

Day 28: The Law Of Compensation

Quote today

"The only gift is a portion of thyself."

Ralph Waldo Emerson

Recap of the Law

Compensation is the visible effect of your deeds.

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 ask yourself, "How can I serve my body today?"

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

Ask yourself throughout your day, "How can I serve with love?" and "How can I help?" Get really good at the service you render.

Your Mindful Practice

Take a moment, breathe and just be in the present. Look at this definition of **MONEY**: **M**y **O**wn **N**atural **E**nergy **Y**ield. (From *The Abundance Book* by John Randolph Price.) Contemplate these words: You are your own money. Money is the physical manifestation of who you are (or who you vibrate). Look at money as the currency of life and be aware of what it is teaching you. Remember to give value and you will be rewarded.

Day 28: The Law Of Compensation, Continued

Your Success Strategy Find *The Abundance Book* by John Randolph Price. Find the Ten Statements of Principle and write them out or speak them out loud. (If you really want to integrate them on your own or with an accountability partner, write them out for 30 days. If you miss a day, then start all over again until you do 30 days in a row.) Spend your money only on things that will propel your dream. Create a new relationship with money.

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.

You've heard the adage "what goes around, comes around." Compensation is the visible effects of your deeds; it can show up as gifts, money, friendships, good health or any other blessing given to you due to your actions.

In the marketplace, the Law Of Compensation pays for value. If you increase your skill (and thereby your value to others), you will increase your income. As Bob Proctor says, "The amount of money you will earn will always be in exact ratio to the need for what you do, your ability to do it, and the difficulty there is to replace you". If you want to increase your compensation, you must amplify the value of your contribution. Your compensation will always be in direct proportion to your service to others.

Your mental attitude, as well as your feelings of happiness and fulfillment, are also the result of the things that you have put into your own mind. Fill your own mind with happy thoughts, full of optimism and dreams of future success, and you will be compensated by those positive experiences in your daily activities. Currency also uses this Law. The more you tap into the infinite supply, and the more you give, the more that will flow back to you.

There is a variation on this which is called The Law of Overcompensation, which states that great success comes from those who always make it a habit to give more than they take. They do more than they are compensated for, go the extra mile, and always look for the opportunity to exceed expectations. Because they are always overcompensating, they are always receiving ample rewards.

To get the most out of relationships with your friends, partnerships, marriage and certainly in business and wealth creation, it is best to give more than you take. In any relationship, or any task in your life, if you want more return, put more positive energy into it. You will be compensated for your good deeds. Give your heart and soul to everything.

Take a moment to feel the abundance and blessings that are coming into your life and connect to the value you are contributing.

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.
