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## LOOKING IN THE UNIVERSAL MIRROR

By Tal Shai

I invite you to entertain the possibility that everything we experience in our 'outer world' is a reflection of that which resides in our 'inner world' - in our psyche.

In essence, we can liken the universe to a mirror that constantly reflects and informs us of that which we hold in our own consciousness.

The process of experiencing our own reflection provides us with the opportunity to get really clear about what we want or do not want to experience in our lives. It allows us to become aware of those inner dynamics that are not aligned with our conscious desires and aspirations.

However, once we recognize what we don't want, it is crucial that we understand and put into practice the universal principles of manifestation. If we don't, we may find ourselves recreating those very experiences that we no longer desire.

One of the most fundamental universal principles is the 'law of resonance'. This principle is founded in quantum physics and suggests that 'like attracts like'.

Let me clarify...

On a quantum level, everything is energy, therefore, people, places and things of like vibration or energy will be attracted to each other. This is how 'synchronicity' occurs. You begin to attune your energy (through thought and feeling) to a certain vibration, and then 'things' of like vibration or resonance are 'magically' magnetized into your experience.

Are you familiar with such adages as "birds of a feather flock together" or "when it rains it pours" or "the richer get richer and the poorer get poorer". According to the "law of resonance" these adages hold much truth!

You attract what you are and not necessarily what you want. So if part of your BIG DREAM includes attracting more love into your life, begin by opening your heart to your own loving. Share this love with those parts of yourself that are angry or hurt and then expand that love to include others. When you resonate loving, more love will be magnetized to you!

To begin changing your outer reality you must first focus on shifting your inner reality!



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Then look in the Universal Mirror and observe your reflection!

PS. I remind you to be gentle with your process. This process is not about judging yourself or your current life circumstances. Looking in the universal mirror is about becoming informed of things as they are right now. It is about receiving feedback from the universe and becoming aware of where you are in relation to what you desire. It is an opportunity for you to gently realign your thoughts and feelings - to realign your 'inner reality' with the Big Dreams you hold for yourself!

## **ABOUT TAL**

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Tal Shai, MA (Counseling Psychology with an emphasis in Spiritual Psychology) is an Intuitive Life Coach who helps people all over the planet create the life of their dreams.

She is the author of the Intuition Heart Cards and Guidebook, an interactive tool designed to support groups and individuals access their inner guidance.

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