

Day 19: The Law Of Reciprocity

Quote today	"Always recognize that human individuals are ends, and do not use them as means to your end." Immanuel Kant
Recap of the Law	This Law flows from the energy of the Golden Rule: Do unto others as you would have others do unto you.
Today I am grateful for....	Write at least three things that you are grateful for on this magnificent day. Connect to the feeling of gratitude.
Meditate (at least 15 min.)	Feel free to meditate on this law or choose a meditation of your choice.
Exercise	As you exercise, send love to everyone you know and imagine them in perfect health.
Hydrate	Drink ½ ounce of pure water per pound of body weight (or 30 ml per kg). 2 glasses upon rising, 2 glasses between breakfast and lunch, 2 glasses between lunch and dinner and 2 after dinner.
Your Life Insight	Bring a gift to whomever you encounter today. The gift may be a compliment, a flower, or a prayer. Today, when you give something to everyone you come into contact with, you will begin the process of circulating joy, wealth and affluence in your life and in the lives of others.
Your Mindful Practice	Take a moment, breathe and just be in the present. Think win/win in all the situations you come across today. Treat everyone you see today as "the most important person".

Day 19: The Law Of Reciprocity, Continued

Your Success Strategy Write or read aloud *Chapter 14 The Impression of Increase from The Science of Getting Rich* by Wallace D. Wattles. (If you feel you really want to integrate this chapter, then find an accountability partner and write it out or read it aloud with your partner for 30 days. If you miss a day, then start all over again until you do thirty days in a row.) Speak highly of everyone in their presence and when referring to them to others.

Your reading meditation This is your reading meditation time—time you have devoted to expanding your thoughts and understanding more about these laws.

Take a nice deep breath in through your nose and let it out through your mouth. You are going to let all the tension leave your body and as you exhale repeat in your mind the word, relax.

You are in the right place at the right time. Your body and mind are in a highly creative vibration right now. Your mind and your heart are ready to receive, completely wide open. Ready to receive whatever it is that you need to know right now. You now have the best possible guidance to allow you to experience the teachings of this Law, and to gather all the important information in any way that it appears.

The Law of Reciprocity refers to responding to a positive action with another positive action, rewarding caring deeds with more caring deeds. It means that people are frequently much nicer and much more cooperative in response to friendly actions. This Law flows from the energy of the Golden Rule: Do Unto Others As You Would Have Others Do Unto You.

The Law of Reciprocity states that all transmissions of energy result in a return of energy in kind, but rarely right away and sometimes from another source. And so those who help you may not be those same ones you help! Acts of contribution, big and small, create a bank of reciprocity. Paradoxically, it is when you help or serve others without expectation of reward or pay, that you invoke the power of this Law. Also what you broadcast into the universe, whether it is negative or positive, is a credit due to come back to you. Your credits may be returned promptly, or they may collect and be returned at a later time.

Another way to utilize this Law is by doing more than what you are paid for. Once again, this helps you bank deposits with the universe and eventually this insures you a return far out of proportion to the service you rendered. Imagine the feeling of giving without expectation of return! Feel how it makes a change in your body. Notice where that feeling is for you.

Now, to finish your reading, take three deep cleansing breaths, knowing that with each breath you integrate the information you have received. Trust that this is so, and it will be.
