



CONCEPT-THERAPY[®]

In

ACTION

KNOW THYSELF

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The Inglet-McCasland Teaching Team

CONCEPT-THERAPY IN ACTION

This workbook is presented by the Inglet-McCasland Teaching Team to assist you in your daily use and application of the principles taught in the Concept-Therapy instruction. It was inspired by the Journal for Life, originally developed by Patsy Fleet and Warren McKenney and recently updated by Sue Linda Wright. We are grateful to the Mattox Teaching Team and Pat Holloway for their support, ideas, and editing assistance in the preparation of this workbook.

Concept-Therapy offers a practical approach to living your life—a workable philosophy built on a firm foundation of Universal Principles. Taking this principled approach results in a more abundant life, which includes reaching your Goals for Health, Happiness, Success, and Peace at all levels—physical, mental, and spiritual.

Is Concept-Therapy easy to apply in your life? That depends on *you* and to what degree you *commit* to change—to bringing your individual life into harmony with Universal Law. Concept-Therapy provides you with the *tools* to build an understanding of life—as it really is—on a foundation of Law. This workbook is a supplement to be used in conjunction with the *Concept-Therapy* text, *Rays of the Dawn*, the Study Guides, and the various other available study materials. It is up to you to *use* the tools: to *Know Yourself* and to master your thoughts, emotions, and actions. As you know yourself better, you can live more in harmony with your True Self and with Natural Law.

Attaining a higher awareness of Life—a higher consciousness—is not a weekend project; it is a lifelong *process*. You achieve self-mastery step-by-step, through continued learning and conscious, persistent study, application, and refinement over time. This is a *journey* that requires faith, determination, focus, and patience. It is work worthy of courageous travelers on the Path of Life. This workbook will help you along *your* path.

Enjoy the journey!

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Chapter One: Creation of the World

Creating in *My* Life

Image:

A correlated study of *Science* and *Theology* leads us to conclude that an *Unknown Creative Power* started it all and that a *Universal Consciousness*, which includes the *Image* for all creation, continues to express in a lawful manner. We can never know the *Unknown Power* or the *Universal Consciousness* in essence; however, we can observe the eternal and unchanging *Universal Laws* through which these great unknowns operate. More importantly, we can learn these laws, and we can use them to create what we want in our own life on every level—physical, mental, and spiritual.

Plan:

1. Develop an acute awareness that something causes everything you experience.
2. Work to gain insight from your experiences. Begin to see your life experiences as lawful and as beneficial learning opportunities.
3. Choose to take control of your life in a lawful, logical way. See yourself as an active part of the creative process that operates in every aspect of the universe, including in every human life.

Action:

- *I ask myself: What do I want in my world, my life?*

To answer this question, I consider all aspects of my "self:"

Physical

Mental

Spiritual

-
- *Of the items I listed, I choose to start with the following because it is something I feel is important to me:*
-
- *I write what I want to create in my life in the center of the circle on a copy of **My Image Chart** (Appendix A). I focus on that Image as something important to me—something I want to create in my life. I state my Image in positive terms: I state what I DO want, instead of what I do NOT want or want to avoid.*

I am creating what I want according to Universal Principles.
I am creating a positive Image for the changes I want to make in my life.

Chapter Two: First Stage of Creation—The Electronic Phase

Attracting What I Want in *My* Life

Image:

Energy expresses lawfully through everything, everywhere, all the time. In the Electronic Phase of creation the *Universal Consciousness* of the Creative Power is expressing through the subatomic particles of matter, resulting in the attribute(s) of *Attraction* (and *Repulsion*) and the creation of the atoms in our physical world. Each atom has its own distinctive characteristics because of its *internal structure*—the number and arrangement of the subatomic particles—through which *Energy* expresses. We humans, too, have distinctive expressions, which are the result of Energy expressing through our internal mechanisms.

Plan:

1. Realize that the Universal Consciousness (Energy) is working through you. Your body is made up of atoms; the great Universal Consciousness works through those atoms; therefore, it works through you and is part of your physical, mental and spiritual inheritance.
2. Examine the things, thoughts, and acts you now have in your life to gain insight from what you are currently attracting and repelling.
3. Use the laws of the Energy expressing through you to draw positive ideas, experiences, people, and things to you and to repel negative ones through the principles of attraction and repulsion.

Action:

- *I ask myself: What do I need to attract into my life as part of my Image?*
-

- *Aspects of my life at the present time that I no longer want to continue attracting or repelling:*
-

- *What it is about those things, people, places, thoughts, and acts that attracts or repulses me:*

- *The feelings I experience about these attractions/repulsions:*

I study these feelings (emotions) in Rays of the Dawn to get a better understanding of what the attractive power of these feelings has brought into my life.

- *I feel/do not feel it is possible to change what I am attracting or repelling now because ...*
-
- *I write the aspects of my Image on the lines that radiate from my central Image on **My Image Chart** to indicate what I will attract into my life as I create according to my Image.*

**I focus my attention and energy on what I DO want ("hub of the wheel")
and what I am attracting as part of what I want ("spokes of the wheel").**

Chapter Three: Second Stage of Creation—The Mineral and Chemical Phase

Organizing Around *My Images*—Setting Priorities

Image:

The Creative Power *always* creates in an orderly, successive, and lawful fashion—every creation playing a definite role. In the Mineral/Chemical Phase of creation *Universal Consciousness* is expressing through more complex forms than in the previous stage. "The Spirit of God moved upon the face of the waters," and the attribute of *Organization* emerged.

Plan:

1. Organize your physical, mental, and spiritual resources around your Image—what you *want* to have in your life—so your *priorities* are clear to you and anyone else associated with it.
2. Deal with any negative emotions that retard your growth, such as fear (which often expresses as procrastination), anger (which results in impatience), worry (which is an expression of doubt), so that the *consciousness* within can be focused on moving forward toward your Image.
3. Include time in your schedule for study and meditation, rest and recreation.
4. Arrange your schedule to take *Conceptology, Phase One* to learn to "clear your mind" and concentrate on your Image to the exclusion of other thoughts.

Action:

- *I ask myself: What areas of my life need better organization to achieve my Image?*

- *How I can Organize my life to achieve my Image:*

- *How I feel about Organization in my life—what feelings I experience when I think about or act on the organization principle:*

I study these feelings (emotions) in Rays of the Dawn to get a better understanding of how my feelings can contribute to or limit how I organize my life.
- *I fill out a My Plan of Action (Appendix B), My Monthly Planner (Appendix C), My Weekly Planner (Appendix D), and a Financial Budget to plan the organization of my time, money, and energy to create the Image I want in my life.*

I organize my life around priorities that support my Image.

Chapter Four: Third Stage of Creation—The Vegetable Phase

Adapting for *My* Images

Image:

Universal Consciousness continues to evolve, expressing to a greater degree through more complex material forms until it crosses the boundary into what we label *life*. The living things we call plants express this Consciousness, and all the attributes gained up to this point continue: plants live according to an internal *image*; plants *attract* what they need from their environment; plants *organize* what they take in from the environment according to their internal mechanism. The attribute of *Adaptation* becomes apparent in the plants: plants survive by responding lawfully and constructively to changes in their environment.

Plan:

1. Realize that the purpose of your life's journey is to become the best you can be—physically, mentally, and spiritually.
2. Re-define the challenges and hardships you experience in life as steppingstones of growth rather than as problems.
3. Develop your adapting (coping) skills to give you the power and energy to work through your challenges.
4. Learn to adapt to changing conditions and personalities in ways that are beneficial to *all* concerned. Accepting the new into life often makes it necessary for you to re-adjust the way you have been using your time, money, and energy. If you want your Image to manifest in your life, you must make way for the new by adapting from the old.
5. Realize that **life changes require adaptation**: new and modified images; adjustments in what you attract; re-organization of time, money, and energy.
6. Take charge of your emotions to adapt constructively. Sometimes adaptation brings up negative emotions that stem from fear of change and the unknown.
7. Be acutely aware that every thought, person, and experience that requires you to use *adaptation* serves as a strengthening challenge/test of your ability to continue in your growth toward your Image.

Action:

- *I ask myself: What adaptation (coping) techniques am I using now, and what results are they producing (positive or negative) in my life?*
-

- *How I feel in a situation in which I must adapt:*
-

- *How I am currently spending my time, money, and energy:*
-

*To answer this question, I record how I am currently using my time, money, and energy to make my current **organization** and **priorities** clearly visible. (I can use **My Monthly Planner** and **My Weekly Planner** to help me do this.)*

- *I compare my current organization and priorities with the aspects on **My Image Chart** ("spokes of the wheel") to discover items I must **add or increase** AND items I must **eliminate or decrease** in my time, money, and energy budgets in order to bring my Image into manifestation:*
-

- *I modify **My Plan of Action**, **My Monthly Planner**, and **My Weekly Planner** to reflect the adaptations necessary to bring my Image into my life.*

I adapt to changes logically and constructively to achieve my Image.

Chapter Five: Fourth Stage of Creation—The Animal Phase

Moving on My Images

Image:

In the Animal Phase of creation the attribute of *Locomotion*—the ability to move from one point to another—becomes apparent. In this stage the **six anatomical zones** develop. These carry over into the Human Phase, just as do *all* the other attributes developed in the evolutionary process. When *Universal Consciousness* expresses through animal forms, it is called *animal consciousness*. The animal is guided by *instinct*. Human instincts (urges) have their roots in this stage.

Plan:

1. Realize that this is the phase of the creative process in which your Image goes from the planning to the DOING stage. It is the time to **work your plan**. The best plan in the world will not work unless YOU do! However, there is more than one way to move on your Image, just as there is more than one way to move in the animal realm. While working your plan, you will continue to use the attributes you gained from the previous stages (image, attraction, organization, adaptation).
2. Live according to the Laws of the Body, Mind, and Soul so that you are healthy—physically, mentally, and spiritually. You can move on your images much more easily when you are healthy.
3. Recognize that all emotions developed for survival. However, as a human you no longer have to be controlled by these emotions. Study *Rays of Dawn* to learn the positive use of all your emotions to conquer the "beast within."
4. Recognize that the animal instincts, though buried deep within, may surface and manifest as either positive or negative energy reflected in your acts. The animal nature can manifest as being violent or docile, or any degree between the two extremes.
5. Analyze your thoughts, desires, words, and acts to determine if they are beneficial to you, your growth, people around you, and Life in general. Take *Conceptology, Phase Two* to learn more about the inner emotional drives and urges that prompt you to experience certain emotions. The self-knowledge you will gain will help you control your actions.

Action:

- *I ask myself: What am I already doing that is moving me toward my Image?*
-

- *Other ways that I can move on my Image:*
-

- *Unnecessary distractions I can eliminate that will help me focus on my Image:*
-

- *Habits I can change that will assist me in bringing my Image into my life—habits of my body, habits in dealing with my environment, habits of my thinking, habits in the expression of my emotions:*
-

I analyze why I am inclined to act in a certain way and if there is a more constructive way to adapt in every situation.

- *Modifications of my Plan of Action that will include all the ways of moving on my Image:*
-

I am moving positively on my Image according to my logical plan.
I deal constructively with any of my emotions or behaviors that lead me away from my Image.

Chapter Six: Fifth Stage of Creation—The Human Phase

Reasoning On My Images

Image:

In the Human Phase of creation the attribute of *Reason* becomes apparent. The human is a *free moral agent*, capable of the power of **conscious choice**. When *Universal Consciousness* expresses through a human form, it is called *self-consciousness*. With reason, we humans can ask internal questions, like "Who am I?" "Why do I have these feelings?" "What is the purpose of my life?" "What is my relationship with *Universal Consciousness*?" We can learn to choose our thoughts, our emotions, and our actions rather than just reacting to life situations and circumstances.

Plan:

1. Analyze your motivations—urges and emotions—*before* you act on them. Use your reason to determine if your act is based on conscious choice or if you are at the mercy of your emotions—just *reacting*.
2. Learn from your experiences. You have free will and choice. You are not to be considered "bad" or "stupid" if you make mistakes. Errors in judgment or choices allow you the opportunity to feel the "pain" or the penalty—actually, just the consequences of your choices. If you realize that the effect was the result of your limited reason and did not descend upon you from "out there," then the "mistake" becomes a learning opportunity. Learn and do differently next time.
3. Use your **Reason** through all the stages of the Creative Process to help you Image, Attract, Organize, and Adapt constructively. Reason is especially important in dealing with emotions that may arise as you bring a new Image into your life: reason helps to cool down emotions so you can resolve conflicts and see the answers to questions clearly.
4. Realize that it is your DUTY in life to be happy—to cease all mental and spiritual action that interferes with growth of character.
5. Use your reason to review all the stages of the Creative Process so far.

Action:

- *I ask myself: What may I need to reconsider—subject to additional research and reason—to achieve my Image?*

- *Sources of conflict or potential conflict (physical, mental, and spiritual) on which I will need to use my reason to resolve in connection with my:*
 - *Image:* _____
 - *Plan:* _____
 - *Action:* _____
- *As the result of additional analysis, these are emotions I want to understand better so I can have more happiness and contentment while I am working to bring my new Image into my life:*

- *I modify My Plan of Action and Planners to reflect additional thought and consideration:*

I use my reason every step of the way, every day to achieve my Image. I understand that logical analysis, lawful understanding, and positive action will help me overcome all challenges and keep me "On the Beam." I learn and move on.

Chapter Seven: The Evolution of Consciousness

Evolving *My* Consciousness

Image:

Each of us is the product of a continuous succession of changes (evolution) over eons of time. As a result, we have **inherited concepts** within our consciousness that are the legacy of all that *Universal Consciousness* experienced during this evolutionary process. We also have **acquired concepts**, which are the result of all our personal experiences, from our *conception* until now.

Sometimes we close the door to the great storehouse of knowledge in our subconscious due to limited concepts. We may think that "we are not the successful type" or that "we are not worthy to have what we want in life." We must remove all such limitations by using the knowledge we gain through the study of the principles in *Concept-Therapy* and *Rays of the Dawn*. The power to succeed—our spiritual inheritance—is within us. There are no trials that can come our way that did not confront our ancestors and were not conquered by them. Nothing can come *our* way that is unconquerable.

Plan:

1. Understand that you are a part of all Life, and all Life is a part of you.
2. Consistently concentrate on your Images (goals). Filling your mind with constructive activity helps open the "trap door" to the great Universal Consciousness so that you can uncover hidden talents and insights into what you need for your progress.
3. Purchase a notebook and create a **Dream Journal**. Write down your dreams and consider how your dreams can assist you in mastering your thoughts and emotions—how they can help you refine your plan and manifest your Image.
4. Get to know yourself better by studying *Rays of the Dawn*, the *Concept-Therapy* text, *Conceptology*, *Phase One* and *Phase Two*. The analytical tools in *Phase Two* are especially valuable in tapping your inner resources and identifying limiting concepts.

Action:

- *I ask myself: What are some of the **inherited** and **acquired** concepts in my subconscious, and how does each affect achieving my Image?*

- *Two concepts I have that are positive in relation to my Image:*

- *Two concepts I have that are negative in relation to my Image:*

- *Situations (including dreams) in which I feel inadequate, thus resulting in feelings of anxiety, worry, or other negative emotions directed toward my Image:*

- *What I would do in my life if I really believed I could not fail:*

**I reach my highest goals by eliminating the "chains" of limiting ideas
within my consciousness.**

I recognize opportunities and act on them!

Chapter Eight: The Spirit

Knowing The Spirit: The Doer of My Images

Image:

In Concept-Therapy instruction we call the *Universal Consciousness* that flows through every particle of our being *Spirit*. Spirit is intelligent and works with matter to produce our bodies, including our brains. When the brain develops sufficiently, Spirit "breathes into our nostrils the *breath of life*" (Reason) and *each of us becomes a living soul*. Each of us is a Soul, not a body or a mind; furthermore, there is Spirit within us. The Spirit within us is always ready and able to manifest our Images.

Plan:

1. Refine your nature through study, concentration, meditation, corrected reason, and lawful living to make yourself eligible to receive what you want in life.
2. Think and choose (reason) wisely—obey the Laws of the Body, Mind, and Soul—to cooperate with the Spirit that exists within every cell of your body. When you live according to Universal Laws (the way the Spirit operates), you are putting your life in harmony with the power you need to bring what you want into your life.

Action:

- *I ask myself: What is the relationship of my Image to the Spirit within?*

- *A situation in which I followed my inclinations that resulted in my "being in the right place at the right time and doing the right thing":*

- *A situation in which I followed my inclinations that resulted in a less than perfect or desirable result:*

- *The difference between the two possible results of following my inclinations:*

- *What I can change to experience more positive results when I follow my inclinations:*

**I am constantly aware that Universal Consciousness—Spirit—is within me.
Spirit is all-powerful, all-knowing, and everywhere present and manifests in my life
according to Law.**

Chapter Nine: The Soul

Knowing The Soul: The Chooser of *My* Images

Image:

Universal Consciousness in the subatomic particles evolved into the minerals, then into the plants without much change. When it evolved into creatures with a brain, another consciousness developed: that of the individual animal. The *simple consciousness* of the animal is latent, unawakened—the animal is incapable of thinking inwardly. When *Universal Consciousness* expresses through the human soul with its reason, it is labeled *self-consciousness*. *Universal Consciousness* remains within every particle of our bodies, regulating those activities that are not under our conscious control.

Plan:

1. Realize that you are a living Soul, made in the image and likeness of God. Since God is Consciousness, then you must also be consciousness. The difference is in degree: one is Universal and Infinite; the other is individualized and finite.
2. Use your reason—develop that "Spark of Divinity" within—to attain true individual consciousness and move beyond self-consciousness. It is your *duty* as a Soul.
3. Know that you are the thinker apart from your thoughts, the actor apart from your action, the feeler apart from your feelings, the willer apart from your voluntary activities. You are NOT your thoughts, your actions, your feelings, or your voluntary activities.
4. Study to learn the Laws involved, and use your willpower to begin to obey them. Using your reason and obeying the Laws of the Body, Mind, and Soul will bring you into harmony with the Spirit within. It is this harmony that releases the Power within you so that you can have health, happiness, abundance, and peace.
5. Choose to express a higher degree of consciousness. You can do this because you have free will.

Action:

- *I ask myself: What choices am I making now that are helping bring my Image into my life?*

- *Choices I am making now that are NOT in harmony with my Image:*

- *In the following situation(s) I consciously chose to express the Laws of the Body, Mind, and Soul, and this is how I felt as a result:*

- *In the following situation(s), due to my emotional response and/or limited reason, I expressed the Laws of the Body, Mind, and Soul inappropriately, and this is how I felt as a result:*

I forgive myself for inappropriate choices regarding the Laws of the Body, Mind, and Soul and for choices that are not in harmony with my Image. I see these situations as signposts to areas in which I need to do some more work so that I make better choices as I grow.

Chapter Ten: The Mind

Knowing The Mind: The Thinker and Storehouse for *My Images*

Image:

The word *Mind* is the name given to the activity of the cells of the brain. Our "mind" came into being through the vibrations of various influences and can be changed (reprogrammed) at will. We strive to admit only those vibrations that we consciously judge to be BOTH *logical* and *beneficial*.

Plan:

1. Question everything that comes your way. Analyze every bit of information to assure that it is **both** *logical* and *beneficial* before accepting it.
2. Do not allow yourself to become emotionally involved, positively or negatively, with any person, place, thing, or idea unless you really want to "buy in" (to accept it as yours). The key to choosing what you want as part of your mind is to remain neutral until after you have analyzed it.
3. Realize that you have preconceived ideas, but you can choose to clean up and discard all distorted, erroneous, or prejudicial ideas that are part of your mind.
4. Stay alert to your "feelings." Many "ideas" come to us through vibration, and our feelings are danger flags—warning that we may be about to accept an idea or emotion before we have analyzed it.
5. Use your reason wisely. Learn the laws involved and have enough discipline to obey them.
6. Examine your concepts to see if there is anything of a negative or limiting nature that you wish to change. You have created your mind by what you have accepted; therefore, you can change it.
7. Look into your "heart's desire" to see if there is a hidden talent, a spark of something you always wished to have, to do, or to be. *Prepare to create positive new concepts to make your dreams a reality.*

Action:

- *I ask myself: What preconceived ideas do I have that are inconsistent with my Image?*
-

- *New ideas I can accept that are logical and beneficial in bringing my Image into my life:*
-

- *The two parts of my mind and how each relates to my Image:*
-

- *Additional Images I can add to my list of what I want to create in my life:*
-

**I question and analyze every idea that comes my way to be sure that it is
both logical and beneficial before I accept it.
As I become aware of illogical or limiting concepts I have previously created or accepted,
I change them lawfully.**

Chapter Eleven: The Body

Knowing The Body: The Instrument and Effect of *My* Images

Image:

Each of us is a *Soul*, activated by the *Spirit*, operating through the medium that is the physical *Body*. The body, of itself, has no life. It is just something through which life operates. It is just so much matter and can be shaped and molded at will by the Soul, its master. The body is an instrument that we are to refine, to improve, and to train so that it suits our highest purpose. *All habits that appear to be of the body are, in reality, concepts in the mind.*

Plan:

1. Recognize that your habits—healthy or unhealthy—are concepts in your mind. You cannot truly change your physical condition without working with your mental and spiritual conditions.
2. Care for your body properly. It is your vehicle to shape and mold.
3. Obey nature's immutable Laws to enjoy physical health. Study the four Laws of the Body in *Rays of the Dawn* and practice them daily. The body is the starting point for anyone in earnest about making positive changes in life.
4. Incorporate the use of the *Inner-Klean Diet* and the *Balanced Meals Booklet* into your plan to ensure a healthy lifestyle. Your cleansed body will prefer the new, healthier things you give to it and, with the proper concept, will develop a liking for clean, wholesome foods and beverages.

Action:

- *I ask myself: What are some of my habits related to my body and, on a scale from 1 to 7, to what extent does each affect the achievement of my Image?*

-
- *Some of my concepts that manifest as physical habits are:*

-
- *Knowing that my body is moldable like clay changes my ideas about my health, weight, appearance, etc. in the following ways:*

-
- *The extent to which I already obey the Laws of the Body and what I am doing to improve:*

- | | | | | | | |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | | | | | | |

 Eating Balanced Meals _____
- | | | | | | | |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | | | | | | |

 Drinking enough water every day _____
- | | | | | | | |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | | | | | | |

 Moving my joints every way, every day _____
- | | | | | | | |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | | | | | | |

 Getting enough rest _____
- | | | | | | | |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | | | | | | |

 Taking regular vacations _____
- | | | | | | | |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | | | | | | |

 Getting some recreation every week _____
- | | | | | | | |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | | | | | | |

 Having a little fun every day _____
- | | | | | | | |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | | | | | | |

 Making time for a hobby _____
- | | | | | | | |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | | | | | | |

 Keeping my body clean, inside and out _____

Knowing that I am a Soul with Spirit within as my partner changes my perception of my ability to change my habits and my body by changing my concepts.

I refine and mold my body to make it a better instrument for what I want to do in my life by caring for it lawfully.

Chapter Twelve: The Factors of Personality

Using the Parts of *My* Personality Correctly in Relation to *My* Images

Image:

The "Fact of Life"—the expression of the living personality—consists of the interaction that normally takes place among the **originative factor** (the Soul, the chooser), the **executive factor** (the Spirit, the doer, the Power within), and the **material factor** (the body and/or the environment). These factors relate in a precise, mathematical way: $X:Y::Y:Z$.

Plan:

1. Learn the difference between the **inductive** and **deductive reasoning processes** so you can use both appropriately, as needed.
 - **Inductive reasoning** takes various facts and reasons down to a common factor within them all.
 - **Deductive reasoning** takes given premises and shows why certain conclusions must follow. Since a premise may be false and erroneous, the conclusions may also be false.
2. Stop and "think it through" when you are faced with a decision. Making a decision using only the deductive process means that you are accepting some premise without question, sometimes based on "feelings" or "faith" instead of facts. When making important decisions, especially in times of stress, stop and consider all aspects by using *both* the inductive and deductive processes with knowledge of the strengths and drawbacks of each. This will strengthen your ability to choose wisely.
3. Take responsibility as the Originative Factor for what you choose to impress upon your Executive Factor. Whatever you, the soul, choose and impress on the Spirit within is carried out to its rigorously logical conclusion by the Spirit, and after a period of incubation will express in your body and/or your environment.
 - When *you* originate (choose) an idea to be expressed, it is said to be "autosuggestion."
 - When you accept ideas from *others* (by choice or under hypnosis), you have given up your ability to "think for yourself."
 - The executive factor, the Spirit, is receptive and purely executive in nature and must be set in motion by the originative element, the soul—that's YOU.
 - The power of the Spirit is almost unlimited in its ability to manifest an image lodged by the originative factor. This means that YOU, the soul, always have the power to change a concept, and therefore the expression in your life.

Action:

- *I ask myself: What are some concepts (positive and negative) that I have impressed on my executive factor (subconscious mind) that are currently expressing in my life?*

- *I identify the negative (positive) concepts that I have impressed on my executive factor by working backward from negative (positive) conditions that are expressing in my life. For example:*

- **Reasoning I Use** (Appendix E) makes my reasoning process visible to me as I re-examine my Image.
 - *I use the steps of the deductive reasoning process to determine the following logical results of my Image:*

 - *I use the steps of the inductive reasoning process to create new positive concepts and images in the following way:*

I use both methods of reasoning consciously and correctly in all situations.

I originate positive concepts and impress them on my executive factor for expression in my life.

Chapter Thirteen: The Composite Personality Relating to Others in the Working of My Images

Image:

The *factors* of the *Composite Personality* are contributed by more than one individual acting as one (*en rapport* or in harmony), but the same relationships exist: X:Y::Y:Z. Creation—physical, mental, or spiritual—is *always* the result of the action of an originative element upon a receptive and formative executive element, the product springing, after a period of incubation, directly from the executive, formative member. This is the *only* creative process that exists.

Plan:

1. Establish the **Composite Personality** before attempting to create anything. A Composite Personality **must** exist in any situation for the creative process to take place.
2. First, establish a condition of **Faith, Confidence, En Rapport**, or Harmony between the parties involved. You can do this using **Fascination, Agreement, or both**.
3. Learn to play the two distinct roles required for a composite personality—acting them out much as you would in a play. Be ready, willing, and able to play either role (originative or executive), as the situation requires.
 - The **Originative role** requires you to:
 - Know what you want to accomplish (idea).
 - Have the idea clearly in your mind—memorize it.
 - Visualize the idea—see it in your “mind’s eye.”
 - Be authoritative in your voice and in your actions as you communicate your idea to yourself or others.
 - The **Executive role** requires you to:
 - Listen intently.
 - Visualize exactly what is being communicated—See it in your “mind’s eye.”
 - Act it out. Play the part well: follow the directions from the originator exactly.
4. Keep the ideas you want to bring into reality **broad, logical, lawful, and positive**.
5. The **effect**, the creation, will spring from or through the executive member of the Composite Personality after a period of incubation and express in the body and/or the environment

Action:

- *I ask myself: What people, concepts, and images are acting as originative factors in my life right now?*

- *A specific situation related to my Image in which I wish to create a Composite Personality:*

- *What I want to accomplish in relation to my Image by forming the composite:*

- *How I will establish rapport in the composites necessary for my Image:*

**I form the Composite Personality before I attempt to create anything.
I am an effective Originator and Executor;
I play the appropriate role in all Composite Personalities.**

Chapter Fourteen: The Basic Concept

Making an Image MY Image

Image:

A *Basic Concept* is any idea or *suggestion* that we have accepted that creates a fixed idea within our subconscious mind. The subconscious (executive element) is perpetually in a state of "becoming"—a diminishing or an augmenting, a deadening or a quickening—*according to the nature of the Basic Concept operating in it at the time*. The ability to change by altering the Basic Concept resides in the originative member of our personality.

Plan:

1. Realize that you have Basic Concepts—fixed ideas about everything—with all manner of "feelings" attached to them. Your "feelings" spur you on to action based on your concepts.
 - How you choose to think, what you think, what you like or don't like, everything upon which you have formed an opinion (positive or negative)—all are Basic Concepts.
 - Concepts can be negative (which usually means limiting to your growth) or they can be positive (which usually means expansive to your growth).
 - All of your actions reflect your *Basic Concepts*, and you often don't even know what they are! With this knowledge, this insight into human personality, you can see your concepts for what they really are.
2. Understand that your Basic Concepts were implanted in your mind through conscious choice, "blind faith," faulty reasoning, or emotional involvement with the attached ideas. These concepts either came from others (your parents, peers, teachers, television, or other elements of your environment) or you created them yourself.
3. Sharpen your awareness so that you realize when you are "acting without thinking" on a Basic Concept. Consciously consider if that concept is good for your physical, mental, and spiritual health and growth, and for Life in general.
4. Analyze *why* you do "what you do"—*why* a particular act or way of thinking satisfies you—based on the fact that you are always seeking pleasure and avoiding pain. This process of discovery can assist you to *Know Yourself* so you can *choose* to keep or reject any *Basic Concept operative in your mind at any time*.
5. Learn to focus on the concepts that are positive in your life and to withhold attention from those concepts that are negative (limiting) in your life. Concentrating on a concept strengthens it; therefore, you want to concentrate on positive concepts.

Action:

- *I ask myself: Why do I do/think/feel as I do?*

- *A Basic Concept that led me to choose my Image and that keeps me on track:*

- *A Basic Concept I need to change to help me achieve my Image:*

- *I analyze my thoughts and actions to discover my Basic Concepts and Know Myself better:*

Ask yourself: "How do I feel about this?" "What pleasure am I getting from this thought/ act?" "Does this thought/act make me feel more in control, more powerful?" "Do I think/act this way so that I don't have to face the issue at hand and then act on it?" "Do I feel I get more attention this way?"

**Every day I focus on my Basic Concepts that help me with my Image.
I work to discover and change Basic Concepts that are not in harmony with my Image.**

Chapter Fifteen: The Becoming of the Body

Choosing the Direction of Change in *My* Body and Environment

Image:

When the Spirit Mind (the executive factor) is impressed with an idea, it proceeds to carry it out. Such ideas may have to do with the organs of the body, the muscles of the body, the function of the organs or muscles, and/or with the growth or shape of the body. In short, the influence of the Spirit extends to all processes of the body; therefore, our bodies are in a continual state of "becoming" according to the nature of the basic concepts operating in our minds. Change is constantly taking place within our bodies, and we can direct that change by changing our basic concepts about our bodies.

Plan:

1. Focus on **Health** rather than on any dis-eased condition that may presently be manifesting in your body. When you give energy to the thoughts in your mind and impress them on your subconscious, the effect must manifest in your body.
 - If your thoughts are of a positive nature, expect a positive result.
 - If your thoughts are of a negative, limiting, or debilitating nature, expect a subnormal effect—a dis-eased condition.
2. Realize that YOU, the soul—the originative factor—have the ability to change any condition that exists in your body by altering the basic concept that is operating to produce that condition.
3. Basic concepts about your body and health are associated with feelings. Analyze and face how you "feel" about your body—its state of health, its shape, its weight, etc.
4. Learn to love your *Real Self*—you, the Soul, within your body. This will help you get "right" with yourself in your "feeling" world, emotionally and spiritually.
5. Concentrate on thoughts of health in a general manner, using the six **Health Image Charts**. As you focus your mind on positive images and see their manifestations in your life, you will begin to know with absolute certainty that this omnipotent, beneficent, omnipresent Power is within you. When this powerful concept is totally impressed within your subconscious mind, all depressed conditions can be brought to normal. Know that it is "natural" for you to have health: the Power within strives to keep the functioning of your six systems (zones) in perfect balance.

Action:

- *I ask myself: What am I doing to influence the changes that are continually occurring in my body?*

- *The part of my body or the major health zone that needs improvement:*

- *The basic concept(s) that I will choose to change to bring about that improvement:*

- *The positive changes I expect to see in my health or in the condition of my body:*

**Change is constantly taking place within my body.
I can direct that change by changing my basic concepts about my body.
I focus on Perfect Health of body, mind, and soul.**

Chapter Sixteen: *The Becoming of the Faculties* Improving My Inner and Outer Senses

Image:

The **external faculties** (Sight, Hearing, Taste, Touch, and Smell) contact the outer temporal world of matter. The **internal faculties** (Perception, Imagination, Will, Reason, and Intuition) contact the inner, eternal world of Spirit or Universal Consciousness. Both sets of faculties are changing—becoming better or worse, stimulated or depressed—every day. Both the inner and outer faculties can be developed to higher states. All of our faculties function according to the concepts in our minds.

Plan:

1. Think, speak, and act positively about all the faculties to stimulate them. For example: "I 'see' things clearly," rather than, "I don't want to face that," or "I can't see that far into the future (the problem)." Negative self-talk results in a diminishing of the faculties since the message you are giving to the Spirit within depresses the expression of these faculties.
2. Perfect your ability to reason and to choose positive reactions to situations that arise in your life. This automatically enhances your will to think and act in a way that is beneficial.
3. Use the inner faculties consciously to strengthen them. Use the inner faculties to strengthen the outer faculties, and use the outer faculties to feed the inner faculties:
 - Exercise your will: get started;
 - Use your imagination: plan your method and "see" the result before you have it;
 - Enhance your perception: see situations in life *in their true light*;
 - Use your reason: take all the facts into consideration;
 - Have faith that your developed reason will guide you: intuitively you will know how to improve.
4. Use the **Health Image Charts** and listen to a recording of the **Perfect Health Image** daily to increase your inner faculty of imagination in relation to your health.
5. Everything changes: Change negative, limiting concepts about your faculties to positive ones.
6. Stay focused, consciously, with the conception of the Spirit within as having unlimited power, having infinite knowledge, and being present at all times. "SEE" your life as you wish it to be.

Action:

- *I ask myself: What concepts do I have about my faculties?*
-

- *The outer faculties I am improving and what I am doing to achieve that improvement:*
-

- *How I am using and improving the following inner faculties to help me with my Image:*

Reason: _____

Will: _____

Perception: _____

Imagination: _____

Intuition: _____

I use all my faculties toward the attainment of my Images. I choose to correct negative basic concepts I have that limit my faculties.

I focus on the unlimited Energy of the Universe working through my improving faculties to help bring my Images into my life.

Chapter Seventeen: Laws Governing the Transmission and Change of Concepts (Part 1)

Controlling *My* Thoughts and Their Effects in *My* Life

Image:

Thoughts are things. The laws of physics govern both the physical and mental. Our thoughts and feelings are brain-cell vibrations and form *electromagnetic waves*. The electromagnetic waves that we generate are collectively known as our *electromagnetic field*. As we change our thoughts and feelings, we change our electromagnetic field. Changes in our electromagnetic field cause changes in what we attract into our lives. We can change our electromagnetic field by changing our concentration—changing the **amplitude**—and/or by using energy to change the **frequency**. Our images, thoughts, and feelings obey the Law of the Inverse Square: when we stop putting energy into an image, thought, or feeling, it grows weaker and effectively dies out. The extremely short wavelength (high frequency) of thought waves enables them to pass through everything, so we must protect ourselves lawfully from unwanted thoughts.

Plan:

1. Work daily and consciously to gain control over your thought world. *Thoughts are Things*—electromagnetic vibrations of great power in your life.
2. Increase the amplitude of—add energy to—all thoughts and feelings that support what you want in life. Decrease the amplitude of—refuse to add energy to—thoughts and feelings that do not support what you want in life.
3. Apply energy to change the frequency of limiting thoughts or feelings; in other words, change the concepts that produce the thoughts and feelings. For example, change anger concepts to patience concepts. When you change the frequency of your vibration, you change your electromagnetic field and therefore what you will attract into your life.
4. Focus regularly on what you want in life to keep that vibration from getting weaker by the Law of the Inverse Square.
 - Focus on what you want when an obstacle is placed in your path.
 - Focus on what you want when problem solving.
 - Focus on what you want when talking to yourself and others.
 - Focus on what you want when old habits, thoughts, and feelings try to intrude.
5. Monitor your self-talk and keep a journal of what you say to yourself. Suggest to yourself only ideas that support your Image.
6. Monitor your thoughts about others and keep a journal of what thoughts you are sending. Send out to others only thoughts that will return positive thoughts, acts, and feelings.

Action:

- *I ask myself: What thoughts am I sending to myself that support my Image?*

- *I identify negative self-talk, such as the following, and work to change the concepts that are producing it:*

- *I am sending the following words, thoughts, and feelings to others to bring my Image into my life:*

- *I identify negative thoughts I send to others, such as the following, and work to change the concepts that are creating those thoughts:*

I am gaining greater control over both the amplitude and the frequency of my thoughts by understanding and using the laws that govern all electromagnetic vibrations.

I tune in to thoughts that are in harmony with my Images. I tune out thoughts that are not in harmony with my Images and change the concepts that stimulate those thoughts.

Chapter Eighteen: Laws Governing the Transmission and Change of Concepts (Part 2)

Using Law to Change *My* Concepts

Image:

We change limiting concepts by applying the laws of physics to the mind. The *Law of Resonance* teaches us that we can put our electromagnetic field (our brain-cell vibrations) into or out of harmony (rapport) with other frequencies. Resonance is also the basis of the Composite Personality. *Thought* is the result of induced vibration in the brain cells, which increases in amplitude until we become conscious of the ideas or concepts associated with those cells. The same principle works for external stimuli (light, sound, touch, etc.) and internal stimuli (thoughts, emotions, feelings). *Suggestion* is the fundamental influence that has made us what we are, so we guard our inner world. What is *Unconscious* can become *Conscious*; as we become aware of limiting thoughts and feelings within the unconscious, we bring them to the conscious level so we can *Reason* upon them.

Plan:

1. Create a logical, positive, broad, and lawful image of what you want. Cultivate the "feeling of excitement" of having it by picturing yourself with your heart's desire. Concentrate on your Image. Create a good plan of action. Work your plan. Have faith during the incubation period, knowing that you are eligible for your Image because you are living lawfully and in harmony with it.
2. Focus intensely concentrated mental energy on what you want (your Image). Ideas, thoughts, and images are electromagnetic waves of energy. The strength or amplitude of thought waves is increased by the exercise of the WILL that marshals the forces of the mind into "focused thought," which we term **concentration**. This concentrated thought will increase the vibration of the new concept, making it a strong attractive force, able to go out and attract whatever is in resonance with that particular vibration. Your developed perception will enable you to recognize opportunities when they come your way.
3. Attach a strong, positive "feeling" to your concentrated thought to increase its amplitude.
4. Switch gears if the "old, negative way of thinking" rises into your consciousness. Take your attention OFF the old habit and place it ON the NEW concepts you are implanting on your brain cells.
5. Make your environment reflect your Image. Surround yourself with that which is in harmony with your Image.
6. Be aware of what gets your attention. Put yourself "in resonance" with what you want to be, what you want to do, and how you want to act.
7. Keep constructive brain cells vibrating at a high amplitude. Change unwanted frequencies by study: read *Rays of the Dawn* every day; attend Beam Club study groups; take and review Concept-Therapy and Conceptology classes regularly.
8. Use the principles in the Concept-Therapy course and the tools in this workbook to build the life you want. Believe you can have it: "Be-living" the laws so that having what you want is a natural, lawful consequence. Prepare to receive it.

Action:

- *I ask myself: What am I tuning into that is helping me toward my Image?*
-

- *I am bringing my environment into harmony with my Image in the following ways:*
-

- *I am concentrating my study so that my mental activity will support my Image in the following ways:*
-

I am using the laws of physics/psychology to change my concepts so that I am in resonance with things, thoughts, and acts in harmony with my Images.

Chapter Nineteen: Laws of the Universe

Living My Life With Lawful Awareness

Image:

All physical and mental science is based upon the *Laws of the Universe*. To drive a car lawfully, we must know the traffic laws and signs. To live a life lawfully, we must know the laws involved. We use (or abuse!) these laws every day, and usually we are not even aware of them. When we learn how to live according to the seven Universal Laws, we can, with knowledge, create harmony in our life. A sense of harmony with Life can bring us happiness, health, peace, and success, even though life around us may seem difficult at times. All Life operates by Natural Universal Laws. Knowledge of these Laws and working with all the Laws of Life presented in Concept-Therapy can result in greater health, happiness, success, peace of mind, and wisdom.

Plan:

1. **Approach life scientifically.** Every thing, thought, person, and act with which you deal is an expression of Energy. The Seven Subsidiary Universal Laws operate under the *One Great Law: Energy Is*. The *Seven Subsidiary Laws* are therefore *Laws of Energy*. Look for Law at work in everything.
2. **Realize you can change.** Change fears, worries, dislikes, etc. into the more constructive emotions and thereby attract the good of life. **The Law of Perpetual Transmutation of Radiant Energy** explains that everything is a manifestation of energy, including your emotions. That means that everything changes. Nothing is perpetual but motion. All situations, however pleasant or unpleasant, change. You have the choice and the power either to change the situation or to adapt constructively to it (how you view the situation). Choose to change for the better.
3. **Compare constructively.** Using the **Law of Relativity**, measure your present "problem" against others that are/were worse. This prevents you from adding additional negative energy. Once you relate the problem to something worse, the intensity of the problem lessens. You are then able to see solution steps more clearly. Also, remember that others in this world might consider themselves very fortunate to have your "problems" rather than theirs. There is no good or bad, big or little, except by comparison. All the laws work together (correspond). Give yourself an attitude adjustment!
4. **Be positive to attract the positive into your life.** The **Law of Vibration** states that you attract that with which you are in resonance (harmony). If you keep attracting angry people into your life, then you must have hidden anger within. Once you work with this Law, you can recognize what is within you and use the Laws accordingly to change the frequency of the vibration that you are sending out. To attract positive people, places, and things into your life, send out good vibrations. Concentrate on positive thoughts—and add positive feeling to give them more power. You reap what you sow into Life, including things, thoughts, words, and actions.
5. **Look for other ways to view life.** Any situation with which you must deal has more than one "side" or aspect. The **Law of Polarity** shows that neither positive nor negative can ever exist alone. All situations, things, etc. have many different potentials. The opposites will always exist—in the world at large and in your life. When you have a problem, recognize that it cannot be all bad, since the negative cannot exist alone. Somewhere within the problem you will find the good aspect, even if it means simply adapting to the problem in a beneficial way, thereby gaining strength through understanding and use of the Laws. Choose the potential that is beneficial to you and to Life in general and move toward it.
6. **Use the "highs and lows" in life constructively.** The **Law of Rhythm** explains that both are natural and necessary to keep everything in balance. During the "high" times, when everything is going right and your energy is high, engage in creative activity to accomplish what you want in your life. When things are going into a "down" swing, that's your cue to go slowly and carefully until the negative swing is over. Recuperate and rest, study and read, relax and prepare for the next high time to come rather than adding negative emotions like fear, worry, anger, etc., which will prolong the duration of the natural rhythmic swing. Realize that everything happens in its time.

7. **Look for the causes of everything you have in your life.** The Law of Cause and Effect explains that there is no such thing as chance. Understanding this Law helps when you have something in your life that you do not want, because it will force you to look for the cause instead of simply blaming someone or something else. Everything you experience is the effect of a cause: you either attracted it, chose it, or allowed someone to plant it in your life through your acceptance of suggestion. Everything you experience gives you some degree of pain or pleasure. You have the ability to create a new situation—a new effect—that is beneficial. Change *what is* into *what you want it to become*.
8. **Use the originative and executive principles to create what you want in life.** The Law of Gender explains how everything in the universe is created. The originative (masculine) principle impregnates the executive (feminine) principle, and the result always springs forth, after a period of incubation, from the executive (feminine) principle. The Law of Gender works on the physical, mental, and spiritual levels. Make your own choices and be the originator in your own life. Take responsibility for your choices and choose to do and be better as you grow.
9. Take *Conceptology, Phase Three* (after studying *Concept-Therapy, Phase One*, and *Phase Two*) to gain more in-depth information about the Universal Laws.

Action:

- *I ask myself: What Laws am I using in my life in every situation?*
-
- *I use the Using the Laws of Life Every Day worksheet (Appendix F) to write down every instance in which I am aware of the operation of one of the Universal Law.*
 - *I use the example Using the Universal Laws (Appendix G) to help me apply ALL the Universal Laws to any situation I am facing. I write down how I can use all the Universal Laws in that situation to enable me to see the situation from at least seven different perspectives.*
 - *I use the booklet Zeroing In on the Laws of Life to evaluate my progress in mastering the Laws of the Body, Mind, and Soul in Rays of the Dawn. I do this periodically and I chart the changes that are occurring in my life. I give myself credit when I progress. I forgive myself and resolve to continue my growth when I fall back into old habits and patterns of behavior—I realize that I have concepts to be "fixed."*
 - *I evaluate how I handle situations when I consciously use the Universal Laws versus how I may have handled similar situations in the past without knowledge of the Laws. I note how I feel when I handle a situation lawfully versus how I felt when I handled previous situations without knowing the Laws.*

I call the Laws into my awareness in my everyday life.

**I slow down and: Think before I act; Think before I speak;
Think before I accept suggestions; Think before I get "caught up" in emotions.**

**All through the day, I identify the Laws as I use them and note my feelings as
I consciously use the Laws.**

**Any time I feel like a "victim of circumstances," I use the Laws to bring
a sense of control back into my life.**

**I practice using the Laws in my everyday life so that
I automatically handle *all* situations lawfully.**

Chapter Twenty: *Natural Laws and Their Relation to Health and Disease* Choosing Health, Happiness, Success, and Peace in *My Life*

Image:

Natural Law is God in manifestation. There is no space, place, condition, individual or group that is exempt from Natural Law. Law is infinitely intelligent, perfect, and beneficent. When we understand and apply the Natural Laws that govern the body, mind, and soul, we are consciously and willingly working with the Creative Power of the Universe in our own evolutionary progress. We make ourselves eligible for—in harmony with—health, happiness, success, and peace by lawful living.

Plan:

1. Keep foremost in your mind at all times that the Universe operates by Law and you have a part to play in the *Evolution of Consciousness*.
2. Start to see everything that happens—in your life and in the world—as necessary in a bigger scheme of things. When you view circumstances as "bad," remind yourself that the positive and negative expressions of the Creative Power are in exact balance and must remain so for an orderly universe. Rid yourself of the habit of calling the negative situations "bad" to the degree that you suffer from them. Understanding the lawful nature of the Universe will give you the "peace that passes all understanding."
3. You have a duty as a human being to learn and to grow. Adapting successfully to the challenges of life gives you the opportunity to expand your awareness of your relation to the Creator of it all and to harmonize with the Laws that govern all Creation. By expanding your human self-consciousness, you will begin to approach *Cosmic (Universal) Consciousness*.
4. Accept—do not deny—all physical, mental, and spiritual dis-eases as natural consequences of a failure to live lawfully to some degree. Allow them to help you see past the pain to the causes. Once you decide to look within for the solution, the healing can begin. *"The cure for suffering is the recognition of its friendly mission which makes its judgment accepted and confessed."* Remember: nothing can happen to you that you cannot handle. The experiences of life help you grow.
5. Do not dwell on the negative. *"A study of health is vastly more profitable than a study of disease."* Fix what you can and adapt to the rest.
6. Study—individually and in study groups—and attend classes often. Wherever YOU are, surround yourself with the positive aspects of Life. Read *Rays of the Dawn* daily. Make it a priority to be healthy and happy. Do whatever it takes to manifest your images—lawfully.

Action:

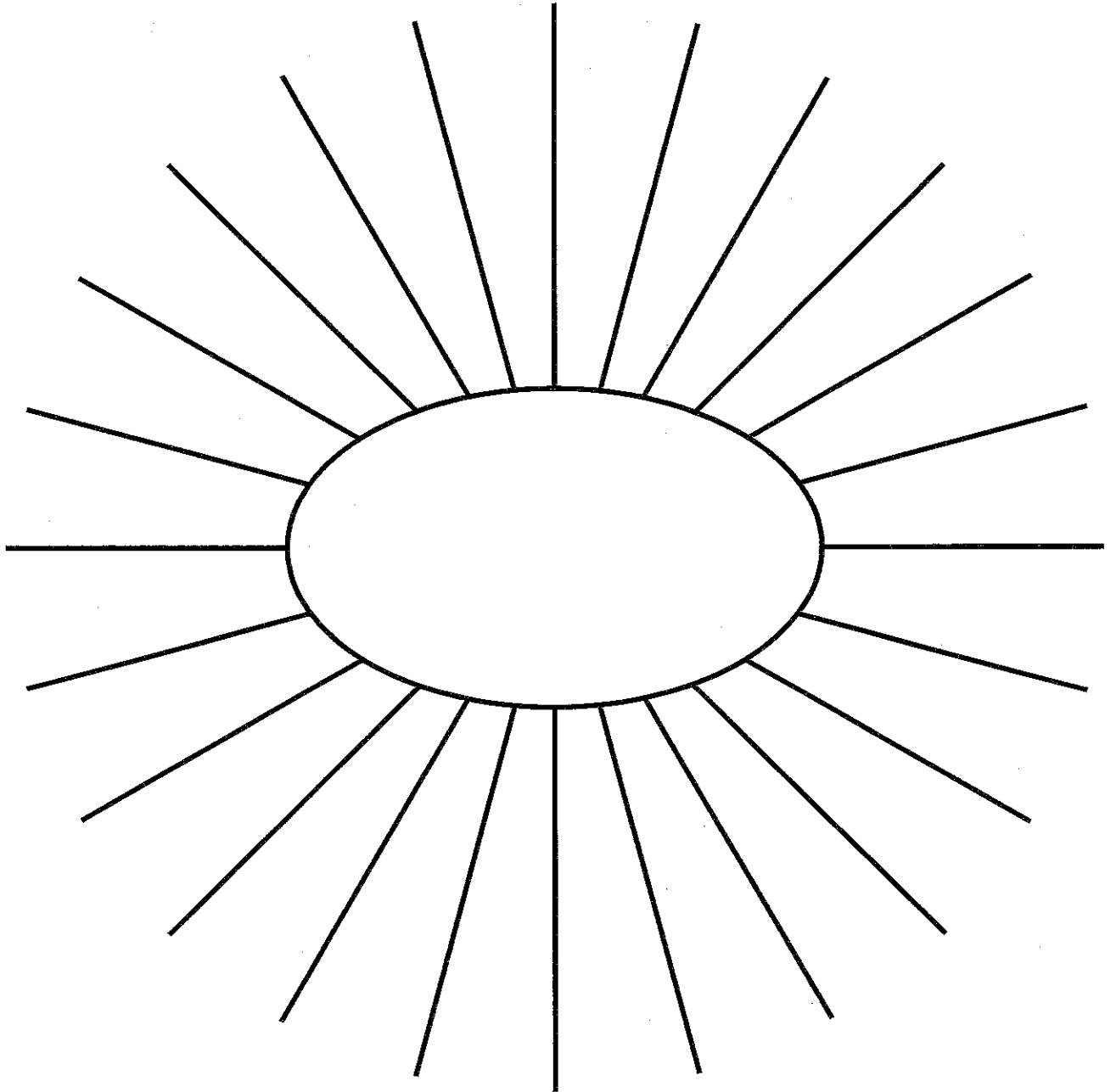
- *I use my Concept-Therapy study tools regularly to convert the **information** I have gained by taking Concept-Therapy into **knowledge** that is mine to use whenever I need it. I use this workbook and my knowledge to **apply** Concept-Therapy in my life. By living the Laws of Life, I will gradually convert my Concept-Therapy knowledge into **understanding**. Greater understanding helps me live lawfully; living lawfully makes me eligible for a more abundant life of greater health, happiness, success, and peace as a natural consequence.*

I am changing my life using the principles taught in Concept-Therapy.

My subconscious is responding to this *commitment*, and I am improving physically, refining mentally, and increasing my spiritual awareness.

I am enjoying my journey along the Path of Life.

MY IMAGE



What / want in *MY* life.

What / attract into *MY* life as part of *MY* Image.

MY MONTHLY PLANNER

Month/Year: _____

MY Image: _____

What / am doing this month as part of MY Image:

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>

MY WEEKLY PLANNER

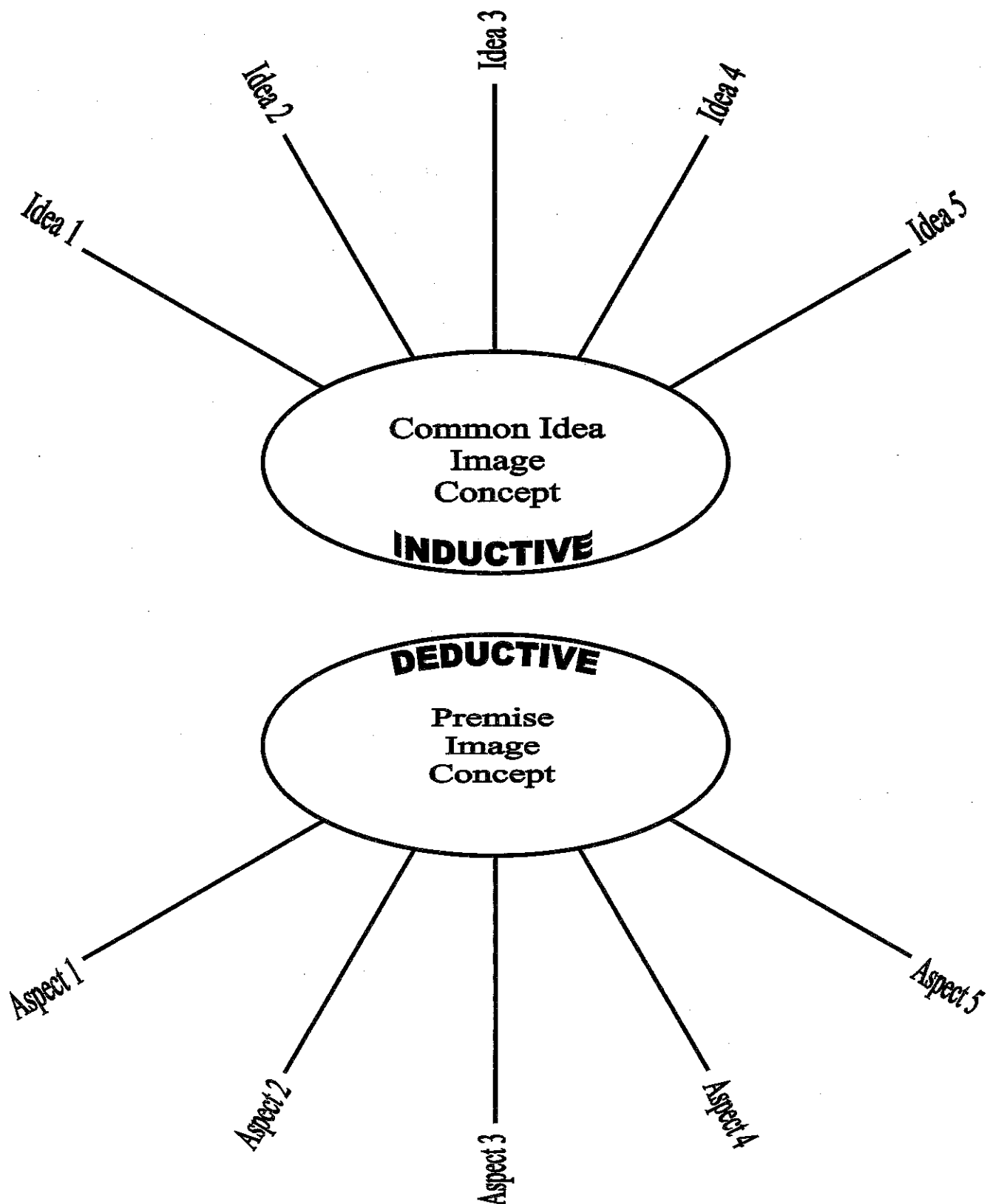
Week of: _____

MY Image: _____

What I am doing this week as part of MY Image:

Time	Things to Do	✓
Sun.		
Mon.		
Tues.		
Wed.		
Thur.		
Fri.		
Sat.		

REASONING / USE



ENERGY IS: USING THE UNIVERSAL LAWS OF LIFE EVERY DAY

Date	Situation	THE UNIVERSAL LAWS						
		Vibration	Rhythm	PTRE	Relativity	Cause & Effect	Polarity	Gender

USING THE UNIVERSAL LAWS

The **Seven Universal Laws** are but seven *vehicles for the expression of* or seven ways to *look at* the **One Great Law: ENERGY IS**. You cannot live the Law of Polarity or any other single Law for one day, because any one Law embodies—and dovetails with—all the other Laws. To use the laws to solve problems in life, you must, therefore, use them all. However, you can use the Universal Laws in any order, so the example below is only one approach to any given “problem.”

LAW OF CAUSE AND EFFECT:	The “problem” is the <i>effect</i> of a <i>cause</i> . Failure to live according to the laws of the body, mind, and soul created an environment that allowed a “problem” to manifest. By closer observance of these laws you are starting a <i>new cause</i> and will reap <i>new effects</i> .
THE LAW OF RHYTHM:	You are experiencing the negative inflow of Energy but refuse to express it on the negative side. Therefore, the pendulum will swing more quickly to the positive.
THE LAW OF POLARITY:	The “problem” is one pole, and the other pole (which must exist by Law) is the solution. Perceive the “problem” as <i>good</i> (an opportunity to adapt and learn).
THE LAW OF RELATIVITY:	By comparing the “problem” with something that <i>could be worse</i> , you remove the negative impact of the “problem.”
THE LAW OF VIBRATION:	By relating to the “problem” differently, you are now vibrating on the <i>positive</i> and begin to direct positive thought towards your “problem.”
THE LAW OF PERPETUAL TRANSMISSION AND TRANSMUTATION OF RADIANT ENERGY:	By using the other Laws, the <i>same energy</i> that you would have used in “getting down in the dumps” can now be re-directed toward a goal of health, happiness, success, or peace of mind.
THE LAW OF GENDER:	Create a new IMAGE and begin to take the action steps to manifest it. As you, the <i>originative factor</i> , direct positive thought and action, the <i>executive factor</i> manifests the new condition in and through the form.

By using this procedure, you automatically become *eligible* for greater health, happiness, success, and peace. Try this same procedure on six or seven “problems” to establish a brain-cell pattern of automatic *Lawful Living*.