



Upon completion of this course, you will know:



- The definition of metaphysics
- The history of metaphysics
- The basics to quantum physics
- The foundational and universal laws
  - What you believe
- What you need to change in your life

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## INTRODUCTION TO METAPHYSICS

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Introduction	2
What is metaphysics?	3
The basics of quantum physics	4
Quantum field of possibilities	7
Where does religion fit in with metaphysics?	11
The foundational laws of spiritual physics	12
Universal laws and Universal chaos	15
The Universal laws expanded	16
The shift to a new reality	20
History of metaphysics	23
The doctrine of being	29
Assignment 1 – Define your beliefs	32
Assignment 2 – Rating your life	35

*"Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centres of energy and daring, those ripples build a current that can sweep down the mightiest walls."*

## INTRODUCTION

Well done on making the choice to change your life and raise your consciousness! The very first thing you need to do is get yourself a journal – it can be A5 or A4, hardcover or softcover, it is your choice. In this journal, you will need to write your experiences, questions or even answers you may receive during meditations. This journal is also for you to record the answers to your worksheets or assignment questions.

The first part of your diploma course kicks off with looking inside yourself and learning how to change attitudes and beliefs that no longer serve you; and how to release memories and mindsets that are holding you back and keeping you from realising your full potential. It is important to undergo self-healing in order to begin your path on a clean slate. This will make you feel more motivated, stable, empowered and in control of your life.

We will then assist you to establish what you want from life, discover your life's purpose and how to create your reality, based on these answers. Your foundation will now be solid and you will be ready to move on to learn how to heal others.

We go on to awaken the healer in you and give you practical skills and knowledge to build your healing business.

The remainder of the course hones your healing skills and teaches you advanced methods of healing. By the end of your Diploma course, you will be feeling confident in your abilities and ready to tackle any challenges that come your way. Your extensive and comprehensive knowledge will give you a competitive edge.

I have included everything which I think all healers should know. If I have missed something, please let me know, so I can include it in future versions. The course will evolve over time and the curriculum will be constantly updated and improved.

Happy learning!

Love, light and sunshine

Dr Gaynor du Perez ☺

## WHAT IS METAPHYSICS?

Metaphysics is defined as the branch of philosophy that examines the true nature of reality, whether visible or invisible and the study of existence. Metaphysics includes the relationship between mind and matter, substance and attribute, and fact and value. Basically, metaphysics is the philosophical study of being and knowing. It is very closely related to spirituality, but it is not a religion. Metaphysics answers the question "What is?" It encompasses everything that exists, as well as the nature of existence itself. Metaphysics covers many subjects, such as mysticism, ESP, dreams, astrology, meditation, self-help studies, parapsychology, energy healing, positive thinking, spiritual counselling, and much, much more.

We have all asked the following questions, at some point in our lives:

*Who am I? Why am I here? What is the true nature of the world I see? Is there a God (i.e. a creator or source that made or is making me and the world I see? Is there life after death? (and life before birth?)*

These core questions have given rise to philosophy, religion, science, and spirituality. Metaphysics is the study of the principles underlying these and all other aspects of what we perceive as physical reality.

Exploring and understanding the history of metaphysics and metaphysical thought can be a valuable process if it is used to evaluate the true nature of your own knowledge and beliefs, and how that affects your personal study of Metaphysics.

It is important to realise that much of what we accept as "truth" or "fact" may indeed be ideas and theories formed by random people thousands of years ago. Just because an idea or philosophy is handed down generation after generation does not make it true or even applicable to everyday life.

As you explore the history of metaphysics later in this manual, I ask you to test any statements and proclamations you may encounter. Even though they were thought of and written about by some of the most respected and admired philosophers and scientists, keep in mind that it is not "knowledge" unless and until you can experience and validate the truth of these ideas yourself. I have moved the History of Metaphysics as well as the Doctrine of Being to the back of the manual, as it is quite arduous and not as interesting as metaphysics itself. 😊

## THE BASICS OF QUANTUM PHYSICS

### The Main Theories Proposed by Quantum Physics

Even the basics of quantum physics can seem confusing at first. But, if you understand ancient metaphysical / spiritual teachings, you will be able to quickly absorb and understand the theories proposed by quantum physics. This article is more about the main ideas proposed by quantum physics, rather than the basics of quantum physics.

The ideas that quantum physics are revealing do not seem to be something that would come from science. Such things as:

- Particles being in more than one place at once (a recent experiment found that one particle could be in up to 3,000 places!)
- The same “object” may appear to be a particle (locatable in a single place), or a wave, spread out over space and time.
- Subatomic particles seem to travel instantaneously over any expanse of space (even though Einstein said that nothing can travel faster than the speed of light)
- In classical physics you could determine with certainty where it would go, given any set of conditions. But in quantum physics, you can never know with absolute certainty how a specific thing will turn out (deals with probabilities).

And this is just the beginning of the basics of quantum physics. I have included an in-depth view on the some of the most interesting, main ideas of quantum physics.

### 1. Heisenberg Uncertainty Principle

- The process of observing appears to influence what is being observed
- The observer is necessary to observe and when they observe they bring the thing that is being observed from a state/wave of probability to a particle of experience
- In order for physicists to comprehend the data, they need to focus on the observer, rather than the data
- Subatomic particles do not have properties separate from our minds
- The act of measurement is creating that very reality it is measuring
- Every human being has the ability to observe and change subatomic reality
- It's not only that you cannot measure something without influencing “it”, it is only something until it is being observed.

## 2. Principle of Wave-Particle Duality (see video in this segment)

- Subatomic particles appear to have a dual nature. Depending upon how we look at them, they can be a particle or a wave.
- A particle is a solid object with a specific location in space and time. A wave, on the other hand, is not a solid or localized. Instead, a wave is spread out, like a wave in water.
- When you are not observing or measuring electrons or photons (particles of light) act as waves. They have no precise location, but exist as "probability fields". But, when you are observing or measuring, they become a particle. When you take these actions, the probability field "collapses" into a solid object locatable in a specific place and time.

## 3. Quantum Jump

- When an electron moves from orbit to orbit around the nucleus, they don't move through space the way we would think, instead they move instantaneously
- They disappear from one place, one orbit, and appear in another
- Scientists also discovered that they could not determine exactly where the electrons would appear, or when they would jump. The best they can do is formulate the probabilities through Schrödinger's wave equation.

## 4. Parallel Universes

- Quantum Physics speculates the possibility of a parallel universe, or even three to four. A few scientists even speculate an infinite number of parallel universes.
- A parallel universe is basically a duplicate copy, but slightly different universe from this one
- One theory is that there is a mirror universe and when you make a decision in this universe, an alternate 'you' in the other universe makes the opposite decision
- In each of these universes you, I, and all others who live, have lived, and will live are alive
- We are composed of a large number of selves, scattered throughout these infinite parallel realities.

These are just the main ideas/ basics of quantum physics, which are important and interesting. There is still much more to the basics of quantum physics, but by now you should have a good idea of what this remarkable science is all about. A great overview of the basics of quantum physics and how it contrasts with the old science (Newtonian Physics, which is the science you learned in school), is contained in the book

[The Dancing Wu Li Masters by Gary Zukav:](#)

Dancing Lessons for Newtonian Physics:

- Can picture it
- Based on ordinary sense perceptions
- Describes *things*, individual objects in space and their changes in time.

- Predicts events
- Assumes an objective reality "out there"
- We can observe something without changing it.
- Claims to be based on "absolute truth"; the way that nature really is "behind the scenes."

Dancing Lessons for Quantum Mechanics:

- Cannot picture it.
- Based on behaviour of subatomic particles and systems not directly observable.
- Describes statistical behaviour of *systems*
- Predicts probabilities
- Does not assume an objective reality apart from our experience
- We cannot observe something without changing it
- Claims only to correlate experience correctly

## **WHY STUDY QUANTUM PHYSICS**

The only answer you need to the question, "why study quantum physics?" is because you can learn how to consciously create your reality. Quantum physics is the only science that takes you (as the observer) into consideration. It is, in my opinion, the most empowering science.

When you apply the theories of quantum physics to your life, you will experience health, wealth, and happiness. Quantum physics teaches us that our observations bring the world into existence and therefore provides us with the opportunity to change both us and the world.

Your reality is in the form of possibilities laying out in front of you. Those possibilities remain as such, awaiting consciousness to choose from among them and bring the actual events into experience. This is what you are doing on a constant basis. Even right now, you are choosing the event of reading this, out of the infinite possibilities of things you could be doing right now. The important thing, that you should realize, is that you choose!

Many quantum physicists explain that we choose our reality, through our thoughts. The best scientific experiment done on this was what Dr. Emoto did with water. If you don't already know, he developed a technique using a very powerful microscope in a very cold room along with high-speed photography, to photograph newly formed crystals of frozen water samples. With this technology, Dr. Emoto then produced different focused intentions through written and spoken words and literally presented it to the same water samples, the water appeared to "change its expression".

Dr. Emoto discovered that crystals formed in frozen water reveal changes when specific, concentrated thoughts are directed toward them. He found that water from clear springs and

water that has been exposed to loving words shows brilliant, complex, and colourful snowflake patterns. In contrast, polluted water, or water exposed to negative thoughts, forms incomplete, asymmetrical patterns with dull colours.

## **QUANTUM FIELD OF POSSIBILITIES**

### **Do Affirmations Influence the Quantum Field?**

Infecting the Quantum field by starting the day with an intention of what you want to create (experience). Is this similar or aligned with a primary? A primary is single specific of what you want to create. Whereas the method of how he creates his day seems less specific. Are doing affirmations similar? Does all this contribute to infecting the quantum field?

### **What is the Quantum Field?**

The quantum field is basically the sum of all waves of possibilities. Everthing consists of energy and therefore produces a wave. All these waves together interfere with each other and create new combinations of waves. Sometimes particular waves increase in their amplitude (getting bigger) and sometimes waves completely disappear.

Therefore yes, everything contributes to infecting the quantum field. Actually, there is nothing you can do, not to influence it. Every thought, every feeling and every action has its effect in the quantum field.

### **What Are Affirmations?**

Affirmations are frequently repeated spoken words. For example I say to myself every day "I am healthy and fit". What effect does this have on the quantum field? I think the result depends on the state of consciousness.

Imagine you are standing on a lake and there is no wind or any other influence whatsoever. If you observe the surface of the lake you will see it absolutely calm. Then throw in a small stone and you will see the waves it creates. If you look closely you could see the waves spreading out over the complete lake. Now imagine that the lake is filled with hundreds of boats, there is wind and you throw the same stone into it.

### **Can you even recognize the ripple it makes?**

Probably the same is going on in your consciousness. If you have too many thoughts, feelings and other things going on the extra little wave you create will immediately disappear.

### **What is a Creation?**

In quantum physics terms a creation is the collapse of a wave function into a particle. Out of infinite possibilities you are focusing on one single wave and this wave is collapsing into a particle and appears therefore in space and time. Consciousness creates a subject and an object at the same time. It is the birth of duality. As you can see on one level you create and on the

other level you just observe something that was always present as a possibility. However, the domain in which you create depends again on the state of consciousness you are in.

## **What is Attention, Intention & Focus?**

Attention roots in the greek word 'attendere' which means towards something. You could compare this to a radio. You tune in on one channel, on one frequency. There are all frequencies simultaneously present, but using your attention selects one frequency out of many.

In quantum physics attention is the observer! That means your attention already collapses the wave function of possibilities and creates reality.

Intention refers to one's motivation; it in no way implies force, or involving your will in the outcome. Two important variables are attention and attitude.

Focus refers to be fully engaging in the present moment. The ability to observe without attachment contributes to the outcome. In quantum physics, we know nothing happens that isn't first observed. From my experience I would say intention works best when it comes from a natural place. What do I mean by that? A natural place would be a unique quality or gift you have. It is something that interests you without forcing yourself.

So focusing your intention on what you can do with your gift would work far better than focusing on getting rich. There is nothing wrong with getting rich of course, but for most of us this intention would come more from fear and not having enough. Therefore, it would be driven by force and not by power. Power is natural, force is artificial.

Power is always there, force needs to be created constantly to be effective.

## **How Your Beliefs Affect the Quantum Field**

Let's face it; every morning when you wake up aren't you confronted with new and unexpected challenges that tax your resources, your energy, your self confidence, and your feelings of personal adequacy? Well if you're honest with yourself I think the answer will be an obvious yes.

Whether it's your fellow human being, the rapid pace of technological progress, the environment, or the limitations of your own physical body there always seems to be something that needs to be overcome. Well that makes for a harsh reality doesn't it?

Yes, I know that you may be asking yourself, what point is he trying to make? After all what he's saying is a fact, so why belabour the point?

Well the point is that we all seem to take this "fact" for granted don't we? That is we never ask ourselves for instance: "Why is it this way?", "Does it necessarily have to be this way?", "Who decided that this is the way it must be?", "Is there another way for us to structure our reality that is more supportive of who we are and what we desire?"

Well we already know the common answer to the first part: "It's a fact, and facts are facts!" correct?



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The answer to the second part is likely something like: "We don't have a choice."

The common answer to the third part is: "God or it's just the nature of the universal design."

The last part however may challenge, perhaps annoy, or frustrate some of you because the first thought might be: "Who said that we had any choice in the matter?"

Well you see it is my view that this very belief is the key to the problem. The belief that we have no say in the matter.

Your fundamental beliefs structure your personal and interpersonal realities and by making changes in these beliefs, your reality will shift in ways that you could never have imagined.

Believe it or not our reality, that is our collective reality, that which we all call "life on this planet and the planetary experience itself" is also based on fundamental beliefs that we all hold onto and have stored deep with the consciousness of our minds and bodies.

Quantum physics is showing us how we as observers through our observations of what is called the "multi-potential universe" collapse the so called "wave function" into our defined reality.

Well my question then is "Why this one, why not another one more aligned with our personal and collective desires?"

Well likely because we've never bothered to look at this. You see most of my work seems to bear out the theoretical implications of quantum physics in that our beliefs are key principles determining which reality the wave function collapses into. That is because our beliefs structure the filters of our perception of the reality we choose to recognize.

For instance, if you believe that a particular outcome is impossible or improbable how do you think this is going to affect such an outcome from manifesting itself in your perception? Highly unlikely that it will, correct?

So my question to you is what would you like your new reality to look like? Paint yourself a visual picture of it and see yourself there for a moment. As you do notice how you start to feel inside.

If it doesn't make you feel quite the way you would like to feel then simply change one small element and notice how that shifts your feelings. Attempt to include things that bring your inner feelings more into alignment with how you would love to feel inside.

Once you have made a sincere effort at this then create an intention by "seeing yourself" in this new reality for a few moments. You may extend this part of the visualization for as long as you wish. The longer the better.

As you do this please do not be afraid to "think big"!

That is imagine that you are a science fiction writer who is creating an entirely new universe using all of your own desired rules. Don't be afraid to use your imagination to the fullest.

After all there is really nothing you can't imagine.

I ask that you imagine transmitting, in whatever manner makes sense to you, this intention to the consciousness of the entire human race, alive and dead. By doing so you will be making a major contribution to changing the fundamental structure of our reality.

## THE QUANTUM WORLD

<sup>1</sup>A quantum is the smallest unit that measures something physical. Subatomic particles are those that make up an atom. Quantum mechanics is the study and application of these small particles and quantum theory seeks to understand how they work. Quantum mechanics was born when physicists discovered that matter, not just light, has wave properties. The strange actions of quanta suggested that the fundamental natural laws of classical physics were not really laws of certainty; they only explained probabilities. Quantum physics seeks to explain why quanta do not stay still in time and why they are not always located in just one space. A single electron or proton, for instance, can be here and somewhere else at the same time, and can even move two different ways simultaneously. This is very similar to how our souls operate, but more on that much later on in the course 😊

### *Wave Particle Duality*

Many subatomic particles operate like both waves and particles. They have on their “particle hats” when they are being created or annihilated. They wear their “wave hats” in between.

### *Antiparticles*

These are specific units of antimatter, which is the theory that every particle has its own companion particle that has the same mass and spin, but with opposite charge. When an electron meets with its mate, a positron, they both disappear, leaving behind a pair of photons. Antimatter is also considered a source of energy.

### *Antiworlds*

These are parallel realities that are formed when a path is *not* chosen. The “many worlds” theory and the “parallel universe” theory arose amongst scientists with the question “where are all the antiparticles?” A related question is “where are all the choices “not observed” or not manifested in concrete reality? Unfortunately, as the behaviour of particles changes when observed, we are unable to begin to fathom what happens when we don’t observe it.

### *Entanglement*

Through entanglement, two or more objects can interrelate and affect each other even when they are separated, perhaps by thousands of miles (or dimensions). This phenomenon is called quantum entanglement, and it relates to objects or particles that have once been connected. This particular topic really fascinates me and led me to do a large amount of research a few years back. I won’t go into all of it here, as there is just so much on the subject (and I tend to get a bit over-excited when talking about it and can just go on FOREVER). If this topic interests you, google about a Swiss Bank that used the quantum entanglement theory to create a key for one of their vaults, as well as being able to find a lost person or animal through their particular frequency and energy imprint.

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<sup>1</sup> Excerpted from The Subtle Body – An Encyclopedia of your Energetic Anatomy by Cyndi Dale

## WHERE DOES RELIGION FIT IN WITH METAPHYSICS?

The words 'Metaphysical Religion' almost seem to be an oxymoron. They are like opposites. Traditionally, religions have been more close-minded, whilst metaphysics is very open-minded.

Personally, I follow certain beliefs/practices from various religions, but I do not belong to any one particular religion. I call this metaphysical spirituality. Two people could affiliate themselves with "metaphysical religion" and have completely opposite belief systems. Traditionally, a religion is basically a set of beliefs that you are expected to follow (called *dogma*). Personally, I'd rather pick and choose which beliefs and ideas resonate with me. Therefore my heart is not with any particular traditional religion. See [www.churchofuniversalawakening.com](http://www.churchofuniversalawakening.com) for more on metaphysical spirituality.

I'm not saying that religions are bad; if a certain religion resonates with you, then feel free to follow that particular religion. If this is the case, you should be very happy that you have found a religion that totally resonates with your heart. In the end, this is what we all must find. Do not, however, blindly follow any religion or tradition merely because it is "how you were brought up" or because it is expected of you. You need to define your own beliefs, and in so doing, create your life the way YOU want it to be, and not what other people may expect for and of you.

As I have said before, **metaphysics' role in religion is not to completely change your beliefs. Rather, it is more to expand upon your current beliefs. Metaphysics is important in eliminating all your limiting beliefs, and making your empowering beliefs stronger.**

Everyone has a set of beliefs, starting from a young age. It is best to consciously understand your beliefs, because as you will learn, your beliefs create your reality. To consciously understand your current beliefs you must begin to observe yourself. Watch how you react to situations, people, and ideas. This will allow you to learn about any subconscious beliefs, that you are unaware of. This is very important, because your beliefs determine the way you act. Therefore, if you know how you act, then you must know your beliefs.

You must have a strong, expanding belief system, because **your beliefs are continuously determining the reality you perceive and the experiences you have.**

If you are consciously picking and choosing beliefs that completely resonate with you, then you are following the metaphysical religion model.

## THE FOUNDATIONAL LAWS OF SPIRITUAL PHYSICS

Over the past years, I have undergone a life-altering transition from living on autopilot to recreating my life as a spiritual calling and a force for good. One aspect of this transition has been the acknowledgement of what I call the "Foundational Laws of Spiritual Physics", detailed below. Basically, these laws state that any action that does not promote the overall betterment of mankind (or soul-kind, for that matter) is a waste of energy at best, and a horrifically destructive force at worst. Any person, life-path, or civilization that tries to deny these laws suffers the same fate as any material object that tries to deny the laws of material physics - it will be inherently unstable, unsupportable and destructive to itself (and probably to anything around it, as well).

We can see clear evidence of this anywhere we care to look. Indifference and emptiness are becoming a national pastimes, abuse begets further abuse, crime creates more crime (and increasingly more martial law enforcement in which mistakes are simultaneously costlier and less accountable for), communal violence that is not only tolerated, but actually glorified as entertainment, escalating nuclear "deterrence", retributive wars giving way to pre-emptive wars...the list goes unrelentingly on.

In fact, this unrelenting spiral of dispirited behaviour is often so overwhelming that we sometimes just give up and quit looking altogether - out of fear, social pressures and the frustration that stems from the belief that nothing we could possibly do would help.

**You cannot affect the part without affecting the whole** - Holding something back from another, or hurting another to protect or advance oneself, makes about as much sense as keeping all your money in your left pocket so that your right hand can't get to it, or cutting the fingers off of one glove and using them to double-insulate the other hand from the biting cold. Built into this law is the reality that what comes around, goes around.

Good, bad, indifferent or just downright strange, the truth is, if you deal it at some point, you'll feel it at another. So behave. It's for your own good.

**We are here for three reasons: to love each other, to learn from the world around us, and to grow and advance as spiritual beings** - "Stuff happens!" is often a way of accomplishing this. If you don't pay attention and fail to learn these lessons, stuff happens over and over until you get it right.

**We each have our own unique Light** - We each have special gifts, talents and abilities that, when cultivated, enable us to love, learn and grow with a richer enjoyment, deeper understanding and greater impact than "living on autopilot" alone could accomplish. We often feel this Light as an emotional pull towards a certain behaviour or activity, a surge of energy and loss of time-sense when engaging in a certain activity or a feeling of some sort of purpose or destiny. When we follow this route, much less unpleasant stuff happens, and we "get" the rest of the stuff faster.

**All strife and pain in the material world is caused by denial of these laws.**

Have you ever had “one of those days” when absolutely everything goes wrong? Have you ever wondered why some people are successful, while others spend their entire lives struggling? Do you ever get the feeling that someone is out to get you because everything you touch goes wrong?

If you're like most people, these thoughts do occur to you from time to time. But what is the answer to these questions? Is it a question of luck, could it be fate or is there something else going on here of which most people are unaware?

The answer is both all around us and within us, and is called Universal Law. Just like there are Natural Laws that govern nature (such as gravity), there are other Laws which govern all that happens in the universe. From the spiritual to the physical to the mental, everything that happens does so according to Law.

You see, the Universe around us is a very orderly place in which nothing occurs by chance. Even though one cannot see the Laws, or hear them, smell them or taste them, they are there. They apply to everything and everyone – nothing is exempt. Whether one is aware of these Laws or not, they still apply - just like the Law of Gravity. Even though one may not be aware of or understand Gravity, it always works. No matter who you are, if you decide to step off the top of a tall building, you will fall at an increasing rate of speed until you reach terminal velocity or until you impact the ground.

So what are these Laws and how do they work? There are literally dozens of Universal Laws that exist, but for ease of understanding, they can be distilled down to these main seven: (the Laws are expanded further on in this manual).

1. Law of Control
2. Law of Accident
3. Law of Cause & Effect
4. Law of Belief
5. Law of Expectation
6. Law of Attraction
7. Law of Correspondence

From these seven, everything else flows. The beauty of the Laws is that once one understands and lives in accordance with them, life becomes extremely simple.

## **Law of Control**

The Law of Control simply states that we have high self-esteem and feel good about ourselves to the exact degree that we feel we are in control of our lives. Unfortunately, the majority of the population does not live according to the Law of Control, but rather by its inverse, the Law of Accident. The truth of the matter is that every one of us is in total control of our life, but until one takes the step to determine that they are personally responsible for what happens to them, then they cannot help but live by Accident.

## **Law of Accident**

This Law states that we feel badly about ourselves and have low self-esteem to the degree that we feel events and circumstances control our lives. In other words, we are the victims of whatever else happens around us. If good things happen, then we benefit, but if bad things happen, we play the victim.

## **Law of Cause & Effect**

This Law is also known as the Iron Law of Human Destiny because it is so profound and powerful. Simply stated, the Law of Cause & Effect says that everything happens for a reason. All actions have consequences, as do all inactions. Distilled down to the simplest possible terms, this law states that for every effect in one's life, there is a specific cause. The law can also be applied in the physical sense through examination of Sir Isaac Newton's third Law of Motion, which states that "for every action, there is an equal and opposite reaction." If, for example, you were to hold your hand over a candle's flame (the cause) the effect would be that your hand would burn and it would hurt!

The truly wonderful thing about this law is that by definition then, we should be able to manifest that which we truly want (the effect), simply by exerting the same causes that others before us have exerted and been successful.

## **Law of Belief**

The Law of Belief states that whatever you believe with feeling and conviction becomes your reality. It is not until you change your beliefs that you can begin to change your reality and your performance.

You have heard the doubters and the naysayers out there who always proclaim "I'll believe it when I see it!" In reality, it is the other way around; it is not until you believe it, that you will see it (no matter what *it* is)! Self-limiting beliefs are perhaps the most detrimental of all thoughts, since they absolutely will keep you from the success that you may want, but don't believe you can attain. There is an old saying by Henry Ford that goes "whether you think you can or you can't, you are right!" This saying is completely congruent with the Law of Belief.

## **Law of Expectation**

Simply stated, the Law of Expectations tells us that whatever one expects, with confidence, becomes a self-fulfilling prophecy. When one expects with confidence that good things will happen, they usually will. If, on the other hand, one expects a negative outcome to a situation, then the outcome will usually be negative.

Our expectations play a key role in our own outcomes and they also have a remarkable effect on the people around us. What we expect from those around us determines our attitude toward them more than any other factor. In turn, the people around us tend to reflect our attitudes right back at us - whether the expectations and attitudes are positive or negative, good or bad.

## Law of Attraction

The Law of Attraction states that we attract into our lives, that which we focus our thoughts upon. If your thoughts are constantly on positive outcomes and good results, then that is what we will manifest. If, on the other hand, your predominant thoughts are on negative outcomes and poor results, then that is what you will attract. This is based on the fact that the Universe is simply vibrational energy in motion. Emotions, thoughts, feelings and objects – absolutely everything has a vibrational frequency. Since like attracts like, it is only logical that the vibrational frequency of your predominant thoughts will attract results that have a similar vibrational frequency. We know that emotions that are love-based (love, desire, happiness, wonder, joy etc.) have a very high vibrational frequency, whereas emotions that are fear-based (anger, hatred, intolerance, fear, sadness etc.) vibrate at a very low frequency.

## Law of Correspondence

“As within, so without” is an old saying that perfectly describes the Law of Correspondence. This simply means that what happens on the outside is merely a reflection of what is happening on the inside. Your outer world is a reflection of your inner world. An individual that is unhappy and living in conflict with themselves, will always exhibit negative behaviours on the outside. Sometimes, one can mask these negative behaviours and thoughts, but the true feelings will eventually reveal themselves. Everything in our lives is a mirror of what is happening within us. If you want to make your outside life better, the only way to accomplish this is to change what is happening on the inside.

In order to live the successful, happy life we all deserve, it is necessary to understand and live by Universal Law. The best way to do this is to first and foremost, take control over your thoughts and to stay in the present moment. Ask yourself constantly; “What am I thinking about right now?” If the answer is something negative, then take the opportunity to change your thoughts. This will start to put you back in control of your life which is the first step to lasting happiness and peace of mind.

## Universal Laws & Universal Chaos

The Universal laws are absolutely necessary for a metaphysical system of the universe to work. In other words, all the laws, the concept of balance within the universe, the theory of there being a Divine universe, reincarnation, and so on, all these ideas can only work or function if there are laws that govern cause and effect. And like all things, this concept is a theory. As mortal beings, we can only 'know' facts based on our inner knowingness or belief. These laws are no more factual or invalid than the mythology of the creation of the universe in the Norse Eddas, or the Christian Bible.

With that said, what is the theory of Universal Law & Chaos? Before we can examine the Universal Laws, we need to understand what Universal Laws are and how they relate to Universal Chaos. And yes both exist, this is how balance is created within the universe.

Universal Laws were created with 'Creation', whether mankind has discovered them or not. No other laws are necessary to run the Universe. These principles have no exception (as manmade laws do) and if events, situations, objects, persons, phenomena and mother nature act as if an exception exists, it is only because humanity does not understand the law in its entirety. These laws are basically rules of nature, or more accurately stated, rules of the Divine Universe. Like laws of science (gravity, relativity, etc.), the Universe laws exist to provide order in nature. Without that order, we would have no purpose, no basic concept of knowledge, wisdom or life.

Universal Chaos - where Universal Laws provide order, chaos provides balance. There are theories that Chaos existed before order was established in the universe. That the Universe was born out of chaos and thus chaos is in all things. Keep in mind that Metaphysical concepts are from the great masters (Pythagorus, Aristotle, Plato). The words and meanings are Greek. Chaos, is the creation of perfectness consisting of indestructible, intelligent, energetic atoms (and smaller particles) not having order. Chaos is the essence of all things made in the universes, the formless void of primordial matter. Some call it chaos, others call it perfectness as mankind knows no other.

That's a concept that for humans can sometimes be hard to grasp or put your hands around. So let's break both these down into an example.

**Order:** Before you are born, you create a blue print of your incarnated life. You lay out the general path you want to take, the situations that need to occur to provide you opportunities for learning lessons, paying or receiving karmic debts, expanding your awareness and hopefully becoming more enlightened. This is the order of your life.

**Chaos:** In that incarnated life, you have free will and choice. You walk on that path established in your spiritual blue print, but like all construction, once you're building the life, situations present themselves that require choices. This is the chaos that balances the order. Your free will and choice are the chaos in your life. We only hope that we make the best choices and decisions for the evolution of our soul and spiritual growth.

If life were totally preordained, then what's the purpose of learning? What's the purpose of growing and expanding your awareness? The outcome is already known. So why not skip the process and just get to the result. But that's the point. Life IS NOT preordained. Your free will and choice create the chaos that by your decisions direct the outcome. You have the ability to continue your construction and spiritual evolution, or destroy it and face the same situation over and over until the lesson is learned.

### **Superior and Subordinate Laws:**

There are many different laws and not all of them are Universal laws. Pick up a book from Einstein and you'll discover the laws of science, research the mind and you'll find laws of the psyche, study nature and you'll find the laws of nature. These are subordinate laws that provide support to the physical world's perception of order and function.

All the other laws, such as the law of perception, or meditation, organization and so on are established by mankind to give further form, function and detail to the superior Universal laws. They are not necessary, but for mankind, they subordinate laws give additional guidance in the detail of their principles.



## The Universal Laws Expanded

These are 23 of the Universal Laws that balance out the chaos of the Divine. These are Superior laws of the Divine Universe created at the time of Creation. Some websites claim that there are up to 150 Universal Laws. Go with what feels right to you and don't just take anyone's word for it.

### 1. The Law of Absorption:

All matter in the universes, regardless of its manifested vibration, absorbs emanations from all other matter and the matter is influenced by this absorption. In other words, all things are connected, relate and affect one another.

### 2. The Law of Accountability:

(Also known as the Law of Return). You are accountable for what you create at the moment of creation. This accountability occurs on the physical, mental and spiritual levels and cannot be avoided.

### 3. The Law of Activity:

Action results from attention of thought and the nature of the action corresponds to the nature of the attention. In other words, the seeds you sow will grow the fruit you plant. What you sow, so shall ye reap.

### 4. The Law of Apperception:

Consciousness flows within all units of the Universe. Throughout all eternity, everything has a consciousness and knows its own conscious being. Thought knows it is thought, energy knows it is energy, every single unit, from the Great Cosmos to the tiniest Atom, knows what the function of its unit is.

### 5. The Law of Association:

If two or more things have something in common, the 'thing in common' can be used to influence or control the other thing. The degree of control depends upon the size of the 'thing in common'. The more in common the things have, the more control can be used to influence the things.

### 6. The Law of Attitude:

"Attitude" is the only weapon that can harm an individual. Nothing, absolutely nothing can harm a human being, but his or her own attitude. Each experience is put in its proper perspective and hopefully resolved in a favourable manner. How you react toward those experiences, your attitude about them, determines how the experience affects you.

### 7. The Law of Avoidance:

Refusing to handle a highly emotional or unpleasant situation, to deny living up to one's full potential or neglecting to do something that should be done, will affect a person's physical body and mental mind. As well as lifestyle affairs through each incarnation, until that person correctly balances with the situation.

## **8. The Law of Balance:**

This is the Key To Life. Balance is the nature to maintaining order within the divine universe. Each entity makes choices to exist, when those choices are made in conjunction with the flow of the energy, entities and events balance is maintained.

## **9. The Law of Manifestation**

(Also known as the Law of Beamed Energy): Thought is energy, focused on one central idea with one's undivided attention can be created in the mind and then physically transferred from any point of the physical body (eyes, mind, hands, etc.) to any object, subject or ethereal realm for manifestation. The energy can be directed and controlled, with certain behavioral characteristics to accomplish a given result. Mostly commonly used method in healing.

## **10. The Law of Catastrophe:**

Also referred to in the human experience as the stage of drama/trauma. An absolute necessity for the evolutionary process, motivated by many laws of totality, when the seed cracks and growth is permitted to begin. This occurs in the human experience, and in nature.

## **11. The Law of Cause and Effect:**

For every happening in the Universe, there is an equal and opposite reaction. (This is not to be confused with the Law of Accountability - also known as the Law of Return).

## **12. The Law of Centre:**

A basic principle in nature, that everything has a centre from which it obtains its source energy, intelligence and pattern which is continually self-renewing. Each centre is connected to every other centre and to the one centre from which all life is vitalized.

## **13. The Law of Communication:**

Every unit, from the single atom to the galaxy system is "plugged into" a giant switchboard. Each unit has the ability to communicate with all other units through its own vibrational frequency. This communication system makes it possible for all beings to have psychic possibilities, and to communicate or share information with each other on a psychic level.

## **14. The Law of Change:**

The readiness of a situation to alter, modify, transform or convert is caused by a continual change of inner attitude. As one continues to experience situations in life, their attitude adjusts to process the experience and change occurs.

## **15. The Law of Consciousness:**

Totality is all Consciousness, All there is - is. This is the 'conscious of being' or 'awareness of its existence'. In other words, what we know at a given moment is reality for us as a conscious individual. What one perceives in consciousness from moment to moment is our individual reality and therefore real for us.

## **16. The Law of Contact (also known as the Law of Contagion):**

Things, animate or inanimate, once in contact with each other will continue to act upon each other even at a distance, long after the physical contact has been made.

## **17. The Law of Continuity:**

Nothing in the Universe ever dies, is lost or destroyed, it just changes form. Everything becomes a part of forever. Matter and Energy are never destroyed only transformed or changed.

## **18. The Law of Correspondence:**

Each component within a system or thing retains its own characteristics and takes on the characteristics of the system or thing as a total sum of its parts. Each component then has two functions; to retain its own characteristics and to function as the whole system or thing.

## **19. The Law of Cosmic Web:**

Every point in space regardless of vibrational frequency connects with every other point in space and interconnects with every point of time; past, present and future.

## **20. The Law of Cycles:**

A period of time divided into equal lengths and each length of time produces a certain definite effect upon the progressional path of each living organism, object or event. This effect repeats itself in the same order, and at the same intervals, making a circle of time for each system.

## **21. The Law of Duplication:**

If one person can do it, it can be done by others; perhaps to a lesser or higher degree, or equally, to equalize with the activity.

## **22. The Law of Dying:**

When a unit or entity has completed one stage or area of growth, it will gather all the knowledge from this area of growth and all the knowledge from the Group Soul of its element and withdraw this knowledge into itself, ready to expand into enlightenment.

## **23. The Law of Elements:**

Each unit has its own frequency, each element in that unit has its frequency of emanations connecting it to and compatible with the parent unit.

There are many theories on how many laws there, in fact, are. You will find a free ebook in the folder entitled "free ebooks" which offers an in-depth view of the Universal Laws. Some of the laws are the same as the laws listed in this manual, but have just been named differently. This ebook is very helpful in assisting you to understand the universal laws more fully.

## THE SHIFT TO THE NEW REALITY

<sup>2</sup>The Shift is the mass awakening of humanity's heart. This transformation of consciousness, the greatest one ever recorded, first became apparent in the mid-1960s and has been building momentum ever since.

The Shift is a collective transformation consisting of the sum of each individual's step forward into the New Reality. Each person, in their own time, is moving forward into a new stage of consciousness, one which brings a wider vista and an awareness that springs from the heart.

In the early 1960s, just one in fifty adults had reached this new awareness. Today, according to extensive surveys, more than one in four adults in the United States and Europe have moved into the heart space which forms the nucleus of The Shift.

The New Reality is not something vague. It is as real as the notes on a piano keyboard. It has a specific frequency, as this book will reveal. Each stage of human consciousness resonates to a specific note within the musical octave. This new stage of consciousness resonates to the note F sharp. When a person's consciousness reaches a frequency that resonates with F sharp, then - and not before then - they discover unconditional love and the ability to envision a future filled with hope and peace.

The New Reality is about discovering your true potential, about living your highest joy and serving others in the way that best fulfils your highest purpose. It's about cooperation instead of competition. It's about becoming a whole person in mind, body and spirit.

The Shift to the New Reality brings to each individual a sense of greater freedom, greater joy and personal fulfilment.

The Shift to the New Reality is all about heart-powered consciousness.

### **The Dawning of the New Reality**

The Shift into the New Reality is a consciousness revolution. It dwarfs all previous and current revolutions, including the Industrial Revolution, which swept through Britain in the eighteenth century bringing massive social and technological changes. Today's information revolution, made possible by computers and telecommunications, is transforming the face of society at an even more dizzying rate.

However, these changes pale in significance when compared with the consciousness revolution, which is transforming our very perception of the nature of the universe.

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<sup>2</sup> Excerpted from Owen Water's fascinating book "The Shift: The Revelation in Human Consciousness"

## **The Shift into the Second Tier of Consciousness**

The Shift is the mass migration of humanity into the second tier of consciousness. Millions of trail blazers have already made The Shift. More follow them every day. The second tier is the New Reality. When you understand the nature of the second tier, you will understand tomorrow's world.

The first tier develops intellectual skills and emotional contrast. The second tier changes the focus of personal growth to a spiritual context, expanding the vision of what can be achieved through reaching ever greater heights of human potential.

In the second tier we become less personally identified with the thought and emotions which pass through our awareness. We see emotions more as things that hold our attention, rather than as things that identify who we are. This opens up the doorway to the enjoyment of an unconditionally accepting view of life and of other people.

With the new, second tier of consciousness comes freedom from all of the fears of the prior stages, and, finally, the freedom for human cognition to focus upon its true possibilities in the world.

## **Maslow Predicted the Shift**

Abraham Maslow (1908-70) was a psychologist who became famous for his hierarchy of human needs. When he developed his theory in the 1950s, he predicted the transformation of humanity into a realm of spiritual transcendence, but he had no idea just how soon this would develop into a major movement. Little did he know that, in the mid-1960s, the shift towards transcendence would suddenly take off and never look back.

Maslow's hierarchy of human needs shows that basic human needs have to be fulfilled before people can attend to higher needs and values.

First, the basic physiological needs of food and shelter must be met in order to ensure survival.

Second, once food and shelter are obtained, safety and security must be achieved.

Third, acceptance by others is sought, in both the social and romantic sense. To fulfill this 'belonging' need, people become part of a group, a tribe, an extended family or a community.

When these outer-directed needs are satisfied, then the individual works to acquire self-respect. Recognition by others produces self-esteem.

## **The Cosmic Calendar**

Why should society be rushing headlong into a New Reality of awareness at this particular point in history? The sudden awakening of holistic, spiritual thought in the 1960s affected the younger generation of that era. Those who were impressed and changed by, for example, the Summer of Love in the year 1967 will be at the peak of their economic and political influence by the year 2010. They will, by then, be the Elders of society, the wise ones that younger generations look to for guidance when things go wrong.

If society is ready to start moving en masse into The Shift after the year 2010, you have to wonder what cosmic events might be in synchronicity with such timing. Could there be some grand, cosmic event about to occur? How about an imminent event which occurs just once every 26,000 years? Would that pique your curiosity?

The ancient Mayan civilization existed up until 830 A.D., when they suddenly disappeared from their cities, leaving no traces behind as to where they may have moved. Despite an apparent lack of precision instruments, the astronomical knowledge of the Mayan culture exceeded today's level of knowledge in many ways. They not only knew the precise orbits of the planets in our solar system, but also the orbits of the stars in our galaxy. They had even catalogued major cosmic events going back more than 400 million years. The Mayan calendars are masterpieces which illustrate the repeating time-spirals of cosmic cycles within cycles within cycles.

The Mayans spoke of waves of influence which pass through the galaxy; waves which are so influential that they are capable of triggering the formation of suns from collections of gases. They also spoke of waves of galactic influence which have a profound effect upon human history on planet Earth.

One such critical point is a major galactic synchronization which happened on December 21st, 2012. This date marked the end of a 26,000 year cycle of a style of human experience, as well as the end of a 5,200 year cycle within that, and also the end of many more sub-cycles, all in synchronicity with each other.

On December 21st, 2012, when the Mayan calendar again reset to zero, a new 26,000 year cycle began. Now, 26,000-year cycles don't suddenly change from an old cycle to a new cycle in the blink of an eye. Such a huge cycle influences a period of overlap, both before and after the exact date of the change to a new cycle. The overlap period before the year 2012 would have included its early influence upon culture in the 1960s, when the current transformation in consciousness began in earnest.

The question is, when future generations look back on our current era, will they see the year 2012 as the pivotal point within The Shift? Could the year 2012 have marked a turning point where the old type of humanity, *Homo sapiens* ("knowing man"), shifted into wholeness as the second tier of consciousness begins to reach popularity? Will the second tier be seen, in retrospect, as a new phase of human evolution, a kind of *Homo holisticus*?

One thing that is certain at this point is that The Shift is a real phenomenon and it is happening today. The Shift is not a passing fad and it is not going away. The Shift is the result of a cosmic cycle which is unfolding and, slowly but steadily, increasing the frequency of all consciousness upon the planet. The Shift is, to put it simply, the most wonderful transformation in recorded history. This is where humanity gets to build, literally, *Heaven on Earth*.

The Shift is the spiritual and creative awakening of humanity. This transformative movement has gained momentum in recent years to the point where, today, more than one in four adults have moved forward towards this new stage of cultural awareness.

New Reality consciousness means to experience new vistas of awareness and new levels of creativity. It means following your heart to express your inner joy through making your own meaningful contribution towards the betterment of the world.

Millions of pioneering trail-blazers have already made it through The Shift and into the new awareness. Every day, more people follow their example and discover a deeper, more meaningful quality to life.

In *"The Shift: The Revolution in Human Consciousness,"* Owen Waters has woven together leading-edge cultural studies with his own discoveries about the human energy system in order to demonstrate that we are in the midst of the biggest cultural shift of all times.

This book demonstrates that the future of mankind is not just bright... it is brilliant!

*The Shift to the New Reality is real. It is happening today. It is unstoppable.*

## HISTORY OF METAPHYSICS

This section is for those of you that are interested in history. This section is not included in the exam and is entirely optional for you to read. You may want to give it a quick glance before moving onto the next section. The history of metaphysics naturally falls into the same divisions as the history of philosophy in general. In a brief outline of the course which metaphysical speculation has followed, it will be possible to consider only the principal stages, namely Hindu philosophy, Greek philosophy, early Christian philosophy, Medieval philosophy, and modern philosophy.

### Hindu philosophy

Of all the peoples of antiquity, the Hindus were the most successful in rising immediately from the mythological explanation of the universe to an explanation in terms of metaphysics. Apparently without passing through the intermediary stage of scientific explanation, they reached at once the heights of the metaphysical point of view. From polytheism or monotheism they proceeded very early to pantheism, and from that to a monistic metaphysical conception of reality. Their starting-point was the realization that man is born into a state of bondage and that his chief business in life is to deliver himself from that condition by means of knowledge. The knowledge, they taught, which avails most in the struggle for freedom is this: the world of sense phenomena is an illusion (*māya*), all real things are identical in the one supreme substance, the soul is part of this real substance, and will ultimately return to the Whole. The real substance is, as Max Müller remarks, spoken of as a neuter, and in this doctrine "is contained *in nuce* a whole system of philosophy" ("Six Systems of Indian Philosophy", London, 1899, p. 60). The first, and most important of all truths, then, is that reality is one, and each of us is identical with the All: "That art thou" is the highest expression of self-knowledge, and the gate to all salutary truth. Thus, the Hindus, actuated by an ethical, or ascetic, motive, attained a metaphysical formula to which they reduced all reality.

### Greek philosophy

The first Greek philosophers were students of nature. They were actuated not by an ethical motive, but by a kind of scientific curiosity to know the origins of things. There was no metaphysician among the Ionians. Out of the problem of origins, however, the metaphysical problem was developed by the Eleatics and Heraclitus. These philosophers considered that the explanations of the Ionians — that the world originated from water or air — were too naïve, relied too much on the

verdict of the senses. Consequently, they began to contrast the real truth which the mind (*nous*) sees, and the illusory truth (*doxa*) which appears to the senses. The Eleatics, on the one hand, asserted that the permanent element, which they called Being, alone exists, and that change, motion, and multiplicity are illusions. Heraclitus, on the other hand, reached the conclusion that what mind reveals is change, which alone is real, while permanency is only apparent, is, in fact, an illusion of the senses. Thus, these thinkers thrust into the foreground the problem of change and permanency. They themselves, were not, however, wholly free from the limitations which confined the earlier Ionians to a physical view of the problems of philosophy. They formulated metaphysical principles of reality, but both in the language which they used and in the mode of thought which they adopted, they seemed to be unable to rise above the consideration of matter and material principles. Nevertheless, they did immense service to metaphysics by bringing out clearly the problem of change.

Socrates was primarily an ethical teacher. Still, in laying the foundation of ethics he formulated a theory of knowledge which had immediate application to the problem of metaphysics. He taught that the contrast and apparently irreconcilable contradiction between the verdict of the mind and the deliverance of the senses disappear if we determine the scientific conditions of true knowledge. He held that these conditions are summed up in the processes of induction and definition. His conclusion, therefore, is, that out of the data of the senses, which are contingent and particular, we may form concepts, which are the elements of true scientific knowledge. He himself applied the doctrine to ethics.

Plato, the pupil of Socrates, carried the Socratic teaching into the region of metaphysics. If knowledge through concepts is the only true knowledge, it follows, says Plato, that the concept represents the only reality, and all the reality, in the object of our knowledge. The sum of the reality of a thing, is therefore the Idea. Corresponding to the internal, or psychological, world of our concepts is not only the world of our sense experience (the shadow-world of phenomena), but also the world of Ideas, of which our world of concepts is only a reflection, and the world of sense phenomena, a shadow merely. That which makes anything to be what it is, the essence, as we should call it, is the Idea of that thing existing in the world above us. In the "thing" itself, the phenomenon presented by the senses, there is a participation of the Idea, limited, disfigured and debased by union with a negative principle of limitation called matter. The metaphysical constituents of reality are, therefore, the Ideas as positive factors and this negative principle. From the Ideas comes all that is positive, permanent, intelligible, eternal in the world. From the negative principle come imperfection, negation, change, and liability to dissolution. Thus, profiting by the epistemological doctrines of Socrates, without losing sight of the antagonistic teachings of the Eleatics and of Heraclitus, Plato evolved his theory of Ideas as a metaphysical solution of the problem of change, which had baffled his predecessors.

Aristotle also was a follower of Socrates. He was influenced, too, by the theory of Ideas advocated by his master, Plato. For, although he rejected that theory, he did so after a study of it which enabled him to view the problem of change in the light of metaphysical principles. Like Plato, he accepted the Socratic doctrine that the only true knowledge is knowledge of concepts. Like Plato, too, he inferred from this that the concept must represent the reality of a thing. But unlike Plato, he made at this point an important distinction. The reality, he taught, which the concept represents is



in the thing which it constitutes, not as an Idea, but as an essence. He considers that the Platonic world of Ideas is a meaningless duplication of things: the world of essences is in, not above, nor beyond, the world of phenomena: there is, consequently, no contradiction between sense experience and intellectual knowledge: the metaphysical principles of things are known by abstraction from those individuating qualities, which are presented in sense knowledge; the knowledge of them is ultimately empirical, and not to be explained by an intuition which we are alleged to have enjoyed in a previous existence. In the essence of material things Aristotle further distinguished a twofold principle, namely the Form, which is the source of perfection, determinateness, activity and of all positive qualities, and the Matter, which is the source of imperfection, indetermination, passivity and of all the limitations and privations of a thing. Coming now to the borderland of metaphysics and physics, Aristotle defined the nature of causality, and distinguished four supreme kinds of cause, Material, Formal, Efficient and Final. In addition to these contributions to the solution of the problem of change, which had, by historical evolution, become the central problem of metaphysics, Aristotle contributed to metaphysics a discussion of the nature of Being in general, and drew up a scheme of classification of things which is known as his system of Categories. He is least satisfactory in his treatment of the problem of the existence and nature of The Divine Spirit, a question in which, as he himself admits, all metaphysical speculation culminates.

After the time of Aristotle, philosophy among the Greeks became centered in problems of human destiny and human conduct. The Stoics and the Epicureans, who were the chief representatives of this tendency, devoted attention to questions of metaphysics, only in so far as they considered that such questions may influence human happiness. As a result of this subordination of metaphysics to ethics, the pantheistic materialism of the Stoics and the materialistic monism of the Epicureans fall far short of the perfection which the doctrines of Plato and Aristotle attained. Contemporaneously with the Stoic and Epicurean schools, a new school of Platonism, generally called Neo-Platonism, interested itself very much in problems of asceticism and mysticism, and, in connection with these problems, gave a new turn to the drift of metaphysical speculation. The Neo-Platonists, influenced by the monotheism of the Orientals, and, later by that of the Christians, took up the task of explaining how the manifold, diversified, imperfect world originated from the One, Unchangeable, and Perfect Being. They exaggerated the Platonic doctrine of matter to the point of maintaining that all evil, moral as well as physical, originates from a material source. At the same time, they ascribed to the spiritualized Ideas which they called *daimones* (spirits) all actuality, intelligence, and force in the whole universe. These intelligences were derived, they said, from the One by a process of emanation, which is akin to the "streaming forth" of light from the illuminating body. This system of metaphysics teaches, therefore, that the One, and intelligences derived from the One, are the only positive principles, while matter is the only negative principle of things. This is the system which was most widely accepted in pagan circles during the first centuries of the Christian era.

### Early Christian philosophy

The first heretics among the Christian thinkers were influenced in their philosophy by Neo-Platonism. For the most part, they adopted the Gnostic view that in the last appeal, the test of Christian truth is not the official teaching of the Church or the exoteric doctrine of the gospels, but a secret gnosis, a body of doctrine imparted by Christ to the chosen few. This body of doctrine was in

reality a modified Neo-Platonism. Its most salient point was the theory that evil is not a creation of God but the work of the devil. The problem of evil thus came to occupy an important place in the philosophical systems of orthodox Christian thinkers down to the time of St. Augustine. Other problems, too, claimed special attention, notably the question of the origin of the universe. From the theological controversies concerning the mysteries of the Trinity and the Incarnation, arose the discussion of the meaning of nature, substance, and person. From all these sources sprang the Christian Neo-Platonism of the great Alexandrian School, which included Clement and Origen, and the later phase of Christian Platonism exemplified by St. Augustine. In the philosophy of St. Augustine we have the greatest constructive effort of the Christian mind during the Patristic Era. It is a philosophy which centres in the problems arising from the nature of God, and the nature and destiny of the human soul: The most crucial of these problems is that of the existence of evil. How can evil exist in a world created and governed by a God, Who is at once supremely good and all-powerful? Rejecting the Manichean theory that evil has an origin distinct from God, St. Augustine devotes all his efforts to showing, from the nature of evil, that it does not demand a direct efficient act on the part of God, but only a permissive act and that this toleration of evil is justified by the gradation of beings which results from the existence of imperfection, and which is essential to the harmony and variety of the universe in general. Another question which attains a good deal of prominence in St. Augustine's metaphysics is that of the origin of the world. All things, he teaches, were created at the beginning, material creatures as well as angels, and the subsequent appearance of plants, animals, and men in a chronological series is merely the development in time of those "seeds of things" which were implanted in the material world at the beginning. However, St. Augustine is careful to make an exception in the case of the individual human soul. He avoids the doctrine of preexistence which Origen had taught, and maintains that the individual soul originates at the same time as the body, although he is not prepared to decide definitively whether it originates by a distinct creative act or is derived from the souls of the child's parents.

### **Medieval philosophy**

The first scholastic philosophers devoted their attention to the discussion of logical problems arising out of the interpretation of the texts which were studied in the schools, such as Porphyry's "Isagoge", and Boethius's translation of portions of Aristotle's "Organon". From these discussions they passed to problems of psychology, but it was not until the end of the twelfth century, when Aristotle's metaphysical treatise and his works on psychology became accessible in Latin, that scholastic metaphysics rose to the dignity and proportions of a system. By way of exception, John the Scot, as early as the first half of the ninth century, developed a highly wrought system of metaphysical speculation characterized by idealism, pantheism, and Neo-Platonic mysticism. In the eleventh century the school of Chartres, under the influence of Platonism, discussed in a metaphysical spirit the problems of the nature of reality and the origin of the universe.

The philosophy of the thirteenth century, represented by Alexander of Hales, St. Bonaventure, Roger Bacon, Albert the Great, St. Thomas, and Duns Scotus, accorded to metaphysics its place as the science which completes and crowns the efforts of the mind to attain a knowledge of things human and divine. It acknowledged the importance of the relation which metaphysics bears, on the one hand, to the other portions of philosophy, and, on the other hand, to the science of theology. Fundamentally Aristotelean in its conception of method and scope, the metaphysics of the golden

age of scholasticism departed from Aristotle's teaching only to supply the defects and correct the faults which it detected in Aristotle's philosophy. Thus, it worked out on Aristotelean lines the problems of person and nature, substance and accident, cause and effect; it took up and carried to higher systematic development St. Augustine's reconciliation of evil with the goodness of God; it elaborated in detail the question of the nature of matter and the origin of the universe by God's creative act. At the same time, the metaphysics of the schools was obliged to face new problems which were thrust on the attention of the schoolmen by the exegetical and educational activity of the Arabians. Thus, it drew the line of distinction between Theism and Pantheism, discussed the question of fatalism and free will, and rejected the Arabian interpretation of Aristotle which jeopardized the doctrine of personal immortality. Towards the end of the scholastic period the appearance of the anti-metaphysical nominalism of Occam, Durandus, and others had the effect of driving some of the later schoolmen to adopt an extreme *a priorism* in philosophy, which more than any other single cause contributed to bring about the antagonism between metaphysics and natural science, which marks the era of scientific discovery. This condition, though widespread, was not, however, universal. Men like Francisco Suárez and other great commentators continued down to the seventeenth century to present in their metaphysical treatises the best traditions of the scholasticism of the thirteenth century.

### **Modern philosophy**

At the beginning of the modern era we find a divergence of opinion concerning the scope and value of metaphysical speculation. On the one hand, Bacon, while himself retaining the name metaphysics to designate the science of the essential properties of bodies, is opposed to the metaphysical philosophy of the scholastics, and chiefly because that philosophy gave too much prominence to final causes and the study of the mind. On the other hand, Descartes, while declaring that "philosophy is a tree, which has metaphysics for its root", understands that the science of metaphysics is based exclusively on the data of the subjective consciousness. Spinoza accepts this restriction, implicitly at least, although his explicit main philosophy is ethical, namely to present that view of reality which will lead to the deliverance of the soul from bondage. Leibniz takes a more objective view. He tries to adopt a definition of reality which will reconcile the idealism of Plato with the results of scientific research, and he aims at harmonizing the materialism of the atomists with the spiritualism of the scholastics. Locke, by limiting all our knowledge to the two sources, sensation and reflection precludes the possibility of metaphysical speculation beyond the facts of experience and of consciousness. In fact, he maintains (Essay, IV, 8) that all metaphysical formulae, when they are not merely tautological and, therefore "trifling", have only a hypothetical formulae. This line of thought is taken up by Hume who emphatically declares that "it is impossible to go beyond experience", and by Mill, who maintains the hypothetical nature of all so-called necessary truth, mathematical as well as metaphysical. The same position is taken by the French sensists and materialists of the eighteenth century. Berkeley, although his professed aim was merely "to remove the mist and veil of words" which hindered the clear vision of the truth, passed from empirical immaterialism to a system of Platonic mysticism based on the metaphysical principle of causality.

Beginning with Kant, the question of the existence and scope of metaphysical science assumes a new phase. Metaphysics is now the science which claims to know things in themselves, and as Kant

sees it, all post-Cartesian metaphysics is wrong in its starting-point. Kant holds that both the empiricist's rejection of metaphysics and the dogmatist's defence of it are wrong. The empiricist is wrong in asserting that we cannot go beyond experience: the dogmatist is wrong in affirming that we can go beyond experience by means of the theoretical reason. The practical reason, the faculty of moral consciousness, can alone take us beyond experience, and lead us to a knowledge of things in themselves. Practical reason, therefore, or the moral law, of which we are immediately conscious, is the only foundation of metaphysical science. The successors of Kant, namely, Fichte, Schelling, Hegel, Schopenhauer, and Von Hartmann, no matter how much they may differ in other respects, hold that the aim of metaphysics is to attain the ultra-empirical, or absolute, reality, whether this be called self (Fichte), the absolute of indifference (Schelling), the dynamic absolute, spirit or Idea (Hegel), the Will (Schopenhauer), or the Unconscious (Von Hartmann). Another group, the empiro-critics, who also acknowledge their dependence on Kant, assign to metaphysics the task of discussing the fundamental principles of knowledge by means of a critical examination of experience. Finally, there is among German philosophers of our own day an inclination to use the word metaphysics to designate any view of reality which, transcending the limits of the particular sciences, strives to combine and relate the results of those sciences in a synthetic formula (*Weltanschauung*).

English philosophers either define metaphysics in terms of mental phenomena, as Hamilton does, or restrict its field of inquiry to the problem of the value of knowledge, thus confounding it with epistemology, or go over to the Hegelian point of view that metaphysics is the science of the genesis and development of dynamic categories of reality. The evolutionist school, represented by Herbert Spencer, while they deny the cogency of "metaphysical reasonings", attempt a general synthesis of all truth under the evolutionist formula, which is in reality metaphysics in disguise. Their effort in this direction is, at least, an acknowledgement of the justice of the scholastic claim that there must be a hegemonic science which unifies and co-ordinates in an articulate system the conclusions of the various sciences, and which corrects the tendencies of those sciences towards a specialization which ends in fragmentation.

In so far as pragmatism, represented by James, Dewey, and Schiller, rejects absolute truth, it may be said to cut the ground from under metaphysics. Nevertheless, the latest phase of pragmatism, in which interest is shifted from the epistemological problem to the question, What is reality? is manifestly a step towards a rehabilitation of metaphysics. An analysis of reality is followed inevitably by an attempt to synthesize. The pragmatic synthesis, naturally, will have for its foundation neither the law of entity, as that being is being, nor the law of contradiction, that being is not not-being, but some principle of "value", akin to that of the *Werth-Theorie* of Lotze. Of quite special interest is the attempt on the part of Professor Royce to interpret reality in terms of loyalty. With the exception, then, of Trendelenburg's "Studies", and critical expositions of the text of Aristotle, the only philosophical literature in recent times which adopts the Aristotelean view of the nature and scope of metaphysics, is that which has come from the pens of the Neo-Scholastics.

## THE DOCTRINE OF BEING

This section is for the academics out there and is also excluded from the exam. The three ideas which are most important in any system of metaphysics are Being, Substance, and Cause. These have a decisive influence, and may be said to determine the character of a metaphysical system. Substance and Cause are treated elsewhere under separate titles. It will, therefore, be sufficient here to give the outlines of the scholastic doctrine of Being, which, indeed, is the most fundamental of the three, and decides, so to speak, beforehand, what the scholastics teach regarding Substance and Cause.

### *(1) Description of Being*

Being cannot be defined (a) because a definition, according to the scholastic formula, must be "by proximate genus and ultimate difference", and Being, having the widest extension, cannot be included in any genus; (b) because a definition is the analysis of the comprehension of a Concept, and Being, having the least comprehension, is, as it were, indivisible in its comprehension, resisting all efforts to resolve it into simpler thought elements. Nevertheless, Being may be described. The word "Being", taken either as a participle or as a noun, has reference to the "act" of existence. Whatever exists, therefore, is a Being, whether it exists in the mind or outside the mind, whether it is actual or only potential, whether it requires a subject in which to inhere or is capable of subsisting without a subject of inherence. Thus, the broadest division of Being is into, notional, which exists only in the mind (*ens rationis*), and, real, which exists independently of the created world (*ens reale*). Real Being is further divided into the potential and the actual. This is an important point of scholastic teaching, which is sometimes overlooked in the exposition and still more in the criticism of scholasticism. For the scholastics, the real world extends far beyond the actual world of our experience or even of possible experience. Beyond the realm of actually existing things they see a world of tendencies, potencies, and possibilities which are truly real. The oak is really present, though only potentially, in the acorn; the painting is really, though only potentially, present, in the mind of the artist; and so, in every case, before the effect becomes actual it is really present in the cause in the measure in which its actual existence depends on the cause.

### *(2) Relation of Being to Other Concepts*

Scholastic psychology, adopting Aristotle's doctrine that all our ideas are acquired through the senses, teaches that the first knowledge which we acquire is sense-knowledge. Out of the material furnished by the senses the mind elaborates ideas or concepts. The first of these ideas is the most general, the poorest in representative content, namely, the idea of "Being". In this sense, therefore, the idea of being, or, more correctly, perhaps, the idea of "something", is the first of all our ideas.

Turning, now, to the logical relation, how, ask the scholastics, is the idea of Being predicated of the lower or less general concepts, such as substance, accident, body, plant, tree, etc.? In the first place, the predicate being is never univocally affirmed of lower concepts, because it is not a genus. Neither is it predicated equivocally, because its meaning when predicated of substance, for example, is not

entirely distinct from its meaning when predicated of accident. The predication is, therefore, analogical. What, then, is the relation, in comprehension, between Being and the lower concepts? It is obvious that the lower concept has greater comprehension than Being. But can it be said that the lower concept adds to the comprehension of Being? Manifestly, that is impossible, because if anything distinct from being is added to being, what is added is nothing, and there is no addition. The schoolmen, therefore, teach that the lower concept simply brings out in an explicit manner a mode or modes of being which are contained implicitly but not expressed in the higher concept, Being. The comprehension, for example, of substance is greater than that of being. Nevertheless it is not correct to say that, Substance = Being + a; for if a is distinct from the term Being, to which it is added, it must be Nothing. The truth, then, is that Substance brings out explicitly a mode (namely the power of existing without a subject in which to inhere) which is neither explicitly affirmed nor explicitly denied but only implicitly contained in the concept of Being.

### (3) *Being and Nothing*

Being, therefore, has a comprehension, which, though it is the least of all comprehensions, is definite. It is not a bare, empty concept, and, therefore, equal to "nothing", as the Hegelians teach. This doctrine of the scholastics is the line of demarcation between Aristoteleanism on the one hand and Hegelianism on the other. Aristotle teaches that being has a definite comprehension, that, therefore, the fundamental law of thought as well as the basic principle of reality is the identity of Being with itself: Being = Being, A is A, or Everything is what it is. Hegel does not deny that this Aristotelean principle is true. He holds, however, that Being has an indeterminate comprehension, a comprehension which is dynamic or, as it were, fluent. Therefore, he says, the principle Being = Being, A is A, or Everything is what it is, is only part of the truth, for Being is also equal to Nothing, A not-A, Everything is its opposite. The full truth is: Being is Becoming; no static or fixed formula is true; everything is constantly passing into its opposite. The consequences which follow from this fundamental divergence of doctrine regarding Being are enormous. Not the least serious of these is the Hegelian conclusion that all reality is dynamic and that God Himself is a process.

### (4) *Being, Existence, and Essence*

As wisdom (*sapientia*) is that by which a person is wise (*sapere*), so essence (*essentia*) is that by which a thing is (*esse*). If one inquires what is the intrinsic cause of a person being wise, the answer is, wisdom; if one asks what is the intrinsic cause of existence, the answer is, essence. Essence, therefore, is that by which a thing is what it is. It is the source of all the necessary and universal properties of a thing, and is itself necessary, universal, eternal, and unchangeable. The act to which it refers is existence, in the same way as the act to which wisdom refers, is the exercise of wisdom (*sapere*). Both existence and essence are realities, the one in the entitative order, the other in the quiddative order. Of course, the existence of a notional being (*ens rationis*) is only notional; its essence, too, is notional. But in the case of a real, created Being, the existence is one kind of reality, a real actuality, and the essence is another kind of reality, a reality in the potential order. This doctrine of the real distinction between essence and existence in real created beings is not admitted by all scholastic philosophers. Francisco Suárez, for instance, and his school, hold that the distinction is only logical or notional; the Scotists, too, maintain that the distinction in question is less than real. The Thomists, on the contrary, hold that in God alone essence and existence are identical, that in all creatures there is a real distinction, because in creatures existence is

participated, diversified, and multiplied, not by reason of itself but by reason of the essence which it actualizes. There is much controversy not only over the question itself, but also concerning the interpretation of the words of St. Thomas, although there seems very little ground for denying that in the work "De Ente et Essentia" the Angelic Doctor holds a real distinction between essence and existence.

### *(5) Transcendental Properties of Being*

Equally extensive with the concept of Being are the concepts good, true, one, and beautiful. Every being is good, true, one, and beautiful, in the metaphysical sense, or as the scholastics expressed it, Being and Good are convertible, Being and True are convertible, etc. (*Bonum et ens convertuntur*, etc.). Goodness, in this sense, means the fullness of entity or perfection which belongs to each being in its own order of existence; truth means the correspondence of a thing to the idea of it, which exists in the Divine Mind; oneness means the lack of actual division, and beauty means that completeness, harmony or symmetry of essential nature which is only an aspect of truth and goodness. These properties, goodness, truth, oneness, and beauty, are called transcendental, because they transcend, or exceed in extension, all the lower classes into which reality is divided.

### *(6) The Categories*

Real Being is divided (not by strict logical division, but by a process analogous to it) into Finite and Infinite. Finite Being is divided into the supreme genera, Substance and Accident. Accident is further divided into Quantity, Quality, Relation, Action, "Passion", Place, Time, Posture, and Habit (or possession). These nine Accidents, together with the supreme genus, substance, are the ten Aristotelean Categories into which, as supreme classes, all Being is divided.



*Aristotle and Plato, by Raphael*

## **ASSIGNMENT 1**

(does not need to be submitted)

### **Define Your Beliefs**

#### **What Do You Believe**

Before you can begin your spiritual journey; whatever that journey is, you have to know where you're starting. What do you believe and how does it relate to your spiritual path? Are you looking for a spiritual path but don't know which one fits your current beliefs? How are you going to assess where you are today with where you want to be, or what you've come from if you don't know what you believe.

It's easy to sit down and answer questions off the top of your head when talking with someone about what you believe. You jump from topic to topic and you may not even realize how the subjects are interconnected. You can give one description today and two weeks from now, you'll have a slightly different description. And you won't even realize you've altered your view or perception.

If you take on this assignment, you'll see how much that "easy to answer" scenario changes. When you're writing those answers down, putting thought to paper, you are forcing yourself to really think about what you believe. You'll begin writing an answer to a question you were sure you knew, only to discover that you may not be so sure about it after all. It also forces you to connect the dots. You'll find that, as you're writing an answer to one question, you might contradict your response to another question. And suddenly you have to re-think an entire subject.

It's important to keep in mind that there isn't a deadline or timeframe for when these questions have to be answered. The point to these questions is to make you think about your beliefs to provide a starting point. As you learn and research, you will come back to these pages and update, change or even totally re-write your first answers. If there are topics you don't know anything about, then those unanswered questions provide you with a list of "to be researched" topics.

I've tried to make the list of questions somewhat generic. Regardless of your level of knowledge and development, however, this assignment can be beneficial. Keeping a record of your beliefs helps you see where you started and how much you've grown and expanded your beliefs during various stages of the course.

#### **Answering The Questions**

Start a journal, separate from everything else you have. You can consider this part of your Spiritual Journal. The best thing to do is simply get a spiral notebook or even type it out on your computer (if



you have one). You can always print off those pages and put them in a binder later. If you don't print them, make sure you have a back up of the document.

Include the following in your journal:

1. On the first page, write the date and your name.
2. On the next page, give your notebook a Title. "My Spiritual Evolution" or whatever you like.
3. On the next page write "What I know I know" and include a list of topics and their definitions. Kind of like a glossary of terms. Keep the definitions to about 4 sentences. You're not writing a reference manual, just basic ideas and concepts. These are the topics you're sure you know and you're confident in your understanding of these things.
4. In the next section, write "What I think I know". Do the same thing – i.e. topics and definitions. This section is what you think these things are and what they mean.
5. And finally, in the next section, write "What I'd like to know". Here you'll just list topics.

There are several reasons for doing this. Firstly, it will show you how much you already know. You're probably like most people and you just don't realize how much knowledge you've already acquired on your spiritual path. Secondly, by writing all this down, you'll see that what you think you know can sometimes contradict what you know you know. So you'll have to rethink some of what you know and some of what you think you know. And some of those things you don't think you know, you'll decide maybe you do know a little about those topics after all.

Now if you prefer to simply answer a list of questions, here's a few things to answer in your topic/definitions. Keep in mind that many of these questions assume you believe in reincarnation and basic metaphysical theories such as karma, energy and the like. If you don't, then simply skip those questions in your journal, or go ahead and say you don't believe in that and why.

1. What is the Divine?
2. What is God and is this different from the Divine?
3. Where do we come from? Think creation vs evolution. What do you think?
4. What is the spirit?
5. What is the soul?
6. Are the spirit and soul the same thing?
7. Do you believe in reincarnation? If so, define what it is to you.
8. How does each new incarnation come to be?
9. Do you have past life memories? If so, where are these memories kept?
10. How do these past life memories affect this lifetime?
11. How can you use these past life memories in this lifetime?
12. What is the purpose of an incarnated life? What are you here to do?
13. Is the soul connected to the physical body? If so, how? Both spiritually and physically?

14. Where does the soul go once the physical body dies?
15. Do you believe in karma? If so, define it.
16. What is kundalini?
17. What are chakras? And how are they related to kundalini?
18. How are the chakras related to the soul?
19. Do you believe in spirits? If so, what are they?
20. Do you believe in ghosts? If so, what are they?
21. How do ghosts differ from spirits? Or do they?
22. What are spirit guides?
23. Are there different kinds of guides? If so, list and define them.
24. What is energy?
25. What is setting protection? And why is it important?
26. What is an aura?
27. What are spiritual senses? Do you have one?
28. What do you think about psychic abilities? Do they exist? Are they helpful?
29. What do you think about spiritual healing?
30. What do you think about meditation? What are the benefits of meditation?

Lastly for any spiritual path; the ultimate question to any spiritual path is "why are you walking this path?"

1. What do you want to achieve from your studies? I'm not talking about talents, I'm talking about spiritual knowledge and enlightenment.
2. What do you want to achieve or do with your knowledge? This refers to the physical activities. And it could include talents (such as psychic abilities, healing, or teaching).
3. How are you going to apply this knowledge to your daily life?

Great, now that we've covered the basics of metaphysics, I want you to complete yet another assignment. This assignment is a self assessment, which is going to be your yardstick during this course, for you to measure your progress (similar to the above, but this one deals with your personal day to day issues). We will soon be starting with the self-healing lessons, which is important for any person, let alone healer. Often we give our power away to others and say to them "heal me", when in fact, the only person that can truly heal yourself is **you**. Healing begins on the inside. You will see when we get to the Body's Energy Systems, being the aura, chakras, meridians, etc. how everything fits together and how to obtain the best healing results.

Many people may ask "why self healing?". Because you owe it to yourself, and you're worth it! From this day forward, I no longer want you to put everybody else's needs first. I want YOU to be your number 1. Sure, I'm not talking about things like ignoring your baby when he's crying because

you want to watch a soap opera, I'm talking about taking care of yourself and putting your NEEDS (not wants) first. When your metaphorical cup is overflowing with energy, health, love and compassion, it will naturally spill over onto others. And you will have more to give. However, if you let your cup run dry, there will be nothing left to share.

From this day forward, say to yourself in the mirror every morning when you wake up "I love myself, I am worthy, I deserve to be happy, I am beautiful." This is called an affirmation, which will be more fully discussed later in the course. By looking at yourself in the mirror while you are saying this reaffirms to your subconscious mind that you are directing these affirmations to yourself and firmly embeds them in your subconscious. What this means is that soon you will believe yourself when you say these things. You will soon see what a profound difference this will make on your life. Today is the beginning of an exciting journey for you – feel free to contact me by e-mail with feedback, experiences, theories, etc. and together we can learn more about life and how to live it, for the greatest good.



## ASSIGNMENT 2

### Rating your Life

You can complete the following in your own time. It is more for your benefit, for you to firstly analyse your life, and then secondly, to see how the status changes during the course of your studies.

*Note: We appreciate that what you are writing is sensitive and personal and therefore this assignment does not need to be handed in. This DOES NOT mean that you don't have to do it!! It is for your benefit.*

*Addressing yourself: for each area listed below, answer the following questions:*

# Sunshine Academy of Metaphysics

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1. Rate each area of your life (areas listed below) on a scale from 1-10. Use the rating scale at the bottom of the assignment as a guide. For each area that's not at a 9 or 10:
2. Write out what a 9/10 looks like for you in that area. Be complete in your description. Create the full picture in detail.
3. Explain the circumstances that have you say you're the number you chose versus 9/10. What is really going on in that area of your life that isn't working well?
4. What is your explanation for why it makes sense that you would end up at that number? What's gone on in your past or your family that have it make sense that you'd end up at *that* number.
5. What are the reasons why you can't have what you want in this area? What are your negative beliefs?

## The Areas of Life

1. satisfaction with work
2. body/weight/appearance/presentation/how you look
3. community/friends/depth/intimacy
4. your relationship to yourself (what do you say about yourself to yourself)
5. bad habits/vices (biting your nails, overeating, drinking, smoking, partying, addictions, how often do you do it)
6. relationship (whether you're in one or not)
7. sex (including comfort with your body, quantity and enjoyment level)
8. romance – giving and receiving attention (not flowers)
9. characteristics that don't work about you (anxiety, anger, moodiness, etc)
10. participation in your family – your parents/siblings/etc.
11. money/wealth (including, are you happy with the amount you earn, the amount you've saved, how you spend it, how it's managed, etc.)
12. career
13. time (how you manage your time (to-do's/scheduling), anything you wish you'd get to but don't, as well as how you're using your life, do you love what you're doing/anything you're doing that you're not impressed with)
14. home
15. being organized/the physical universe
16. learning (wanting to learn about things you are not taking the time for like flying or guitar)
17. fun/adventure

- 18. spirituality
- 19. health

## Ratings key

- 10 Perfect. Unsustainable state of affairs. Reserved for individual episodes and fleeting moments.
- 9 Highest sustainable rating for a category.
- 8 Highly satisfactory state of affairs. Significant additional focused effort will be needed to elevate rating to a 9. A source of pride.
- 7 Solid, can't complain, coasting because it's good enough but not a source of pride.
- 6 Weak, but not painful. Frayed around the edges. Can talk oneself into it being a 7 but it's not easy. Needs work but doesn't have to be today.
- 5 A 6 that's been around for a while. Still not intolerable, but likely the issue or the necessary remedial steps are being actively avoided.
- 4 Getting to be intolerable, but not just yet. Requires a great deal of justification and/or denial to continue this number at a sustained rate.
- 3 Things are bad. Very bad. It is not yet life threatening or a point of no return, but close.
- 2 Things are hopeless. You wonder why you exist. There is much pain. Virtually unbearable.
- 1 Fleeting moments of hell. Unsustainable level of displeasure.