

*A Metaphysical Guide Inspired
by Conny Méndez*

eBook

The 7 Universal Laws

"Welcome, seeker of light.

This guide is not just a book—it is a portal.

A bridge between your soul and the sacred truths that govern the unseen
forces of creation.

These are not laws written in stone... they are living frequencies, woven into
the fabric of the Universe.

What you are about to read comes from ancient wisdom, remembered by
mystics, mirrored in nature, and reawakened in the teachings of Conny
Méndez.

Each law in these pages is a key.

A key to understanding your power.

A key to aligning your energy.

A key to reclaiming your role as a conscious co-creator of your reality.

Do not rush through this journey.

Pause. Breathe. Reflect.

Let each chapter awaken something ancient in your spirit.

You were guided here for a reason.

The laws you are about to remember already live within you.

This is the art of remembering what your soul has always known.

May this book be your compass, your mirror, and your light.

Welcome to the magic.

A metaphysical journey inspired by Conny Méndez.

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CHAPTER 1

The Law of Mentalism

Everything begins in the mind.

In the sacred science of metaphysics, the Law of Mentalism is the first universal principle—because it governs the origin of all creation.

This law teaches that the universe is mental.

Everything you see, touch, feel, or experience began first as a thought.

The chair you sit on, the words you speak, the relationships you attract—all were first born in the invisible realm of the mind.

Your consciousness is not a passive observer of reality.

You are the source.

You are the thinker behind every form, the dreamer of your own world.

This is why mental discipline, clarity of intention, and emotional awareness are not luxuries—they are necessities for anyone walking the path of spiritual power.

What you persistently think and deeply believe begins to shape the field of your experience.

Thoughts are not neutral.

They are magnetic.

They vibrate, attract, create and expand—whether you are aware of it or not.

CHAPTER 1

The Law of Mentalism

That is why spiritual masters throughout time have spoken of "guarding the gates of the mind."

Your beliefs become patterns.

Your focus becomes form.

Your imagination is a sacred womb where your future is conceived.

If you desire peace, you must think peace.

If you desire abundance, you must mentally live in abundance long before it appears in physical form.

If you seek healing, you must reprogram your inner language and image until your body follows suit.

💡 "As a man thinketh in his heart, so is he."

This ancient truth repeats across all cultures, because it is the root of all metaphysical law.

The moment you awaken to the truth that your mind is the master key, you step into your divine role: not as a victim of life, but as a co-creator with the Universe

CHAPTER 2

The Law of Correspondence

As within, so without. As above, so below.

The Law of Correspondence reveals one of the most sacred truths of the Universe:

Your external world is a mirror of your internal reality.

Everything you experience—whether beautiful or painful, abundant or lacking—is reflecting something within your own consciousness.

This is not about blame.

It is about awakening to your power.

Just as the ocean reflects the sky, your life reflects your beliefs, expectations, emotions, and energetic frequency.

Every relationship you attract echoes your own inner dialogue.

Every challenge you face is pointing you toward something in need of healing or integration.

The outer world is a teacher. A sacred echo.

It shows you what you have been thinking, feeling, and radiating—often unconsciously.

If your life feels out of harmony, it is not the outer circumstances you must first change.

It is your inner alignment.

CHAPTER 2

The Law of Correspondence

Ask yourself:

- ✦ What belief is this situation reflecting?
- ✦ What am I holding inside that is calling this energy toward me?
- ✦ How can I shift my vibration to invite a different reality?

The Law of Correspondence is not punishment—it is precision.

It is the divine mechanism that ensures that you are always in dialogue with the Universe.

When you cultivate peace within, peace surrounds you.

When you choose gratitude, life expands to meet that gratitude.

When you tend to your inner garden, the flowers bloom around you.

This law also reflects the deeper metaphysical truth:

The microcosm and the macrocosm are one.

You are the Universe in miniature.

As above, so below. As within, so without.

The same divine intelligence that spins the stars lives in you.

By aligning your thoughts, emotions, and intentions with love and truth, you bring yourself into harmony with the greater cosmic order.

You are not separate from the world—you are the blueprint that shapes it.

Your inner world is your greatest creative tool.

CHAPTER 3

The Law of Vibration

Everything is energy. Everything moves.
At the heart of the Universe, everything vibrates.

This is the Law of Vibration: the understanding that nothing is still—all matter, thought, sound, and emotion are in constant motion, resonating at their unique frequency.

You are not a static being.

You are a living symphony of energy, and your vibration determines what you align with, what you attract, and what you experience.

The ancient mystics, the quantum physicists, and the spiritual teachers all agree:

Your frequency is your reality.

Every thought you think emits a vibration.

Every emotion you feel ripples through your aura like a song.

Every word you speak charges the field around you with a magnetic signature.

Low vibrations—like fear, guilt, envy, and shame—create energetic heaviness.

High vibrations—like love, gratitude, compassion, and joy—lighten your field and open portals to expansion.

This law is not about pretending to feel good when you don't.

It is about recognizing your power to shift your energy, one conscious breath at a time

CHAPTER 3

The Law of Vibration

To raise your vibration, you must become intimate with your emotional state.

Ask yourself daily:

- ★ What am I feeding my energy to?
- ★ What am I allowing into my field?
- ★ What do I need to release or bless to return to alignment?

Rituals, affirmations, sacred baths, sound healing, and creative movement are all tools to recalibrate your frequency.

And the most powerful tool of all is presence.

When you are fully present, not resisting the now, your vibration naturally rises.

You reconnect with your essence—the part of you that is always whole, always radiant.

The Law of Vibration reminds you:

You don't have to chase your desires.

You only have to match their frequency.

Everything you want is already vibrating at a certain level.

When you raise your inner world to meet it, manifestation becomes inevitable.

You are not separate from the Universe.

You are the vibration that calls it forth.

CHAPTER 4

The Law of Polarity

Every truth contains its opposite.

The Law of Polarity is one of the most misunderstood—and most liberating—universal principles.

It teaches that everything has two poles, two extremes, two aspects of the same reality.

Light and dark.

Love and fear.

Hope and despair.

Each exists because the other does.

They are not enemies.

They are complements.

And when we embrace both, we unlock wholeness.

This law reveals that opposites are not meant to divide us—they are meant to awaken us to choice.

The contrast helps us define what we want, what we value, what we are ready to step into.

Without sorrow, would we recognize joy?

Without silence, could we appreciate music?

Without the shadow, would we truly honor the light?

This does not mean we must suffer to grow.

But it does mean we must become aware of the power of perspective.

CHAPTER 4

The Law of Polarity

Everything contains its opposite—and your focus determines what becomes dominant in your life.

If you're experiencing fear, the antidote is not to escape it, but to lean toward its opposite: love.

If you're lost in confusion, reach for clarity.

If you're surrounded by scarcity, nurture the frequency of abundance.

The Law of Polarity says:

“What you resist persists. What you embrace transforms.”

You hold the power to transmute energy by shifting your vibration from one pole to another.

That is the essence of alchemy.

You are not trapped by your circumstances.

You are simply standing at one end of a spectrum.

And at any moment, with intention, you can slide to the other side.

This law reminds us:

Duality is part of Earth.

But your consciousness can unify what seems divided.

You are both human and divine.

Both shadow and star.

And in accepting the fullness of who you are, you become free

CHAPTER 5

The Law of Rhythm

Everything flows. Nothing stays the same.

The Law of Rhythm teaches us that life moves in cycles. Just as the tides rise and fall, just as the moon waxes and wanes, your personal energy follows a divine rhythm.

There are seasons for everything:

- Times to act, and times to rest.
- Times to build, and times to surrender.
- Times of light, and times of sacred shadow.

This law is not a punishment. It is a dance.

It reminds you that nothing stays still, but nothing is lost.

Every contraction is followed by an expansion.

Every winter eventually becomes spring.

When you resist the rhythm of life, you suffer.

When you honor it, you move with grace, peace, and alignment.

CHAPTER 5

The Law of Rhythm

In moments when things feel slow or heavy, you may feel like you're failing or falling behind. But the Law of Rhythm whispers: "You are simply between waves. Trust the return."

Many spiritual seekers become impatient in the resting phases.

But healing, clarity, and spiritual power are often cultivated in the quiet, in the void, in the in-breath of the Universe.

This law encourages you to:

- Flow instead of force.
- Trust instead of push.
- Feel instead of fight.

When you accept that everything in your life—your emotions, your goals, your relationships—is part of a sacred tide, you reclaim your softness.

You remember that it's okay to pause.

That doing nothing can be just as powerful as taking bold action.

The Law of Rhythm brings peace to the soul.

Because it assures you: This too shall pass.

And not only will it pass—it will return with more clarity, more energy, and more divine timing.

Let your rituals reflect your rhythm.

Let your intuition lead your steps.

Let your soul breathe in sync with the cosmic pulse.

You are not separate from the dance.

You are the rhythm

CHAPTER 6

The Law of Cause and Effect

Nothing is random. Every thought is a seed.

The Law of Cause and Effect is the universal reminder that everything you think, say, feel, or do sends ripples into the Universe—and those ripples always return.

There is no such thing as coincidence.

There is no action without reaction.

There is no thought without consequence.

This is not to frighten you—it is to empower you.

Because this means that you are not at the mercy of chaos.

You are a conscious participant in the unfolding of your life.

Everything happening around you is connected to energetic seeds you've planted—yesterday, last year, maybe even lifetimes ago.

These seeds may have been planted with love... or with fear.

With awareness... or unconsciously.

But once you awaken to this law, you reclaim your role as a sacred gardener.

Every word you speak becomes a vibration in the field.

Every action you take carves a path into reality.

Every emotion you nurture feeds the energy that creates your future.

CHAPTER 6

The Law of Cause and Effect

You may not always see the fruit immediately.

But the law is exact.

What you sow, you shall reap.

Not as punishment. But as reflection.

If you want more love, be love.

If you want peace, radiate peace.

If you seek abundance, give freely and think abundantly.

The Universe is always responding to you—not your desires, but your energetic patterns.

And here's the greatest secret:

A single conscious thought, spoken with intention and truth, can override years of unconscious creation.

You can interrupt old patterns.

You can begin again.

Your past does not bind you.

Your awareness is the tool of transformation.

With this law, you become a master of your karma—not a victim.

You understand that your life is not happening to you—it is happening through you.

So plant your thoughts with care.

Speak your words with reverence.

Move with intention.

Because the field is always listening.

And the Universe always echoes what you offer

CHAPTER 7

The Law of Gender

The Sacred Balance of Masculine and Feminine Within
The Law of Gender is not about biological sex.

It is about energetic polarity—the sacred dance between two divine forces that exist in everything: the masculine and the feminine.

This law teaches that creation requires both energies.

Not just in relationships, but in your own soul.

The Divine Masculine is structure, logic, action, protection, forward motion.

The Divine Feminine is intuition, creativity, receptivity, nurturing, stillness.

These are not opposites—they are complements.

And within you, they are both present, both sacred, and both necessary.

When you are too much in the masculine, you may become rigid, burned out, disconnected from your inner knowing.

When you are too much in the feminine, you may feel lost in emotion, ungrounded, or unable to manifest.

CHAPTER 7

The Law of Gender

But when you allow these forces to coexist in harmony, you step into your full spiritual power.

You become a vessel for divine creation—able to dream with the feminine and act with the masculine...

...to feel deeply and still move forward...

...to trust the mystery while building the structure to hold it.

This law also shows up in the rhythms of the Universe:

- Day and night.
- Sun and moon.
- Logic and intuition.
- Giving and receiving.

Nothing can be birthed without both forces.

Not a child, not a ritual, not a manifestation.

You must plant the seed (masculine) and nurture the soil (feminine) for the flower to grow.

In spiritual practice, this means:

- Trusting your visions and taking action.
- Listening to your intuition and setting clear intentions.
- Allowing space for mystery while holding it with sacred structure.

When you embrace both energies within, you create balance.

You awaken your inner union.

And from that sacred inner marriage, all things become possible.

This is the true power of the Law of Gender:

It calls you home—to wholeness, to harmony, to the divine creator you were always meant to be

CHAPTER 7

Final Reflection

Living in Harmony with the Laws

Now that you've walked through the seven universal principles, the question is no longer *"How does the world work?"*

The question is:

✨ *"How will I now work with the world?"*

The Universe is not random.

It is intelligent, precise, mystical... and responsive to your vibration.

You are not here to struggle against it.

You are here to dance with it.

Let these laws guide you—not as rules to follow, but as **energetic currents** to flow with.

The more you live in alignment with truth, the more effortlessly life unfolds.

Return to these teachings often.

Not to memorize them, but to integrate them.

Make them part of your rituals, your choices, your creations.

And above all, remember:

You are not separate from the Universe.

You are a spark of its infinite mind.

You are both student and teacher, dreamer and dream.

Keep creating with love.

Keep walking in light.

— MJ from Omas Sacred Tools

📖 *This message was written in devotion to your spiritual path.*