

# **7 Essential Universal Laws for Creating a Successful, Fulfilling and Happy Life**

**An Introductory Guide By**

**Valerie Hardware**

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There are seven primary spiritual Universal Laws, or Principles, as they are sometimes known, by which everything in the Universe is governed. In this way the Universe exists in perfect harmony. Once you understand, apply and align yourself with these Universal Laws, you will experience transformation in every area of your life.

Every living thing in the Universe is composed of energy, including humankind. The Universal Laws are founded on this understanding. They are inter-related and work in unison together.

Ancient mystical and esoteric teachings of different civilisations such as Ancient Greece, the Vedic tradition of Ancient India and Ancient Egypt have these laws as their common thread. They date back over 5,000 years.

Our thoughts, feelings, words and actions are all forms of energy. What we think, feel, say and do return to create our reality. Energy moves in circles, so there is great truth in the saying 'what goes around comes around'. The world we see before us is continuously being created by the collective consciousness, of thought, word, deed and belief of everyone who lives in it.

We have the power within us to create a world of peace, harmony and abundance. To achieve this it is essential that we learn how to control our thoughts and emotions. When we understand the Universal Laws and live by them, we will be able to achieve a happy and successful life.

Communication is the key to any success and probably the most important foundation block is the development of listening skills. This can also be applied to our inner listening, our intuition, which I refer to as our inner guide, or inner personal power.

Intuition is something that we all have, irrespective of whether we have a religious belief. It is the essential key to connecting to a higher power. When we learn to gain access to it, and to be able to trust what we hear, the Universe will guide us along the path we are meant to tread. Intuition means to be taught from within. Developing our intuition will make a positive impact on our lives and the lives of others.

In order to be truly successful, fulfilled and happy we need knowledge and understanding of spiritual law. In varying degrees we are all born with the gift of imagination. When we can train ourselves to imagine only good things, then these are what we will receive.

There are three aspects to the mind: the subconscious, conscious and superconscious.

The subconscious is simply energy, with no actual direction – it simply does what it is directed to do. Whenever we feel deeply, or imagine clearly, this is impressed upon the subconscious mind.

The conscious mind is the human mind and sees life as it appears to be. It tends towards negative energy, focusing always on limitation and lack and impresses the subconscious mind.

The superconscious mind is the Divine mind, the Higher Self within every person. It is the gifted loving part of us, is always happy, loving and creative and continuously evolving. Guidance from your Higher Self is accessed through your intuition.

The Greek philosopher, Plato, speaks of the 'perfect pattern', the Divine Design which is for each person. 'There is a place that you are to fill and none else can fill something you are to do, which no one else can do'.

Sometimes we get a glimpse from our superconscious mind, where it flashes across our consciousness as a dream that is so positive and full of light and energy, that we believe it is impossible because it seems to be too good to be true. In reality it is a message from the Source within. It is a dream that **can** be realised.

Many people think that understanding and putting into practice the Law of Attraction is all they need to create a successful and abundant life. However they are often disappointed in the results. One of the reasons for this is that there are six more primary universal laws which when learned and applied correctly will help you to create more joy, fulfilment, success, happiness and abundance. As you read these words can you feel the positive energy emanating from them?

There is a saying 'what is meant for you cannot go by you'. What this means is that you will achieve what you are asking for if it is yours to have by Divine right. Sometimes what you are asking for could be the worst thing for you to have and you are 'stopped' from receiving this because it would be against your best interests. These will become apparent in time. If you were to receive what or who isn't yours by Divine right you will in fact be setting yourself up for future disappointment and dissatisfaction. By working correctly and in harmony with the Universal Laws you are creating the chance to receive what is far better and exactly right for you.

This is the law of substitution, when the 'right' who or what you are asking for will be given to you. For example: you may have set your heart on achieving a relationship with a particular person, believing they are the 'right' one and asking the Universe to make it happen, following all the guidelines. It doesn't happen and then you are left feeling disappointed, let down and perhaps feeling that you did something wrong. In fact the only mistake you made was not to ask for who is yours by Divine right.

## **1. The Law of Attraction.**

The Law of Attraction states that whatever is transmitted out into the Universe is joined by (or attracted to) energies that are of an equal frequency, significance, or vibration.

In essence, The Law of Attraction delivers both what is wanted and unwanted, depending on the signal we send out to the Universe. In other words, as we think, so we become. If you are feeling negative emotions, you will draw in more of them. If you send out negative thoughts these will be returned to you. The Law of Attraction is the basic law that runs through all the other laws mentioned here. Positive thoughts lead to positive outcomes.

It may be that life so far has had been very unkind to you, and that it has been one of hardship. You may have been badly mistreated by others, suffered painful loss and find it very difficult to trust or have no reason to believe that life will get better. You may be feeling helpless and harbouring reactive thoughts of anger, grief, loss, and have lost hope that life will ever get better.

Every person receives a series of problems. These can be thought of as tests, or initiations which will occur throughout your life journey. Their sole purpose is to strengthen the Spiritual Light that you have within, that you were born with. If you can always regard these as challenges to be overcome, and remain connected to your inner guide, you will be able to put them into a proper perspective. It isn't so much what you receive as to how you deal with it.

Your life is a work in eternal progress that goes beyond the physical realm. It is a journey and you have the power to change the route. There will be many times when you feel that you are failing. This is all part of personal growth and the only way is to 'Keep on Keeping On', which is the mantra of White Eagle, my Spiritual Teacher and Guide. Trust and believe that you are never alone and can always call upon the Divine Source for support. To ask is a demonstration that you are prepared to try to begin to trust, and sometimes this will take a lot of courage, which you already have demonstrated by the very fact that you are here on Earth. Despite how many times this may seem to be to the contrary, no one is ever left alone or unsupported.

Every single thought you have is creating your life. In order to be able to align yourself with the Universal Laws you need to be able to find a way of healing those wounded hurts and release yourself from those negative thoughts and beliefs. One way of doing this is to talk to someone, perhaps a qualified professional, about the challenges you have faced or are facing. This will help you to let go, get clear, be able to begin a new and positive way of thinking and take action\* which will open the doorway to a happier life. From the moment you choose to take responsibility for your life, decide that it is going to get better and that you are going to be happy, then things will begin to change, irrespective of circumstance.

This is where affirmations can be very helpful. We can't always control our thoughts but we can control our words. A series of words, used repetitively will imprint deeply on our subconscious, which will lead us to believe that what we are saying is reality - and as we think, so we become. However, as a priority we need to get clear about what we **don't** want.

Over the years many of my clients have been helped to overcome their fears and achieve their goals by the use of positive affirmations. Two in particular come to mind. One overcame his deep-rooted fear of flying, which was essential for success in his new job promotion – the other had a terror of going for interviews. In these and other cases I created an affirmation for them and set up a system which they worked to and success was achieved.

\*Having learned to trust our inner guide, we must then engage in actions that support the guidance given in order to manifest the things we desire.

## **2. The Law of Deliberate Creation**

We've already established that through the Law of Attraction what we give thought to, we attract. What we focus on grows. The Law of Deliberate Creation is being aware of the **emotion** to which we attach to the thought. When emotions are added to thoughts they attract more quickly.

For example: you may be worrying about money, and unconsciously sending out a vibration of fear or negativity, which is like a dark cloud. However, as you become aware of this you

can change and raise the vibration by sending out a positive thought that your needs will be met. Visualise yourself receiving the money – what does this feel like?

The Law of Deliberate Creation ignites what you are thinking about. Your thoughts and beliefs, as well as your attitude will govern your actuality. Here is a simple method that I use in my everyday life: Whenever I have a concern about my life, or someone else's, I acknowledge that concern. Then I visualise the person, situation, condition, etc., wrapped in a golden blanket. Then I send out a thought of gratitude that they will receive what they need. This is so much better and far more effective than sending them a dark cloud of worry. Why not try this for yourself.

### 3. **The Law of Allowing**

This is the principle of creating freedom in your life. There are two aspects to this.

The first aspect is allowing others to be as they are. It means accepting that everyone is different and that they may view the world in a very different way to you. They may live their lives to a very different code of beliefs, behaviours and ethics. While studying for my counselling diploma one of the most valuable things I learned that if you expect others to treat you in the way that you treat them, or that they will be in agreement with your own 'should's' or 'ought's', you will often be disappointed. If you have a deep rooted belief that unless someone thinks, feels, believe or acts in 'your way', you are judging them. Judgment is a low vibration emotion, and the more judgmental you are the more you will attract negative people, situations and circumstances into your life.

There will always be people, situations or circumstances that aren't at all acceptable to you. However you have the power to find freedom from worrying or being angry about these by accepting that this is the way they are, and that their lives are their own responsibility and not yours. 'What goes around comes around' is true for everyone and therefore there is always ultimate perfect justice, even if this doesn't seem to happen as you believe it 'should'.

You will find that as you release yourself from the judgment of 'should' and 'ought' you will attract more people, circumstances and situations into your life that are in tune with your own vibration and you will find peace.

The second aspect is that we need to allow ourselves to receive from the Universe. When we really desire something from the Universe but are feeling negative emotions (a fear of lack or scarcity) we are blocking our desires from being able to manifest. When we release our resistance we are in the state of allowing and then all the freedom, joy, success, happiness to name but a few can flow to us.

#### 4. **The Law of Sufficiency and Abundance**

If you feel small - that **you** are not enough, then you will never be truly happy or satisfied. If you are always looking at outer circumstances, not staying in the now, or not appreciating what you already have, then you will always attract scarcity – the polar opposite of abundance.

The truth is that you are worthwhile and enough. There is enough for everyone. When you align your thoughts and emotions with abundance you will feel satisfied and trust that the source within you is your never ending supply. When you can feel peace with where you are now and to use this as a starting point, you are then released into being excited about all the possibilities ahead. Set your intentions, see yourself as already being there, experience the emotion with thanks and be resolved that you will achieve them. The Universe will show you 'how' and you will increasingly learn to trust the 'still small voice' within, the voice of peace and truth and take action, preferably in baby steps, so as not to become overwhelmed.

#### 5. **The Law of Pure Potential**

The true essence of who we are is pure consciousness. The Source of all creation is pure consciousness or pure potential, seeking to convey itself into form. When we align ourselves with our inner self, we are then in alignment with the power that manifests everything in the Universe. The Universe knows no limits. The only things that can block positive manifestations are self-imposed limitations of fear, doubt, and insecurity, lack of faith or lack of confidence.

This is why practicing meditation is so powerful. In the peace and silence, by simply being or through guided meditations, (which is an ideal resource for beginners); you will develop your connection with the Source of all life. This is the essential key to creating and manifesting your potential. Always ask beforehand what you would like to receive or learn. State that you are ready to receive what is yours by Divine right. Trust and believe that what is meant for you cannot go by you.

#### 6. **The Law of Detachment**

The Law of Detachment states 'in order to acquire anything in the physical Universe, you have to surrender your attachment to it'.

This law works in harmony with all the others, and is all about trust. When you are in a state of detachment this means that you have learned to trust the Source within. Having asked, then expressed gratitude and thanks for what you will receive, simply **hand over** in the knowledge that you will be given what you need and most important all, when the time is right for you. Having placed your trust in the Source within and learned to listen to its gentle guidance you will feel confidence and courage to take action. Remember always that what you receive will be an exact match to the vibration you are transmitting.

## 7. **The Law of Polarity**

There are two poles or opposites of everything, although in fact they are two extremes or variables of the same thing. Think of polar opposites such as good and bad, hot and cold, rich and poor, peace and war, love and hate.

To understand this law is the ability to understand the power of transformation. By choosing to change your view and your ensuing attitude, you can shift your view of something or someone from 'bad' to 'good'. You can suppress and transform undesirable thoughts by concentrating on the opposite. When you seek a vibration of higher frequency of energy, this will transform and replace the lower frequency. You have the freedom of choice to decide to change your view and your attitude, which automatically involves the Law of Cause and Effect – you reap what you sow – and as mentioned before - what goes around comes around.

I have written '7 Essential Universal Laws to Creating a Successful, Fulfilling and Happy Life' because I want to share with you some of what I have learned and experienced over the past twenty four years of working as a Spiritual Life Coach, Counsellor and Clairvoyant Medium. I hope this guide will enlighten you and ignite your own desire to improve or enhance the life you already have by connecting to your own inner personal power, and achieving your goals and dreams.

I would love to help you achieve these. I offer a range of services and products which include personal consultations, workshops and seminars and have also published a guide to psychic development and spiritual awareness, '**The 7 Essential Keys to Psychic Development**' which includes a workbook and audio CD. I have also produced '**Illumination**' a guided meditations audio CD.

If you'd like to learn more please get in touch. You can contact me at:

**Tel: +44 (0) 7970 197211**

**Email: [valerieanthony77@btinternet.com](mailto:valerieanthony77@btinternet.com)**

**[www.valeriehardware.com](http://www.valeriehardware.com)**

Kind regards

*Valerie*

Valerie Hardware Dip. Couns. AEB MGSW  
Spiritual Counsellor & Clairvoyant Medium

