



Introduction

Do you know that you have the utterly astounding ability to consciously (and not so consciously) turn your thoughts into material things? As a human being you possess the phenomenal power of creation to manifest a dazzling array of things. From mere thoughts, we - as conscious human beings - are able to manufacture fantastic things like vehicles, planes and trains to transport ourselves; we produce clothes and grow food to adorn and sustain ourselves; and we can even create music, art and entertainment for personal enjoyment and self-expression.

Are you making full conscious use of your mystical, magical creative powers? And are you aware of where your supernatural abilities come from and how to best use them?

This paper provides an overview of 8 Natural/Spiritual Laws that affect your life and career. I want to share the fruits of my findings on these Laws so that you can use them to create more happiness, joy and abundance in your life. By my reckoning, if we all created consciously and with positive intention, the world would be a much nicer place!

By-the-way, more detail on these Natural/Spiritual Laws can be found in my book, ***Thank God It's Wednesday! The Business Professional's Guide to Realizing Purpose, Passion & Life/Work Balance.*** Enjoy!



Our creative ability to manifest and transform energy is all made possible by framework created and sustained by a set of immutable, invisible and ubiquitous Natural/Spiritual Laws that are in effect 24 hours per day, 7 days per week, and 365 days per year. These Laws govern the Universe, much like an operating system runs a computer. Set into motion by a Divine Intelligence, they provide a stable environment through which this self-aware energy can experience itself in an infinite number of ways through our personal experiences.

Outside of metaphysical discussions, most of us are barely aware of the existence of these Natural/Spiritual Laws, yet they regulate every facet of our creative ability at every moment throughout our entire lives. If knowledge conveys power, then just imagine the potential of living and working in full awareness of these Laws. What more could you achieve by understanding the Laws and using them with conscious intention? How comforting would it be to better understand why things happen the way they do? What changes would you make in your life if you knew the inner workings of the Universe? Exercising your creative ability using well-defined intentions and in full awareness of the "rules of the game" can only help you to succeed.

1) The Law of Vibration – this Law holds that absolutely everything, including your thoughts, is made up of moving energy. This living energy runs through all things and connects everything together, even though things may appear separate and unrelated. The human brain is a massive transceiver of frequencies that can penetrate and influence this unified energy field and provides you with an extraordinary power to alter both you and the rest of the connected world.

Practical Use: You are constantly emitting and receiving frequencies (waves of energy) – as is everyone else. Recall a time when you met someone for the first time and took an instant liking to them (or vice versa). Why was that? It's because without knowing one thing about a person, you still get an instant "read" on their energy. From this feedback you intuit their frequency alignment to yours, sense their level of openness and feel their unseen intentions. It is commonly referred to as "intuition," and it is really just the

ability to interpret energy – which we can all do. Therefore, stay tuned into your intuition as it is the sensor of the invisible energies that surround you.

*“Thinking positive thoughts
results in positive results.”*

2) The Law of Attraction - flows from the Law of Vibration and holds that “like attracts like,” and people attract other people, events and things that match the energy (positive or negative) that they project. The short of it is that thinking positive thoughts results in positive results, and similarly, thinking negative thoughts attracts undesirable results. It’s really all about what you tune into (and tune out).

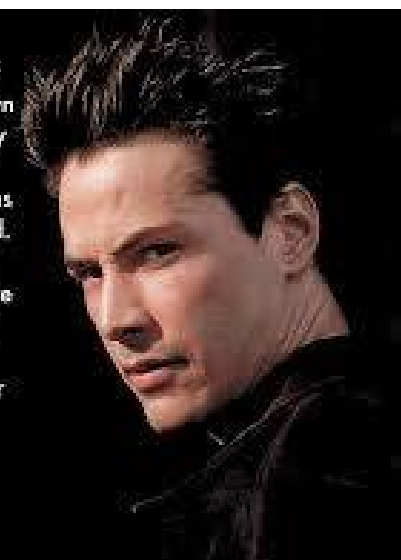
Practical Use: It’s dangerous to be unaware of this law. The reason is because what you tune into is what shows up. If your attention is centered on things that you DON’T want, you will manifest these things just as easily as those things that you DO want (think the giant Stay Puft Marshmallow Man in the movie “Ghostbusters”). Therefore, when you keep the things that you really desire in the front and center of your conscious awareness, you will attract the situations, events, people and resources that you need to achieve them. Hint: If you are feeling good, then you are focused on things that you want and that make you happy. If you are feeling uptight, apprehensive or fearful, then you are probably focused on things you don’t want. Make it a habit to monitor the thoughts coming out of that massive transmitter sitting on top of your shoulders.

3) The Law of Cause and Effect - this Law states that all happenings, or changes in energy, are a result of thought, word or deed. Cause always precedes the associated effects and every effect has a root cause. This Law holds that there is no such thing as “chance,” or the possibility of something happening without an originating cause.

Practical Use: This law holds that humans can influence their environment and that we are creators of our own reality. As an example, exercising causes the body to be fit and over-eating is a cause for obesity. The outcome, or effect, is the result of personal choice, or cause. Align your thoughts, words and actions to your positive intentions and you will reap all the benefits that this law has to offer. Accept 100% responsibility for your life and take full control of it, knowing that the things you do will result in either reward or consequence. Don't like the effect you're getting? Then examine what in you is causing it. Your "outer game" is merely a reflection of your "inner game." That is, what you're experiencing is a reflection of the energy you are putting out

4) The Law of Relativity - states that nothing has value or meaning unless it is related to something else. Stated simply, the Law of Relativity is the basis for all experience. You cannot define and comprehend anything without having something else to compare it to.

Practical Use: It is difficult for us to empathize with others if we have not ourselves had similar experiences. Our brains need data points in order to be able to comprehend the information provided to it by our physical senses. Telling young children that fire "burns" will have no meaning to them until they personally experience fire or see the effects experienced by someone else. We comprehend and understand things through the experiences afforded to us by our sensory perception. This can be put to use when communicating with others. When interacting with others, take into account that they have a unique set of metrics that they use to interpret and appreciate your meaning. When speaking, augment your words with analogies, references and examples. When listening, stay compassionate.



"The recognition of the law of the cause and effect, also known as karma, is a fundamental key to understand how you've created your world, with actions of your body, speech and mind. When you truly understand karma, then you realize you are responsible for everything in your life. It is incredibly empowering to know that your future is in your hands."
Keanu Reeves

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5) The Law of Polarity - states that everything has an opposite so that balance can be sustained. Hot and cold, up and down, light and dark - opposites are identical in nature and only differ in degree. Taken with the Law of Relativity, it can be understood that opposites not only exist but also that they create the possibility to have "experiences" via contrasts that exist on the physical plane.

Here's a simple question that helps frame-up the Law of Polarity: "How do you know what pleasure is?"

Practical Use: Evil, darkness, and pain all exist so that we can experience and appreciate their opposite. While the "undesirable" exists - and you will inevitably experience it - you do not have to remain mired down by or attached to it. Move through bad times and problems by staying focused on good feelings and the knowledge that the opposite exists. Also keep in mind that within every perceived problem there exists a solution or set of solutions, and within every perceived failure lays the ability to succeed.

6) The Law of Transmutation - states that all energy is constantly shifting forms. Energy is never created or destroyed, it simply moves from one state into another. Your very thoughts are able to transmute energy into material and tangible creations all the time.

Practical Use: The underlying principle of this Law is that *the only constant is change*. If you resist change, you will feel like you are swimming against a riptide in the ocean and experience difficulty and challenge. When you remain open to change and uncertainty, you stay receptive to new learning, improvement, and growth. In tandem with the other Natural/Spiritual Laws, the Law of Transmutation enables us to use our creative



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powers to affect change in the world around us. We all have the power and ability to change despair into bliss, intolerance into compassion, and even hate into love.

7) The Law of Rhythm - everything on the physical plane is subject to natural cycles. It is the cadence of the Universe breathing in and out and works in tandem with the Law of Polarity to provide contrast and the basis of experience and knowing different states of being. How dreadfully boring would it be if everything stayed the same all the time?

Practical Use: All energy moves in a rhythm, pulsing and swaying between the boundaries set by the Law of Polarity. The way you move through life is your personal rhythm and will enable growth, healing and ever increasing levels of awareness. Observe your emotional, mental, physical and creative patterns with regard to good and bad moods, health and sickness, strength and weakness. Notice when you feel naturally great and when you feel thoroughly thrashed. These are your personal biorhythms. Physical faculty, mental aptitude, emotional stability and creativity ability all follow natural cycles. Get in tune with your natural rhythms and accept the down-cycles with patience and grace, and make your boldest moves in the up-cycles to find ease and flow.

“The Universe never says ‘no,’ it merely requires your patience while it works out the details.”

8) The Law of Agenda - governs how and when things get done in the Universe and holds that there is an order to manifesting all that is requested of it through human attention (focus) and intention (intensity). With billions of beings manifesting their creativity individually and collectively, it's an unfathomable feat to get everything to work together to meet the demand. The Universe never says “no,” it merely requires your patience while it works out the details. Little has been written about this obscure law because little is known of its workings. The Law of Agenda is basically the secret sauce of the Universe. It takes every desire and intention in the world and serves up individual results. It is like an incomprehensibly powerful CPU that computes how everything gets resolved in an orderly way. It also acts like a natural circuit breaker for

Practical Use: Like an incomprehensibly large sliding word puzzle, the Law of Agenda moves all the pieces and parts in place to serve your desires within the limits of the other Natural/Spiritual Laws. Two aspects to be aware of regarding this Law are; 1) keep an open mind as to how your hopes and dreams show-up (often they don't appear exactly as expected), and 2) you can expedite the function of this law by keeping your attention and intention on what you desire – just make sure that desire aligns with who you really are and your purpose.



Summary

There are, of course, other Natural/Spiritual Laws, but the 8 noted above are the ones that affect human beings the most in their daily lives. By making yourself consciously aware of what they are, you will be able to make better decisions in your life and in what you choose to do. Thank you for taking the time to read this paper and I hope that it provides motivation for you to go make positive changes in your life and in the world – and to use these 8 Natural/Spiritual Laws with conscious intention.



About the Author



Mark Langford is Harvard MBA turned Corporate Shaman. Mark has over 25 years of experience working for start-up ventures through Fortune 500 companies, both domestically and abroad. His mission is to help reconnect people with their Source Energy in order to unlock passion, creativity and personal genius in the place where they spend the majority of their waking lives – at work. His new book: *Thank God It's Wednesday!* is available on Amazon.com. His web site is: www.TGIW.com. He Tweets under the handle of #TheCorpShaman and his Facebook page is TheCorporateShaman.

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