

10 SIMPLE SECRETS OF THE UNIVERSE

THAT CAN CHANGE YOUR LIFE

BY JULIA GRIFFIN

THE LITTLE BOOK FOR BIG CHANGES



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You Are Loved

You have always been loved.

You are loved by the Universe.

The trees, plants and flowers love you.

They know when you walk by. The animals know too.

They see a part of you that can awaken at any time.

This part of you is a special place in your Heart.

When it awakens, you feel love.

Then You Know...

YOU ARE LOVED BY THE UNIVERSE.

Each time this special part of your heart awakens

You feel more love

More alive

Then you receive more love from Nature, from God,

from the Universal Light

And, then, you become Love.

You and the Universe begin to speak the same language.



We experience The Universe through Duality

We experience the Universe or the One/the All as light and love.

The One is in the All.

The All is an expression of the One.

Our Universe is seemingly dual.

Our world appears to us in dual forms, such as experiences of light and darkness, night and day, or winter and summer.

We experience ourselves through duality as an ego and soul.

Your True Self is the resolution of these two dualities,
the integration of the ego and the soul,
the marriage of the two sides of you.

This creates a third thing

– who you really are –

the part of you that can create what you really desire.



Balancing Duality

Our hearts balance the energy so that we can balance knowing
and feeling. When we can do this, we are centered in our hearts.

Everything is aligned with the One.

It is easy to see the One in the All.

It is also called the flow;
the Universe flows through us,
and we are anchored in doing and being simultaneously.

It is joyful.

There is a secret space in the heart.
When you find this space, the Universe begins to open.

If you simply focus on it,
Eventually you find this special space.

For now,
Just send love (pink love) to you
And the people that you love
Because they are a part of you, too.



You Create Your Reality

Everything changes in the moment of this discovery.

When you discover that your reality is a mirror of you.

The more that you become aware of it, the more reality accurately reflects you.

You learn through time that you can change it,

By seeing or feeling life differently from the perspective of your True Self

Then the realization comes....

Positive change in your life is most easily created by Loving You.

This is part of the Language of Love.

And, now, you are learning to speak it.

The more you speak it. the more life will respond to you.

Try it now.

Love you, love your work, love your body, love the world

In all of its imperfection, so that you can see

The Perfection

And love will come to you.

The Process of Creating is Simple.

METAPHYSICS TEACHES A SIMPLE FORMULA:

Connect with the Divine

Desire whatever you want with all of your heart

Create an image of it with your mind

Feel it emotionally with joy and calm

Sense it with your body as though your desire is manifest now.

Repeat, repeat, repeat

Until your image and desire feel and seem “real”.

Then your desire will manifest in physical reality.

It will be real.

Meditation - Connection with the Universe or God

Desire – a passionate desire for change or to create anew

Thought – an image of the desire, sometimes step-by-step, a plan

Feelings – your emotions or feelings about you and what you create

Sensation – how you perceive the change through your physical senses



It Takes Practice & Courage to Change Your Life.

Is this a Risk?

Is it more of a risk than staying the same?

Being comfortable, knowing that tomorrow will be the same

As today?

When you are willing to change you

through persistence and devoted effort

You continue meditating, seeing life differently, making an effort

And, at some point, you surrender

Because no one can do it alone.

When you would do anything to change

And you have done everything

But nothing changes

And you surrender to Source

The One or the All

Then everything changes,

But mostly You.

Here is Another Secret: You Have To Want It.

You have to want the change.
You have to want the change so much
that you are willing to change you.

How many things have you ever desired with all of your heart?

What would you risk for You?

Would you change locations?

Would You Fall in Love?

Change your job?

Change your habits?

Change You?

Or Devote Yourself

To the Belief that You Can Create?

Be a New You
Become the person
Who You Truly Are.

The Earth Responds to Love

MATTER REPRESENTS THE PHYSICAL;
MATER MEANS MOTHER EARTH

Your body is made of the same fabric as earth
So it responds to Love
You can heal yourself, your body
By Loving Yourself.

Look in the mirror and say, "I love myself."
Look at your body and say, "I love me."
Love your self
Say this to a plant so that it will flower
When you speak love
Matter listens.

When you see the good in the world,
Matter responds.



The Earth also Responds to Light

You are also a Star
Made of dazzling light
A light body resides inside your physical body
Light represents the spiritual.
When we align with Universal Law, the light comes.
You are light and love.
Wherever you send light or love, your life will heal
Prosperity, Abundance, and Happiness
Appear.
Light and Love are characteristics of your spiritual
and physical nature.
When they dance together, like stars,
You experience Oneness.
The All.



YOU Are The Answer

You are the answer that you have been waiting for....

You are the only person who can awaken in you
A world filled with angels, light, beauty and love.

UNDERSTAND

That you are the person who will find the answers

In this world

Whether through teachers or prayers or angels or study

By connecting with All or the One.

To Create Change

To Return to Your Original Presence.

You are the light in the Universe

Beaming through your deepest darkness

Who is the answer to you.

So LOVE YOU.

