

# THE SUNSHINE QUOTIENT® & THE ART OF SELF CRAFTSMANSHIP®

A Self Improvement Workbook for Easy Understanding &  
Use of Energy Principles and Universal Laws



THE SUNSHINE  
QUOTIENT®

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## A Self Improvement Workbook for Easy Understanding & Use

### The Sunshine Quotient®

Self-improve, raise your self-awareness, and learn to become your brightest and most radiant version of yourself.

### The Art of Self Craftsmanship®

Self-improve and learn to become adept at going with the flow of life using infinite universal energy to your best advantage.

## ENERGY PRINCIPLES & UNIVERSAL LAWS FOR SELF IMPROVEMENT

*Catherine*

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# It's all about energy. And momentum. And physics. And chemistry.

We're all like a petri dish of possibilities...of course, focus changes as we progress through our lives. Interests change as the universal energy ever pushes for expansion of ideas and actions.

As Albert Einstein said, "Everything is energy and that's all there is to it. Match the frequency of the reality that you want and you cannot help but get that reality. It can be no other way. This is not philosophy, this is physics."

Thoughts have energy. Thoughts turn into things. I've said for years, "What you focus on is what you get." That was before I started studying all of this, and I'm delighted to have learned that it's true—the more I learn, the more I understand, and the more I want to share all of this with you.

As a Fellows member of the Institute of Coaching, affiliated with Harvard University, I have a plethora of information and research that I incorporate into what I share through workshops, webinars, coaching and conversations. I am delighted to be in a mentorship program with Mary Morrissey, world renowned transformational coach, who has been studying energy and universal principles for the last 50 years or so.

It will be ever so much easier for you to move forward in your life in the direction that you actually want to go in, if you have an some understanding of the following concepts. There are various opinions as to the number of energy principles and universal laws, and some seem to use the terms interchangeably.

I want to share with you some of the ones that I think will be most useful to you, particularly if you are not used to thinking this way. And before we get to those, kindly consider this:

“A fatalistic belief is contagious, and when man submits to its influence, believing that the circumstances around him are stronger than the power within him, that man is defeated before the race is run.”

“The scientist on the other hand, searching into the mysteries of human life, reveals to us a wonderful world of power, possibility, and promise. He tells us that the mind is the creative cause of all that transpires in the life of man, that the personal conditions are the results of man’s action, that all the actions of man are the direct outcome of his ideas, that we never make a move of any kind until we first form some image or plan in the mind. These plans or ideas are powerful, potent; they are the causes—good, bad or indifferent, of the following effects, which in turn correspond to their natures.

He tells us that these ideas liberate a tremendous energy. Hence, when we learn to employ our minds constructively, we use correctly these hidden powers, forces and faculties. This, the scientist tells us, is the key to success in living life.”

***WORKING WITH THE LAW* by Raymond Holliwell**

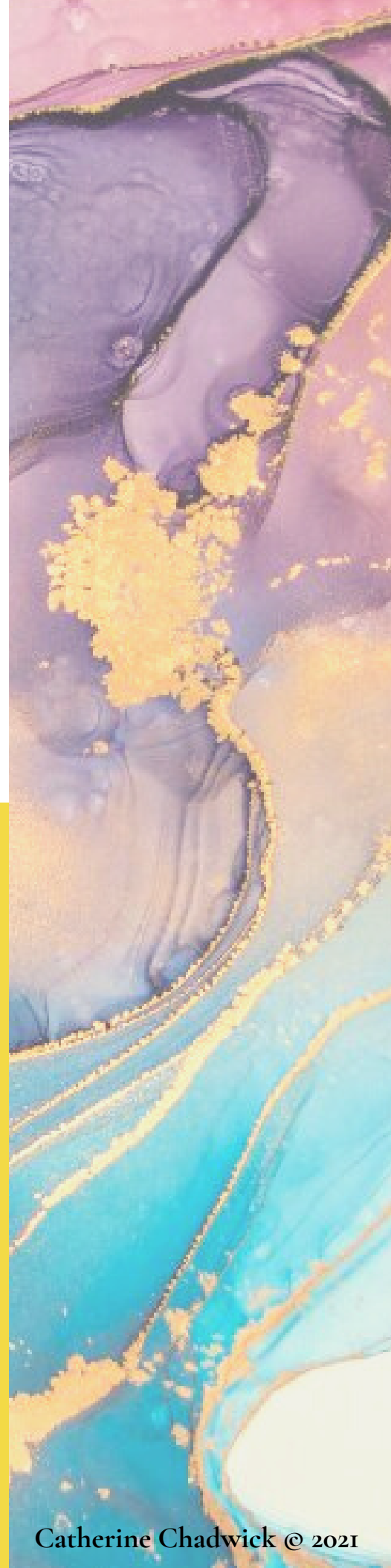
As you go through the following, take the time to write for yourself an experience that you have had so far that stands out to you. Give yourself the time. If it's something that is not pleasing to you, don't spend a lot of time on it, though notice that, and see if you can also see the other side of it, or, a different experience where it brings a smile when you think about it.

# THE LAW OF GRAVITY

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This is a marvelous place to start because we all are aware of it, know it, and most of the time we know how to effectively work with it. We know what to expect.

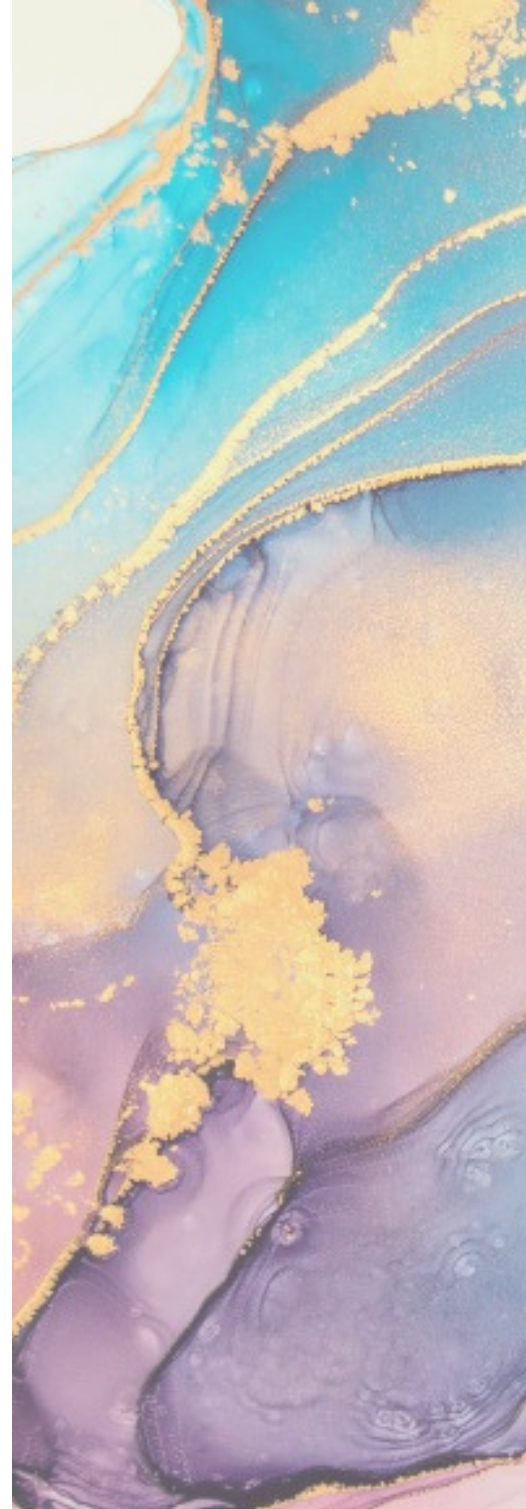
**Notes:**



# THE LAW OF CAUSE & EFFECT

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It follows that Isaac Newton not only explained about the Law of Gravity, but also about the Law of Cause and Effect—for every action there is an equal and opposite reaction. Ralph Waldo Emerson called this the “Law of Laws.” What you put out is what you get back. Kindly note that it’s not always immediate. There are numerous factors involved, including frequency, intensity and direction.



## Notes:

# THE LAW OF VIBRATION

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The Law of Vibration states that everything is always in motion, nothing is ever at rest. The Law of Attraction is a secondary law of the Law of Vibration.

Everything in the universe is vibrating at one frequency or another. Words, thoughts, emotions and actions have vibrations, too. It's been shown that the more positive the words, thoughts, emotions and actions, the higher the vibrations and the more you feel good. Thoughts produce feelings, which produce actions and the actions produce the results. If you want different results, you are required to change your thinking. This is pretty much agreed upon by neuroscientists and others who study this. The body is an extension of the mind.



## Notes:



# THE LAW OF VIBRATION (CONT'D)

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What you envision is on a different vibration than what you're currently at. If you were on the same vibration of your vision, you'd be living it. There's what is referred to as the gap. The gap is merely a difference in vibration, and it behooves one to become curious as to how to take steps to learn how to navigate that gap. There's no one answer. It's a process.

David R. Hawkins, M.D., Ph.D. published information relative to his research on human behavior and his work on determining energy levels and his qualifications regarding the respective vibrational levels. His findings are visible on the emotional scale which, for example, shows shame at a level of 20 (lowest), fear at a level of 100, acceptance at a level of 350, love at 500, joy at 540 and enlightenment between 700 to 1,000, the Hawkins Scale of Consciousness.

## Notes:

# THE LAW OF PERPETUAL TRANSMUTATION

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The Law of Perpetual Transmutation states that energy is constantly moving into physical form. Everything is always moving, with energy not being added or eliminated, which allows the non-physical energy to come into being in the physical depending on how it is tended to. Thus, thoughts and ideas turn to things when the frequency of the thought reaches the same frequency of the idea reaching its tangible state.

Think of a thought as a seed, a seed planted in the soil. You will not likely see the root system forming, and it may be some time before you see the shoot spring up and the fruit or blossom forming, but the energy within that plant is constantly moving.



## Notes:

# THE LAW OF POLARITY

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Everything has an up and a down, a front and a back, an inside and an outside, such as two sides of every coin.

I love the way Bob Proctor describes this:

“Step into your power by realizing and applying the Law of Polarity. Start using your mental faculty—perception—to see both sides of a person, situation or circumstance. You will be empowered and inspired.

Applying the Law of Polarity will help you move forward in the direction of your dreams because you will realize that everything in your life “just is” and you make it negative or positive by how you choose to think about the situation. It is your choices, not your circumstances, that will create the life you so desire.”

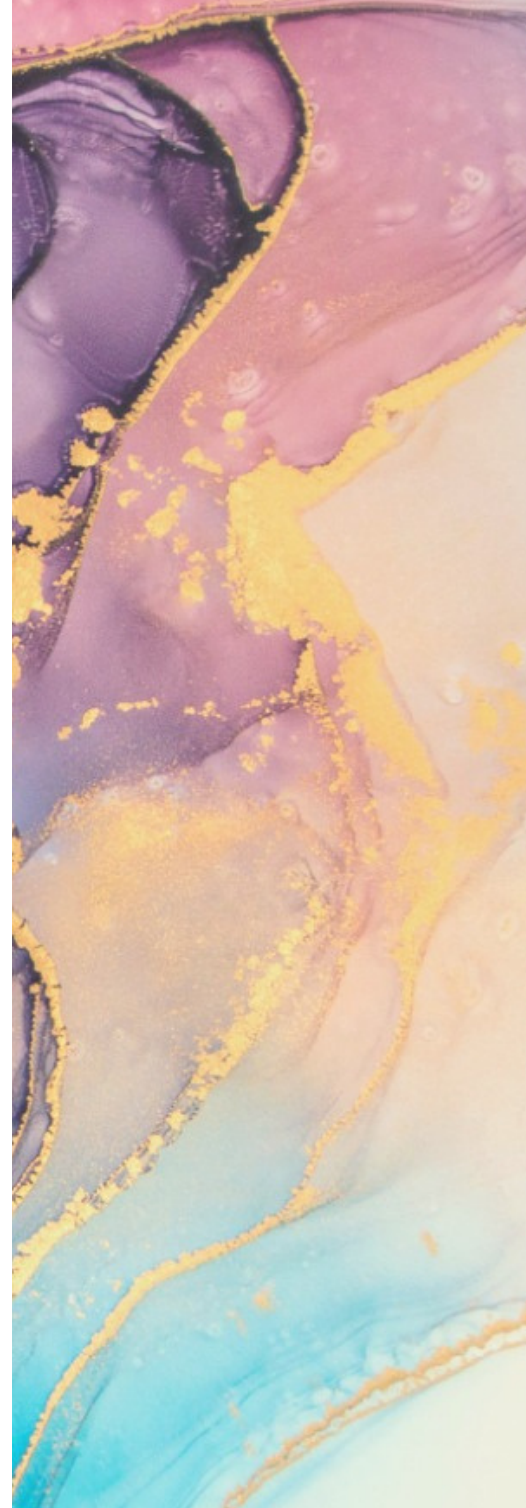


## Notes:

# THE LAW OF RELATIVITY

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Everything is relative, whether it be to another thing, another law, the size of a business, a house, a shoe size or success. It is thoroughly dependent upon how one sees it, interprets it, believes it—it depends on perspective. Perspective is a choice. I imagine that there are as many perspectives as there are people on the planet. Each one of us has a choice as to how to perceive something. That choice may entail another choice of exploring another angle of how to perceive a situation.



## Notes:

# THE LAW OF RECEIVING

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*"The key to the Law then is: we are continually drawing into life what we give and expect."* Raymond Holliwell

When a person is able to receive the infinite vital energy and abundance, they are able to give their best in abundance, whether it be of their love or their interest, appreciation and gratitude, or their money, and to recipients who in turn are giving their best efforts. Giving responsibly honors the expectation required in this process as it respects the gift and the recipient's ability to also honor that gift. To receive value, one must expect it, and one is also required to give value.



## Notes:

# THE LAW OF FORGIVENESS

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To forgive is to gain a sense of freedom. To continue to blame and require restitution requires one to be the prison warden of the offender. Releasing the other does not condone their actions or their energy, it merely sets one to be free to move on, to gather that added freedom of energy to soar in a direction more pleasing and fulfilling. That, in itself, opens additional possibilities. Forgiveness can be interpreted as a release of focus on the unwanted. Focusing on what really serves one well is the focus required to move forward.



## Notes:

# TO BE CONTINUED...

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This is not a complete list, though I anticipate that the contents are of interest to you. Further universally accepted principles and laws, concepts and research will be included in upcoming blogs and workshops.

Thank you! I am grateful and appreciative of the opportunity to share this, and I look forward to further communication with you. I wish you the very best in good health, prosperity, adventure and fun!

All the best,

*Catherine*

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