



## Key Guiding Life Principles to Living a Life You Love

Know these Guiding Life Principles to the core of your being and your life will never be the same! They are listed separately but they all are all connected and overlap each other.

### The Guiding Life Principle of Absolute Unity/Divine Oneness

This Principle states that we are all one, made out of the same Essence, and we are all connected. We come from the same Source of all life which is the Essence of Love, Life, Light, Power, Peace, Beauty and Joy. We are unique, individualized expressions of Universal Love and Wisdom. You were made in the image and likeness of your Source (Creator) therefore you have co-creative abilities.

### The Guiding Life Principle of Vibration/Resonance

This Principle states that all things have a specific vibration. The Vibration is either “positive” or “negative”. There can be a neutral vibration, though that state is typically very brief before it shifts to either a positive or negative frequency (vibration). Without judgment of right, wrong, good or bad we know that this Principle precedes the well known Law of Attraction, and positive vibrations attract positive results and negative vibrations attract negative results.

As we grow into a deeper Spiritual Maturity our vibrational frequency changes. We are no longer a match to certain people, places or things. If we choose to stay in the same situations that no longer feel like a match to us it creates disharmony in the Energy Field and you may feel out of balance in your life.

### The Guiding Life Principle of Attraction

This Principle responds to the Principle of Vibration and states that we attract everything into our life, including all the people, events, situations and experiences based on what our vibrational frequency is. By being mindful and with intention we can master the Principles of Vibration and Attraction for our highest and greatest good and the highest and greatest good of all. This takes desire, awareness, discipline, commitment and discernment and is a daily practice until it becomes the new norm. Whatever you give your energy, attention and focus to, you get more of. You may think that by wanting something you will get it, but the bottom line is - what vibration are you putting out? It may be a vibration of joyful, exciting anticipation and knowing, or it can be a vibration of doubt, fear, lack and limitation. The job description of this Principle is to match vibrations. It does not care if it is matching a positive or negative vibration, it just matches what you are sending out and attracts like vibrations to you. At every given moment you are sending out a positive or negative vibration and this Principle is responding to your vibration by giving you more of the same – either positive or negative. You have the power to control your vibration by how you respond to life events, how you process what you are feeling, and what you give your energy attention and focus to. Fully feel your feelings while loving and accepting yourself and the energy flows through you without getting stuck, repressed or suppressed and becoming emotional baggage. Trapped

emotions contribute to having a lower vibration and therefore affect what you are attracting in your life. A common mistake some people make is they fear feeling “negative” emotions, even for brief periods, but feelings are part of the human journey and they are not right, wrong, good, or bad. They are meant to be felt and acknowledged. Once you fully feel and acknowledge them you have more clarity on what you don’t want in your life and you can change your energy, attention, and focus to what you do want and that raises your vibration and point of attraction.

## The Guiding Life Principle of Abundance

This Principle states that this is an abundant Universe and there is abundance in all things. Abundance can be of positive or negative vibrations, meaning you can have an abundance of all kinds of wonderful experiences and things in your life or an abundance of all kinds of not so wonderful things. It goes back to what your vibrational frequency is and if you send out more negative vibrations or more positive ones. It is important to note here that we are always at choice. When less than positive experiences in our lives do happen, we can fully feel them and then let them go or we can stay stuck in victimhood and keep the lower vibrations running in our Energy Field.

## The Guiding Life Principle of Awareness and Being in the Now

Awareness builds consciousness. When you go through life in the Present Moment you are aware of where you are in Space and Time and what you are feeling. If most of your time is spent in the past you are not focused on where you are now. You can only co-create your life from present time awareness. That is not to say that you can’t remember joyful events of the past or imagine wonderful things coming into your experience in the future. But, be aware of how you are feeling in the here and now as that is what determines your vibration and, therefore, what you will be attracting in your life.

## The Guiding Life Principle of Aligning With Your True Essence

This Principle states that you are here to be the full expression of You! The simplest and most effective way to this is to be connected to your Higher Self, your True Essence. Within that connection you align with your Highest Self and you embody your True Spirit. You integrate that energy essence into your physical expression. You then Ground that Essence into your physical expression and the Earth and then you Anchor it so you can more easily go about your life from a state of ease and grace. You can more easily do this by having a Daily Alignment Practice that touches all areas of your life: Body, Mind, Spirit and Shadow.

If you would like to learn more about Anchoring Your Light and embodying Elements of Mastery you can visit me at [www.ElementsOfMastery.com](http://www.ElementsOfMastery.com).

With Heart,

Jill Marie Chesrow