

## Summary of The Seven Natural Laws of Love



**Love is its own law.** Let love be your guiding principle. When in doubt, listen to your heart. Don't allow mental concepts, beliefs, or assumptions that are not based on love to dictate your behavior.

**The law of source.** You are the source of love. The love inside you is abundant and eternal. You don't need to beg, control, or compromise in order to be loved.

**The law of attraction.** The more you focus on love and gratitude, the more you will be surrounded by love. If you complain, blame, and dwell on fear, you'll attract others who are also resentful, angry, and fearful.

**The law of unity.** Love knows no borders and no boundaries. Love includes everyone and everything. Love takes no position, rising above separation. Find unity within by resolving the conflicts inside yourself and you won't have to act them out with another.

**The law of truth.** Let telling the truth about who you are and what you are feeling and thinking be your foundation. Vulnerable self-disclosure allows for empathy and understanding. The more truth is shared the more love grows.

**The law of consciousness.** Love is a state of consciousness available only when you're willing to relinquish your defenses. Protection is a barrier to love. Love cannot be given or taken but it can be shared. The vibration of love in you is often stimulated when you come into contact with one who carries it.

**The law of forgiveness.** It's ok to make mistakes. Very few humans are able to love perfectly. Forgive yourself and others generously and you'll always have a second chance. Focus more on giving than getting and you'll have much less forgiving to do.

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