Round 2 · Lesson 3 · Correspondence

As Above, So Below

By the end of this lesson, you can spot how the way you handle small things shows up in the big things, and use that to change both.

About 20 minutes All ages Round 2

Part 1 · Read (5–8 min)

The big idea

> "As above, so below; as below, so above."
>
> The Kybalion (1908)

How you do anything is how you do everything.

Look at a river from an airplane. It splits into smaller streams, which split into creeks. Now look at a tree: trunk, branches, twigs. A bolt of lightning. The blood vessels in your hand. **The same branching pattern shows up at every size.** That's a real, measurable thing in nature.

The Kybalion's second principle says patterns repeat across levels: *"As above, so below."* Spiritual readers see the big universe reflected in each person. In everyday life, it means this: **the small stuff and the big stuff run on the same pattern.**

- Someone who's always five minutes late is often late on bills, goals and promises too.
- A messy truck cab often matches a messy schedule and a messy budget.
- The way a business treats its smallest customer tells you how it'll treat you when something goes wrong.

This isn't about shame. It's good news, because **it works in reverse too**. You don't have to fix your whole life at once. Change one small pattern for real (make your bed, show up on time, answer messages within a day) and the change tends to spread upward. Small wins teach your mind a new pattern, and the mind uses that pattern everywhere.

It also works between the inside and the outside. Your outer world (your space, your money, your relationships) often reflects your inner world (your thoughts and feelings). When the outside is chaos, zoom out and ask what's going on inside.

Part 2 · Practice (10 min)

Find your pattern

Pick one small habit and look for where the same pattern shows up bigger.

Small pattern	Where it shows up big	One small fix

Example: "I leave dishes for later" "I leave hard conversations for later" "Wash each dish right after I use it."

> Bonus: The University from above
>
> Zoom all the way out over the city, then all the way in on one building. What pattern repeats?

Part 3 · Check yourself

3 quick questions

1. "As above, so below" means:

- Patterns repeat at different levels
- Heaven is upstairs
- Big things don't matter

Patterns repeat at different levels. The same pattern shows up small and large.

2. A real example of a repeating pattern in nature is:

- Rivers, trees and lightning all branch the same way
- Every cloud is a square
- Rocks grow like plants

Rivers, trees and lightning all branch the same way. Branching patterns repeat at many sizes.

3. The good news about this principle is:

- You must fix everything at once
- Changing one small pattern can spread to big ones
- Patterns can't change

Changing one small pattern can spread to big ones. Small real wins teach your mind a new pattern.

Part 4 · Try it this week

Your real-life task

Do your one small fix every single day for seven days. Don't touch the big problem. At the end of the week, check whether the big one moved even a

little.

Next: Sacred Geometry

The shapes and numbers that keep showing up in sunflowers, shells and honeycombs, and what they can teach you.

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