

## Day 7: The Law Of Relativity

**Quote today**                      *“Nothing is either good or bad, but your thinking makes it so.”*  
William Shakespeare in *Hamlet*

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**Recap of the Law**                      Nothing is big or small, good or bad, unless you relate it to something else. It just is. It is your judgment and perception combined that make things look the way they do including your reality.

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**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.

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**Meditate (at least 15 min.)**                      Feel free to meditate on this law or choose a meditation of your choice.

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**Exercise**                      Choose an exercise you can do with another person and see what that brings to your quality of exercise.

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**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.

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**Your Life Insight**                      Spend some time with a group of friends or colleagues. Notice the uniqueness of each individual and how your perception about them is relative to another person or idea..

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**Your Mindful Practice**                      Take a moment, breathe and just be in the present. Notice how your judgment and perception make things appear one way or another, at one extreme or another. Could you see something differently by changing your evaluation of it, or by taking it away completely—by making it neither good nor bad?

## Day 7: The Law Of Relativity, Continued

**Your Success Strategy** Think of three obstacles that you can turn into advantages. Consider looking at them from another perspective. See if they are really true. Do research if necessary. Ask for other opinions.

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**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 Relativity states that all things are relative, even the other Laws. Nothing is good or bad, big or small unless you relate it to something else. It just IS. It is your judgment and perception that make things look good or bad, big or small and so on. When you look at and face your own personal challenges, you can see that there is always someone on a journey facing and surmounting their own possibly even more difficult situations. We are all given challenges for a reason, as opportunities to learn and grow.*

*This comparison could offer you the feeling of tapping into the Law of Gratitude. Comparing yourself negatively to other people's circumstances is a waste, because their situations are different. Always focus on what you want without comparing it and then you won't fall into the trap of self-judging and using this Law against yourself.*

*Begin using this Law to realize that it is your perception that creates your reality. Become aware of how special and unique you are. Be gentle with yourself and relax into all that is.*

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.

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