

The  
Principles  
in Practice



Arnold Patent

# 1. Our Natural State

What you read in the newspaper, watch on television or tweet and twitter is fast becoming irrelevant. The ushering in of a new way of living together has begun. What has always been there, although intentionally hidden by each us (as described in “The Journey Revised and Expanded”) is the emergence of our natural state.

We are all naturally loving and joyful beings eager to support each other since we know instinctively that the more we give, the more we receive. The hierarchical model of business is morphing into one of mutual support among equals: all eager to share their talents.

Universal Principles are natural. We don't learn them; we enjoy living them.

## 2. Being Joyful Is Fun

### PART ONE

Being joyful is natural.

You can always use your imagination to feel joy.

Ask yourself what you most enjoy? Use your imagination to see yourself doing that.

Easy, isn't it? You don't need things when you are in your imagination. You can create anything you wish.

Close your eyes and start imagining doing what you love.

With your eyes still closed see yourself as part of a group. Everyone is imagining as you are.

### PART TWO

Being creative is also fun. Using your imagination, do what you love in a new way.

Remember, in your imagination you are free. There are no limitations.

Tell others in your group what you have created. Listen for their responses.

You are now writing with others. All of you are co-authors.

### PART THREE

Having fun and feeling joy are always available in your imagination.

The more often you use your imagination the more fun you have and the more things and ideas you can create.

You are free!

### PART FOUR

Feels good! Doesn't it? Enjoy your freedom.

You can enjoy everything, if you wish. (doing homework, cleaning your room)

### PART FIVE

You are the creator of your life. You are powerful!

See others feeling powerful.

You are now living in a world that is fun for everyone.

This is a world of people playing as equals in mutual support.

## 3. Inside Out

We are always in the Oneness—our natural state. Close your eyes and when you feel fully present in that state, go deep within until you see and feel you are in a place of peace and quiet surrounded by whiteness and filled with love.

From this place you have access to the natural state of everyone. In this place you share your talents with those who wish to benefit from them and receive the benefits of talents from others.

You also have access to your natural state of abundance. You may draw on that abundance when you wish to express appreciation to someone.

## 4. Merger Of The Realms

The higher realm closest to our third dimensional realm is in the process of merging with ours re-furbishing our bodies and emotions to their natural state of harmony within ourselves and with others.

The limitations we set in place (described in “The Journey Revised and Expanded”) are continually losing the energy needed to sustain them. That energy is expanding our personal empowerment so that we have the opportunity to play fully empowered as equals in mutual support in our natural state of Oneness.

## 5. Personal Empowerment

Functioning with less than full empowerment is akin to driving a car with the hand brakes on. Having created the belief that a person might lose control when acting with full empowerment, there is a fear in many that it is safer to avoid accepting this aspect of our natural state.

There is a solution. Surrender your perceived control over your life to the Divine and allow that unconditionally loving Presence to guide you and your actions.

The perception that we control anything is a belief we created using our imagination. You have the opportunity to give up that belief.

When you do, you will feel the energy that is released as an expanded sense of your personal empowerment.

## 6. Respect

### RESPECT FOR SELF

How you see and feel about yourself determines how you see and feel about others and how they see and feel about you. You are the center of your world that is reflected as though you are surrounded by 360 degrees of mirrors. Thus, when you feel good about yourself and are joyful, your world reflects that back to you. When you respect yourself, you will naturally respect others who will respect you in return. The world is then a joyful place.

### RESPECT FOR THE ENVIRONMENT

The air we breathe, the water we drink and the food we eat are what sustain us. Respect for ourselves leads us to respect our environment.

A major aspect of our environment is the way we conduct business. We have seen and felt the effects of a competitive and adversarial structure. This is mirrored in our political system. The result of both has been dysfunction leading to non-function. Our system has died. The time has come to have the funeral.

Although not yet recognized by media, a new way of relating to each other—personal and business—is already underway. This is one of mutual support by equals, an environment where each enjoys supporting others as they receive the same in return. Money no longer has any power being replaced by the joy of expressing appreciation for what we receive. When money is allowed to flow freely as an expression of appreciation, there is more than enough for everyone. The way to insure the flow of abundance is to appreciate fully what you already have regardless of the amount. This is how you have it all.

## 7. How Does This Look And Feel?

Picture yourself letting go of everything and surrendering into the arms of the Divine. Feel the unconditional love and support that embraces you. Open yourself fully to allow this love and support to flow through you continuously. You are now in your natural state.

You are benefitting from a renewable energy source that is always there. You are free to remain in this state as long as you wish. You may experience every aspect of your life in this state.

Remembering the Principle of Giving and Receiving, you give of yourself fully and freely from this state and thus you receive even more in return. This is not a concept. It is as real as you are. You can have it as soon as you fully and completely accept it.

## 8. Where We Go From Here

As part of the Universal Order, each of us has been given one or more talents for the express purpose of fully and freely sharing them. The joy and sense of fulfillment that ensues goes with those talents. The more creative we are in our sharing, the more interesting and inspiring our lives become.

There is no limit to how much joy we can experience. The more we share, the more we receive. Enjoy!

## 9. Our Natural State Revisited

Access is accelerated by being in surrender to the Divine and feeling the flow of Divine energy through you. In that state of surrender, feel your physicality steadily diminishing and your natural state growing stronger and becoming more real.

Remember, your natural state is already present. You are just releasing the beliefs you created to hide it from view. With the merger of the realms, you have that support to give you access.

You will know when you are there. Enjoy!

## 10. The Unappreciated Gift

Those in our society who are poor are a gift to those who live well: the opportunity to appreciate what they have.

Many who have plenty, take what they have for granted. Recognizing that the poor help them value what they have, the opportunity is created to share the increase with those who have less.

As for those who have less, coming into financial balance is greatly appreciated. Knowing that our natural state is one of limitless abundance, appreciate what you have regardless of the amount. This opens you to receive more and appreciate the reception when it arrives.

The Principle involved: giving generously opens the giver to receive even more.

## 11. Expanding Awareness

Close your eyes, take a deep breath and feel yourself surrendering into the arms of the Divine. With your eyes still closed feel your awareness of everything expanding. This is a choice you have.

There is no limit to your expansion. However, there is a continuity. When you break the continuity and start again, you will feel as though you are at the beginning.

Staying in the arms of the Divine, feel the flow of Divine energy (love) through you. Allow it to guide you by bringing the events, circumstances and people to you or you to them.

When you feel uncomfortable, the Universe is signaling that you are holding a belief that is blocking the flow of love. In your expanded awareness, allow the insight to appear that helps you release the belief so that the flow is unimpeded.

## 12. The Benefit

Do you feel you have received benefit from reading the messages? That benefit is transitory until you balance what you have received with a giving: an expression of appreciation. You decide the amount of benefit you wish to retain.

## 13. The Ever-Present Challenge

Do you know anyone who accepts everyone and everything as perfect under all circumstances? That leaves everyone judging someone or something some of the time. Whenever you judge, whomever and whatever you judge becomes more of the way they were. So you judge them even more. The discomfort you feel becomes even more extreme until you give up.

The Principle is Non-Judgment. Living it is the challenge.

You can now go to the prior messages for the solution.

## 14. Obligation

Obligation is a feeling that usually occurs when you forget that you received something of benefit. When we are very young, our parents and teachers often insist on our learning things that do not interest us. What they leave out is the benefit gained from what we are learning. This requires a desire on the part of the parent or teacher to provide the context for the lesson—why or how it is of benefit.

Some parents and teachers do this and the child is set on a path of enjoying the opportunity to receive new information.

You are able to release the feeling of obligation, by locating the benefit you have received.

## 15. Power

There is one energy in the Universe—Love—and it is unconditional. The feeling quality of love is joyful. When you are feeling joyful, you are in your power. You are also in your natural state. When you are not feeling joyful, you are holding something in your mind that is blocking access to your natural state. Whenever you are in your mind, you are separate from your feelings and love is not accessible.

Surrendering into the arms of the Divine opens you to the unconditional love of the Divine. When you are in this surrender, open yourself to the flow of Divine love. Feel this love for yourself. You cannot feel love for another until you first feel it for yourself.

Allow this love to guide you through your day. You are now in your true power, a joyful place to be.

Respect for yourself and love for yourself go hand-in-hand. You cannot truly love yourself if you don't also respect yourself.

How you feel about yourself determines how you feel about others and the world around you. You are the center of your world. You are always experiencing a reflection of how you see and feel about yourself.

When you awake each morning, check out the foregoing. The love is there, find it and feel it so that you begin the day in the fullness of your power.

## 16. Transformation Of A Prior Experience

Does this seem possible? If it does, continue reading.

Our natural state is one of a healthy physical body and an emotional state that is peaceful, joyful and filled with inspiration and enthusiasm. We can transform any experience that was other than the foregoing to one that conforms to our natural state.

Start by closing your eyes. Feel your complete surrender into the arms of the Divine as you open to the free flow of Divine Energy through you. Bring the experience you wish to transform into your awareness and feel it as though it is presently occurring. See and feel it as joyful, peaceful and fun.

Every experience we have is something we have used our imagination to create. We can release an existing or prior creation and replace it with one we enjoy having.

If you are not successful, you are blocking the transformation. If you wish to release the block, find someone who has been successful, to assist you.

## 17. Transformation Of All Prior Experiences

When you are successful in transforming a prior experience, you should be able to transform all prior experiences as though they are one experience. This brings you to your natural state that has been patiently waiting for you to embrace with an open heart and as the Divine Being you have always been.

## 18. Transformation Of Our Physical Bodies

When you are successful transforming your feelings to their natural state, you are ready to do the same with your physical body. While feelings can be quickly transformed, our bodies cannot. The process is the same. Just allow time for the result to manifest.

## 19. Verification

The simplest way is using a pendulum. Ideally, find a friend who uses one and ask the questions together. The friend will check your accuracy since he/she can be more objective. This is a way to find out how objective you are.

## 20. Transformation Of Events About To Occur

When you are in your natural state, your experience of the other person or persons reflects that. If your experience is less than joyful, peaceful and fun your perception is inaccurate: you are not in your natural state. Use the way the other or others are behaving as the clue to what you are holding in consciousness that conflicts with your natural state. If the answer is eluding you, seek someone clearer than you to guide you.

## 21. What You Focus On Expands

Keep this Principle in your awareness as you go through your day. You experience your life the way you see it or believe it to be. You are always at choice.

Love is the only energy in the Universe. The feeling quality of love is joyfulness. That is your natural state and that of everyone else.

## 22. Classical Music

The harmonies of classical music align with our natural state. When we are at peace and feeling joyful this music inspires creativity and mutual support. When we are feeling ill at ease, classical music encourages peaceful and joyful feelings.

The Universe is filled with ways to support us, constant evidence of how much we are loved. The more we open to receive, the more we are able to give. This is how we fulfill our Divine Purpose.

## 23. Tough To Easy

The Universe is on our side. The experiences we have are purposeful: they are neither good nor bad, right nor wrong. They do contain information. When an event or circumstance presents a challenge, the Universe is calling our attention to look within the event or circumstance for the love that is always there.

Remember, there is only one energy in the Universe—love. Also, remember that we have hidden the love knowing that in going through whatever we must to find the love, our compassion for ourselves increases. Compassion is a form of love. The more compassion we feel, the more we bring to those we interact with. When we are filled with compassion, life becomes easier and more joyful.

## 24. The Richness Of Differences

In our natural state, we know our differences are gifts to each other. Receiving them with appreciation provides an enriching experience that when shared with others enriches them and harmonizes our energies.

## 25. The Benefits From Feeling Appreciation

The Universe responds to feelings and expressions of appreciation by accelerating the flow of giving and receiving. This is the real purpose of money.

Treating money as a source of power that grows from accumulation actually diminishes our power that comes from the joy of playing as equals in mutual support.

## 26. The Gift Of Discomfort

A life void of discomfort becomes boring quickly. The comfort that follows its opposite is appreciated because of the contrast. Seen this way, you can be joyful continuously regardless of the circumstances.

## 27. The Group

When members of a group (two or more) are aligned in purpose, the energy of the participants expands. Whether the group brings benefit or something else is determined by its purpose.

The Universe is the largest group and we are all participants. Universal Principles provide the purpose. In our natural state we are a group of equals playing in mutual support in a context of Oneness. The participants look to the Divine for guidance by surrendering fully to that Presence. This is the simplest and most efficient way to enjoy each moment to the fullest.

## 28. The Gift Of Healing

One of the many gifts of complete surrender into the arms of the Divine is the opportunity to heal another without his/her knowledge. The gift will be received unless the receiver blocks access. This includes physical and emotional healing.

## 29. The Joy Of Bringing Benefit To Others

Since we are all part of the Oneness, when we bring benefit to another, we are also bringing benefit to ourselves. There is no limit to the amount of benefit we can bring, since love is always present and ready to be given freely and joyfully.

Remember, giving generously opens you to receive even more. In our natural state, there is a motivation to give generously, knowing that there is always something of benefit available. We cannot give too much, as long as it is in the spirit of generosity.

## 30. Resentment

Resentment is a feeling that contains a lot of power. What starts the building of this power is a serious disappointment. The root of the disappointment is in the “family story,” parents who demonstrated this behavior in their relationship with each other. Feeling compassion for the birth parents while feeling the depth of their resentment, releases energy held in the resentment.

## 31. Visualization

When you are continually in full surrender to the Divine and clear about your Divine gifts (talents), you are ready to visualize expressing these talents in ways that feel inspiring and exhilarating. This opens the space for opportunities to be brought to you for the full and free expression of these talents. Continue with the visualizations even when you are doing what you love, so that more expansive and fulfilling opportunities keep coming to you.

As a Divine Being, the opportunities are limitless. Enjoy!

## 32. Love

The political conventions had one common theme: prescriptions to fix the physical. This is something that is impossible. For each of us, life is as we believe it to be. Until the belief changes, which means what we hold in consciousness changes, life remains the same, only more so, since the Universe keeps expanding and what we focus on expands accordingly.

Love remains the only energy. When our focus is on love, that is what we experience in ever-expanding ways.

## 33. Divine Love

The source of love is the Divine. We are all Divine Beings. Surrender to the Divine and opening to the flow of love is the simple and most self-supportive way to start the day. Continually reminding ourselves that everyone is a Divine Being and our natural state is playing together as equals in mutual support keeps the love flowing.

This prepares us for the fun part: using our talents in ever-more creative ways. The possibilities are unlimited. Enjoy!

## 34. Balance

There are two kinds of balance: emotional and physical. As for the former, our natural state is joyful. When we maintain a joyful state, we are in emotional balance.

As for the latter, our natural state is a steady flow of energy. Resting between periods of physical activity maintains the flow.

Keeping both in balance requires practice since the activities of our day often pull us out of balance. The practice is first, remaining in surrender to the Divine and open to the flow of Divine energy through us. Second, heightening our awareness of our state of balance as we are involved in our daily activities.

## 35. Managing Energy

Whenever you have an interaction with someone—in person or otherwise—as soon as you finish, shake your hands. That stops the flow of energy that otherwise would continue moving out from you and diminish your supply causing you to feel weakened.

To re-charge your energy surrender to the Divine and open to the flow of Divine Energy. Place yourself in your arms as you are in the arms of the Divine. As the energy flows embrace yourself with this energy.

## 36. Having It All

Having it all is seeing and feeling everyone and everything as unconditional love.

When something or someone looks otherwise, you are witnessing a reflection of something in your consciousness. When that is released, the love appears, having been there all along.

## 37. Going Deeper

When you have released all belief systems that distort love, pure love fills your being so that you naturally see and feel everyone filled with love. This is your natural state of being.

You are now ready to feel love at such a deep level that events and experiences you previously looked to avoid become the vehicle to feel even more love. For example: someone who has insufficient funds to eat enough to sustain life, is seen as someone who gives you the opportunity to appreciate what you have much more than you did before the encounter. When you feel deep love and appreciation for that person, you open the door to the flow of abundance for that individual.

Everyone benefits. This is the Universe loving and supporting everyone and everything at all times under all circumstances.

## 38. Love

The only energy in the Universe, love is all there is. Everything we experience is our interpretation of love: something we wish to explore. The exploration becomes the hiding place for the love. The more challenging the feeling, the more love that is hidden and the more readily we forget that the love is right there.

For those who have released all blocks to access to the Divine and are in a state of surrender to It, just embrace the feeling that is the disguise for love until all that you feel is love.

## 39. Surrender

When in a continuous surrender to the Divine, you may access your natural state in a simple fashion: throughout the day feel yourself surrender to your natural state. This is a place of deep inner peace and joy, acceptance of what is, just the way it is, and open to a continuous flow of abundance.

## 40. The Meaning Of Abundance

Abundance is our natural state. We can't create more of it. We already have it all.

The reason most people feel they don't have it is because they don't appreciate what they already have. If your only food is a piece of bread, savor every bite as though it is your favorite food. Let that piece of bread become your favorite food as you are eating it.

Open your taste buds so that you taste everything in it. When you can say this piece of bread is truly delicious and I fully appreciate the opportunity to have it, you are ready for what is next.

## 41. Addiction

The word addiction usually refers to a physical disorder. However, emotional addiction is equally disabling. Consider someone who carries guilt for a behavior that caused pain to another. This can continue as a burdensome feeling for a lifetime.

The Principle involved is “What You Focus On Expands.” This can be resolved by someone who is in constant surrender to the Divine. Bring the uncomfortable feeling into awareness and embrace it in unconditional love until the heaviness becomes lightness and the feeling becomes joy accompanied by inner peace.

## 42. Physical Renewal

In a state of complete surrender to the Divine, and having released all beliefs and patterns previously created, it is possible to create a body that is re-furbished and renewed. This requires guidance from someone who has already achieved this and has led others to a similar result. It also requires great intention and commitment. This level of motivation can be felt, if it is present.

## 43. Motivation

Whatever we are experiencing has our full intention behind it. Nothing happens by accident or inattention. In other words, we are fully motivated to do whatever we are doing. The choice is up to each of us. We are already persevering and patient.

For a choice to be suitable, it benefits everyone. When you feel joyful and at peace, you have met the standard.

## 44. Dominant & Submissive

Each of us has both aspects. Men tend to favor dominant qualities and women submissive ones. This pushes each out of balance diminishing our joyfulness and creating discomfort.

For men, regaining balance requires embracing in unconditional love the submissive aspect; for women embracing the dominant one. Maintaining balance requires unconditionally loving both aspects continually.

## 45. Compassion Re-Visited

The major difference between our natural state and our un-natural one (Phase One creation) is the presence and absence of compassion. Both contain pain and suffering. The presence of compassion dulls the pain. Its absence sharpens it.

## 46. Gratitude

Feeling gratitude is an expression of appreciation for the unconditional love and support received from the Divine at all times and under all circumstances. Painful experiences are as valuable as joyful ones. Each is purposeful. Our role is to find the purpose that has been given to us so that we can enjoy feeling grateful.

## 47. Bringing Out The Best In Everyone

The creativity employed to invent our Phase One adventure is ready to free our natural state to arise and assume its rightful place. Everyone's natural state contains talents eager for expression. We have greatly underrated and underappreciated our creative capacity.

In the "New Game" we enjoy encouraging each other to be the best we can be. That time is now. An event has been arranged to guide you in freeing your sleeping giant.

Go for it! Join in the fun!

## 48. The Value Of Appreciation

The expression of appreciation for something you receive demonstrates the value you place on the gift. The greater the appreciation, the greater the value received. Abundance is our natural state as is the joy of giving generously.

## 49. Entry Into The "New Game"

Surrender to the Divine.  
Freedom from our "Family Story."  
Balance between our dominant and submissive aspects.  
Complete release of our past.  
Full presence in our natural state.  
Appreciation for all that we have.  
Gratitude for all the gifts we receive from the Divine.

## 50. Living In The Light

Living in the Light is seeing and feeling everyone as Divine. We have all been Divine Beings making believe we are not. When you give up that belief, the truth becomes apparent. Full participation in the “New Game” is living in the Light.

Enjoy!