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# Living in Abundance and Prosperity Ebook

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## **Your Thoughts are Important**

Whatever you see in the physical universe has been created in one way or the other by your thoughts. Your thoughts are the blueprints of what later becomes physical form and your reality or life. Everything starts with an idea, which is a thought. That's why it is crucial to pay attention to your thoughts. I remember years ago when I first heard this, actually I think it was a couple of decades ago when I first read Louise Hay's book "You Can Heal Your Life". It had never dawned on me that my thoughts created my reality way back then; it was quite a "light bulb moment" indeed 😊 Which, by the way, if you have not read this book, it is a wonderful book that never ages. The wisdom in this book is just as relevant today as it was 30 years ago and is one you will always want to keep and refer to.

If you worry about getting all those bills paid you will create more of the same thing, simply because you have thought about it and have fear about it and that is what you are focusing on. If you worry or think about ill health, you will receive it, if you focus on being alone and lonely, you will be, and on and on. Your thoughts are nothing more than frequencies or vibrations that resonate with similar vibrations already existing in the universe. The universe and the universal laws simply "provide" for us, they know no distinction between focusing on NOT being sick, or worrying about sickness, it just hears "sickness", and looks to provide that for us because that is what we are focusing on. It doesn't differentiate with the words NO or NOT, it still draws that energy to you. So that is why it is so important to focus on what you DO want instead of what you DON'T want. The universe also knows no distinction between past, present, and future. It simply draws and resonates with what you are currently focusing on. Your thoughts and focus can be changed at any time. You want to be able to control your thoughts, given that they create your reality. If

you can control your thoughts, you can control what you want to create and manifest in your life. If you can't control your thoughts, things will manifest that seem random and unconnected to you – and they are – they are actually manifested from other people, or group or mass consciousness, etc. So your words want to be in the present tense and positive, I AM, I HAVE, I DO, and with the intention that it “already is”, what you want has already taken place and then detach, no wondering how the universe is going to provide this. Be open to wonderful synchronicities in your life.

If you are not clear on what you want (you are more clear on what you don't want), then it is better to focus on happy thoughts and things that make you feel good, even good memories, than focusing on what you don't want. The universe will respond to happy and your “feeling good” and that is a good start if you are not sure of what you want! It is very common for people to not really know what they want, so then of course it is hard to create that. Be specific. What will your life look like if you have what you want? Who will be in your life? What will you be doing? Where will you be living? If you had all the money you wanted, what would you create in your life?

The key to making the Law of Attraction, or any of these processes work, is eliminating resistance, fear, and doubt, because that energetic resistance and doubt is the only thing that stands between us, where we are right now, and what we truly desire. So some questions you may ask yourself: am I willing to receive? Do I deserve (whatever it is you are wanting)? Am I worthy of it? Will I allow myself to have it, if not, why not? Do I really believe it can happen and come to me? If not, why not? Am I getting some kind of payoff or benefit for not having it in my life now? What is the worst thing that could happen if I had everything I want in my life now? What is the best thing? Some questions for you to start to think about now...☺

## **Manifesting**

The relationship you have with money is directly correlated with the relationship and attitude you have with yourself and the rest of the world. So if you want to become financially free, take a moment each day to send positive, loving self approved abundant thoughts to yourself, others, and to the universe.

***"Money is energy and energy is limitless. Only our fear and our limited way of thinking make money seem scarce." ~Barbara Wilder***

The highest vibration on the planet is love. When you start surrendering to love, you are actually vibrating at a higher frequency and can attract a higher income of money and more abundance and prosperity into your life. When you can remain fixed in feeling love for yourself no matter what happens in your outer world or how much money you have in your bank account, you are truly free from the financial world.

By consistently loving yourself every moment of the day, you are opening up actual energy channels in your body, mind, and energy field to the very highest vibration there is. You can receive all of the financial abundance that you want when you open up your vibration with self-love. When you are consistently meditating on love, forgiving yourself and others, and sending love to others, the feelings of abundance will start flooding in. By holding onto anger, resentment, grudges, unforgiveness, etc., you are stopping the flow of abundance in your life among many other things.

To develop your manifestation skills and/or if you are having difficulty manifesting, here are some steps to follow:

1. Be clear on what it is you want (not focused on what you don't want)
2. Be aware of any resistance or fear and use affirmations and other clearing work to remove it.
3. Go to your heart center and see the Divine Spark there – this is the place of creation that is in everyone.
4. Within the Light of Creation or Creator, see and feel yourself using or experiencing that which you want to manifest.
5. When finished, speak these words "In the perfect mind of the Universe, this (name of desired item/experience) (or something better) is mine already, right now! And I give thanks that this is so."

Practice this daily, twice a day is even better.

- Throughout the day when it pops into your mind, see it coming to you with grace and ease or feeling and visualizing it already there.

## **Blocks to Getting What You Want**

### **Consciously Release ALL Negative Energy Inside You**

Many people don't know how much negative energy they are carrying around. Especially if you grew up in a negative and critical environment; that may be all you know. The more energy you spend suppressing negativity, the less energy you have for manifesting what you do desire. This was very enlightening to me as I started to become aware of my thoughts and words and I had to consciously work at shifting them to a positive outcome and did a lot of "canceling". And now, it is just the opposite, I am so aware of anything negative, if I speak it or someone else, that I literally stop and cringe as it no longer resonates with who I am at all. And I know now that you can change any program or belief, so I have to hold myself back from saying to others "would you like to change that?"

## **Let Go of Attachment to Outcomes**

The more deeply you become attached to a specific outcome, the lower your Manifesting Vibration will tend to be. Feeling attached to something, someone, or an idea literally contracts your entire body and mind because you are holding it too tightly. Whatever you are attached to becomes a "supposed to" in your life, meaning you'll feel that, "life is supposed to be this way or not supposed to be that way." The more "supposed to's" you hold onto, the more suffering you'll experience. Just look at what happens when you hold on to any physical object for too long, your muscles get tired of holding it and start contracting instead of relaxing. This same principle holds true when you hold too tight onto a specific future experience, desire or idea about this is the way it's "supposed to" be. Once you consciously let go of your "supposed to 's" in life you free up that energy and can refocus it back on FEELING your intention has already manifested for you! This is a fantastic manifesting secret because you can start enjoying your life instantly and you're attracting your desired outcome to you at the speed of light! This is good for relationships too, like a love relationship or work relationships or friendships. Let go of how you think it should be, of who you "think" your soul mate should be or how you should receive your dreams and things you want in life. Let the universe figure it out for you and give yourself a break. Things and people could come to you in the most miraculous ways you would never, ever have thought of 😊 Let go and detach, and allow all the good to come to you that you deserve and want in life.

Allow the synchronicities of life to come to you with grace and ease and know that you can manifest or have anything in your life without having to know "how" it can happen. You don't have to figure it out....what a relief 😊 Speaking from experience, all the wonderful things that I have in my life now like creating my own "job" and having this supply me abundance in all ways, of living part of the year in

Wisconsin and part in Arizona, of living in beautiful Arizona connected to my life purpose, all these things and more, I had no clue of or how to "get" them just 5 or so years ago. With detachment, trust, theta healing, and changing my perspective and beliefs on things, I have manifesting all of these things in my life in ways that I couldn't have possibly imagined 5 years ago. The synchronicities that opened up to me were like little miracles all the time. And if I started to doubt or go into fear, every thing "stopped", literally. Then I knew I had to go to even a higher vibration and thought forms and worked through the doubts and fears and once I did things opened up even better than before. I know this first hand from my life experiences and watching it happen with others.

### **Stay Clear of Fear**

I know, that is easier said than done, especially right now on the planet. But it is also coming up for a reason on the planet....for us to realize fear on all levels and come from a place of love instead. Things are tumbling down all around us now, in the US and other countries, religions, political systems and leaders, the economy, greed, anything that is not in alignment with love and the higher vibrations is falling away and cannot be taken with us into the new energies of the future. Just like anything else, the more we resist and buy into the fear the more we bring it to us. We have the opportunity to clear the fears, so we are free to create more harmony, joy, and peace in our lives and in the world.

It is our choice what we choose to experience and focus on. Fear has been a part of humanity from its beginnings. It is the lowest vibrational frequency we can experience; and unconditional pure love, is the highest. Your ego is always there to provide more fear for you if that is why you choose to focus on. And once you clear your fears and your vibration raises, the more you will focus on and stay in the state of the higher vibrational energies of abundance, love,

joy, compassion, etc. Remember that if you are in a state of fear about something, it is your ego that is in control, and love is the opposite of fear...try shifting your vibration to one of love and release the fears.

The world cannot not continue to be led by greed/injustice/fear, and corrupt power. The earth is ascending and with it comes higher vibration thinking such as peace, justice, equality for all, abundance for all, unconditional love, trust, joy, etc. You cannot have this with the old systems in place that are running our country and world. It is up to us to decide what we would like to experience going forward. The natural tendency is to be informed of the potential dangers and fear them so we are prepared. Consider choosing to be informed just enough to let spirit guide you in any preparations that would serve you to create more safety. And in this knowing stay in the mood of feeling confidently safe, free of the fear. Fear will only attract to you more of which to be afraid of. Consider watching the news less, reading the newspaper less, discussing how terrible things are less with people, and focusing your energy more on your spiritual growth, raising your vibration, clearing your own issues and fears, all which in turn raises the level of consciousness on this planet.

I gave up watching the news and reading the paper years ago, I just couldn't handle all the doom and gloom. I am much better off and I know that I will be made aware if anything big happens, and even then we have a choice of how we perceive it and handle it. I meditate now in the morning and in the evening and it is much better for me than the daily news!

Many say and I believe also, that the planet is shifting rapidly and the veil is lifting. Your guides and angels are closer than ever, as well as the ascended masters and archangels. The spirit realm is eager to comfort and help us.



Let go of the ego and fear based thoughts...choose the higher vibrations to focus on....make it a conscious choice to do so!

The greatest opposing manifesting force in the universe is fear. When we discover that our fears are merely the shadows of negative thoughts and emotions, we can free ourselves from the limiting beliefs we've placed upon ourselves. When we live each day free of fear and doubt, everything we want in our lives becomes magically attracted to us in the most miraculous ways.

### **Handling Delays and Rejection –**

Even if you do not see your prosperity increasing right away when you start to work with these concepts, don't give up hope. It has taken you your entire life to be in the position you are in right now, so it may take a little while for it to change. Your mind will wrap around and grasp what it can and what you are ready for. Remember to use concentration and focus and stay positive and give thanks, and naturally, you will see positive results happen in your life. They may start out as small, acknowledge them, give thanks and work on handling larger things you want to manifest in your life.

The law of attraction states that you will receive what you have asked for and what you focus on, provided that you have been clear in your request and have also been patient and open to see how its energies manifest in your life. It is law...like attracts like.....so no matter what is happening in your life or the world around you at the moment, focus and concentrate on all the good things in life, for there are ALWAYS good things and good people....unconditional love, joy, abundance, prosperity, charity, gratitude, giving and receiving, freedom, choice, relationships, and all the other good things you want to attract in your life.

This is what I have learned, doing what you love or your passion, really, really matters. That in itself opens up the flow to abundance in your life like nothing else. But so many are afraid to do this, as I was. And now I can only say, why didn't I do it sooner? But first I had to really trust that if I was in alignment with what really brought me joy and why I came here, the universe would provide unlimited abundance for me. It was scary; I didn't know if I believed that 100%, I had to talk myself into it (and my husband:) But I did. And I can say that since I have done this I have been provided for 100% and never felt more abundant in my life. And I don't have a paycheck. I have the freedom of not being tied to a paycheck, which was the scariest thing for me to give up, because I always was tied to a pay check, as soon as I was old enough to work. But I always lived paycheck to paycheck too and there was never "enough". Now? There is always enough....

But I was programmed with "you didn't necessarily like your job or even think if you liked it or not, you just did it because you had to, and you had to work long and hard." It was all about pain and struggle. I remember the many times I worked overtime or 2 jobs just to get by and I was never so broke in my life and I sure didn't feel prosperous. So you see it is NOT about paychecks, working long hours, struggle, hard work, etc. It is not about that at all. Those are just limiting beliefs and programs. But at the time I was doing the best I could and I did not know any other way and it was how I was brought up. Now I know differently, I choose differently and my thoughts and beliefs are different and therefore my reality and life is very different and I can honestly say the best it has ever been in many ways.

## **Gratitude**

### **Experience Gratitude for the Abundance You Do Have**

One of the most powerful ways to open up your ability to receive more abundance is to relax into the energy of gratitude. The act of feeling grateful for the money that you DO have instantly shifts the energy in every cell of your body, as well as those electrons in your bank account! As you flood your body-mind with gratitude, you start to feel complete and whole on the deepest levels. When you are thankful, you know that your "cup runneth over", and are no longer in the habit of desperately searching for ways to fill it up.

This old world unconscious search for something to fill you up is what creates the lack in your bank account and your life. The yearning, needing, and searching feeling creates stress in your body which blocks the abundance you are here to receive. Connecting with deep feelings of gratitude means everything is already perfect exactly as it is, and that manifesting more money is not the most important thing in life. It is not really about money at all; it is the feeling that you are after when you don't have to worry about money that you want. This concept frees you from money, and on one level instantly makes you financially free! So every time you start to strive for more abundance in your life, stop... and be grateful for what you already have. You'll see how effortless it is to receiving more financial prosperity down the road.

Gratitude is one of the most powerful and transformational energies on the planet. Every time you are grateful for how the universe has blessed you, you send out a high vibrational energy that starts magnetizing even more abundance into your life. You cannot feel fear, scarcity, or doubt when you are full of gratitude. When you embrace

gratitude as a way of being you naturally know the truth of your soul's path and mission, and that you are already blessed with everything you need.

Some ways to start practicing gratitude in your life are:

- Use a journal to express your deepest thoughts and moments of gratitude
- Take a walk and focus on the trees, colors, birds, flowers...get in a relaxed state and gratitude will flow easier
- Write some affirmations of your own that will help remind you to focus on gratitude and leave them where you can see them several times a day
- Write thank you notes to people you appreciate in your life
- Set aside a few quiet moments each day or night for reflection on what you are thankful for that day....(your family, your friends, animals, where you live, your car, freedom, health, peace, etc.)

## **Abundance**

Abundance is the natural state of the universe; it is everyone's birthright. The Creator wants everyone to be abundant. We always receive what we believe, the universe provides to us based on our beliefs. Abundance is merely the universe's response to our thoughts and feelings....or not, depending on what we think. The universe is energy with potential, waiting for instructions from us. We are connected to this fluid energy and we are always creating something with it. We can only create in abundance; if we are not in abundance we are in some form of lack....struggle.....pain....fear....doubt....resistance.....resentment....., etc., these are the things opposite of abundance. These are the limiting beliefs you need to work on changing.

What you give to another, you give to yourself. What goes around comes around. Service to others, free of anything given in return, is high-quality giving. Giving of our time and talents to better someone else's life returns the good we have given at least 10 fold to us. You don't need to worry about what you get back, just what you are going to give out. The universe will be taking care of giving back. Life is about the highest quality giving. Not the highest quality getting. When you give someone love and support, you also give it to yourself. As you validate someone's self worth you also validate your own. As you forgive another, you forgive yourself and are forgiven. As you recognize the higher self and wholeness within another, you recognize and remember this truth within yourself. What you give out, you do get back, multiplied.

Appreciate everything in your life. Express gratitude for every single moment and event of your life. It all has meaning and gets us to where we are going one way or the other. It is all important and there is a reason for each experience and person in our lives. Nothing is by accident. The more you create feelings of appreciation and gratitude, the more you will attract into your life that which you can appreciate and for which you can feel gratitude. Gratitude is one of the highest vibrations in which we can be. Look for things in which you can be grateful.

Write a thank you note once a week to someone to express your appreciation for them. I did this once and I was amazed at how good it felt! I just wrote a note from my heart of what I had learned or appreciated from the person and what I wanted them to know. Kind of like things you wish you would have said maybe before someone dies. Do it now, get in the vibration of giving and appreciating and showing gratitude. It will change your life. Appreciate yourself for what you are remembering and for the joys you are creating. Be thankful for getting out of bed each morning and having your feet touch the ground, being able

to walk, to see, to hear, to feel. Give gratitude for your food, your home, your car, your pets, your job; your friends and family and the freedom that you have every day.

Here are 3 secrets to help you tap into your natural ability to channel abundance into your life and into the lives of others:

### 1. Fully Acknowledge, Accept, and Embrace Your Abundant Nature

The secret of feeling your abundant nature is to open your heart, and fully embrace the abundance that has already blessed your life. Remove any shielding around your heart and imagine throwing it into a big fire. Let your armor melt away. Then, breathe deeply and physically open your arms wide, inviting this abundant Universe into your heart. With each in-breath, imagine that EVERYTHING in the entire Universe is pouring into your heart; all the stars, planets, Earth, and its entire people. Feel how truly abundant life already is.

### 2. Welcome with gratitude the abundance that is all around you.

There is an abundance of people on the planet to create things for you, grow food for you, and supply water to drink, etc. Let in the abundance of joy, pleasure, opportunities, and laughter into your heart. Feel this abundance of support at your very core. You have already been and will always be blessed by the abundance of the Universe. You may have partially closed the door to feeling this abundance due to past conditioning or scarcity thinking. Consciously open the door now, and proclaim the truth to the Universe.

### 3. Become a Channel of Abundance for Others

One of the best ways to remain in the flow of abundance is to practice giving to others from the place of deeply knowing that you are an abundant infinite being that will never die. Since abundance is a flow of highly charged positive

infinite energy, the more you open up, feel this energy, and share it with others, the more you will naturally feel this abundance inside yourself. A few ways that you can be this channel are giving your time spontaneously to someone who needs it, unconditionally giving your love to someone lacking love, sharing new inspirational ideas with others, emailing others inspiring information, giving gifts to people just for fun, or sharing something beautiful you have created like music or poetry or art. You'll spontaneously feel better when you reconnect with this joy of giving freely.

Just imagine what your world will be and feel like when everybody FEELS that there is an abundance of love, money, energy, and joy to share freely. All greed, fear, and lack will be eliminated when we all share freely from this truly abundant state. It will be impossible to have another war. I invite you to do a random act of kindness for someone (anyone) this week and step into being that bright guiding light of abundance that you are. If you cannot do it for someone else, do it for yourself, so that you can feel more abundant and free! This feels wonderful to do and you can do it randomly or anonymously too. The possibilities are endless.

Just because something "is", or has always been, doesn't mean it HAS to be that way, we are choosing it to be that way and we can choose differently. You always have the choice each and every day of choosing something different and choosing to think differently. Be open to how the universe can orchestrate things and synchronicities for you, you will be totally amazed, I guarantee it😊

Did you know that right now, in this very moment, all of the financial security, divine prosperity and abundance of the Universe wants to flow into your life? All you need to do is open up, relax and learn how to allow it in! An interesting aspect of this Universe is that the more you push or force something to happen in your life, the more it actually gets

pushed away from you. In fact, pushing for something to happen never achieves what you truly desire in life. We all want the effortless flow of abundance where we are allowing it to manifest for us graciously.

One sacred secret to manifesting abundance is having the courage to allow things to come to you. This means giving up impatience, pushing, striving and getting out of the way so that the Divine flow can enter. Just look out into the billions of stars at night, this is a truly abundant Universe naturally! A small part of you may be afraid to let go of striving and struggle and simply allow abundance in. It's not hard to relax; in fact it's incredibly easy. Remember that childlike energy inside of you? The part of you who can surrender, laugh, play and stop trying so hard to get somewhere? Tap into that energy...we all have it inside of us. Try tapping into it for 5-10 minutes a day and then longer....it will make a difference in your life!

## **Money**

Money is a system of energy. It is a neutral energy with a belief and perception we have each placed on it. The amount of money you have or don't have is directly related to your beliefs about money. A lot of people believe there is not enough money, and their life reflects that belief. Every time you spend money, what feelings do you have? Do you feel good or feel worried? What thoughts run through your head? Do you worry you shouldn't be spending money because you are thinking how much you do not have, or are you thinking: I love to spend money because there is enough money for everyone and I always flow a lot into my life.....

We are free to create any belief we want about money (or change any belief we have about it). What if you were to believe: I am wealthy and I am spiritual. I am allowing money to flow easily into my life and I am using it to enrich



my life, and the lives of others. I am grateful for all the abundance that flows to me on all levels. I am healthy and experiencing a life of grace and ease and I am spiritual. Every time we have an interaction with money, the universe is giving us a chance to clear the deep beliefs of not enough and the feeling of fear from our cells. Think about it next time you feel fear or lack about money, and give yourself a chance to change and heal that.

In truth we are meant to be prosperous, without a care about money, and easily pay our bills on time. We are not meant to be focused on money; instead it is meant to flow naturally without any real focus on our part. We have learned to see money as dirty, or we are in awe or fear of it, or we see ourselves as unworthy, especially as Lightworkers, money shouldn't cross our hands some may think, or all healing should be free. So I ask you then if you believe this, how are you supposed to provide for yourself if you are a healer or spiritual teacher? Who will buy your food and pay your heating bill and put gas in your car? Money is simply an exchange of energy we have created on this earth that right now we all still need to survive. We need food, clothing, a place to live, etc. What loving, caring God would want us to suffer, to go without just because we are a healer? It doesn't make any sense, but many, many healers feel bad about charging for their services and that it is not right and of course they have issues with prosperity and abundance in their lives.

It is also common that we may have taken a vow or oath of poverty in a past life and this definitely needs to be cleared to move on with our life. What a waste of energy worry is if you really think about it. It creates as much of an obsession with money as being greedy does. Both come from a place of fear, fear of losing, fear of going without, neither is necessary. But to get to this 'new' place, we have to change our thinking. We need to write over our old beliefs and fears, with new truths that empower us.

Make friends with money; put it everywhere, even if it is coins at first or 1 dollar bills and work up to 5 and 10 dollar bills. Put it where you can see it all the time and know it is there and be comfortable with it. Put it in your drawers, purses, pockets, coats, car, in your bedroom, and any place else you can think of. Find a way to keep the energy of it light and playful and flowing. Think positive thoughts, wouldn't it be nice if I had all the money I wanted, if I never "worried" about money again, if all my needs were provided for, if I trusted in the flow of the universe to provide, if I could manifest anything I wanted anytime I wanted. All this is possible or more.

### **Your Beliefs About Money**

Begin to look at how you perceive money, wealthy people, your self worth, etc. Consider who or what you perceive your source of money is - your boss, your job, your skills, your partner or God? How do you handle money? Do you spend it as soon as you get it? Are you tight with money, is it hard for you to spend money, give it to charities? Do you have to work hard for it? Is there only a certain amount of it? Do you deserve it? Ask yourself where these beliefs came from and if you are ready to release the limiting ones in your life now.

Think of money as neutral because it has nothing to do with your worthiness, although some people think they aren't deserving and not deserving of good things and money could fall into this belief category too. This belief would need to be cleared! Money is just a resource, and not an optional one at this time on earth. We need it to survive; to buy food, clothes, a place to live, and so on. Work up to feeling comfortable with large amounts of money first, don't start off with wanting to attract a million dollars because your vibration probably couldn't handle it. It is too far of a jump from where you are now. But you can work up to that.

Start with 20,000 or 50,000 and then work up from there. Money does not respond to your physical labor. (read that sentence again, it is true). It only responds to your vibration and your thoughts and feelings about it. Your thoughts are the energy that turn on your vibration.

## **Your Abundance Story**

We all have our life stories we tell. But what I'd like to ask you here is what is your abundance or money story? We all have one; we either grew up with or without money, or just enough, and we all grew up with things and beliefs inherited from our family lines. And also according to the time in history we grew up and what part of the country made a difference too. Think about your story for a moment, what do you tell people about money when you grew up? What beliefs do you hold today about this? What limiting beliefs are you willing to release about this? What resistances do you have? How did these beliefs and this story shape you to where you are at today in your life? Now that you know that you have the power to change anything you want, and ask for anything you want, and you know how powerful your thoughts are, how would you change your story? Are you ready to change your story? Each time we tell it and each time we say a limiting belief it gets stronger and bigger; we give more energy to it.

Is it really the story you want to keep telling or to pass on to your children, or even to the mass consciousness in the world? If you continue to believe and tell this old story, you will be sure to get more of it in your life. If you continue to hang onto the limiting beliefs just because you are used to them or in some way they feel safe to you, you are still giving your energy to the old story. If you still are caught in blaming anyone or anything for the lack of anything in your life, then you are still stuck in that energy. The only person that can release yourself from your own limiting thoughts

and actions in YOU. What happened happened. You cannot change it but you CAN change your future and your present. You can take responsibility for your thoughts and actions and choose differently; you always, always have that option with every single thought and action. Take an honest look at your life and be willing to change what needs to be changed and do the necessary work on yourself to accomplish this. This is what you have total power over, not the past or anyone else. Focus on yourself and the present and creating the life you want for your future with your present thoughts and feelings. If you are ready to change it, ask for assistance from your higher self and guides and angels and whoever else you work with. Ask for their help in becoming clear and focused and to release your story. Then gradually work on changing your story. You can actually rewrite it, the universe only knows thought and vibration and feeling, it doesn't know the difference between past and present. This can be very powerful and it is why I have it towards the end of this manual; it is last because you really need to work through all of the rest of the things in the manual and get to a place where you really believe you can do this and better yet do it with conviction and feeling. Take back your power, step into the energy of who you really are meant to be and rewrite your abundance story.

You have lived the old story and believed it for a long time and you wouldn't be attracted to this manual unless you were ready for a new story I believe....SO....I give you permission now....rewrite it how you would have wanted it to be, perhaps similar to the things you want in your life today or in your future....focus on what you want, be clear about it, and really feel it and visualize it, imagine it, and believe it...and once you are done writing it, you will have healed a huge part of your over all story....for money and abundance issues really come down to self worth and deserving, and once those issues are healed, then we can go on to attract the life of our dreams. Take your time with this, don't rush

it. Think about it first for a while if you want. Just know you can make the choice to do it whenever you are ready to. As you write this, your words and thoughts will be very powerful; release the old things as you acknowledge this "was" but no longer "is", I choose "this" now, and it is so.....it is your story, you can include in it anything you'd like to. You can bring your present day life into it at the end if you want to and write down your goals and intentions for the future. The possibilities are endless, have fun with it.

### **THE SPIRITUAL ENERGY OF MONEY**

The spiritual laws of money are universal energy laws that create abundance. The principles of ebb and flow, unlimited thinking, giving and receiving, appreciation, honoring your worth and truth, clear agreements, magnetism, etc.

The true spiritual meaning of abundance is having things and a life that "fulfill" you. You see it is really not the physical money we are after, but the essence or feeling we have when we feel things, like happiness for example, or comfort, or freedom, or flexibility, or safety, or joy. It is these feelings we are seeking to fulfill us on a personal and spiritual level. This is true abundance...you can have all the money in the world and NOT have these things, so money itself cannot give you these feelings. This is where we need to look at money as a neutral energy and focus on the feeling or essence of emotion that you are after and not a dollar amount. When you are in a state and vibration of joy and peace abundance automatically flows to every area of your life.

The spiritual energy of money is money at its source vibration; filled with love, light, and generosity. It is the pure energy of money that exists on the spiritual plane. Greed, war, poverty, and other problems caused by the misuse of money have caused the "tribal" energy of money to carry with it many negative connotations as we have just

seen evidence of in the world with the breakdown of our economic system and all that it entails, including all the feelings of fear. Your personal family of origin, your family and social circle, may have its own money baggage, most do. And then we have the mass consciousness money baggage and ancestral baggage too. It is all just that – “baggage” if you will. We need to see it for what it really is, release what is not working and the limiting beliefs and then change our thoughts and patterns to what we do want.

What deeper desires or emotions would be satisfied if you had a large amount of money? What higher quality or feeling would you like to experience more frequently? Ask yourself what you want money to give you and then think of ways you could have the essence of those things now. (happiness, joy, freedom, flexibility, peace, etc.) Focus on these feelings and attracting them into your life.

Picture yourself having everything you want, the life of your dreams; a satisfying job, money in the bank, a wonderful relationship and health, and so on. See how you would be a benefit to those around you. Imagine this for everyone on the planet. Challenge yourself to ask for more; for yourself and all of mankind. If you enlarge your thinking to include others, you will open up even more ways of abundance to come to you. Just think of what the universe would be like if every single person focused on this.....Be creative!

### **IN CLOSING**

Becoming Abundant.... Discovering what you want....Magnetizing what you want....

“I am the source of my abundance. I focus on what I love and thus draw it to me. My thoughts are loving and positive. My choices and possibilities are expanding every day. I love and trust my imagination. I am an unlimited being. I can create anything I want. I picture abundance

for myself and others. My dreams come true. I live in an abundant universe. I always have everything I need. I radiate self-esteem, inner peace, love, well-being and happiness. I create money and abundance through joy, self love, and aliveness. Everything I do brings me aliveness and growth. The process of getting there is the quality of getting there. I know the essence of what I want and I get it.

Everything I create fulfills me. The things I create are even better than I imagine them to be. My energy is focused and directed towards my goals. I am increasingly magnetic to prosperity and abundance. I create what I want with energy. Good things come to me easily. I am developing mastery. I am following my inner guidance. I am allowing success. I am transforming my beliefs. I am letting money flow. I am trusting. I am living miracles. I trust and follow my inner guidance. I spend quiet reflective time. I hear my inner guidance. I am always in the right place at the right time. I follow my highest joy. I honor myself in everything I do.

I always choose the path of most light. I honor my integrity in all that I do. I am a success. I allow myself to feel successful. I congratulate myself often. I forgive myself, knowing I did the best I knew how at the time. I give myself permission to have what I want. I love getting there as much as being there. My beliefs create my reality. I believe in my unlimited prosperity. I choose beliefs, which bring me aliveness and growth. My beliefs create good things for me. I deserve abundance. I let money flow. Money flows into my life. I am prosperous. . My energy is open and flowing in every area of my life. I allow myself to have more than I ever dreamed possible. The universe works in perfect ways. It always serves my highest good. My value and worth are increased by everything I do.

I send love to my fears. All my experiences are opportunities to give more power, clarity, and vision. My fears are the places within me that await my love. I speak of success and prosperity. My words uplift and inspire others. I live in an abundant world. All is perfect in my Universe. I trust. The universe is safe, abundant, and friendly. I expect only the very best to happen and it does. I trust my ever-increasing ability to create abundance. Believing in myself, trusting the flow, I move to my higher path. As I do what I love, money and abundance flow freely to me. I have a unique, special contribution to make. Everything I do adds beauty and harmony and order and light to the universe. I am in charge of my life. I am the builder of my destiny. I have a wealth of valuable skills and talents. All answers are within me. I allow myself to think and dream in unlimited ways. I am open to receive. Everything I give to others is a gift to myself. As I give I receive. I give generously to myself. I choose to live an abundant life!

I hope you have enjoyed this Ebook. If you would like a more in depth look at this, I offer a program under accredited certification programs on my website that goes into more detail about this.

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