

Day 1: The Great Law - Every Thing is Energy

Quote today	<p><i>"I know this world is ruled by infinite intelligence. Everything that surrounds us - everything that exists - proves that there are infinite laws behind it. There can be no denying this fact. It is mathematical in its precision."</i></p> <p>Thomas A. Edison</p>
Recap of the Law	Everything is energy. You are energy and this energy is all around and through you.
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 gives you some joy or increases your energy. Examples are dancing, gardening, cycling, etc.
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	Look at nature and notice how everything operates by exact precision and Law. See how you can use the Universal Laws in your life and study and contemplate how they can help create order out of confusion.
Your Mindful Practice	Take a moment, breathe and just be in the present. Contemplate and explore the world of quantum physics. There are many books and extensive materials on the internet, so explore and see what appeals to you. My first introduction to quantum physics was the book "The Dancing Wu Li Masters" (see resources below). Another one of my favorites is not a book at all, but a film: "What The Bleep Do We Know?"

Day 1: The Great Law - Every Thing is Energy, Continued

Your Success Strategy Ralph Waldo Emerson said “We become what we think about all day long. Contemplate or meditate on this critical statement for success. Find a copy of Earl Nightingale’s book, *The Strangest Secret: How to Live the Life You Desire* and find the quote that matches Emerson’s quote. See yourself already in possession of the goal you are working on, assuming the feeling that you already have it.

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.

This quantum universe operates by exact precision and Law. Quantum physicists are now aware that everything happens by exact Law. Universal Laws, also referred to as Spiritual Laws or Eternal Laws or Cosmic Laws and closely aligned with the Laws of Nature, are the unchanging and unwavering principles that govern every aspect of the universe and are the means by which our world and the entire cosmos continues to exist, thrive and expand in a quantum field of possibilities.

Knowing these Universal Laws is fundamental to changing the circumstances of your life so that you can consciously create your intended reality and achieve true mastery. We human beings are a part of the whole we call the Universe. The Great Law states that everything is energy. Energy is neither created nor destroyed. Change is energy’s only attribute. It is either creating or disintegrating. Energy is evenly present at all places at all times and penetrates, saturates and fills the interspaces of the universe. You are energy and this energy is all around and through you. At the deepest level, nothing and no one is separate from you. You are one with this energy. When you realize that your true energy is one of pure potentiality, where there are infinite possibilities and probabilities, you align with the power that manifests everything in 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.
