidance to allow you to experience the teachings of this Law, and to gather all the important information in any way that it appears.

The Law of Sacrifice says that you cannot get something you want, without giving up something in return. Sacrifice does not mean giving up something for nothing; it means giving up one thing for something else you believe is worth more. When you give up something you believe is of lesser value, it opens the way to attain something you believe is of greater value.

This Law is not automatically attractive. It makes you think and may be challenging to apply. Great unhappiness arises when you ignore the Law of Sacrifice and you subconsciously hold the idea in your head that you can have two opposing things at the same time. Take, for example, immediate gratification versus long-term fulfillment. Also if don't really value your goal as much as you think you do, then you will probably not sacrifice anything in order to attain it.

To reach your goals, you must move forward, which means leaving some things behind. When evaluating your dreams, desires, and goals, the question may not be, "What am I willing to do to attain them?" but "What am I willing to give up?" To go after your goals and dreams takes discipline and focus, and you have to make tough decisions about what things you will NOT do. Tune into what you value most and let the Law of Sacrifice turn into a positive element in your life.

Now, to finish your reading, take three deep cleansing breaths, knowing that with each breath you integrate the information you have received. Trust that this is so, and it will be.
