



LIVE BY DESIGN

A Spiritual Guide To
Universal Truths
with Biblical Wisdom

LORI KOSTENUK
LAURA MERJANEH

Co-hosts of the workshop series
Understanding the Laws of the Universe

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Live By Design

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Contents

Preface **by Lori Kostenuk, Co-Author**

Introduction - **In the beginning...**

Chapter 1 - **Law of One**

Description of the Law

How to apply the Law

Key Takeaways

Affirmations

Practice the Law

Chapter 2 - **Law of Vibration**

Description of the Law

How to Apply the Law

Key Takeaways

Affirmations

Practice the Law

Chapter 3 - **Law of Attraction**

Description of the Law

How to Apply the Law

Key Takeaways

Affirmations

Practice the Law

Chapter 4 - **Law of Inspired Action**

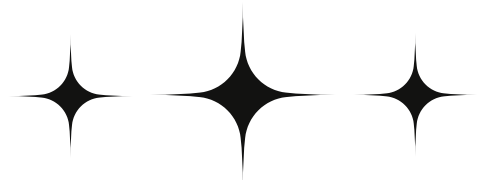
Description of the Law

How to Apply the Law

Key Takeaways

Affirmations

Practice the Law





Chapter 5 - **Law of Correspondence**

Description of the Law

How to apply the Law

Key Takeaways

Affirmations

Practice the Law

Chapter 6 - **Law of Perpetual Transmutation of Energy**

Description of the Law

How to Apply the Law

Key Takeaways

Affirmations

Practice the Law

Chapter 7 - **Law of Cause & Effect**

Description of the Law

How to apply the Law

Key Takeaways

Affirmations

Practice the Law

Chapter 8 - **Law of Compensation**

Description of the Law

How to apply the Law

Key Takeaways

Affirmations

Practice the Law

Chapter 9 - **Law of Relativity**

Description of the Law

How to apply the Law

Key Takeaways

Affirmations

Practice the Law





Chapter 10 - **Law of Polarity**

Description of the Law

How to apply the Law

Key Takeaway

Affirmations

Practice the Law

Chapter 11 - **Law of Rhythm**

Description of the Law

How to apply the Law

Key Takeaways

Affirmations

Practice the Law

Chapter 12 - **Law of Gender**

Description of the Law

How to apply the Law

Key Takeaways

Affirmations

Practice the Law

Conclusion - **Putting It All Together**

Afterword **by Laura Merjaneh, Co-Author**

About The Authors





Preface

by Lori Kostenuk, Co-Author

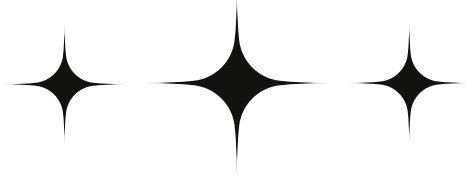
Live By Design – A Spiritual Guide To Universal Truths With Biblical Wisdom is a comprehensive guide created to deepen your engagement with the universal principles that shape our reality. Following the success of our 12-workshop series, my co-host Laura Merjaneh and I have responded to our clients' requests for a practical resource to serve as a refresher, reference, and interactive workbook. This book builds upon the foundation laid in my first book, *The Laws of the Universe and the Bible: A Practical Guide to Abundant Living*, offering a hands-on approach to integrating these laws into daily life through targeted exercises and reflections. While designed as a companion for workshop attendees and readers of my first book, this workbook is equally valuable for anyone seeking to understand and apply these universal laws to create a more purposeful and fulfilling life.

The 12 Universal Laws explored in this workbook are:

1. The Law of One
2. The Law of Vibration
3. The Law of Attraction
4. The Law of Inspired Action
5. The Law of Correspondence
6. The Law of Perpetual Transmutation of Energy
7. The Law of Cause and Effect
8. The Law of Compensation
9. The Law of Relativity
10. The Law of Polarity
11. The Law of Rhythm
12. The Law of Gender

This workbook is designed to help you not only understand these laws but also apply them practically. Through structured assignments, you will reinforce your learning, gain deeper insights, and cultivate a proactive approach to shaping your reality.

Whether you are a workshop participant, a reader of my previous work, or new to these concepts, the exercises and reflections will guide you toward a greater understanding of the Creator's design and empower you to harness these laws for health, healing, and abundant living.



What You'll Gain

By exploring these universal energy laws cross-referenced with Scripture, you will glimpse the mind of our Creator and learn practical steps to align your inner world with your external reality, because Scripture provides the *why* behind the *how*. Referencing the Bible isn't merely to validate the energy laws, but to reveal their divine origin, showing how God's Word echoes the very mechanics of creation.

This cross-referencing equips you to align not just your actions with these principles, but your heart with the Creator Himself—helping you turn knowledge into lived faith, doubt into unshakeable trust, and chaos into order and clarity.

These sacred insights point not to an exclusive path, but to the mind of Christ within—also known in broader spiritual circles as *Christ consciousness*—the divine seed or spark of awareness, compassion, love, and creative power that resides within us all. We each have the innate ability to tune into this divine spark, awakening it through faith, prayer, intention, and alignment, no matter what our starting point is.

This workbook guides you to move from reacting to life's circumstances to proactively creating a life of purpose and fulfillment, rooted in the unshakeable truth that you are a co-creator with the divine. You will discover the power within you to influence your world by tapping into the divine principles that govern it.

We invite you to dive into this journey with an open heart and mind. May this workbook be a transformative tool for growth, reflection, and empowerment for all who engage with it.

Enjoy the journey!





Introduction

In the beginning...

“In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it.”

—John 1:1-5

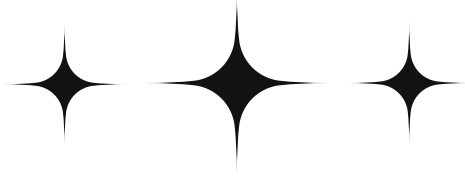
The laws of the universe are deep spiritual truths that we all know innately. They are guiding principles of reality that our Creator has established to create a divine order within our universe. As Albert Einstein once said: “God does not play dice.” This is not a random order. We may deny the existence of universal energy laws, but reality responds regardless. Consider the law of gravity: step out of an airplane mid-flight in denial, and the law still applies without exception.

Echoing this truth, Elon Musk—the technology visionary and entrepreneur—once observed: “Physics is the law, everything else is a recommendation. Anyone can break laws created by people, but I have yet to see anyone break the laws of physics.” While social regulations, rules, and systems may be changed or questioned, foundational laws define the unchangeable boundaries of reality. True innovation and transformation arise not from resisting these principles, but from understanding them deeply and creating in alignment with them. Breakthroughs happen when we stop trying to override reality and instead build from the way the world truly works.

Whether we acknowledge them or not, these God-ordained laws govern all things, inviting us not to resist—but to align. We can have faith and trust that a higher intelligence governs the design of our planet and the universe. By seeking to understand this divine intelligence, we begin to uncover the deeper truths of reality and learn how to consciously co-create a life that resonates with our highest calling.

The divine pattern of the universe is the only safe pattern to work by. These laws are always at play—working the same way for everyone, everywhere, at all times. Learning the universal laws is a reminder of timeless truths that have always been, always are, and always will be shaping our reality.

Because we cannot escape their influence, we are invited to consciously integrate them into our daily lives.



As we align with these laws, we step into the abundant life God intends for us—one that transforms our inner and outer world and is infused with the frequencies of truth, love, and light.

The more we live in harmony with these divine laws, the more we manifest and attract what we truly desire. The laws respond when we respond to them—calling us back to a wisdom that already lives within us all, accessible at any moment through connection with the one infinite Source of all life.

Knowledge of these eternal principles is a doorway to freedom—freedom from unnecessary suffering and limiting conditions. This is why, now more than ever, it is essential to equip ourselves with these life-changing truths. The laws of the universe are not abstract concepts; they are the foundational architecture of existence, guiding everything from the movement of galaxies to the thoughts we hold in our minds. To understand them is to glimpse the divine intelligence behind creation.

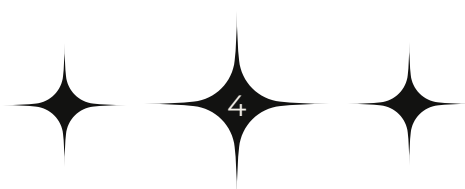
Many of these principles can be traced back to ancient Hermetic philosophy, rooted in the teachings of Hermes Trismegistus and the spiritual legacy of ancient Egypt. For thousands of years, mystics, prophets, and seekers have recognized these laws as sacred keys to deeper understanding. They reveal that the universe is not chaotic, but governed by consistent, purposeful patterns—patterns we can learn to work with rather than struggle against.

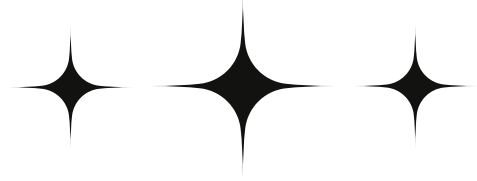
When we align with these universal truths, we shift from reacting to life to consciously co-creating it. Instead of forcing outcomes, we learn to flow with the natural order, harmonizing our energy with the divine design. These laws remind us that everything is connected, everything has meaning, and everything responds to intention, vibration, and awareness.

They are not relics of ancient wisdom, but living principles—always active, always accessible—guiding us back to the truth of who we are and the limitless potential we carry within.

What You Will Learn In This Workbook

In these pages, you'll discover what these timeless truths are and how to integrate this divine wisdom into your everyday life. You'll begin to recognize opportunities to align with the laws, empowering you to create with intention, meaning, and purpose.





As you do, your perspective will naturally shift—you'll start seeing your reality through a new lens. With this deeper understanding, you'll know how to consciously shape the life you authentically desire.

These principles are universal; they can be applied anytime, anywhere, with anyone. They are truly transformative.

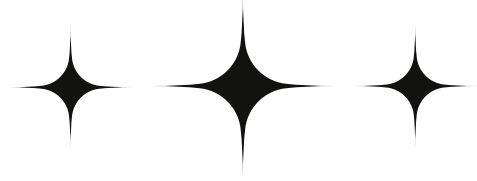
There is no perfect moment to learn about the laws, and it's never too late to begin. If you're holding this book now, it's because something within you was drawn to this wisdom and knows you are ready. We are grateful you've chosen to expand your awareness of these truths, and we're honored to walk with you on this journey.

How To Use This Workbook

This workbook is intended as a timeless practical guide you can revisit anytime—to refresh your understanding of these universal laws and empower you to manifest your intentions.

Each chapter is structured around five key sections:

1. **Description of the Law:** Dive into a clear, in-depth exploration of each universal law, enriched with Bible verses that illuminate its reflections in Scripture.
2. **How to Apply the Law:** Get practical, step-by-step guidance on integrating the law into your everyday life, complete with relatable examples to inspire action.
3. **Key Takeaways:** Wrap up the chapter with a single, powerful paragraph that distills the core insights and actionable wisdom from the law's description and application.
4. **Affirmations:** Close with a curated set of empowering statements tied directly to the law. Many draw from our online workshop series, with fresh additions crafted exclusively for this workbook. The more you repeat these affirmations, the more they will reinforce into your subconscious. Here are a few ways to incorporate them into your day:
 - Speak them aloud during your morning routine.
 - Place a handwritten affirmation on a sticky note where you'll see it often.
 - Use them in meditation to deepen emotional awareness and alignment.
 - Write them in your gratitude journal.
 - Think about them throughout your day and repeat them often.



5. **Practice the Law:** The final section for each chapter offers journal prompts designed to help you embody and integrate each principle. Revisit these as often as needed—your responses will naturally evolve as you grow.

We encourage you to first read this workbook from beginning to end. Afterward, feel free to return to any chapter or law that resonates with what you're experiencing or seeking to learn in the moment.

CHAPTER 1

Law of One



“That all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. I have given them the glory that you gave me, that they may be one as we are one— I in them and you in me—so that they may be brought to complete unity.”

—John 17:21-23

Description of the Law

The Law of One is the most fundamental of all spiritual principles. It is the law of love. At our core, we are all interconnected, unified through the Divine Source of all that is. Just as the Creator—the Divine Source, or God—is pure and infinite love, so are we expressions of that same essence. Love is all that is; all things are either manifestations of love or reflections of its absence. Love is the metaphysical substance from which the universe is formed. To experience love is to experience God, to feel the presence of Oneness. Love is the path that leads us back to unity with the Divine.

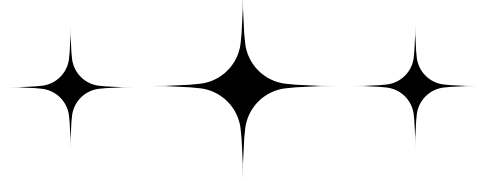
Here are a few biblical verses that echo the Law of One's wisdom of love: love is not a choice of the mind, but a sacred space we inhabit with our hearts.

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. Love your neighbour as yourself. There is no commandment greater than these.”—Mark 12:30-31

- When we love and honour ourselves, we are also loving and honouring God, our Creator. This inner love naturally flows outward, extending to those around us.

“Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love, does not know God because God is love.”—1 John 4:7-8

- This passage declares “God is love”, presenting love not merely as an attribute of God, but as central to His very nature.

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- This verse unveils love as the heart of the infinite Creator, the unifying force that dissolves the illusion of separation among all souls—embracing it awakens our innate connection to the One, while its absence reflects a veiled distortion.

“God is Love. Whoever lives in love, lives in God, and God in them.”—1 John 4:16

- Love is the essence of the Divine, and living in it unites us with God and each other, embodying the Law of One as a relational, all-encompassing unity.

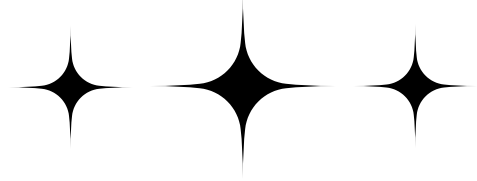
The Law of One is the foundational principle upon which all other laws are built, affirming the truth that all of existence is interconnected. When we embrace this truth of oneness, the ego is no longer something to overcome, but a vessel through which love is expressed within the contrasts and complexities of human life. Within each of us resides the Creator—our divine self or soul—pure, powerful, and infinite. We are unique expressions of God, created in the divine image and carrying a living spark of that infinite presence.

Our true self is the soul, pure and radiant, like a diamond hidden beneath layers of mud—the mud symbolizing the ego, or false self shaped by illusion and conditioning. While the ego helps us navigate life through contrast and nuance, true spiritual growth comes from learning to balance it with our divine essence. As this balance is restored, the soul is free to evolve into higher states of consciousness, allowing us to embody more fully the love, unity, and oneness that is our true nature.

Oneness is the natural state of the universe. All that exists arises from the one infinite source—God, the Creator—and is a manifestation of that divine presence. In truth, there is only One. Everything is part of this unified whole, and nothing exists outside of it. We are all aspects of the same source, fractals of the same divine consciousness experiencing itself in different forms. The perception of separation is merely an illusion, a construct of the ego mind that veils our awareness of this eternal unity.

The law teaches that all forms of life are deeply interconnected through a universal energy and consciousness, of love, unity, harmony, and wholeness. Like a drop of water that is both distinct and part of the ocean, we too are individual expressions of the greater whole. The part is never truly separate from the whole; the drops are one with each other and with the ocean itself. Similarly, we are all expressions of the same divine essence, woven into the fabric of oneness.

The paradox, then, is this: we are all deeply connected, arising from the same divine source, yet each of us is a unique expression of it.



All of existence is the Divine appearing in countless forms, one unified field expressing itself through the illusion of separation.

Because we are all one, this unity naturally expresses itself through cause and effect. The blessings we give to others return to us; as we show mercy, mercy is shown to us. This is the essence of karma: whatever we emit—whether love or judgment—inevitably finds its way back to us. In this way, we reap what we sow.

We will explore these concepts further in the following chapters.

Other Key Bible Verses Related to the Law of One

Many verses echo the law's essence through teachings on oneness with God, the unity of humanity, and the interconnectedness of all things in Christ. These passages promote seeing beyond divisions to embrace divine love and harmony as the unifying force.

“So in everything, do to others what you would have them do to you. For this sums up the Law and the Prophets.”—Matthew 7:12

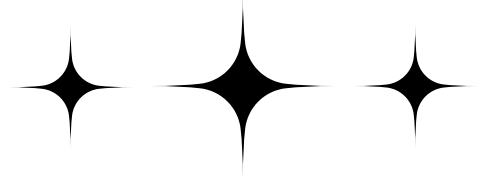
- What we do to others, we do to ourselves—and how we treat ourselves shapes how we treat others. We are not separate, but deeply connected. This is the heart of the Law of One.

“And God said unto Moses, I Am That I Am.”—Exodus 3:14

- God is the ultimate source of being and existence, transcending time and space.

“Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. For we were all baptized by one Spirit so as to form one body—whether Jews or Gentiles, slave or free—and we were all given the one Spirit to drink.”—1 Corinthians 12:12-13

- This passage teaches that although the body has many parts, it is still one body, just as humanity is one in Christ. Through the Law of One, this reveals that diversity does not cancel unity. Different races, roles, gifts, and callings are all expressions of the same divine life force. We are not separate beings trying to become one. We already are one, learning to live as such.



“Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all.”—Ephesians 4:3–6

- This passage emphasizes one body, one Spirit, one hope, one Lord, one faith, one baptism, and one God. Through the Law of One, this reveals that oneness is the natural condition of reality, not something we force externally. Unity flows from love, humility, and peace because these qualities align us with our true nature as one interconnected whole.

“So in Christ we, though many, form one body, and each member belongs to all the others.”—Romans 12:5

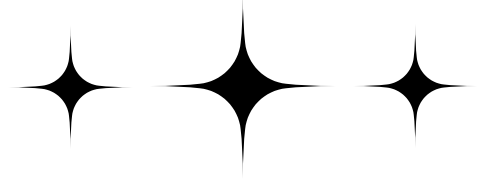
- This verse teaches that though we are many, we form one body and belong to one another. The Law of One shows that individual identity does not oppose unity; it expresses it. Each person is a distinct expression of the same divine source, and true spiritual maturity is realizing that what affects one, affects all.

“Do you not know that you are God’s temple and that God’s Spirit dwells in you?”—1 Corinthians 3:16 (ESV)

- This verse declares that we together are God’s temple and that God’s Spirit lives in us. Through the Law of One, this reveals that God does not dwell in isolated individuals alone but in the collective whole—extending even beyond the *faithful* to all creation.
- Jesus told the Pharisee “hypocrites” that the Kingdom was within them (Luke 17:21). Yet for them, it was a matter of turning from their external religious forms of the old law to the law of love ready to be discovered within. The Spirit is not divided; it permeates all. Separation is an illusion; divine presence is shared.

The following seven verses emphasize that God is everywhere, in all things and in every being. There is no separation between the Creator and the creation. The I AM Presence is all that there is. We are part of it. The divine essence dwells within each of us, connecting us to one another and to the Source. In truth, we are all One.

1. “I am the Lord, and there is no other; apart from me there is no God.”—Isaiah 45:5
2. “For by him were all things created...”—Colossians 1:16



3. "For in him we live, and move, and have our being..."—Acts 17:28

4. "Where can I go from your spirit? Where can I flee from your presence?"—Psalms 139:7

5. "Christ is all, and is in all."—Colossians 3:11

6. "I and the Father are one."—John 10:30

7. "There is but one God, the Father, from whom all things came and for whom we live; and there is but one Lord, Jesus Christ, through whom all things came and through whom we live."—1 Corinthians 8:6



How to apply the Law

The Law of One reminds us that everything in existence is interconnected through infinite love and light, inviting us to live with greater awareness, unity, and purpose. Here are six transformative applications of the Law of One that can elevate your daily interactions, self-awareness, and connection to all that is.

1. See everything through the eyes of Love. Divine, unconditional love. God is love and loves everyone beyond comprehension. If we cannot look at the person in front of us and love them simply because God created them, we do not truly know God.

- *Can I look at myself in the mirror and love myself for who I am? Just the way I am?* Yes, because God created me wonderfully, exactly as He intended. When we are filled with divine love and light, then we view ourselves and others through the *single lens of love. Love in all I see.

“The lamp of the body is the eye: if therefore thine eye be *single, thy whole body shall be full of light.”—Matthew 6:22

- *Can I look at someone else with the same eyes of love?* Anything that isn't love is separation. To achieve oneness, we must see love in all there is.

2. Observe your life from an outsider perspective. Observe your reactions and emotions without letting them control you. Step back, assess situations objectively, and act on intuition rather than impulse to avoid regret later. Recognize that your thoughts and emotions impact others and return to you. Be mindful. Be aware. Be present.

“Be still and know that I am God.”—Psalm 46:10

3. Intentionally create via love-based thoughts and words, using *I am* or *I declare* phrases to affirm truths. Ask questions like: *What would it take to create...?* We create our world intentionally or unintentionally with our thoughts and words. Be mindful of what you are saying about yourself and others. Are your thoughts fear-based or love-based?

4. Take a moment during your day, pause, and connect to the love of God. Become aware of God's love and oneness within you, in others and all around you.



Ask yourself:

- *How can I show love to this person in this situation?*
- *How can I be more loving?*
- *Where do I see love within me and around me, in my life?*

Ask God to show you how He sees things through the eyes of unconditional divine love.

- *How can I see myself, others and the world around me with love?*
- *How can I see everything through oneness?*

5. Observe and be aware of what is going on around you. When we observe from the third person, we tend to be proactive with intention instead of reactive with emotion.

Ask yourself:

- *How am I connected to everything around me?*
- *What subtle details in my surroundings am I tuning into right now—the rhythm of breath, the play of light, or the unspoken energy in the room?*
- *If I were narrating this scene like a neutral observer in a story, what would I notice about my posture, tone, or choices?*
- *What assumptions am I carrying that might be coloring my view, and how might they dissolve if I let go?*
- *Where is my attention wandering, and what might it reveal about what I truly value in this instant?*
- *How might this small action (or inaction) echo into the lives of others, near and far?*
- *What one intentional shift could I make today to align more closely with the flow of everything around me?*

6. Practice Compassion. Compassion means safeguarding your own positive energy while extending love to those who need it, gently lifting their vibrations to align with yours, like the steady hum of a tuning fork. Unlike empathy, this isn't about depleting yourself; it's an act of resonance, where your steady presence invites harmony without force.



Ask yourself:

- *In what ways can I offer support today without dimming my own light?*
- *Who in my circle might benefit from a simple, heartfelt gesture, and how could it ripple outward?*
- *How does this person wish to be treated? If you are unsure or don't know them, treat them as how you would like to be treated. Compassion is treating another person as if they were you and recognizing that they are you in another form.*

Key Takeaways

The Law of One reminds us that all beings are connected and that we are all expressions of the same Divine Source—pure love itself. Feelings of separation arise from the ego, but they soften through self-acceptance, kindness, and seeing others as part of ourselves. By tuning into your true soul, you learn to guide your life with loving thoughts, words, and awareness. You begin to view life through a lens of unity, observe experiences with calm presence, and create space each day to feel God's presence within and around you. As the foundation of all universal laws, the Law of One teaches that every act of compassion returns multiplied, gently shifting us from fear into trust. Through this awareness, even simple choices become sacred, shaping a life of balance, peace, meaning, and conscious co-creation with the Creator who is in everything.



Affirmations for the Law of One

I am One with all that is.



I am One with the power and wisdom of the Universe.



I qualify every thought that passes through my consciousness with the light of truth, love, and unity. Anything less, I send away.



We are one, eternally connected, and part of the same whole. What I do to you, is what I do to myself.



I choose love and light in every interaction.



I see myself reflected in every soul I meet.



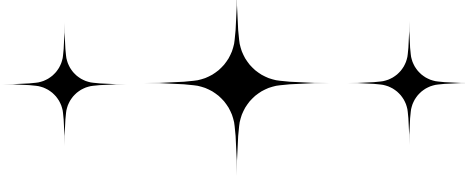
I choose compassion because I know we are one.



The same divine life flows through me and through all.



As I heal myself, I help heal the world.



Practice the Law of One

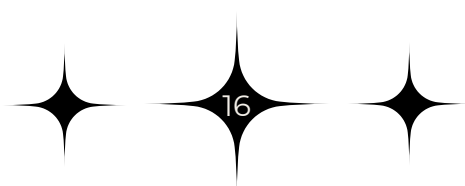
What are you grateful for?

What helps you feel connected to something greater than yourself?

How can you see the divine in someone you struggle with?

How can you show more love to yourself and others? How can you experience more love now?

Where can you see and feel oneness in your life?



About The Authors

Lori Kostenuk is a Canadian author whose debut book, *The Laws of the Universe and the Bible: A Practical Guide to Abundant Living*, explores the connection between biblical principles and universal energy laws. With her second book, she continues to delve into how divine truths shape everyday life. Residing on a working ranch in central Alberta, where she cherishes a quiet, peaceful existence amid a breathtaking 270-degree view, Lori is an artist and the co-owner of an international people development company specializing in workforce management and team behavioral science. She and her husband, Orlyn, raised four children in a non-traditional Christian home that nurtured curiosity and faith, and now delight in time spent with their grandchildren. As a dedicated informal student of the Bible for more than forty years, Lori shares her insights through workshops and speaking engagements focused on personal and spiritual growth.

Connect with her at lorikostenuk.com

Laura Merjaneh is an adventurous, nature-loving wife and mother of three whose work is rooted in holistic health, mindset, and energy medicine. Born and raised in Europe within a Christian family, she was deeply shaped by strong biblical teachings that continue to inform her approach to healing and personal transformation. Now based in British Columbia, Canada, Laura shares her passion for integrative wellness with women locally and around the world. As a Certified BodyTalk Practitioner and Health & Mindset Coach, she weaves together natural remedies, nervous-system healing, and spiritual awareness to support women through motherhood—and through every stage of personal growth beyond it. Her work is grounded, integrative, and deeply honoring of each unique journey. With a profound belief in the body's innate capacity to heal and nature's wisdom as a guide, Laura helps women reconnect with their inner power and reclaim vibrant health—body, mind, and spirit. Through her writing, teachings and offerings, she invites others to live in alignment, embody wholeness, and embrace a life of abundance.

Connect with Laura her on Instagram [@laura.healthjourney](https://www.instagram.com/laura.healthjourney) or at laurahealthjourney.com

LIVE BY DESIGN

Live by Design is a transformative guide to aligning your life with the 12 Universal Laws - timeless principles that unite divine wisdom with the natural flow of the universe.

Grounded in biblical wisdom and spiritual insight, this book reveals how to manifest abundance, cultivate peace, and live with purpose through conscious co-creation with God.

Discover how gratitude, self-awareness, and inspired action can awaken your divine potential and bring harmony to every area of your life. *Live by Design* is more than a guide—it's a call to embody your sacred power and create a life filled with love, truth, and light.

**LAURA MERJANEH
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