

“Having it All” Means Using...

**The
7 Natural Laws
That Will Change
Your Life
Forever**



The Street Kid Company

An excerpt from the new book
“The Street Kid’s Guide to Having it All”
by John Assaraf, The Street Kid
www.TheStreetKid.com

**“Nothing puzzles me more than time and space,
and yet nothing troubles me less.”**

—Charles Lamb

The universe operates perfectly. It's mind-boggling when you think of everything that happens around you and inside you that you take for granted. Think about the oceans, the planets, nature, the gallons of blood pulsing through your veins and arteries. Each is a piece of perfection operating by precise laws.

When you learn how you fit and function in this precision, it's much easier to appreciate who you really are and how you can create a wholly successful life. **It's time to celebrate your inherent greatness and to understand you were created perfectly.** It's time to stop limiting your abilities with your insecurities and inaccurate beliefs.

Each one of the seven laws relates directly to your everyday life.

It is not an accident that these laws exist, and no matter what your belief is regarding who or what created them, the laws are irrefutable. Understand these laws and how you can use and coexist with them and your life will be transformed forever.

The primary impact will be a sense of discernment and even detachment from circumstances. As soon as you judge something, you'll recognize that you are introducing your ego into the equation, as well as your beliefs. Whenever any situation arises and you can think of it in the context of the laws you are about to learn, instead of jumping to mental or emotional conclusions, you'll experience a calmness in knowing everything is turning out the way it should be.

Knowing these laws has kept me calm when business deals didn't turn out as I had hoped. You will read in this excerpt about a time when I walked away from a partnership and three hundred thousand dollars of my own money with grace and generosity, which ended up leading me to make millions just three years later. At the time, I could have been upset or angry, but I wasn't because I knew it would work out if I really believed that everything happens exactly the way it is supposed to, and some things just aren't to my personal taste.

Understanding the laws you'll learn in this excerpt from my book, you'll learn to roll with the rhythm of life and to accept whatever you attract.

Once you understand these laws as I do and understand that everything is connected, they'll take on a new meaning. They are like an exact map to follow. Once you read and think about each of the laws, reflect on how you can apply it to your past experiences. Of course, in creating a masterpiece of the now and potential future, you should give each law even more, deeper consideration. Take the time to consider and work in concert with these laws in your daily life and every action, and you'll experience both joy and calm in your life.

Ready? Good, let's get started.

The Great Law

Energy is.

Each of the seven natural laws is a corollary to one great, overarching law: *Everything is energy.* In other words, we live in a kind of energy soup. Every molecule that makes up every bit of matter contains a huge amount of energy. Energy, which is essentially dimensionless, is everywhere and in everything. Quantum mechanics tells us that even a vacuum, which most of us believe contains nothing, has energy. In fact, Dr. William Tiller, professor emeritus at Stanford University, tells us that *just one hydrogen atom* contains about one trillion times more energy than what is contained in all the physical mass of all the planets, plus all the stars in our universe, out to a radius of twenty billion light-years. **Clearly, energy is not about space. After all, the hydrogen atom is tiny and our universe is vast. Energy is about potential.**

Ultimately, every one of us, our planet, and the universe in which it resides are made of, emit, and receive energy.

We have light energy, heat energy, sound energy, magnetic energy, thought energy, kinetic energy, atomic energy, mechanical energy, and so on. There are millions of levels of frequencies, all interconnected. We also have electromagnetic, gamma, and radio, just to really make the point. X rays are a type of energy that can penetrate solids, as can gamma rays, due to their rate of vibration. In the end, they are just forms of what everything, including us, is made of: energy. The seven corollaries below tell us how all kinds of energy operate in the natural world, in our everyday lives.

1. The Law of **Vibration and Attraction**

Everything in our universe constantly vibrates and moves.

Both the nonphysical and the physical aspects of our universe are made up of energy and intelligence that vibrates or, in other words, oscillates, resonates, pulsates. Nothing rests. The difference between the physical and nonphysical is the *rate* of vibration. This law is responsible for the difference between what we can see with our naked eye, like our hands, for example, and that which we cannot see but is there, like a radio wave.

A table appears to be solid and stationary; however, if you looked through a powerful microscope, you would actually see movement with lots of space between the molecules. With the help of a microscope, you are able to perceive the slowest vibratory rate of the table's molecules. The same is true with your body. Although your body looks the same from day to day, *it isn't the same body*. You are shedding millions of cells all the time and replacing them with new ones. Even though you cannot see it happening, it is.

Thoughts and feelings are also energy. Whenever you are sensitive to someone else's feelings, whenever you become aware of your own feelings, this is conscious perception of a vibration. Whenever you say, "I feel good," or "I feel bad," you are commenting on whether your vibration is positive or negative in your own mind. You can also decide to feel good or bad (vibrations) by choosing your thoughts. Only you can choose your thoughts, and you decide when and even the kind of thought energy to send and receive. If you choose negative thoughts, you emit a "negative" vibration or frequency and therefore align yourself with that frequency. On the other hand, when you choose positive thoughts, you do the exact opposite and tune into and attract the "positive" frequency of intelligence and energy. Whether vibrations are good or bad depends on you; it is totally based on your own interpretation, and your brain is the instrument you use to move your entire being into the vibration you choose. It is your vibratory switching station.

Your brain is the most powerful electromagnetic processing tool ever created, and if you use it wisely to choose positive thoughts, everything you desire will start to move your way until it materializes in its physical counterpart. The more you focus and concentrate, the faster and more potent the frequency gets. This is no different from

using a magnifying glass outside to start a fire using the sun's energy. (We explore the power of focus in chapter 8 of my book "The Street Kid's Guide to Having it All".)

Another way of stating this law is "like attracts like," meaning that people will attract energies like them. In relationships, this means people who are similar to each other (especially those who share the same or complementary beliefs) tend to be attracted to one another. It happens in business, romance, and social circles.

We are what we repeatedly do. Excellence, then, is not an act, but a habit.

—Aristotle

It's a cliché that birds of a feather flock together, and this is just one more way of describing the law of vibration and attraction.

I once heard from financial author Robert Allen that your income will be the average of your ten closest friends' incomes—again, your surroundings reflect your own perception of reality. Is this true for you? Think of your friends, the vacations you take, the places where you dine. You meet people who are like you. Think of your work: Who has been attracted to the same company? Why do you think they have been attracted there? Look at the leader of that firm, and you'll see traces of that person in each employee—not exact matches but traces. *Entrepreneurs and business owners take note:* If you don't like what you see among your personnel, you know where to look first for clues about what should change—maybe it's a part of you.

2. The Law of **Polarity**

Everything in the universe has an equal and exact opposite.

In Eastern philosophy, the law of polarity is referred to as yin and yang. It is one of the simpler laws to understand: If something is hot, for example, then there exists a polar opposite that must be, by law, equally cold. Here in the West, we say, “Every cloud has a silver lining.”

Success in life can be greatly enhanced by always remembering this law whenever we face a huge challenge. Our initial perception may be that the circumstances are negative, but according to this law, there must be an equally positive opportunity inherent in the challenge. The quicker we learn to look for the opportunities, the quicker the negative disappears from our perception, and the quicker our energy changes. Even some of our most painful life experiences can be shown to have a positive side. I know my two divorces were incredibly difficult times in my life, but they also yielded powerful self-examination and growth. Which reminds me of a slightly naughty joke that I can’t resist telling you:

Why is divorce so expensive? Because it’s worth it.

That’s funny because it’s true—the financial and emotional pain of divorce has its flip side, usually freedom of some kind, which in retrospect almost always feels more important than those temporary pains. We simply have to remember that it’s only our *perception* that causes us to believe something is good or bad, since both are present in everything. Our perceptions create what we deem “reality,” yet there’s no such thing as an absolute reality. The only reality is our own.

Recognizing the fluid nature of reality and the natural opposition in every situation is a vital skill, yet it takes practice. Your job is to get past your tendency to hastily judge and label everything and understand that everything has an up and a down, a good and a bad, an inside and an outside. This applies to your emotions, your physical body, your relationships, and all else. Learn to see both sides of each and every situation and your life will flow much smoother and results will begin to appear.

Everyone with whom I discuss this law asks about how it applies to extreme cases, such as a child’s illness, or a loved one’s death, or acts of war. My only response is that I have one hundred percent belief in God and the infinite intelligence of the *whole universe*. I agree that those occurrences encompass the worst of human suffering; it still does not change where you are, and who you are, or that you must find peace and love

in your heart and have total faith always. Once your physical body is gone, your essence, your spirit, becomes ever more a part of that which created you. Your physical illusion of being separate disappears. If you have death of one thing, you must by law have life somewhere else.

Can you see how some of the most difficult circumstances in your own life, either in the past or right now, have the seed of opportunity? Can you also see how recognizing and embracing the positive in every situation moves you in the direction of your dreams? And how refusing to do so will work against you? In fact, refusing works against you on two levels: If you don't accept both the good along with the bad in life, you are also resisting the next law, the law of rhythm.

3. The Law of **Rhythm**

Everything is moving in perfect rhythm and at perfect speed.

The tide flows in, and the tide ebbs out. If you stand at the shore, rigid and unwilling to go with the flow, the surf can crash over you and even knock you down. But if you're willing to bend, to relax, to enjoy the swells, you can actually catch a nice wave every now and then.

Have you ever been caught in an undertow? If you have and didn't know how currents work, you probably used up so much energy fighting it that you were exhausted. The best way to get out of the current is to just swim across it instead of against it. It doesn't matter how strong a swimmer you are—fighting is futile.

I learned this lesson at the Copa Cabana beach in Rio de Janeiro. I had been a competitive swimmer in my youth and a triathlete as an adult, so when I visited there in my twenties, I thought I was safe in the ocean, although I'd trained only in lakes and swimming pools. Then I found myself caught in a major current one day. I thought I would just out swim it, go against it, and make my way back to shore. Wrong! Here I was, this strapping young guy, trying to battle the ocean and losing. I nearly died that day.

What I didn't realize was that if I had swum across the current, I'd have gotten out of it. Or if I had just let it carry me, within about a hundred yards I'd have been out of it. With some luck and lot of stamina, I finally made it out of the water, exhausted and having learned a profound lesson about the nature of currents and my will to live.

Not fighting feels totally unnatural to the person who isn't familiar with how currents work, but the universe is fairly relentless. If you simply don't know a law and break it, you don't get cut a lot of slack, kind of like making a right-hand turn on a red light in a state where it's illegal. Just because you're from out of state and thought it was okay to turn on the red light doesn't mean a cop won't pull you over and be completely justified in citing you with a moving violation.

Back to my point: The ocean has a great deal to teach you about the rhythms of life. You must recognize when you're in a current and when you're resisting the natural rhythm, whether it's in your personal or business life. There's a rhythm that occurs at all times.

Think about how relationships can feel in and out of sync. How is it that one minute you can feel so lovey-dovey, and the next you're ready to jump off a bridge? The same is true with your job. At one moment you can be completely ecstatic, and the next minute a phone call comes in to tell you a deal just went south.

You cannot force the good times to continue always, nor can you force anything in life to happen. The planets orbit in perfect rhythm, and so do you. Life has seasons, both figuratively and literally. Some are longer than others, and some are harsher than others.

There are times when things seem out of rhythm—or are simply in a rhythm that makes you uncomfortable. Your job is to stay focused on your vision and go with the flow instead of resisting it. Most people waste too much time and energy resisting, yet no one can change the seasons. You can choose whether to stay warm in winter or gripe about the cold. Better yet, you can decide to learn to ski.

Your life and my life flow into each other as wave flows into wave, and unless there is peace and joy and freedom for you, there can be no real peace or joy or freedom for me. To see reality—not as we expect it to be, but as it is—is to see that unless we live for each other and in and through each other, we do not really live very satisfactorily; that there can really be life only where there really is, in just this sense, love.

—Fredrick Buechner

4. The Law of **Relativity**

Everything is relative.

Are you short or tall? Is this book heavy or light? Is the room you're in big or small? Do you earn a lot of money or a little bit? My point is that until you relate or compare the thing in question to something else, you cannot answer. You actually cannot define something without having something to relate to it, something for comparison.

Another way of saying this is that what may be good for one person may not be good for another. A fifteen-hundred-square-foot home may be small for someone accustomed to living in a bigger house, but it could feel like a palace to someone else who's never lived in a house at all. Your past experiences influence your evaluations, but the truth is that everything just *is*. A fifteen-hundred-square-foot home is not *actually* small or large. It's just a fifteen-hundred-square-foot home, perceived and described by different people as being cozy, claustrophobic, or enormous, depending upon their perspectives.

It is useful to keep this law in mind when you are judging a situation or event. It can get you in trouble if you keep seeing something that someone has or can do that is "more" than what you have or can do. Everything is relative, and you must learn not to compare to others or to past experiences. Look at things as "just is" without judgment, and you'll never succumb to feeling like you're not enough or that you don't have enough.

**Love is what we are born with. Fear is what we learn. The spiritual journey is the unlearning of fear and prejudices and the acceptance of love back into our hearts. Love is the essential reality and our purpose on earth. To be consciously aware of it, to experience love in ourselves and others, is the meaning of life.
Meaning does not lie in things. Meaning lies in us.**

—Marianne Williamson

5. The Law of Cause and Effect

For every cause there is an effect, and for every effect there is a cause.

For every action we take, there is an effect. If you send good thoughts out, good comes back. If you give love, love comes back. If you give away money, money flows back to you. According to physics, there is an equal and opposite reaction for every action. According to this natural law, whatever you send out or give comes right back in the same or different energy form. Good karma, as some call it, leads to good karma. Of course, the opposite is true, too.

Some people have a hard time remembering that this applies to money just as much as anything else. After all, money is just an idea. We created the green paper with ink on it to represent money. Money is energy just like everything else. There are laws governing what you must do to acquire money, which are no different from a farmer having to plant seeds before he harvests. You simply cannot get and keep something greater than you have given. You must be more and give more to have more.

I teach this law to my children by encouraging them to be “go-givers” instead of go-getters. This Thanksgiving, for example, after a big family dinner, all the kids bolted to go and play. Keenan and Noah, however, stayed to help clear the tables. I requested each of them help ten people and take their dishes to the kitchen. So off they went, and when they were done, they both came back to me beaming! Someone had given each of them a dollar for their efforts. They hadn’t expected it, but they got it. Every week they earn two dollars allowance, so fifteen minutes of helping really paid off for them. Incidentally, their “financial plan” allows them to put seventy-five cents in the bank each week, spend seventy-five cents, and donate fifty cents. Not a bad ratio for most adults to emulate.

6. The Law of Gender

Both male and female are necessary for creation.

Think of the give and take in conversation. It is the perfect illustration of the law of gender in a seemingly genderless context: One person speaks, asserting an idea or giving instruction or posing a question; the other person listens, receiving the communication. Then, ideally, roles reverse and the person who had been speaking listens and the person who had been listening speaks. Out of this exchange, new ideas emerge, new plans are made, new agreements are formed. These two complementary energies—giving and taking—give rise to a new creation.

The law of gender manifests in all living things as masculine and feminine. In our example, speaking is the masculine energy (asserting), and listening is the female energy (receiving). You may have already recognized that the law of gender is closely allied with the law of polarity; it's another facet of the yin-yang principle.

This law governs creation, yet the word *creation* is often erroneously used, for nothing is ever really created. All new things merely result from the changing of something that was into something that now is. The law of gender manifests in the animal kingdom as sex, male and female counterparts within species. It also manifests in the mineral and vegetable kingdoms. Without the dual principle of male and female there could not be a difference of potential, perpetuation of motion, nor regeneration.

This law is also referred to as the creative law. It decrees that everything in nature is both male and female. Both are required for life to come into existence. This law also decrees that all seeds, including and especially thought seeds, have a gestation or incubation period before they manifest. This is why it's imperative to allow the appropriate time to pass for a thought or image to move into its physical counterpart.

7. The Law of **Perpetual Transmutation of Energy**

Energy is forever moving into and out of different forms.

This last law is a mouthful, but learning exactly what it is and how it works is imperative to creating whatever you desire.

As you now know, according to the great law and its first corollary, the law of vibration and attraction, the entire universe is made up of energy, and all of it is moving at varying rates of speed. All energy fields are connected. From the physical body that you and I can touch, see, and feel, to the sun's rays, all are connected. Therefore, we have this last corollary, the seventh natural law: All energy is constantly flowing from one form or vibration into another form or vibration. It also moves from a higher plane (the nonphysical) to a lower plane (the physical).

Think about this example. The sun's rays (heat, light, and electromagnetic energy) shine on a tomato plant, which uses the sun's energy to grow by making molecules. Energy is stored in the plant molecules, and that energy is passed to you when you eat the tomato and convert the plant's energy into what you need for your own activities. You can use that energy, now called *metabolic* energy, to ride a bicycle up a hill, using mechanical energy to pedal, converting that energy to *kinetic* (movement) energy. At the top of the hill, kinetic energy has put you in a position to roll down the other side, which means you now have *potential* energy. When you go down the hill, potential energy becomes kinetic, causing the bike to roll down the hill seemingly of its own volition. This is just one sequence of events that shows the transmutation of energy through many forms. A simpler example is this. When I rub my hands together, I am using metabolic energy that is stored in my cells from a tomato (or some other energy-rich plant or animal). As I rub my hands, I am actually creating heat, which is then released back into the atmosphere, and the cycle goes on and on as before.

Perpetual transmutation just means that energy is constantly and forever moving into and out of different forms, never created or destroyed. Some energy you can see; some you cannot. As a matter of fact, most you cannot see with your eyes. Different forms of energy are penetrating your every molecule with every breath you take. Keep in mind that this natural law says that *nothing* is constant. Everything is forever moving into and out of form.

The beauty of this law is that your thoughts are considered the most potent form of energy that penetrates all space and time. They have the inherent potential to transmute from the nonphysical to the physical *all the time*.

About the Author



JOHN ASSARAF (“the Street Kid”) is best known for being one of the leading optimum performance experts in the world. He is founder of The Street Kid Company, which conducts seminars and coaches senior executives and ambitious entrepreneurs who choose to take their lives and businesses to the next level.

An experienced businessman himself, John has owned and operated a franchising company whose annual real estate sales topped three billion dollars. He was also part of the senior executive team that grew Internet virtual tour pioneer Bamboo.com from a team of six people to fifteen hundred in just over a year, netting millions in monthly sales and completing a highly successful NASDAQ IPO.

From his early years as a street gang member to his life today, John has been fascinated with why some people achieve great results in their lifetimes while others merely eke out an existence. As a result, he has spent the last twenty-two years studying peak human performance and behavior and has identified the mental factors that lead to failure or success at the highest level in entrepreneurial endeavors and life.

John lives in Rancho Santa Fe, California with his two amazing sons Keenan and Noah. He enjoys reading, writing, consulting with companies, mentoring ambitious entrepreneurs, and nurturing the wonderful relationship he’s developed with his sweetheart, Maria.

In his spare time, John loves to ski, travel, exercise, and entertain friends and family. He’s also known for his passion and appreciation for excellent wines.

To learn more, or to order the book, visit the website today at
www.TheStreetKid.com