A BEGINNER'S GUIDE · FREE PDF

The 12 Universal Laws

By David Ahearn, author of 12 Universal Laws

"Master the 12 Universal Laws, and you master life." These twelve principles shape every life, whether we believe in them or not. Many people first meet one of them, the Law of Attraction, try it on its own, and wonder why it didn't work. The answer is that the laws work together. Here is each law, what it means, and one simple way to practice it, starting today.

1. The Law of Universal Oneness

Everything is connected.

Every human being, animal, tree and rock is connected to the Source. Every choice, action and thought affects the whole, and living with that awareness opens the door to empathy.

Try this: The next time someone frustrates you, pause before you answer and silently say, "You and I are connected." Notice how the conversation changes.

2. The Law of Attraction

What you believe is reflected back to you.

What we think and feel deep inside ourselves is reflected back in our physical world. It is not what we think but what we *believe* that we become.

Try this: Write down one thing you want. Then write down, honestly, the belief that whispers "that will never happen for me." That second sentence is the one to work on.

3. The Law of Vibration

Like attracts like.

Nothing in the Universe is truly still. Everything carries a vibration, and higher vibrations draw higher ones. Your vibe attracts your tribe.

Try this: Think of the five people you spend the most time with. Is their energy the energy you want to be living in a year from now?

4. The Law of Correspondence

As within, so without.

"As above, so below." Patterns repeat throughout the Universe, and our outer world tends to mirror our inner world.

Try this: Name one situation that keeps repeating in your life. Ask yourself, "What inside me keeps calling this back?"

5. The Law of Inspired Action

Intention needs action.

For intentions to manifest, we must take action toward them. We take a step, and the Universe responds. This is often the missing piece when the Law of Attraction "doesn't work."

Try this: Choose one thing you have been intending and take one small, concrete step toward it in the next 24 hours.

6. The Law of Cause and Effect

What you give returns.

Often called the Law of Karma. Every thought, word and action is a seed, and every seed eventually bears fruit.

Try this: Pick one result in your life you are unhappy with and trace it backward. What causes planted that seed?

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7. The Law of Compensation

The heart behind the deed returns.

What returns to you is not only what you do, but what is in your heart when you do it. The Universe pays us in the same currency we spend.

Try this: Do one kind thing today that no one will ever know about. Notice how it feels to give without keeping score.

8. The Law of Perpetual Transmutation of Energy

Everything can change.

Energy is always moving from one form into another, and higher energies can transform lower ones. No matter where you are, you can change your life.

Try this: When you feel stuck in a heavy mood, do one thing that raises your energy: a walk, a favorite song, or three things you are grateful for.

9. The Law of Relativity

Meaning is what we give it.

Everything is neutral in isolation. Our mind is the projector and our thoughts are the film. Let the movie of your life be one you would be proud to show the world.

Try this: When something "bad" happens today, ask, "What else could this mean?" Find at least one other way to see it.

10. The Law of Gender

Masculine and feminine energy complete each other.

Everything is made of both masculine and feminine energy, yin and yang. They are complementary forces, and each of us carries both.

Try this: Notice which energy you lean on most, doing or receiving. Spend a day practicing the other.

11. The Law of Polarity

Everything has an opposite.

Happiness has sadness, day has night. Every opposite is a teacher, giving us the choice to create the life we desire.

Try this: Think of a hard season you have lived through. What did it teach you that the easy seasons never could?

12. The Law of Rhythm

Everything moves in cycles.

Seasons, tides and the moon all move in cycles, and so do our lives. When we understand that all things change, we can find peace when they do.

Try this: Name the season you are in right now: planting, growing, harvesting or resting. What is it asking of you?

Go deeper. Read the full guide, watch the video, and see the FAQ at daviddanielbooks.com/2019/05/the-12-universal-laws. The book *12 Universal Laws* by David Ahearn walks through each law with stories, reflections and practices: daviddanielbooks.com/book/12-universal-laws. Want one law a week in your inbox? Join the free 12-week email course: david-daniel-books.kit.com/ba1e88c296.

May you stay blessed on your journey. — David Ahearn

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