








THE TEN NATURAL PRINCIPLES FOR BEING IN DIVINE LOVE


 **DO NOT VIOLATE** If you can only manage to remember one Natural Principle whilst going about your daily life, remember this one—do not violate. A violation is a deliberate act to end, harm, or undermine the physical or psychological freedom of another expression of Consciousness. **In any situation, if you're unsure of your actions, simply ask yourself, "Am I being respectful?" In harming others, you harm your Self.**


 **ACCEPT AND ALLOW** To accept and allow is to invoke the natural power of "Divine Love" within you. **This is the key Natural Principle by which to live a life filled with love.** True acceptance involves *eliminating judgment* while you *allow* things to be as they are. **Crucially, this begins with you.**


 **BE COMPASSIONATE** Compassion is the ultimate gift you can give. Acts of compassion arise from the genuine acceptance and allowance of yourself and others. **Being compassionate exercises a basic kindness** and desire within you to relieve suffering when you become aware of it. This applies to your own self, as well as others.


 **BE FORGIVING** Forgiveness is not simply about saying that what you or another person said or did is okay now—a hurt has occurred, but let's forget about it. **Forgiveness is about appreciating a seemingly negative event, a co-creation, for what it brings to you and the third party.** Appreciate the other party's hand in this co-creation for the purposes of your own, and their learning. Hurt is an important part of the craft of conscious co-creating—it brings growth for all parties concerned.


 **BE GRATEFUL AND APPRECIATIVE** Gratitude is the creator of abundance in all its forms. When you offer heartfelt gratitude and appreciation, you expend energy. The universe, Source, replaces this energy—reflecting it back to you in the form of abundance. So be grateful and appreciative of everything you create for yourself. Be aware though that **genuine appreciation does not have an expectation attached.** Self-appreciation enhances your creativity.

 **BE CREATIVE** Creation is a quality of all existence, a Natural Principle that emanates from the desire for Consciousness (God if you prefer) to know Itself. As you are an individualized "portion" of Consciousness, you are therefore imbued with creativity. Your Essence self expects you to be as creative as possible in the exploration of your life's intent and purpose.

 **BE SPONTANEOUS** Expressing spontaneity instills a trust of your creative abilities. Spontaneity is the Natural Principle that keeps you in touch with your spiritual impulse to act in the 'now.' The impulse to do something spontaneously is a signal from your Essence self to not think (involve your ego-self's reasoning), and trust in its guidance on when to act.

 **BE PATIENT** Being patient is not in contradiction to being spontaneous. Patience is not to do with simply waiting and doing nothing—**patience is an action in itself**, one that reflects a deeply held trust in your creative abilities. If you feel impatient, you are allowing your ego-self to interfere with the natural flow of your creative energies working in natural time. Impatience is a symptom of your ego-self's attempts to force an event outside of its natural timing.

 **BE COOPERATIVE** Cooperation is a vibrant and necessary Principle of existence. Eventually we will come to know that life itself has nothing to do with the "survival of the fittest," but is instead all about the health and prosperity of the cooperative.

 **BE OPEN AND VULNERABLE** To be open and vulnerable is not an invitation to be hurt. **Being vulnerable is about being open to receive**—open to receive the gifts you bring to yourself through being grateful and appreciative of all you create for yourself. **It is another act of allowing—of loving yourself.** The best way to receive what you need and desire from life is to *appreciate* yourself and feel your vulnerability.

Risking vulnerability opens you to the totality of who you are, and **it opens your heart to others.** Your vulnerability allows your Essence to flow to every part of your being, and your openness and vulnerability will allow others to recognize their personal vulnerability. Vulnerability is the "softness" through which your Essence self (via your inner self) can enter your ego-self's shielded world. So drop your shell of invulnerability, it is an illusory form of safety. **Welcome your vulnerability and thereby express your unique spirituality.**

