

## Day 8: The Law Of Gender

**Quote today** "The universal order and the personal order are nothing but different expressions and manifestations of a common underlying principle."  
Marcus Aurelius

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**Recap of the Law** Gender is in everything; everything has its masculine and feminine principles, and this is where creation begins. This Law also decrees that every seed has a gestation or incubation time. Ideas are spiritual seeds and can move into physical results.

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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 a longer time to exercise today to see what difference it can make.

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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** Set a timeline for an action step towards one of your goals, keep the vision of your goal but don't get too attached to the date. Expect that this Law will work with you to manifest that action at the perfect time for its coming into being.

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**Your Mindful Practice** Take a moment, breathe and just be in the present. Contemplate Carl Sagan's quote, "The absence of evidence is not evidence of absence." Or Price Pritchett's version, "Absence of evidence does not mean evidence of absence."

## Day 8: The Law Of Gender , Continued

**Your Success Strategy** Meditate or contemplate the quote by Saint Augustine. "Faith is to believe what you do not see; the reward of this faith is to see what you believe." Connect with nature on your breaks.

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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 Gender is evident throughout creation. Gender is in everything; everything has its masculine and feminine principles. Everything from plants, minerals, electrons, to humans contains both the masculine and feminine elements, and this is how creation takes place in the universe.*

*Open yourself to these gender principles to create balance in your life. As a spiritual being, you must balance the masculine and feminine energies (the Yin and Yang) within yourself to become a true co-creator with the Universal Consciousness. When you know this, you will know what it means to be whole and complete.*

*This Law also declares that every seed has a gestation or incubation period. Ideas are spiritual seeds and can move into physical results. Perhaps you might know the gestation time of a carrot seed, or of a baby, but you don't always know the gestation time of an idea. Understanding this Law will help you appreciate that patience is sometimes required on the physical plane, as you don't always see the materialization when you desire it. It varies on the amount of focus, feeling, expectation, gratitude and stabilization of frequency you are able to bring to your manifestation.*

*Trust in the Universal Intelligence to determine the time in which it will take for the manifestation or the physical representation of that thought or idea. Here is where trust and belief are required so you don't get in your own way and mess up the process.*

*Be clear on your seed, be patient, feel the gratefulness, focus on your vibration and watch the magic of creation.*

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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