

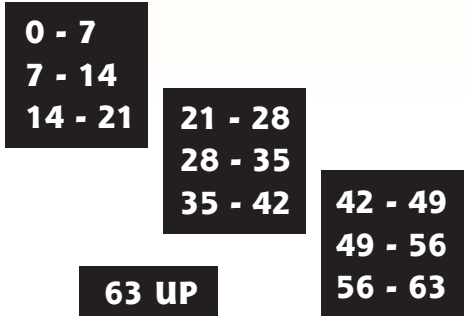
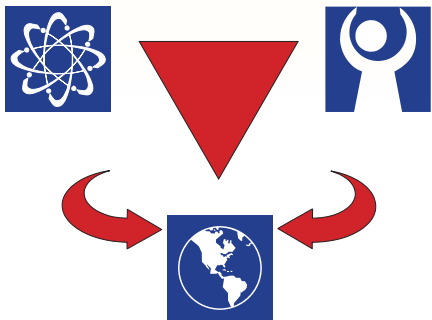
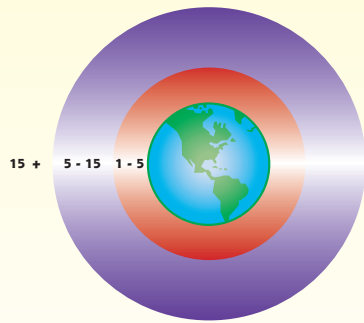
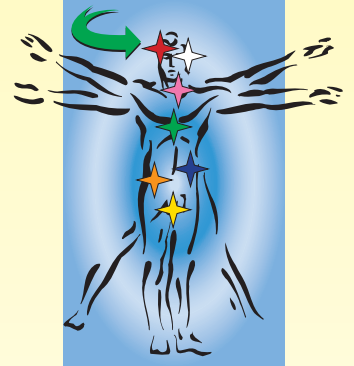
# The Universal Laws of Life™

## Practical Workbook and Study Guide



LIFE PURPOSE

- Prophecy
- Clairvoyance
- Clairaudience
- Healing



Second Edition



**Inner Expansion**  
Workshops for the Soul®

# Practical Workbook and Study Guide

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# INTRODUCTION

Over the last twenty-nine years, I have had the unique opportunity of sharing with people in 13 countries about inner peace and the tools that it takes to get balance in life.

Everyone is searching. We are all searching for our identity, our purpose in life. As many people have said, “Life is simple.” Sometimes it’s not easy – just simple. If we don’t make the best of it, who will?

In this workbook, you will discover who you really are. No one can take that away from you. You are very unique and are the only person who can clarify what you have come to do. Don’t try. Don’t put pressure on yourself or prove yourself. If you have to prove yourself it means that you don’t believe in yourself to begin with.

Our lives are shaped by the first seven years of life. Every “Universal Law of Life” described in this workbook revolves around this cycle. Whatever we create between our first year and our seventh year will affect us for the rest of our life. We are the only ones who can change it.

We are all leaders of self. If you ask someone else what to do, you are following their direction, not yours. It is important to believe in ourselves, to follow our own hunches and impressions and create the vision for our own life that is true to us. If we don’t do it, it certainly won’t get done.

So take some time for yourself. Contained in these pages are genuine techniques to help you help yourself. By the end of the eight weeks it takes to go through the Community Involvement Circle and the Personal Regrouping Program, you will know and understand more about yourself than 99.9% of the people on this planet.

You will be able to clarify, either with a circle of like-minded souls such as yourself or by regrouping personally, the true meaning and purpose of your life through the Universal Laws of Life™. Take each symbol, one-at-a-time, and regroup your sensitivity and your life direction. You will be amazed!

My purpose in life is to help you organize all of this for yourself. You do not need anyone else to tell you what to do. You already have your life plan. All you need to do is discover what it is!

Howard Wimer, Founder  
Inner Expansion Workshops, Inc.

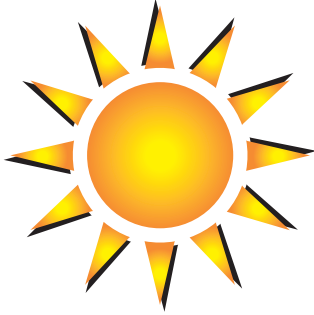
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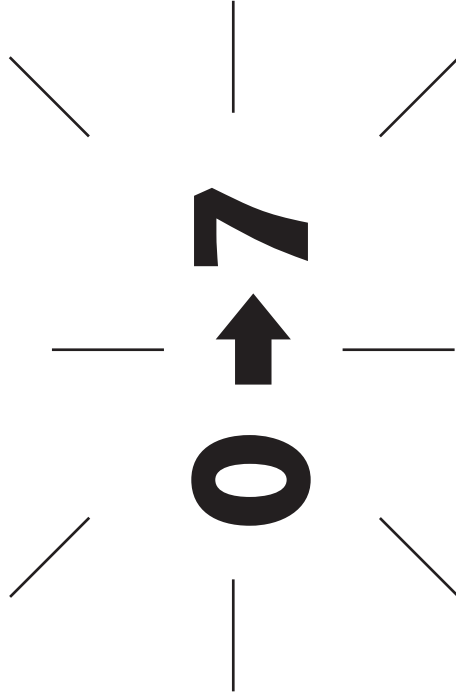
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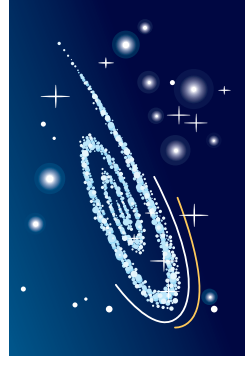
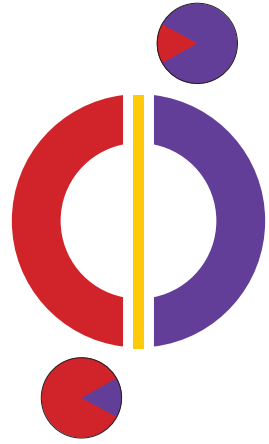
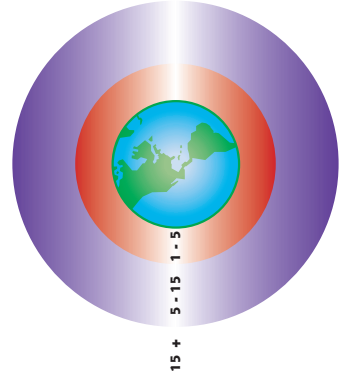
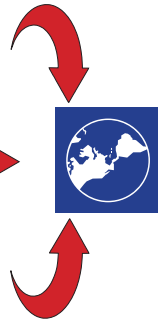
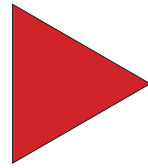
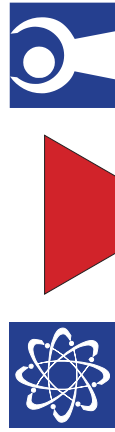
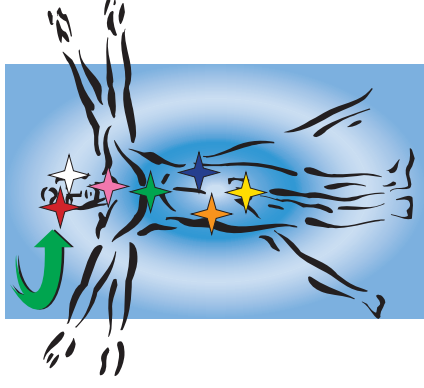
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LIFE PURPOSE



- Prophecy
- Clairvoyance
- Clairaudience
- Healing



# NOTES

# PERSONAL REGROUPING PROGRAM GUIDELINES

## I. MORNING CLEANSING

- *Personal Energy Cleansing Exercise*
- *World Cleansing Exercise*
- *Morning Meditation – Ask your spiritual helpers to come close to you and ask them to share whatever they want with you. Be open to impressions, visions, ideas and feelings that may come to you. You can also ask them to interpret the symbols from your dreams. Remember – you are the only one who can interpret your own symbols. Write down your answers.*
- *Setting My Energy For The Day – Ask any questions that may come to you about your life situation and experience. See what comes to you and write down your impressions.*

## II. DAILY WORDS FROM GUIDANCE

- *Ask Guidance for a “word” or a “feeling” for the day – Write down the first word or feeling that comes to you. Do not analyze or doubt it.*
- *Ask Guidance to give you an impression, a vision, an idea(s) or a feeling for what needs to be accomplished for the rest of the day – Write these impressions down on paper and put them in the form of projects and/or a checklist for the day. You can also get impressions for what needs to be done on a weekly basis as well.*
- *Do a cleansing of your immediate area (i.e. World Cleansing Exercise) especially where you will be traveling for the rest of the day. This could be where you work or shop or other places you will be going during the day.*

## III. MIDDLE-OF-THE-DAY REGROUPING

- *Regroup with Guidance on what you have learned so far today. Take the time to do the Personal Energy Cleansing exercise, ask your angels to come close and regroup on your experiences based on the key word you received in the morning. See what impressions you get.*
- *Ask Guidance to give you an impression, a vision, an idea(s) or a feeling for what needs to be accomplished for the rest of the day. This is a good way to recheck on what you received in the morning and if you are on the right track. You can always be flexible with your schedule, but it is a good idea to go back to the big picture and make sure you are on the right track – physically and spiritually.*
- *Do a cleansing of your immediate area and where you will be traveling for the rest of the day. This way, you can set the energy again.*

#### IV. EVENING REGROUPING

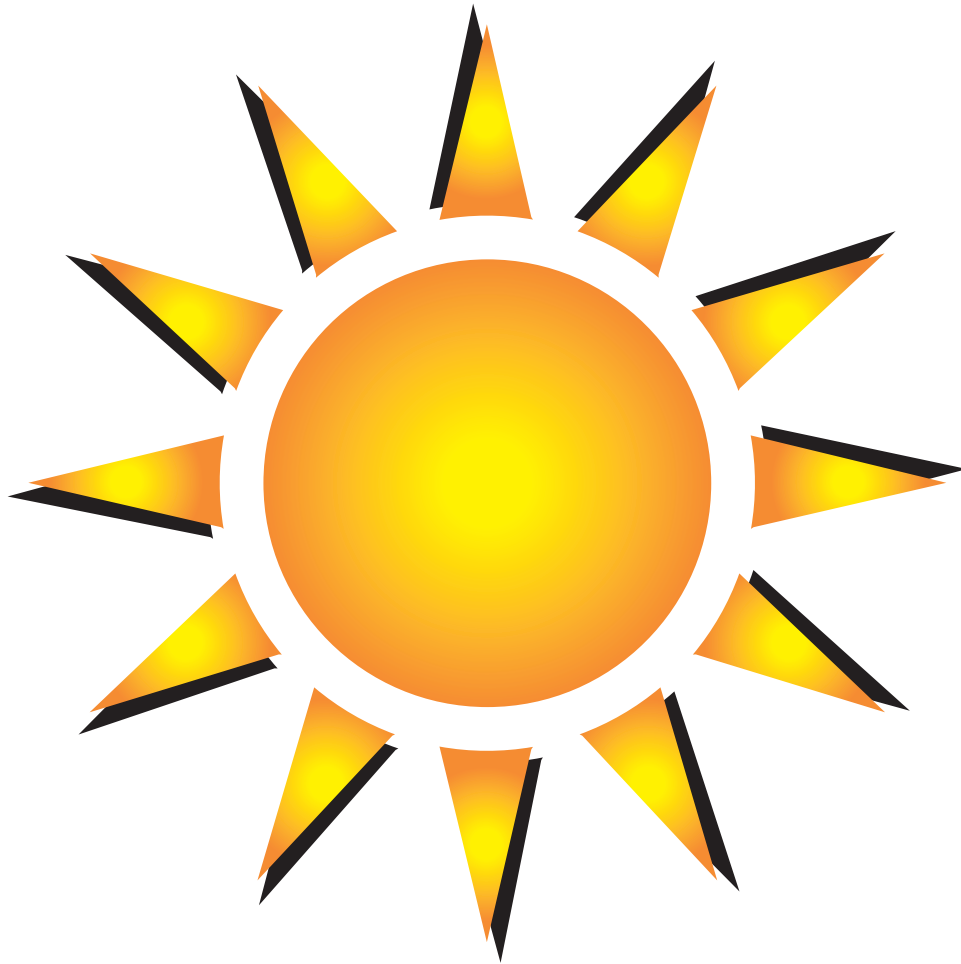
- *Ask Guidance what you learned today based on the word you received in the morning. By this time, you have had the whole day to reflect on why your angels gave you this particular key word in the morning.*
- *Review your accomplishments and make a list of what needs to be done tomorrow. Although, it is usually best to start making your plans for the next day around 4pm, you can simply recheck your list and make sure you have accomplished what you needed to. If not, add it on to the next day's list.*
- *Tell Guidance what you want to learn spiritually throughout the week. This is the key to being successful every minute of the day and being at the right place at the right time – all the time. If you want to learn about patience – tell them. Just make sure this is what you want to learn.*

#### V. JOURNAL REGROUPING QUESTIONS FOR THE WEEK

- *Either in the morning, during the day or in the evening, these weekly journal questions will help you organize the wisdom you have inside – and bring out the most from the chapter on each universal law.*



**CHAPTER 1**  
**The Law of Spiritual Guidance  
and Life Purpose**



**LIFE PURPOSE**

Everyone comes to planet earth with a team of spiritual guides or helpers to back them with their life purpose. These are souls that have accomplished everything you are involved in one way or another and have mastered it in themselves. This is why you chose them.

Before you were born, you and your guardian angels started to send energy to your physical body in the womb to help it grow and mature into a normal human being. This is why there is always a beautiful “aura” around pregnant women a few months before they give birth.

The silver cord starts to attach itself a few weeks before birth. If everyone understood what happens spiritually as a soul moves into this school, then there would not be the moral issues created around the birth process. Of course, if you destroy the physical body before it has a chance to come in to do its work, then the soul has to find another avenue or wait until a later time to accomplish its purpose. At the same time, since our true nature is that we are a soul and not a physical body, it is impossible to keep a soul from entering the planet one way or another. There are many souls that have to wait for a long time to be able to come back in.

Most people are taught that they have at least one guardian angel or spiritual guide. For people who came with a life purpose to accomplish more in the physical realm, there is not a great need for more than one or two guides to help them. These are the people who only need an inspiration to help put great theories together.

For people who came to work with people, however, it is not unusual to bring three or more spiritual helpers with them. It is important to understand how to communicate with people from all walks of life. Communication is the key to living a successful life. If you can't communicate with yourself, it is invariably more difficult to communicate with others.

There is a Biblical passage that emphasizes this inner communication:

*If a man have an angel to whom one would listen once in a thousand times, the angel would show him the way of uprightness.*

*JOB 33:23*

If a person comes from a more traditional or religious belief system, he or she will usually refer to this divine inspiration as “angels” or “the Holy Spirit.” If someone has studied metaphysics or is involved with Eastern philosophy, he or she is more likely to call them “guides.” Whatever you call them, they are one and the same. There are not ten million different systems in the Cosmos, there is only one. Unfortunately, there are ten million different names for the same experience or phenomena.

This is why there is so much confusion or competition on planet earth. Actually, the word “angel” comes from the Hebrew word “mal’akh,” meaning “messenger.” The original term came from the Persian (angeros) and the Greek (angelos) which means “courier.” All of these names refer to a celestial spirit who gives us divine guidance from the universe. Since most of ancient culture is based on experience and not scientific

theories, these people knew they received inspiration from something apart from themselves.

Your spiritual helpers or guides are not people you have known during your lifetime. They are souls who have learned every lesson there is to learn on planet earth and they are there to help you to get to their level of awareness. They are totally benevolent. This is what makes a “high soul.” Just because an individual is an “old soul” doesn’t mean that they have “graduated” from the earth plane. It takes someone who has mastered their experience on planet earth to help someone else really understand who they are and where they are going in life.

They needed to have a symbol to communicate to the masses about this inspiration. There is a bird that never starts to fly until it knows where it is going. This is the dove. When they wanted to symbolize the crystal-clear message from these helpers, they decided to put wings on the body of a child. This is where the image of the cherub was born. It can also be traced back to the original Greek and Roman mythology of “Eros” and “Cupid” - both symbols of divine love and inspiration.

Of course, our guardian angels do not really have wings. This is the conception of the original artists. The Bible is full of symbols and parables. This is so that everyone can relate to it and be able to receive inspiration at their level of consciousness. If we take all of the religious writings that have become available to us throughout the ages literally, we miss the point or essence of what the author was telling us. Because of the many translations through history, sometimes even a word or phrase can change the meaning of an entire concept.

People think that they cannot talk to their guides or angels, but the opposite is true. You are always receiving inspiration from your spiritual guidance. As a matter of fact, it is not unusual for you to pick up 80 to 90 hunches or feelings a day from them.

When your angels or guides come around you, they give you a surge of energy throughout your nervous system. Some people call these “chills or goose bumps.” In Hawaii, the native people call it “chicken skin.” Whatever you call it, it means that your angels are close to you and want to communicate with you.

Sometimes they want to tell you something that will help you accomplish your life purpose. At other times, it is to warn you not to move in a certain direction. You have the ability to communicate with them directly. Since they are energy – and you are energy, there are practical techniques which enable you to develop a two-way communication.

They will always be with you no matter what. Even if you decide to go off on a different path than what you originally planned, they will always protect and guide you. They will never put you in situations that you cannot cope with. Even if you end up very confused, they never judge or tell you what to do. They have ultimate patience because they have been through it. Once you realize that you have gone down an avenue that may not be healthy for you spiritually, then your spiritual guidance can assist you more and you will feel closer to them.

Have you ever had the experience where you felt that you were being guided or that you said something that you did not know you knew? This is when your spiritual guides are really working closely with you to help yourself and the people around you. Consider them a team, a spiritual Board of Directors of your life, so that

you do not put them higher or in greater esteem than you have for yourself. Remember, they are no different from you. They are simply more organized spiritually and they do not need to return to this school to learn more lessons. They have already mastered everything here.

Your life purpose is not to build great buildings or find the cure to the great diseases that are plaguing mankind. These are the byproducts of our purpose for being here. Your real purpose is the spiritual message that you came to share with people everyday. Of course, you have to do it for yourself first.

Some people think that “someday” they will achieve their purpose in life. Guess what? You have been doing it your entire life! You are an example of how you live your life. Have you ever wondered why certain people are attracted to you and maybe not to others?

This is because they came to learn something from you. We all learn from each other, but sometimes this feeling or affinity is very strong. Believe it or not, it is true that when we get impatient with certain people, it is because they have not quite learned what they need to learn from us yet. Isn't that why it is important to be patient with others around us while they are searching for their niche?

We have all the help we need to be successful in life. You do not need to be rich to be happy, although it is also important not to deny yourself as well. Many people think that by acquiring many possessions that this will make them happy. There is a big difference between being comfortable and being happy.

Your spiritual guidance will help you acquire and achieve whatever you need to accomplish your life purpose. You did not come here to deny your needs or your wants. The key is to enjoy everything you have and not let anything keep you tied down to the point where you never do what you came to do.

If you are depressed, it means that you do not have personal direction. You may feel that others control your destiny. Only when you realize that no one can keep you from accomplishing what is right and good in your life, will you earn back the enthusiasm that is so important.

Your spiritual helpers cannot do anything for you. You have to do it for yourself. This is why some people pass on without fulfilling their purpose. They may feel that it was up to someone else to tell them what to do. They end up confused. Only by setting your own personal direction, can your spiritual guides help and back you to achieve your life dreams.

# Personal Regrouping Program

## Week 1

### I. MORNING CLEANSING

- *Personal Energy Cleansing*
- *World Cleansing*
- *Morning Meditation*
- *Setting My Energy For The Day*

### II. DAILY WORDS FROM GUIDANCE

- *Ask Guidance for a word for the day*
- *Ask Guidance to give you an impression, a vision, an idea(s) or a feeling for what you need to accomplish today*
- *Ask Guidance to help you make this the best day you have ever experienced*

### III. MIDDLE-OF-THE-DAY REGROUPING

- *Regroup with Guidance on what you have learned so far today*
- *Ask Guidance to give you an impression, a vision, an idea(s) or a feeling for what needs to be accomplished for the rest of the day*
- *Do a cleansing of your immediate area and where you will be traveling for the rest of the day*

### IV. EVENING REGROUPING

- *Ask Guidance what you learned today based on the word you received in the morning*
- *Review your accomplishments and make a list of what needs to be done tomorrow*
- *Tell Guidance what you want to learn spiritually throughout the week*

V. JOURNAL REGROUPING QUESTIONS FOR THE WEEK

1. *How can I slow down and enjoy life more?*
2. *In what ways can I make people more important in my life?*
3. *In what ways am I trying to please others too much, and how can I please myself more?*
4. *Start keeping a note pad of all of your inspirations during the day. Then see where they fit in your life.*

**CHAPTER 2**  
**The Law of Spiritual  
Communication**

**Prophecy**

**Clairvoyance**

**Clairaudience**

**Healing**

There are four ways in which a person communicates with himself or herself personally and with others. These are called the “gifts of the spirit” or spiritual gifts. Some people even call them psychic gifts.

When you are born, you choose which gift is going to help you the most in order to accomplish your life purpose. Even though you have all of these gifts within, you rely on this main avenue of communication to make your decisions. If you follow your first impression, you are always right.

The first spiritual gift is Prophecy. A prophetic person is said to have “inner hunches or knowings” about what is going to happen. They often pick up feelings or thoughts in the future. They will even finish your sentence before you have a chance to continue. They make great managers because they are able to keep a big picture of many different projects all at the same time. When a teenage Prophetic child does their homework, do not be surprised when they have a book open, a television on, the internet booting up or are carrying on a conversation with one of their classmates – all at the same time – and still make the grade!

These people love to be creative and often become artists, musicians and philanthropists. In business, they are accomplished executives and can coordinate and communicate effectively with people. As a matter of fact, they see the potential in others before they even see it in themselves.

The challenge for Prophetic people is to stay interested in all those projects that they start. They would much rather delegate to someone else the finishing of a project they were so excited about at the beginning. Once it becomes a routine, they get bored easily. They also have a tendency to procrastinate because of this and will sometimes not trust the hunches or impressions they pick up so readily.

When this person is balanced, he or she will stop being a workaholic and become an example for other leaders to follow. Their ability to work with people is well known and they are often considered to be the “actors” of the world. They keep a balanced perspective and help people to help themselves without smothering them or giving them advice.

People with the spiritual gift of Clairvoyance see in pictures. They visualize everything. When you are talking with them, it is important to paint them a picture of your experience.

They love to read. If they can see it in their mind, they can create it for themselves. It is sometimes hard for a visual person to be flexible because their picture is so rigid. They even say “no” three times before they finally agree with you that this might be a good thing to do.

Sometimes people with this first gift think that they are not as smart as others around them. In reality, they are very smart. Once they can see the pieces of the puzzle in their mind and how it fits in the overall picture, they are more organized than any other of the gifts.

People with Clairvoyance as their first gift make great professors or teachers, designers and decorators. They gravitate toward professions where they can see themselves making a difference in the world. Sometimes they are called the “beautiful people” because of their tremendous concern for their personal appearance. Colors



are very important to them.

They can also see auras very easily. If you have a negative thought, they can see this in your energy. If you are thinking positively, they can see that, too. They often say, “Out of sight. Out of mind.” If they do not want to associate with you, they will put you out of their mind forever. You have to earn their respect.

When this type of person is under pressure, they sometimes see the dark side of life because they feel they are not perfect. They can get depressed if they don't see the solution to a problem. They will blame others because they don't want to look bad themselves. Once they are in balance, however, they can create great visions for people to follow. They can see where everyone fits in a project. Because they see this overall picture and all the steps in-between, they usually set very high standards for themselves and others.

The Clairaudient person is a natural leader. They realize that in order to be successful, a person must have all of the facts. By having the what, when, where and why of a project, they have the innate ability to keep things simple.

When they are children, they do not like people to touch them without permission. They can sometimes become withdrawn because too much chatter becomes overwhelming. Because of this “running conversation” in their mind, they come up with great ideas.

Once a Clairaudient person gets an idea that they believe in, they don't stop until it is accomplished. They are great delegators because they do not want to be involved with details. They receive inspiration from their spiritual guidance through thoughts and the “still, small voice within.” They have a tremendous respect for themselves and others and will go the extra mile with you if they feel you are sincere. If you disappoint them, they will forgive you but they never forget.

These people become great leaders in society, such as presidents of companies, heads of State and diplomats. If they believe in what they are doing, they will do whatever it takes to get it done. If they put themselves under pressure, however, they will sometimes become very overbearing and undermine people around them. When they are in balance, they are very direct and honest and have a reputation for being quietly gentle and fair in their dealings with people.

A person with the special gift of Healing has the unique ability to help everyone feel good about themselves. They are enthusiastic and bubbly people with an intuitive sense of what people need. Because they love to inspire people to fulfill their life purpose, they realize that people are more than just a physical body.

When in balance, they can tell where a person is hurting physically and spiritually. They gravitate toward the healing arts, such as medicine and helping others who are in need. They are greatly concerned with details and love to work with their hands.

It is important for this person to be detached, however, because they sometimes get caught up in the emotions of others easily. They can become very depressed if someone else is giving off negative energy around them. If they go shopping in a large Mall, it is difficult for them to throw off the feelings they pick up from others.

Once they learn to stay in their own energy and not let others affect them, they become a powerhouse of energy and can move mountains with their inspiration. They can rally people together and give them a sense of purpose and desire to accomplish.

Since everyone has all four of these spiritual gifts, each one plays an important role in your communication. Prophetics receive inspiration from their spiritual guidance through inner hunches and impressions, Clairvoyant people receive pictures and visions, individuals with the first personal gift of Clairaudience hear thoughts and ideas and Healers get a feeling impression for what needs to be done.

By understanding yourself more through these innate psychic or spiritual gifts, you can learn to relate to everyone. If you are talking with a person with a gift other than your own, you will be able to communicate effectively.

# Personal Regrouping Program

## Week 2

### I. MORNING CLEANSING

- *Personal Energy Cleansing*
- *World Cleansing*
- *Morning Meditation*
- *Setting My Energy For The Day*

### II. DAILY WORDS FROM GUIDANCE

- *Ask Guidance for a word for the day*
- *Ask Guidance to give you an impression, a vision, an idea(s) or a feeling for what you need to accomplish today*
- *Ask Guidance to help you make this the best day you have ever experienced*

### III. MIDDLE-OF-THE-DAY REGROUPING

- *Regroup with Guidance on what you have learned so far today*
- *Ask Guidance to give you an impression, a vision, an idea(s) or a feeling for what needs to be accomplished for the rest of the day*
- *Do a cleansing of your immediate area and where you will be traveling for the rest of the day*

### IV. EVENING REGROUPING

- *Ask Guidance what you learned today based on the word you received in the morning*
- *Review your accomplishments and make a list of what needs to be done tomorrow*
- *Tell Guidance what you want to learn spiritually throughout the week*

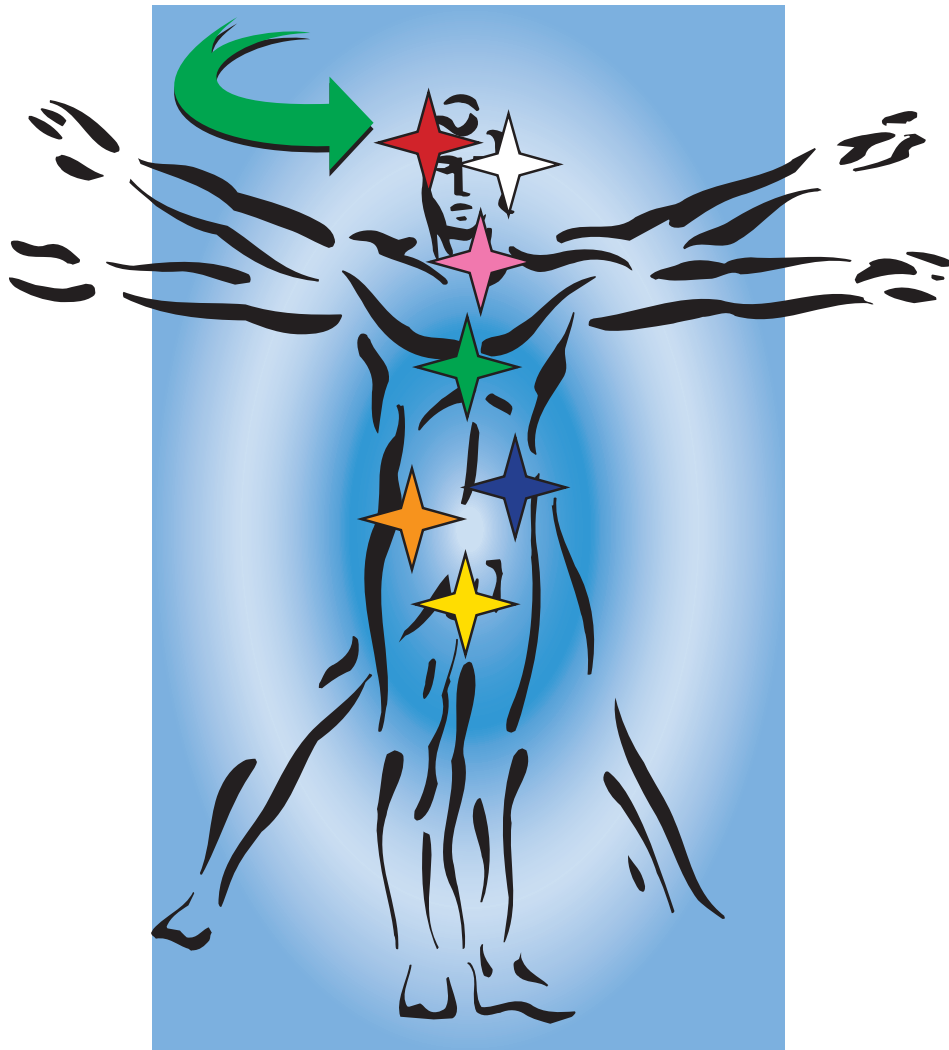
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JOURNAL REGROUPING QUESTIONS FOR THE WEEK

1. *Meditate on the color purple (Prophecy) and write down your inner hunches and impressions about the future.*
2. *Meditate on the color yellow (Clairvoyance) and note the pictures you see in your mind.*
3. *Meditate on the color red (Clairaudience) and write down your inspirational ideas.*
4. *Meditate on the color blue (Healing) and note your feelings.*

# CHAPTER 3

## The Law of Spiritual Energy



Have you ever wondered what your true nature is? You are energy. If you look deep enough into your physical body, it is made up of molecules and atoms. You could say you are intelligent energy or universal intelligence.

You cannot destroy that energy. As a matter of fact, you cannot create it or destroy it. It just is. Albert Einstein let us know that matter is only a reflection of our spiritual energy. Your physical body is made up of all of the elements found in the earth. This is why in the Bible they say that the physical body returns to the earth or to dust when we die.

You really don't die. You simply make a transition. Your physical body dies. But it is virtually impossible for you, as a unique soul, to die. You are eternal. This is what religion has been saying for centuries.

When you pass on, you leave your physical body. The true essence of who you are, as intelligent energy, floats back out to the Cosmos or the Universe. There is no gravity in the Galaxy System and you can travel at the speed of light. You are one with all things.

While you are here on this planet, your physical body is attached to your soul or energy by what is known in many religions as the "silver cord".

*Or ever the silver cord be loosed, or the golden bowl be broken at the fountain, or the wheel broken at the cistern.*

*Then shall the dust return to the earth as it was; and the spirit shall return unto God who gave it.*

*King James Version, Ecclesiastes 12:6-7*

The silver cord referred to in this Biblical passage is, in reality, an "energy band" that comes through your pineal gland and flows through the body until it finally flows out through the pituitary gland. There are seven "energy centers" in your physical body. Some philosophies call these your "chakra" centers. Each one controls a mental or spiritual concept that you have about yourself. If you can clarify these concepts through your life, then you will learn how to heal yourself and get rid of "dis-ease."

Most illnesses are created by concepts that you have about yourself. You usually pick up these concepts in your first seven years. As a baby, you do not discern the feelings or the emotions that are being thrust upon you by your environment. You naturally think that they are your own feelings. But they are not. 90% of the feelings you pick up through your life are not even your own.

As a result, you carry these borrowed concepts around with you throughout your life. At some point, you have to decide if you want to keep them or not.

There is nothing about you that has to be "fixed." You are not broken. From a spiritual point-of-view, you are perfect. Some say we have been made in the image of God. Since we can't change the laws of the Universe,

it is perfect. Since you are a part of the Universe, then you must be perfect, too.

The only problem is that you pick up habits and concepts that keep you from thinking that you are perfect. The word “sin” comes from the concept “without.” If you are constantly looking for others to give you your answers or direction in life, you could say that you are “living in sin.” No one wants to look outside of themselves for answers, but we are trained to do this.

How many of you go through your life under pressure – or stress? It is because of the concepts you pick up in the first seven years of life that you experience stressful situations. You can't blame any one else for this.

There are eight causes of stress. Most people talk about the effects of stress being your family, your job and so on. These are all the results of how you think, not outside influences. The first cause of stress is the only one you can blame on others. It is the fact that you pick up a lot of energy that doesn't belong to you. Where does it come from? From the concepts of others – putting themselves under pressure.

It is important to realize that the only person who can put you under pressure is yourself. If you accept these negative feelings from others, then you own them as well. Have you ever risen out of bed feeling good about yourself – only to find yourself getting tired or disgruntled during the day? The only way this could happen is if you changed your attitude. Since your outlook on life is influenced by others you meet on a daily basis, you probably picked up these feelings from other people.

The other seven causes of stress are concepts you have about yourself. Each concept coincides with an area of your physical body. Each major gland has a “spiritual energy center” associated with it. Some Eastern philosophies call these the “chakras.”

When the energy comes into your physical body, it is 100% positive energy and flows through seven spiritual energy centers (or chakras). Yoga talks about these seven chakras in a slightly different order but, in reality, the following description is how this energy flows through your physical body and how your concepts affect how you feel about yourself and, as a result, your physical body. We have been able to discern, through guidance, how to heal each one of these spiritual and physical areas - and the true color of the energy affecting these chakras.

The first spiritual chakra or gland is the Pineal Gland and resides at the back of your head. It denotes the concept of accepting yourself. If you constantly doubt or deny your inspirations, this energy becomes closed off and creates pressure in your head and shoulders. The way to heal this concept is to believe in yourself and to readily be able to receive from yourself and others. The color of this chakra is red.

The second spiritual chakra or gland is the Coccyx Gland and resides at the base of the spine. It denotes the concept of wanting for yourself. If you are always telling yourself that you don't deserve what you want, then you will end up with lower back pains. The way to heal this concept is to always know what you want and set goals for yourself so that you enjoy the fruits of your labor. The color of this chakra is orange.

The third spiritual chakra or gland is the Reproductive Area and resides in the groin. It denotes the concept of taking care of your needs. There is usually much confusion about your needs and your wants. By simply taking care of your own needs first, then you can help others take care of theirs. This is where the fulfillment

comes from. If you are constantly denying your needs or putting others before yourself, then you eventually become very depressed and cynical because you have lost the enthusiasm for life. The way to heal this concept is to always express your own creativity and passion for life so that you can be an example for others. The color of this chakra is yellow.

The fourth spiritual chakra or gland is the Solar Plexus and resides in the middle of the stomach area. The concept that affects this gland is learning how to be detached from your environment. Only by using your discernment and sensitivity as to what is your energy and what is outside of you can you truly feel secure. This is why people get “butterflies in their stomach.” This is also where worry comes from. We become apprehensive about what “might happen” instead of what “is happening.” The way to heal this concept is to realize that nothing can hurt you unless you allow it. This does not mean physical harm, but the idea that someone can encroach on your boundaries without your permission. The color of this chakra is blue.

The fifth spiritual chakra or gland is the Heart. The concept that affects this area is your spiritual and physical drive or incentive. It is also what creates your fear of success. Most people think that they have a fear of failure. But in reality, if you are afraid of the responsibility or the consequences of success, you will destroy what you have built for yourself. The way to heal this concept is to accept responsibility for yourself and your actions. When you do this, you are only responsible for what you do – and not for what others do. You are never responsible for the actions of anyone other than yourself. The color of this chakra is green.

The sixth spiritual chakra or gland is the Thyroid and is located in the throat area. The concept that affects this gland is communication with ourselves and others. If you see others as greater or lesser than you are, then you are separating yourself from that soul-to-soul communication. This is where judging comes from. As much as you judge yourself, this is the degree that you judge others. The way to heal this concept is to realize that everyone is doing the best they know how. Otherwise, they wouldn't do it. Remember, this includes you as well. The color of this chakra is purple.

The seventh and final chakra or gland is the Pituitary Gland and is located around the forehead or “third eye” area. The concept that is affected is the idea of giving of yourself freely – without expecting anything in return. The way to heal this concept is to be involved in life and to give without expecting. A wise man once said to me, “Don't expect, assume or demand anything from anyone. This way, you will never be unhappy.” I believe he was right. The color of this chakra is white.

Each of these chakras makes up your “aura” or the electro-magnetic energy that holds each of the cells together in your physical body. It is important to realize that you are a soul – and not a physical body.



# Personal Regrouping Program

## Week 3

### I. MORNING CLEANSING

- *Personal Energy Cleansing*
- *World Cleansing*
- *Morning Meditation*
- *Setting My Energy For The Day*

### II. DAILY WORDS FROM GUIDANCE

- *Ask Guidance for a word for the day*
- *Ask Guidance to give you an impression, a vision, an idea(s) or a feeling for what you need to accomplish today*
- *Ask Guidance to help you make this the best day you have ever experienced*

### III. MIDDLE-OF-THE-DAY REGROUPING

- *Regroup with Guidance on what you have learned so far today*
- *Ask Guidance to give you an impression, a vision, an idea(s) or a feeling for what needs to be accomplished for the rest of the day*
- *Do a cleansing of your immediate area and where you will be traveling for the rest of the day*

### IV. EVENING REGROUPING

- *Ask Guidance what you learned today based on the word you received in the morning*
- *Review your accomplishments and make a list of what needs to be done tomorrow*
- *Tell Guidance what you want to learn spiritually throughout the week*

V. JOURNAL REGROUPING QUESTIONS FOR THE WEEK

1. *Why am I so hard on myself and how can I unfold a more gentle attitude with myself and others?*

2. *How can I have a more positive outlook on life?*

3. *How can I direct my energy more effectively?*

4. *How can I stay detached and stop the habit of worrying about what other people think about me?*

**CHAPTER 4**  
**The Law of Our Relationship**  
**With The Cosmos**



When you pass on, you don't take your physical body with you. Since you are intelligent energy, your physical body stays on the earth and the "true you" gravitates back to your real home, the Cosmos.

When you go to sleep at night, you actually stretch your silver cord and return to your home and regroup yourself spiritually. You have probably wondered why you feel tired. Think about this for a moment. How many times have you thought about all of the things that you have to do before you go home from work, all of the things you should have done yesterday that you didn't finish and how you are going to accomplish all of the projects you have assigned yourself for tomorrow?

Where is your energy going? If it is not 100% focused on what you are doing right now, then you may feel scattered or run down. This is why you feel tired. Another reason you may feel without energy is because you have pushed yourself so hard during the day that you never took breaks to regroup yourself. This is why you feel that you need eight hours of sleep or more at night.

In reality, you do not need that much sleep. If you are regrouped at the end of the day, then you will always wake up refreshed. Your physical body does not need that much replenishing. It is your energy self that needs to regroup. Most people know that if you go to sleep tired, you will wake up tired. If you go to sleep refreshed, you will wake up refreshed and ready for a new day. It is all in how you set your energy.

Your spiritual guidance is already preparing you for the lessons you will learn while asleep. Some of us dream in symbols and others dream as if we are totally participating in the experience. Either way, your spiritual guides are there to help you regroup what you are learning in your life. If you buy a book of dream symbols, it may be the symbols of the author who wrote the book. These may not be your symbols.

Of course, there are universal dream symbols, but it is very important that you are able to discern what each of your own symbols mean to you. By using the techniques at the end of this chapter, you will begin to learn how to interpret your own dreams.

You are one with the Cosmos. You may think that you are separate from it, but you are a part of it. This Galaxy System would not be the same without you. Do you realize how much affect you have on the people around you? Every day, you are in contact with dozens of people or more. How can you make their day more pleasant? Are you always expecting others to make you happy?

Is it possible to make another person happy? The truth is that the only person who can make you happy is you. Others have to make themselves happy as well. You can provide an environment that is positive and supportive, but each individual is responsible for his or her own happiness.

Most people do not like to be told what to do. Do you like others to say to you, "Do this..or do that?" How does it feel when someone else tries to direct you in areas that are not comfortable? Do you rebel – or do you just accept it and go along?

One way to respect someone else's opinion is to say to them, "You may be right. I will let you know what I

decide.” This way, you can have an “opinion of their opinion” without offending them personally. You have not said that they are wrong or that they don’t have your best interest at heart. But you are also setting your boundaries so that they learn to respect your opinion as well.

Each of us has a purpose in life to fulfill. Every minute of our life is precious. It is also important to not take too many spiritual risks. This means that we put ourselves in positions of compromising our integrity or our own personal direction.

Think about all the times when you have put yourself in situations where you have felt uneasy following another person’s direction. Since we are always compromising, it is okay to be flexible. But when it comes to undermining your own self-respect and hurting others by doing things for them that they can do for themselves, you need to think twice.

As a soul, you are eternal. This planet provides you with an opportunity to grow and learn about yourself. Don’t think of your life as a series of “mistakes.” Remember, you take life one-step-at-a-time. If you look at things as a means to an end, you will never judge or condemn yourself for the wonderful growing experiences you are allowing yourself to have each day.

# NOTES

# Personal Regrouping Program

## Week 4

### I. MORNING CLEANSING

- *Personal Energy Cleansing*
- *World Cleansing*
- *Morning Meditation*
- *Setting My Energy For The Day*

### II. DAILY WORDS FROM GUIDANCE

- *Ask Guidance for a word for the day*
- *Ask Guidance to give you an impression, a vision, an idea(s) or a feeling for what you need to accomplish today*
- *Ask Guidance to help you make this the best day you have ever experienced*

### III. MIDDLE-OF-THE-DAY REGROUPING

- *Regroup with Guidance on what you have learned so far today*
- *Ask Guidance to give you an impression, a vision, an idea(s) or a feeling for what needs to be accomplished for the rest of the day*
- *Do a cleansing of your immediate area and where you will be traveling for the rest of the day*

### IV. EVENING REGROUPING

- *Ask Guidance what you learned today based on the word you received in the morning*
- *Review your accomplishments and make a list of what needs to be done tomorrow*
- *Tell Guidance what you want to learn spiritually throughout the week*

V. JOURNAL REGROUPING QUESTIONS FOR THE WEEK

1. *Write down the symbols of my dreams and meditate on what they mean to me.*

2. *How can I appreciate my life more?*

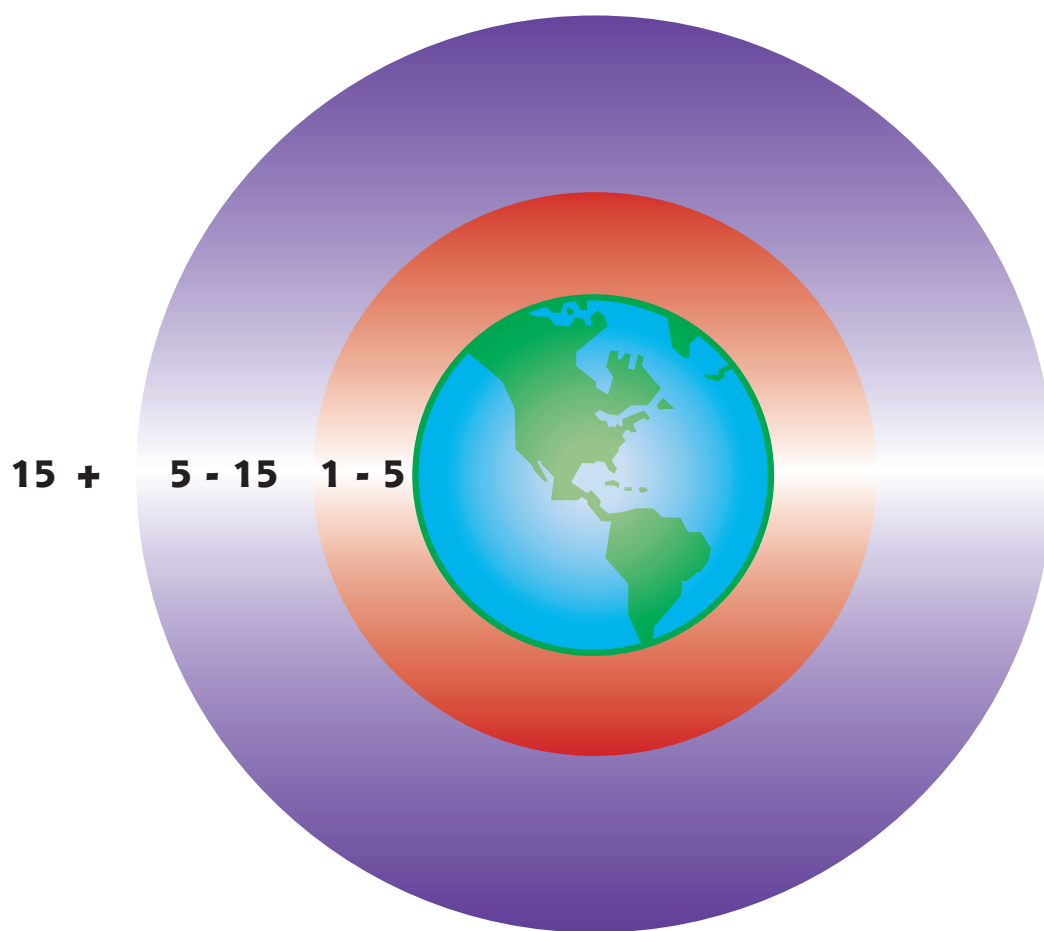
3. *How can I turn mistakes into solutions?*

4. *How can I follow my own dream instead of everyone else's dream?*



# CHAPTER 5

## The Law of Attraction and Life After Death



Like things attract other like things. This is the law of the universe. Because everything is energy, all things gravitate toward the same energy. This explains life after death.

What happens after you die is not a mystery. Because you are of the universe, you return there. Since your physical body belongs to the earth, when you pass on, your body stays here. You do not need it anymore.

Simply because a person does not have a physical body to keep him or her anchored here on earth does not mean that it is any different in the Cosmos. Actually it is the same. If you are a pleasant person here then you will be a congenial person there. If you hate other people because of something that you dislike about them then you will bring around you the same type of person who has the same prejudices as you do. What you see in others you have in yourself.

If you are a positive person and your energy is very directed, you are free. Some people refer to this as being a free soul. You will attract very positive, free people to associate with. This is what happens when you pass on.

If your energy is complacent or you have a hard time making decisions in your life, you will be caught in a limbo state. If you are a “fence-sitter” or an “opportunist,” you will always be waiting for someone else to create an opportunity for you. You will want to take advantage of every situation without putting any energy into creating it for yourself. You will then attract other souls around you who have the same mind-set.

If you dwell on negative things, then you will have a difficult time associating with positive people and don't fit with their personal energy. This is called the law of attraction. It follows that if you become depressed, angry, belligerent or generally feel bad about yourself then you will attract other like-minded souls who have also lost their way in life.

What people call “hell” is actually a band of energy that is located approximately one to five miles around planet earth. This is called the Plane of Confusion. When a soul passes on in a state of depression or anger, this person will shed his or her physical body and gravitate to an area that is inhabited by souls with a similar attitude.

Whatever a person thinks, this is what they are. Just because you think that the laws of the universe are a certain way doesn't change the reality. People with this negative mind-set are not bad. They are just confused. They simply “lost their way” in life and when they passed on, they had a difficult time releasing the earth plane. This is why they only go out a short distance around the planet. Many of them are so confused they don't even realize they have passed on.

They might be trying to communicate with their family, friends or others they knew when they were here. This is not healthy because sometimes people will confuse these souls with their spiritual helpers or angels and become influenced. You may feel aches or pains when these souls come around you. The way to not be influenced by these confused souls is to stay directed and positive in everything you do. As a result, you will not be thinking the same negative thoughts as these people who have passed on. It is what many religious

organizations call “demon-possession” or what Jesus called an “unclean spirit.”

It is also best to release your loved ones to go out with their angels after they have passed on. Sometimes, a soul may want to stay around for a while to make sure that everyone is all right. There is nothing wrong with this as long as they move out and only come back to visit with their spiritual helpers.

Many people try to get messages from their loved ones or people they have known during their life. No matter how much love or concern there may have been, they need to move on and regroup themselves spiritually. They are not here to guide you. It is important that they have the same opportunity as you in the spiritual realm to continue their search for themselves. Then they will be free to move to the next step. Remember, their angels will always be with them until they decide what they want to do for themselves spiritually.

What happens to a person who never takes the time to learn about himself or herself before they pass on? They usually gravitate to around five to fifteen miles around the earth. This is called the Plane of Complacency. These are people who are waiting for someone to give them permission to live the life they wanted to live. They never discovered that what you put into life is what you get out of it.

Let’s say you put 100% of yourself into your purpose in life. What will you get out of it? You will get 100%! But if you decide that you are too busy to enjoy life or become committed to yourself, you may only put 25% or 80% into it. Doesn’t it stand to reason that you will only reap the benefits of 25% to 80%?

This is what complacency is all about. If you are uncommitted here you will be uncommitted when you pass on. They have not released what they did here, but are not as confused as the ones closer to the earth plane. They are simply waiting for someone to tell them what to do.

The only souls you can communicate with are souls that are just like you. Whatever you create here on this planet you will create in the universe after you pass on unless you change your state of consciousness. You can change at anytime. You do not always have to be depressed or angry. Have you noticed that when you become distracted from your anger, you lose it? It doesn’t take much. As long as you are directing your energy in a positive way, you will always attract positive things and people.

Your guardian angels or spiritual helpers know this as well and they have gravitated to an area outside of the earth that is about fifteen miles out and beyond. This is called the Plane of Freedom. It is an area that is very free of concepts of limitation. Since they travel at the speed of light, they can visit the physical world any time they want. They can go anywhere in the Cosmos they want as well.

This is why your spiritual guidance can give you chills or goose bumps when they come around you. Their energy is so high and positive that they give you an extra surge of energy to your nervous system and your body tingles. You could say that they have “graduated” from this planetary school. Their purpose now is to help you learn the lessons you need to master here so that you can get where they are spiritually. Only then can you move to the next level.

Every night when you go to sleep, you regroup in this “heavenly” state. Your spiritual guides take you out so that you can refresh yourself. You review your experiences of the day and sometimes you dream the lessons you are learning. “Heaven” is, in reality, the “heavens.”

Anyone can change. No one is caught in confusion forever. When someone says a person is evil, they really mean that the person has become extremely confused and is on a very destructive path. Even these people have their angels around them at all times. But since your spiritual helpers do not interfere with your free will or choice, you can stay confused for as long as you want without interference. But once you decide what it is that you want, then you can gravitate back to your true self and begin to help others release their fears.

Once you understand yourself, there is no fear. It is all a lack of understanding. When you feel fearful, you will feel separated. If you feel connected, you will feel one-with-all-things. It is really up to you. This is why you are totally in charge of your own life.

No one is lost. If you decide after you pass on that you would like to learn more lessons here, you can choose two other souls who are willing to create a physical body for you and return for another opportunity to grow. These people are called your parents. You also choose another team of spiritual guides or angels who have mastered what you want to accomplish. That is why some people say, "Life is a blinking of an eye in the time span of eternity."

As a soul, you create your own universe. You have the free will to be happy or sad. Is heaven a place? Is it a state of consciousness? It is both!

Does this mean that everyone is right? Of course it does.

# Personal Regrouping Program

## Week 5

### I. MORNING CLEANSING

- *Personal Energy Cleansing*
- *World Cleansing*
- *Morning Meditation*
- *Setting My Energy For The Day*

### II. DAILY WORDS FROM GUIDANCE

- *Ask Guidance for a word for the day*
- *Ask Guidance to give you an impression, a vision, an idea(s) or a feeling for what you need to accomplish today*
- *Ask Guidance to help you make this the best day you have ever experienced*

### III. MIDDLE-OF-THE-DAY REGROUPING

- *Regroup with Guidance on what you have learned so far today*
- *Ask Guidance to give you an impression, a vision, an idea(s) or a feeling for what needs to be accomplished for the rest of the day*
- *Do a cleansing of your immediate area and where you will be traveling for the rest of the day*

### IV. EVENING REGROUPING

- *Ask Guidance what you learned today based on the word you received in the morning*
- *Review your accomplishments and make a list of what needs to be done tomorrow*
- *Tell Guidance what you want to learn spiritually throughout the week*

V. JOURNAL REGROUPING QUESTIONS FOR THE WEEK

1. *How can planning keep me from reacting to pressure?*

2. *How do I allow myself to procrastinate and how can I trust my inspirations more?*

3. *Set a goal to only attract positive people in your life.*

4. *Write down the qualities of the people that you want to associate with on a daily basis.*

# CHAPTER 6

## The Law of Life Balance



Balance is the key to life. Your sensitivity is what makes you successful – not the way you think. You can believe everything that you hear if you want, but sooner or later you will be disappointed or disillusioned. If you believe everything that you read, you will be led astray at least one-half of the time.

This is denoted by the bottom half of the circular magnet (feelings) and the top half (intellect). The two small circles illustrate what happens when you get out-of-balance with yourself. The most important part of the symbol is the yellow line between your feelings and your intellectual side. This is the part of you that makes the final decision.

Once you get an inspiration, it is important to put a direction to it. Many people get great ideas, but they never do anything with them. The key is to trust your impressions or feelings, discern where they fit and put the energy behind them to accomplish what you want. This way, your spiritual helpers can put as much energy behind you as you need.

By following the real feelings inside of yourself, you cannot go wrong. As a matter of fact, you will always be right – for yourself. Your feelings are what give you the answers. The answers do not reside in the intellectual part of yourself.

Your intellectual part is there to help you interpret your experiences, which come from your feeling part. Most people will tell you that when they don't follow their innate feelings or hunches, they end up in the wrong place at the right time or the right place at the wrong time. The key is to be at the right place at the right time. This can only be accomplished when you trust in the original impressions you get from your feelings and from your spiritual guidance.

But what happens to you when either your feeling part or your intellectual part takes over the other? This is when you get out-of-balance. You want to be of service so bad sometimes that you end up trying to take care of others to the point that you become a servant. On the other hand, if you analyze your feelings to the point where you never get anything done, then you end up in a limbo state.

The solution is to have an experience for every theory and an interpretation for every experience. This brings balance to your life. This is the only way that you can make your life practical in this fast-moving culture of ours.

If the intellectual part overwhelms the feelings, the result is a lack of trust in yourself. This type of person will sometimes escape from the enjoyment of life. They are always looking for a theory to explain what is happening to them. They usually go by other people's experiences rather than their own. They can also escape into some of the "vices" of our culture such as drugs, alcohol and overwork out of frustration.

The solution for people with this lack of respect for themselves is to relax and enjoy life more. Sometimes they need to realize that they do not have all of the answers for everyone else. They need to respect other people's free will to choose their own path in life. By taking time for themselves, they learn to listen to their innermost feelings. Then they can be successful because they are usually very organized in the physical world.



If the feeling part overwhelms the intellectual part, a person can become very emotional and blame everyone else for their troubles. This creates a lack of direction in life. Emotions are not real feelings. They are really concepts that you inherited from your mother and father or whoever raised you when you were in the first life cycle (0-7).

You could say that an emotion is a reaction and a real feeling is a response. When someone says to you that they love you, you will almost certainly respond with a feeling of love in return. When someone criticizes you unfairly, you may resent it or want to criticize them back. This is a reaction.

In order to overcome a lack of balance in your life, you need to make clear decisions about what you want. If you lack confidence, it means that you are too concerned or worried about what others think you should do. This creates insecurity.

Making a decision is important because it allows your spiritual guidance to give you inspiration for your personal direction. They will not back you unless you make a decision. They will not interfere with your free will. If you want to be in a confused state, they will not interfere with you. If you want to be directed and self-reliant, then they will back you to the ends of the earth.

Decision-making creates confidence because you will always be in the right place at the right time. When you don't make a decision, then your timing is off. Your spiritual helpers are always coordinating with other spiritual guides to put you in the right place for you, but it all has to work with everyone else's timing as well. This is why you sometimes say to yourself, "If only I had done this or done that!" You blew your timing on the opportunity that was presented to you in the first place.

Your spiritual helpers or guides cannot make your decisions for you. You have to do this for yourself. Your real feelings inside will tell you exactly where to go. How many times have you said to yourself, "If I do this, what will so-and-so think?" If this is the way you run your life, then you will surely be in the wrong place at the wrong time – all the time!

This is what true inner leadership is all about. You have to be a leader of yourself in order to be in a leadership role with others. The only way you can truly inspire others is by being an example for them. If you are indecisive, then they will be indecisive or insecure as well. If you are quick to make decisions, then they will feel secure around you – right or wrong. Remember, if you are headed in the wrong direction, it is easier to change it when you are moving. It is harder to change if you haven't moved at all.

You do not learn how to feel. You already do. When you have a balance between your feeling part and your intellectual part and take the time to experience life to the fullest, you will gain the fulfillment you are looking for. When you live your life for everyone else, there will always be a feeling of lack inside because you realize that you are not following your own true path.

Don't worry about what other people think of you. It is also important not to give people advice. If you give others advice, unconsciously you are trying to control them. If you give them a suggestion, especially when they ask, they will always be free to make their own decisions.

This is the way to earn respect. By realizing that everyone has to find their own way, you are helping them. This is especially true with teenagers. Most parents are scared to death that they are at fault if their sons or daughters make a mistake or take a wrong turn. If people did not make mistakes occasionally, they would never learn what is right for them. This is the hardest challenge for our culture to understand.

What people really need are clear boundaries or guidelines so that they know where they begin or end. Then they can make a clear choice as to what is right or wrong for them. Anytime you tell another person how to live their life, you will feel more frustrated and depressed because you are trying to control them.

No one likes to be controlled by someone else. We all want to feel as if we are making our own decisions. After all, it is you who pays the consequences if you end up where you don't want to be. You are constantly faced with these types of decisions every single day. Making decisions is not a big deal. It is an opportunity to decide for yourself how you want to live your life – and how you want to be happy. Only you can make those choices. You came in with a plan. If you don't follow your own plan, then you are wasting your precious time.

The solution is to realize that when you start to feel frustrated with the people in your environment, especially your loved ones, it is time to step back and say to yourself, "Who is in control of my life?"

By allowing others to live their life as they see fit – and by following your own heart, you will always be successful – and have a true balance in life.

# Personal Regrouping Program

## Week 6

### I. MORNING CLEANSING

- *Personal Energy Cleansing*
- *World Cleansing*
- *Morning Meditation*
- *Setting My Energy For The Day*

### II. DAILY WORDS FROM GUIDANCE

- *Ask Guidance for a word for the day*
- *Ask Guidance to give you an impression, a vision, an idea(s) or a feeling for what you need to accomplish today*
- *Ask Guidance to help you make this the best day you have ever experienced*

### III. MIDDLE-OF-THE-DAY REGROUPING

- *Regroup with Guidance on what you have learned so far today*
- *Ask Guidance to give you an impression, a vision, an idea(s) or a feeling for what needs to be accomplished for the rest of the day*
- *Do a cleansing of your immediate area and where you will be traveling for the rest of the day*

### IV. EVENING REGROUPING

- *Ask Guidance what you learned today based on the word you received in the morning*
- *Review your accomplishments and make a list of what needs to be done tomorrow*
- *Tell Guidance what you want to learn spiritually throughout the week*

V. JOURNAL REGROUPING QUESTIONS FOR THE WEEK

1. *Write down 8 goals for your spiritual growth this year.*

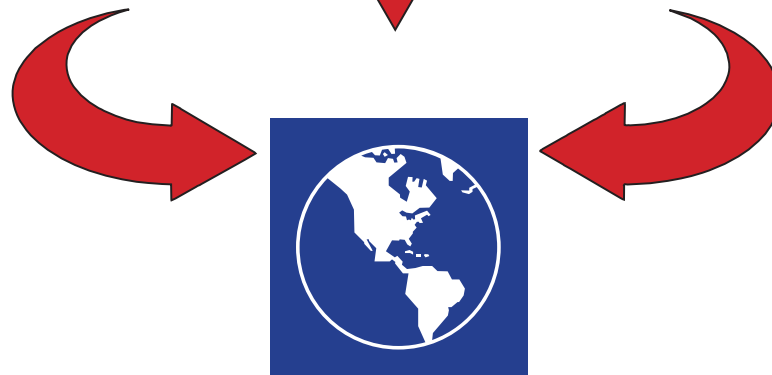
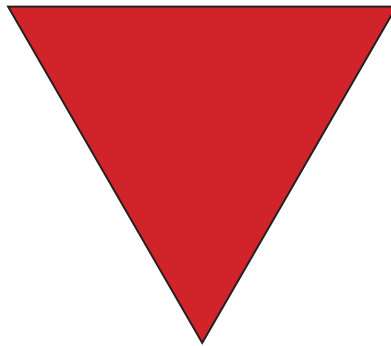
2. *Write down 8 goals for your business life this year.*

3. *Write down 8 goals for your social life this year.*

4. *Meditate on each goal and write down any inner hunches, visual pictures, thoughts and feelings about each one.*

# CHAPTER 7

## The Law of Science, Religion and Culture



Because people are searching for identity, we have to create systems to help us identify with ourselves. Throughout the cultures of the world, there are many different interpretations for the same experience. This is what we call religion or philosophy.

In an intellectual society, the culture will lean more toward scientific thought or technology to create answers to life. But this is only a part of the story. In a culture that is based more on personal experience, you will find that the people tend to put more emphasis on their religious doctrines or personal philosophy.

It is important that each culture learn to tolerate each other and understand where each system is coming from. Our feeling part tends to want to feel a part of things and therefore yearns for a feeling of belonging. This is what creates the hundreds of religions and philosophies around the world.

We all know that there is something more to life than what we hear, see or touch. When this sense of belonging becomes so organized and too many man-made rules dominate this feeling, then we lose sight of the big picture and tend to make these guidelines an end in themselves rather than a means to learn about ourselves and fellowship with our fellowman.

How many so-called “religious wars” have been fought throughout the ages over an interpretation of the same experience? What some people call something may be called something else by another. Many people get their beliefs mixed in with pride. Some say that they have the only right path to heaven or enlightenment. There are many paths that lead to the same destination and it is important to be tolerant of others as they search in peace.

In reality, your own personal philosophy inside of you is your religion. The concepts you have about yourself will create your own standards or policies of how you live your life. Many of these concepts were inherited from your parents. Until you clarify where these concepts came from, do you have a spiritual right to tell others that they must believe in your philosophy?

Think about it. If a person is not ready to accept your way of life, should you force it upon them? As we travel through this planet together, we need to respect each other’s boundaries. Yours stop where mine start – and yours start where mine stop. This is true respect for each other. Only then can we accept others for who they are.

Science has proved that electro-magnetic energy cannot be created or destroyed. Religious doctrine has always maintained that the soul lives on after we die. So who is right? They both are!

Whenever you tell yourself that you are greater than or lesser than others, you are not being true to your real nature. If you feel guilty for something you have done to break a rule in society, who are you hurting? As long as you do not hurt someone else, does it matter whether you sometimes cross over these man-made boundaries?

If you see all of these laws and regulations as a way that our culture creates respect and balance, then you will

not make them more important than yourself. Unfortunately, many people do not respect themselves or these guidelines. This is why our prisons are filled with people who have rebelled against the legal system.

What is important to realize is that you are the only person who can change yourself. If you try to change another person before they are ready to change, you will end up feeling frustrated. All you can be is an example.

If you live your life according to your own standards and don't let anyone keep you from following your life path, then others will see you as someone they can trust and respect. You really only have two choices in life. Do you want to live by other people's standards or do you want to live by your own standards? It is up to you.

You could say that our culture is the result of all of the theories and experiences presented to us by technology and philosophy. Neither one by itself has all of the answers or the secret to living a successful life.

Most people try to live their life by what does not belong to them. If you realize that most of your concepts come from your parents, teachers and friends as you grew up, you will slowly start to clarify what is yours and what is not.

Find out what works for you. Don't go by blind faith. Only by trial and error can you really learn what is right for you and what is not. This is what all of the different cultures are about. Each one of us is searching for our niche or what we came to do.

You will soon realize that you have all the answers for yourself. You do not need to go to someone else to tell you what to do or how to think.

# NOTES



# Personal Regrouping Program

## Week 7

### I. MORNING CLEANSING

- *Personal Energy Cleansing*
- *World Cleansing*
- *Morning Meditation*
- *Setting My Energy For The Day*

### II. DAILY WORDS FROM GUIDANCE

- *Ask Guidance for a word for the day*
- *Ask Guidance to give you an impression, a vision, an idea(s) or a feeling for what you need to accomplish today*
- *Ask Guidance to help you make this the best day you have ever experienced*

### III. MIDDLE-OF-THE-DAY REGROUPING

- *Regroup with Guidance on what you have learned so far today*
- *Ask Guidance to give you an impression, a vision, an idea(s) or a feeling for what needs to be accomplished for the rest of the day*
- *Do a cleansing of your immediate area and where you will be traveling for the rest of the day*

### IV. EVENING REGROUPING

- *Ask Guidance what you learned today based on the word you received in the morning*
- *Review your accomplishments and make a list of what needs to be done tomorrow*
- *Tell Guidance what you want to learn spiritually throughout the week*

V. JOURNAL REGROUPING QUESTIONS FOR THE WEEK

- 1. How did my parent's philosophy affect my own life and how can I follow my own inner standards more?*
- 2. Do I feel greater than or lesser than because of my educational background and how can I stop measuring my self-worth by society's standards?*
- 3. How can I accomplish my full potential?*
- 4. How can I be more tolerant of others?*

# CHAPTER 8

## The Law of The Life Cycles

**0 - 7**

**7 - 14**

**14 - 21**

**21 - 28**

**28 - 35**

**35 - 42**

**42 - 49**

**49 - 56**

**56 - 63**

**63 UP**

Every seven years your physical body completely changes. Every cell is different. You also change spiritually. Your thoughts are different as well as your emotions and feelings.

During each of your seven-year cycles, you come to certain decisions in your life. Each year, you start to take a look at how you are progressing in your development, whether it is consciously or unconsciously.

Your whole personality is shaped in your first seven years. It is the foundation of your entire life. Whatever you pick up in your environment during this time dictates what your life will be like later on. Parents are the greatest influence on you – or whoever raised you. You can never get away from some of the overall concepts that you inherited from your mother and father, although you can understand them and change the habit. This is what this chapter is about.

By understanding yourself and why you do certain things, you can heal some or all of the confusion that you experienced growing up. Many people blame their parents for their problems in life. This is not healthy because your parents did not create your trouble. As a matter of fact, they inherited the same thing from their parents and so on. Someone has to say, this is it. This is the end of the line.

Most people think that they have to “fix” what is wrong with them. There are some who spend years upon years in therapy trying to “figure out” their problems. Most of the time, they simply rehash the same thing over and over again. The key is to realize that these concepts or habits are not yours to begin with. So why not give them back? Figuratively speaking, of course. Even if your parents wanted them back, you would probably never convince them that they were theirs to begin with. So don't even try.

The best way to understand yourself is to clarify what is you and what is not you and then release what is not yours. For example, if your mother or father had a fear of being alone, don't you think you might have that same fear? Once you realize that this was something that had nothing to do with you, you can release this emotion and get on with your life!

The next step is to ask your spiritual guidance for help in changing the “habit” that this concept created. You have been living it your entire life, so don't you think it might have become a routine emotion? This is where your guardian angels can back you to start being more in touch with your true self instead of living other's expectations of who you really are.

During 0 to 7, you are akin to a sponge. This is where your whole personality unfolds. It is a time of formation. Just as if you were soaking up water, you are immersed in the love as well as the confusion in your growing-up environment. You do not think, “This is not me. I will never feel this way later on in life.” If parents realized that babies usually cry out of hunger, a specific need or a reaction to the pressure around them, then they would not be under so much stress. The more stress that is created, the more the baby reacts. Everyone has seen this happen. When the mother is relaxed, the baby will usually start calming down.

The cycle of 7 to 14 is when you go to school, relate to classmates and generally start learning the game of our society. This is when you become “socialized.” It is when you learn to communicate with others. Your

intellectual part is stimulated and organized so that you can survive in our culture. Children learn the mores and the rules that keep us from hurting each other and when we break those rules, we end up in the Principal's office.

The cycle of 14 to 21 is when you are trying to figure out who you are as compared to your parents, teachers and other mentors. It is a time of rebellion and finding out your true identity. You want to be on your own, but you know that you haven't quite matured enough to take care of yourself without a little help. Your identity is constantly being threatened by what your parents expect from you, what your peers are doing and what your own common sense is trying to express. If parents really understood what is happening in a teenager's mind, they wouldn't put as much pressure on the child as he or she is struggling to be a unique individual in their own right.

21 to 28 is the cycle of taking responsibility and maturity. This means that the child has reached adulthood and is learning to take responsibility for his or her own actions. Some people never mature. As a matter of fact, if a person doesn't learn what they need to learn in one cycle, they will need to catch up in the next one. If that doesn't happen, the pressure keeps building until they either clarify it or it becomes so bad that it creates dis-ease in the physical body.

28 to 35 is a time when a person starts searching for a deeper meaning to life. They start making decisions that will affect them for years to come. Because of this stronger commitment, some people get married and buy a house and some start settling in on their life's work.

Between 35 and 42, most people start realizing that they have experienced many things that can help others. It is a time to enjoy the spiritual abundance of life. They could have just finished raising a family or been successful in business. Either way, a person will start looking for the people they came to mentor and this becomes a special spiritual communication.

The next cycle of 42 to 49 is where your physical endeavors start paying off. You can now start enjoying the material abundance of life. If you have been involved in the corporate world, you will usually start seeing yourself move up into more responsible position of authority. Because you feel as if you are "coming into your own," you feel more secure with life and also feel that you can help others as well. Life becomes easier. For others during this cycle, planning ahead for the future is very important so that there will be enough material inflow to take care of yourself as you grow older.

49 to 56 is a time of reflection and change. The question comes up, "Did I do what I really wanted to with my life?" If you have lived society's dream and achieved all of the material possessions you have wanted, you will start asking yourself how this fits in with your life purpose. If the pressure is too great and you feel that you have not really accomplished what you wanted, you will make sweeping changes in your career or your personal relationships. If you feel good about what you have done, then you will start putting into motion everything that you have learned in your life so that others can benefit as well.

Between 56 and 63 is a time for making decisions. This is when you decide if you are ready to leave this planet or accomplish more. If you feel that you have wasted your time and have not done what you were really meant to do, then you will find some excuse to "sever the silver cord" and move back to the Cosmos and regroup with your spiritual guidance. On the other hand, if you have reached a point in your life where

you feel secure and want to live out your Golden Years, you can do your greatest work.

After the age of 63, some people realize that age does not matter. It is an opportunity for great involvement. This is when you can enjoy your wisdom and you will find that you don't care what people think of you. There are many great people who have done their best work in later years. As society becomes more organized and technology is there to back us to live longer, you will see more and more people staying involved in their community. What people now call retirement may become a thing of the past.

What you decide to do with your life is up to you. No one can do it for you. If you have the attitude that "everything in life is an opportunity," you will always succeed at what you enjoy doing most.

# Personal Regrouping Program

## Week 8

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V. JOURNAL REGROUPING QUESTIONS FOR THE WEEK

- 1. What are my earliest childhood recollections and how do they affect my life today?*
- 2. Meditate on your current life cycle and take notes of how you can accomplish true fulfillment in this cycle.*
- 3. Set down on paper what you want to accomplish over the next two, seven year life cycles.*
- 4. What do I want to change in my life now and how am I going to change it?*





## Inner Expansion Workshops for the Soul®



### About Howard Wimer...

Howard Wimer has been involved in the personal growth field for 29 years. He began in Texas in 1973 and has given lectures and workshops in thirteen countries, including the United States, Europe, Canada, the Caribbean, Australia and New Zealand.

He has appeared as a special guest on hundreds of radio and television programs and has been featured in major daily newspapers throughout the world, including the BBC Radio in London, the Seattle Times and the number-one-rated television show in New Zealand, “The Paul Holmes Show” as well as many, many others.

Starting out as a musical arranger and film producer, Howard eventually became a personal assistant to Steve Allen, creator of the “Tonight Show” on NBC. As an award-winning musician, Howard realized that communication was the most important area to develop in a person’s life.

Working with groups of people has been his specialty and he has developed a community program that helps individuals to achieve their highest potential. By understanding themselves more and unfolding a true balance of concepts and experiences, a person can do their own personal therapy. They do not need to go to another person for answers. Everyone has the ability to get his or her own answers in life.

“By organizing ourselves to do more with what we have inside, we can achieve anything,” is Howard’s philosophy of life. “Everyone has the same potential to do what they came to this planet to accomplish. Some people think their life purpose is something they will do ‘someday.’ In reality, we have been doing it everyday since we were born. By being an example of how to live life effectively, we can help others and accomplish our own purpose.”

Howard Wimer is the founder of *Inner Expansion Workshops*. This dynamic program helps people to understand the *Universal Laws of Life™* and how to apply them practically in everyday experiences.

Howard says, “If you are not enjoying life, you need to do something else!”