

THE 33 PRINCIPLES OF SPIRITUAL PSYCHOLOGY

1. God is everything in existence, both seen and unseen.
2. The nature of God is love.
3. Since we are all a part of God our Essential Nature also is Love and we have the opportunity of knowing our loving nature experientially Here and Now.
4. We are not human beings with Souls; we are Souls using a human experience for the purpose of Awakening.
5. Earth functions as a school for Spiritual Awakening, meaning Conscious Awareness of principles #2 and #3 (above). Everyone registers for their specific curriculum.
6. Physical world reality exists for the purpose of Spiritual Awakening; thus, life is for learning and growing spiritually.
7. Graduation is based upon mastering your lessons, resulting in Wisdom and Compassion.
8. Everyone has the potential, resources, and destiny to graduate. There is no failure, only repeated opportunity.
9. Everyone will graduate. The only real variable is time and the only real time is Now.
10. Your primary goal is not to change the school; your primary goal is to graduate.
11. Awakening is a process, not an event.
12. Awakening can be accelerated by learning and implementing the principles and practices of Spiritual Psychology.
13. Your Spiritual Curriculum consists of unresolved issues as well as opportunities for service, sharing your gifts, and living into your heartfelt dreams.
14. An unresolved issue is anything that disturbs your peace.
15. Unresolved issues are not bad; they're simply part of your spiritual Curriculum.
16. Unresolved issues are blessings as they are opportunities for Healing and Awakening.
17. Accepting personal responsibility for your Spiritual Curriculum is empowering and opens the door to Freedom.
18. Nothing outside of you causes your disturbances.
19. All "because" -- i.e., anything disturbs your peace -- is, in spiritual reality, a trigger to an unresolved issue that is part of your Spiritual Curriculum, providing an opportunity for true healing.
20. Outer experience is a reflection of inner reality.
21. Personal internal reality is subjective. Therefore, what you believe determines your experience.
22. Experiences you judge, you attract. They tend to proliferate, repeat, and multiply.
23. You create your future by how you respond to your experiences now.
24. There are no mistakes, only opportunities for Learning, Healing, and Awakening unto Love.
25. How you relate to an issue is the issue or how you relate with yourself while you go through an issue is the issue.
26. Healing is the application of loving to the places inside that hurt or suffer, or healing is the "flooding with loving" of all the places inside that hurt or suffer — thereby dissolving them.
27. In your Universe, your word is your law; thus, the power of intention.
28. The mind is a tool to be used in service to the heart.
29. Maintaining supportive disciplines is a demonstration of self-loving.
30. Intimacy is a natural and automatic byproduct of honest, caring Self-expression.
31. Judgement is self condemnation; self-forgiveness is restoration; and Compassion, Acceptance, Peace, and Joy naturally follow.
32. Loving, Healing, Awakening, and Evolving are all the same process whereby you experience deeper and deeper awareness have your Essential Nature we refer to as your Authentic Self -- already fully present and characterized by Unconditional Loving, Wisdom, Joy, Peace, Creativity, Compassion, Happiness, and more.
33. A life lived in Acceptance is a life devoid of unnecessary emotional suffering. It's a life filled with Love.