

A GUIDE TO ALIGNING WITH UNIVERSAL
TRUTHS THROUGH BIBLICAL WISDOM



LIVE BY
DIVINE
DESIGN

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UNDERSTANDING THE LAWS OF THE UNIVERSE

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Preface

by Lori Kostenuk, Co-Author

Live by Divine Design: A Guide to Aligning with Universal Truths through 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 workshop participants' requests for a practical resource to serve as a refresher, reference, and interactive workbook.

This workbook 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 twelve 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 Transmutation

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, someone already familiar with universal energy laws and curious about how they connect to Scripture, or entirely new to these concepts, this workbook is designed to meet you where you are.

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 alongside Scripture, you will glimpse the mind of our Creator and discover practical ways to align your inner world with your desired outer reality. Scripture offers the “why” behind the “how,” revealing that these laws are not merely concepts but reflections of the Divine Design. Referencing the Bible isn’t merely to validate these energy laws, but to reveal their divine origin—showing how God’s Word echoes the very mechanics of creation. This cross-referencing illuminates shared principles that point toward a greater understanding of the Creator’s design. Scripture is included to

provide wisdom and context, revealing how these universal laws are reflected in the teachings of the Bible. In this way, readers from all backgrounds can explore these concepts through a lens that resonates with their own path, while discovering deeper alignment, clarity, and truth.

This workbook draws from both biblical wisdom and universal principles to explore shared truths expressed across different traditions and perspectives. While the language may differ, the intention is to point to the same underlying design of reality in a way that is accessible and meaningful to readers from all walks of life.

The Apostle Paul wrote of “Christ in you, the hope of glory”¹, revealing a profound spiritual truth: that the divine life Jesus embodied was never meant to remain distant or external, but awakened within us. Again and again, Jesus pointed people inward—to the kingdom within, to the transforming power of faith, to the heart, to love, and to a living union with the Creator. This points to an inner awakening to the Christ within—a deeper alignment with the Creator’s wisdom, love, and truth.

These sacred insights point beyond external forms of worship to the mind of Christ within—also described in Scripture as a deeper, awakened inner awareness aligned with the Creator. This reflects 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 inner alignment through faith, prayer, meditation, intention, and conscious awareness, no matter what our starting point is.

¹ Colossians 1:27

Jesus said, “I am the light of the world,”² and then declared, “You are the light of the world.”³ This reveals a profound progression from awareness to embodiment. As we align with the truth within us and live it out through faith, we move from observing and reflecting the light to fully expressing it in our lives. In this way, faith becomes more than belief—it becomes a lived experience. While Paul, a key early teacher and writer in the New Testament, describes Scripture as useful for teaching and instruction,⁴ Jesus goes further, saying, “My words are spirit and they are life.”⁵ This distinction highlights that his teachings are not merely to be studied, but to be embodied. When we live his words, they become active and alive within us, transforming not just our understanding, but our very way of being.

This workbook guides you from reacting to life’s circumstances to proactively creating a life of purpose and fulfillment. You will learn to harness the power within to influence your world by tapping into the divine principles that govern it.

We encourage you to approach this workbook with discernment and mindful awareness as you read through it. As you do, notice moments that spark clarity, peace, or lightness—these may be your inner guidance affirming truths that speak to your journey. At the same time, as Scripture encourages us to be thoughtful and discerning of what we receive, allow yourself to thoughtfully reflect on what resonates. Likewise, when an idea or principle feels unfamiliar, heavy, or uncomfortable, pause and observe your response. Rather than dismissing it outright, you might simply “put it on the shelf” for later reflection.

² John 8:12

³ Matthew 5:14

⁴ 2 Timothy 3:16

⁵ John 6:63

Often, concepts that do not resonate today reveal deeper meaning as you grow and return to them with fresh perspective. When we remain open—setting aside judgment, resistance, and the need to immediately understand everything—we create space for deeper insight to emerge. In that openness, new understanding often unfolds naturally, as wisdom and inspiration flow from the divine source within and around us.

This workbook is written for readers from all walks of life, including those rooted in Christian faith as well as those exploring broader spiritual or secular perspectives. The twelve universal laws explored here are not limited to any one belief system—they are the underlying principles of reality that govern all of humanity. None of us can escape the laws; they are woven through every corner of creation, from the smallest atom to the vast expanse of galaxies, from the rhythm of the tides to the cycles of life itself.

Jesus himself pointed to these truths in his teachings, revealing how God’s divine order shapes our lives and the world around us. By attuning to these laws, we learn not only how to live in harmony with creation, but also how to participate consciously in the extraordinary design of the universe, guided by the wisdom of our Creator.

Allow yourself to move at your own pace: revisit sections, reflect deeply, and let insights settle organically into your life. Transformation unfolds gradually, yet steady engagement with these principles can gently reshape your mindset, relationships, lived experience, and overall sense of purpose.

Consider this workbook a companion on your journey—a timeless resource you can return to, again and again as you continue to grow in alignment with the Divine Design.

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. Let it be light, playful, and filled with joy.

Introduction

In The Beginning...

“In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by him; and without him was not any thing made that was made. In him was life; and the life was the light of men. And the light shineth in darkness; and the darkness comprehended it not.”

—John 1:1-5 (KJV)

The laws of the universe are deep spiritual truths that we all know innately. They are guiding principles that our Creator has established to create a divine order within our universe since the beginning of time. As Albert Einstein once said: “God does not play dice with the universe.”⁶ This is not a random order. We may deny the existence of universal energy laws, but reality responds regardless. Consider the law of gravity: even if we deny it, stepping out of an airplane mid-flight proves the law remains true without exception.

Echoing this truth, Elon Musk—the technology visionary and entrepreneur—once noted:⁷ “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 universal reality. True innovation and transformation arise not from resisting these principles, but from understanding them deeply and

⁶ Isaacson, Walter. *Einstein: His Life and Universe*. Simon & Schuster, 2007, p. 407.

⁷ Elon Musk, April 28, 2023 Twitter (now X) post.

creating in alignment with them. Breakthroughs happen when we stop trying to override these truths 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. Alignment is the practice of bringing our inner world and outer actions into coherence with truth and divine order—living in harmony with the Divine Design of life. It is not a single moment of transformation, but an ongoing journey of awakening and realigning.

The process begins with awareness: noticing our thoughts, emotions, behaviors, and recurring patterns with honesty and curiosity. As awareness deepens, we take responsibility for our inner world and begin to choose beliefs, perspectives, and actions that reflect the life we truly desire.

Through practices such as regulating our nervous system, releasing resistance, and acting with integrity, we move from struggle into cooperation with life. Instead of forcing outcomes, we learn to work with the natural rhythms that guide growth and transformation.

Over time, these choices become integrated into the way we live. Alignment shifts from something we practice to something we embody—expressed through clearer intuition, wiser decisions, and a deeper sense of purpose.

Because alignment is never finished, it becomes a continual return to clarity, responsibility, and intentional action. From this place, fear loosens its grip, wisdom becomes easier to access, and our choices begin to shape our experience in meaningful and life-giving ways.

Over time, this continual return to alignment reveals and confirms a deeper truth: a higher intelligence governs the design of life and the universe. As we

grow in awareness of this divine order, we uncover greater wisdom and learn to consciously co-create a life aligned 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.

God desires for us to live abundant, joy-filled lives. Jesus himself said, *“I have come that they may have life, and have it abundantly”*⁸, and invited us to *“know the joy that I have”*⁹. Even the psalmist reminds us that God has prepared a table of blessing in the midst of our enemies¹⁰, symbolizing provision, abundance, and favor regardless of circumstances. Living in alignment with God’s divine order opens us to this abundance. When we act with intention, patience, and trust in the natural unfolding of life, we participate in the abundant life God intends—a life where purpose, creativity, and joy flow naturally from alignment with His design.

The more we live in harmony with these divine laws, the more we manifest and attract what we truly desire. The laws work for us when we consciously work with them—calling us back to a wisdom that already lives within us all,

⁸ John 10:10

⁹ John 15:11

¹⁰ Psalm 23:5

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.

These laws are not relics of ancient wisdom, but living principles—always at work, always shaping our experiences, and always available to us. They guide us back to truth, alignment, and the deeper understanding of who we are and how life truly works.

What follows in this workbook is an exploration of these universal laws—twelve foundational principles that govern both the seen and unseen aspects of life. Each one reveals a different dimension of divine order and offers practical ways to live in alignment with it.

As you move through each chapter, you are not simply learning new ideas—you are becoming more aware of truths that already reside within you. With awareness and practice, these truths will begin to transform the way you think, act, and experience the world.

This is where knowledge becomes embodiment. This is where alignment becomes a way of life. And this is where your journey of living by design truly begins.

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.

Now is the perfect time to explore these laws, and every step you take brings you closer to deeper understanding. If you're holding this workbook in your hands right now, it's because something within you was drawn to this wisdom and

knows you are ready for it. We are grateful you've chosen to expand your awareness of these truths, and we are honored to walk this path with you.

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:** Explore each universal law in depth, with Bible verses that reveal its truth 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 powerful summary 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 each law. Many draw from our online workshop series, with fresh additions crafted exclusively for this workbook. As you read through them, notice which ones resonate most deeply with you—you don't need to use them all. Choose a few that feel meaningful and return to them often. The more you engage with these affirmations, the more they can begin to imprint on your subconscious and shape your inner dialogue.

Here are a few ways to incorporate them into your day:

- Speak them out loud 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, return to any chapter or law that resonates with what you're experiencing or seeking to learn. Allow yourself to move through this exploration of the universal laws through scripture with intention, openness, and trust in your own unfolding.

Thank you for being part of this journey with us. We hope this workbook serves as a valuable and insightful guide, inspiring you to explore your faith and beliefs with a renewed mind and a deeper sense of purpose.

The 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, also known as the Law of Divine Oneness, 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, 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 within 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 God, we also come to love and honour ourselves as His creation. From this place, love flows naturally toward others.

True self-love begins with recognizing the Divine within yourself—and then learning to recognize it in all things. From that awareness, you come to see that your neighbour is not separate from you, but another expression of the same sacred presence. Each of us is a unique vessel through which the Divine reflects and expresses itself in its own way.

“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. 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 or seed of that infinite presence.

Our true self is the soul—pure and radiant, like a diamond hidden beneath layers of mud. This mud represents the ego, or false self, shaped by conditioning, experience, and illusion. The ego is not the enemy we are meant to battle, control, or destroy. It is not something to be feared or eradicated—it is a necessary part of our human design, created by God to help us navigate the world, establish boundaries, and protect us as we grow. The ego becomes limiting only when we mistake it for who we truly are. When we live *from* the ego rather than *through* it, we become caught in illusions of separation—disconnected from our deeper knowing, our alignment, and our true nature. Spiritual growth, then, is not about ego death, but wholeness: re-establishing harmony so the ego takes its rightful place in service to the soul. As this balance is restored, the soul is free to expand into higher states of consciousness, allowing us to live authentically, fulfill our true purpose, and remember our oneness with God, with one another, and with all that is.

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 sow¹¹.

¹¹ Galatians 6:7

We will explore these concepts further in the following chapters.

Other Key Bible Verses

Many verses echo the Law of One, revealing our oneness with God and the unity of humanity in Christ. They call us to see beyond divisions and embrace divine love as the force that binds all creation together.

“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. This declaration points to the divine unity underlying all creation—the same sacred presence expressed through all life.

“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 referred to the Pharisees as “hypocrites”, informing them that the Kingdom of heaven was within them¹². 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. What appears as separation is, in truth, an illusion—divine presence is shared. Though the Spirit dwells undivided in the whole, its transformative power in our lives depends on our willingness to receive it and live in alignment with it.¹³

These verses reveal the Law of One as Scripture’s timeless truth: we are not separate but deeply connected—one body, one Spirit, one divine source in all. Treating others as ourselves reflects our shared nature, and God’s presence dwells in the collective whole, awakening within every open heart. By living from this unity in love and peace, we embody our true divine oneness.

The following 7 verses emphasize that God is everywhere, in all things and in every being. There is no separation between the Creator and His creation. The I AM Presence is all that there is. We are all part of it. The divine essence dwells

¹² Luke 17:21

¹³ See 1 Corinthians 12:13

within each of us, connecting us to one another and to the Source. In truth, we are all one.

“I am the Lord, and there is no other; apart from me there is no God.”

—Isaiah 45:5

“For by him were all things created...”

—Colossians 1:16

“For in him we live, and move, and have our being...”

—Acts 17:28

“Where can I go from your spirit? Where can I flee from your presence?”

—Psalms 139:7

“Christ is all, and is in all.”

—Colossians 3:11

“I and the Father are one.”

—John 10:30

“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 7 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 and honour myself for who I am? Just the way I am? Yes, because God created me wonderfully, exactly as He intended. When we discover the divine love and light within us, 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 (KJV)

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.

“Be still and know that I am God.”

—Psalm 46:10

3. **Intentionally create with 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 either 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 entails safeguarding your own positive energy while extending love to those who need it, gently lifting

their vibrations to align more with yours, like the steady hum of a tuning fork. Unlike empathy, this isn't about depleting yourself to match the frequency of the one pouring out—it's an act of resonance, where your steady presence invites harmony without force. Jesus embodied this throughout his ministry, radiating compassion to heal and uplift the broken. Yet on the cross, in those three harrowing hours, he stepped into profound empathy—bearing the full weight of humanity's burdens as an act of ultimate oneness.

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're unsure, treat them as you would like to be treated. True compassion sees the other as yourself in another form—lifting them without dimming your own light.

7. **Spend intentional time in nature.** Step outside and allow yourself to slow down and fully observe life around you—the trees, the air, the light, the sounds of birds and wind. As you breathe, remember that the same life force flowing through nature also flows through you. In this stillness, the constant noise of the ego—comparison, control, and distraction—begins to quiet, allowing you to reconnect with a deeper sense of presence. In this way, time in nature becomes a quiet spiritual

practice. It reminds us that we are not separate observers of the world, but participants within it—expressions of the same Divine Source woven into the greater fabric of life. As this awareness deepens, the illusion of separation softens, and we naturally embody the Law of One through a renewed sense of unity with all life.

Key Takeaways

All is One—separation is an illusion of perception, not the true reality.

The Law of One teaches that all life is interconnected through the same Divine Source. Though we experience individuality in the physical world, every soul, action, and experience remains part of a greater unified whole.

- Love is the highest spiritual truth and the foundation of all creation.
- What we do to others, we ultimately do to ourselves because all life is interconnected.
- Every person carries a seed of the Divine within them.
- Spiritual awakening begins when we see beyond separation.
- Fear, judgment, and division arise when we forget our connection to one another.
- Compassion, forgiveness, and empathy elevate consciousness.
- The ego is meant to serve the soul, not dominate it.
- Inner healing helps restore harmony within and around us.
- Seeing others through the eyes of love transforms relationships and awareness.
- Living from unity shifts us from division toward connection and alignment.

Awakening to our oneness transforms fear and division into love, compassion, and unity.

Affirmations

- ◆ We are one—what I do to you, is what I do to myself.
- ◆ I see myself reflected in every soul I meet.
- ◆ I choose love and compassion in every interaction, knowing we are connected.
- ◆ One divine life energy flows through all, including me.
- ◆ As I heal, the world heals with me.
- ◆ Separation is an illusion, and I choose to see only oneness.
- ◆ I feel complete. Perfect wholeness lives within me because I am one with all that is.
- ◆ I am one with the Divine Source that sustains all life.
- ◆ The I AM presence within me connects me to all creation.
- ◆ Divine love flows through me and unites me with all that is.
- ◆ As I honor the unity of life, I live with greater compassion and understanding.
- ◆ I see beyond separation and recognize the sacredness in every person.
- ◆ I walk in awareness that all life is interconnected.
- ◆ The light within me recognizes and honors the light within all.

Practice the Law

What helps you feel connected to something greater than yourself?

How would your thoughts and actions change if you truly saw every person as part of the same divine source?

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

When have you experienced a deep sense of connection with others, nature, or the divine? What did that moment reveal to you about oneness?

What is one small way you can live from a greater awareness of oneness in your life today?

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 this second book, she continues to explore how divine truths influence everyday life and personal transformation.

Living on a ranch in central Alberta, Lori enjoys a quiet life surrounded by nature and a breathtaking 270-degree view. She is an artist and co-owner of a people development company specializing in workforce management and team behavioral science. Lori and her husband, Orlyn, raised four children in a non-traditional Christian home that encouraged faith and curiosity, and they now cherish time with their grandchildren.

An informal student of the Bible for more than forty years, Lori shares her insights through workshops and speaking engagements on personal and spiritual growth. She leads workshops helping adults align with universal energy laws and works with schools and youth programs, teaching children the power of their words and identity—especially how their “I Am” statements shape the world they experience, echoing the biblical truth, “*Let the weak say, I am strong.*” She also offers private coaching for individuals seeking practical ways to apply these principles.

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Laura Merjaneh is an adventurous, nature-loving wife and mother of three whose work is rooted in holistic health, mindset, and consciousness-based energy healing. Born and raised in Belgium within a Christian family, she was deeply shaped by biblical teachings that continue to inform her approach to healing and personal transformation.

Now living in British Columbia, Canada, Laura supports women around the world in navigating health, motherhood, and life transitions with balance, curiosity, and intention. As a Certified BodyTalk Practitioner with a background in communications, media, marketing, sales and customer service, she blends grounded practicality with intuitive insight. Her work weaves together natural and herbal remedies, nervous system support, energy medicine, and spiritual awareness. Passionate about reclaiming birth as a sacred, sovereign, and deeply spiritual experience, she walks alongside women in their motherhood journeys—honoring each path as unique.

Guided by a deep trust in the body's innate intelligence and in nature's wisdom, Laura supports others in reconnecting to their inner power and returning to harmony—body, mind, and spirit. Through her writing, teachings, and offerings, she invites others to live in alignment with the Divine Design of life, and embody a life rooted in truth, presence, and abundance.

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What if you were never meant to live by default—but in alignment with the Divine Design, shifting from stress to ease, lack to abundance, chaos to alignment?

In *Live by Divine Design*, you'll discover how the universal laws shaping our reality can guide you toward deeper clarity, purpose, and abundance. By integrating timeless spiritual principles with biblical wisdom, this workbook reveals how these laws reflect a greater Divine Design present in every aspect of life.

Through insightful guidance and reflective exercises, you'll learn how to:

- Understand the universal laws influencing your life and spiritual growth
- Align your thoughts, emotions, and actions with the Divine Design
- See how biblical wisdom mirrors universal spiritual truths
- Cultivate peace, gratitude, and clarity in your daily life
- Awaken your inner spark of love, creativity, and personal power
- Apply affirmations and practices for lasting transformation

More than a workbook, *Live by Divine Design* is an invitation to deepen your awareness, strengthen your faith, and consciously create a life aligned with truth.

Step into your sacred potential—and align to the Divine Design.

“This is much more than a book, it is a masterclass that integrates biblical teachings, universal laws and practical instructions on how to make the most of your life experiences. Very well structured, easy to read and ready to implement.”

— Dr. Dwayne Manary, DC, DOMP

“We often know who we want to become. Yet, many falter just prior to transformation. This book is a bridge and a pathway offering one guided step at a time. Each chapter brings you closer to that sense of wholeness, and ultimately the opportunity to create whatever shifts you'd like in your life.”

—Dr. Kevin Preston, TCM, Founder of *The New Human Events*