



# THE SEVEN HERMETIC PRINCIPLES

an introduction to  
the universal laws



# THE SEVEN HERMETIC PRINCIPLES

The Hermetic writings date to at least 200 - 300 BCE, the most influential being attributed to Hermes Trismagistus.

Hermes Trismegistus is a legendary figure credited with a significant body of wisdom and writings, with a possible origin in the syncretism of the Greek god Hermes and the Egyptian deity Thoth.

The Corpus Hermeticum is the first major Hermetic work, a collection of 17 Greek writings, dialogues where Hermes Trismegistus imparts wisdom to a disciple.

Three Hermetic texts were discovered within the Nag Hammadi library (a collection of early Christian and Gnostic writings), including: #1 the Prayer of Thanksgiving, a devotional text expressing gratitude to the divine.

The phrase 'As above, So Below' was first written down in the Emerald Tablets, an Arabic text from late 8th or early 9th century...

And The Kybalion, written during the New Thought movement of the 20th century, formalized the 7 core principles of Hermetic wisdom as we know them today.

Also referred to as '**The Universal Laws**' by Bob Proctor (Law of Attraction teacher and modern New Thought Guru).

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# SEVEN SEVEN

The Seven Hermetic Principles are numbered 1 - 7 but could also be looked at backwards... the other way up... like the Chakra System.

In the Chakra System, Hermetic Principle #1 would be similar to the Crown Chakra at the top of the Chakra model. This is connection to the Devine.

and Hermetic Principle #7 would be similar to the concepts associated with the Sacral and Root Chakra at the base of the Chakra model, the foundation.

So it could be said that reading number 7 through to 1 is the right way to read and understand this information. Maybe...

Then you start getting into a rhythm... understanding the opposite ends of the rhythm, the polarity of the flow... and recognizing the vibration within everything.

So that change in one, causes change in another, and that change happens in the Mental Realm.

**All is Mind**

**Correspondence**

**Vibration**

**Polarity**

**Rhythm**

**Cause & Effect**

**Gender**





# PRINCIPLE #1 MENTALISM

The very fabric of reality is intricately linked to our thoughts... and therefore our beliefs. This is the core of the first Hermetic Principle: Mentalism. ***"The All is Mind; the Universe is Mental".***

The **Flow State**... Imagine a successful performance, when you relax and are in the 'flow State'... you're more likely to project confidence, and deliver a compelling message.

Oppositely, if you worry about a thing, anxiety clouds your focus and hinders your results.



## THE UNIVERSE IS MENTAL: THE PLACEBO EFFECT

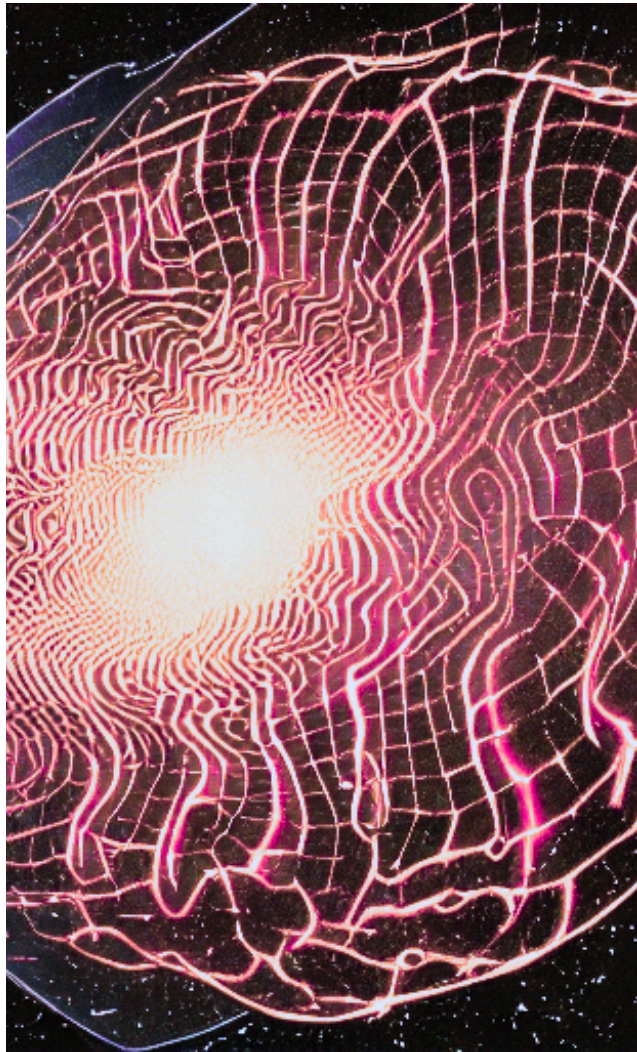
The **Placebo Effect**... It's been scientifically studied for decades.

Physical healing happens while only a 'sugar-pill' is given (sugar may even have detrimental health effects!).

This demonstrates well the mind-body connection... and how our thoughts, expectations and beliefs are influencing our physical well-being.







## MORPHIC RESONANCE: COLLECTIVE CONSCIOUSNESS

The **Morphic Field** is a field of information that influences the form, behavior and patterns of all living systems.

Morphic Resonance shows that each individual is connected to, and influenced by, a larger collective consciousness.

As demonstrated through **Animal Telepathy** experiments. by Dr Rupert Sheldrake

# The observer effect in quantum physics

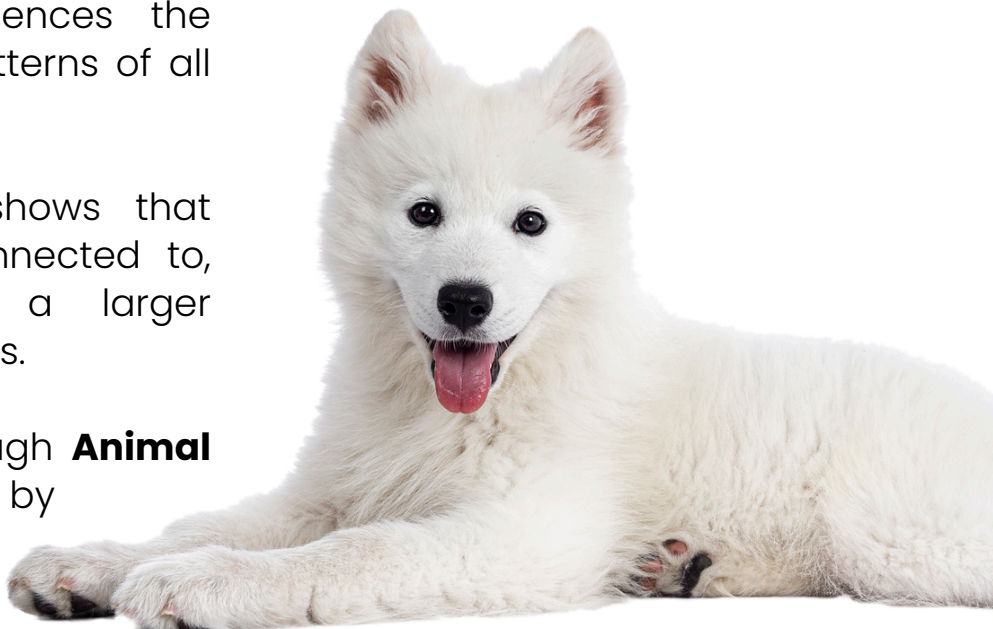
TRULY THE UNIVERSE IS MENTAL

The **Observer Effect** in quantum mechanics is likewise a mind-bending phenomenon that demonstrates similar influences of the Mind over the Material World.

Quantum Particles, subatomic particles (electrons), act as a wave until observed...

At which point they then become a particle (a thing).

The very act of observing (or measuring) a quantum particle, 'collapses' its wave function into a particle with a definite position and movement.





# unveiling the maya...

## IT'S NOTHING NEW

It's not a new idea, the concept of Mentalism resonates with ideas found in the Hindu concept of Maya...

Maya translates to 'illusion'.

Maya is the veil of perception obscuring the true nature of reality. Maya creates a distorted view of the world around us.



## EGYPTIAN MYTHOLOGY

'The Veil of Isis' is a metaphor depicting the goddess of wisdom and magic (Isis) as veiled.

It is an allegorical representation of enlightenment, where one is uncovering nature's mysteries.

In this way 'lifting the veil' means gaining access to a state of spiritual awareness, in which all these mysteries of nature are revealed.

## PLATO'S ALLEGORY OF THE CAVE

In Plato's Allegory, there are a group of people inside a cave, looking mesmerized by the shadows cast on the wall, believing them to be reality...





# "i will become what i choose to become"

THE SHADOWS IN THE CAVE...

In reality the shadows are just projected from behind them (just like in a cinema), it is all an illusion.

Some escape the cave and see the real world... this represents the journey from ignorance to knowledge, the end of the illusion.

By understanding the Principle of Mentalism you can become more of a Conscious Creator of your own reality.

## activating the first principle is easy...

YOU SIMPLY HAVE TO DO IT!

**#1 Focus on Positive Thoughts:** If you look for what's wrong in the world, you'll find it! Focus on what you Do Want!

**#2 Practice Mindfulness:** Mindfulness Meditations can help you become more aware of your thoughts, allowing you to identify limiting beliefs and choose more empowering ones.

**#3 Word Magic:** The language we use shapes our reality. "I can't" limits us, re-frame it to "I'm learning how to". Similarly "I have to/must/need" deletes choice and power, where as "I could/I might" is possibility, and "I'd LOVE to" is desire.





# subtle shifts in language create a more empowered mindset

THE UNIVERSE IS MENTAL

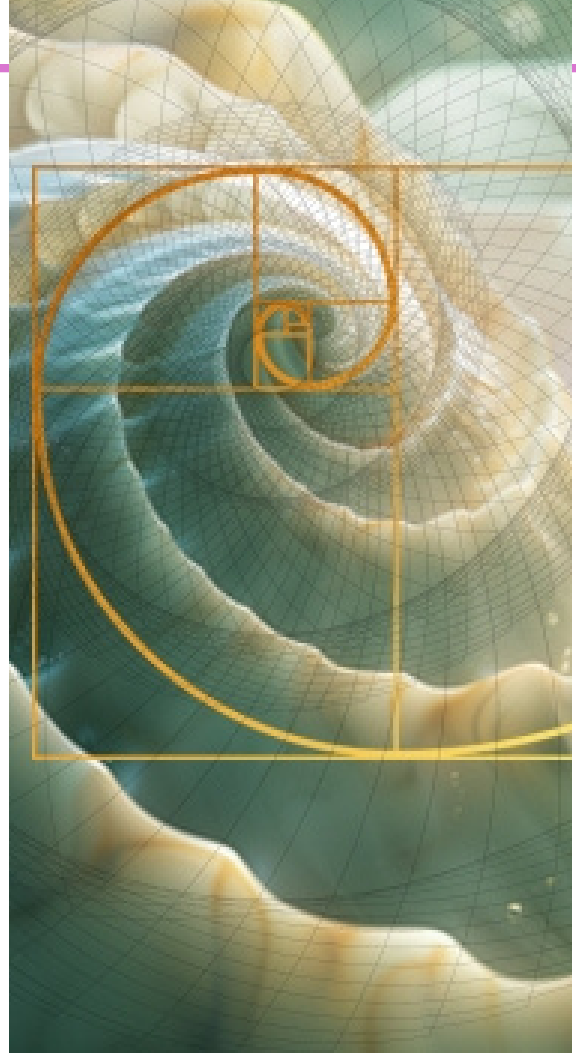
A mindset for seeing beyond the physical world, recognizing the primacy and importance of mind.

The Universal Consciousness, an all-encompassing intelligence...

Underling the very fabric of existence.

Call it **'The Divine Mind'**, The Source of All Creation, Universal Consciousness, The Unified Field...

It is a web of energy and information permeating into everything... everywhere. **The Universe is an Intelligent Manifestation.**



## **DISCOVER MORE**

on our blog...

For more depth into all these concepts, check out our BLOG and explore Ancient Civilizations & Altered States of Consciousness...

[WWW.BLOG.HYPNOSIS.LAND](http://WWW.BLOG.HYPNOSIS.LAND)



# PRINCIPLE #2

## CORRESPONDENCE

The Principle of Correspondence, also expressed:

### **As Above, So Below**

We've all heard this phrase... but how can it's application make a difference to us?

*"All that is in the Universe emanates from the same source"*

### **Inner World = Outer World:**

When your thoughts, emotions and actions (inner world) are aligned with your goals and desires (outer world), you create a sense of harmony and flow.



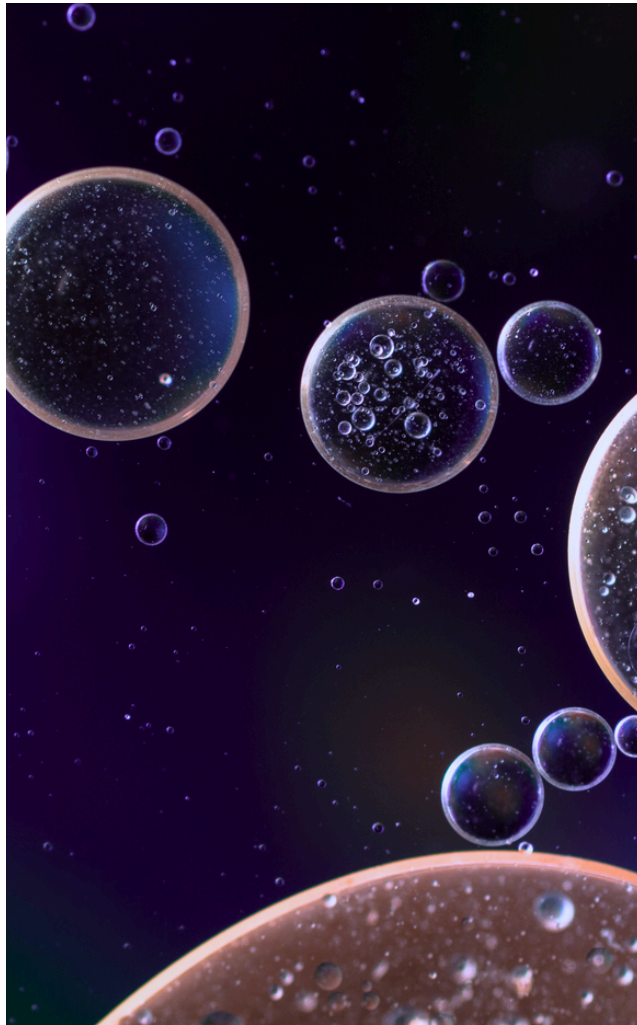
In turn, attracting more positive experiences and helping you manifest, create the experiences and lifestyle you want.

### **The Universe is often described as 'Fractal'**

Similar patterns are seen repeating at different scales.

As Above, So Below: Beautifully demonstrating itself within the realms of you... and what makes you.





# as above so below: your physical body

## EXAMPLES WITHIN YOU

**Energy:** The cells of your body (Microcosm) use respiration to break down glucose for energy, just as your body (Macrocosm) breaks down food to fuel you.

**Waste Removal:** The cells of your body break down waste products (in lysosomes) in the Microcosm.

and your body also breaks down and eliminates waste (in the liver and kidneys) in the Macrocosm.

## YOU ARE WHAT YOU WANT TO BE

**Reproduction:** In the Microcosm, cells divide (through mitosis), replicating for repair and growth of new cells...

and in the Macrocosm your body heals and grows, and reproduces new humans.

**Thinking:** Your thoughts and emotions have a very real and tangible effect on your physical body and well-being.

You become what you think about. Your 'Thoughts' (or Microcosm) become 'Things' (Macrocosm).



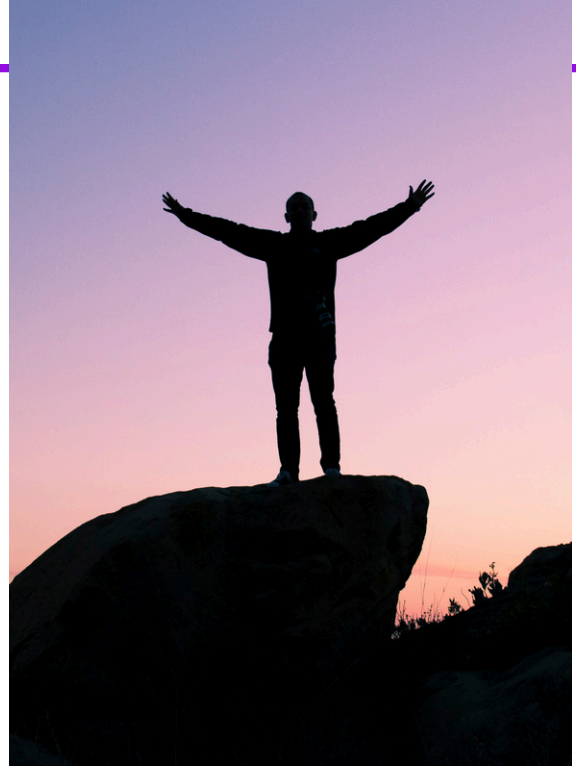


# The principle of correspondance

## MICROCOSM AND MACROCOSM

This Second Hermetic Principle reminds us that we are all part of a larger whole...

and that your actions, big or small, have a rippling effect on you and the world around you.



## fractal universe

### PATTERNS IN NATURE REPEAT

Patterns in nature repeat. **Patterns in nature repeat... with variation.**

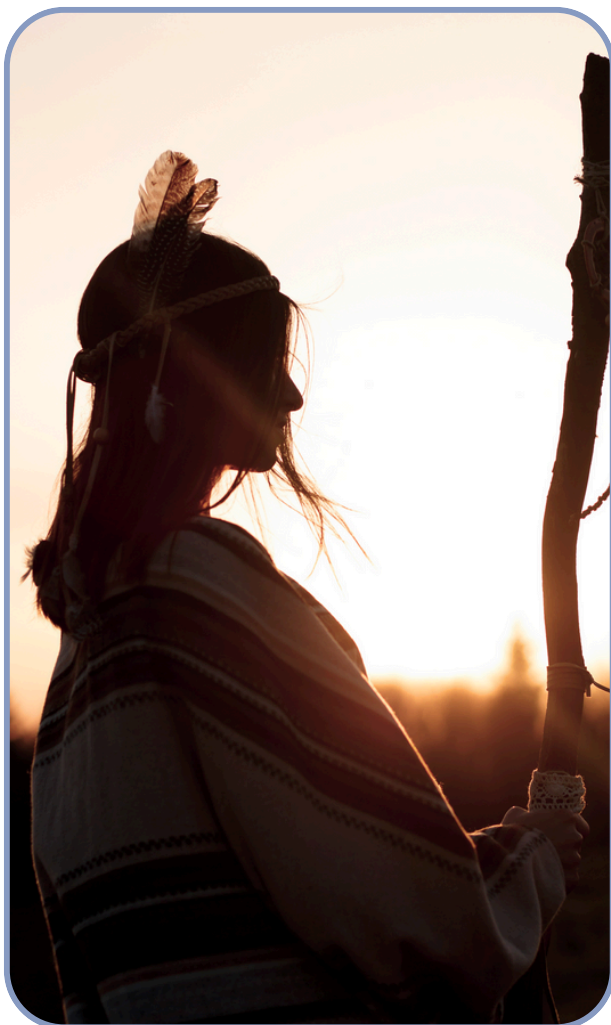
Fractal patterns, endlessly repeating at different scales...

The delicate network of blood vessels (as Below) resemble the branching patterns of a tree reaching for the sky (as Above).

Patterns repeat all over nature because they are fractal based (not straight line based) patterns.

Fractals exhibit '**Self-Similarity**', meaning their basic form repeats **Ad Infinitum...** at progressively smaller and larger scales.

These fractal patterns highlighting the interconnectedness of all things... A basic tenet of Animism.



# animism goes beyond the physical world

## THE SPIRITUAL WEB OF LIFE

Animism suggests that all things (living or not) possess 'spirit' and are part of a web of life and relationships.

Perceiving the world as vibrant, interconnected... a place where everything has value and wisdom to offer.

Seeing ourselves, not as separate, but as a participant in the grand dance of life.

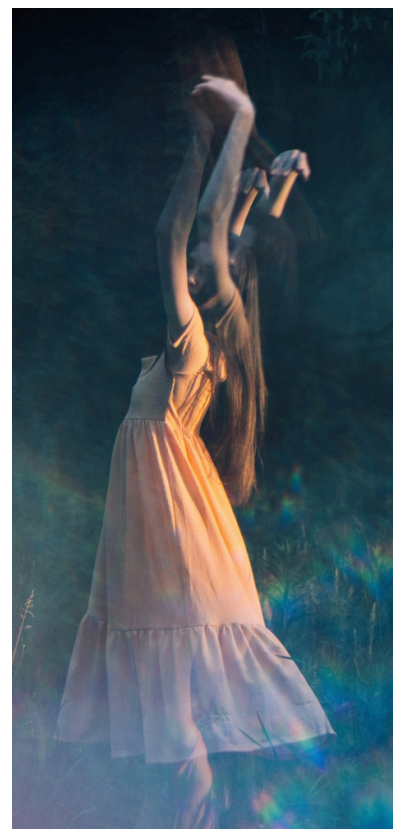
## life is not a destination to arrive at, it is a journey to enjoy

Understanding this interconnectedness offers a profound perspective on our place in the universe... and our power to shape reality.

- **Taking care of yourself is taking care of the universe.**

- By being mindful of your choices and the impact they have, you become a more responsible and empowered individual.

- By aligning your inner world (thoughts and emotions) with the outer world (actions and environment) you create greater harmony in your life and attract positive experiences.





# aligning your inner world with the outer world

## MICROCOSM AND MACROCOSM

By observing the patterns in your life, you can gain insights into your mental and emotional state.

This 'self-awareness' allows you opportunity for personal growth and transformation...

By learning from the patterns of the past and creating new patterns of behaviour.

## CLUTTER, CLUTTER, CLUTTER

Are you surrounded by clutter...? As above, so below...

Clutter in your environment, reflects as cluttered mind. By recognizing these connections, you can make conscious changes to improve your overall well-being.



If you look for what's wrong, you'll find it.

"The most exclusive boutique spa is going to have a little dirt in a crack somewhere, if you look for it you'll find it... then you can be disappointed with it. This is a bad plan.

If you look for what's GOOD and Wonderful, you'll find it. This is going in the right direction."





# embracing synchronicity and intuition

## LOOK AND YOU WILL FIND

Look for significance, meaning and messages and you will find them.

Seemingly random happenings reflect the interconnectedness of the universe...

By being open to, and looking for synchronistic occurrences, you'll find them.

Tapping into your intuition for making better decisions and enjoying your life more.

## The principle of correspondence

The Hermetic Principle of Correspondence is a powerful tool or approach...

- Seeing patterns in your life, your experiences and choices allow you to choose the positives to shape your present experiences and create a more positive future.
- Your past is shaping your present and influencing your future... recognize these patterns and consciously choose your future.





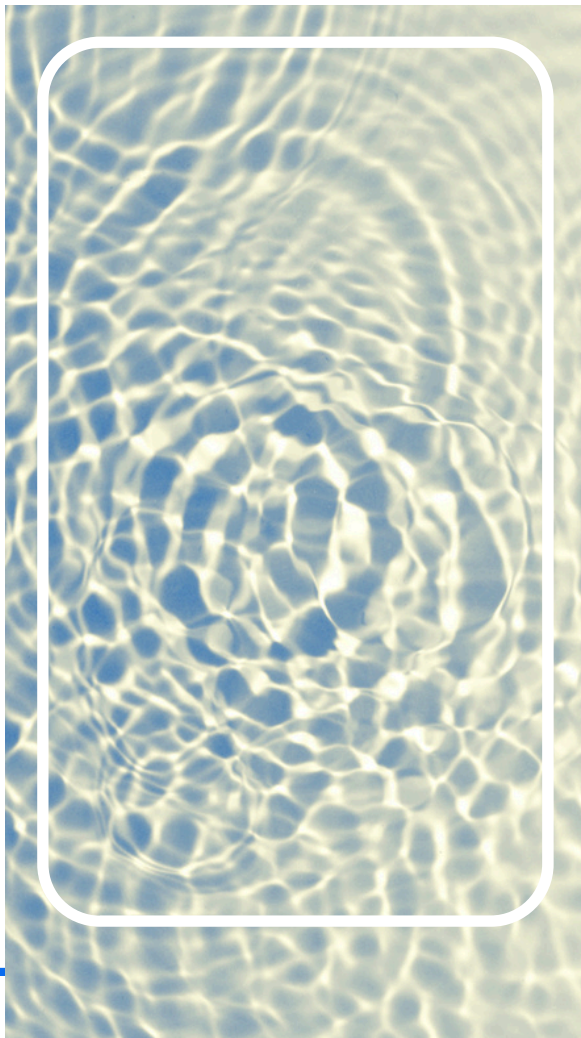
# PRINCIPLE #3 VIBRATION

The Principle of Vibration:  
*"Nothing rests; everything moves;  
everything vibrates."*

This principle says that everything in existence, from the tiniest subatomic particle to the vast expanse of the Universe vibrates at its own unique frequency.

***"Everything is energy"***

Everything is made up of energy... and energy is either presenting itself as a Wave or Particle.



Every object, thought and emotion vibrates... the building blocks of matter, atoms are in a state of constant motion. Everything Vibrates.

Sound waves and light waves embody this concept of vibration because they are vibrations at different frequencies.

While it's helpful to visualize sound waves as a simple sine wave moving up and down, this doesn't capture the full picture.





# joy, love and gratitude vibrate higher

YOU GET WHAT YOU VIBRATE

In reality, sound waves are 'spherical waves' that travel outward from the source of the sound vibration... just as light travels in every direction from the source.

Our thoughts and emotions vibrate too... outwards.

Positive emotions like Joy, Love and Gratitude vibrate at higher frequencies. Negative emotions vibrate at lower frequencies.

## The law of attraction in action

The Law of Attraction is associated with the Principle of Vibration.

This states that we attract experiences that are in resonance with the frequency of our thoughts and emotions.

We all know this! People who complain all the time do not attract happy, go lucky people to them (or if they do, they don't stay for very long).

Happy people, full of positive thoughts and emotions, raise the energy and 'vibes' of other people and it feels good to be around them... so they attract more positive experiences and people.





# The feeling is The secret

## A LITTLE SCIENCE...

**Sympathetic Resonance** is a principle in physics whereby vibrating objects influence the vibration of nearby objects.

If you pluck the 'E' string of a guitar, the 'E' string of a guitar next to it will also vibrate (at a lower volume or amplitude).

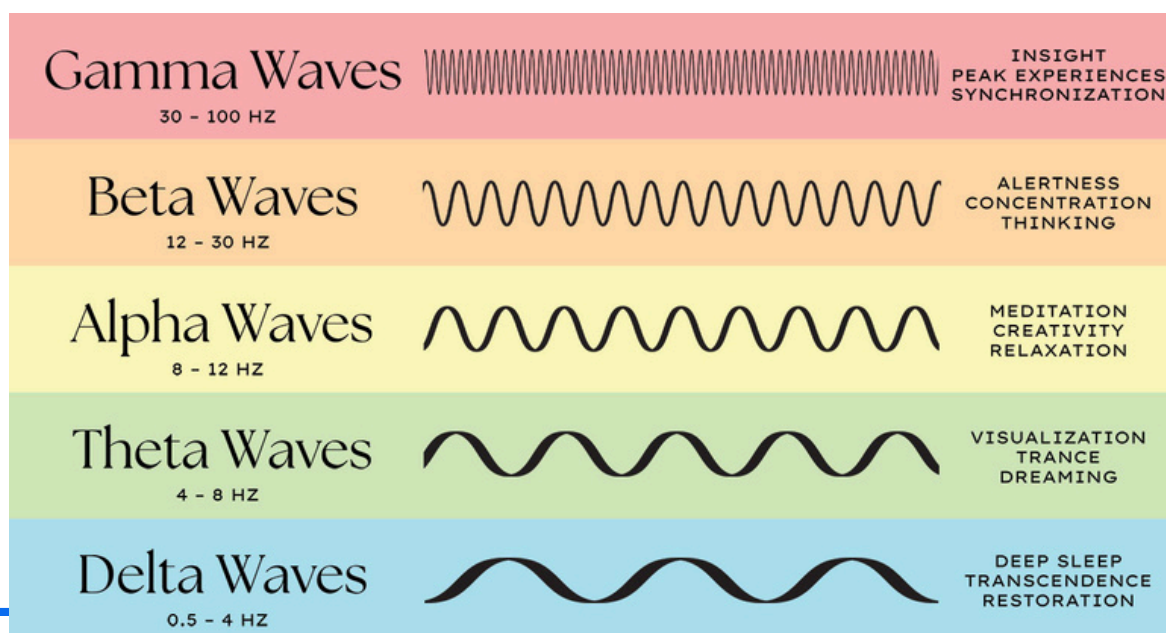


## YOUR EMOTIONAL VIBRATIONS EFFECT THE EMOTIONAL VIBRATIONS OF OTHERS...

Similarly, Sympathetic Resonance suggests that our emotional vibrations affect the emotional vibrations of others around us in a similar way.

Observing Brainwaves... the electrical activity of the brain fluctuates depending on our mental state.

When we are in a calmer state we are in Low Alpha or Theta. Whereas agitated states are associated the faster brainwaves like Beta.





# The concept of maat

## A LITTLE HISTORY.....

The Ancient Egyptians believed in the concept of Ma'at. A universal and cosmic principle of order and balance.

***"The harmonious vibration underlying all creation"***

Ma'at was also the Goddess of Truth, Justice, Balance, and most importantly, Cosmic Order.

## ALSO REPRESENTED IN...

## The ancient indian metaphysical system known as nāda yoga

Nāda Yoga can be seen as a philosophical system with medicinal effects... it's theoretical and practical teachings are based on the premise that:

**all that exists in the cosmos (including us) consists of vibrations called nāda.**

- The energy of vibrations make up the particles and matter which form the building blocks of the cosmos.
- This concept resonates with the Hermetic Principle, suggesting a fundamental vibratory nature of reality.

Om is often described as the sound of creation itself. Chanting Om vibrates the body and mind, aligning you with the universal vibration of Nada.





# Key points & Take-aways

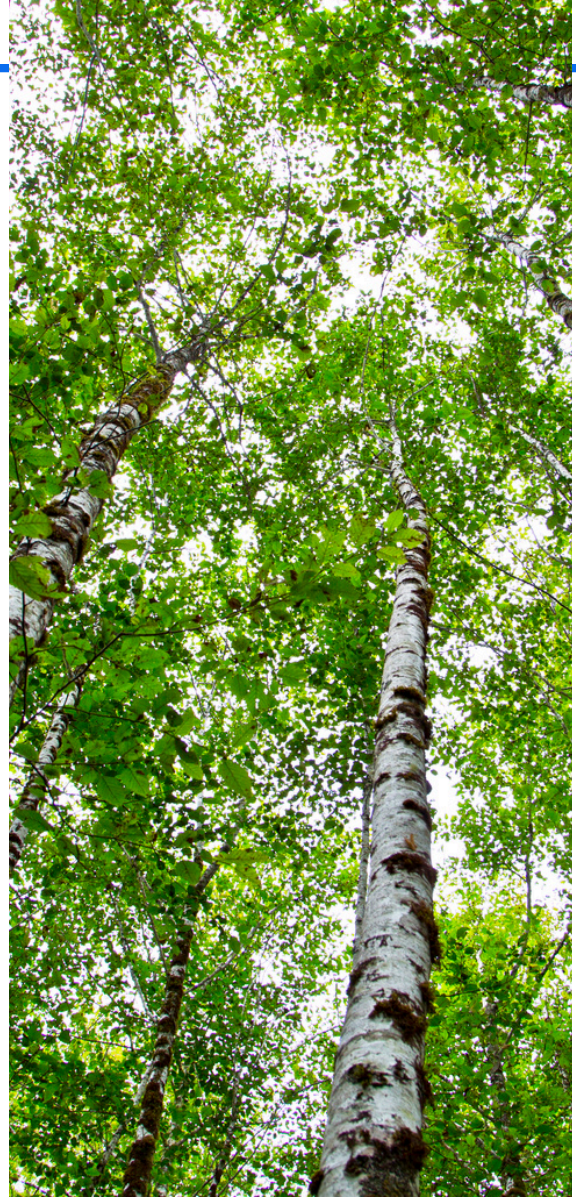
## THE PRINCIPLE OF VIBRATION

Your thoughts and emotions are not passive. They create a vibrational frequency that attracts experiences that resonate with that frequency.

Becoming more mindful of your inner world empowers you to choose your thoughts, and positive emotions, more deliberately.

Observing your thoughts and emotions without judgment (such as within Meditation), allows you to notice their energetic quality.

The natural world is full of vibrations... immersing yourself in nature will help you to tune into these subtle frequencies and feel a sense of connection to universal energies.



## spend time in nature, vibrate with the trees

*"Just 20 minutes in nature will reduce your stress hormones, and if you're able to spend 2 hours a day in nature your stress hormones reduce by a whopping 800% "*

**Joe Dispenza** (clinical studies)  
Rewired, Gaia





# The principle of vibration in practice

## SOUND HEALING

Sound healing practitioners create beneficial vibrations that resonate with the body.

These positive frequencies influence your internal vibrations... reducing stress, promoting relaxation and facilitating deep states of consciousness.

Sound healing uses the Principle of Vibration to restore harmony within your body and mind.

## many benefits come from understanding and working with the principle of vibration

If you haven't yet (and even if you have) go experience Sound Healing for yourself this week... there are lots of wonderful practitioners all over the world...

And come join us in Nepal and other locations around the world for some rather exceptional experiences...

join us for

**Altered States & Adventures**

Find out more:

[www.blog.hypnosis.land/adventures](http://www.blog.hypnosis.land/adventures)





# PRINCIPLE #4 POLARITY

***"Opposites are identical in nature, but different in degree"***

Hot and cold, light and dark, happy and sad...

These pairs are opposites. They are opposite ends of a continuum.

Hot and cold may appear as opposite to each other... but hot and cold aren't opposites.

They exist on a spectrum that we call temperature.

There's no point where 'hot' ends and 'cold' begins... it's all relative.



Similarly, light and dark may appear as opposites, but they are merely different intensities (frequencies) on the light spectrum.

Complete darkness isn't a thing... it is the absence of light waves.

The Principle or Law of Polarity states that everything exists on a spectrum.

We cannot have one without the other one.



# The same underlying aspect of reality

One cannot exist without the other... defining one by its contrast to the other, and vice versa.

Opposing forces are similarly, different degrees of the same underlying aspect of reality.

The **Illusion of Separation**... All is One.

The Principle of Polarity can be seen as an illusion of separation.

Opposites might seem distinct, but they're ultimately part of the same underlying reality.

## OPPOSITES SEEM DISTINCT BUT ARE THE SAME UNDERLYING REALITY

Our senses and minds create a perception of ourselves as a distinct being... bounded by our skin.

- Other people, objects and the environment are 'out there' and different from 'us'.
- 'All is One' points to a deeper reality where everything is interconnected... all beings and things are ultimately expressions of the same underlying oneness.





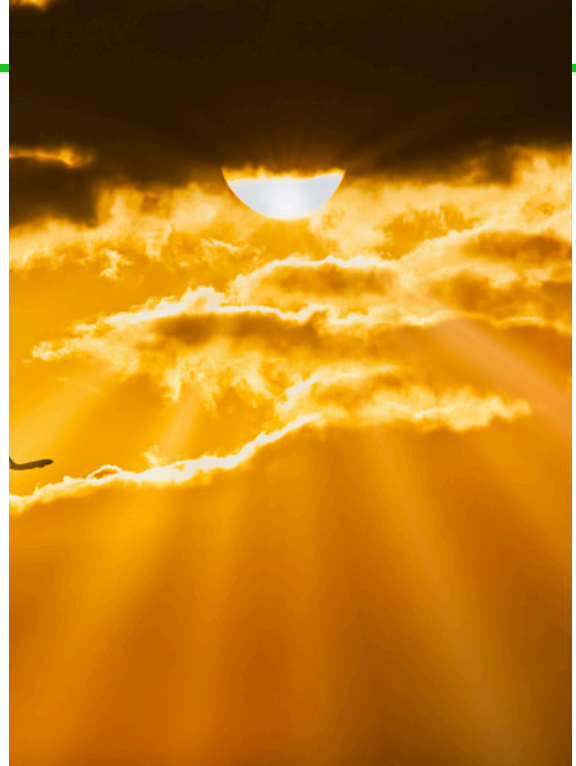
# The principle of polarity

## FOCUS ON THE CONTINUUM

The Principle of Polarity is not about ignoring the negative...

It's about consciously choosing where to focus your mental energy.

Finding the 'Golden Linings'



## perspective

### MENTAL ROLE REVERSAL

Feelings of 'me' versus 'everything else' can easily be let go of, by understanding the Principle of Polarity.

- 🕒 Finding the 'Golden Lining' or the positive in every situation.
- 🕒 Focus your thoughts and emotions toward the positive end of the continuum.
- 🕒 Mentally reverse the roles, imagine yourself being the person or in the situation causing you 'stress'.

This can help you see the situation from a different perspective and identify potential resolutions.

**Compromise is finding common ground on the continuum.**



# gain a broader perspective on The situation

## CHUNKING UP

Finding balance by understanding the interconnectedness of opposites.

Finding the middle ground between extremes.

Chunking up, looking at the bigger picture and understanding the overall goal.

This gives you a broader perspective on the situation.

## representing these opposing forces

### THE YIN AND YANG SYMBOLOGY

Yin and Yang represents these opposing and complementary forces...

- The forces creating the cycles in nature as well as human experience.

- They are two aspects of a whole, they define each other. **The world is not black and white.**

- By embracing the full-spectrum, we become more open-minded and understanding to other perspectives and points of view.





# PRINCIPLE #5 RHYTHM

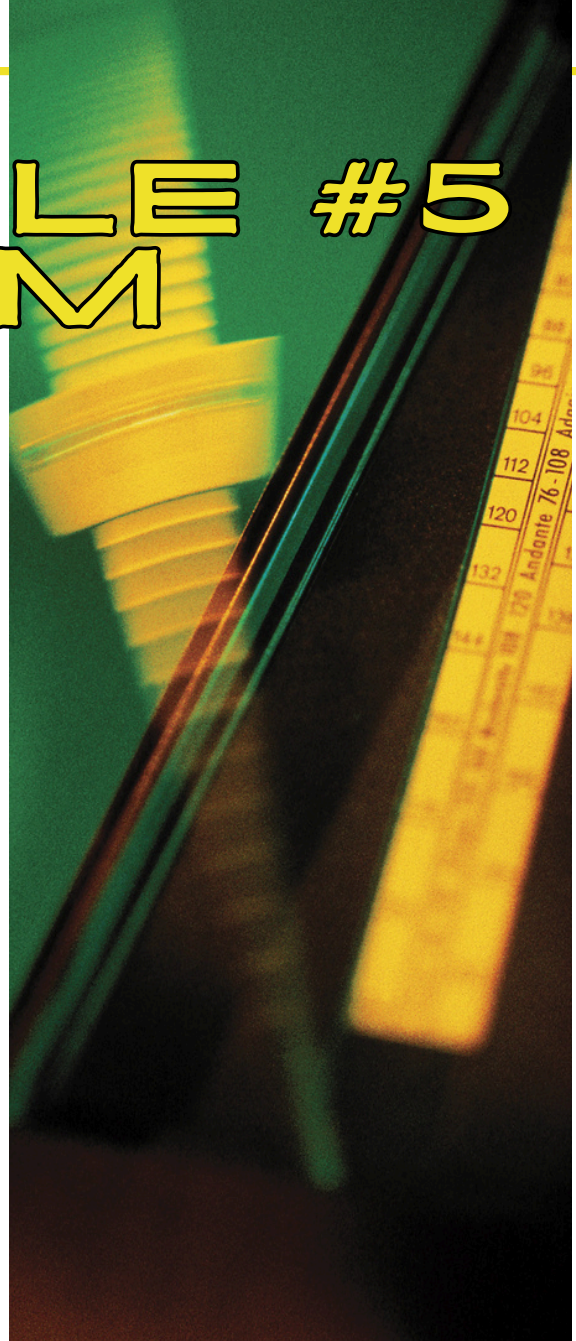
***Everything flows, out and in;  
everything has its tides"***

Life, like the natural world has it's cyclical flow... seasons of growth and expansion, as well as periods of rest and contraction.

The Hermetic Principle of Rhythm.

Empires rise and fall, economies boom and bust, heroes rise, legends fade.

Beyond these grand examples, The Principle of Rhythm plays out in many ways within our daily lives... and has done throughout the ages.



## NOTHING NEW, ANCIENT HISTORY

The wisdom of The Principle of Rhythm is not a new discovery.

Many ancient cultures around the world held deep understandings of the rhythm and the cyclical nature of reality.

**Ancient Egyptians:** knew about the predictable flooding and receding of the Nile River... vital for their civilization along it's banks and beyond.



# finding harmony in The pulse

## LIFE'S A RHYTHM

The **Mayans** intricate calendar system, consisted of three different dating systems used in parallel, tracking the cyclical nature of various aspects of their life from farming, ceremonial and beyond.

In **Ancient India:** Ayurveda was prescribing specific dietary and lifestyle practices for the changing rhythms of the year, for health and well-being.

## THE CYCLES OF OUR LIFE

We naturally experience cycles of joy, happiness, calm, excitement and rest.

Periods of intense connection with others, may be followed by times of quiet companionship...

Our lives have many areas that are important to us...

and through the seasons, and..

Through the decades, different aspects of life may seem more important, or less important, as time progresses.





# our daily rhythms

## NATURE SEEKS EQUILIBRIUM

Just as nature seeks an equilibrium, we too strive for balance in our lives... life is not a straight line, it is a journey to be enjoyed and to learn from.

We all have **Internal Rhythms**. Are you an early riser or night-owl?

Paying attention to your energy levels and adjusting your schedule accordingly will benefit you through your day, month and year.

Schedule demanding activities for your peak focus times, leaving simpler tasks for times when your energy dips.

Your **Daily Rituals**: Establishing daily or weekly routines brings a sense of structure and rhythm into your life. It is one of those things that sets some people apart.

From morning meditations to evening walks, making time for journaling, time for exercise, reading a book...

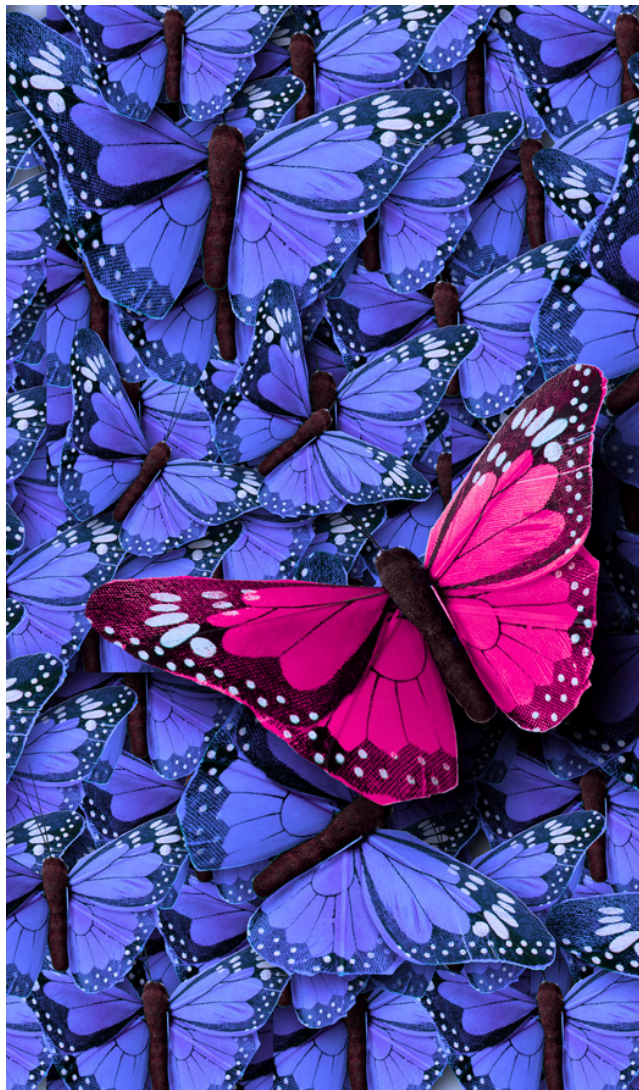
There are many positive practices that, when you get into a Rhythm, make a huge difference in life.



## The timing is magical

The **Full Moon** is associated with heightened creativity and a new moon is associated with inward reflection...

Planning a relaxing activity (or creative one accordingly) during a Full Moon may work well for your Life Rhythm.



# polarity & rhythm

## HOW THEY **SYNERGISE**

The Fourth Hermetic Principle, that of Polarity, focuses on the characteristics of opposites...

While the Fifth Principle, that of Rhythm, emphasizes the cyclical nature of their interaction.

All Positive and negative experiences are temporary.

Everything is transitory.

Accepting the ups and downs in your life with more ease will make life easier.

like a surfer riding a wave, we can use the changing forces of the rhythm to our advantage.





# PRINCIPLE #6 CAUSE & EFFECT

***"Every Cause has it's Effect;  
every Effect has it's Cause"***

Events that we see as random are consequences of laws of nature we haven't yet understood...

The Principle of Cause and Effect states that every event (effect) is triggered by a preceding action (i.e. the cause).

Setting in motion a chain reaction, ultimately resulting in an effect...

Plant a seed in fertile soil, add water and sunlight (supporting conditions) and it will lead to the growth of a new plant (effect).

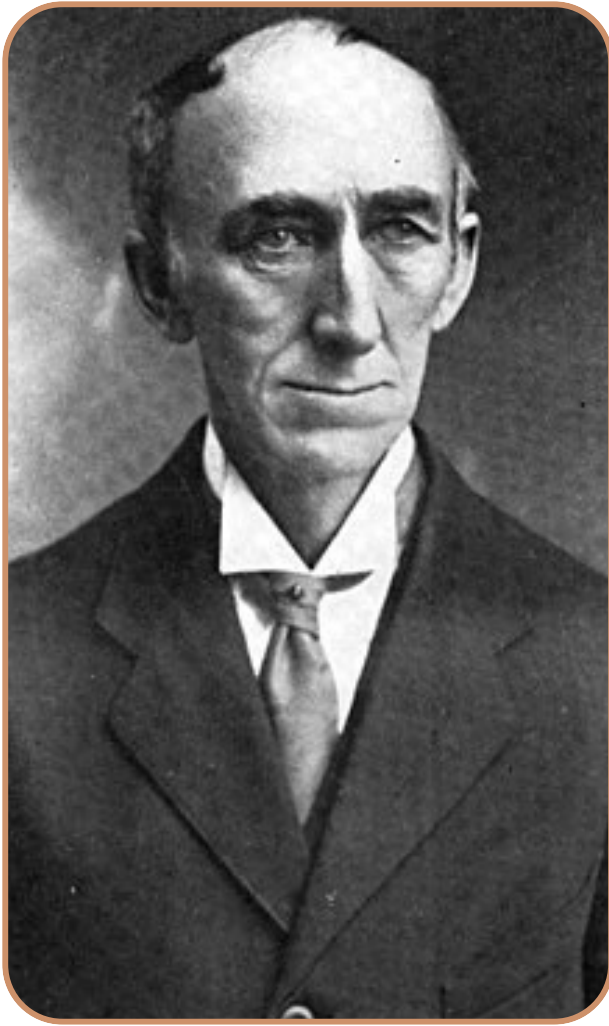


## WHAT SEEDS ARE YOU PLANTING?

This principle extends beyond our physical world into the dimension of your thoughts... it causes your thoughts to shape your emotions, which then sets in motion a chain of events.

A seed of an idea (i.e. writing a book) planted in the fertile ground of your mind, with supporting conditions, leads to the creation of a book (effect).





## like causes, under like conditions, produce like effects

*"Like causes under like conditions, produce like effects; business success is an effect, and cannot be the exception to the law of cause and effect"*

Wallace D. Wattles.

This is the opening sentence of best selling author Wallace D. Wattles sequel to: The Science of Getting Rich...

Clearly Wallace knew of the Hermetic Principles...

## To become the master of your life and results, you must master your mind.

Consider your health. Healthy eating habits (cause) lead to a stronger body (effect).

This demonstrates also the 'As above, so below' Correspondence of macro and micro because your 'thoughts' (micro) of eating a balanced healthy meal Causes the Effect of a new 'habit' (action or effect) of choosing or making a healthier meal (macro).

This principle emphasizes the importance of you taking responsibility for your choices (cause) and their consequences (effect).





# sow wisely, reap abundantly

## CONSCIOUSLY CHOOSE

You are not a passive bystanders in your life, unless you choose to be.

You possess the power of choice... giving you the ability to select the seeds you sow.



## IDEA, ACTION AND

# blooming results!

Aligning your choices with your desired outcomes you become active in manifesting or creating your goals.

The external world is there and needs action, the driving initiative and focus comes from you.

The seeds you plant today will blossom into the fruits of your future... they need time and action to grow.

It is the same for a rose seed or the seed of an idea.

It is the same for the idea to start writing this book... it started with one post on a blog and now a year later there are lots...

Idea, Action and Blooming Results!



# The concept of Karma

## CAUSE & EFFECT

Karma, a cornerstone of Hinduism... Karma intertwines with the concept of cause and effect.

Every action (cause), good or bad, has a corresponding consequence (karma or effect) rippling out through your future experiences... every event or experience in your life is the result of prior causes.

Your past actions and intentions (causes) shape your present circumstances (effects) and your present actions and intentions (causes) will determine your future (effects).

***"By the fruits of our actions, we gain wisdom and evolve spiritually"***

## FOR THE BENEFIT OF ALL

Karma reminds us that: selfless acts, ethical living and leaving a positive mark on the world... create more of the same and benefit all.





# The code of hammurabi

## MICROCOSM AND MACROCOSM

Written almost 4000 years ago in Akkadian, the Code of Hammurabi is the first time the phrase ***“eye for an eye, tooth for tooth”*** was written in law.

Written by King Hammurabi, the sixth king of the first Dynasty of Babylon.

The Code of Hammurabi contains 282 Laws all based on the Principle of 'Cause and Effect'.



This is the first society know to have established a structured system of cause and effect within their legal systems. People deliberately enforcing the Natural Law of Cause and Effect.

## in chinese cosmology



The Principle of Cause and Effect can be seen reflected in the Chinese Cosmology, with the Yin and Yang maintaining a delicate balance.

This belief system influenced many things in China, from medicine and agriculture to social order.

It emphasized the need for 'harmony' within the cause and effect cycle.



# The same underlying aspect of reality

Chinese martial arts and practices, such as Tai Chi and Qigong, understand and use this notion of duality...

Everything having both Yin and Yang aspects (polarity), one thing causing or influencing another thing (cause & effect).

By recognizing the connection between your actions and their consequences, you become more accountable for your choices.

## ACROSS CENTURIES & CULTURES IT'S SAME, SAME BUT DIFFERENT

This empowers you to make conscious decisions and take ownership of your outcomes.

Understanding cause and effect shows you that problems have a cause...

and rather than simply treating symptoms, **getting to the root cause** of the problem can be more effective in the long run.





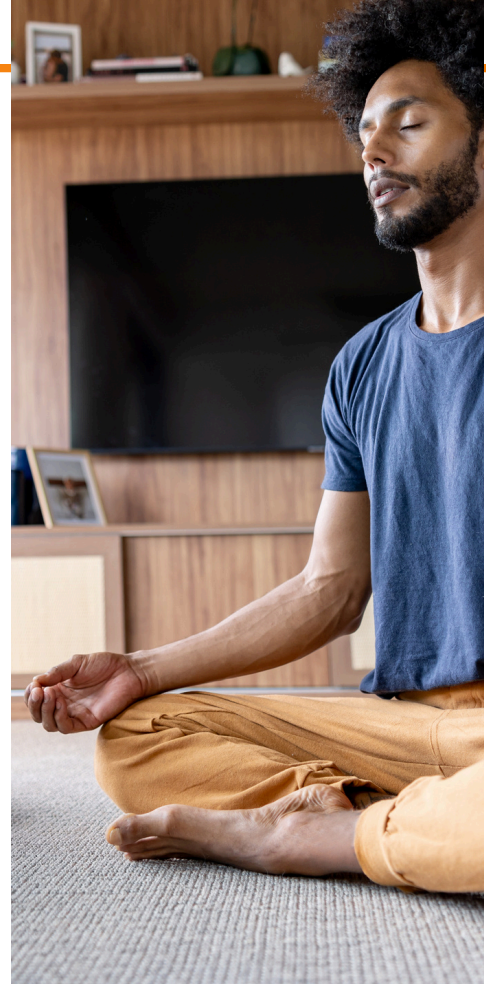
# understanding cause & effect

## PUTTING IT INTO PRACTICE

By reflecting on your days experiences, the actions you took (causes) and the outcomes you got (effects), over time...

You'll start directly identifying patterns (insights) into how your choices (actions/causes) influence your life...

and more importantly, where you can intervene and change these patterns to change the results you receive (the effects you experience).



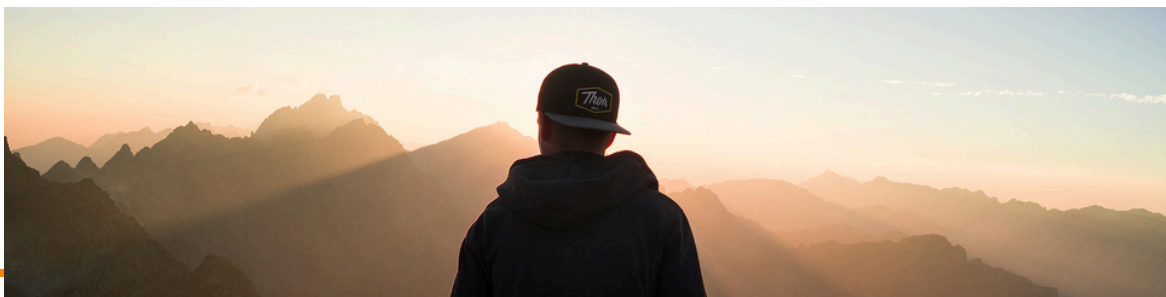
## THE BENEFITS OF **DAILY REFLECTIVE PRACTICES**

Practices such as journaling can help with this reflection, or mentally reviewing your day backwards such as Rudolf Steiner recommends within his daily practices.

By following such practices you can transform yourself from a passive observer to an active creator of life.

Visualize your desired outcomes in vivid detail and begin planning your actions (causes) to achieve those results (effects) you desire.

Recognizing these connections, your actions and the positive outcomes you experience are the rewards that will keep you on track, aligned with your long-term goals and ultimately living the life you want.



# PRINCIPLE #7 GENDER

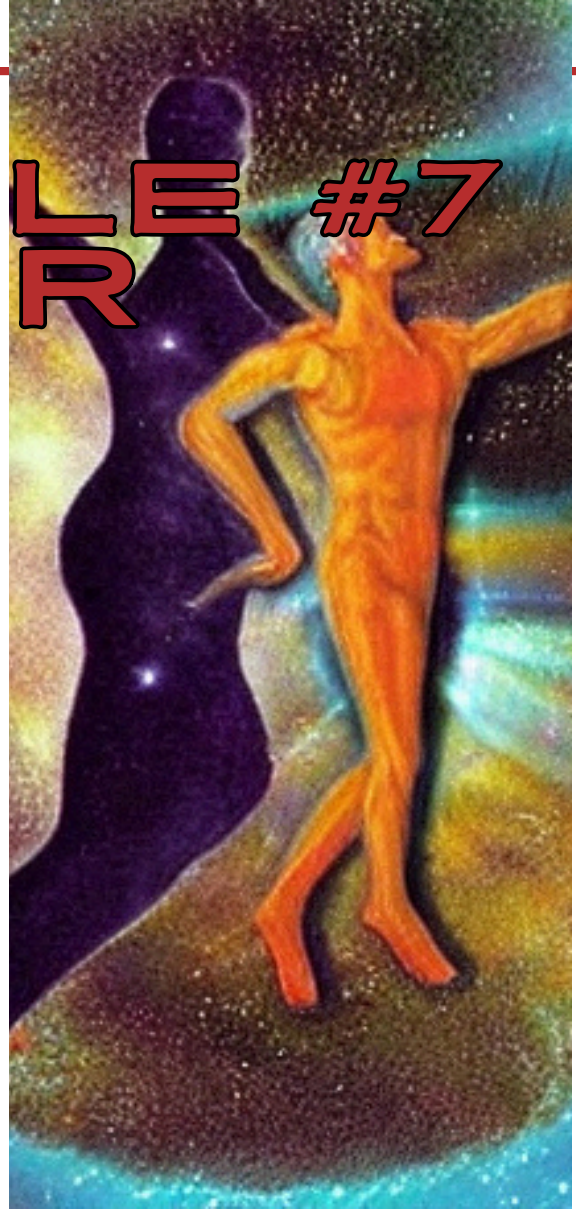
## DANCE OF THE **MASCULINE & FEMININE** ENERGIES

*The Principle of Gender transcends the physical... it refers to the forces that underlie all of creation itself...*

*The masculine and feminine energies.*

The Masculine energy being associated with: action, assertion, problem-solving, drive, ambition, willpower, risk-taking... **outward movement**, like the sun's rays pushing outwards, illuminating and warming.

The Feminine energy, on the other hand, embodies: receptivity, intuition, nurturing, creativity, imagination, compassion, patience, collaboration relationship building... **inward movement**, imagine the moon, drawing in the tides and nurturing life within.



These are not qualities of Men and women. But of masculine energy and feminine energy that manifests through us all.

The real power of the **Principle of Gender** lies in recognizing that both these energies are within each of us... and it is a harmonious expression of both masculine and feminine energy that is crucial.





# harmonious masculine & feminine energy

## FINDING THE BALANCE

When we recognize both these energies within of us... we can find the harmonious balanced expression of both.

Tapping into both sides of our masculine and feminine energy creates harmonious flow in our lives...

and this balance leads to more fulfilling experiences, allowing us to be more productive and joyful.

## examples of harmonious balances

**Creativity:** The spark of inspiration (masculine) needs the fertile ground (feminine) to blossom into fruition...

**Physical Health:** Taking action through exercise and discipline (masculine) is balanced by self-care and listening to your body's intuition (feminine), leading to better overall well-being.

**Public Speaking:** Confident projection and clear delivery (masculine) with authenticity and emotional connection (feminine) creates a far more captivating and impactful presentation.



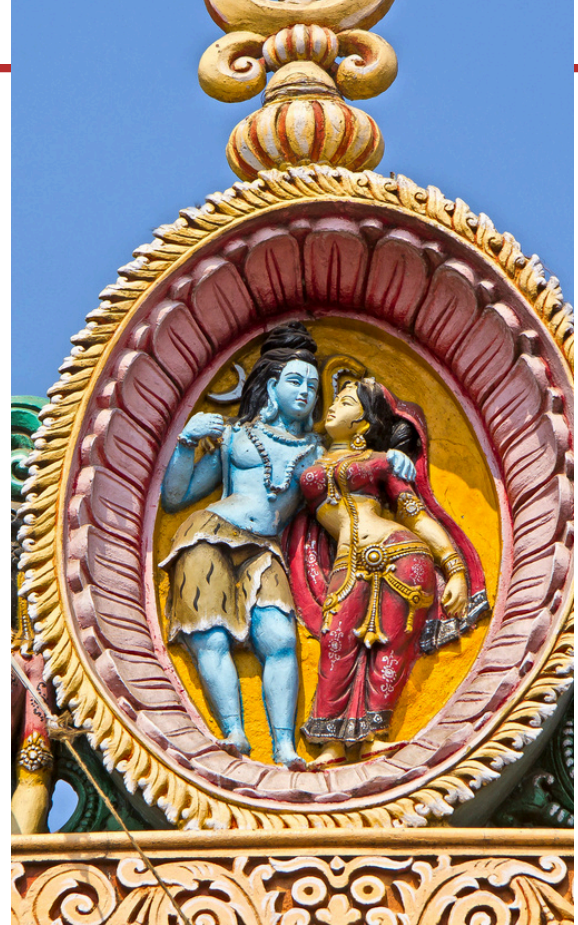


# Throughout Time...

## ARDHANARISHVARA

Ardhanarishvara is the Hindu Deity Shiva. In this form he is combined with his consort Parvati.

Shiva is depicted as half male and half female (Parvati). Seamlessly fused down the middle, showing the unity of masculine and feminine energies within a single being.



## HINDU MYTHOLOGY

These energies are not separate forces but rather two sides of the same coin.

**Balance and Harmony** between the divine masculine and feminine energy within oneself, and in the world.

The female principle of God, is inseparable from (or the same as) the male principle of God.

***"The Ardhanareeshvara represents a constructive and generative power. Ardhanareeshvara symbolizes male and female principles cannot be separated"***







# australian aboriginals & The rainbow serpent

Some **Aboriginal Dreamtime** stories describe the 'Rainbow Serpent', a Creator Deity with both male and female aspects...

Depicting both the divine masculine and feminine energy responsible for shaping the land and bringing life to it.

An interconnectedness that highlights the importance of both energies in creation and throughout the existence of everywhere.

## IN JUNGIAN PSYCHOLOGY

In the **Anima and Animus** from Jungian Psychology, the Anima represents the unconscious feminine in men, and the Animus represents the unconscious masculine in women.

Carl Jung believed through 'Individuation' one could integrate the Anima and Animus... The masculine and feminine.

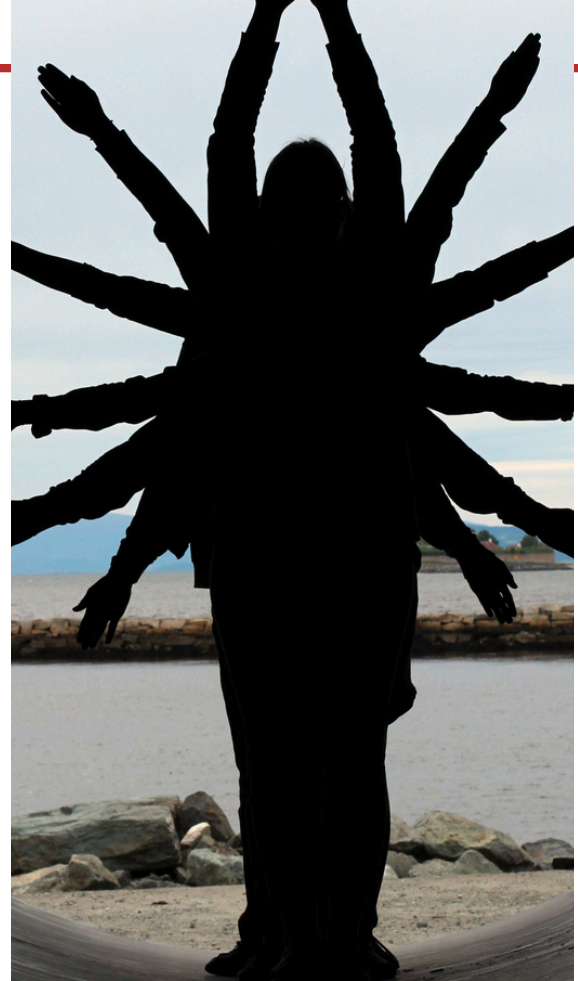
Acknowledging and accepting these unconscious aspects of oneself, and not repressing them.



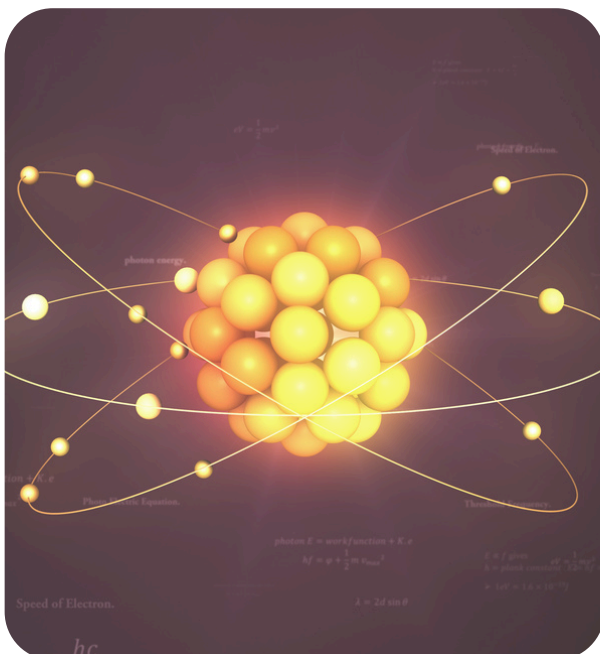
## THE MASCULINE AND FEMININE

While Women can benefit from strengthening their assertiveness, decisiveness and action-taking.

They will fluctuate within you depending on the situations you face. It's about aiming for **a balance that works for you**, not a rigid 50/50 split.



# The foundations of the universe



The Principle of Gender extends to the very foundation of our physical universe...

To the tiniest building blocks of matter: electrons (feminine) and protons (masculine) entwining to create atoms.

Through these positive/negative unions a vibration creates light, heat, magnetism etc...

***“Gender is in everything;  
everything has its Masculine  
and Feminine Principles; Gender  
manifests on all planes”***

# The Kybalion



# THE SEVEN HERMETIC PRINCIPLES

## Talking of the universal 'laws'

By understanding these Seven Hermetic Principles and the way they interconnect with each other, and everything...

you gain deeper understanding of how you can become more balanced...

and how to become more connected to a larger 'whole'.

**Mentalism, All is Mind.** The influence of this mind extends from the vastness of space to your own personal experience.

**Correspondence,** within this everything vibrates... **Vibration,** the concept of opposing forces existing within... everything is **Polarity.**

These polarities are further expressed in the **Rhythm** and cycles of existence...

That every action has a corresponding reaction is the Principle of **Cause and Effect...**

Everything possesses and expresses both masculine and feminine energies, this Principle of **Gender** contributes to a balanced whole.

Understanding these interconnected Seven Hermetic Principles is a life-long adventure... happy explorations.

#1 mentalism

#2 correspondence

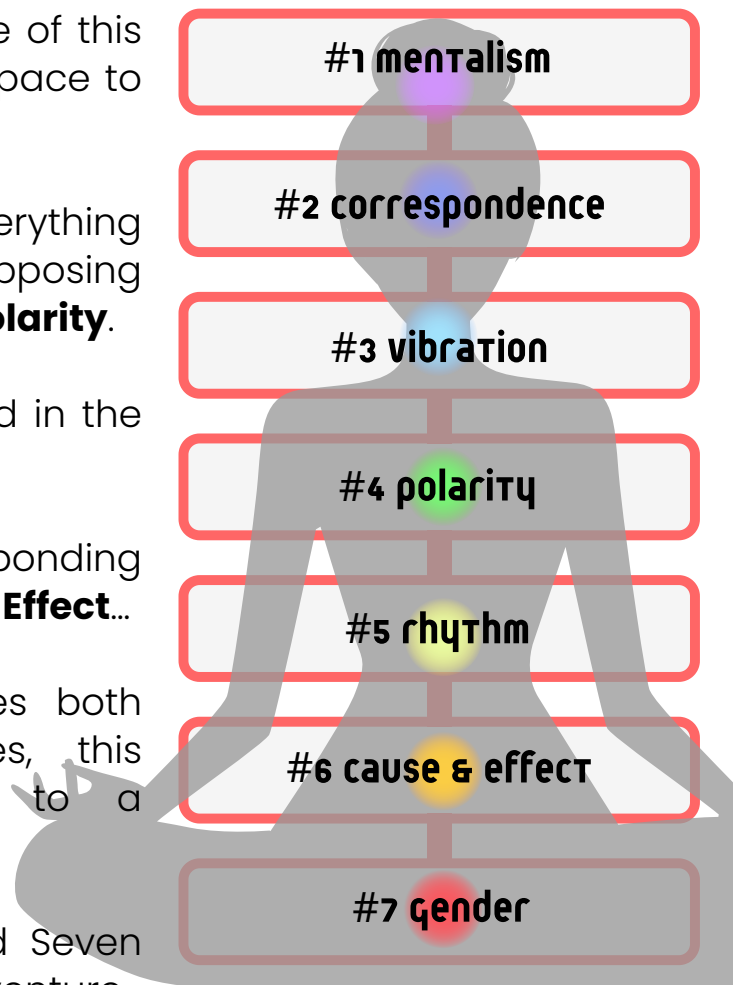
#3 vibration

#4 polarity

#5 rhythm

#6 cause & effect

#7 gender



# ***DISCOVER MORE***

on our blog...

[WWW.BLOG.HYPNOSIS.LAND](http://WWW.BLOG.HYPNOSIS.LAND)

## same, same... but different

### The timeless quest for altered states of consciousness

For tens of thousands of years, across every part of our world, the story remains the same... yet always uniquely different. Humans have sought Altered States of Consciousness (ASCs) for two fundamental purposes:

**Insight & Intuition:** Whether the advice from an Oracle or Shaman, the insights of a Witchdoctor, or the quiet knowing that comes from Within You, ASCs have been a path to Insight & Intuition.

**Healing & Change:** Through the work of a Healer or Medicine man, or the personal transformation that arises from Within You. ASCs have been used, and still are, to facilitate Healing & Change... physical, emotional, and spiritual.

The truth? It's all YOU. Guides and facilitators merely illuminate the path for your own innate ability to create, gain clarity, and activate profound healing.

There's much evidence to suggest our ancestors were exploring these states at least 40,000 years ago (think of the cave paintings and the ideas of 'Mind in the Cave'). Consider the ancient Egyptian 'Sleep Temples' from thousands of years ago, the 'Mesmerism' of the 1700s, and more recent developments like Hypnosis, Neuro-Linguistic Programming, and Light-Sound Machines.

Across cultures and throughout history, the purpose remains constant: ASCs are a powerful tool for Insight and Change.

**Curious... Delve Deeper**

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# free resources

Let the stresses of everyday life melt away...



Experience a Powerful Combination of Hypnosis and Meditation for Your WHOLE Being. Two Full Length Downloads for:

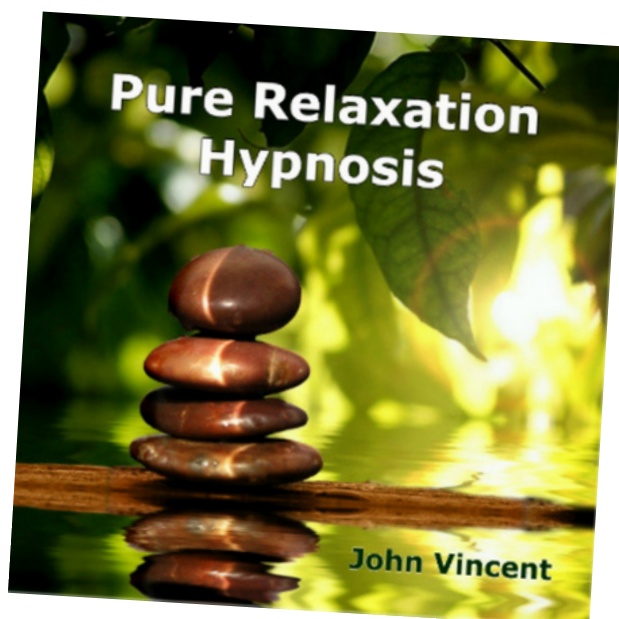
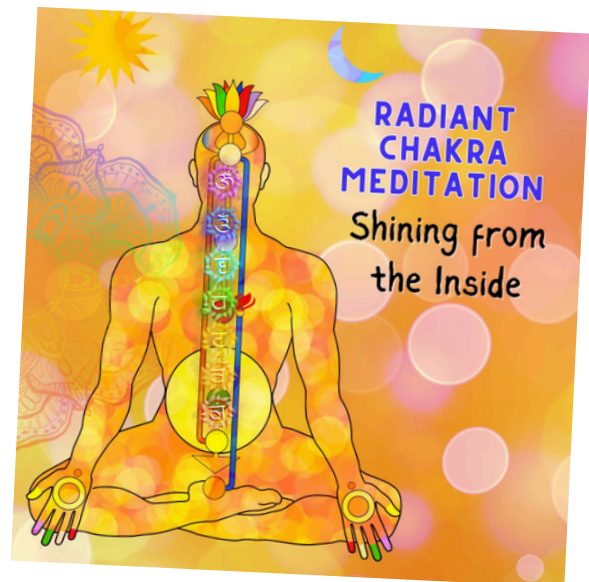
Letting the stresses of everyday life melt away... This is so much more than just a relaxation session!

Giving yourself space and focusing positive energy on the shining and spinning of your energy centers.

This is not about unblocking, this is about Opening and Shinning your Chakras.

Connecting you to the cosmic consciousness and grounding you into Mother Earth...

This 15 minute guided meditation brings you back into balance and feeling LOVED.



Increasingly stress is recognized as the route cause of many illnesses both mental and physical.

Raise your immune system, boost your health and accelerate your healing.

Reduce your stress and allow your body and mind time to rejuvenate and energize.

All in Just 27 Minutes.

[WWW.SHOP.HYPNOSIS.LAND/PURE-RELAXATION-RADIANT-CHAKRA](http://WWW.SHOP.HYPNOSIS.LAND/PURE-RELAXATION-RADIANT-CHAKRA)