

The Seven Laws Of The Universe

~ By Jan Tincher

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About the author

Jan Tincher is a Master Neuro Linguistic Programmer. Visit her website at <http://www.tameyourbrain.com> She is an award winning writer and has written hundreds of articles on the techniques and strategies of NLP. Check out the last page of this ebook if you are interested in an ebook or ecourse in learning how to succeed.

The Seven Laws Of The Universe are so cool, you wonder why you haven't used them before this! Just think how your life would have been!

Here Are Seven Laws That Can Change Your Life ... If You Choose To Use Them

These are the seven Laws of the Universe. I hope you will find them helpful, and will concentrate on each one until you are totally familiar with them.

These are not laws you would want to break. If you break them, you pay a price. If you know the laws, obey the laws, use the laws, you will succeed. If you don't pay attention to these laws, you will flounder around with no true direction. If we don't know what we are doing, we doubt our reasons for doing it. When we doubt our reasons for doing something, we become ineffective.

These are seven laws you can point to on how you want to live your life. Whether something goes right or something goes wrong, you can point to these laws.

Pick any reason you want for an excuse as to why a person is rich. If he's rich because he was born into money, there are several poor people who were born into money. If he's rich because he worked hard, there are people out there who work hard who will never get rich. If he's rich because he was well educated, you will find many people who are career college students and are poor. If he's rich because he saved his money, many people save money and aren't rich.

It all boils down to people are rich because they do things in a certain way.

The people who have not gotten what their heart desires have gone against one or more of these laws. Don't let this happen to you. Read and learn all about the laws that affect you on this planet. Succeed through loving and obeying these laws. You'll be glad you did.

Are negative or bad things happening to you and you can't figure out why? Do you wish good things would come into your life, but you don't know how to attract them? Are you attracting things and people to you that you wish you weren't? Learn these seven laws and use them daily! Watch as your life changes.

Seven Laws You Must Learn

These are natural laws as basic as gravity, and if you use them in the right way, they can bring you joy. Pay close attention, and you'll realize why you won't be saying this anymore: "I don't know why these things happen to me."

You will learn:

- **Every "seed" has a gestation period**
- **What goes around, comes around**
- **Nothing is good or bad, but thinking makes it so**
- **Energy moves into physical form**
- **Everything has an opposite**
- **Everything vibrates, nothing rests**
- **This too shall pass**

1. The Law Of Gender means every seed has a gestation or incubation period

The Law Of Gender translates to: Every seed has a gestation or incubation period. Ideas are spiritual seeds and will move into form or physical results. Your goals will manifest in the perfect time. Know they will.

How does this relate to every day life? Well, what are your goals? Do you use the above knowledge when forming your goals?

Every seed has a gestation or incubation period. What does that mean?

A gestation or incubation period means that a certain amount of time has to pass before the seed or idea moves into form or physical results.

When that time is up, your goals will manifest.

There are many ways for this to come about or not to come about. When a person has perfect faith in what he or she is doing, then the goal is going to happen. But that's the catch. It is sometimes hard to have “perfect faith”.

There are times when you “know” something will happen, though. You know that when you flip a switch, the light will come on -- unless the bulb is burned out or you haven't paid your electric bill, it always comes on. Or when you throw a ball up in the air, the ball has to come down -- it always does. Or if you light a match and touch yourself with that match, you will feel heat and get burned -- fire always burns.

To capsule:

1. Every seed has a gestation or incubation period. Ideas are spiritual seeds and

will move into form or physical results. Your goals will manifest in the perfect time. Know they will. 2. The ball goes up, the ball comes down.

Picture your goal, then go straight to picturing the ball coming down from the sky, and that you knew it was going to come down, since you threw it up. The ball coming down is a certainty, your goal is a certainty. Keep your mind going on the two simultaneously until you know that you know that you know, your goal is coming to you. It has to -- according to the Law of Gender. Never give up.

Remember, this is a law of the universe: Every seed has a gestation or incubation period. Ideas are spiritual seeds and will move into form or physical results. Your goals will manifest in the perfect time. Know they will.

The Law of Gender. How are you using it in your life?

2. The Law of Cause and Effect means that whatever you send out into the universe comes back

Like causes always produce like effects. What does that mean?

It means there is no such thing as chance. There is a cause for every effect; an effect for every cause. Everything happens according to Laws of the Universe.

It means that whatever you send out into the universe comes back. What goes around, comes around. Like causes produce like effects.

Have you ever noticed that when you are angry, you attract more things to get angry about? You are sending out angry vibrations and only angry vibrations can return.

Think about a time when someone asked you to help them do something. You didn't have time, you didn't want to, you knew you wouldn't have any fun, but you said yes. You went with the prior knowledge of all of the above. You sent out vibrations of all of the above. You did not have a good time.

Think of another time someone asked you to do something. You said yes immediately, you wanted to, you knew you would have fun. All of what you knew happened. It was no coincidence. You received what you sent out.

You send out vibrations. Your vibrations come back.

How does knowing this help you?

Well, how about the next time someone asks for your help, as in the first scenario, you either say no, or you change your mind about what you think will happen?

How does changing your mind help? Well, when you look for the good in things in life, you usually find them!

And how about in the second scenario you really get into it and find even more good things that you know will happen? Your joy spreads. Your good vibrations come back to you.

Have you ever been with someone who was in a bad mood? What kind of vibrations were they sending? Bad mood vibrations, right? And what did you find yourself sending back to them? More bad vibrations, right, and sometimes you don't really mean to. Then, what do you find coming back to you? Yep, what goes around, comes around. :)

Why not try this? Surround yourself with White Light. Pure White Light. (To find more about the White Light, go here:

<http://www.tameyourbrain.com/goodthoughts.htm> and scroll about half way down.) Feel the protection this White Light gives you. It stops the negative vibrations from affecting you, and even more importantly, it sends out good vibrations!

Remember, if you squeeze an orange you WILL get orange juice. If someone "squeezed" you, what would they get? What is in you that you are sending out? Anger, resentment, hatred? Or love, happiness, forgiveness, joy?

Like causes always produce like effects. How are you going to use this knowledge in your life? Maybe instead of thinking everything is a coincidence, you can think it's a part of a grand, heavenly plan.

The Law of Cause And Effect. How are you using it in your life?

3. The Law Of Relativity mean nothing is good or bad until you relate it to something

If you practice relating your situation to something worse, your situation will always look good. If you practice relating your situation to something better, your situation will always look worse. Nothing is good or bad until you relate it to something.

Another way of saying it is “Nothing is good or bad, but thinking makes it so.”

Have you ever looked at a picture and thought it was terrible? Then, the next person that comes along thinks it’s a great picture? You thought it was terrible, relative to your experience. The other person thought it was great, relative to his or her experience.

Why compare if the thing or person you are comparing it to makes it come out badly? It’s all relative.

The Law of Relativity is the relationship of all things as understood by the person relating to it. As the viewpoint shifts, the relative relationship of those things also becomes different. If you turn your head to the right, you have a different view.

How can this help you?

Well, do you ever get depressed? Depression usually comes from negative thoughts. Negative thoughts produce more negative thoughts and so on. Negative thoughts come from relating something to something else. You can’t be poor without realizing someone else is richer. You can’t be sad without realizing someone else is happier or they have more than you or whatever.

When you find yourself thinking depressing thoughts, stand up and look around. Find something else to think about. Find something good to think about. Remember the Law of Relativity. Nothing is good or bad until you relate it to

something. Take charge of what you relate it to. You’ll find good thoughts here:
<http://www.tameyourbrain.com/goodthoughts.htm>

All the Law Of Relativity is saying is that something is OK until YOU relate it to something better or worse. Then, it is elevated to being better or worse than that “something”.

The Law of Relativity. How are you using it in your life?

4. The Law Of Perpetual Transmutation means energy moves into physical form

The Law Of Perpetual Transmutation means energy is always moving. That energy that is always moving eventually moves into physical form.

In other words, the image you hold in your mind most often (the image you give energy to simply by thinking about it), materializes as results in your life. You are using energy to think. Thoughts are energy. Energy manifests according to your thoughts.

Are you afraid of something? Are you constantly afraid of something?

When that “something” finally happens that you had been worrying about, do you find yourself thinking, “I knew that would happen”?

What happened was, you gave energy to the thing you were worried about.

Thought equals energy. Energy moves into physical form when enough thought is given to it. Worry equals lots of congruent thought, therefore lots of congruent energy. “Congruent” means that your words, your tonality, and your physiology (body language) all “said” the same thing.

Don’t you ever find yourself saying, as you slap your head with your hand, “I KNEW that would happen!”?

Why? Because, if you think about it realistically, you realize that you thought it enough times, congruently, and you realize it was bound to come into your reality. It doesn’t really matter so much what you thought about it, but the feeling behind the thoughts that manifested the situation. Think about it. If you are scared, you manifest more things to be scared about.

You heard yourself saying or thinking (using the tonality), and your body responded accordingly. It's like you can't sit and smile when you are shivering inside with fear. In other words, you didn't think "Oh, no." You thought "Oh, no!"

Or another way to look at it is, if you are poor, you aren't thinking success thoughts -- or if you are thinking them, it's with the tagline and the physiology, "But I'll never have that". What are your tag lines that keep you from getting what you want?

If things aren't working for you and you are saying affirmations, you aren't congruent. Either your words don't match your tonality or physiology, or your tonality doesn't match your words or physiology, or your physiology doesn't match your words or tonality. Something doesn't match and it has to for your brain to get you where you want it to go. Your thoughts have to be congruent.

A successful person responds accordingly to success thoughts. A person who feels like a failure does, also.

Each responds according to their thoughts. A successful person looks at a tall building, a new car, or beautiful home, and says (with assurance in his or her mind that it is possible), "I think I'd like to have one of those."

A person who feels like a failure wouldn't want to face the disappointment such a ridiculous thought would bring. Or, they have the same thoughts, but with the tagline "But not in this lifetime" -- which, in effect, chops off any and all possibilities of it happening in this lifetime.

The Law Of Perpetual Transmutation is an actual law of the universe. Use it to your advantage. What are you imagining? What are you worrying about? What are you giving energy to?

Can you change? Of course you can. Just pay attention to your thoughts and how

your mind and body is responding to them. Then, change your thoughts accordingly. If you find you’ve already thought “But not in this lifetime”, immediately add another tagline, “That’s not true. I’m going to give myself a chance in THIS lifetime!” Or whatever thought works for you and gives you hope.

The Law of Perpetual Transmutation. How are you using it in your life?

***5. The Law Of Polarity means
that everything has an opposite***

The Law Of Polarity means that everything has an opposite, everything is dual, everything has poles, everything has its pair of opposites.

Maybe you've had the transition from love to hate, and the reverse, also. But do you realize the possibility of this being accomplished by the use of the will? How you can do it on purpose? Love and hate are but the poles of the same thing, ergo the Law of Polarity. You have a choice. What do you choose?

How can this knowledge help us? What does it tell us?

I believe it suggests that we should constantly look at the good in people and situations, that we should make a constant effort to slide "up" the pole of Polarity. We know there is a bad, but we should "choose" to look at the good, that we should always "choose" to have good thoughts.

Why?

Good thoughts attract good vibrations! Good vibrations attract good things!

There is always an opposite. Therefore, in a bad situation, you can "choose" what you want to concentrate on. As I mentioned in law #4, what goes around comes around, making this twice as powerful. Chose to slide up the pole of Polarity, no matter how painful! Why? Because of the rewards it will bring. Bottom line is the end result. Always keep that picture in your mind.

Have you ever thought that you had it bad? Then, something good happened and you were smiling for the rest of the day?

Have you ever thought you didn't like someone, then someone else talks about how nice that person is, how well liked she or he is, how accomplished -- in an

area that you respect -- that person is?

Have you ever hated the looks of a car, then someone you like bought that type of car and asked if you wanted a ride and you decided it wasn't such a bad car after all?

What do the last three paragraphs show us? That we change our mind, and that happens sometimes many times a day. Why not consciously change your mind to see the good in everything? It's just too easy to slide down the pole of Polarity into the negativity, isn't it? Unless you choose not to, right? Then, it becomes a habit to slide "up". The more you do it, the easier it becomes. Habits are done without much thought. You just do them.

The Law Of Polarity means that when you see something bad, you know there is something good, also. Now, you know you can make a conscious decision to look for that "something good", which could quite possibly be just around the corner.

What does The Law Of Polarity affect? Stress, depression, relationships, financial situations . . . Well, actually it affects everything!

The Law of Polarity. How are you using it in your life?

6. The Law Of Vibration means that everything vibrates, nothing rests

The Law Of Vibration means that everything vibrates, nothing rests. Energy is in the vibration, and energy is everywhere.

There is no bad energy. There is only misplaced energy, blocked energy. Energy, in and of itself, is not bad, it just is.

Conscious awareness of vibration is feeling.

How do you feel? Your thoughts control your vibrations. When you are not feeling well, become aware of what you are thinking, then think of something pleasant. Your heart energy definitely responds to pleasant and happy vibrations.

The rate of vibration determines the difference between the physical and nonphysical. To give something your attention is to focus on it. The more energy focused (placed) on a thought or a vision, the faster the rate of vibration. The faster the rate of vibration, the faster it will be reproduced in the material or physical world.

Everything in our universe is made up of energy and it constantly vibrates. It oscillates, resonates, pulsates, MOVES! Nothing rests.

For instance, a piece of furniture appears to be solid, but if you look at it through a powerful microscope, you would see movement and space between the molecules. You’ll notice the slowest vibratory rate of the molecules. It’s the same way with your body. You are shedding millions of cells constantly, and replacing them with new ones. Your body is in a constant state of movement -- according to your thoughts. So, if you think you are ill, you’ve given illness a thought. You focus on that illness, you’ve given illness an “in” to your body.

Thoughts and feelings are energy. Whether you say you feel well or you feel badly, you are commenting on the vibration in your body, and whether it is positive or negative to you. You are giving it a focus. You can choose to feel bad vibrations or good vibrations by choosing your thoughts. YOU decide when, and what kind of thought energy, you want to send and receive.

If you choose negative thoughts, you emit negative vibrations or frequencies. You align yourself with that frequency. If you choose positive thoughts, you do the opposite. When you align yourself with good vibrations by choosing good thoughts, you tune into and attract positive energies. Whether the energy is good or bad, it depends on you. Whether the energy is good or bad, the vibration comes back to you.

Your brain is the most powerful electromagnetic processing tool ever created. Just think what can be done when you use it wisely.

The thing you focus on will start to move toward you until it materializes in its physical form. For example, imagine using a magnifying glass to start a fire using the sun's energy. That's how it is when you use YOUR energy. The more you focus on any one thought, the faster and more potent the signal.

People attract energies like theirs. Look around at your friends and your surroundings. What, and who, are you attracting with your energy?

The Law of Vibration. How are you using it in your life?

7. The Law Of Rhythm means there is good in everything and there is bad in everything

The Law of Rhythm is the law that says the tide goes out AND the tide comes back, that night follows day and that day follows night, that there is good in everything and there is bad in everything. The measure of the swing of the pendulum to the right is the same measure of the swing to the left.

Everything is a manifested, measured motion, to and fro; between the two poles which exist in accordance with the Law of Polarity. There is always an action and a reaction; an advance and a retreat; a rising and a sinking. This law occurs in the creation and destruction of worlds, in the seasons, in the life and death of all things. What goes around comes around.

Many of us are being used BY this law. We need to learn how to use IT. Make it a decision on your part to polarize yourself at the point at which you desire, and then neutralize the rhythmic swing of the pendulum which would tend to carry you to the other pole.

How do you do that?

By attaining a degree of self-mastery, consciously, and by the use of your will. Decide to swing back and forth with the pendulum using mastery. You are going to do it with clear decision. When the pendulum goes down, as it always does, you will feel the power in knowing that as it goes down, it MUST come up. That knowledge alone will keep you in control.

How is that different than now?

Here's how: What we focus on, we bring into our lives. When the pendulum is down, what are you focusing on? Your bad luck? Your lack, whether it be of

finances, good health, helpful friends? Your "nobody likes me right now" feeling of low self-esteem? Again, what we focus on, we bring into our lives. If we focused on the fact that the pendulum is about ready to come back up for us, can you see how much better we would feel?

If you are in the ocean and the tide bowls you over, do you relax or do you fight it? If you are caught in a current, swim through, not against it -- don't fight it.

Such is the Law of Rhythm. Don't fight it by focusing on your bad luck at the moment. Know that you will "swim through" the current, and that great things are just on the other side. That's called having Hope and Faith. If you don't have Hope and Faith, you are going to be focusing on the bad for a very long time. Why not be happy knowing great things are coming?

Think of the rhythms of life. Recognize that you are in a current when you are resisting a natural rhythm, whether in your personal life or your professional life. Recognize that there's a rhythm that occurs at all times and, if you don't like where you are at, "swim through it". When you fight against it, you delay things, and you feel worse.

To capsule, don't feel the bad in the downswing without realizing that good times are coming -- then, make a conscious decision to focus on the good times. Such is the Law of Rhythm.

The Law of Rhythm. How are you using it in your life?

Dear Reader,

I hope you liked reading and using “The Seven Laws Of The Universe”. My name is Jan Tincher and I am a Hypnotherapist and Master Neuro-Linguistic Programmer in Forest City, Iowa. I trained with Richard Bandler and Anthony Robbins. AND I did the famous *fire walk*! I have had a successful private practice for over 13 years, and I definitely believe in the Seven Laws of the Universe. I hope you find them insightful in how your life is going now and how you would like it to go!

If you would like to see more of my writing, please go here:

<http://www.tameyourbrain.com/> I’m sure you will find something you like!

Thanks for reading,

Jan

P.S. Check out the following page. It’s my way of saying “Thank you”!

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Thanks for reading, and I hope I've been of help!

Jan