

Twelve Principles To Live By

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Inspired by Umi

1. None of this is real. We live a dream wrought by human ego, a pale reflection of God's creation, though even here, God sends us what we need. We're not here for fleeting fulfillment. We're here to learn, to burn through self-deception, to come to peace with it all. Making it real makes it worse. Still, we do what we can to improve the dream.
2. Take total responsibility for everything you are, have and live. Blame doesn't help. The more we take responsibility, the more we come to peace.
3. Everything here is perfect for our evolution. It's not what we think we want, but it's tailor-made to help us learn and grow as a being. We're given pain, disease and death, poverty, wealth and love to aid in our progress. It is our job to find the value in everything and be grateful.
4. Cultivate faith and trust. We are taken care of. We are given what we truly need. Trust in the process, in the support of the invisible realms. Let go of despair, fighting and hate.
5. Cultivate surrender. Accept everything exactly as it is. This is not fatalistic. We can still do what we can to improve our lives and the world. But the more we fight what is, the more miserable we make ourselves. What is, is. The less we resist it, the more we embrace it, the more we come to peace.
6. Ultimately, there's only one of us. We are all the same being taking different aspects and forms. No one does anything to anyone. We create this ourselves. It's a great cosmic joke to give us something to do, to have all the different experiences, this part helping or harming that part, each part coming closer to the whole. We are everything. What we dislike reminds us of something within we have not met or accepted.
7. The mind cannot know. It has deep limitations. Embrace the unknown, the void, the silence. Ground in the potent, fecund mystery, the field of all possibilities. Everything in this 3D dream is made of sand.
8. We are meant to be decimated, to die before we die, to lose and let go of everything, our hearts completely melted and broken, to find what is left when everything is taken away. Humility saves.
9. We are eternal, multidimensional beings living a limited human existence. We have forever to evolve. This brief 3D sojourn is precious. Though we seem the slowest of learners, we grow more quickly in this school of hard knocks than almost anywhere.
10. There are ten realms and innumerable worlds. We've been constrained to return here again and again. The rest of the omniverse will soon reopen to us.
11. We are what we seek—love, peace, totality, freedom. Nothing we want can give us that. Evolving is rebecoming what we already are.
12. Meditate three times a day, preferably the Love and Forgiveness Meditation.