

Introduction

What if there were seven spiritual principles that shaped our lives?

What if these principles:

- encompassed all religions?
- had ancient origins from our earliest civilizations?
- were available without the need of a spiritual leader?
- became simple steps toward a personal spiritual answer?
- had a practical application to daily life?

Might they provide a greater sense of security?

Might they encourage peace of mind?

Might they make us happier?

Years ago I read about Seven Cosmic Principles in a book, *The Secret Doctrine of The Rosicrucians*. The Rosicrucians, an ancient group that continues to exist today, did not create these Principles; they simply compiled ancient beliefs that provide answers about the purpose and meaning of life. While that book is available today, discussions are confusing. I want to clarify and explain those concepts.

I am not a Rosicrucian and have no affiliation with that organization. While other groups list some or all of these same concepts, the Rosicrucians collected and described them most successfully. Each of the Seven Cosmic Principles can be traced back to the beginning of recorded time, to the earliest philosophies and beliefs.

The term "Cosmic Principles" seemed too remote, too esoteric, too unapproachable. Were they related to our daily routines? Could they make a difference in dealing with the problems that we confront in our relationships, our work, our lives?

The Seven Principles evolved into Seven Steps. They are a life focus, not a dogmatic religious view or fixation on death. They are a simple do-it-yourself guide to a personal, practical spirituality.

Seven Simple Steps

Step One - Everything is connected.

"As above, so below." We are interrelated; there is a unity in life. The smallest atom and the largest galactic unit are connected and governed by the same rules. We are part of everything around us, and everything is part of us. We are not alone.

Step Two - Everything happens for a reason.

"What goes around, comes around." There is order in this seemingly chaotic world. There is a cause and effect, a reaction to every action. Nothing happens by chance, nothing "bad" happens. Life is governed by law and order.

Step Three - We change.

The world vibrates, and we vibrate. Science teaches us this rule that applies to everything in the universe. Transition is a normal part of life, not something to be feared.

Step Four - We move.

From vibration comes rhythm. Everything has a beat or pattern. Seasons change; tides rise and fall; day turns to night. Patterns affect all of life; we move in a defined rhythm or within a recurring pattern.

Step Five - We progress.

Our pattern is not static, however. Just as vibrations change, the pattern governing our lives moves in a circle, not a closed cycle but one that spirals upward. We progress.

Step Six - We balance.

Everything has its opposite. There is polarity in the world and in the universe. Our challenge is to try to find the middle ground, the median point, and avoid the extremes. We search for moderation in every emotion, every decision, every activity.

Step Seven - We create.

Sex attraction governs our lives and the universe. Life is creation. But this is not the "sex" of a limited male/female physical encounter. Sex attraction unites the masculine and feminine characteristics within us.

Our role is to combine the seven steps of connection, order, change, movement, progress, balance, and creativity in our lives.

**This is a guide to our spiritual life.
This is Practical Spirituality, a life focus.**