

Diana Cooper's "A Little Light on the Spiritual Laws" : A Distillation

THE 36 SPIRITUAL LAWS OF LIFE ON EARTH

- | | | | |
|----|----------------------------------|----|--------------------------------------|
| 1 | As Above, So Below | 19 | The Law of Reincarnation |
| 2 | As Within, So Without | 20 | The Law of Responsibility |
| 3 | The Law of Request | 21 | The Law of Discrimination |
| 4 | The Law of Attraction | 22 | The Law of Affirmation |
| 5 | The Law of Resistance | 23 | The Law of Prayer |
| 6 | The Law of Reflection | 24 | The Law of Meditation |
| 7 | The Law of Projection | 25 | The Law of Challenge |
| 8 | The Law of Attachment | 26 | The Law of Frequency or
Vibration |
| 9 | The Law of Attention | 27 | The Law of Miracles |
| 10 | The Law of Flow | 28 | The Law of Healing |
| 11 | The Law of Abundance | 29 | The Law of Purification |
| 12 | The Law of Clarity | 30 | The Law of Perspective |
| 13 | The Law of Intention | 31 | The Law of Gratitude |
| 14 | The Law of Prosperity | 32 | The Law of Blessings |
| 15 | The Law of Manifestation | 33 | The Law of Decree |
| 16 | The Law of Success | 34 | The Law of Faith |
| 17 | The Law of Balance +
Polarity | 35 | The Law of Grace |
| 18 | The Law of Karma | 36 | The Law of One |





Part One – The Basic Laws of Life

1 As Above, So Below

Passion is fuel. Love is the language of divine will. Faith in the divine energy of the universe activates divinity in our lives. Find your passion. Share it with love. The universe supports it. Trust.

2 As Within, So Without

All aspects of your outer world are an exact reflection of your inner state. The universe will bring you whatever you believe to be true. People. Your body. Society. Institutions. Life. To change what's going on in your reality, change who you are **BEING** about your reality.

3 The Law of Request

When you need help, ask. Clearly. Calmly. Openly. Likewise, when someone needs help, they will ask. Helping, giving advice, needing to rescue others out of their mess is your stuff. It's also spiritual interference. Be patient. Show compassion. Let others take care of their karma. You take care of yours.

4 The Law of Attraction

The foundation: like attracts like. You are a magnet; you draw to you people + situations with similar energy vibrations to your own. If you don't like what you've attracted, change your underlying energy about it. Send out waves of light into the universe. You get back what you put out.

5 The Law of Resistance

The foundation: you become what you resist. Don't. Can't. Won't. Not. All negative instructions. None of which are understood or accepted by your subconscious

mind. Give the universe a negative instruction and it will bring you what you've instructed it not to. And then you will resist. What you resist persists. Bottom line, quit resisting. Decide what you do want and focus on attracting that instead.

6 The Law of Reflection

As within, so without. You have in yourself the qualities + aspects you like/respect/admire in others. You also have in yourself the very same traits that irk/anger you about others. Everything is a mirror. Everyone who impacts you is a reflection of you. Quit denying. Become teachable. Start integrating.

7 The Law of Projection

You may project your stuff (good + bad) on to others, assuming that stuff exists within them but not within you. The truth is: You can only see yourself. You can only hear yourself. You can only talk to yourself, criticise yourself, praise yourself. You do not know how anyone feels or is. Everything you see in another is a projection of an aspect of yourself.

8 The Law of Attachment

You can have anything you wish in your life, but if your happiness or sense of self-worth depends on it, then you're attached to it. You can be attached to people, expectations, objects, desires, attitudes, + emotions. Know that attachment is conditional love. It creates cords that bind you to your "stuff" and stunt spiritual growth. Love + forgiveness dissolve these cords for all time. Love unconditionally. Forgive wholly. Detach. You are not your stuff.



Part Two – The Laws of Creation

9 The Law of Attention

Attention is the focus of your thoughts, words + actions. Energy. You manifest whatever you give your energy to. So you create your own reality. Make sure that what you hold in your attention is what you want to make real. Be confident. Be determined. Work energetically towards it.

10 The Law of Flow

The universe is constantly shifting, changing, expanding. So are you. Nothing is static. Everything moves. Keep moving out the things that no longer serve you – behaviours, emotions, thoughts. Make space for the new. Do it consciously, actively, intentionally. Something always moves into the spaces you create. Make sure it's something better, something you want.

11 The Law of Abundance

Abundance means flowing with the higher qualities of life. Joy. Love. Prosperity. Happiness. Success. Vitality. Laughter. Generosity. Abundance is your birthright. Open up to receive it. Do + be for others in abundance what you want in abundance for yourself.

12 The Law of Clarity

Clarity moves you from stuckness and confusion to freedom. Get crystal clear about what you want. Ask for it clearly. Make clear decisions. The universe will respond, aligning with you to manifest your vision.

13 The Law of Intention

Intention is the energy you gather to you and which you then translate into action to make things happen. Hopes, wishes and wants are not

intentions. Clear, concrete commitments are. They are the basis of manifestation. "And intention is like an arrow in flight; nothing can deflect it. So aim carefully." And make sure it's powered by your higher Self, not your ego.

14 The Law of Prosperity

{PROSPERITY =
WEALTH + CONSCIOUSNESS}

Wealth bestows responsibility + power. Consciousness bestows the freedom and wisdom to use your wealth with love. True prosperity comes when you accept your bountiful birthright and the responsibility + power that come with it.

15 The Law of Manifestation

You have manifested every single thing that is in your life. And you will manifest every single thing that is still to come into your life. The former may have been unconscious. The latter can be conscious. Here's how: 1. Still your mind. 2. Be very clear about what you want. 3. Relax and visualise yourself receiving it. 4. Align your vibration to match what you want i.e. act as though you already have/it already is. 5. Have total faith in its arrival. 6. Hold your vision. 7. Take action. Do what you need to do to make it happen. Meet the universe half-way.

16 The Law of Success

In material terms, success = achieving your desired outcome. In spiritual terms, {SUCCESS = BELIEF IN YOURSELF + PURPOSEFUL ACTION + INTEGRITY TO ACHIEVE THE HIGHEST OUTCOME FOR ALL} It's about co-operation, collaboration, and empowerment. And it requires you to raise the anchor that's been planted in the past or in ego. Out with the old and the limiting. In with future-calibrating, risk-taking and forward-moving action.



Part 3 – The Laws of Higher Awareness

17 Law of Balance + Polarity

The experience of extremes or sweeping in wide arcs from one to the other, means you're out of balance. We all have polarities; unresolved, opposing aspects that need to be brought into equilibrium. Masculine + feminine. Doing + being. Thinking + feeling. Nurturing + protecting. Resting + working. Find your own centre; your sweet spot, full of grace + ease + creative genius.

18 The Law of Karma

As you give, so you receive. You reap what you sow. Cause + effect. They all sum up the same principle: what you put out will come back to you, in some form or another. It's the balancing of your spiritual bank account. It's inevitable. It's karma. Pay your debts. Invest in actions that will grow your spiritual bank balance.

19 The Law of Reincarnation

Carne: flesh. Reincarnate: to return to the flesh, to earth. Something you will do again and again until you put your past and your past lives to rest, complete recurring or unresolved issues, pay off karmic debts and learn the lesson of love. In short, you will reincarnate until you have mastered the spiritual laws. Use your time on earth well. Learn. Grow. Heal. Look to the light.

20 The Law of Responsibility

You are responsible for your Self, your thoughts + feelings, your decisions, your actions, your life. Each person around you is responsible for theirs. Allow them that. Take responsibility for your stuff and remember, "challenges + responsibilities are an honour. They indicate that spiritually, you are ready for greater things."

21 Law of Discrimination

This should be called the Law of Intuition – trusting your gut. You cannot know the whole truth

from only your perspective; but there's a part of you that does. The part of you that's connected to Source. YOUR INTUITIVE VOICE, which doesn't always align with logic. What feels right? What's your instinct telling you? Stay open + listen. Be discerning. Allow your intuition to guide you.

22 The Law of Affirmation

You become what you affirm to be true. Affirm in the positive. Affirm in the short, sweet, simple, present. Affirm as though you already are – the most powerful space from which to create.

23 The Law of Prayer

Prayer is your direct line to the universe. It doesn't answer to begging/bargaining/manipulation. Ask for what you want with pure intentions, firm belief + commitment to do your part. What you are ready to receive will be granted. The answers often come in obvious, practical ways. (Contrary to popular belief, god isn't into obscurity.)

Ask gracefully. Ask gratefully. Ask faithfully. And relax! It's easier to stay open when you're calm + centred.

24 The Law of Meditation

Quiet your mind-chatter so you can hear the still voice of the universe. It's always giving you feedback, guidance + ideas. Be still. Tune in. You don't have to sit cross-legged in the dark to hear it. You just need to NOT talk over it. Take a walk. Prune rose bushes...anything that quiets the mind is meditation.

25 The Law of Challenge

As your spiritual self is awakened, your light will burn brighter and may attract darker beings of lesser or impure intentions. Your task is to discern between good + bad. Make your light so strong that the darkness cannot affect you. If in doubt, challenge those who wish to enter your space. It's there for your protection.



Part 4 – The Laws of Higher Frequency

26 The Law of Frequency or Vibration

I'm energy. You're energy. Everything we see is energy. Everything we think + feel is energy. It's all energy vibrating at different frequencies. Negative energies like self-doubt, jealousy + guilt are heavy vibrations (low frequency). Positive vibrations are light (high frequency). You have the power to change the frequency of those around you. Raise yours. Raise theirs. That's how it works.

27 The Law of Miracles

Events that defy earthly logic or science are miracles. The inexplicable. The coincidental. The synchronous. They're all directed and orchestrated by the universe so you have the opportunity to fulfil your destiny. Spiritual help, if you will. And as your vibrations rise, you will receive more + more of it. Miracles are signs that you're on your true path.

28 The Law of Healing

Denied or suppressed emotions manifest in the body as physical illness. "Healing takes place when high-frequency energy flows through the body, transmuting the stuck energy which caused the disease." You can heal yourself. You can heal others too, provided your vibration or frequency is high enough. And provided you have permission from them to do so. (Remember the Law of Request...karma, spiritual interference?) Raise your vibrations. Shine bright. Let your light be a healer.

29 The Law of Purification

Your aura is your spiritual clothing. Unresolved issues, suppressed feelings, negativity, fear {COLLECTIVELY: YOUR BAGGAGE} show up as dark, dirty stains. They will magnetise people and challenges into your life to draw your attention to these blotches. People who point out negative spots in your aura 'press your buttons'.

You might call them many names; they're actually there to serve you. To show you what dark spots you need to clean up. Take a closer look. Bring out the spiritual detergents. A pure aura offers total protection.

30 The Law of Perspective

Nothing is what it appears to be, and yet, everything is what it is. A matter of perspective. There is no right or wrong, only your perspective on it. Your will be different from someone else's, depending on your level of consciousness. Every challenge presents an opportunity to expand your perspective. Remove the blinkers of judgement. Reframe your view. There's more to reality than just what you see. Look through a wider window. The panoramic view is much clearer.

31 The Law of Gratitude

Appreciation. Giving thanks. Gratitude. When you express it, it grows. (Remember the Law of Attention: What you give energy + attention to increases + multiplies.) Hence the saying: "The more grateful you are for what you have, the more you will have to be grateful for." Make gratitude a habit. Find things to be grateful for. There are many; even in the rough tough stuff. Especially in the rough tough stuff. Life offers rich experiences.

32 The Law of Blessings

When given and asked for with genuine intent, blessings invoke divine energy. "Bless your food and it will radiate life force + energy. Bless your work and it will increase + be filled with joy. Bless people around you and they will be happy + fulfilled. Bless your plants and they will grow abundantly. Bless your home and it will be a place of peace. Bless your body and it will become a beautiful temple for your spirit." Bless everything + everyone. Including you.



33 The Law of Decree

A decree is a command, a spiritual contract for co-creation with the universe. When you make a decree, the universe moves to fulfil your command. It's not something to be made lightly. Know what you're commanding from the universe. Know why. Look at it from all angles. Consult your inner guidance + those you trust, if you need to. Make sure your decree is positive + clear. Then declare it out loud. Make your decree with integrity, humility, clarity + care.

(Remember, you are in service to the greatness of everyone, including you.) Then do the work to activate your plan and take the opportunities presented to you.

34 The Law of Faith

Faith is like an unshakeable rock. It makes the impossible possible. It takes away fear. It ensures that whatever is for the greatest good, will happen. If you have total faith in an outcome, it will come about. "To the degree that you doubt, you invite in failure." Faith requires constant connection to your inner guidance, your intuition.

Blind faith is different; it implies giving away your trust without a foundation for it. It's misplaced, merely hope. Build strong foundations for your faith. What will be, will be. Again, trust.

35 The Law of Grace

GRACE = A DIVINE DISPENSATION OF
MERCY

Unconditional love. Mercy. Forgiveness. Compassion. Empathy. These are instruments of grace. Give them freely to others (and mean them). They strengthen hearts, heal hurts + complete karma. Give grace. Receive grace. Grace will set you free.

36 The Law of One

We are more alike than we are different. We experience the duality of light + dark; the illusion that we are separate from one another and from source. The truth is there is no separation, no differentiation. We are all one. There is only one. That one is god/source/whatever you choose to call it. It's also you. And me. Every being on this planet. Be accepting of everything + everyone.

Recognise your own light. Acknowledge the light in others.

ONENESS IS ACCEPTING YOUR OWN DIVINITY

A SMALL COLLECTION OF OTHER SELF-EXPANSIVE STUFF *(articles by Neshika Bell)*

Fighting Tides. Starting Ripples.

Vulnerability: The Great Teacher

Forgiveness: The Ultimate One-Step Detox

Mind Your Language

Excuses: 5 Questions to Cut the Bullshit

stay connected...



...I'D LOVE FOR YOU TO STAY AWHILE. A LONG WHILE.



"Invisible threads are the strongest ties."

– Friedrich Nietzsche

...You can subscribe to...me at neshikabell.com and you'll get a whole lot of kickass content for expanding your Being.

Delivered straight to your inbox. It's useful. It's powerful. It's purposeful. And it's free.

...**Twitter**. My absolute favourite. I adore Twitter. You're following me, right?

...**Facebook**. This Self-expansion stuff lights my fire. Being able to share it with you stokes it. So fan me. Fan the flames.

...email me. connect@neshikabell.com – I love receiving your messages + updates about your own journeys of Self-expansion. And your love notes too.

With ever expanding love,

