

# HOW THE UNIVERSE WORKS

## USING THE 12 UNIVERSAL PRINCIPALS - WITH LISA LINDER

### 12 Embodiment Exercises To Live Your Best Life

- 1. The Law of Oneness** - Answer the following questions. Write them down.  
What are my desires? What do I want to create? What do I want more of in my life?  
**Affirmations** - (Say this out loud as often as possible) - *If it exists in my mind, it is possible for me.* - A belief is just something you continue to think.
- 2. Law of Vibration** - See Vibration - Frequency Scale on last page
- 3. Law of Correspondence** - **Make A List** - List all the things that are showing up in your life that are unwanted, then make a list of the things that are showing up or happening that are ideal. Ask yourself the question, what needs to be released from my unwanted list to make room for more of what I want to show up? By becoming aware you can then release the unwanted by choosing different thoughts.
- 4. Law of Attraction** - **Envisioning Exercise.** Start with something small, practice manifesting. Ask for a parking space, envision a perfect space and know it will be there when you get to it. Release the thought and allow it to show up.
- 5. Law of Inspired Action** - Inspired action is all about connecting within to your higher self, your soul, spirit, (whatever you want to call it) AND THEN take action based on what feels good to you. This exercise is all about taking action after you connect with yourself.  
**Meditation to connect within** - <https://www.lisalindertransformations.com/meditation>
- 6. Law of Perpetual Transmutation of Energy** - **Moving Energy Exercise** - Do something you've never done before, whether that is going for a walk in a new place, moving your body in a different way, listening to something you wouldn't ordinarily listen to. Be open to all new possibility and know that anything is possible when you open up new pathways by doing something different than usual. Be brave, get out of your comfort zone and do something that feels good.

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**7. Law of Cause and Effect - Thinking and Feeling Exercise** - What do I want to see reflected back to me in my life and what are the actions I can take to have what I want reflected back? For instance, if I want more kindness in my life, how can I be more kind to others? If I want to receive more in my life what can I give (time, money, kind words, food, a smile)? Give more of what you want and it will come back to you!

**8. Law of Compensation - Gift and Talent List** - List all of your gifts and talents, even the ones you don't feel are worth compensation. Everything is compensated and your gifts and talents were given to you for a reason. Our job is to become aware of them, use them and the universe will compensate us in some way in the form of money, blessings or gifts. Pick a gift or talent you have identified and spend some time and energy doing it. Notice how you feel. If you would like to take this a step further you could then journal about your experience.

**9. Law of Relativity** - Don't judge yourself in this exercise, but simply look back at a previous challenge and how you overcame it and what your growth was. Be proud of yourself and physically **do something nice for yourself to celebrate yourself for this growth.**

**10. Law of Polarity** - Take a situation that is challenging you right now and envision the opposite. The best possible outcome. What does that look like, feel like? **Write this down, envision it and feel the outcome you want. Do this daily.**

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**11. Law of Rhythm** - This exercise is all about honoring the cycles of your body and the seasons of life.

Practice:

Notice and be very aware whether or not you are honoring what your mind, body and spirit need.

-Eat food that is in season.

-When you are tired, rest.

-Be kind to yourself

-Ask yourself, What's the most loving thing I can do for myself in this moment?

Find things you like about each season / rhythm and enjoy it. Focus on the things you like about them rather than what you don't like about them.

There is a season for everything and if we honor those cycles and rhythms, we will stay in alignment. Alignment is where you can manifest all you want.

**12. Law of Gender** - Examine where you are operating from, more feminine or masculine? Contemplate how you can balance these energies. You need both to become whole. Write them down and practice using both masculine and feminine properties.

Masculine Properties - reasoning, strength, action, assertiveness,

Feminine Properties - emotional, nurturing, receptivity, sensitivity

# Vibration - Frequency Scale

Everything is energy and all energy vibrates at a certain frequency. (See below).

(E)motions are energy in motion. So the way you feel (your emotions) is how you attract things or situations into your life.

The Law of Attraction says like attracts like. So whatever you are feeling is what you are attracting more of into your life. If you are feeling peace, you will attract more peace, if you are feeling angry and you don't release the anger you will attract more situations that make you feel angry.

The state to manifest more of what you want starts with flow, so do all you can to keep yourself in the higher vibes (frequency). How are you feeling?

**EXERCISE:** Daily Practice of Gratitude. Gratitude is a high frequency (540 hz).

List 5 things you are grateful for every morning when you wake up. This will start your day in a high vibe.

## Emotions      Frequency



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