



## Principles of Popular Metaphysics

By Sandy Penny

### I AM | ONENESS

This is the primary truth, ALL IS ONE AND ONE IS ALL. God is not a separate being from you or me. God is the animating spirit within all things, and all things are part of the same spirit. There can be no real separation because god is also the space between all manifestation. So, although we appear separate, we are no different than the toe thinking it is separate from the head or the body thinking it is separate from the brain or a drop of water thinking it is

separate from the ocean. We are the oneness2Look at it like this: When the limitless energy of divine spirit was alone and no creation had happened yet, what did it create from? There is only one answer to that, from itself, so what part of you, me, the animals, the earth, the universe and “all that is” is not god? It is impossible to be separated from divine spirit, so if you feel separate, it is an illusion you participate in.

## **ILLUSION & CONSCIOUSNESS**

This is all an illusion. Nothing is truly solid. Manifestation is more space than matter. When you get down to the smallest particles, like quarks, everything is made of the same matter. It manifests as different objects through consciousness. Some of “reality” is an agreed upon construct, but you can step into the oneness at will.

## **AS ABOVE, SO BELOW**

The microcosm and the macrocosm. If you observe the larger, impersonal behavior of the cosmos, it will tell you something about you personally. If you observe yourself, it will teach you about the cosmos. Because All is One and One is All.

## **SPIRITUAL ETHICS/KARMA:**

For Every Action, there is a reaction. Whatever you do for or to others, you do for or to yourself. If you choose to harm others, you are harming yourself. Whatever you create for others, first lives in your life. Because there is only ONE, and you are part of that one. If you stomp your toe, can it make your head hurt? If your back is out of alignment, can it make your feet hurt? If you wish harm on anyone, harm will come to you. If you judge others, you will

attract judgement. If you forgive others, you are forgiven. If you send love and healing to others, love and healing will come to you.

### **LAW of ATTRACTION:**

“As you think in your heart, so are you.” You attract what you are resonating with, what you love and what you fear. There are only two ways of being in this world, Love or Fear. You attract what you put your attention on. If you focus on fearful things, you will draw fearful experiences to teach you. If you focus on love, you will draw loving things to you. There is no pretending that you are doing one or the other. Your life is the representation of what you love and what you fear. Ask yourself “Is this coming from love or fear?” If it comes from fear, move into the clarity of love and ask your question again. You’ll get a whole different answer.

### **DUALITY and POLARITY:**

This world of illusion embraces separation, duality and polarity: male and female, dark and light, good and evil. This is part of the illusion. Transcending the illusion gives you access to the unlimited creative potential of all that is, a direct connection to your divine spirit. This direct connection is known as the causal plane where all creation manifest prior to entering the third dimension.

### **THOUGHT PRECEDES ACTION:**

No action is ever taken without thinking of it first. You imagine something you’d like to build. You decide to build it, you draw up a plan (or not), you choose your materials, you tell your brain to find a hammer, nails and boards, then your body responds to those thoughts. At every choice point, there is a decision to follow through or quit. If you quit after the vision, it’s a daydream, a castle in the sky. If you make a plan, but go no further, it’s a blueprint. If you buy the materials and quit, it’s a backburner project. If you pick up the hammer and build it, it’s a manifestation.

All manifestation requires: Inspiration, Imagination, Emotion (Energy in Motion)  
Planning, Action: Taking Steps in the Direction of the Manifestation, and  
Appreciation: Enjoying and Appreciating the Results.

## **NOTHING IN YOUR PAST HAS TO BE YOUR FUTURE**

If you are holding on to negative experiences from the past, you are living in fear. Move into the clarity of love, and trust that love has only your divine good in it. You are empowered to call upon the Divine Spirit that you are to support you any way you want to be supported. But, if you say, “Oh, I really can’t expect that to happen.” It won’t. You’ll see it when you believe it. If you say, “I never have any of those magical, mystical experiences,” then so it is. When you begin to look for the magical and mystical in your world, you’ll see them everywhere. Life is magical and mystical, and love abounds.

## **JUDGING OTHERS HURTS YOU AS WELL AS THEM**

Discernment is a skill that develops through the heart, the love of all that is for your highest and best good. Criticism and judgment comes from fear, the fear that others are better than you, the fear that others will get a bigger share of the pie. Fear attracts fearful experiences. What you say about others is what you will attract. So, practice saying loving, kind and compassionate things about others. You will reap the rewards. Remember, what you create for others first lives in your life. Harboring resentments will draw that to you.

