

Day 6: The Law Of Rhythm

Quote today "Everything flows, out and in; everything has its tides; all things rise and fall; the pendulum-swing manifests in everything; the measure of the swing to the right is the measure of the swing to the left; rhythm compensates."

The Kybalion

Recap of the Law The Law of Rhythm explains how everything in the universe has its own rhythm. These rhythms are what the cycle of life is all about. There is always a reaction to every action. It is important to realize which season you are experiencing in your life.

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 Add music to your exercise today.

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 Pay attention to the rhythms occurring in your life right now. Go for a walk and notice with all your senses the places that express rhythm in your world.

Your Mindful Practice Take a moment, breathe and just be in the present. Spend some time practicing conscious breathing. Get comfortable and close your eyes. Begin to notice the breath as it flows in and out of the nostrils. After a few rounds of inhalations and exhalations, notice the rhythm of your breathing.

Day 6: The Law Of Rhythm, Continued

Your Success Strategy Make time to rest your body and mind. That's the only way to stay energized and create success. Take active breaks to keep your energy flowing. Create balance in your life. Don't wait for someone to design it for you, only you can intend it for yourself. Establish a rhythm by scheduling money-making days, buffer days and free days. Wake up the same time every day. Start each day with a healthy protein shake.

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 Rhythm explains how everything in the universe has its own rhythm. These rhythms are what create the seasons. These rhythms are what the cycle of life is all about. There is always a reaction to every action. This is the Law of Attraction in action. Everything flows, out and in; everything has its tides; all things rise and fall; the pendulum-swing manifests in everything; the measure of the swing to the right is the measure of the swing to the left; rhythm compensates.

Rhythm can be seen in the waves of the ocean, in business cycles, stages of your development, in the swinging of your thoughts from being negative to positive and in your personal failures and successes.

It is important to realize which season you are experiencing in your life. Are you in the season to sow seeds, or are you in the harvest, reaping the rewards of your labor? Are you in the winter, summer, spring or fall? You can't ignore these rhythms. You may notice you can feel differently from day to day as well. Some days you are "up" and some days you are "down". With your understanding of this Law and your free will, you can create

the right attitude to weather the season you are experiencing. Even when the energy is on a downswing, find comfort that by virtue of this very same Law, the upward motion must swing back again.

The meaning you give any of the events in your life will determine how you think and feel about them, which in turn creates another rhythm within you. Determine whether you were the cause of a downward swing or if it was just the natural rhythm. All cycles have seasons to them and with this knowledge you can plan ahead to prepare for the next cycle. You can choose thoughts that will help you get through the rhythm more naturally. Go with the flow. If you are in winter right now, start planning for spring and for summer, as the thoughts you have today will set up the rhythm of where you are going.

You can choose to see the positive aspect of every season and harvest the best of what that season offers. Be cradled in the rhythm of the universe.

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.
