



The **21** 
Golden
Rules for
Cosmic
Ordering

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First published and distributed in the United Kingdom by:

Hay House UK Ltd, 292B Kensal Rd, London W10 5BE. Tel.: (44) 20 8962 1230;
Fax: (44) 20 8962 1239. www.hayhouse.co.uk

Published and distributed in the United States of America by:

Hay House, Inc., PO Box 5100, Carlsbad, CA 92018-5100. Tel.: (1) 760 431 7695
or (800) 654 5126; Fax: (1) 760 431 6948 or (800) 650 5115.
www.hayhouse.com

Published and distributed in Australia by:

Hay House Australia Ltd, 18/36 Ralph St, Alexandria NSW 2015.
Tel.: (61) 2 9669 4299; Fax: (61) 2 9669 4144. www.hayhouse.com.au

Published and distributed in the Republic of South Africa by:

Hay House SA (Pty), Ltd, PO Box 990, Witkoppen 2068.
Tel./Fax: (27) 11 467 8904. www.hayhouse.co.za

Published and distributed in India by:

Hay House Publishers India, Muskaan Complex, Plot No.3, B-2, Vasant Kunj,
New Delhi – 110 070. Tel.: (91) 11 4176 1620; Fax: (91) 11 4176 1630.
www.hayhouse.co.in

Distributed in Canada by:

Raincoast, 9050 Shaughnessy St, Vancouver, BC V6P 6E5.
Tel.: (1) 604 323 7100; Fax: (1) 604 323 2600

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A catalogue record for this book is available from the British Library.

Previously published in German by Ullstein Buchverlage GmbH, Berlin, 2010,
ISBN 978-3-7934-2193-1

Translation: Nick Handforth; www.citylanguages.de

ISBN 978-1-84850-321-2

Printed and bound in Great Britain by CPI Bookmarque, Croydon CR0 4TD.

All of the papers used in this product are recyclable, and made from wood grown in managed, sustainable forests and manufactured at mills certified to ISO 14001 and/or EMAS.

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Introduction



Dear Reader,

You may have already read one of my books on wishing or cosmic ordering, but in case this is the first book on the subject you have chosen (or been given), I would like to begin by explaining briefly what ‘cosmic ordering’ is all about.

Cosmic ordering means asking the whole of creation for help when you have a problem you can’t solve yourself.

I call it the Cosmos, but you could call it God, Creation, your guardian angel, Allah, your higher self – or whatever form of address you feel most comfortable with.

The way I see it, our universe is a whole that consists of parts – us. God didn't create the world, but rather became the world. If you look at it from this perspective, we are all individual parts of a living whole and, in essence, all is one.

If everything is one, then it doesn't matter how you choose to address this oneness or any part of it (in the sense that each form of address is equally valid). We are always seeking contact with ourselves. We are independent parts of this oneness, but we are always connected to the whole. The entire cosmos listens to us constantly, and it answers and reacts to the messages we send out.

The only question is whether we hear the answers.

I have written this little book of 21 Golden Rules and exercises to enable us to better hear and understand these answers.

THE MORE JOYFUL AND CHILDLIKE
YOUR APPROACH TO LIFE IS, THE LESS
THERE IS TO DO

Many Indian gurus believe that the world was not created for us to work to repay the debt for our sins. If that were true, the world would never have been created in order for there to be no opportunities for sinning. In the Far East, people are convinced that God created the world simply out of joy, and that mankind expresses God's regard for the wonder of creation, in that man has become the protector of all living things. A lack of care for other humans, animals and nature thus shows a lack of values.

The view of these masters is that happy people are closest to godliness and their own creative power, as happiness is the resonance of godliness.

The more you are thankful for and value life, the happier and more childishly unself-conscious you are, and the easier it is for you to automatically allow life to direct and lead you. Anyone who incorporates singing, dancing and childish play

in their life is being led by the cosmos and can hear the answers it provides. This person probably does not need to read this book, as they will already have everything they need to communicate with the cosmos.

The more we lose our joy in existing in the present moment, or the stiffer, more blunted and joyless we have already become in our daily lives, the more practice we will need to find our way back to our true natures and to always hear the voice of the cosmic delivery man in time.

THE STATE OF OUR INNER SELF CREATES THE ENVIRONMENT AROUND US

There was recently an interesting post about this in my forum at www.baerbelmohr.de. Someone had read the book *Ich weiß, was du denkst* (*I Know What You Are Thinking* – not available in English) by Thorsten Havener and had found a description of a study by Richard Wiseman in it.

Wiseman was looking for people who described themselves either as lucky devils or jinxes. He then carried out an experiment with both groups of people, similar to the ‘moonwalking bear’ awareness test on YouTube (www.youtube.com/watch?v=Ahg6qcgoay4). In this test, a team in white and a team in black are playing a ball game, and you have to count how often the white team passes the ball. So you focus entirely on the white team and dutifully count the number of passes. And when, at the end, the commentator asks if you saw the dancing bear moonwalking over the court, most people can’t believe it: ‘Bear? What bear?’ is their response.

In the video, a person dressed in a bear costume really does dance right through the players, and most viewers fail to spot him. Why? It’s very simple. You didn’t order a bear from the cosmos, and so your consciousness filtered it out ...

Or, to put it another way, you were concentrating so hard on counting and not making a mistake that you didn’t notice the bear.



The results from the lucky devils and the jinxes study were similar. Both groups were asked to count the number of images on a page of a newspaper. In the middle, there was a huge advertisement with the following message: *'You will win £100 if you tell your tester that you have seen this advert.'*

Almost all of the lucky devils saw the advert and won the money. But the jinxes put themselves under so much pressure to count the number of images that they always overlooked the advert.

This is a wonderful example of how our inner state creates the environment around us. When we are under stress or pressure, feel angry, have low self-esteem, etc., it is all too easy for us to overlook the opportunities that life offers, and our intuition and inner compass are turned off – drowned out by stress. We continually meet resistance instead of achieving what we desire.

People who approach things in a relaxed way, however (such as people who are convinced that they are lucky devils), have their senses open to

new opportunities, and their intuition and inner compass work perfectly.

Therefore, our most important task every time is to make and keep ourselves receptive to cosmic deliveries, wish-fulfilment and intuitive inputs. We don't have to use our powers of persuasion to make the cosmos deliver, but rather have to learn to open our heart and eyes so that we recognise its deliveries.

FREE WILL COMES FROM INSIDE

The example in my forum was discussed in relation to the the question of free will. I also like the opinion of the Indian gurus on this point; it provides an explanation for the results of the lucky-jinx experiment:

'A person is not free to choose their actions, as these will always lead to the same results, according to their inner beliefs, convictions and character traits. A person, however, is completely free to change these inner beliefs, convictions

and character traits. If they change these, their external life will automatically change.'

In other words, based on what the cosmos delivers, we can determine the state of our inner self. It never gets boring, but remains a source of constant fascination.

I hope you enjoy learning the 21 Golden Rules for Cosmic Ordering and, most importantly, I wish you every success.

Love,

Bärbel Mohr

How to Work with this Book



I have only written half of this book – the other half is for you to write yourself. This is why it is a good idea always to have a pen handy while reading. I have suggested exercises that you can carry out for each Rule. These are lists, affirmations or thoughts that you can write down in this book below each Rule, just for yourself.

Writing something down is an epiphany in itself and has a completely different effect than if you only think about it, speak about it or imagine it. By writing, you will begin to make the Rules part of your life.

I give you the exercises as suggestions, to make the process of writing easier. But you should also



write down everything else that occurs to you while reading. The best Rules are the ones you write for yourself.

The more you write in this book, the more it will become your very own cosmic order.

RULE 1



The World Around You
Reflects the World
Inside You

1



Cosmic ordering requires you to realise that the world around you is a reflection of the world inside you. If I want to change the world around me, I first have to examine my inner self, and change it.

EXAMPLE

If I don't love myself, the outside world reflects this in rejection by others, or at best recognition from people who don't suit me. If I do love myself, straight away I receive a great deal more friendliness and recognition from exactly the kind of people who do suit me. This is how my inner self creates what I experience in the world around me.

If you want to find out what is currently going on inside you, all you have to do is to look at what is happening in your life at the moment. How do other people treat you? What events are happening right now? For almost everything, you can ask yourself how it reflects your inner self and how you can improve a little on the inside.



Exercise

When you find everyone around you irritating, you can consciously examine each of them in your mind with the following questions:

What can I learn from this person?

What reflects the beauty of this person's soul?

What is the highest potential of this person?

What best expresses the love at the core of this person?

The feeling of irritation is guaranteed to subside and a new reality will begin to unfold in your life.



What changes when you do this exercise?

How do your feelings change?

What happens? Do the other people react differently now? Do you react differently?

Keep notes below, review your notes frequently and repeat the exercise. Write down the names of the people in your environment and, next to each name, what you can learn from them, what reflects the beauty of their soul, their greatest potential and what expresses the love at the core of their being.

EXAMPLES

Peter is annoyed with his colleague Kai, who he thinks is being uncooperative. But the question *What can I learn from Kai?* makes Peter realise that he himself says 'Yes' rather too often and doesn't dare to say 'No', even occasionally. He can learn from Kai how to say 'No' and to stand up for what he thinks. But this doesn't mean he has to be as rigorous as Kai in doing so. And



when Peter learns to say ‘No’ himself, he also finds it easier to set better boundaries for Kai – and isn’t annoyed with him any more, as Kai no longer has to reflect what Peter still has to learn. The lesson has been completed.

Anna has reservations about Dagmar, and their relationship isn’t exactly rosy right now either. When Anna begins to look out for the beauty in Dagmar’s soul, Dagmar suddenly acts more openly and with more friendliness towards her. How come? Dagmar also notices that Anna is showing a new openness towards her, meaning she feels more comfortable with Anna, without being able to explain why.

Tip: You might not find this exercise very easy at first. If so, try it for just one person initially. You can then keep coming back to this exercise later. You will find points in many of the following Rules that will make this exercise easier.

THE WORLD AROUND YOU REFLECTS THE WORLD INSIDE YOU



A series of 18 horizontal dotted lines spaced evenly down the page, providing a guide for handwriting practice.

RULE 2



See Only Love or
the Call for Love

2



When we don't feel loved enough, this concept, taken from many spiritual teachings, can help us: fundamentally only love or fear exist. The realisation that someone who does not act lovingly does so because of a secret fear or an old, suppressed, unresolved pain is incredibly liberating. This means that no one ever treats me badly because there is something wrong with me, but rather because they have a pain, or a fear, that they have not yet resolved and therefore are incapable of acting lovingly at the moment.

Following this thought through helps to give us back our strength. We neutralise the fear and reformulate it:

Only love exists, or 'the call for love'.

Isn't this wonderful?

 **EXAMPLE**

My colleague keeps making me look bad in front of the boss, telling him about all the things I have supposedly messed up. The normal reaction is: *He only wants to make himself look better, the stupid old creep.*

The more progressive way to look at this is: *A-ha, is he afraid of something? Maybe he feels that his job is too much for him and hopes that no one will notice that if he diverts attention from himself. Hmm, what else could it be? What could be his hidden fear?*

A question for true experts: *Where is the hidden call for love in this behaviour? Does he actually want more recognition and love from me? Does his behaviour just express general pain and a feeling of rejection? How can I give him the feeling of being welcome?*



There is probably some truth in all of this. It is just a question of how you feel most comfortable looking at the situation. Which approach gives you back the most strength and inner peace?



Exercise

Make a list. In your life currently, who is calling out for love through their unloving behaviour?

Who is calling out for my love?

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21 GOLDEN RULES FOR COSMIC ORDERING



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Can you think of any other ways you would like to respond to this kind of behaviour, if you view it as an indirect and unconscious call for love?

