

*The Law
of
Correspondence*

Your outer world is a
reflection of your inner world

Lesson Seven of the
Universal Law Course

by
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The Law of Correspondence

The world is your mirror! The Law states that our outer world is a reflection of our inner world.

This Law is about taking an unflinching look at your life and taking responsibility for your experience. If you are constantly surrounded by people who betray you and lie to you, the question you must ask is how often do you betray and lie to yourself? This is certainly not for the faint of heart and yet, if you want to create the life that you desire, it must be done.

The most obvious place to look first is with your love life. So many people are searching for that perfect love, for the one who will love and care for them. The truth is, until we can do this for ourselves, we will not attract anyone else who can. Only when we accept our beauty and treat ourselves as we want others to treat us, will our outer world reflect that.

The great author, Iyanla Van Zant said

“Everything that happens to you is a reflection of what you believe about yourself. We cannot outperform our level of self-esteem. We cannot draw to ourselves more than we think we are worth.”

I struggled with this principle a lot. I THOUGHT that I truly loved myself, and that the Universe just kept sending people to me who needed healing because I was supposed to heal them.

The clues that I didn't really believe in my worth were in my experience, but I didn't see it at the time.

I was really cavalier. I seriously didn't care that my heart would be broken; I was only hoping that I would experience those heady days of romance. I only knew that the search for the one who would love me kept the pain at bay. The problem was, as the old saying goes...“water seeks its own level”. Because of this truth, I attracted people who also didn't love themselves but thought they did and who could not, or would not see my value no matter how much I gave to them or tried to help them heal.

My flawed thinking gradually caught my attention over a period of months after my second divorce. I found it odd that I was willing to lie in order to be with people even though I considered myself an honest person. I wondered about the disconnect between who I was and what I was doing, but the behavior continued anyway for a while. I tried to convince myself that it was just “my little secret” and I felt excited that I was leading this double life. This kind of disconnect can only last for so long.

The final straw came when I dated a narcissist.

I found that I was willing to negotiate with him when he called me his “sexy bitch” even though I abhorred the word bitch and had asked him not to call me that. He wanted me to call him “daddy” and I tried negotiating about that too! I was appalled by the idea...but instead I tried to compromise with him. He dishonored me. He never actually took me on dates, but would meet me at a hotel. He didn’t want an actual relationship...and yet I tried to negotiate on all of these things. But he stood firm...
AND I KEPT CALLING HIM.

Sometimes the Universe will gently whisper in your ear but if you don’t pay attention, it will slap you upside the head. I was getting the slap upside the head I so desperately needed.

I finally realized that until I valued my heart and treated it gently, no one else would.

With this realization, I began to look to the people who truly loved me, my friends, for an example of how I should be treated. My friends kept their word. My friends gave me their love and their time. My friends treated me gently and lovingly.

I started treating myself the way they did. And I admitted to them and myself that I had a problem.

I decided that I would never lie to anyone ever again. I decided that my integrity was more important than any man, any relationship, anything. I decided that my self-respect was more important and I held myself to a higher standard.

The way out of this type quagmire is to develop a standard by which you will treat yourself. It begins with taking that unflinching look at yourself and then finding forgiveness, of you, of everyone involved...but mostly of you. And then brick by brick, stone by stone, you just start treating yourself better. You find all the good things you can about yourself and you love them, and then you look for your faults and you love them too. And then you just do better.

You must love you. Believe me when I say, you are totally worth it!

As you consider the concepts for the Law of Correspondence, please remember the following:

The main passage above really explains it all. Until you love yourself and treat yourself gently, no one else will.

It’s about honoring yourself as the amazing person that you are.

And yes, I know there are things to work on, we all have that. None of us are perfect.

The question is, how will you love yourself through it?

Journal questions and exercises

Now that you've learned the big ideas behind the Law of Correspondence, find a quiet place, grab your journal and consider the following:

- Is there a situation in your life right now that doesn't feel good? Are people treating you in a way that doesn't feel right?
 - Given the Law of Correspondence, can you trace this back to anything you have said to yourself or any way that you have treated yourself?
 - What can you change about how you treat yourself in order to change this experience?

- What is your self-talk like? List out all the negative things you say to yourself out of habit.
 - Now, take that list and substitute a positive phrase.
 - What are other negative phrases that you repeat? Revise them as well.

- Make a list of 25...yes 25... things you love about yourself. Post this list on your bathroom mirror and look at it often.

- Look into the mirror. Look into your eyes. Say "I love you". Say it as many times as it takes to really feel the love well up inside of you.
 - How did it feel when you began? How did it feel at the end?
 - Practice this daily. Document the changes in your life.

- Make a list of 10 rules for how you will treat yourself moving forward. Or Make a list of 10 Daily habits that you can stick to in order to treat yourself better. Seriously, even the act of taking care of your body daily is showing self- love.