

11 Universal laws as Guiding principles for success in work and life

There are many laws that apply to human life: some of these have been created by cultural or legal systems and differ from place to place and from society to society.

Others are universal laws, independent from any given culture, political system, or group, and applicable to all of humankind. A “law” can be defined as follows:

Law:

1. a statement that describes regular or patterned relationships among observable phenomena;
2. a general rule that states what always happens when the same conditions exist;
3. a principle of conduct binding or enforced by a controlling authority.

When in operation, laws are not subject to personal opinions. In other words, laws operate whether or not someone likes, believes in, or accepts the law. If we disregard laws, we must face the consequences that automatically follow.

There are two types of universal laws that govern human life: scientific laws and spiritual laws or so called ‘natural laws’.

Through the course of history, man has discovered that there exist certain natural laws that are universal in nature. That is, these laws affect everyone and everything regardless of their social status, religious beliefs or nationality and regardless of their belief in the existence of them!

Those who are intellectually open and honest must also acknowledge a plethora of natural laws found in many different Holy Scriptures. The laws of Diet, Finances and Sowing and Reaping, just to name a few, are as universally applicable, constant and reproducible as the First Law of Thermodynamics. Mans’ vain attempts to ignore or disprove these laws prove to be as futile as trying to ignore or disprove the Law of Gravity.



Since these laws remain constant through the ages, it would be to our benefit to master them; to familiarize ourselves with their application, so that they become an avenue of blessing and not a curse.

Following the universal laws makes you happy and successful because it enables you to operate in harmony with the whole. If you understand the 'rules of the game' then you can learn to MASTER the game... In order to run your life and business effectively and with peace of mind it is a big advantage to have some basic knowledge about these universal laws.

From the ancient wisdom traditions from Buddhism, Hinduism, Christianity, Sufism, Islam, Judaism, Kabbalah, Yoga, etc. universal laws are the underlying ordering principles of the universe according to which the universe organizes and balances itself, and they operate at both visible and invisible levels.

While everything in the universe is always changing, these universal laws are said to be *unchangeable*. Understanding these universal laws can help us understand how we can become more self-aware and how we can use these laws to our benefit in our growth to higher levels of awareness, consciousness and success.

Here are 11 Universal laws that serve you as Guiding principles for success in your work and life:

- 1. The law of pure potential:** in the deepest essence, we are connected to a source of pure potential with infinite possibilities, which makes us very powerful creatures. This is also called the 'quantum field' or 'zero point field' in modern science. This law means that we have unlimited potential for creating and in becoming more conscious we can gradually unleash more of this inner potential.

This law says that our essential state is one of pure potentiality where there are infinite possibilities and infinite creativity. This state is our own Self. And when we know that our essential nature is one of pure potentiality, we align with the power that manifests everything in the universe.



The field of pure potentiality is the source of all power, all intelligence, and infinite organizing ability. Therefore, success in life depends on knowing who we really are. When our internal reference point is our spirit, our true Self, we experience all the power of our spirit. When our internal reference point is the ego or self-image, we feel cut off from our source, and the uncertainty of events creates fear and doubt. The ego is influenced by objects outside Self – circumstances, people, and things. It thrives on the approval of others. It wants to control because it lives in fear.

Self power instead is TRUE POWER because it is based on the laws of nature, and comes from knowledge of the Self. Self power draws things that we want to us; it magnetizes people, situations, and things to support our desires.

Some suggestions on how to experience the Law of Pure Potentiality:

- 1) Take time each day to be silent, to connect with your spirit, to just “Be”.
- 2) Practice nonjudgment: begin each day with the statement: “Today I will see the beauty in everyone and everything”
- 3) Commune with nature. Silently observe the intelligence within everything. Watch a sunset, listen to the sound of the ocean, or simply smell the scent of a flower.

2. The law of oneness: The Law of Oneness states that everything that exists emanates from one and the same Oneness or Source. Everything and everyone is connected with everything and everyone

Because everything emanates from this Oneness or Source and because this field permeates all of the visible and un-visible parts of creation, the Law of Oneness also states that everything that exists is connected with everything else. That which connects everything with everything else and therefore we ourselves with everything else too, is expressed in different ways. Some call it Love, some Universal Consciousness, some Nature and others God.

It is also referred to as ‘ether’ and in modern usage it is sometimes also called ‘energy’ and sometimes ‘light’. This interconnectedness means that the world does not consist of separate things. Mind and matter are not separate from each other. Nor are we



human beings separate from each other or from the world around us, or from nature, the plants and the animals, or from seemingly non-living matter either.

Nothing exists outside this Oneness, which means that everything that exists, exists within this Oneness. At the same time, this Oneness is endless, both in terms of time (it is eternal) and place (it is everywhere, permeates everything and is in everything) and it is also endless in terms of force (it is unlimited).

Everything ultimately returns into this Oneness

Finally, not only does everything emanate from this originally undifferentiated Oneness, but the multitude of forms and manifestations ultimately return into this unformed Oneness.

- 3. The law of cause and effect:** every cause has its effect and every effect has its cause: each action has an equal reaction, a positive one or a negative one. The deeper meaning of this law is to gradually stimulate you to sow 'positive seeds': positive thoughts, feelings, words and actions. The popular saying 'You reap what you sow' is directly related to this law of cause and effect.

This law is also called the law of 'karma'. 'Karma' is an old Sanskrit word that literally means 'action'.

Karma is both action and consequence of that action. When we choose actions that bring happiness and success to others, the fruit of our karma is happiness and success.

The best way to use karmic law is to step back and witness the choices you are making in every moment. When you make any choice, ask yourself two things: "What are the consequences of this choice?" and "Will the choice I'm making bring happiness to me and to those around me?"

There is always one choice that will create maximum happiness both for you and for those around you.



We make spontaneous right choices by paying attention to sensations of comfort or discomfort in your body. At the moment you make a choice, ask your body, “What are the consequences of this choice?” If your body sends a message of comfort, that’s the right choice. If you feel uneasiness in your body even as you ask the question, then it’s not the appropriate choice.

For some people, the message of comfort or discomfort is in the area of the solar plexus, but for most people, it’s in the area of the heart, and therefore ask your heart what to do. Then pay attention to how you feel. The response may be the faintest level of feeling, but it’s there. You will know the answer is right because it will feel right, without any lingering doubts. The heart knows the correct answer because it taps into the field of pure potentiality and infinite organizing power and takes everything into account. The heart is intuitive and holistic; it has a win win orientation. And though the answer may not seem rational, the heart is far more accurate than anything within the realm of rational thoughts.

The more you become aware of your choices, the more you will make choices that are spontaneously correct – both for you and for those around you.

Yogis state that there are 3 forms of Karma when you compare it to sending and receiving mail:

1. Mail that has already arrived at your doormat (positive or negative)
2. Mail that is on its way to your home as a reaction on previous actions (positive or negative)
3. The mail you are sending today (positive or negative actions today) with a similar reaction in the future.

To experience the Law of Karma:



1) Witness the choices you make in every moment. The best way to prepare for any moment in the future is to be fully conscious in the present.

2) Whenever you make a choice, ask yourself two questions: “What are the consequences of this choice?” and “Will this choice bring happiness to me and to those who are affected by this choice?”

3) Ask your heart for guidance, and be guided by its message of comfort or discomfort. If the choice feels comfortable, go ahead with that choice. If the choice feels uncomfortable, then don't make that choice.

4. **The law of giving and receiving:** what you give is what you receive. This law is based on the fact that everything in the universe operates through dynamic exchange. Every relationship is one of give and take because giving and receiving are different aspects of the law of energy in the universe. If we stop the flow of energy, we interfere with nature's intelligence.

Money is a symbol of the life energy we give and the life energy we receive as a result of the service we provide to others. Like a river, money must keep flowing; otherwise it begins to clog and stagnate. Circulation keeps them alive and vital. If we stop the circulation of life energy, if our intention is to hold on to our money and hoard it, we stop its circulation back into our lives.

The intention behind our giving and receiving is the most important thing. When the act of giving is joyful, unconditional, from the heart, then the energy behind the giving increases many times over. But if we give grudgingly, there is no energy behind that giving. If we feel we have lost something through the act of giving, then the gift is not truly given and will not cause increase.

The Law of Giving and Receiving is simple: If you want love, learn to give love; if you want attention and appreciation, learn to give attention and appreciation; if you want material affluence, help others to become materially affluent.



The best way to experience the Law of Giving and Receiving is to give a gift to everyone you come into contact with. This doesn't have to be in form of material things. The gifts of caring, affection, appreciation, and love are some of the most precious gifts you can give, and they don't cost you anything.

Wherever you meet someone, silently send that person a blessing. This kind of silent giving is very powerful. The more you will give, in an unconditional way, the more natural this will be for you, and the more you'll feel the miraculous effects of this law.

To experience the Law of Giving and Receiving:

- 1) Give a gift to everyone you encounter, be it a compliment, a flower, or a prayer. This will begin the process of circulating joy and affluence in your life and in the lives of others.
- 2) Gratefully receive every gift that life offers you. Be open to receiving, whether it be a material gift from others, a compliment, or a prayer.
- 3) Silently wish everyone you encounter happiness, joy, and laughter. By giving and receiving the gifts of caring, affection, appreciation, and love, you will keep wealth circulating in your life.

5. The Law of Least Effort

The Law of Least Effort, is based on the fact that nature's intelligence functions with effortless ease, with carefreeness, harmony, and love. This is the principle of "Do less, and accomplish more." When we learn this lesson from nature we easily fulfill our desires.

If we observe nature at work, we see that the least effort is expended. Grass doesn't try to grow; it just grows. Fish don't try to swim; they just swim. This is their intrinsic nature. It is the nature of the sun to shine. And it is human nature to make our dreams manifest into physical form – easily and effortlessly.

What is commonly called a "miracle" is actually an expression of the Law of Least Effort.

Least effort is expended when our actions are motivated by love, because nature is held together by the energy of love.



When we seek power and control over other people, we spend energy in a wasteful way.

Attention to the whims of the ego consumes the greatest amount of energy. But when our internal reference point is our spirit, our actions are motivated by love, and there is no waste of energy.

1) Accept people, circumstances, and events as they are in this moment. When confronted with any challenge, remind yourself, “This moment is as it should be”, because the entire universe is as it should be. Fighting with reality you will lose 100% of the time.

2) Take responsibility for your situation without blaming anything or anyone, including yourself. Every problem is an opportunity to take this moment and transform it into a greater benefit.

3) Relinquish the need to defend your point of view. In defenselessness, you remain open to all points of view, not rigidly attached to one of them.

6. The Law of Intention, Attention and Desire:

This Law says that just by introducing an intention in the fertile ground of pure potentiality, we activate this field, and put its infinite organizing power to work for us. This happens every time in our body: when we have a desire to walk or lift our arms, our intention incites millions of chemical reactions and electrical impulses that obey fixed laws of nature.

This phenomenon happens also far beyond the physical body.

Energy and information exist everywhere in nature; at the level of pure consciousness, there is nothing other than energy and information. This means there are no well-defined edges between our physical body and our extended body – the universe.



To create a change in our physical body and in our extended body (our environment) we need two things: attention and intention. Attention energizes, energy follows the attention. You get more from what you focus on, positive or negative. Intention informs and transforms.

Whatever we put our attention on grows stronger in our life; whatever we take our attention away from withers and disappears. Intention triggers the transformation of energy and information, and organizes its own fulfillment. The quality of intention on the object of attention orchestrates an infinity of details to bring about the intended outcome.

We see the expression of this organizing power in everything in nature, in everything that is alive. In the scheme of nature, everything is connected and correlated with everything else.

Intention is the real power behind desire because it is desire without attachment to the outcome. Desire in most people is attention with attachment to the outcome.

When we combine intention with detachment, our intent is for the future, while our attention is in the present. Present-moment awareness is powerful, because the future is created by our actions in the present. We cannot take action in the past or in the future. Past and future are born in the imagination. Only the present, which is awareness, is real and eternal.

If we practice present-moment awareness, then the imaginary obstacles – which are more than 90 percent of the obstacles – disappear.

To use intention in an effective way this is one good way to do that:

- 1) Center yourself in the silent space between thoughts – in the essential state of Being.
- 2) Release your intentions and desires with the expectation that they will manifest when it's the right time.
- 3) Keep your desires to yourself; do not share them with anyone else unless they are closely bonded with you.



4) Relinquish your attachment to the outcome.

5) Let the Universe handle the details.

To experience the Law of Intention, Attention and Desire:

Make a list of your intentions and desires, and look at the list before you go into silence, before you go to sleep at night, and when you wake up in the morning.

Release your desire to the field of pure potentiality. Know that when things don't seem to go your way, there is a reason.

Practice present-moment awareness in all your actions. Refuse to allow obstacles to consume your attention in the present moment

7. **The law of vibration:** which states that everything vibrates and is in motion as everything that exists is energy. The movement of energy follows the path of least resistance. In the universe, nothing is exactly the same as anything else, because everything that exists has a unique and often complex pattern of vibration. The difference between the different levels of reality is formed by a difference in frequency of vibration. We human beings also each have a unique vibration pattern. Everything permanently influences everything else via the principle of harmonic resonance, according to which similar or nearly similar vibration patterns tend to resonate with each other. In addition, higher vibrations have the capacity to transform lower vibrations whereas the reverse is not the case. In consequence, there is a natural tendency in the universe toward the higher frequencies. Because we have a free will, we are able to act counter to the direction of this flow, but it is also possible to consciously choose to allow it to work to our advantage.

The essence of the Law of Vibration can clearly be recognized in the perceptions of modern Western science, ever since quantum physicists discovered that the universe and everything in the universe, including matter, essentially consists of energy and information. Modern technology has now made it possible to measure the unique vibration patterns of many



phenomena in the universe. Recent research shows that energy fields have a profound regulating effect on our physical body. It has moreover been ascertained that a relationship exists between our frequency pattern and the nature of our awareness.

Everything is energy and everything has its own frequency or vibration. ‘Your frequency is your currency’: the higher your frequency the easier you attract things, ideas, people and situations of the same frequency following the next law, the law of attraction. You can raise your frequency with positive thinking, feeling, speaking and acting, through forgiveness, a healthy life style, earthing, energy clearing, healing etc.

8. **The law of attraction:** The law of attraction is the attractive, magnetic power of the Universe that draws similar energies together. It manifests through the power of creation, everywhere and in many ways. Even the law of gravity is part of the law of attraction. This law attracts thoughts, ideas, people, situations and circumstances. Like attract like.

The law of attraction manifests through your thoughts, by drawing to you thoughts and ideas of a similar kind, people who think like you, and also corresponding situations and circumstances. It is the law and power that brings together people of similar interests, who unite into various groups, such as political groups, sports teams, sports fans, fraternities, etc.

Can you take advantage of this law? Yes, you can!

You do so, through creative visualization and affirmations. By visualizing a mental image of what you want to achieve or by repeating positive statements, which are called affirmations, you create and bring into your life what you visualize or repeat in your mind. In other words, you use the power of your mind, thoughts, imagination and words.

There have always been people, from ancient times till now, who knew about this law and how to use it. They knew that repeating the same thought day after day, with interest and feeling, causes it to materialize and manifest in their lives. Thoughts become things, you get what you think about most. You attract in your life whatever you focus on. The mind acts like a magnet.



Positive thoughts attract positive events. Negative thoughts attract negative events.

It is not enough just to wish for something, you need strong desire and faith to manifest what you want.

In order for your thoughts to manifest, you have to repeat them often, and add feelings, emotion, desire and interest.

This law is used by everyone, though mostly unconsciously.

9. **The law of polarity** duality is the nature of the universe. That is, there are no absolute differences, but all differences are relative. Napoleon Hill, author of *Think And Grow Rich*, said "Every adversity, every failure, and every heartache carries with it the seed of an equivalent or greater benefit."

That pretty much sums up the Law of Polarity, and its purpose. In more of a definition-style, the Law of Polarity states that everything that exists has an equal and exact opposite. To put it even stronger: for anything to exist, there has to be an equal and exact opposite.

For example: you cannot experience sadness without having an idea about happiness. Light cannot be experienced as such if you don't know what darkness is. To feel successful, you must have a sense of what failure is.

NOT knowing what you want means you **MUST** have an idea about what you **DO** want!

You're just not looking at it properly! When you sum up –as extensively as possible– what it is you do **NOT** want (anymore). Pretty soon, you start coming up with ideas about your true desires. You must; it is Natural Law!

Another example is in “negative experiences”. What where the positive outcomes of that situation? There must be positives in the situation, even if you think there are none. Every disadvantage has its advantage. Keep in mind that for everything “bad” there must be something “good”, and find it! Finding the seed in what sucks!



10. **The law of rhythm:** everything is constantly changing. Everything has a certain rhythm of coming and going through cycles of development and innovation.

Everything vibrates and moves to certain rhythms. These rhythms establish seasons, cycles, stages of development, and patterns. Each cycle reflects the regularity of the Universe.

"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.

The Law of Rhythm states that the energy in the universe is like a pendulum. Whenever something swings to the right, it must then swing to the left. Everything in existence is involved in a dance... swaying, flowing, swinging back and forth. Everything is either growing or dying.

This law can even be seen in the cycles of economies, there is a high period then a low period. Our seasons, you can see that the seasons are in a continuous flow of summer to winter. Everything goes through cycles, yet everything has a rhythm or a pattern. What seems to be random is actually very orderly. The law of rhythm also governs our economy, health, relationships, and spirituality. Let's say that you're at peak potential with your health and fitness. If you realize you're at the peak, then you can foresee your health and fitness dropping some. However, instead of viewing this "drop in health" as something being wrong with you, you now view it as a sign to rest your body. Then, by law, you have to grow to a better and higher state of potential.

Masters know how to rise above negative parts of a cycle by never getting too excited or allowing negative things to penetrate their consciousness, the key to success in mastering this law is in *balance*. Never allow your emotions to swing too far to the left or right.



11. **The law of dynamic balance:** Insight into this law is of particular importance in the context of restoring and creating harmony and balance. In the Law of Dynamic Balance, all the universal principles appear to converge. The Law of Dynamic Balance states that everything in the universe is composed of two seemingly opposite forces. These two seemingly opposite but complementary principles are in fact the only two forces in the universe. While they appear in many different forms, the basic pattern of these two opposing aspects is that of expansion and contraction. The outwardly directed aspect of expansion is also referred to as being 'male' and the inwardly directed aspect of contraction as 'female'. These two complementary principles work in partnership in the process of creation and without these two active dynamic principles, no creation and no life is possible. If this harmonious interplay remains undisturbed, these two principles create a dynamic balance. Because both aspects are present in everything that exists, the entire universe has a permanent tendency toward a dynamic equilibrium.

All forms of creation are the result of the dynamic balance between energy and form. Because everything in the universe is composed of these two active, dynamic principles of expansion and contraction, the same applies to each one of us. In each of us, too, the outwardly directed male principle as well as the inwardly directed female principle are present, for example in the form of the well-known pair of our rational-logical mind and our feeling-intuitive capacity.

While the rational-logical mind directs itself mainly to outward phenomena, the feeling-intuitive capacity directs itself not only to inward phenomena, but also to mutual relationships and the relationship of ourselves with the greater whole.

While in the past several thousand years, our Western culture has seen a dominance of the analytical, outwardly directed, centrifugal 'male' aspect, insight into the operation of this law reveals that to restore the dynamic balance, both in ourselves and globally, a complete shift in emphasis in this balance is needed, from this analytical, centrifugal aspect toward the inwardly directed, unifying and integrating aspect that also forms the connection with the greater whole.



Deep within ourselves, we all have the tendency toward balance between these two opposite but complementing forces. It is above all our soul that gives us this longing for inner balance, and the more conscious we are of our contact with our soul, the more powerfully we will experience this inner driving impulse.

By consciously using our free will, we can choose to restore this dynamic balance, which is not an either/or choice between the two apparently opposite aspects, but an efficient interaction of the analytical, centrifugal male principle and the unifying and integrating female principle. If we desire not only to restore the balance in ourselves and in the world as a whole, but also to create a situation in which growth and development are possible, then it is necessary to create a certain degree of imbalance in this dynamic balance, to such an extent that the balance inclines somewhat toward the inwardly directed, unifying and integrating aspect. In practice, this means a shift in emphasis from head to heart, from the rational mind to intuition, from 'outwardly directed,' to 'inwardly directed', from quantity to quality and from freedom to responsibility.

Sources: based on the works of, amongst others, Deepak Chopra, Marja de Vries, Marc de Bruin, Duccio Locati and David Daniel