

Article 2. **Universal Laws: The Great Patterns of life**

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Our universe is a vast, interconnected system of living beings. In spite of the apparent chaos we may sometimes observe around us, it is an orderly place that operates according to a set of Guiding Principles or Laws. These laws touch every aspect of our lives and are the only constant in an ever-changing world. The Universal Laws provide us with a solid foundation on which to develop a true understanding of ourselves and our roles in life.

Wholism is a way of living that is based on the application of these Universal Laws in daily life. Here are brief descriptions of some of the Universal Laws:

1. All Living Things Vibrate, Move, and Possess Energy.

Everything with these qualities is alive. The higher our rate of vibration, the more energy we possess and the greater our ability to influence others. With higher vibration rates comes greater responsibility for the well being of others.

2. Energy Moves Through the Universe to Where it is Needed

The aim of this purposeful movement is to create energetic balance and harmony for all living beings.

3. Energy Moves by Means of Relationships

Relationships are energy exchanges that continually transfer energy from one living being to another. Energy moves from donor to recipient; from the one who has to the one who needs it. At any given time we can either be a donor or recipient, depending on our energetic state at the moment.

4. All Actions in the Universe are the Result of Relationships. We are all Interconnected.

Nothing exists or acts on its own. All living things affect and are affected by all other living things. We live in an interconnected universe in which we are all responsible to and for each other. There is no "them" and "us".

5. Balance and Harmony are the Energetic Goals of all Relationships.

Balance results when the energetic needs of all relationship partners are met. Harmony results when all relationship partners co-operate and are working toward the same goal.

6. Growth and Decay are Natural Stages of all Relationships.

Continuous change is the normal state of universal life. No relationship can remain fixed or energy would cease to flow. All living beings must expect and accept change as a natural part of their lives.

7. The Universe is a Multi-Dimensional Energy System.

Human beings are immersed in the energies of both spiritual and material dimensions. A life of balance and harmony requires that we participate in both spiritual and material relationships i.e. our work in the world and an ongoing spiritual connection with the Creator. see Glossary of Terms for definitions of spiritual and material

8. All Living Being Have a Specific Design and Purpose.

Our human design provides us with physical and spiritual resources. Our human purpose is to make appropriate use of all these resources in order to develop our human qualities while helping other living beings experience balance and harmony in their own lives.

These patterns of life are the foundation on which we have created our wholistic principles, practices and lifestyles. They are also the underlying principles behind all our religions and sciences. In our currently unstable world and a constantly changing universe, the Universal Laws are the one thing that we can absolutely count on for guidance and inspiration.

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