



Anne Bolender, Clarity Alchemist

Information Sheet:

12 Laws of the Universe

Law of Attraction - This is the Law that most people are familiar with. Basically, this Law states that our thoughts, feelings, words, beliefs, focus, and actions produce energies which, in turn attract like energies. Negative energies attract negative energies and positive energies attract positive energies.

The Law of Universal Oneness - everything is connected to everything else. What we think, say, do and believe will have a corresponding effect on others and the universe around us.

All of humanity, all of nature, all of the Universe are one and we are all, always connected. Everything that exists originates within and comes from Source, also known as Universal Consciousness, or the unified field of intelligence, or the field of infinite possibilities.

Law of Vibration - Everything in the Universe vibrates and travels in circular patterns. The same principles of vibration in the physical world also apply to our thoughts, feelings, actions, desires and wills in the etheric world. Every thought, feeling, and desire we have vibrates at its own unique frequency and attracts to us things, people, events, thoughts, feelings, etc., that match the unique frequency that we are putting out.

When we shift our thoughts, feelings, actions, and desires from low-frequency negative vibrations to high frequency positive vibrations, we begin to both perceive and draw more positive experiences, thoughts, actions, desires, etc., to us.

Law of Action - The Law of Action must be employed in order for us to manifest things on earth. But not just any action will do. There is no sense in trying to manifest a life of joy and happiness that is based on actions we dislike performing. The type of action that is required here is inspired action. Inspired actions are actions that either bring us joy and happiness, or are rooted in self-love.



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All inspired actions don't have to be related to what you are trying to manifest. If going for a walk feels like the best action for you to be taking, then go for a walk. However, if none of the inspired actions you feel like taking are related in any way, shape, or form to what you are trying to manifest, you might want to have a re-think about what you are trying to manifest and why. What we are manifesting should inspire us to take some relevant actions in order for what we are manifesting to bring us joy in the long run.

Law of Cause and Effect – This Law is related to the Law of Action; in that every action we take has some kind of a consequence – either good or bad. We choose to go for a walk instead of making sales calls (this is the action or the cause). We have a pleasant walk and end up feeling relaxed and refreshed which makes it easier and more fun to make the sales calls (this is the effect). If instead we decided not to take a break by going for a walk so we could relax and refresh but stayed and focused on making sales calls (this is the action or the cause) the effect could easily be us slipping into a negative feeling state (disliking having to make the sales calls) and getting no sales, or ending up feeling really cranky and annoying potential clients.

Law of Correspondence – The principles or laws of physics that explain the physical world (energy, light, vibration, and motion) have their corresponding principles in the etheric world or universe.

For us, what this means is that your outer life is a reflection of your inner life. There is a direct correspondence between the way you think and feel on the inside and the way you act and experience on the outside. In other words, your relationships, health, wealth, lifestyle, home, job, etc., are mirror images of your inner world.

Law of Compensation – With this Law, the visible effects of our deeds or inspired actions are given to us in gifts, money, inheritances, friendships, and blessings.

The Law of Perpetual Transmutation of Energy - All persons have within them the power to change the conditions of their lives. Higher vibrations consume and transform lower ones; thus, each of us can change the energies in our lives by understanding these Universal Laws and applying the principles in such a way as to effect change.



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Law of Relativity - Each person will receive a series of problems (Tests of Initiation/Lessons) for the purpose of strengthening the light within each of these tests/lessons to be a challenge and remain connected to our hearts when proceeding to solve the problems. Everything in our physical world is only made real by its relationship or comparison to something else to something it contrasts with. In fact, everything in our life *just is* until we compare it to something else. **Nothing in life has any meaning, except for the meaning that we give it.** It is all in how you look at your situation and what thoughts and perspective you choose to think about the situation with.

Law of Polarity - Just as everything is relative, everything is on a continuum and has an opposite. We can transform undesirable thoughts by focusing on its opposite. For example, you cannot have a left without a right, an up without a down, failure without success.....we live in a world of duality.

However, these opposites have no absolutes, there is no one point where you can say one thing ends and the other begins, everything is part of a continuum that runs from one extreme to the opposite extreme. Napoleon Hill, author of the classic Think and Grow Rich, wrote "*Every adversity, every failure and every heartache carries with it the seed of an equivalent or a greater benefit.*"

Mastery of this Law of Polarity requires that we learn how to maintain balance, focus, and detachment from the distractions of the material world.

Law of Rhythm - Everything vibrates and moves to certain rhythms. These rhythms establish seasons, cycles, stages of development, and patterns.

The Law of Rhythm states that the energy in the universe is like a pendulum. Whenever something swings to the right, it must then swing to the left. Everything in existence is involved in this dance... swaying, flowing, swinging back and forth. Everything is either growing or dying.

Masters know how to rise above negative parts of a cycle by never getting too excited or allowing negative things to penetrate their consciousness. The key to success in mastering this law is in finding balance. Never allow your emotions to swing too far to the left or right.

The Law of Gender - Yin and Yang, masculine and feminine, all things in the Universe contain both masculine and feminine energies, all living creatures have both male and female genders in order to survive.