

Day 3: The Law Of Perpetual Transmutation Of Energy

Quote today

"Change in all things is sweet."
Aristotle

Recap of the Law

Energy is in a constant state of transmission and transmutation. Everything vibrates, and it can only change or transform, as it moves from one vibratory rate to another. You can co-create anything.

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

Choose an exercise that you've never done before!

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

Explore what you love to do combined with your talents. You are transforming your passion into action, or transforming your idea into a physical manifestation of it. What would you do for no compensation because you love it? Be a co-creator to bring it to life.

Your Mindful Practice

Take a moment, breathe and just be in the present. Practice using your higher creative faculties to tap into a higher order and create any image you want and bring into manifestation a physical object. If you wish, practice with small ideas first, such as finding a parking space exactly where you want one..

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Continued

Your Success Strategy Time your work sessions. Set a timer on your computer or mobile phone. Focus for 90 minutes, then take an active break before setting another 90 minute session. This will keep your energy flowing.

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.

Energy is evenly present in all places at all times, but it is in a constant state of transmission and transmutation. Everything vibrates, and it can only change, as it moves from one vibratory rate to another, from a higher frequency to a lower frequency and then back to a higher frequency. All energy is moving into form and out of form and into form and out of form. Energy as a constant vibration is either creating or disintegrating, so nothing ever dies—it only transforms.

You are energy and your brain acts like an electromagnet switching station, which converts light rays into a signal you can understand. Your thoughts are energy that also transform and manifest in your life in direct accordance to your mindset and the type of attention you apply to your thinking. The more attention you give to your idea (especially when you add emotion to it), the faster it can move into form.

By using your mind, you can tap into a higher consciousness and create any image you want and bring it into manifestation into the physical. Everything is here for you to tap into right now. You can co-create anything. You can take a higher vibration and mold it into a denser vibration (a more solid state) in the physical realm. You are a magnificent co-creator.

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.
