## ENCOMPASSING MIND, BODY AND SPIRIT

## Tniversal Law— A Brief Overview by Ulla Jacobs



There are laws that are used to enslave us and there are laws that will set us free.

Laws enacted by man are for control and limitation, to provide recourse and keep balance within society. Universal laws are set up to enable self-empowerment, to give us a chance to co-create with the universe.

It is these laws of nature that are providing the focus for this article.

By allowing us to recognize pitfalls in the road ahead. These pitfalls are the direct result of our thinking processes, focus and actions. Understanding the workings of the principles of nature will allow us to see the changes we may make in our thinking and actions, in order to live better lives. We are able to tailor our roadmaps through life to reflect what we wish to experience. The only mandate is for each of us to create our own circumstances. We can learn to do this consciously rather than letting life just happen randomly.

Woven within the fabric of the one power, the unified field, these laws react on a vibrational level to return to us what we emit. We have the ability to sabotage ourselves or the ability to create advantages, the things we would like to manifest. Knowing how these energies operate will give us the chance to be proactive, becoming creators of circumstances instead of victims of circumstances. The choice is always ours to make. Knowledge of how these magnetic energies work will allow us to make informed choices.

When I started researching these principles for my first book, I attempted to classify them by order of importance. This soon became impossible as I began to realize that each law has an important role to play. The more I understood their purpose, the more I came to realize each one is special in its own way. It became impossible to play favourites. Also, many of them work together in tandem to do their work for us. Playing favourites

quickly became a game that went nowhere as I came to my understanding of what each law represented.

Ulla Jacobs has been a researcher for more than 35 years.

Favourite topics include healthy eating, baking, theosophy, universal law, mind/body connection, quantum mechanics and energy healing. For more information and schedule of upcoming classes on Universal Law,

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It is not our input or our compliance that is needed to activate these laws. They are working all the time whether we realize it or not. It is the correct usage of these principles that will ultimately allow them to work in our favour. Only awareness and understanding can bring about the successful use of these principles; otherwise we just get potluck, receiving according to our focus and our mindset. Let us become proactive in order to draw what we would like to receive. It is a mighty powerful stick we wield and the universe is only too happy to supply our most coveted desires. We just need to understand how the procedure can work for us.

To get a better understanding of how these laws work, imagine standing on a tennis court. The ball is being lobbed in your direction constantly, but you are standing there without a racket, not knowing the rules of the game. The principles of universal law provide both the racket and insight into the rules of the game. We can return the serve as each ball arrives and gain an understanding of the rules as they pertain to life and the events that present themselves to us. We can aim the ball in the direction we would like to see it go. This knowledge will allow us to claim the best and leave the rest.

e are all creators!

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