

Day 9: The Law Of Oneness

Quote today	"All differences in this world are of degree, and not of kind, because oneness is the secret of everything." Swami Vivekananda
Recap of the Law	The Law of Oneness explains how you relate to the All; everything is intertwined. The nature of the Universal Mind is all-knowing, all-powerful, all-creative and always present. Your mind is part of this one Universal Mind and since your thoughts are a product of your mind, it follows that your thought power too is limitless.
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	Go outside for your exercise today and see how connected you feel with your surroundings even while exercising.
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	Develop your surrendering. Allow yourself to tap into Universal Intelligence—it knows what you want, let the Universal Intelligence guide you today. Look around you today and let nature be your role model. Go within and feel the connection.
Your Mindful Practice	Take a moment, breathe and just be in the present. Find a sheet of paper and divide it in half with a line down the middle. In the left column write the word "Self". In the right column write "Universe". Write out what you intend to accomplish today in the side marked "Self". Then write what you want to delegate to the Universe to handle. Now comes the important part: release the side that you want the Universe to handle. Completely let it go. You are now free to really focus on what you intend to do.

Day 9: The Law Of Oneness, Continued

Your Success Strategy Follow your intuition. Your gut feeling is more often right than not. You may not understand it now but you might understand it in hindsight.

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 Oneness says there is a single, intelligent Universal Consciousness—the Universal Mind—from which all aspects of consciousness manifest. It permeates the entire universe, and is present everywhere at the same time.

Everything you see and experience in your physical world has its origin in the invisible, mental realm. Everything, at its core, consists of pure energy and everything is interconnected with everything else, both the visible (on the physical) and the invisible (on the metaphysical). Think of all things, including yourself, as a vibrating mass of pure energy that is interconnected to everything else. You really are part of the one. Everything you do, say, think or believe is connected and influences all others in this vast universe.

To put it another way, anything and everything which exists in the entire cosmos, when broken down and analyzed into its most basic form with sophisticated scientific tools and instruments, is shown to be a vibrating frequency of energy. This energy is a unified field of intelligence, a field of consciousness. It joins together with energies of the same harmonious frequency to form what you perceive (and as a result, experience), in the physical world.

The Universal Mind goes by many names. In the scientific world we know of the Unified Field. In spiritual philosophy we refer to it as The All, The Law, All-Knowing Great Spirit, Divine Intelligence, Source Energy, The I Am That I Am, Universal Consciousness, or Universal Intelligence. In religion, we call upon God who Himself goes by many names: the Creator, the Source, Divine Mind, Love, Father, Goddess, Great Spirit, Gitche Manitou, Jehovah, Lord, Tao, Allah and Brahma, to mention but a few.

Consciousness itself is the foundation of all known forces and energies in creation. Consciousness is Life! Know that this too is your nature. Your mind is part of this one Universal Mind and since your thoughts are a product of your mind, it follows that your thought power is limitless, too. You have access to all knowledge, the known and the unknown. You have access to the limitless creativity of the Universal Mind. You have access to this infinite power for which nothing is impossible. All these attributes are present within you at all times in their potential form. Connecting here is the ultimate Mastermind.

The reality you create is a manifestation of your mind. Once you truly understand that your mind is one with the Universal Mind, you can create the reality of your choice.

Nothing and no one is separate from you. The sense of separation you experience in the physical world is created by the way your five senses interpret this infinite ocean of vibrating energy. You are one with the One Universal Mind from which all things become manifest. And we are all connected.

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.
