

## **A Lesson in Living Metaphysics**

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**Please read carefully and insure that you always keep in mind the basic rules of metaphysics.**

1. What you give out returns to you.
2. What you see in others is your problem.
3. According to what you believe (your faith) you will get more of the same.
4. As long as you have blame and judgment of others, you will be blamed and judged by others.
5. As long as you continue to believe in “what is wrong” you will continue to receive the same results.

**Remember these 5 basic rules. Use these methods to make the changes.**

1. Make sure your thought, words and actions are filled with praise and appreciation.
2. Each time you see a negative in someone else, use a denial. “I am not \_\_\_\_\_ and therefore I do not see \_\_\_\_\_ in people around me because I no longer attract that quality into my life.
3. I now believe I am surrounded by loving, kind, prosperous and happy people.
4. I accept responsibility that I was a part of this situation and do my own inner work to remove blame and judgment from myself. I let go and let the spirit of good work in every area of my life.
5. My results are now changed because I now make a world of praise ad appreciation.

I promise you this. If you read this little reminder morning and night for 30 days you will no longer be caught in the middle of other peoples problems. You may be an onlooker (which serves wonderfully to be a reminder of how cruel words can get when personal attacks take place), but you will not be a part of the problem.

“It’s a friendly universe.”

Albert Einstein