

Day-3 (12 laws of Universe)

1. law of Divine Oneness \Rightarrow "We are one"

We all are dependent on each other & cannot live completely isolated.

2. law of vibration is "Everything around us is matter vibrating at a specific frequency".

Everything is a vibration.

Spectrum of emotions

The emotion with the lowest frequency is shame and its most difficult emotion.

Enlightenment: → at this level, you cannot describe it

Peace: → peace with yourself, you're cool, want nothing but live in ~~peace~~

Joy: → no words to describe, what you're feeling beca you're ^{so} excited.

Love: → You start loving yourself, everyone. Life seems amazing

Reason: → great territory of positivity. Using logic makes you ^{feel} good

Acceptance: → You accept the life as it is & go in the flow.

Willingness: → You are more positive & you want to start doing thing

Neutrality: → when you feel centred & make good decisions,

Courage: → same physical symptoms as anxiety.

Pride: → sense of arrogance, it's still insecurity, making yourself look greater than you are.

Anger: → affects you negatively

Desire: → the root of all sufferings. It can control you. → It has destructive side

Fear: → It is a great motivator, but it's not sustainable in long term.

Guilt

Shame

~~Shame~~

The law of vibration goes hand in hand with the law of attraction, because if you want to attract something, you have to get yourself in a particular state.

3. Law of Correspondance

Our outside reality is a reflection of our own thoughts.

If you want to drive a car then think of a car with all the details in depth, also think about the payment details and then you will be able to get the car.

Difference between your inner and outer world is called
cognitive Dissonance

So, whenever there's something you don't like in your life,
it's the product of your beliefs.

Our dark side → "shadow" in psychology.

So, let's go with the flow, experiment things, and embrace
everything that happens to us because it happens for a
reason.

4. Law of Inspired Action

The universe gives ~~us~~ what we need, and then some
of the things we want.

Everything has a price, maybe not in the conventional
sense, but you still have to do something.

Ask yourself why you can't enjoy your own company
for a few minutes.

5. Law of Perpetual Transmutation of Energy

"Energy of every imaginable thing is constantly moving
from one state to another."

Going with the flow means accepting life the way it is
because what's done cannot be undone.

That doesn't mean we cannot do anything about our future.

"What is not growing is dying"

We sacrifice our progress whenever we get a bit of comfort, because progress & growth are painful.

This law states - \therefore "We are always in motion, that we are always striving the best version of ourselves, that we possess a proactive attitude."

Setting goals are prerequisite to have a meaningful life.

Day-4

7. Law of Cause and Effect \Rightarrow

If something goes wrong in your life, then it's probably the result of your actions.

On the other hand, if something happens and you didn't cause it, then it's out of your control, so you shouldn't complain about it.

8. Law of Compensation \Rightarrow

"Everything you do comes back to you as a punishment or as a reward".

"No evil act goes unpunished and no good act goes unrewarded"

* If you perform good acts and the reward is delayed, then you should be happy → because the reward is guaranteed and compound interest works like a charm.

* What you say about someone says more about you than it says about the other person.

* We have to be good people and everything is going to be fine.

9. Law of Relativity →

We compare every new thing to the idea of human potential.

Do something to change your current conditions, or don't complain about it.

10. Law of Polarity →

“Two opposites complementing each other. This universal dualism can be found in each and every element in nature. The two parts are inseparable, and it's every difficult, if not impossible, to say where one part begins and where it ends”

There's no good without evil, no subjective without objective, no half without whole, no man without women.

Each thing is a half and suggests another thing to make it whole.

very manly man in extreme of aggressiveness $\xrightarrow{\text{attracts}}$ feminine, non aggressive woman in other extreme state.

the more distant the 2 partners are on this scale, the more unstable the relationship is.

and the closer they are to the middle of the polarity scale, the more predictable their relationship is
 \downarrow
boring

But there are exceptions and if you are one of those exceptions then congrats :).

find balance between chaos and order and maintain it.

We're always trying to seek pleasure and avoid pain, but we can't have one without the other.

11. Law of Rhythm

"Events of life come and go in cycles & seasons, ebbs and flows. Everything is always in motion, always changing according to the flow of life. No matter what happens, we have to remember that the ups and downs of life are temporary."

You don't need to predict about the future. You only have to be aware of your surroundings.

and whenever you feel that something inevitable is about to happen, you can start to adapt to that situation in advance.

You only have to observe present.

If you want to adapt faster, you have to accept change.

The ups and downs of life come and go, and every stage can teach you something.

There were some things and events in my life that went so well, a lot better than expected.

And actually if they went my way, it would have been a lot worse.

12°

Law of Gender

There is a masculine energy and feminine energy. This concept goes deeper than the idea of gender. It goes straight into the basic matter that's around us.

Masculine energy involves assertiveness, logic, and systematic thinking,

feminine energy receptivity, emotion and intuitive thinking

animus → masculine energy
anima → feminine energy } → Carl Jung

Both the energies should be balanced, no one will be in excess.

Excessive leads to shadow:->

1. The shadow of masculine energy leads to aggressive behaviour and to making rash decisions.
2. The shadow of feminine energy leads to overthinking and to the inability to take action.

Sun is masculine, moon is feminine.

Masculine energy is structure & shape and
feminine energy is ornament & the color.

Yin Yang energy
↓ ↓
Black white
feminine masculine.