

God's Laws

Laws Governing Our Love Of Self

Laws Governing Our Love Of Self – An Introduction

Today's discussion is about some of the Laws involving our treatment of one self

We will discuss each law in the following manner:

Brief description of the Law

How this law affects our Love for one self

What happens when we break this law in our treatment of one self

What soul condition within us prevents us from being in harmony with this Law

Examples of living in harmony/disharmony with this law in our relationship with one self

The principles are similar in each situation as the talk regarding laws governing love of others

Law of Free Will

Brief description of the Law

Free Will is the gift from God that allows us to choose anything we desire

We are allowed to act in harmony with anything that is truthful (loving) or in error (unloving)

How this law affects my love for myself

When we love our self, we ALWAYS enable our free will whether others agree with our decisions or not

I never suppress exercising my own free will harmonious with Divine Love even if others want me to

I never suppress feeling & experiencing my own emotions:

I am allowed to see what I see, hear what I hear, feel what I feel, know what I know, think what I think, even if it is all in complete disharmony with the Truth

I recognize if free will is exercised in disharmony with Divine Love & Divine Truth, then I will experience the consequence of pain (or suffering if I do this continuously)

What happens when I break this law in my treatment of myself

I feel others are controlling me when this is NEVER actually the case

I feel I am not allowed to have my own emotional experience (but this is NEVER true either)

I feel obliged to others; that I "have to" please them (like many children do with their parents)

Others feel I am a "pushover", and will bend to suit what they want me to do/say/think

Others feel that I am "easy" to be around, because I always do what they want me to do

Others feel I should bend to suit their emotions

Others feel better than me, or condescending towards me thinking I "do not understand"

What soul condition within me prevents me from being in harmony with this Law

Emotions surrounding trying to prevent my own feelings of hurt through my treatment of others

An addiction to "being loved" caused by a painful emotion I refuse to feel of not being loved

An addiction to "being safe" caused by painful emotions I refuse to feel of always feeling unsafe

Allowing others to control & manipulate me because I feel that is all I deserve

A distorted viewpoint of what "love" is; i.e. love sacrifices self to please others

Deep feelings of unworthiness

A desire to control others anger/rage towards me by being conciliatory

Emotions surrounding wishing to avoid feeling out of control

Examples of living in harmony/disharmony with this law

I am in harmony with the law when:

E.g. If my child demands things, I feel my emotions about it rather than "giving in" for peace

E.g. I do not allow my partner to pressure me into doing things that I feel I do not want to do

E.g. I never respond to guilt trips from other persons (emotional or verbal)

E.g. I understand that if someone really loves me, they will always honour and support my free will

E.g. I never suppress my desire because of feelings of obligations placed on me by others

E.g. I never change my loving behaviour even when others get angry with me

I am in disharmony with the law when:

E.g. I feel I must sacrifice my own emotions for the sake of pleasing others

E.g. I refuse to speak my personal truth because of what others may feel/say/do about it

E.g. I treat myself worse than I treat others & allow others doing things I do not do when with them

Law of Passion & Desire

Brief description of the Law

Ask and I shall receive! Develop and allow a passionate longing for anything, whether that thing is harmonious or disharmonious with Love, and I will receive it. The results of this Law create either pleasurable or painful experiences in my life (due to the Law of Cause & Effect).

How this law affects my love for my self

If I love myself, I will always develop my passions and desires in harmony with Love, even if this takes my time/resources/focus away from others

I will follow my passions & desires even if NO other person agrees with or supports me

I will follow my passions & desires even if it seems like I am unsuccessful (in the eyes of self or others)

I will follow my passions & desires even with outright opposition, judgement or disapproval from others

I will not develop my passions and desires in error because I understand I will just be damaging myself

What happens when I break this law in my treatment of my self

I feel the results of a sin of omission (having the power to do something loving that I refuse to do)

I feel the results/pain of a personal choice that finishes up harming my self

I prevent my own understanding of my self, and never become the “best I can be”

I will never become at-one with God

I experience the pain of “missed opportunities”

What soul condition within me prevents me from being in harmony with this Law

I have deep emotional beliefs that I will never be able to fully satisfy my own desires & passions

I have deep childhood hurt from others controlling me into doing what they wanted for me

I have deep feelings that my desires are evil, bad, selfish, harmful, shameful, frivolous, idealistic

I have feelings that other people are more important, better, more superior than my self

Examples of living in harmony/disharmony with this law

I break the law when:

E.g. I join our friends/family in their passions even when I do not want to (e.g. Christmas)

E.g. I constantly seek the agreement of others before I follow my passions

E.g. I seek approval for my emotions by trying to get others to agree with those emotions

E.g. I do not follow my desires because of financial reasons, or time constraints

Law of Cause & Effect

Brief description of the Law

What I sow, I will reap. Everything that happens has a soul-based cause within myself. Attempting to change my life by changing effects never addresses the cause, and will result in the effects continuing.

How this law affects my love for my self

I never blame another person for events/situations in my own life

I never try to avoid the emotions created by events/situations I get into in my day-to-day life

I always attempt to address the deep inner **CAUSE** within me that created the effects I am experiencing

I understand that dealing with effects will not change my Law of Attraction or my relationship with God

I do not try to avoid effects by planning or structuring my life (these are fear based actions)

What happens when I break this law in my treatment of myself

I am caught in an endless (and pointless) cycle of planning, scheduling, structuring my life

I become controlling verbally and emotionally of others to avoid my own emotional/physical pain

I get sicknesses or long-term diseases which I cannot seem to cure no matter what action I take

I feel tired about what seems to be never ending effort to make my life successful or pleasurable

I always feel I need “help” from others but help never seems to correct anything in my life

I have a tendency to take advantage of others without feeling gratitude

I expect other people to help me stay away from my emotions or soul condition (expect commiseration)

What soul condition within me prevents me from being in harmony with this Law

Refusing to take personal responsibility for my own creations

Refusing to see or feel the Divine Truth that my own emotions are the creator of painful effects

A lack of personal humility in feeling my own soul condition

Staying away from emotions relating to others blaming me for their own life experiences

Deep fear or terror in my childhood emotional experience

A desire to avoid the emotional truth that I am preventing the healing of my own life
 I am addicted to feeling “loved” by getting others to help or assist me all the time
 I refuse to emotionally accept the Law of Cause & Effect (i.e. I do not believe it is a Divine Truth)
 I believe that others should sacrifice themselves in order to satisfy my own emotions

Examples of living in harmony/disharmony with this law

If I live in harmony with the Law:

- E.g. I would never expect others to “bail me out” of my own creations
- E.g. I would never accept others “bailing me out” if I have not dealt with the causal emotion
- E.g. I would not ask or expect my friends to lie for me in order to get out of the results of my error
- E.g. I would not expect others to do things for me that I refuse to do for myself (e.g. cook, clean)
- E.g. I would not waste other’s time by telling stories I have no desire to feel causal emotions for
- E.g. If a person tells me a “truth” about myself; I look the causal emotion for the creation

If I live in disharmony with the Law:

- E.g. I justify doing things to my body that I know damage my body without examining why
- E.g. Serial dieting: controlling the diet rather than working through why you desire certain foods
- E.g. Repeated medical or spiritual practice in an attempt to heal the same ongoing issues
- E.g. Repeated meditation in order to feel calm, happy, content, relaxed or present emotionally
- E.g. Berating a child for their words/actions when the event is caused by my own soul condition

Law of Attraction

Brief description of the Law

My soul condition (the soul’s attributes, qualities, desires, passions, condition spiritually, emotionally and morally) attracts all the events in my life. If I want to change events, I need to change my soul condition.

How this law affects my love for myself

I welcome and enjoy my own Law of Attraction as God’s messenger of Truth rather than fearing it
 I always choose to feel my own causal emotions about everything that happens to me
 I do not hate myself, blame myself or punish myself for my own painful Law of Attraction
 I always honour & love my own Law of Attraction whether it seems “positive” or “negative” to me
 I never hate, blame get angry with or punish others for the pain I experience from my Law of Attraction

What happens when I break this law in my treatment of myself

I create and stay in emotions of self-deception and emotionally damage others and myself
 I deny my own emotions and soul condition as being the creator of my entire experience
 I attempt to avoid the results of my Law of Attraction by organizing my life around my fears
 I stunt my own soul growth and my relationship with God by avoiding the underlying causal emotion
 I punish, blame or get angry with others or myself when painful events happen

What soul condition within myself prevents me from being in harmony with this Law

I don’t really have a soul belief in the Law of Attraction
 I still believe I can intellectually overcome the effects of my own soul condition
 I want to remain a victim in my life and do not wish to take self-responsibility for my own creations
 I do not wish to feel the deeper emotional pain within myself that created the Law of Attraction
 I have a feeling of envy towards those who have a positive Law of Attraction
 I feel others should pay for how they have harmed my life

Examples of living in harmony/disharmony with this law

If I live in harmony with the Law:

- E.g. I do not get angry, frustrated or annoyed with myself when I run out of money
- E.g. I do not punish myself for what others have done to me
- E.g. I give myself time and space to work through my emotions rather than having deadlines
- E.g. I surround myself with people who support my desire to deal with causal emotions

If I live in disharmony with the Law:

- E.g. Saying to others they can bring their children as long as the children do/do not say/do certain things that you may attract. I am trying to avoid my own law attraction (avoiding what we fear).
- E.g. If I lie in order to prevent another person causing me pain I am avoiding my Law of Attraction
- E.g. If I refuse to speak my personal truth in order to avoid pain or anger
- E.g. If I choose to break God’s Laws in order to “avoid” my own Law of Attraction (really we just delay our own Law of Attraction, since our soul condition drives the Law)

Law of Forgiveness

Brief description of the Law

I freely forgive others just as God has freely forgiven me. This means I forgive **myself** as freely as I forgive others. (i.e. I no longer feel emotions of hatred, blame, resentment, dislike or contempt towards my self because I have released these emotions about my own actions which previously I felt guilt and ashamed about.)

How this law affects my love for myself

I am just as deserving of forgiveness as any other person
 I do not hold onto blame, or anger towards myself for the times I broke God's Laws
 I never reject myself or judge myself as unworthy or evil no matter what I did in the past
 Forgiveness is emotional forgetfulness of the things I have done that I felt emotions about
 Forgiveness is **NOT** emotional denial of actions/thoughts/words in disharmony with Love
 I try to feel my emotions about my actions/thoughts/words in disharmony with Love
 I love my body, mind, spirit body, and emotions without reserve or condemnation

What happens when I break this law in my treatment of myself

I damage myself emotionally, spiritually & physically by holding onto anger, resentment or shame of self
 I am prevented from forgiving others (because I have judgement about what I have done that they mirror)
 I prevent my own soul progression and growth towards God
 I prevent my growth in the connection with God (never be at-one in this condition)
 I damage others and my environment by projecting my denial emotions at them
 I damage my own body and cause illness and suffering within myself

What soul condition within me prevents me from being in harmony with this Law

Lack of forgiveness always comes from my wishing/attempting to avoid my own causal emotion
 I would rather punish my self than actually feel the pain within myself from what has happened

Examples of living in harmony with this law

E.g. I do not avoid people, places or events that I have previously "harmed" (unless they continue to want to harm me) because I am no longer ashamed of my own actions/words etc
 E.g. I don't have anger/resentment towards myself about my own actions that caused others/myself pain
 E.g. I am repentant for (felt all of my emotions) all of the times I have harmed myself or others in the past
 E.g. I do not treat others as if they are more important than myself because of guilt or shame of myself
 E.g. I do not depend on others for positive emotional support (this is an addiction of avoidance)
 E.g. I do not continue lifestyle habits that I know harm my body because I deal with the emotional cause

Law of Mercy

Brief description of the Law

Mercy or Grace is my choice to understand (by letting go of the emotions) that I am forgiven even though I have sinned against God, others or myself as long as I have demonstrated a repentant spirit.

How this law affects my love for myself

I do not refuse Divine Love or love from others in an effort to continue to punish myself for past "sins"
 I allow my own worthiness to grow, rather than destroying myself with unloving thoughts/actions
 I do not punish myself by treating myself badly physically or emotionally
 I am as merciful with myself as I am with others
 I never allow myself to "get away with" unloving emotions within myself without feeling their cause

What happens when I break this law in my treatment of myself

When I display mercy towards myself at the wrong time (lack of self-responsibility):
 I feel I can get away with unloving actions without their being a consequence
 I have a tendency to treat others as if they have done worse than myself
 E.g. We criticize others for lying; when I have had an abortion/been sexually promiscuous
 I place myself in the position where I continually treat others badly
 I am not humble enough to see myself truthfully, & I perpetuate my own unloving behaviour
 When I do not display mercy towards myself at all:
 I feel I am worthless, unworthy, unlovable, nothing and unredeemable
 I feel I cannot ever love myself, and refuse to receive the love of others
 I punish myself, blame myself, and resent myself even being alive

What soul condition within me prevents me from being in harmony with this Law

I have terrible emotions of self-shame that I am avoiding experiencing
 I have emotional beliefs from my childhood that I need to release of:
 I will never be good enough
 I will always be bad
 I am always guilty because I am a born “sinner”
 I am always at fault when others feel angry/upset with me
 I have been told in my childhood that I was the cause of abusive treatment towards myself
 I have childhood beliefs that others are always better than myself
 I have childhood spiritual beliefs that God is always disappointed and angry with me
 I feel I am more important than others; and so let myself “off-the-hook” with how I damage others
 I am unwilling to feel emotions that are the result of the “Law of Compensation”

Examples of living in harmony/disharmony with this law

If I live in disharmony with the Law:

E.g. Every time I see my parents they always berate me, but I continue to see them
 E.g. Every time my partner gets angry with me, I take it, and keep allowing it to happen

If I live in harmony with the Law:

E.g. If I have hurt others, I deeply feel the emotion of it, and feel the forgiveness from God
 E.g. If I really love a person, I want to feel the causal reasons within myself as to why I harmed them, and I am willing to work through the causal emotions and ask for forgiveness for my actions
 E.g. If I have cheated on my partner, I work through the emotions that caused me to do it, I feel sorrow for the pain I have caused my partner, and I forgive myself rather than punishing myself, or allowing my partner to continue to punish me

Laws of Natural Love***Brief description of the Law***

These are a combination of Laws that demonstrate how to love myself and others.

How these laws affect my love for myself

Love of self spiritually – caring for my connection with God
 Love of self emotionally- caring for and allowing all of my own emotions
 Love of self physically – caring for and taking responsibility for my own physical wellbeing

How these laws affect my love for myself

I do not respond to others demands for my love (they are not respecting that my love is a gift)
 I do not respond to others expecting my love (they are not respecting my love is a gift)
 I do not allow others to manipulate or control my actions
 Eg. If others expect me to give them my time at their request, they are being unloving towards me, & if I respond to that request, then I am unloving towards myself
 E.g. If others question me with the emotions within them of anger, rage, jealousy, resentment, criticism, goading or judgement, then I am unloving to myself if I respond to their control
 I do not sacrifice myself in order to love others
 I do not treat myself unlovingly in order to love others
 I do not respond when others expect me to treat myself unlovingly in order to please them
 I do not expect myself to give more to others than I would give to myself

What happens when I break these laws in my treatment of myself

I feel annoyed or angry with others for being “unloving” to me (the expectation causes anger)
 If I love myself already, I will not need others to be loving to me in order for me to be happy
 I feel hurt with others not doing/saying/feeling what I expect them to (the expectation causes pain)
 I feel the personal pain of sacrificing my self and my desires for the “benefit” of other people
 I feel emotionally exhausted and depleted when I spend time with specific people
 I feel that love is painful, rather than seeing love as the greatest gift I or others can give
 Others feel they can “demand” my love
 Others feel they can control, manipulate, or “guilt” me into doing what they want
 Others feel they can demand my emotional attention, and get angry with me when we do not give it

What soul condition within me prevents me from being in harmony with these Laws

Huge distortions about what I believe love to be (my beliefs about love come from my environment)

I have emotional beliefs of error from my childhood that I need to release of:

I believe sacrificing myself for others is a loving act

I feel that others emotions are more important than my own

I believe that the only way to receive love is to earn it

I believe that love is a chore or a duty

I feel I will be punished or blamed, or I am selfish if I don't sacrifice myself for others

I believe that when other people say that I hurt them then I am personally responsible for their pain

I am only responsible if I have broken God's Laws of Love

I have deep feelings that I am nothing, worthless, or empty of love

These feeling may be towards one gender specifically

Examples of living in harmony/disharmony with this law

If I live in disharmony with the Law:

E.g. I only serve or give to others when others have a positive reaction to the service or gift

E.g. I only give to myself when others have a positive reaction

E.g. I treat myself differently than I allow others to treat me

E.g. I feel guilt or obligation to family/friends when they want me to do thing for them

E.g. I am untruthful with myself or others about my true feelings

E.g. Whenever I am angry with myself

E.g. Others manipulate my emotional injuries to get what they want (in business and private life)

E.g. I sacrifice my physical and emotional needs for others sometimes without them even noticing

E.g. I allow others to pressure me to do what they want when I have told them before how I feel

E.g. I allow people in authority to pressure or control me because I am afraid of what will happen

E.g. I feel I do not deserve good things because other people have terrible lives

E.g. I allow other people to demand things from me without concern for my own welfare

E.g. I do things for others that they refuse to do for themselves

E.g. I allow others to harm myself (supplying me with drugs, alcohol, cigarettes etc)

Law of Divine Truth***Brief description of the Law***

I always live in harmony with God's Truth, as I know it emotionally.

How this law affects my love for myself

I live in emotional truth towards all people since loving myself means to be emotionally real with them

I tell the truth, and never withhold the truth, no matter what the cost because it is loving

I understand and feel deeply emotional about the truth being ALWAYS loving to myself

I understand and feel deeply that I cannot become closer to God without accepting His Divine Truth

What happens when I break this law in my treatment of myself

I feel the pain of sacrificing myself by not being myself in all situations in my life

I feel the painful emotions of never being myself or honouring myself in all situations

I prevent my own connection with God, and my eventual at-onement with God

I prevent my soul mate connection from ever being fulfilling

What soul condition within me prevents me from being in harmony with this Law

I have emotional beliefs of error from my childhood or my life that I need to release of:

Fear or terror about being punished for truth

Fear or terror about being punished for how we truly feel inside, or the real person we are

Fear or terror about fully experiencing all of my own emotions no matter what happens

Deep emotional beliefs that truth is always harmful and punishing

Examples of living in harmony with this law

Eg. If I have cheated on my partner, I will always tell them no matter what the "cost"

Eg. I always state how I feel to everyone around me, even if they look down upon me or punish me for it

Eg. If I know a Divine Truth I would never refuse to speak it in any situation

Eg. I love God and God's Truth more than anything else, no matter what seeming "price" must be paid