

# The Miracle Law of Harmony

*Have* you ever noticed how human beings seem to make things harder than they need to be? We struggle with life, when often the divine elegant solution was right under our noses. We tend to make our lives into a serious and dramatic game of tug-of-war with the Universe.

**The Universal Law of Harmony** is a gift from life itself. It helps us to enjoy the dance of life on earth with our Creator, and to flow in peaceful accord with what is, especially with all the aspects of living that we have no control over. Activating the Law of Harmony will not eliminate the challenges, pain, or losses that are a natural element of living. But it can help you navigate the waters of your life experience with much greater wisdom, ease, and grace. It can help you let the Love in, which is everywhere and in everything. This is a primary purpose of life; to expand Divine Love.

Take a moment to imagine how difficult life would be if you were to move to a foreign country in which the people spoke a language other than your own. However you refused to learn their language and insisted upon speaking only your own. Living this way would be profoundly stressful, unproductive, frustrating, and would diminish your possibility for meaningful relationships.

Your Soul comes to the earth to experience itself, to learn, and grow from life. To your Soul, this place is a foreign land. In order for your Soul to be productive, useful, and to have a meaningful and joyful experience, it would be much easier if it learned the language and laws of the land. This is a metaphor for what the act of harmonizing does for your total living experience.

## What is The Universal Law of Harmony?

It is a spiritual law that must be CONSCIOUSLY ACTIVATED to experience it. From the spiritual perspective, The Law of Harmony is a conscious choice to cooperate with The All That Is, and to accept The All That Is, *as it is*. Harmony operates in the Universe like gravity operates here on earth. It is a force field that is directed by Divine Intelligence. It simply is. We can cooperate with it or not. But just like gravity, if you choose NOT to cooperate with it, you can create some tough times for yourself.

Acceptance is the “**Divine Attitude**” that is essential to thrive. It is the attitude of taking what is before you, no matter how irritating, atrocious, or wrong it may appear, and accepting what is, as it is. Resisting what is, even in the slightest degree, puts you at odds with the Universe. The faster you can accept what is, *as it is*, the sooner you will be in alignment with Universal Law and in harmony with life. You might be asking yourself; “How can I possibly accept all the atrocities and



Jennavieve “JJ” Joshua p. 360.714.8868 f. 360.647.5227 [jj@jjforinsight.com](mailto:jj@jjforinsight.com)  
1050 Larrabee Ave. Suite 104, PMB #808, Bellingham, WA 98225  
[www.jjforinsight.com](http://www.jjforinsight.com)

# The Miracle Law of Harmony

tragedies of life? How can I possibly forgive and accept the wrongs done to me or the losses I have experienced?” “How can I forgive myself for what I have, or haven’t done?”

To answer these questions it is necessary to understand that ACCEPTANCE does not mean you CONDONE or agree with what has happened. It simply means you accept that which you can not change. Acceptance is the **only** empowered response to what has happened. **WHAT IS — IS!** To resist a circumstance that has already happened, or will happen that is completely out of your control, is a senseless act of mental and emotional rebellion. Resisting what is, complaining about it or regretting it in any way, yields NO positive outcome. Resistance only wastes precious life force energy and impairs your ability to respond with creative loving solutions to what is before you.

Once you accept what is, as it is, you have available to you the Divine Inspiration to make appropriate, positive changes in any situation. Resistance places you in opposition to Life. Acceptance is in harmony with Life.

The **Divine Attitude of Acceptance** uses everything to your advancement. This fundamental approach to life expands the expression of love and harmony within The All That Is. Choosing to harmonize with The All That Is, **as it is**, places you in the center of the heart of creation, beating and flowing with love and harmony, and empowering your actions and choices, choosing to harmonize increases your health and well-being.

## Take the Helm: The Power of Harmonizing With All That Is

There is an old wisdom that tells us, “When you take one step toward God, God and the Universe will take twenty steps toward you.” This is a how it feels when you use the Law of Harmony. Therefore, when you actively and consciously choose to cooperate with universal and spiritual laws, you maximize the opportunity for greater ease and grace to take place in all your circumstances and relationships.

## Activate the Law of Harmony in Three Quick Steps

**1) Simply state out loud, or to yourself; “I choose to harmonize in this moment with **The All That Is, as it is. I choose to accept and cooperate with all that is, as it is.**”**

The Law of Harmony is always active, just like the law of gravity. It is available to you as a resource in every moment of your life. By making the declaration that you choose to harmonize with



# The Miracle Law of Harmony

The All That Is, you are instantaneously stepping into greater cooperation with the Laws of the Universe. This is when the Universe takes twenty steps toward you! *It just happens.* You may, or may not sense anything. Don't worry about that. You can't do this wrong. You are now flowing in a field of nonresistance. When setting your intention to harmonize, you reduce energetic and attitudinal impedance. You place yourself in the great flow of life moving forward harmoniously for the primary purpose of expanding love and harmony in all ways. The Universe puts all the gears in motion. *Your willingness and intentions is all that is needed from you.*

**2)** Then state out loud, or to yourself, the specific situation or experience with which you would like to harmonize. For example: "I, (your full name), choose to harmonize with this six hour flight, to all the passengers seated near me, and to traveling across three times zones to the east of my home base."

**3)** Next, take three conscious gentle breaths as you continue to focus on this act of harmony. Breathe into the situation that you are harmonizing with and your specific intentions. The conscious breathing will assist you in becoming fully present as the Universe surrounds and fills you with the field of harmony. That is all there is to it! The entire process usually takes less than a minute.

## To Review:

- 1) I choose to Harmonize to The All That Is, **as it is.**
- 2) I choose to Harmonize to the specific situation before me now (describe fully).
- 3) Breathe three times while focusing on the situation you are choosing to harmonize with at the time. **Let it soak in.** You have now activated The Law of Harmony!

Don't let the simplicity of this practice fool you!

**It is powerful!**

You are activating a universal law and a force field to work with you, and you with it. This process is elegant in its simplicity and mystical in its power.

## Practical Applications of the Law of Harmony

Harmonize as you go throughout the day to make your choices and actions more effective. Utilizing the Law of Harmony also helps you to stay centered and peaceful, no matter what the day may bring.

Apply the Law of Harmony as you approach each of the various changing events of your day. This will increase the power and effectiveness of all your intentional living skills. Listed below is an



# The Miracle Law of Harmony

extensive list of ways to use the Law of Harmony, from the most mundane activities to complex projects and relationships. Be creative with the use of this practice; it can be applied to virtually every situation of your internal and external experience. You can't overuse it. The Law of Harmony has your back!

## Starting Your Day In Harmony

*I Choose to Harmonize to The All That Is and:*

- To how my body feels today
- To the known and unknown aspects of this day
- To the food before me and every meal this day
- To the drive and all the road conditions ahead of me
- To letting love lead my thoughts, words, and deeds this day
- To be awake, aware, and available for the highest good in each moment of this day
- To maintain balance in my body, mind, spirit system all day

## Harmonizing On the Job

*I Choose to Harmonize to The All That Is and:*

- To my working environment
- To all the people I will be with and my meetings/conversations today
- To clear communication with my coworkers today
- To all the tasks required of me today
- To the creative opportunities of this day
- To the increased responsibilities in my professional life
- To the trends of the marketplace or situational environment
- To any perceived struggle or challenge at my workplace
- To the unexpected surprises that the day holds
- To the highest wisdom available for decision-making this day

## Harmonizing For Health and Well-being

*I Choose to Harmonize to The All That Is and:*

- To the changing of the weather and seasons
- To daylight savings time, either coming or going
- To the energy available for me to thrive today
- To social, economic, and political changes occurring globally
- To the culture and environment of my new living location
- To the strong emotions I am feeling at this time
- To the mundane and mystical changes that will occur as a result of this new choice I am making.
- To all the changes taking place in my body



# The Miracle Law of Harmony

- To this medical or dental procedure and any medications
- To paying attention to the needs of my physical body
- To any major circumstantial change such as, change of job, school, retirement, marriage, lifestyle, becoming a parent, etc.
- To holidays, vacations, and major routine changes
- To new or unusual physical environments (*homes, hotels, workplace*)
- To healthy, restorative sleep

## Harmonizing For Family and Home Time

*I Choose to Harmonize to The All That Is and:*

- To making a healthy transition from work to home
- To the moods and attitudes of my spouse/children/roommates
- To new family members, new friends, and/or pets
- To my children growing up and becoming more independent and/or leaving home
- To the death of a loved one/relationship breakup or any kind of perceived loss

## Harmonizing For Personal and Spiritual Growth

*I Choose to Harmonize to The All That Is and:*

- To the Truth of who I am
- To my current level of personal growth
- To the changes that are occurring in my Right Christed Mind
- To my current level of spiritual growth and change
- To a new course of study and its directional trajectory
- To a true and active relationship with Spirit
- To the Divine purpose of my life

**Remember that resisting what is, even in the slightest degree, places you at odds with the Universe.** When you release resistance, you are now available to a much higher wisdom from The All That Is. When we are cooperating with what is, we are available to a divine inspiration that is not accessible through a mental and emotional field of judgment and resistance. Breathe in Divine Inspiration as you breathe in the Law of Harmony. Make your life a peaceful flowing dance with Spirit. Harmonize!

*“It truly is a miracle. This has changed my life.  
I could not do my job, or my entire life,  
for that matter, without The Law of Harmony!”  
~KW, Corporate Productivity Coach & Writer*

