

# *The Law of Compensation*

Giving and Receiving Are the Same,  
Share What You Have With Others

Lesson 11  
of the  
Universal Law Course  
by  
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You get back what you give to others.

Be generous with your time, love... give of yourself. This doesn't mean that if you want more money you should give all of yours away. It simply means to be generous with your abundance and share with your current capacity to do so.

When you are generous and proactive, it allows energy to flow in the form of love, money, opportunities, and much more!

Marianne Williamson said *"the only thing that can be withheld from you is that which you refuse to give"*

This is the law of compensation in action. If you are stingy and afraid of losing everything, you are in a lower vibration and certainly not attracting your good! But, if you give from your heart, if you practice generosity, then you will receive it in kind.

It is said that Giving and Receiving are the same because when you give to others, it feels good, that good feeling is your compensation or what you receive. When you do not accept the generosity of others by receiving, you are interrupting the flow of the Universe; what's more, you are denying the compensation of good feelings for others.

Remember; everything is energy, and that means money is energy, love is energy, good feelings are energy. So, if you don't have money to give, that's ok, because you have time, you have good feelings, you have positive intent. Money can't buy everything and often it's just not appropriate. Think of it this way; say you have a toddler and she needs your attention. Can you give her a \$5 bill and satisfy her need? No, you can't. But you can give her your time, you can cuddle with her, you can watch her as she plays in front of you, you can play silly games. These things are priceless; these are moments that cannot be bought or even traded.

Another important factor within the Law of Compensation ties into the Law of Attraction (i.e. like attracts like). It is the energy with which you give that determines that which you receive. If you are reluctant to pay your bills, what energy would you then expect in receiving money? If you have an ulterior motive in giving generously to another, what would you expect to receive from someone else but the same type of energy?

The point is focus on your giving, focus on your receiving, focus on balancing the two. Focus on the abundance of good that surrounds you and allow the energy to flow in whatever form it takes. The money you need will be there just as the love you need will be there, the comfort you need will be there, provided you give these things with a generous and open heart as well!

## *From the Love Edition Course*

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

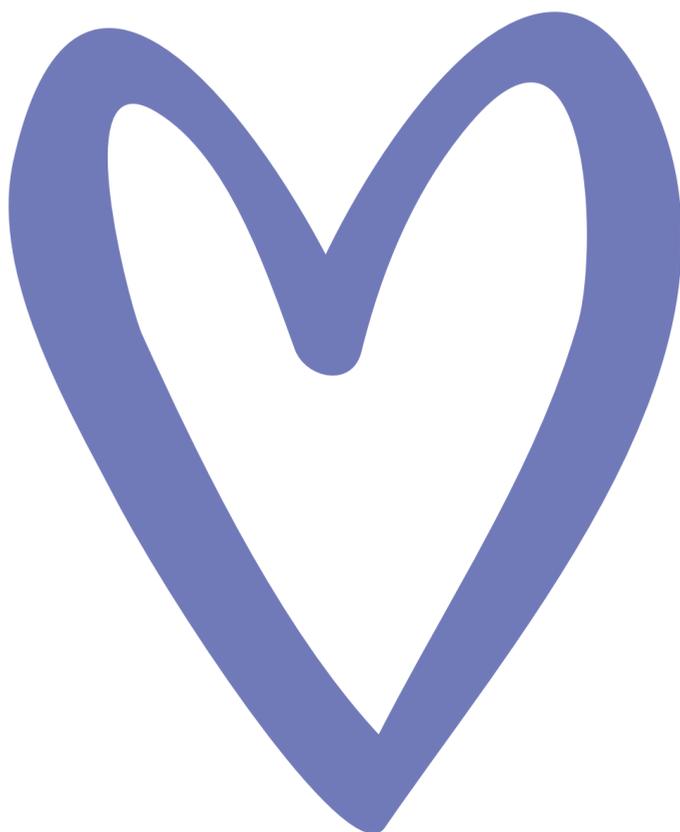
Remember “The only thing that can be denied to you is that which you refuse to give”.

In accordance with this law, it is a given that you must be open and truthful with the expectation of receiving it in kind. It follows, therefore that if you are open and truthful and do not receive the same courtesy, consider it a red flag and at the very least ask about it.

Pay attention to how much you give to another. It is easy to fall into the trap of giving and giving and giving with no expectation of receiving. This is out of balance with the law and certainly out of balance in a relationship. This isn't about score keeping, but rather building awareness. If you are giving with the expectation of receiving, or if you find yourself frustrated because you are contributing so much to a relationship with no return, it is an indication that the give and take is out of balance.

Over-giving is also a surefire way to fall into the trap of co-dependency and mothering (or better yet Smothering). It is not for us to determine what another person requires or needs, as a matter of fact, it's rather egotistical to consider that we would even know what another person needs!

In a spiritual partnership, it is better to ask if something is needed rather than give something that was not requested. It's just a waste of energy and time. Likewise, it is better to ask for what you need than to hint, or manipulate someone into giving an inappropriate substitute for what you actually want.



### **Journal Questions and Exercises**

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

- What do you have in abundance? Make a list of 5 things, these can be things like love, friends, money, pens, purses, shoes.
  - First, take a moment to be grateful for each of the things you listed.
  - Next consider how these things came to you, did you give money, time, friendship...how does the Law of Compensation apply?
- What do you want but do not currently have in abundance? Make a list of 5 things.
  - Feel grateful for the things you want, but do not currently physically possess. Feel gratitude for them AS IF they are already there! (Hint, if you have a hard time with this, start with things you already have and are grateful for, then slide this list in)
  - Consider your thoughts around these things that are lacking...where can you afford to be generous with these? Remember the quote..."the only thing that can be withheld from you is that which you refuse to give".
  - If you lack money, consider that "time is money", where can you be generous with your time or other forms of energy?
- Do you have a problem receiving? Consider the following ways that you may block receiving:
  - When someone gives you a compliment, do you say thank you or do you say "oh, it's not really that way"?
  - When someone offers to pay for a meal or give you something do you refuse the gift or feel obligated in some way?
  - Do you have a hard time asking for help when you need it, but readily help others?
  - What are other ways that you may be blocking your receiving? How can you change that?
- Check in with your intentions and expectations around giving and receiving. What beliefs do you have or common phrases do you use that may need to be released or altered?
- Receiving is hard sometimes, because we're taught to give...but rarely taught to receive.
  - Do you have a hard time receiving?
  - How can you build your Spiritual Receiving Muscle?
- Do you Over-Give?
  - What are the signs that you are doing so?
  - How comfortable are you with simply receiving and not giving at all?
  - How comfortable are you with waiting for someone to give first?
- What insights have you gained from this exercise?