

MODULE 4

Video Summaries



Video 1:

Laws Of The Universe

- ▶ Been taught that the world and the Conscious Universe are separate parts
- ▶ Reminding ourselves in this course that we're a part of the Conscious Universe
- ▶ Everything is in relationship and connected to everything else
- ▶ Mind wants to put things in boxes
- ▶ Threads that make up the fabric of reality, always moving and holding it all together and we are the weaver
- ▶ We're engaging all Laws of the Universe by making a commitment to an intention to plant a seed in our field of dreams
- ▶ We're planting a seed in the fabric of reality that we want to see out pictured in the material world
- ▶ View Universal Laws as Laws of Consciousness
- ▶ Looking at the Laws of the Universe in terms of harmony and coherence
- ▶ We want to be in-sync with Laws of the Universe
- ▶ Surrender for/to Spirit/Conscious Universe
- ▶ More you 'put out' the same thing, the more it's going to be returned/reflected
- ▶ What are we allowing into our thought field and how long do we cultivate it?
- ▶ Law of Attraction is only one small piece of the whole puzzle and doesn't give you all the complexities of the true fabric of reality
- ▶ Need to know how Law of Attraction works with the other Laws
- ▶ Law of Thought - everything is first consciousness

- ▶ Conscious contact to a higher power, using Oracle Cards to reflect where we are, illuminate the shadow, give us navigation, and show us what we can't see
- ▶ Part of a living system of consciousness
- ▶ We react to our own thinking
- ▶ Thought begins cascade to physical feeling
- ▶ The body sends out a frequency, and the Universe responds to that signal
- ▶ The more you think about something, the stronger the energy becomes (center of expectation)
- ▶ Oracle Cards will reflect to you when you need to change your thinking because the Universe is abundant and unlimited
- ▶ Potential means that there are new things that are possible
- ▶ We want to continuously connect to possibility and potentiality, which is the seed of the Divine in all of us
- ▶ How do the Universal Laws help us to manifest our desires?
- ▶ How can Oracle Cards sync with the Laws to keep us in alignment?
- ▶ How can we get closer to our desired result without being attached to the form?
- ▶ Trust that the Laws of the Universe are going to get us into the vibe
- ▶ Oracle Cards are the force that asks us to move in a different way, to be aware of the movement
- ▶ About heart coherence
- ▶ How are you thinking?
- ▶ How can you change the thought?

Brief OVERVIEW

THIS VIDEO HIGHLIGHTED THAT THE CONSCIOUS UNIVERSE HAS GOVERNING LAWS AND THAT UNIVERSAL LAW HAS A STRUCTURE.

These Laws keep the Conscious Universe in harmony with us, and us in harmony with the Conscious Universe. The four key Laws for Personal Mastery were talked about. These are the Law of Thought, Law of Frequency and Magnetism, Law of Forgiveness and the Law of Infinite Potential.



Video 2: Law of Thought

- ▶ Law of Thought states that what we are thinking effects what we are manifesting in the world
- ▶ Mood engages the external world
- ▶ Brain = receiver and transmitter
- ▶ Reticular Activating System only looks for things it knows to prove to yourself that it's true
- ▶ Subconscious conditioned mind is best friends with the Reticular Activating System
- ▶ Want to train the system towards being focused on what is in alignment with our highest good, not what's familiar and doesn't work for us anymore
- ▶ Oracle Cards reflect the Law of Thought
- ▶ We can be confined by the limits of our imagination and what we're willing to think about
- ▶ Can train our mind to stay in alignment when we work in 24-hour segments
- ▶ What's the thought that we may be completely unaware of and is there anything else we could miss? What do we have to watch out for? What kind of thinking would limit our manifestation?
 - ◇ Anchor Card = #52 Mending - about forgiveness. Reminds us that we're all connected and that the Conscious Universe is a unified field of which we are a part. Watch out for what we need to mend.
 - ◆ Picture - Flag representing the circus of life, 2 little angels (us) repairing the flag to bring us into alignment with the truth that we're all in this together. Oracle Face (Conscious Universe) looking down. Need to return to state of innocence.

- ◆ Theme of Anchor Card - watch out for and remember the negative thoughts that keep us separate from others and bring us back into alignment with connection.
- ◇ Further Information = #30 Tick Tock (P) -
 - ◆ Reminds us to be aware of 'Fear of Missing Out' (FOMO). Don't compare yourself. Working on Spirit's time-line. Release attachments to things and form. Trust that Spirit is going to deliver what is Soul inspired.
 - ◆ FOMO - not happening fast enough. Why are they getting it and I'm not? Feeling fear is a signal to trust the Universe and get into prayer and meditation. Surrender time!
- ◇ Action Card = #9 Treasure Island (P) - Reminds us that our magic is already there within us. Have to think and trust that what is meant for us won't go past us. The thing we want is not necessarily in alignment with our highest good.
 - ◆ Trust and engage Law of Thought, and trust all other Laws
 - ◆ Consistently keep thoughts in alignment with the truth that everything is possible for us. Our needs will be met as long as we put our relationship with Spirit as our priority.

▶ Practice daily

▶ Law of Thought = clean your head, add more positive and see extraordinary things in the world of form reflect back to you, because that will be what is for you.

Brief OVERVIEW

THIS VIDEO DISCUSSED HOW OUR THINKING IS REFLECTED IN THE OUTER WORLD.

The Reticular Activating System, which is always looking for evidence of the familiar, was highlighted. There was a demonstration using 3-cards focused on what we need to know about the Law of Thought. The three cards were Mending, Tick Tock (P), and Treasure Island (P).

Video 3:

Law of Frequency and Magnetism

- ▶ Law of Thought is what first comes to mind
- ▶ The stories we tell ourselves repeatedly dictate how the Law of Thought is going to ignite the Law of Frequency & Magnetism
- ▶ More you think about something, the more your body responds because you become in alignment with what you're thinking, even if it's out of alignment
- ▶ You can create a state of being on something that you think about consciously and consistently over a period of time, even unconscious because it's familiar
- ▶ People mistake Law of Attraction for Law of Frequency & Magnetism
- ▶ Law of Magnetism is a fixed Law
- ▶ Although we're going to see what we're consistently thinking about, sometimes we're going to be overridden by the group mind because we're evolving within a community, family, culture, politics etc.
- ▶ We can send out our own new signal and not allow the conditioning to continue to shape our thoughts
- ▶ In Personal Mastery we're disconnecting from the conditioning of the collective to the best of our ability
- ▶ Because we're conscious and doing as a group we have an override of our own
- ▶ Sometimes we'll get a detour that we're not prepared for but it doesn't mean that we lose everything
- ▶ Law of Magnetism works for the individual but it can be overridden at times if the collective is stronger
- ▶ You are not alone, rather part of a collective whole

- ▶ If we are conscious and deliberate it doesn't matter what's going on in the collective
- ▶ The less you allow yourself to be conditioned by the collective, the more you can be independently successful within a more difficult collective mindset
- ▶ Before we are doers, we are decider's
- ▶ Once thinking sets in and it's consistent, the frequency becomes consistent and the Law of Magnetism can find you easier
- ▶ Oracle Cards always keep you on track
- ▶ All we need to know is how to change our thinking and the rest follows
- ▶ Are there any signals I'm unknowingly sending out by my thoughts, feelings, beliefs or actions that are automatic and repetitive, and magnetizing messages or experiences to me that I don't want?
 - ◇ What are we sending out? #49 Observer (P) - Tells us that if we're not in Observer Mode, rather Attachment Mode, we're being given a warning to remain neutral in order to see beyond the 'me, me' self. It informs us that we're responding by identifying with our feelings.
 - ◇ What are we attracting through the Law of Frequency & Magnetism? #43 Deep Knowing (P) - When we don't trust the signals, entering analysis paralysis, we're Instinctive Mode not Intuitive Observer Mode. Always looking for perceived threats which places us in Survival Mode. Release to the Universe, let signal go, and let it magnetize to us in the correct form that isn't decided by us.
 - ◇ What do we need to do to get back into alignment? #38 To Be Fair - All about balance, in this case between our thoughts, intellect and intuition. Frequency piece is sending out a signal. You feel the 'vibe' of what you're sending out to the Universe. If it's out of alignment it's going to show you.
 - ◇ Okay if we go out of alignment. Step back, breathe, meditate, let go, say 'that's interesting', surrender to Higher Power, without judgment.

Brief OVERVIEW

THIS VIDEO TALKED ABOUT HOW THE LAW OF THOUGHT MOVES INTO THE LAW OF FREQUENCY & MAGNETISM.

Stories-in-motion are moving energy, as are our thoughts. It pointed out that the Law of Magnetism is relative to the Law of Frequency, and is a fixed Law.

A reminder was given that collective conditioning sometimes overrides the individual. There was a group reading on how to stay in alignment and work with the Law of Frequency & Magnetism.

THE CARDS PULLED WERE OBSERVER (P), DEEP KNOWING (P) AND TO BE FAIR.



Video 4: Law of Forgiveness

- ▶ At the core of the Law of Forgiveness is releasing resentment
- ▶ If we're re-feeling resentment it means there's something unresolved from the past
- ▶ Resentment affects your thinking and subsequently how you're working with Universal Law, and whether you're in or out of alignment with what's in your best interests
- ▶ Doing a Personal Inventory is key to finding out where in story-in-motion there's perpetuation of an old story that prevents forward movement or the fuel to moving forward
- ▶ Resentment takes us hostage and is how we unconsciously self-sabotage
- ▶ Not about condoning
- ▶ Unhook from the energy of the story
- ▶ Resentments can choke the life out of the things we want to create because they take up and have a lot of energy
- ▶ Inventory - What about the situation is deterring me? What's my part in this? What's the point of this? Why is there a resentment? What didn't I do?
- ▶ We need to deal with this piece because it will act as a powerful weed
- ▶ Opportunity to recognize sabotaging thought patterns and take inventory
- ▶ Homeplay exercise - pull cards, journal, and do written exercises
- ▶ Making a commitment to ourselves when we enter a program like Personal Mastery
- ▶ Resentment disconnects us from a connection with a Higher Power/Conscious Universe/Spirit

- ▶ Want to be in the flow of Spirit through meditation, Oracle Cards, readings, and a willingness to do inventory
- ▶ Freedom from bondage of burden of the past
- ▶ Not forgiving to condone rather forgiving to set yourself free
- ▶ 3-card reading - What is it that all of us need to look at?
 - ◇ #43 Deep Knowing - intuition knows when something is 'off.' Intellect will seek to rationalize, bargain or justify how right you are. Have to trust intuition, our Soul, which doesn't want to resent or judge. Forgiveness is for you to set you free.
 - ◇ #27 Exchanging Gifts (P) - talking about worthiness. Am I worthy of these things I want to co-create? Where have I made it impossible for myself to move to the next level? Where have I created my own glass ceiling because of the beliefs or ideas that I have about myself because I'm still held hostage to the past? Law of Forgiveness is always about 'cleaning house.'
 - ◆ Everything to do with willingness to connect to your Higher Power using Oracle Cards. Keep focusing on faith, that you are more than you think you are, and continue to work on what is standing in the way.
 - ◇ Solution #7 To The Sea (P) - Trust the boat isn't going to capsize! Betray the old story of how we identified ourselves through using the Law of Forgiveness
- ▶ Do you have a 'charge' around the stories that you tell?
- ▶ Sometimes have to revisit stories to know what they are.
- ▶ Stories so ingrained that the fear of moving to a new level in life will surface
- ▶ Only way to move forward is to make a new story-in-motion which means we can't keep telling the ones from the past

Video 5:

Law of Unlimited Potential

- ▶ Law of Unlimited Potential means everything is connected and everything is possible
- ▶ Law of Unlimited Potential is interchangeable with the Law of Abundance
- ▶ Universe is unlimited
- ▶ We limit our experience by thoughts, feelings, beliefs, conditioning, memory, environment that we're in etc.
- ▶ How do we align with the Law of Unlimited Potential so we can move beyond the limitations of where we are and welcome in the Unique, Authentic, Inspired life?
- ▶ Can block the acceptance of the form that Spirit has in mind for us because it's outside the limits of our human mind
- ▶ Don't bang on doors that won't open
- ▶ Doors that open effortlessly are the correct doors and a vibrational match
- ▶ What is yours won't go past you
- ▶ Anything that you are a vibrational match to can show up in your life
- ▶ Trust that the Universe takes care of the form
- ▶ Keep in mind that if it wasn't 'for you' that something better is coming and going to match you
- ▶ Essence is more important than form
- ▶ The form that the Conscious Universe selects for you is always going to be in truth and in alignment with whatever frequency and magnetism you are putting out into the world, how you've been thinking, and what's in our highest good
- ▶ If giving out mixed messages you'll get mixed responses

- ▶ What calls you? Let it play out. Be willing to see the form that the Conscious Universe has for you
- ▶ Group reading - Do we have any limiting beliefs that are preventing the Law of Unlimited Potential from acting fully in our lives and this reading? What is it that we all have to fix? What could be hiding in the bushes? What's the solution? How do we get into alignment with that?
 - ◇ #13 Fork in the Road (P) - total indecision. Not buying into inertia, analysis paralysis or fear of making a mistake. Also about self-judgment. Make a decision and move.
 - ◆ Sometimes when too attached and involved in the co-creation process we try to be unlimited but then limit ourselves by an inability to move
 - ◇ What helps us with that? #22 Blessed - not only worthy but also born in original blessing because we're part of the Conscious Universe/Spirit already. Already connected and we have to claim our blessings
 - ◆ You're here as a harbinger of the Divine, a representation of the Divine intelligence and you're here to claim your blessings and co-create
 - ◇ Solution? #14 Truth Be Told - Must get rigorously honest with ourselves about all the Laws and how we are thinking. What frequency are we putting out into the Universe? Where's our energy? Where's our attention? Do we have to release or surrender something in order to be 'in tune'? Show it to me. Be true to ourselves.
- ▶ Oracle Cards are the tool that help us to get information to stay in coherence with what's in our best interests and what we could create that's new and exciting for our lives.
- ▶ Have to take into account place of birth, astrological sign, culture, family, stories, environment etc.
- ▶ Always co-creating reality within the framework of the environment in which you do it, so there's going to be some natural limitations
- ▶ We want to break out of the conditioned limitations... Limits that prevent us from being more than we are

Brief OVERVIEW

THIS VIDEO HIGHLIGHTS THAT WITH A UNIVERSE THAT IS OPEN AND WILLING, EVERYTHING IS POSSIBLE. WE'RE LIMITED BY OUR BELIEFS AND PERCEPTION OF THE WORLD.

There's a 3-card group reading where Fork in the Road (P), Blessed and Truth Be Told present to show us what might be preventing us working fully with the Law of Unlimited Potential.

We're reminded that we have to be honest with ourselves, be willing to move out of the way, trust in a Higher Power, and recognize that we're in relationship to the Laws and the Laws are in relationship to each other.



Video 6: Summary of Laws

- ▶ Remember Conscious Universe works with you
- ▶ Conscious Universe permeates everything, including you
- ▶ Only difference is you have a separate level of personal consciousness that makes you a unique, inspired self
- ▶ Conscious Universe has particular Laws or Principles that work in tandem to keep you in alignment, and itself in its own harmony
- ▶ When out of alignment you feel it
- ▶ Go back to Universal Laws using Oracle Cards as your guidance tool to find out how to get back in alignment and engage them so they're constantly working on your behalf. You're working with them too.
- ▶ Move towards your Unique, Authentic, Inspired life when you're in harmony with Universal Laws
- ▶ Inspiration comes from your natural connection to Spirit
- ▶ Nothing is separate
- ▶ You're doing this for yourself



Brief OVERVIEW

THIS VIDEO PROVIDES A SUMMARY OF THE 4
KEY LAWS OF THE UNIVERSE COVERED IN THE
PERSONAL MASTERY COURSE.

These Laws are the Law of Thought, Law of Frequency & Magnetism, Law of Forgiveness and the Law of Infinite Potential.

Oracle Cards are the tool that we use to stay in alignment with the Laws of the Universe. We are reminded in this video that everything is connected, that Universal Laws are constantly working for us, and nothing is separate.

