

The Game of Life and How to Play It

The 3 Natural Laws of Life

Percell St Thomass

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Introduction



Teaching the 'real' Law of Attraction, the Law of Gratitude, and the Law of Forgiveness and how to live them by studying the teachings of Jesus the Christ, and the ideologies of others, including; Florence Scovel Shinn, "A Course in Miracles"[®], Buddha, Mahatma Ghandi, the Dalai Lama, Ho'oponopono, the Eastern and Western world's prominent religions, and more.

Biography

I am Percell Rivere St Thomass. The second name... middle name translates to 'angelic host', so many family and friends simply call me 'Angel'. I have had long and successful careers as a performer, teacher, administrator, and director of several genres including dance and theatre arts; a psychologist, public speaker, motivational life coach, and, counselor. Though well liked and accomplished in many areas, I seemed to always fall short of the types of successes that I thought I should have. I often felt short of living my grandest desires.

Ever since childhood, I have 'known' that there is more to

life than what we see. I have always been fascinated by the intangible part of life... That which is felt but cannot be touched. And, I have always 'known' that if we cannot or do not come to know 'that' part of life, then nothing we might gain in this part could ever make us truly whole.

From a lifelong study of humanity, spirituality, and the ideologies mentioned, I came to better understand. I have not always practiced what I preached. Like many, I have learned some things "the hard way". Yet, one day, I was "re-mind-ed" of who I am... who we all are.

Now, degreed, renewed, and ready, I live, talk, teach, and coach the Laws of Life. A lifetime of born wisdoms, silver spoons and hard knocks, experiences on and off the path has created my given, driven, and continued purpose and happiness to bring as many as I may to this knowledge.

The 'Real' Law of Attraction

**The Law of Attraction;
The Primary and Fundamental Law of Life**

The Real Law of Attraction

When most persons hear of the Law of Attraction, they fall into one of two categories; believers or nonbelievers. Believers spend hours, days, months, years asking for things believing that they will occur, happen, or appear into their lives because they asked. Nonbelievers brush it off as New World metaphysical ideology akin to soothsaying and wishful thinking. Both could not be more wrong.

A Brief History

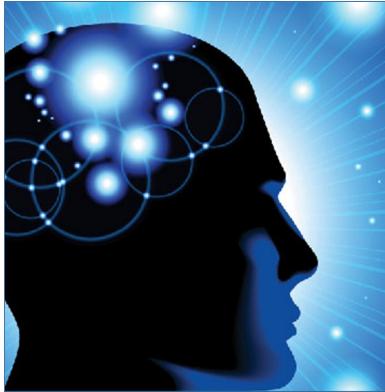
Phineas Quimby, who lived in the 1800s, was an American clockmaker, mentalist, and 'New Thought' spiritual movement founder. Although he has never been cited as having used the words "Law of Attraction", it is said that a study of "Mind over Body" is what started him on the quest to becoming an instrumental figure in what would later be called the Law of Attraction. In 1877, at the end of Quimby's life, the term "Law of Attraction" appeared for what is believed to be the first time. A Russian occultist named Helena Blavatsky cited LOA as she wrote about an attractive power existing between elements of spirit.



The first person to speak of the Law as general principle was Prentice Mulford. He discusses LOA in his essay, "The Law of Success" in 1886. His thought was that the Law of Attraction is concerned not only about health but every aspect of life. In 1912, Charles Haanel wrote in "The Master Key System", "The law of attraction will certainly and unerringly bring to you the conditions, environment, and experiences in life, corresponding with your habitual, characteristic, predominant mental attitude".

In 2006 "The Secret", by Rhonda Byrne, taught that thinking about what you want with the maximum amount of emotion possible is what ignites the Law. Although the book and film were instrumental in bringing about an LOA reawakening, it actually has done more harm than good. **The concept is wrong!**

LOA Today



Why? Because the Law of Attraction has nothing to do with what you neither ask for nor want. This is startling to most and seems as a mild contradiction to the very least.

If the Law of Attraction does not attract to us those desires that we want and ask for, then what does it do? Foremost, why is it even called a law of attraction? The answer is simple.

As in most cases, it seems to be an affliction of human nature to view everything from one's own miniscule perception. If the law applies to me, then it must be because of something that I do in order to bring about something in my life for my good or to satisfy my desire because, after all, the world revolves around me. Right?

There are many great books on the Law of Attraction and / or surrounding principles. A few of them which I have read include;

- The Master Key System by Charles Haanel
- The Celestine Prophecy by James Redfield
- The Power of Your Subconscious Mind by Joseph Murphy
- The Wisdom of Florence Scovell Shinn by Scovell Shinn
- Conversations with God by Neale Donald Walsh
- A Course in Miracles by Helen Schucman





The teaching of many of these things such as “The Secret” is that the Law of Attraction may be gained by positive thoughts, feelings, and visualizations. While positivity can improve one’s quality of life, it can also be misleading. Holding the belief that positive thinking will manifest one’s life’s desires diminishes the values of things such as self-worth, work due diligence, and grace.

Though well intentioned, books and films such as “The Secret” simply miss the mark. Charles Haanel and similar practitioners were infinitely closer to the real meaning of the Law, yet fell just shy of the prize. Why?

Perhaps, it is as simple as flaws in language. We too superficially act and react by the dictionary understandings of words... in this case, attraction. Perhaps, it is something more profound. Perhaps, it is not about definition but perception.

The Missing Element

The missing element in the study of the Law of Attraction is that it has nothing to do with attracting things to you.

Even www.lawofattraction.comTM has it wrongly. They describe LOA as,

“Simply put, the Law of Attraction is the ability to attract into our lives whatever we are focusing on.”

Certainly, one could say that what they mean by focusing on is, for example, if you are consumed with money (it is all that you care about, or all that you put your attentions toward), then it is what you will surround yourself with and draw to you by default. Though this

might have some merit based on a law of averages or probability, it is still not the Law of Attraction.

Simply stated, the 'real' Law of Attraction is the Golden Rule magnified and aggrandized in our thoughts, words, and deeds and made manifest in our lives by grace.

Not a Religious Thing

'Do unto others as you would have them do unto you' is not necessarily a religious rule. It has absolutely nothing to do with nor says absolutely nothing about God, a god, a deity or a higher power of any kind. The rule is actually quite a scientific and psychologically sound formula for universal harmony.

We are very cognitively physical beings existing together in a physical (social) plane. Social scientists have a term for a part of human behaviour which they call the Law of Reciprocity. It means that individuals treat others in the way/s that they perceive the others to treat them. That is, when a person is nice to us, then we feel like being nice to them; and, when a person is mean to us, then we feel like being mean in return.

The reciprocity in a sense did not begin with the receiver of the initial action, but with the initiator. The goodness did not begin with what we attracted to us by wanting it



or thinking about it; it was given us because it is what we put out in the first place. We did unto others as we would have others do unto us. We do unto the universe what we want the universe to do unto us.

What if your desire were money, and the reason that you desire more of it is because there is a lack of it currently present in your life. In this case, you cannot give it because you have not any to give. How, then, can the law give it back?

"The Law is not the action, but the desire; for what is life but thought made manifest." ~ Percell St Thomass

Why It Is Real & Why It Works

Hopefully, you are beginning to understand that LOA is a real thing albeit greatly misunderstood.

We have become so involved in our conscious minds that we have forgotten that we are super-conscious beings. We are super-conscious beings; made in the image of the Creator, thus given the power of conscious thought. The dictionary defines 'attraction' as: "the action or power of evoking interest, pleasure, or liking for someone or something". Most psychologists even have taught about the 5 Types of Attraction (sexual attraction, romantic attraction, sensual attraction, aesthetic attraction, and platonic attraction). However, when one actually looks at each of these, it is easily seen that they are all one and the same. Each comes from / deals with pleasure and / or interest for someone and / or something. Each deals with feelings on a contrived level for something physical be it person or thing. But what about the non-physical that some of the early so-called New Thought thinkers were alluding to?

I offer a different definition of attraction as: "a yearning, drawing, and / or connection to....."

It is no coincidence that this is also the real definition of Love. Understanding this makes it incredibly easy to further understand that God is Love; Life is Love; God is Life; Life is in us... therefore, we are Super-Consciously one with God; one with Life; thus one with Love.

Therefore, if we live in Love, Love will attract Love. If we give out Love, Love will attract Love, and the objects of Love which we desire will be made manifest in our Lives because Life itself is Love. False senses of love include lust, greed, power, selfishness, and other such self-centered interests. These are not of Love and cannot effect the Law of Attraction.

The 'real' Law of Attraction (the yearning, drawing to, and connecting to one's self and one's greater good) must work in our lives because it has no choice. To not work would be to go against its own existence. This is an impossibility as a thing can only be that which it is.

This is 'The Real law of Attraction' !



Law of Attraction

In Summary

We all have heard of the Law of Attraction in some form or another. Either by historical study, metaphysical theory, or internet hype, we have come to either accept it as a legitimate way of life or dismiss it as pseudo-spiritual hocus-pocus toward getting stuff and living better lives. We have been told that if we think about something profoundly enough, or believe in something earnestly enough, or ask for something intently enough that the universe will manifest our inner-most desires because of the law. We have learned in this e-read that sadly these things cannot be further from the truth.

The 'real' Law of Attraction has nothing to do with attracting things to us, but is a belief and way of life of giving things away. We have learned that the 'real' Law of Attraction is the Golden Rule aggrandized... "Do unto others as you would have them do unto you". Relatively, the more good thoughts, good wishes, and good deeds that you give away, the more these become your inner-most attributes, and the more the universe returns likenesses to you.



A man was visiting me with his family. While his wife was out of the room, his 2 sons watched television in a third room, and his daughter sat at the opposite end of the divan from him and across from me quietly amusing herself. The wife entered and leaned to say something to the daughter, and the man smiled and said to me, "Look, my diamonds in the rough. I am not rich, Angel (calling me by familiar name), but I am very wealthy."

This person knows and understands well the Law of Attraction. Do you see its application in his story?

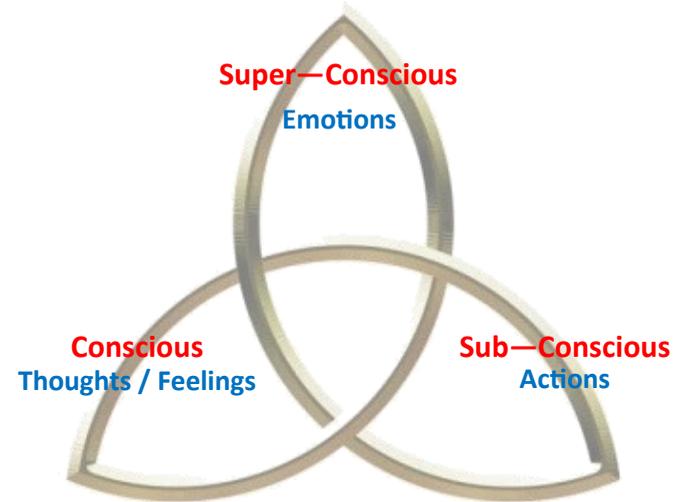
The Law of Forgiveness



**The Law of Forgiveness;
The Secondary Fundamental Law of Life**

Law of Forgiveness

It should be no surprise by now that the second of the Prime Laws of Life is not what it superficially appears to be. When we think of forgiving, we more often think of having been wronged by someone, and needing to let go of and/or get past the hurt and animosity left by the affliction. We fight forgiving because we 1. do not want to feel as though we might have been the one in the wrong, and 2. because we are hurting and/or angry and forgiving feels like giving in to the person who wronged us.



Forgiveness Heals And Empowers The Forgivee

As with All That Is, the Law of Forgiveness works with the first law, the Law of Attraction. If you need to revisit LOA before continuing, I urge you to do so. It is important to remember that Life on earth is a culmination of emotions which generate thoughts which control feelings and actions that manifest themselves in our daily lives. We are the physical manifestations of our Super-Consciouses which are the masters of our cognitive egos which are the developers of our subconsciences. The LOA is Life itself, and what we put out is what we will ultimately attract and become.

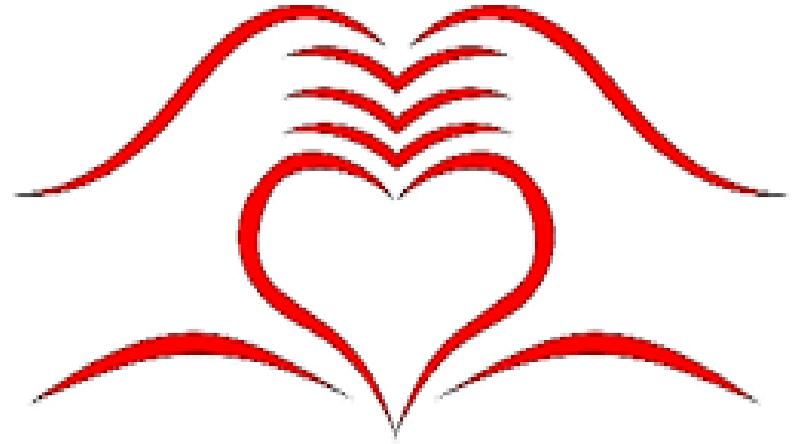
"I think therefore I am" ~ René Descartes

In order to begin to know this law, we must return to the study of Who We Are ([e-book 1: "In my Right Mind"](#)). By knowing and understanding the roles of the Super-Conscious, Conscious, and Subconscious Minds, we can fast-track our comprehensions of the Law of Forgiveness and how it works. Forgiveness really is not only about the other person; it is more so about ourselves... about you, but, not in the way that you might think.

“ What’s Love Got To Do with It?”

“What’s Love Got to Do With It” is the title of a very popular 1984 song by superstar vocalist, Tina Turner. For students of the spiritual sciences, we have come to know the answer to this question is, “Everything!” Love has everything to do with everything because everything is made from Love and is hence by default some form of Love. However, it is not Love that we need to address here, rather its opposite... not hate but Fear.

“What’s Fear Got to Do With It?” might be a more apropos title for this chapter as without fear there would be no need for forgiveness.



In order to understand this, one must firstly understand what fear is. I have mentioned before how we who study the Laws of Spirituality have come to know that though many believe hate to be the opposite of Love, it cannot be as it is not an emotion but a feeling. Hate is something that is not illumined but is consciously manifested.

It is a universally accepted study that fear is initiated or triggered by the threat of harm. We fear that we will be either physically hurt or cognitively (psychologically) challenged in some uncertain or uncomfortable way. To me, there is an inherent flaw in this universal reasoning.



It is because of this that I teach that fear is not the threat of harm but the threat of the unknown.

It is not the dark that we are afraid of; it is not knowing what might be lurking therein. It is not the extraterrestrial that we are afraid of; it is that it might be bigger, better, stronger, smarter than us that makes us want to run from it or kill it. It is not the question that we are afraid of; it is that our answer might be perceived as wrong, and this sends the brain into a warp-speed rationalization to justify what we think or believe.

That we also have a propensity to be so agoraphobic, and to rush toward the negativity of fear rather than the positivity of love are ponderances for another chapter.

For some reason, we boast of being the dominant and most intelligent beings in the universe, yet our fears are triggered by threats of harm both real and imagined. It is that second part, "...real or imagined...", which clouds the theory in question. If we truly believed ourselves to be what we claim, it seems bizarre that we would be so inherently afraid of virtually 'everything'.

We not only fear being harmed, we fear being challenged. We not only feel threatened if we imagine physical danger; we feel threatened if we imagine being made to feel uncomfortable or wrong in our beliefs. We seem to be afraid of things even if they are not real... practically everything that is unknown.



Phobias, which are off-springs of fear, are also a different topic. There are many different types of phobias, but that is not what we are discussing here. Nor are we going to get into CBT (Cognitive Behavioural Therapy), ET (Exposure Therapy), and other ways of combatting phobias. In order to understand the second Law of Life, we must remain true to Fear as one of Life's prime components separate from phobias and feelings (anxiety, anger, depression, etc.).

“I Ain’t Afraid O’ No Ghosts!”

Traditionally considered as a negative emotion, Fear, the pushing away or rejection of something, can actually keep us safe. It can keep us from making irrational choices and decisions, and non-consciously keep us rooted in love, the attraction or bringing toward of something. It is imperative to remember that the very meaning of Life lies in Free Will, and that we must choose to live in Love.

Perhaps, “What’s Love Got To Do With It” is the right title after all.

From Fear To Forgiveness



“OK, I understand Fear, now what does it have to do with Forgiveness?”

In the Old English, ‘forgiefan’ meant to; give, grant, or allow. It was formed from ‘fore’ meaning; before, in front of, in presence of, or, because of... plus ‘giefan’ meaning; to give and / or receive”. This is interesting for a few reasons, but I find the 2 most important ones to be;



1. 'fore' indicates that it is an action that happens before something else, and 2. that 'giefan' has 2 meanings... both to give and to receive.

1. 'Fore' indicates that there is something in the act of forgiving that occurs before the 'giving'; and, I do not believe it to be that unclear. I believe the answer lies in the premise of...

"Why do you notice the splinter in your brother's eye, but do not see the wooden beam in your own? Hypocrite, remove the wooden beam from your eye first; then you will see clearly to remove the splinter from your brother's" ¹.

You have been hurt by someone whom you trusted very much. There were arguments and anger, and distancing has gone on for quite some time. It has become more and more uncomfortable and inconvenient. You have been friends for a long time, and because you travel in the same circles and do many of the same things with many of the same people, you still see each other regularly. Forgiveness/reconciliation is a battle playing out within you almost everyday.

You are a little put off because every time that you see your friend he/she seems to be having a nice time and going on with life as if they had done nothing to hurt you. This causes you to steam with bad feelings.

1. You remember what they did.
2. They seem as if it does not bother them.
3. You cannot continue to feel like this.
4. You just keep getting angrier while they seem to keep happily moving on.

If you follow "The Game of Life" on the website (www.percelstthomass.com), then you have probably noticed that I often stress the importance of seeing ourselves through the world's eyes rather than seeing the world through our limited visions. Herein lies an exception to that generality. In order to completely understand and enact the LOF, you must first take care of yourself... take the beam from your own eye. Given that 'fore' comes before 'giving' (the physical act), it stands to reason that we must start with the remaining 3 MEPS; mental, emotional, and spiritual.

Footnote: ¹1. Bible, Matthew chapter 7, v. 3 - 5.

MEPS

Mental

Whatever negative thoughts that you might have toward the situation or all others, past and present, need to be cleansed. Whether you believe that you were right or wrong is irrelevant. What you are seeking is neither a citable malfeasance nor comprehensible resolution, but clear and clean, unbiased, unprejudiced, nonjudgmental thought. Everything else will separate you from Love... God...your Higher Power...Supreme Being...Life Force...Universal Consciousness...Divine Guidance, or whatever name you choose to call your Super-C.

Emotional

Forgiveness can cleanse, heal and empower the forgiver, but the forgiver must be emotionally healthy. Forgiveness requires compassion and understanding, and these things come from Love, one of the 2 emotions. The more that you are thinking and processing from Love (which is the essence of Life), the further away from Fear will you live. Fear, by the natural Law of Opposites, must exist. However, that Fear also comes from Love negates



its own existence by the Law Of Attraction (Law of Love) itself.

Accessing the natural emotion of Love will immediately begin to rid your consciousness of maladies such as sorrow, guilt, and depression, resentments, anger, unhappiness, and discontent. You will begin to find it easier to change sponsoring thoughts, and to generate and maintain peaceful, calming, productive thoughts. Of course, this will aid in a brain reformation and physical cleansing which will lead to an overall better health and lifestyle.



Spiritual

On a spiritual level, there is only One Life Force... One God. In this sense, we are all one. As you release physical thoughts of limitation and fears of the human conditions, you begin to release those things that have bound you to your now experience. You begin to attract and manifest new ones. You begin to change possibilities into probabilities. You begin to live a happier life.

We must remember that emotions are inherent and uncontrollable facets of Life, and are limited to Love

and Fear, and that feelings are everything else that we cognitively manifest as a result of the parenting emotion (joy, peace, happiness, hurt, envy, jealousy, anger, etc.). We must be able to live in Love in order to even begin to understand and apply the Law of Forgiveness.

I Forgive Me

Now that you have forgiven you, you can forgive the other person in the same manner. Yet, there is still a matter of the second part of the word... , which meant both to give and to receive. It should not be a stretch at all now to understand that there has been both a giving and a receiving of the grace of Forgiveness.

You have 'gone before' the act and sought to cleanse yourself (removing the beams from your own eye) before approaching someone else (releasing the splinters in theirs). You have given yourself knowledge, comfort, and the means to a better you. You have not only accepted but have received these gifts, and virtually a new lease on life.

You have been for-given. You may now begin to for-give.

The Meaning of Life



This last chapter on Forgiveness receives a sub-heading because it is arguably the most important of them all. It is the closest part to answering the \$100M question, “What is the meaning of Life?” Though the answer really is not a mystery, and will be answered in this e-book, it can be a complex one of which each of the 3 Prime Laws is a factor. To begin, we cite a well known cliché.

Forgive and Forget

Forgive and Forget has become somewhat of a cliché that many of us fight against to the death. We fear that to forgive means to be weak and forget means to allow the same things to happen again and again. Of course, neither of these are true.

You have learned to begin to forgive yourself; now, it is time to forgive the other person/s connected to the situation. A few things that you must remember are:

- ◆ Forgiving others always begins and ends with us alone.
- ◆ Man receives only that which he gives.
- ◆ Treat others in the manners that we want others to treat us.
- ◆ Integrity is the ultimate virtue.
- ◆ God is Love; Love is All There Is.

The Law of Forgiveness is often called the second of the Prime Laws of Life because the Law of Attraction, the first, is in essence the Creation of All Things. That all things are created from Love is that all things are Love. That a thing cannot be against itself means that Love is that which holds all things together and attracts all things each unto themselves and to each other.

In a world of multitudinous creation such as ours, in order for there to be perfect harmony, everything would have to exist separately and in its own place, space, and time. However, we do not. Everything in our universe is in constant motion, change, and evolution amidst all else doing the same things.

The saving grace, and I use that word profoundly, is forgiveness. All things are in a constant state of forgiveness with everything else in the universe. Another word for this forgiveness is acceptance.

Congratulations! You have discovered the Meaning of Life!

Well... a part of it, anyway. What is the meaning of life? What are we all striving for? What is the answer to a loving, peaceful, and prosperous existence?

Unconditional Acceptance.... Aka the Law of Forgiveness.

LOA specifically states that a man's thoughts, words, and deeds will return to him with astounding accuracy. "Do unto others..." is not only spiritual law, it is the law of Karma, which is Sanskrit for "come back." Is this not the same as "Whatsoever a man sows, that shall he also reap"? LOF is the law that ensures that this all works in perfect harmony... everything forgiving everything else for everything without bias or prejudice, each moving only and always toward its highest good which by LOA is the greater good of All and the All That Is.

Do I really need to spell out now how this applies to forgiving someone else after having forgiven yourself? To for-give means to have already done it in your own heart and mind even before or without physically approaching the adversary or adverse condition.

*"Before they call I will answer;
while they are still speaking I will hear"¹*

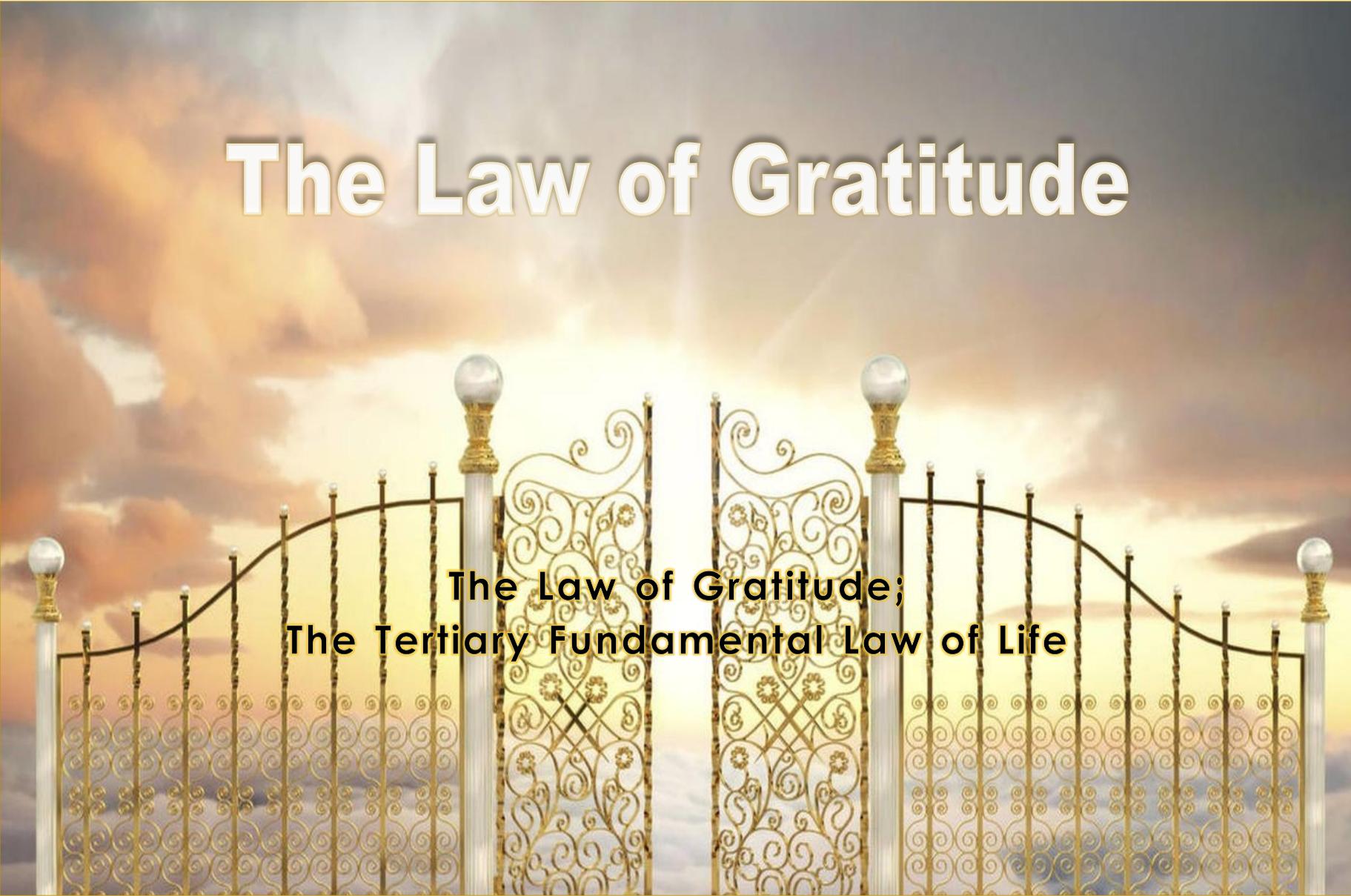


Footnote: *1. Bible, Isaiah chapter 65, v. 24.

Refelctions

COMMENT	INTENTION	SPONSORING THOUGHT	IMBROGLIO / MALFEASANCE	CLEASNSING	FORGIVENESS

The Law of Gratitude



**The Law of Gratitude;
The Tertiary Fundamental Law of Life**

Law of Gratitude

The third of the Prime Laws, like the second, is only third by relevance and not by importance. It is equally as ascendant as the others and is a tantamount part of the Prime Triad. Also, as with the 'real' Law of Attraction and the Law of Forgiveness, the Law of Gratitude is probably Not what you first would think or might currently believe.

Being Thankful Is A Good Start

If someone were to ask you if you were thankful for what you have (family, friends, job, possessions.....), you would most likely say something as, "Well, of course I am! ". You have been taught that it is not only a polite mannerism but is personally satisfying as well. You feel good and appreciative when you say thank you for the things that you receive. Then, I come along and title this chapter "Being Thankful Is 'A Good Start' ", and you make a face and mumble, "Wha-choo talking 'bout, Willis?"

The Oxford Dictionary defines the word thankful as "pleased and relieved." As mentioned, everyone wants to feel pleased and appreciative, but that's the thing; these are only feelings, and feelings change and even fade. Of course, we want to be thankful, but it is not enough.

Also, being thankful is for you; it does nothing for the giver. Again, this is not a bad thing, but it is only half of what it should be. This experience should be shared between giver and receiver. Confused about how? Let's go!

In my talks, I often raise a few brows when I ask someone if they can tell me the difference between accepting something and receiving something. —I saw that. Of course, after a usual lively and playful discussion, I try to get the group to understand. You get to skip the discussion part.

As in many cases, sadly the greatest go-to resource we have regarding language, the dictionary, fails miserably at defining these words. The Merriam-Webster Dictionary defines receive as "to get; to come into the possession of". It defines accept as "to receive". Thus, we wander through life not only verbally using these 2 words incorrectly, but misapplying them in our lives as well.

A studying spiritualist will come to know these terms as:

receive: to get; to take possession of
accept: to take in; to bring into one's thoughts, feelings, beliefs

It is easy to see and understand the clear differences between these 2 words and how we should use and apply them. One is something that is good for me; whereas, the other is something that becomes shared between giver and getter.

To be thankful is equal to that of receiving. Its benefits are good and true. Being thankful makes us happy, appreciative, feel thought of and cared for.

I am not saying that receiving and the thankfulness associated with it are totally disparate of their counterparts that we will speak of next. Yet, it is imperative that you understand these differences so that you may move steadfastly toward a better position in the game of life, and closer toward living the life of your grandest desire.



Being Grateful Is Better

The Oxford Dictionary defines the word grateful as “showing an appreciation of kindness.” This seems to be a universally accepted definition, but it simply is neither adequate or even true. Now, you have probably said many times throughout my readings that if the whole world agrees on the same definition of a word, then who in the _____ am I to so adamantly say that they are wrong.

My answer is 2-fold. 1. Our dictionaries have defined our words based upon original definition and modern common usage; and, it is that last part that has gotten our language in such a quandary. 2. I am a bi-lingual linguist. I study languages, and speak a few at least fairly well. I base the meanings of words on their origins and wholistic applications rather than common usages. Because of this, the definitions that I offer to you here just make more sense.

I teach that to be grateful is to accept wholly that which is given into your entire being; mind, body, and love. It really does not take much thought or imagination to understand how this differs from receiving and being thankful. Although, they share an essence, gratitude goes beyond thankfulness. This is the missing link that, yes, the whole world's dictionaries seem to have gotten misconstrued.

How is this possible? It is not because the most brilliant lexicographers and literary minds of the world are stupid. It is because we live in a temporally physical plane, and

spend the majority of our lives thinking in the conscious mind that's job it is to successfully do that. From birth, we are seemingly created to begin to forget that we are really spiritual beings, made in the image of the Creator, and, thusly, should be spending the majority of our times in the Super-Consciouses rather than the egos. To do so would allow us to remember things more vividly, see things more clearly, understand things more profoundly, and live the lives that we were meant to live.

So, how do we apply the Law of Gratitude into our lives? Tricky, but not difficult. This law is not something that you do. It is something that you must be. And, like the others, it is something that you must offer before it can be applied, given, received, and accepted into your life.

Kind of.



Grace, Gratitude...Chicken or Egg?

Grace in Christianity (meaning those who believe in God; not necessarily the religion), is the free and unmerited mercy (favor) of God manifested in and for humanity. Of course, you may insert Divine Presence, Supreme Being, the Universe, etc. into the place of my preference. However, this begs with it a host of questions.

- ◆ That both grace and gratitude come from the same root word in etymology, which comes first; the grace, or, the gratitude?"
- ◆ That we are beings in the image of the Creator, "Can we create or manifest grace?" or "Are we simply gracious hobos waiting around for Divine freebies?"
- ◆ That either one of those things are true, or false, how can we show gratitude for something if we are uncertain of when the grace happens or if we will receive or have received whatever it is that we are to be grateful for?"

Geez! A simple "Thank you" would have been so much easier to deal with. No worries. The I Am, the All That Is, the All Whom We Are has already given us the answers.

- ◆ "But to each one of us grace has been given as Christ apportioned it"¹
- ◆ "For it is by grace you have been saved, through faith... and this is not from yourselves"²
- ◆ "As you excel in faith... see that you excel in this act of grace also."³



gratitude that we are capable of accepting and knowing the trueness, power, meaning, and purpose of Grace, and 3. like a gift, it should be given... shared.

2. Everywhere on the web you read that the definition of gratitude is to be thankful for something. We have talked about this linguistic flaw, but here you have further proof that gratitude is a form of grace but not grace. It is gratitude. It is not something that you do; it is something that you have. Gratitude is not an action, but a being. It is not something that we do; it is something that we are. You do not show gratitude, or give gratitude. You become gratitude by being grateful.

The Answers

Grace is a Divine favor of God / the Creator. It was given us and is ours by Divine Right. As with most things, once received, it is now ours to do with as we please. However, Grace is not like most things.

1. The purpose of Grace is 3-fold; 1. it is a gift —a covenant, by God from God, given us both as a Promise but also to complete us. That we are made in the image of the Creator, we would be incomplete without this crucially integral part of Love, and 2. as a gift, —given to teach us to be grateful because it is only through the power of



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3. We must develop unwavering faith for faith is a part of gratitude. When someone promises you something, faith, not in the action but in the word, is part of the LOA that aids in making manifest that intent. Once, the promise is fulfilled, we continue to show faith by simply expecting it to fulfill whatever purpose it has in our lives.

As you breath life-sustaining oxygen; it fills the lungs, moves into the blood stream, permeates the cells and organs of the body, and provides each individual part with exactly what it is designed to do for that part in that moment. And so it is with gratitude. As you receive the life-sustaining grace from God, you accept it into your whole being. It enters into your MEPS;

(M) you think about it and create good thoughts of what gratitude is.

(E) It fills your senses; you become emotionally vested and gratified.

(P) It permeates your body; you are grateful as you begin to feel physically good, well, and healthier.

(S) Together these things create a sense of holisticness... spiritual well-being. Your MEPS is full and complete, and you now return to God through sharing with others what the Creator has given you.

As with the other Prime Laws, what you have done unto others is now returned to you multifold.

Footnote: Bible, Ephesians chapter 4 vs. 7. *2. Bible, Ephesians chapter 2 vs. 8, 9. *3. 2 Corinthians chapter 8 vs. 7.





Beyond The Secret : "Ho`oponopono"

**"The Game of Life"
& The Step-by-Step Book of How to Play & Win**



Ho'oponopono

In the early 1990's, my businesses were very successful, but not perfect. My home life was half of the American Dream, and I was well known in my careers. Some even called me famous. Yet, something, seemed, not missing, but unfulfilling.

In 1994, I went on a very needed 2 week vacation to Maui, Hawai'i. It would be the first visit to the islands, and a trip that would change my life. I had been born and

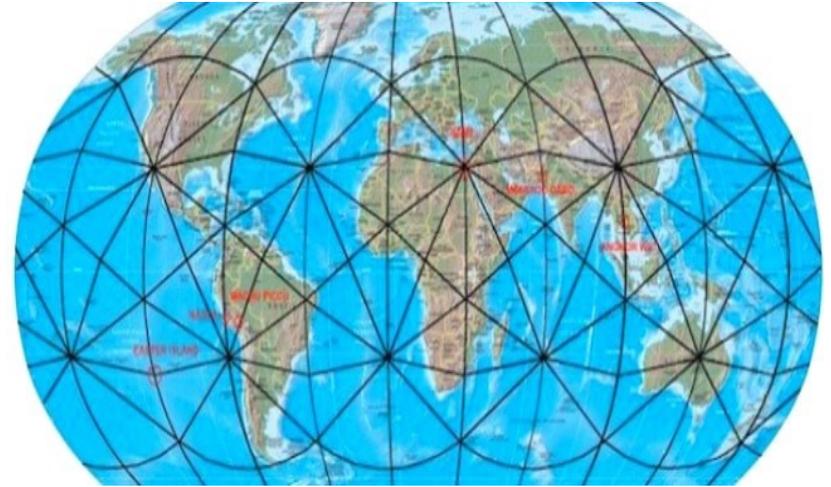
reared in metropolitan areas, and, having travelled since the age of 6, had seen, spent time at, and lived in many places across the globe. I was well educated with 2 degrees and life experiences far beyond those of an average person of my age, means, and position. I had lived. Yet this 2 week vacation took me to a very unexpected place.

I had returned home to a place where I had never been before.

A Short Study of Energies

What is an Energy Vortex?

An energy vortex is a specific location on Earth which acts as a conductive center of energy, containing more earthly energy than a place normally would. One basic belief is that they exist at the intersections of ley lines^{*1} (random lines of natural energy that make up the Earth's electromagnetic field). Though mainly referred to when speaking of historical or prominent structures, they also refer to Earth / Universe energies as well.



Where are Energy Vortexes Located?

Energy vortexes can be found around the globe. Many locations are ancient or sacred sites. In the U.S., Hatcher's Pass, Alaska and Sedona, Arizona, are two which are well known. The UK has Stonehenge, for example. Energy vortexes are still being discovered because there is little scientific or mathematical ability to measure or discover them. Yet, there is physical and sensory evidence of their existences.

Footnote: *1. Ley lines refer to an idea was developed in early 20th-century Europe of straight alignments drawn between various historic structures and prominent landmarks..

Why are Energy Vortexes Considered To Be Spiritual?

Energy vortexes are believed to be highly conducive to spiritual activity such as meditation, prayer, healing, inner peace and harmony, tranquility, etc. They are said to promote a balance in life by helping to develop a healthy MEPS and aligning the same with the universe... the rest of life. They are said to be natural highways between tangible and nontangible life.

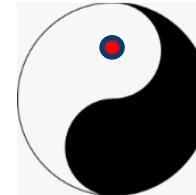
Ley lines are often said to have a spiritual significance as well. While there is no actual map of the Earth's ley lines, many persons believe that many of the Earth's prominent and historical structures are built on these straight lines, and thusly are energetically connected. I do not necessarily subscribe to that theory.



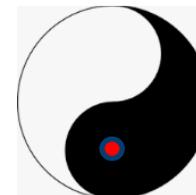
This is not mystical, magical, anti-religious or blasphemous. Energy vortexes are simply centers where natural energies come together or accumulate.

There are 3 main types.

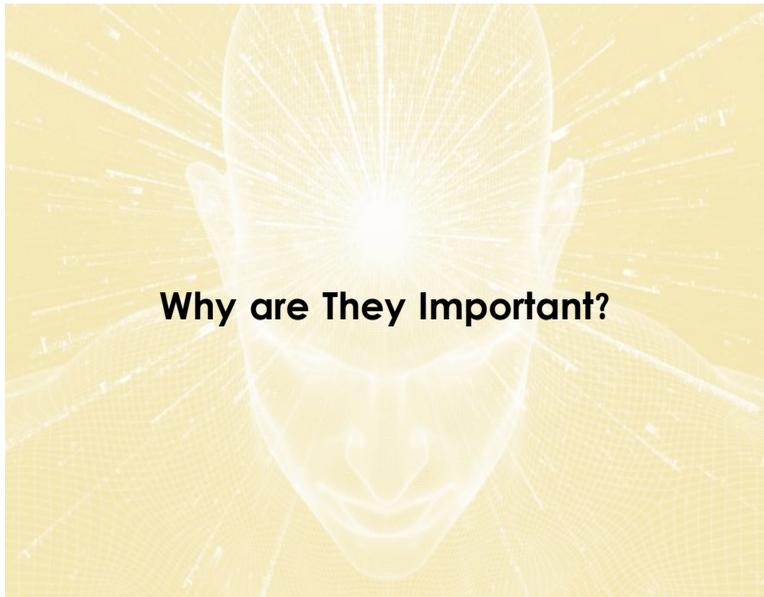
- ◆ **Magnetic Vortex:** said to have a feminine or Yin energy. The energy flow seems to be soft and nurturing. It assists in inward activities, such as contemplation, meditation, and reflection.



- ◆ **Electrical Vortex:** a masculine or Yang energy. These vortexes seem to be energizing, motivating, and uplifting.



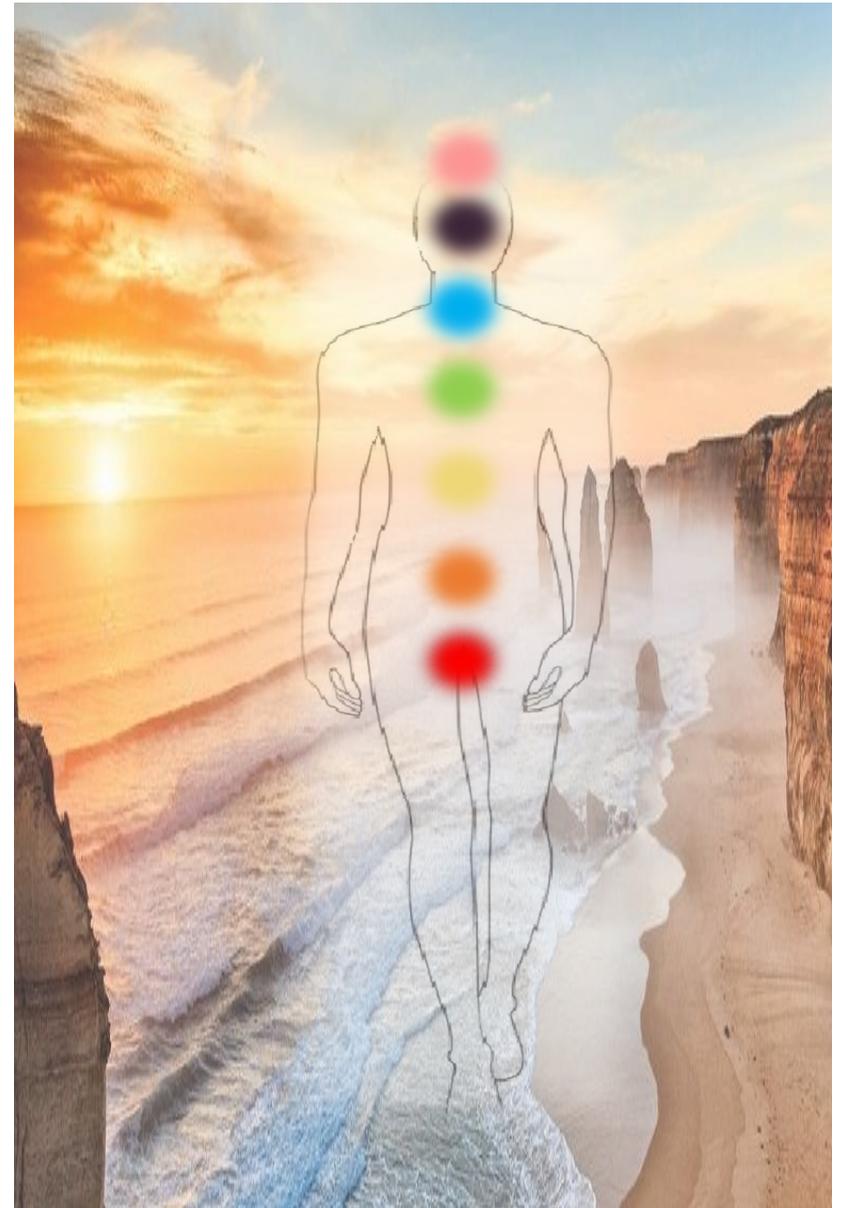
- ◆ **Balanced Vortex:** a combined Magnetic and Electrical energy system (Yin / Yang). Of course, this would seem to appeal to those whom are seeking clarity and a higher vision, meaning, and purpose of life.

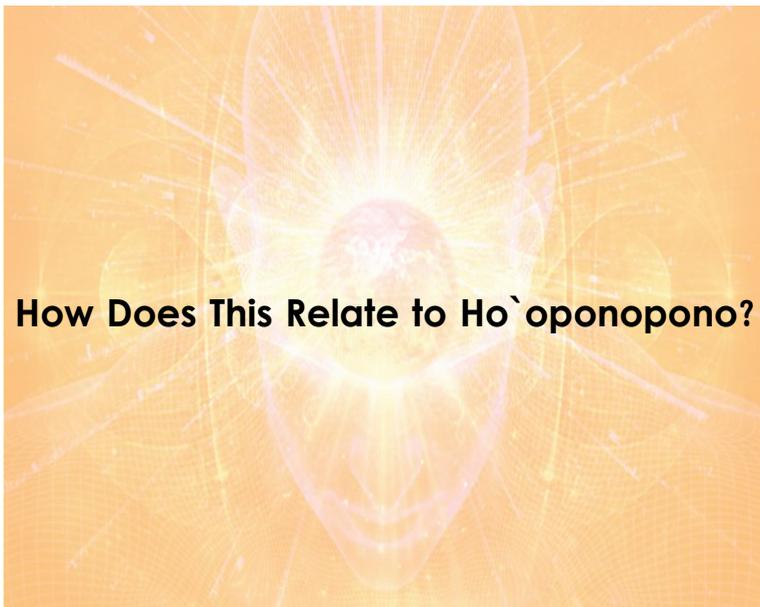


Our Internal Vortexes

Many people disregard our internal energy vortexes when they hear the word chakras. They disregard them as something mystical, a foreign religious thing, or just something weird. Yet, this is simply an old Sanskrit word given to our natural energy centers. There are 7 of them.

It is not the intent here to go into chakras beyond this understanding. It is good to note the importance of being able to align our internal energies with Life's external energies. The journey inward, understanding God/Life, becoming whole, being balanced are among terms which we give to this aligning.





How Does This Relate to Ho`oponopono?

Upon my arrival to Hawai`i in 1994, my lady at the time and I had deplaned and were walking through the terminal toward the *wiki-wiki* (shuttle) which was to take us from the main terminal to the inter-island terminals. She tugged on my arm and said, "What's the matter with you?" it was not until then that I realized the tears gently rolling down my face. "Nothing", I said, "... must be something in the air".

Skipping way ahead, I will omit several such instances and other even more bizarre stories (which are included in other writings, and which I usually share in my live talks), and simply say that during the next 2 weeks, I

would discover that home is not necessarily the place where you were born or grew up, nor a place where you might have lived, liked or loved. Home is that place where your spirit is at one with the All of Life.

As mentioned, after several emotional episodes and more than a few 'weird' occurrences, I had come to learn that even though I am a city person, I am a beach spirit. This means that my connection to Life, to God, to the All That Is is the beach —Not the ocean, not the sand, but the part where the 2 meet. I do not have to be in the water nor physically at the beach. As long as I can see that part of Life, my soul, spirit... Super-C is right with the world. And, though I might feel this inner peace at either beach, it is only those of Hawai`i (Maui) which connect all of my vortexes and make me feel 'at home'.

As I was completely overtaken by Hawai`i in general and Maui in particular, I returned to the island 4 times during that first year. I immediately began learning the language, and the culture, the foods, the music and the hula (many persons know that I am an internationally certified dance coach, director, choreographer, and creator of the DanceKinesis program and network). I did everything that I could to become *kama`aina*. That included the study of *ho`oponopono*. Given that I was already a psychologist, motivational speaker and life coach specializing in spiritual wellness, this was not a difficult thing to do.



What is Ho`oponopono?

Ho`oponopono is the Hawaiian practice of reconciliation, forgiveness, and remembrance.

Ho`o in Hawai`ian is a causative prefix to nouns. It denotes the creation of action (changes work ~ to work, love ~ to love, etc.). *Pono* is; goodness, righteousness, a true condition or nature. Interestingly, it is also; completely, exactly, carefully, and satisfactorily. There are only 13 letters in the Hawai`ian alphabet. This limits the numbers of words causing many words to have multiple meanings.

Ho`oponopono translates to modern English as 'to make completely true and right'.

Some practitioners say that the word translates to 'connection', but I have been taught that this is not necessarily incorrect but incomplete.

Ho`oponopono has been practiced for generations throughout the Polynesia and by Indigenous Hawai`ians. Although the word ho`oponopono was not used, early Hawai`ian historians documented the beliefs which are still supported in the stories of contemporary Hawai`ian elders. The traditional practice of connecting to the Giver of All Life, correcting *ma`i* (illness) and *kapu* (spirituality), restoring and maintaining relationships was performed by a *kahu* (master or pastor), *kahuna* (priest or spiritual leader), or *Kahiko a`e* (eldest family member).

Ho`oponopono teaches that there is a Divine Creator who/that supersedes the altruistic natures of humans, and that we must reconnect to that part, and seek forgiveness for our departures. It teaches that we do this through the realigning of the Trinity of Consciousness;



What is Ho`oponopono?

the Conscious, Subconscious, and Super-Conscious. Through ho`oponopono, our 3 consciousnesses communicate differently from egoistic prayer. We seek to not practice but to become that which you have learned in the study of The 3 Natural Laws earlier in this e-book.

'Auntie' Mālia Craver

I was most fortunate to study with a woman named Mālia Kawaiho`ouluohā`ao Craver. Auntie was a very renowned and beloved elder (died in 2009 at the age of 82), and an unbelievable cultural resource, language teacher, songwriter, hula and arts supporter, and advocate for Native Hawaiian rights. Her mantra was "Leave your legacy".

She was extremely proud of being Hawai`ian, almost to a fault. At our initial meeting, I found her to be quite off-putting... almost racist, I thought. Yet, she would come to give me an honorary Hawai`ian name (which I wear on an Hawai`ian heirloom bracelet to this day), taught me the language (as best as she could... my fault not hers), and, in time, gave me ho`oponopono.

There is also a more modern or 'New Age' practice that goes by the same name. "Pacifica Seminars", founded by Mornah Simeona, started the first ho`oponopono seminars. After her death (1992), a former student and administrator, Ihaleakala Hew Len, co-authored a book with Joe Vitale called "Zero Limits". I admire both of these men, though bits seem a little commercial and miss some key parts of my studies with Auntie Craver.

Law of Attraction

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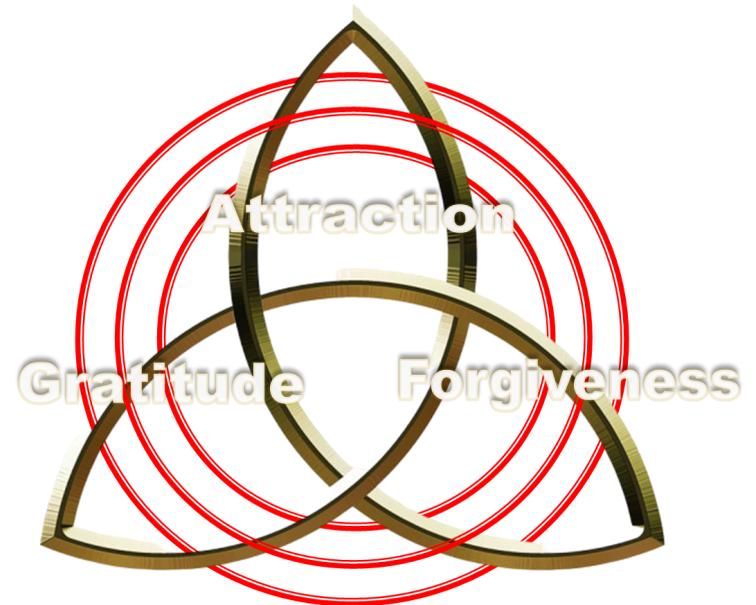
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“It has all been given to you to know the mysteries of the kingdom of heaven”

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In My Right Mind:
The 3 Consciouses
(What, Where, Why?)

[Read Part 1 - Who Am I?](#)

Part Two:

Mastering the Super-Conscious:
How To Be One With Life
Loving the Life You Live

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