

Erkki Lehtiranta

**UNIVERSAL
LAWS**
AND SPIRITUAL PROGRESS

A Manual for a Meaningful Life

WISDOM OF MASTER HILARION



**I DEDICATE this book with love
and gratitude to my dear friend
and incomparable Hilarion-
interpreter Jon C. Fox.**

Erkki Lehtiranta:
Universal Laws and Spiritual Progress - A Manual for a Meaningful Life
Wisdom of Master Hilarion

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Erkki Lehtiranta

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Preface (Hilarion)

THE PRINCIPLES OF UNIVERSAL LAWS presented in this book can give a great many insights and aha-experiences about many kinds of questions, for example about life situations, or about one's personality or one's life. It is through this that most people are attracted to the immediate possibilities of practical application of the laws. If you have some particular problem or matter in mind as you read this, these practical applications are of great usefulness in this respect.

However, the most important application is the anticipatory use of these laws. When you attempt to be conscious of the principles of these laws **before** you begin some project, **before** you enter into some human relationship or **before** you have a child, you can best utilize them in your various life situations.

This is usually difficult for people who have not previously worked with these principles, but as the idea of them is transferred to the next generations, it is more likely that these will gradually begin to accept their existence and will transfer knowledge of them to future generations. Transferring this knowledge is important because it concerns principles that guide everything that exists, that extend into every aspect of life. Society, civilization, technology, and so many other things in the world flow, function and create continually in accordance with these principles.

These principles extend even beyond the three-dimensional world that you know into multidimensional realities, into what you were before you were born and who and what you will be after you die. But the Universal Laws have many practical applications in numerous areas of daily life. At the point where you notice that they are in fact the root point of everything, the creative principle and force through which matter, spirit, the earth itself and indeed humanity and all of its daily life function, you will see your own role in all this.



Many individuals have behind them lives where the struggle with one or more of the Universal Laws has become a kind of theme, an aspect of life that they have worked with and from which they have increased their understanding **on the soul level** for the improvement, development, extension and deepening of their consciousness. However, **these principles have not been explained to them in their physical life.**

On the non-physical level just before birth there have been many opportunities to gain understanding about these matters. But if a sufficiently strong pattern of thought that resists these principles or understandings has been formed already during physical life, it is often continued into the non-physical levels, and therefore the individual has great difficulties in accepting and working with these kinds of principles.

Therefore, in addition to bringing the information now within people's reach, there is another kind of need for this kind of introduction to the Universal Laws. The purpose is to bring these principles forth as an idea, as an existing principle or a simple announcement of the fact that there **is** a kind of **Handbook for humanity**, an operator's guidebook for your own life and for everyone else's life. It exists for the sake of formulating questions. It exists in your consciousness on many levels, and it is an idea that you can concentrate on more deeply if you so wish.

Concentrating on these ideas develops extremely necessary solutions to many of humanity's most pressing problems. This is difficult to present because it sounds like a magical cure, like something beyond the capacity of human understanding. But this is precisely the great gift of the Universal Laws. When the principles have been understood and applied in practice, even the most vexing problems may be solved. This is because matters originally **changed** into problems precisely because of the misunderstanding of some universal law, through ignorance, resistance or some such. People did not concentrate on the solutions to the problems, but they rather concentrated on resisting the universal law itself, either because of ignorance, or by misunderstanding it or misusing it.

Because of this life often becomes messy and difficult. People feel hurt and resentful or they struggle with things that somehow seem very familiar to them, but which nevertheless are troublesome or difficult. Thus, after struggling with an aspect of some law or with several laws from one life to the next, the individual has decided to come to just this life in order to work with them again. This time the difference is that people now have the opportunity to read this Operator's Guidebook and to notice what it means for them personally, and to recognize the sides of themselves that are able to accept these principles.

For this reason, we suggest that you see the laws as something else besides just neutral information that is now being presented to you and which allows you to take it or leave it. Attempt rather to observe how one or perhaps two or even three of these laws arouse significant resistance, emotional energy or other reactions in most people. And how, where every one of these laws is concerned, you can in a sense give birth to it again in your own heart and life.

You can for example think about: "If this information is really true, what would I myself do differently in my life? Or what would I say in a different way? Or how would I feel differently?" Or from a more intellectual point of view: "How would I myself apply this information in my own life?" Or how could you use the Law of Reflection – which is the most significant law in humanity's present situation – for teaching humanity and at the same time apply it to others?

Do you know someone who is struggling with a certain law? Should that person who is struggling with the problems know something that you could tell him, and which of the Universal Laws might apply to his situation? Then, by using the Law of Reflection, **turn the entire thought around.** In what way can you apply that conclusion to yourself?

Could that person tell you where he would apply that insight to yourself? As you play with these ideas in all possible ways, they will remind you of how all those things apply to yourself as well. They apply to different sides of your personality, to the way that you have related to other people, to what is important in life and to what things

you have struggled with – but also to things that you have enjoyed, such as to your gifts, to mercies, to fun and to pleasure in life. All things in your life are greatly affected by your willingness to work with these laws.

In the end the most important thing is how you apply these laws **mainly to yourself, not to others**. The Universal Laws could be introduced in any part of the world for humanity's higher life path or for a deeper level of understanding. But our hope has been that when these laws were first presented to people with a Scandinavian view of the world, a European philosophical outlook and a consciousness of the application of these principles, in this way they could be embraced in their entire core. Thus, each individual could first apply them to himself and to understanding his own life, and they could then be adopted also in the fields of jurisprudence and economics, and they could be applied to economic enlargement, to the expansion of consciousness, to cooperation with other people and to many other matters where Europeans are generally skillful. Finns have repeatedly demonstrated how skillfully people can teach things to others with their own example, by showing how things have worked for them and how they could be universally applied in every country. In this way we have been able to expand global consciousness.

It is not however a question of expanding consciousness in the Eastern mystical sense, but rather of practical communication and of a strong understanding of unifying the heart and mind of all people, and of a deep respect for life. The Scandinavian base has felt fruitful for the broader acceptance of the Universal Laws, and for sharing them worldwide. Even more important is for them to be shared in a way that makes it possible **for the collective human consciousness to be willing and able to accept them as universal principles and to awaken them to life in their own lives** in all spheres of life, in all cultures and in all nationalities.

- Hilarion

Introduction

Heaven and earth so close to each other
- Within ourselves they come together.

DISCOVERING A THEORY to cover and explain everything has been one of the central scientific efforts and challenges of our time, and many kinds of answers have been attempted. Finding such a theory has proved to be difficult and challenging. On the other hand, it has served as a spur and an inspiration, especially in the field of physics. The great questions, such as the meeting of matter and spirit and their mutual influence, the existence and operation of a universal intelligence, the nature of life itself and the place of humankind in the cosmos – all these still await their final answers. While we wait life goes on and offers ever new sides of itself. Our book, *The Universal Laws and Spiritual Progress*, attempts for its part to answer these questions and to provide explanations of the principles which underlie all phenomena.

Over the years we have dealt with these questions in hundreds of our lectures and workshops, and now the time has finally come to collect these teachings of Master Hilarion under one cover. The starting point of our research has been the booklet *Vision*, published in the beginning of the 80's, which was given by Hilarion to his Canadian student and channel, Maurice B. Cooke (d. 2012). This work, small in number of pages, but colossal in content, contains these 12 Cosmic Laws in very condensed form, but their flood of information was already immense. Many matters that I had pondered over for years received masterful illumination from this teaching, which is one of the treasures of my library.¹

¹ Hilarion, *Vision Beyond the Apocalypse: A New Age Model*, pp. 13-30.

As for myself, I started to explore these principles in the mid-nineties and wrote about them at that time in a Finnish magazine, among other places. Still, every year of life has brought with it new understanding of the deeper meaning of these principles and especially of their application in practice.

As Karl Marx so aptly put it, practical applicability is the highest proof of a theory. In my opinion nowhere is this as true as in the matter of spirituality, since these days, along with true and authentic teachings, we are offered false spirituality, fast food that simulates authentic spirituality. In it magnificent-sounding words have behind them only the hollow rumble of empty barrels. There is no by-pass to the higher dimensions without confronting, practicing and learning these cosmic laws.

In this book I have sought to bring these matters to a practical level. Without practical application even the best spiritual teachings remain only unused possibilities. My principle has been that things can be simple without being naïve. The message of the book is meant not only for the head but for the heart as well. It is meant to inspire the intuitive capacities, which exist outside of logic, and to bring new insights through these capacities.

In this book I have tried to fill the barrels of knowledge with Hilari-an wisdom and with the insights that come with experience. It is again a question of the mutual influence and cooperation of master and student. The masters do not want their students to be incapable of discernment, people who merely repeat mechanically the teachings they have received, but they should rather be active participants who think with their own brains, whose hearts beat in the rhythm of helping humankind, and who want to bring their own contribution to the spiritual progress of humanity.

These pages were born through experience and as the result of almost 20 years of endeavor. Hopefully they will offer you, my dear reader, new ideas and also new techniques that will support and further your own spiritual progress. The book is in fact designed for all those who want to clarify the markers of their own spiritual life with the help of the eternal principles coded into the structures of the universe.

So, test these laws, make them a part of your own world of experience. Otherwise they will remain only a dead letter and an intellectual factor, which give neither warmth nor light. This is not what they are in reality. It could be said that in these laws there is the presence of divine warmth and light.

Knowing the spiritual laws of the universe is not only desirable, it is essential on the path of spiritual growth. These 12 principles could well be called a practical guide to a good, meaningful life. A life of enduring happiness and wisdom depends on understanding and practicing them. We can in fact say that the path from knowledge to wisdom leads through the understanding and practical application of these principles. These laws give direction and meaning to life.

In addition, it is good to understand that the Universal Laws receive different emphases at different stages of evolution, both where individuals and where nations are concerned². For example, we Finns are working in particular with the Law of Thought, while for our dear Swedish neighbors the most important cosmic law is currently the Law of Love. For the people living in the States the fundamental law is the Law of Reflection, while the Canadians study the Law of Thought, the French people the Law of Speech and the British people concentrate on the Law of Symbols etc. But of course, an understanding of all the 12 laws is present in the evolutionary goals of each nation.

It is interesting that these laws function at all times and in all places in this world of resistant matter; otherwise they would not be Universal Laws. Nevertheless, we often act as if they did not exist at all! Breaking the basic principles of the cosmos brings with it many troubles, difficulties, delays, and often health problems as well. For these we then blame circumstances, mere happenstance, or other factors outside of ourselves. But we cannot afford such self-deception in this era of rapid change, which presents the possibility of rapid spiritual progress.

The origin of the immense upheavals and conflicts that confront our planet is in many ways connected with a lack of understanding or the

2 See Appendix B.

abuse of these laws. Humankind has not yet thoroughly understood that beside and behind the physical laws of nature there exist these spiritual laws as a kind of umbrella or mother science, which you can act against, but only with your own responsibility. Perhaps you, as the reader, can see the same thing I see as the writer, namely that these laws are built into the nature of reality, into the deep structure of being itself. Besides, these laws have no loopholes, as man-made laws often do!

The abuse of the universal principles, for example in the sphere of technology, is visible to everyone currently in various areas of life. In medicine this can for example be seen in the sphere of vaccination, in physics in matters concerning radiation and environmental problems, in biology in the rapid increase of diseases, in chemistry for example in problems with pollution. The list could be extended almost without limit. Our mutual dependence, which brings us into connection with each other more powerfully every day, makes this particularly important and critical.

Social, economic and technological systems unite our world. In the economic turbulence of our world it is easy to see that we are all in the same boat, no-one is outside it. The total oneness of things is what is essential in this. Therefore, breaking these laws and various abuses of them are reflected throughout the planet, in time leading to problems that we must face and solve collectively.

For example, denying, rejecting, or blindly following one of the laws without understanding it deeply, can lead to serious consequences, great destruction and a variety of difficulties, all of which have manifested or are about to manifest. A misunderstanding of the Law of Love, and replacing it with money or other material things, is currently perhaps the most flagrant example of this. These problems can be and must be solved, but the solutions must contain a growing understanding of the laws behind everything, otherwise the number of problems can only multiply. Modifying Einstein's statement, we can say that problems cannot be solved on the level of consciousness on which they were formed. We need a new kind of consciousness, where an understanding of cosmic principles is present.

According to Einstein's theory of relativity nothing can move faster than the speed of light. New results of scientific research concerning neutrons tell us something else, however. In this way ideas and theories that we have held dear turn out to be untenable. In other words, the truths of today are the half-truths of tomorrow. The Universal Laws, on the contrary, are eternal truths in the changing stream of time. As you practice them you are at the same time connecting with the eternal in yourself. The byproducts of a good life, such as enduring inner peace and harmony and unconditional love, result from following the cosmic principles in your own life.

The Universal Laws are the oxygen tank of our spiritual growth. The further someone travels on the path of spiritual progress, on the higher path of the pilgrim, the better he understands these laws and knows how to apply them in practice. The laws are our guide book on the path of return to union with God, to light and to love. These laws transcend all cultural, religious and racial boundaries. They cannot be patented, they are not anyone's property – they belong to all humankind, and to greater entities as well.

In this context it is important to note that during the known history of humankind no major religion has been able to correctly interpret and explain the Universal Laws so that they became a harmonious understanding that could be integrated into daily life. This task has been left to the secretly functioning mystery schools, which throughout history have carried the thread of truth, out of range of spying eyes.³ However, now the time has come to bring these principles out to wider extent, so that we can survive the great problems of our times and grow to full human adulthood.

Our planet is, from the point of view of humanity, a kind of research laboratory where the resistance of matter, inertia, contends with the flight of the spirit and the progress of consciousness. The light within us brightens as our spiritual muscles strengthen when we wrestle with these difficulties and resistances, which we ourselves

3 Hilarion, *The Letters of Paul*, p. 1.

have created for ourselves. In this work we increase our muscular strength by studying the cosmic principles and testing them in the stress and pressures of life. Our spiritual progress can be compared with the journey of coal from a fragile element to a diamond, which finally shines bright and perfect, and reflects the pure light of spirit flawlessly. Every universal law that has been correctly understood and practiced is like a single pure bevel in this diamond of the spirit.

Why Study the Laws of Spirit?

We are immortal divine beings, citizens of the galaxy, time travelers and adventurers in the interaction of spirit and matter. The time has come to fulfill the promises that we have taken on over the eons as the guardians of this beautiful planet. In my opinion we can best succeed in this precisely through understanding the cosmic laws and applying them wisely. There are certainly many good reasons to study these principles and to test them with the acid test of life.

12 such reasons:

First of all, the universal principles **analyze reality** better than any other factor. In other words, these laws organize life itself and form a rich and, at its core, a just cosmos out of seeming chaos. The universe is a benevolent place and attempts in many ways to help us on our path toward light and greater self-knowledge. From this point of view the laws are the navigation rules of the cosmos. By following them we sail wisely on the sometimes stormy seas of life.

An unanalyzed life remains a vague idea, a kind of draft or sketch, which has never served as the basis for beginning to build a house. Just as an architect needs a great deal of knowledge about structures, materials and measures, so do we need knowledge about the principles that underlie the phenomena of life. Through these laws life unfolds as a perfect, ever inspiring fresco.

In this, the laws shed light on the universal order that underlies everything. The classical Greek word *cosmos* means, among other things, an ordered, harmonious, systematic universe. Such a universe

must be lawful, not coincidental. A person believes in coincidences when he has not understood the lawfulness behind the matter. The belief in coincidences is in fact another name for mental laziness.

The Universal Laws are in some sense the ultimate conditions of our reality. How could it be otherwise? Without these laws total chaos would prevail in the world.

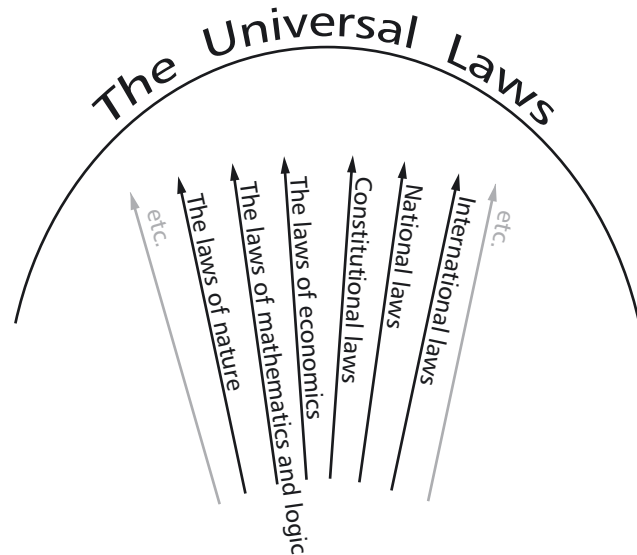
The Universal Laws have a tremendous power of **explanation**. In the philosophy of science, a theory is often termed a good theory when it explains the maximum possible number of things. The Universal Laws are behind all phenomena, therefore they have the maximum explanatory power when properly understood. They form the integrative principles of the modern sciences, and they are more fundamental and more important than for example the basic laws of physics.

The cosmic principles **work**. I will give many examples of this in the following pages. I have tested these laws in my own life for almost 20 years, and have found them to hold true, sometimes even in very miraculous ways. Small miracles, and even large ones, start to flow into a life when a person learns about these laws and integrates them into his daily life. Very interesting, nearly magical, things start to happen, as difficulties dissolve, health problems disappear, and a new kind of knowing and understanding flows into the person's life.

That something works in practice is in fact one of the criteria of the truth. If something works time after time, we have reason to suspect that there is something real in it – even if for example materialistic science is not able, or perhaps not willing, to explain it. If on the other hand something does not work at all, no matter how fancy the terms that it is polished with, in my opinion it might as well go in the trash basket as fast as possible.

The Universal Laws are **comprehensive** – as even their name tells you – and they do not apply only to humanity or to this small planet, this small cosmic particle of dust. Therefore we dare to say that both the laws created by humans and the physical laws that the natural sciences study strive toward the universal principles. In some cases we can say that the laws decreed by humans are still only distant reflec-

tions of the creative principles of the cosmos. Nevertheless, we can observe in this process of laws and in this research project, that the striving of mankind to clarify the laws of the material world will inevitably lead to the discovery of and an understanding of the Universal Laws behind the phenomena of matter.



The universal principles are something like an "umbrella", a cosmic mother law under which the other laws fit and toward which they also strive.

The Universal Laws are an **economical** way of understanding the supporting pillars and the basic principles of the entire cosmos. They contain the maximum amount of information recorded in the smallest possible space. In the broadest sense of the proverb, they do see the forest for the trees.

The presence of any difficulty in a person's life is almost always the result of denying some fact or law, which causes disharmony between the individual and the universal law. The difficulty also leads to a nar-

rowing of consciousness in relation to the person's true nature. All the same, you can rapidly get to the root of the problem when you learn to look honestly to see which Universal Laws demand your attention in the situation in question. In that case you do not allow the details to blind you or to cause tunnel vision.

Following the basic principles of the cosmos also brings with it an **ethical** way of life, so that we can respect and appreciate our fellow human beings, other realms of nature, our own environment, and this beautiful planet. These principles in themselves respect, to the maximum extent, the sacredness of life from the point of view of sustainable progress. These laws also contain in their essence full respect for the freedom of will, which lies at the core of all genuinely ethical action and choice.

The Universal Laws are **the basic principles of creation**. They are not separate principles, disconnected from each other. Rather, they form an undivided whole, which if seen from a higher plane unites into the basic laws of creation and the roots of creativity. By applying these laws a human being can learn to create, again in the higher meaning of the word. He then becomes a Co-Creator.

The laws connect seamlessly with each other. One of the goals of the book is in fact to bring out the interconnectedness of the laws. As we learn to understand and follow one of them, we at the same time acquire a better possibility of practicing the other universal principles as well. This is usually reflected in an increase in creativity. Combining the laws and understanding their interaction can help in creating your own daily life as well as in artistic endeavors. In fact, each of us is asked to bring our own contribution to the Universal Laws and their expression, for we ourselves are creative principles, whether we know it or not.

Understanding and following the Universal Laws can be seen as a **factor of spiritual success**, which guarantees optimal progress and expansion of consciousness. Why then would we choose to go forward or backward an inch or two during one incarnation when we could make a leap of miles and miles, an actual quantum leap upward in our spiritual progress?

The Universal Laws are loaded with **integrating energy**. With this energy they can integrate people, among other things. They are the energizing and expanding principles that govern the way that matter and energy interact. In other words, the laws are the cosmic integrating and energizing principles of everything that exists or can exist.

The Universal Laws increase our **self-knowledge** in an incomparable way. We are children of the universe, at our core we are immortal divine beings who on their path of pilgrimage learn to know themselves and their true measure through their understanding of these laws. As we study each of these laws, our individual consciousness increases and our interactions in human relationships and in society evolve. In concert with the cosmic Law of Reflection, increased self-knowledge is then reflected in the surrounding society, and for its part contributes to the progress of the whole.

Working with the universal principles **increases our health and our well-being**. Understanding and following these great principles in our daily life creates success and harmony and supports our spiritual progress, as I already noted above. In contrast, breaking or denying them results in difficulties and often in health problems as well, problems in the use and focus of energy, in nutrition, and in the various bodily systems and symbols, as we will see in the chapter concerned with the cosmic Law of Symbols.

These laws **are understood in the realms of higher vibration** – in fact the laws open the connection with, and provide the ticket to, those realms, and are the guidance used in those realms. The universal spiritual laws are the central principles of the three-dimensional slice of reality and are at the same time something like fractals in a much larger cosmic geometry. These laws show the direction of progress toward the fourth dimension, which opens itself to us only after we have thoroughly clarified the central doctrines and principles of the three-dimensional world. We must begin at the base, not at the top.

Some philosophies and doctrines speak very self-confidently about the higher dimensions and about working consciously in them. But the question is: are the issues of the three-dimensional world already

mastered? If not, it is quite possible that in these doctrines the cart is placed before the horse and there is an illusion that the journey might progress forward in this way.

The Laws and Folk Wisdom

This book is not so much about diving into abstractions and into the world of mere intellectual perspectives, but rather about bringing up many practical and experiential aspects which will help the reader to apply these laws in daily life and at the same time to reach a higher level of evolution with their help.

We can gain useful knowledge about the more mundane level of these cosmic laws from for example the wisdom of proverbs and from the wisdom literature of different cultures, which contain many golden nuggets. Here are some examples:

What goes around comes around///As you sow so shall you reap///
As you make your bed so you lie in it/// - **The Law of Karma**

Speech is silver, silence is golden///My word is my bond/// - **The Law of Speech**

Don't count your chickens before they hatch///The mills of the gods grind slowly///To everything there is a season, and a time for everything under the sun///Time will tell///History repeats itself – **The Law of Cycles**

God created man in his own image///The eyes are the mirror of the soul///As above, so below, as in the macrocosm, so in the microcosm///A people has the leaders it deserves///When in Rome do as the Romans do///No smoke without fire///A tree is known by its fruits///A sound mind in a sound body – **The Law of Reflection**

Don't let the sun set over your anger///Love conquers all///It endures all things, suffers all things – **The Law of Love**

Ask and you shall receive, knock and it shall be opened///A friend in need is a friend indeed – **The Law of Help**

God sleeps in stone, dreams in plants, awakes and moves in animals, and finally becomes conscious of Himself in man///You cannot

step into the same stream twice///A rolling stone gathers no moss///
Practice makes perfect – **The Law of Progress**

These sayings and many other apt sayings shed light on the spiritual laws in folk speech and in religious texts. The laws are present in our daily life, in our ordinary world. They are not merely theory, but rather something like the air we breathe, like an inexhaustible cosmic oxygen tank. You just have to comply with the laws if you wish to rise to the level of human possibilities in this miraculous phenomenon called life.

The Universal Laws are presented in this book in the order in which they appear in Hilarion's book *Vision* except for the Law of Love. There are certain reasons for this, which should become clear as you read on. Each law has its own chapter in the book, and each chapter has a meditation connected with the law in question. If you want to get even more out of the meditation you can read it onto a tape, or have a friend read it. In this way you can concentrate better on the meditations themselves. They are very healing and empowering. In addition, at the end of the presentation of each law there is a summary of the essential points of the law, and hints about books which can help you to gain more understanding of it.

Come along on the path of discovery of your own life – with the guidance of the Universal Laws!

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1.

Manifestation

”Many different universes were created precisely and solely so that the beings behind the form could know themselves.”

- Hilarion

ACCORDING TO HILARION, this is the most important of all the Universal Laws. At the same time it may be one of the most difficult laws to understand. It does not open itself completely through the intellect alone, but rather through experience, through personal inner work and perhaps through powerful experiences. Therefore it is important to understand this central universal principle not only mentally and with the intellect, but also with the emotions, with love, and with personal experience.

Understanding the principle of manifestation requires distinguishing spirit from physical matter. The spiritual core of some being or thing should never be confused with its form on the physical plane, or with the vehicle that this spiritual being is animating. The being or thing in question is only using its material garb for a time for its own purposes.⁴

This law holds true for a flower, an animal, the mineral kingdom, human beings, as well as for the whole planet and even for the galaxy.

⁴ Hilarion, *Vision*, p. 13