The Little Book of INFINITE ABUNDANCE

NAISHA AHSIAN
ALSO BY NAISHA AHSIAN

The Book of Stones: Who They Are & What They Teach

The Crystal Ally Cards: The Crystal Path to Self Knowledge

Stone Cycles: A 28 Day Crystal Life Design Program
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by Naisha Ahsian
Contents

Introduction .................................................................................................................. 11

How to Use This Program .......................................................................................... 13
Walking the Dog ........................................................................................................... 14
Daily Lessons ................................................................................................................ 14
Affirmations .................................................................................................................. 15
Making a Commitment ................................................................................................. 16
My Abundance Commitment ....................................................................................... 17

Part I: What is Abundance? ....................................................................................... 19

Chapter 1: What is Abundance? ............................................................................... 21
Your Definition of Abundance ..................................................................................... 23
Exercise: My Definition of Abundance ........................................................................ 25
Invisible But Not Intangible ......................................................................................... 26

Chapter 2: Abundance & Scarcity—Two Levels of Consciousness ....................... 27
Abundance Consciousness ........................................................................................ 28
Scarcity Consciousness ............................................................................................... 28
Healing Your Abundance Consciousness .................................................................... 29
Manifesting From Scarcity ......................................................................................... 29

Chapter 3: Abundance misperceptions ..................................................................... 31
The Three Misperceptions ......................................................................................... 31
The First Misperception: Abundance is Finite .......................................................... 31
EXERCISE: How has scarcity affected you? ............................................................... 32
The Second Misperception: Abundance Equals Money ............................................. 32
EXERCISE: Abundance and money .......................................................................... 33
The Third Misperception: Abundance is Related to a Divine Judgement of Your Personal Worth ................................................................. 34
EXERCISE: Striking a bargain ................................................................................... 35
The Three Misperceptions do Not Define True Abundance ...................................... 35

Chapter 4: The Three Misbehaviors ........................................................................ 36
The First Misbehavior: Begging the Divine ............................................................... 37
The Second Misbehavior: Bargaining with the Divine .............................................. 38
The Third Misbehavior: Threatening the Divine ....................................................... 39
True Prayer for Abundance ...................................................................................... 40

Chapter 5: The Mechanics of Manifestation .......................................................... 41
You Can Create from Scarcity .................................................................................... 41
Form and Content ....................................................................................................... 41
Creation as a Process of Limiting Energy ................................................................. 43
Resource Creations Versus True Creations ............................................................... 43
Possibility and Probability ....................................................................................... 44
Divine Timing ............................................................................................................. 44
Day 8: If you walk your Path of Service, you share Love and live Abundance. .... 71
Exercise day 8: Discovering your gifts and your purpose ................................................. 71
Daily Affirmation: “I embrace my gifts and lessons as my path to my life purpose.” ........ 72

Day 9: Creating is a process of limitation, not expansion. ............................................. 73
Exercise day 9: Choose your limitations ........................................................................... 73
Daily Affirmation: “I allow the Universe to choose the highest form for my creations.” .... 74

Day 10: Sacred limitations & scarcity limitations .......................................................... 75
Exercise day 10: Discover your sacred and scarcity limitations ........................................ 76
Daily Affirmation: “I consciously use my will to intend the manifestation of my chosen creation.” ..... 76

Day 11: True creations versus resource creations-- the litmus test......................... 77
Exercise day 11: Manifesting your creation ................................................................. 77
Daily Affirmation: “Love is the most evolved expression of abundance. My abundance only increases as I share Love.” ................................................................. 78

Day 12: The three parts of co-creation—intention, choice and action. ................. 79
Exercise day 12: Three stages of co-creation ............................................................. 79
Daily Affirmation: “I align my thoughts, choices and actions with my intended outcome.” .... 80

Day 13: Receiving and sharing—practicing Joy & Gratitude .................................. 81
Exercise day 13: Receiving joy & sharing gratitude ..................................................... 81
Daily Affirmation: “I receive Joy with each inhalation and share Gratitude with each exhalation.” ..... 82

Day 14: Things aren’t everything ............................................................................. 83
Exercise day 14: Making room for Infinite Abundance ............................................ 83
Daily Affirmation: “I now let go of the past, so that I may be filled with abundance.” .... 83

Day 15: Living Abundance .................................................................................. 84
Exercise day 15: Living spherically ............................................................................ 84
Daily Affirmation: “I express abundance in every aspect of my life.” ....................... 85

Day 16: Sharing Love with Self. ......................................................................... 86
Exercise day 16: Receive abundance in the Self quadrant ........................................ 86
Daily Affirmation: “I receive abundance and from it I create myself.” ...................... 86

Day 17: Sharing Love with Others. .................................................................... 87
Exercise day 17: Receive abundance in the Others quadrant ................................. 87
Daily Affirmation: “The more abundance I share, the more joy I feel.” .................... 87

Day 18: Sharing Love through Service. ................................................................. 88
Exercise day 18: Receive abundance in the Service quadrant .................................. 88
Daily Affirmation: “Being in service to others is being of service to abundance.” ........ 89

Day 19: Sharing Love through play. ................................................................. 90
Exercise day 19: Receive abundance in the Play quadrant ....................................... 90
Daily Affirmation: “I choose to play.” ................................................................. 90
Day 20: Use your time as a tool for Abundance. ............................................... 91
Exercise day 20: Receive abundance in the Service quadrant .................................................... 91
Daily Affirmation: “I am master of my time. I choose to spend my time sharing Abundance.” ................... 92

Day 21: Your Abundance mission statement ................................................................. 93
Exercise day 21: Your abundance mission statement ............................................................. 93
Daily Affirmation: “I now manifest abundance in all aspects of my life.” ........................................... 93

Day 22: Fill your money with the energy of Abundance ................................................ 94
Exercise day 22: money cleanse ................................................................................................ 94
Daily Affirmation: “I fill my money with the energy of abundance.” .............................................. 95

Day 23: Money only has meaning when it’s shared ......................................................... 96
Exercise day 23: the God check ............................................................................................... 96
Daily Affirmation: “I share money as an expression of my infinite abundance.” ......................... 97

Day 24: Manifest money from the energy of Abundance ............................................... 98
Exercise day 24: Manifesting money ....................................................................................... 98
Daily affirmation: “I manifest money easily, as a symbol of my infinite abundance.” .................. 99

Day 25: The Abundance cycle ...................................................................................... 100
Exercise day 25: Charting your abundance cycle ................................................................. 101
Daily Affirmation: “I am balanced upon the tides of abundance.” .............................................. 101

Day 26: Abundance as healing energy .......................................................................... 102
Exercise day 26: Abundance as healing energy ......................................................................... 102
Daily Affirmation: “I allow the healing energy of abundance to transform my life.” ................... 103

Day 27: Healing with the energy of Abundance .......................................................... 104
Exercise day 27: Heal your body ........................................................................................... 104
Daily Affirmation: “I am abundant in health and well-being!” ................................................. 104

Day 28: Heal your lineage with the energy of Abundance ............................................. 105
Exercise day 28: Heal your lineage using the energy of abundance ......................................... 106
Daily Affirmation: “I thank my ancestors for giving me life. I offer my ancestors the energy of abundance.” ............................................................... 106

Day 29: Healing the planet with the energy of Abundance ........................................... 107
Exercise day 29: Heal Earth using the energy of abundance ................................................... 107
Daily affirmation: “Abundance flows through me to Earth and everything upon it!” .............. 108

Day 30: Being Abundant ............................................................................................ 109
Exercise day 30: The being-abundant checklist ..................................................................... 109
Daily Affirmation: “I AM ABUNDANT!” .............................................................................. 109
Introduction

The processes and concepts in The Little Book of Infinite Abundance are an amalgam of original inspired information, my experience in using that information over the eight years between its conception and its birth in book form, as well as key concepts that have driven my own personal and spiritual development. It is not a purely channeled work by any stretch of the imagination, as it took me many years of working with the original inspired teachings and developing practices to express them in a concrete way, before this book could be born. However, the inspired teachings that were the seed for this work were revelatory in their own right, and were certainly not the perception of abundance I had held until that time when I received them. In fact, they were so different from what I had been taught, I have to admit to a great deal of resistance in believing them and applying them. This resistance, I now realize, was my own ego screaming at the top of its lungs in an attempt to prevent me from shifting my perception of abundance and thus healing my abundance consciousness. The practices themselves soon took care of that problem for me, as I know they will do for you if you truly practice them.

Looking back upon the journey that this creation has led me on, I can clearly see the influence of other teachings and other works that have been pivotal for me in my own development. One of the key concepts in this work, and in my own life, is a teaching from A Course in Miracles, which tells us that “Love has no meaning unless it is shared”. This has been a foundational concept in my own life, and one that led me to find my Path of Service, and to continue to find it, by following my heart and seeking opportunities to share Love with others.

When I was struggling with the concept of abundance and experiencing disappointment in the many “abundance” programs I had tried and found to be empty, I always came back to the concept that True Abundance could not be simply the process of a black hole attempting to fill itself with money, objects, relationships or other “stuff” that my ego believed would make me (really, it) happy. Even the concept of “do what you love and the money will follow” was empty in many ways because it was again focused on filling the black hole by doing what I loved, instead of focusing upon sharing my Love. Instead, I suspected that the true nature of abundance had to be a form of Love. This feeling was directly addressed in the inspired information I received as the seed of this book, which taught that abundance itself is simply another description for the “Infinite Creative Energy of the Divine Mind”, which is Love itself.

On that very cold January morning in 2000 when inspiration hit (I’ll speak more of this later), I understood in a blaze of realization that the energies of abundance and Love are the same energy, and that energy is the creative force of the Universe. When you focus only upon creating those things that will allow you to share Love more effectively, abundance becomes an integral part of your experience and, moment by moment, you live in the flow of abundance. Being in this flow of energy by its very nature places you in the flow of all of creation, and in connection with the Divine Mind. And, if all of creation was manifested from this energy, then to receive love you simply had to open to the Divine in all of creation. Abundance is truly all around us, in all of nature, and within our natural selves. This presentation of abundance is quite different from many others, and it can be challenging for those whose egos are clamoring for a “get rich quick” scheme or method. But as you practice the concepts and the methods in this book you will discover that true abundance is more than a state of having. It is by its very nature a state of giving.

From my long experience in vibrational medicine and healing work, I also knew that there was an inherent connection between physical health and being in this flow of abundance/Love energy. When you are in the flow of this energy you are in a state of mindful presence. Stress disappears, and your problems are no longer overwhelming, frightening and generative of that state of desperation that drives so many people to abundance work in the first place. From my healing work, I knew that effective
healers were almost always in a state of sharing Love energy during their healings and that it was this energetic state, more than the specific modality that they were using, that allowed their clients to create healing in their body, energy field, and experience.

I had already done a great deal of study on this in the development of the Primus Activation Meditation and the Primus Activation Healing Technique when I discovered the amazing and confirming work of Doc Childre and the Institute of Heartmath. Childre’s work on the physiology of emotion as it relates to health and performance presented a clinical proof of my observations that healing is tied to one’s emotional focus and the physiology it creates in the body. The section on the physiology of abundance in this book references some of this research, as well as my own understanding of the critical link between feeling the flow of Love, and therefore, the flow of Abundance, and the physiological impact of those emotions on the body. If you would like to know more about this very physical and very real connection, please explore the work of the Institute of Heartmath and the blossoming of information available from many sources on the healing power of Love and appreciation on the body.

Any author’s work can only come through the filters of their own life and experience, and this work is no different. My personal journey through this life has led me to many teachings and many lessons, and I am grateful and honor each of them. Without them, I would not be who I am today and would not be able to share my perspective. Much of my personal spiritual journey has been centered around attempting to understand the holistic nature of creation and humanity’s part in that creation. I feel that we are truly on the brink of either breaking through or breaking down. Our collective consciousness will decide which outcome will result from our brief stay on this planet, and living in the flow of True Abundance is, I feel, one way that we can tip the scale in favor of breakthrough and healing on this planet.

We are living in a time of tremendous change, challenge and opportunity on this great spaceship that we inhabit. We are ready to take our place as the conscious brain cells in this organism that we call Earth. Part of this awakening must involve detachment from the viral consumption we have previously enjoyed (and I use the term “enjoy” very loosely!). Our viral consumption is a disease generated within the ego, which jealously believes that having more means being more, and that if it can just create enough to fill the black hole where it’s consciousness resides, it will then be happy, aware, and equal to the Divine. This can never be. To turn this tide of insanity, we must become white holes, spraying our love and consciousness into everything that we create and creating only those things that serve the holy energy of Love, which is the frequency set used by the Divine to generate everything in creation. By being in a state of True Abundance, we will be able to change those aspects of ourselves and our societies that are destroying more than they are creating our reality. We can, I believe, heal the Earth, one another, and the greater organism of creation by taking our place as mindful beings creating from True Abundance.

Abundance is not a process that will allow you to have more. It is a state of vibration, of emotion and of consciousness, that will allow you to truly take your place as co-creator in a reality that manifests Love by sharing Love and therefore provides for all. This is deep work and necessary if we are to truly evolve, or even survive. I hope that you will keep this larger vision in your heart as you begin this journey. It is truly the most important aspect of this work!
How to Use This Program

Welcome to The Little Book of Infinite Abundance! You are about to embark on a journey and of healing that will change your life. Over the next 30 days or so, you’ll be changing your mind, changing your heart and changing your reality by progressively healing your abundance consciousness. This healing process is just that-- a process-- and it will require you to closely examine some long held beliefs about the nature of your reality.

Over the next 30 days (or longer), you’ll have the opportunity to learn how to trigger abundance physiology in the body using the core abundance practice meditation. This ensures that the proper parts of your brain and physiology are all primed to allow you to perceive abundance, resonate with it, and manifest it in your life. It will also help increase your creative thinking, ability to envision a different future from your current reality, and listen to those subtle signs from spirit that will guide you in your process of creating a new reality.

You’ll also learn how current abundance teachings can actually keep you trapped in scarcity consciousness. By clearing up those beliefs and misperceptions about abundance that keep you stuck, you’ll be able to break free and quickly begin manifesting creations that truly bring you, and others, abundance and joy.

The Little Book of Infinite Abundance also will enable you to heal and enliven the relationships in your life-- family, partners, co-workers-- just about anyone that you come into contact with. By resonating with abundance energy and working to manifest true creations, you’ll be healing and supporting these relationships.

And, of course, you’ll be able to increase your financial wealth too, if that is what you want once you have learned about true abundance. You may manifest an exciting and stimulating new career that makes you want to go to work each day, or create your own business that will allow you more time with family or just to do those things that you truly enjoy. There is truly no limit to what you can do once you have invited the energy of true abundance into your life.

And, most important, you will be making a positive difference in the world with each and every creation you manifest. That’s because you will be creating from abundance, which will allow each of your creations to continue spreading the energy of abundance to others, even as you enjoy the benefits of it in your own life.

To begin this journey, read Part I of the manual. This section will explain the basic concepts information that is necessary for you to have a clear understanding of what true abundance is all about. As you read, you’ll be asked to complete a few preparatory exercises. It is important that you do these exercises as they are presented. Please do NOT read through the entire manual, then come back and do the exercises.

Once you’ve completed reading and completing Part I, it is time to begin the daily lessons included in Part II. These daily lessons contain more information and practical applications that will allow you to begin filling your life with the energy of abundance. It is important to complete not more than one lesson per day. If you need extra time on a lesson, then feel free to spend an additional day or two with it; but don’t spend more than 3 days on any one lesson.

As you progress through Part II of the manual, you’ll be given tasks to complete that will help you integrate abundance into your day-to-day reality. This will help you to progressively change your life.
and begin manifesting new creations that will truly serve you.

Abundance is a journey, not a destination. It is not something to arrive at, accomplish or attain—it is a way of being that requires consistent alignment with its flow through the conscious practice of its principles. When you consistently practice abundance, you will consistently experience it.

You already do this with scarcity consciousness. How many times a day do you think of lack in your life, or worry about money? How often do you feel fear, anxiety or constriction? Your mind plays a mantra of scarcity programming through your mind each day, “When I have that, then I’ll be abundant,” or “I’m a good person, so why don’t I have enough?”

To experience abundance, you will need to replace these scarcity thoughts with thoughts of abundance. The daily lessons in Part 2 will help you to consciously and consistently practice the principles of abundance, so that you can experience it immediately and cultivate it continually.

**Walking the Dog**

This constant practice of abundance is called Walking the Dog. When we want something, we often think only of the benefit and not of the responsibilities or work associated with attaining it. When someone thinks of getting a dog, for instance, they may envision a so, cuddly, playful friend that keeps them company and gives them comfort. What they don’t necessarily consider is the work required: a dog needs to be walked three times a day, it must be fed and played with. To get the companionship, the dog requires constant care. Abundance also requires constant care—especially when you first begin to cultivate your experience of it. The daily practice of abundance, or Walking the Dog, will provide a firm foundation upon which your abundance can grow. Just as a dog requires walking three times a day, your practice of abundance should also be consciously undertaken three times a day.

The first daily practice is the Core Abundance Practice, which is outlined later in this chapter. This practice takes about half an hour and is best done first thing in the morning. This meditative practice will help you to align to the flow of abundance, receive its energy and focus it into your life. The second and third abundance practices can be done at lunch and in the evening, or at any time throughout the day when you have 10 or 15 minutes to spare. By Walking the Dog you will quickly develop abundance perspective and habits that will allow you to feel more abundant. You will manifest your desires and needs more easily and with elegance. This practice will also help to keep your scarcity consciousness from reestablishing itself when you aren’t paying attention.

**Daily Lessons**

In Part 2 of the book you will find 30 lessons, one for each day. They provide you with a road map for Walking the Dog and practicing abundance each day. Each of these lessons has been designed to help you heal your prosperity consciousness and deepen your experience of abundance. When completing this section, it is important to:

1. Complete every lesson. Some concepts or ideas may be familiar or seem unimportant, but complete them anyway. If you skip lessons, you will leave gaps in your abundance consciousness, preventing its healing and sabotaging your efforts.

2. Complete each lesson in the order it is presented. The lessons are cumulative and are meant to be completed in the right order.

3. Complete only one lesson per day. Your scarcity consciousness has driven your perceptions for a lifetime. It will take 30 days for your abundance consciousness to reassert its dominance. You can’t rush this process. Each lesson must be fully integrated on conscious, subconscious and unconscious...
levels for its effect to fully take place.

4. Take extra time with any lesson you do not understand or connect with. Some lessons are deeply resisted by your scarcity consciousness. This resistance will show itself as confusion, rejection of the lesson, or even feelings of anger. These are signs that the lesson is striking a deep chord within your scarcity consciousness. Take extra time to integrate these lessons, spending up to three days on the information and exercise.

5. Don’t spend more than three days on one lesson. While you need to take time to fully integrate all lessons, excessive focus on one may be an indicator that your scarcity consciousness is attempting to delay the healing of your prosperity consciousness. Perfection is not required. Don’t wait too long before moving forward—especially if you have already spent a few days on a particular lesson. You can always come back to it after you have completed the course.

6. It is more important to “feel” the lesson than to understand it. Your conscious understanding of the lesson materials is only one step in its integration. Feeling the lesson is the second, and more important, step. Emotional energy carries much more impact than thought energy.

7. Enjoy (literally, in-joy) doing these lessons! Take your Walking the Dog time as a sacred, joyous time of connecting with the flow of creative energy from the Divine Mind. If you criticize yourself or pressure yourself to “get it right”, then you will be creating stress for yourself and actually short-circuiting your ability to feel abundance. Relax and approach these lessons as fun time—it’s not boot camp!

Follow these simple ground rules and you will find that the healing of your prosperity consciousness is a simple, joyful and powerful process.

**Affirmations**

Affirmations replace the negative scarcity mantra your mind currently uses as its sound track of life. In addition to the exercises contained in the daily lessons, you will also need to practice a given affirmation throughout the day. This helps create a new, more powerful sound track for your mind to focus on.

Whenever you notice yourself engrossed in scarcity thinking, simply replace the thoughts with an abundance affirmation. Over time, this will rewrite your scarcity program and deepen your experience of abundance. Scarcity consciousness thoughts are based in the three misperceptions. Thoughts such as, “When I have more money, then I’ll be abundant,” or “If you send me money to pay my bills, God, then I promise I will…,” or “How come they have all the money? I’d do better things with it!” are all scarcity mantras. When you realize you are playing one of these programs, do the following:

1. Stop! Drop the thought. Don’t beat yourself up for having the thought, or think too much about why the thought is bad, wrong, or stupid. Simply acknowledge it and let it go.

2. Shift your perception. If you are having this thought, it is because you perceive from scarcity consciousness. Shift this perspective by focusing on something or someone you love. Allow that feeling of love to become strong within you. This step is very important, because feeling is more important than thinking. You must be in a positive emotional state if you are to perceive with your abundance consciousness.

3. Replace the thought with an affirmation. Put yourself in a strong and positive emotional state, and repeat the affirmation slowly and with feeling. Do this several times. Then, move on.

You can also write the affirmation on a note and stick it where you are likely to see it. Remember,
though, that repeating it with strong feelings will be much more effective than simply seeing the note and saying it mechanically.

It can be helpful to have the note in your line of sight while you are doing other things. For example, have it on the side of your computer screen while going about your job, or place it on the edge of your rearview mirror while driving. This can help the message to penetrate the subconscious and unconscious levels of the mind. By using the affirmations in these lessons throughout your day, the deeper shifts created by the Core Abundance Practice and the daily exercises will be strengthened.

**Making a Commitment**

You may feel that, having reached this point in the book, you have already shown a level of commitment. On one level, that is true. You have taken the time to read the first part of the book and consider its message. But what follows next is the hard work—actually practicing abundance and changing your thought patterns. It’s easy to read information, but it’s much harder to act on it. This is where many people will close the book and move on. Or, they will dip into the lessons that look interesting and leave those that seem “boring”. The part of the book that only required thinking is done. Now it’s time to take action, which is terrifying to your scarcity consciousness!

To overcome fear—of success, failure or change—you will need to make a clear statement to your scarcity consciousness. This is a statement of commitment to the process of being abundant. It is a statement of intent to change the way you think and to approach your life from a happier perspective.

The following is a contract of commitment. It is a statement of intent. Completing this contract is no small thing. It will send a clear message to your scarcity consciousness that you are now choosing to empower abundance in your life.

Completing this contract is your first act of being abundant. I strongly urge you to take a moment before you make this commitment. It will be a constant reminder of your choice to overcome fear and scarcity and to embody abundance. Without this commitment to change your perspective, it will be difficult to find the time, energy, or intent to overcome your scarcity programming. On the following page, write down at what times you schedule your abundance practices and decide on the places where you will put your affirmations so that you can see them every day. Then, print the contract, sign it, and post it where you will see it each day.
My Abundance Commitment

I, ________, hereby commit to the completion of the daily lessons contained in The Little Book of Infinite Abundance to heal my abundance consciousness.

I now choose to experience abundance in my life. I understand that completing these lessons will help me heal my abundance consciousness.

By signing this document, I commit to:

☞ Perform the Core Abundance Practice every morning at ______o’clock
☞ Read one lesson and practice the corresponding exercise.
☞ Practice the daily affirmation throughout my day.
☞ Place that affirmation in my line of sight so that I will be constantly reminded of its message.
☞ Journal my abundance experience each day before bed.
☞ Listen to the Abundance Affirmations CD each night as I go to sleep.

I recognize that these steps will allow me to move from scarcity to abundance. I now commit to these processes for the betterment of myself and my reality.

Signed:

Date:
Part I

What is Abundance?
Chapter 1: What is Abundance?

We begin our journey toward abundance with a fundamental idea: In order to begin to understand why you feel a lack of abundance, you must first define abundance.

In other words, you can’t see abundance until you know what you are looking for. This concept may seem simplistic, but this basic misunderstanding of the true nature of abundance prevents you from experiencing it.

It is difficult to find something when you don’t know what you are looking for, but it is even harder to find it if you focus on the wrong thing. Unfortunately, that is precisely what most people do—they are seeking the wrong thing. Their definition does not describe true abundance at all, and so they spend their lives pursuing a phantom instead of abundance itself.

How can everyone be looking for the wrong thing? The answer lies in the definitions of abundance that we are taught at an early age, or develop throughout our lives. To some, abundance means wealth and luxury. Expensive homes, cars, clothing, and art are regarded as the ultimate expression of abundance. These people spend their life chasing material wealth because they believe abundance equals the acquisition of material objects and financial wealth.

To others, abundance is defined as an event that will bring relief from their worries or troubles—it needs to occur in order to bring deliverance from difficulty. That event may be winning the lottery, finding a soul mate, or creating the perfect work situation. People who hold this definition of abundance will continually wait for a magic event to bring about an elusive sense of security. In almost everyone’s opinion, abundance is considered to be an external factor. Whether it is the pursuit of a thing or an event, abundance is perceived as something that can be acquired and measured.

What happens when you win the lottery, meet your soul mate, or otherwise attain these benchmarks you have used to define abundance? Ultimately, these things don’t create a greater sense of abundance. The mark you use to measure the attainment of abundance is moved to a higher level. The pursuit of abundance becomes a constant endeavor, with the outcome out of reach.

This is the position in which many find themselves today. People may have manifested things in their lives they thought would bring them joy, yet a sense of abundance seems to remain an elusive ideal. Some questions that arise are: if abundance is wealth, then why do the wealthy say they don’t have it? If abundance is a great relationship, then why are there so many happily married couples that don’t feel abundant? If these definitions do not describe true abundance, then what does?

Once you change your definition of abundance to reflect its true nature, you will be able to perceive it instantly and without the acquisition of anything. It will put you in the flow of abundance, and will enable you to manifest it easily in whatever shape or form you desire. Until you change what you are looking for, you will continue to chase the shadow of abundance, instead of true abundance itself.

A shift in your definition of abundance is more than just semantics. It is a change in perception, a shift of consciousness that allows abundance to be revealed. Once this has occurred, the true nature of abundance and its presence will become clear. You will no longer need to seek out abundance as an external thing. Instead, you will be able to consciously receive what is already present.

The Little Book of Infinite Abundance is not a wealth-building “how to” book. It will not tell you how to win the lottery or climb the corporate ladder. It will not tell you how to create wealth through
investments or savings, because none of these things represent true abundance. This guide will lead you through a paradigm shift. It enables you to experience abundance on all levels—not just financial wealth, but in every creation and experience. Once this shift has occurred, you will find abundance in the simplest things. That hole in your heart will be filled and you will no longer feel the need to acquire things or events in the hope that then you will be abundant.

If, after experiencing true abundance, you choose to win the lottery, create business or financial success, or manifest other outward forms or experiences, you will find the process to be much easier and more rewarding than it currently is. Once you understand true abundance, you may find that these things no longer interest you. Why seek to obtain and hoard millions of dollars when you can create whatever you need at any moment? Why seek a “perfect” relationship to fill a hole in your life if there is no hole? Once you have experienced true abundance, you will stop seeking these outward forms, and will instead focus on creating things that share abundance.

Once you have perceived and experienced true abundance, you will find that being in that state becomes a habit. You will immediately know when you are resonating with it, and when you aren’t. By shifting your perspective through this book’s simple exercises and practices, you will quickly and easily manifest abundance in any form you choose. You will become a broadcaster on the frequency of abundance, as well as a receiver. Soon, others will notice the shift you have experienced, and you will be able to share the energy of abundance. The desperate quest for abundance experienced in the past will transform into a joyful quest to share your natural abundance with the world.

Imagine that world for a moment, a place where everyone holds the same definition of abundance. It will be known that abundance is infinite and can only be real when it is shared. The concepts of hoarding and protecting one’s abundance will seem ridiculous. The hunger, poverty and war will be inconceivable.

This shift can—and will—occur when we realize that in a world of infinite abundance there can be no lack. We already have the resources to feed, clothe and house the world. When we are in the flow of abundance, it will become obvious how to distribute those expressions of abundance to our fellow human beings. It is not only possible, it is Divine Mandate! When you are filled with abundance, you can’t help but share it.

This book allows you to experience infinite abundance in your life. The natural process of healing your abundance consciousness will lead you to share this healing with others. Healing will spread throughout the world, assisting humanity to rise to a new level of love and to manifest true abundance for the entire planet.

You will be able to manifest money more easily. You will be able to manifest your visions more quickly and elegantly. You will find it easier to create “things”. That higher-paying job or new car can be quickly manifested—if you still want it.

This course envisions a greater outcome than just healing our individual illusions about abundance—the real work is to heal our world. When you are in the flow of infinite abundance, you can heal the fear and desperation that fuel both your current search for abundance and the world’s greatest ills.

This is surely a greater and more satisfying vision than simply expanding your bank account, don’t you think?
YOUR DEFINITION OF ABUNDANCE

To begin to understand why you don’t feel abundant, you must first look at what you abundance means to you. This definition directly determines whether or not you will experience the joy of abundance in your life. You may believe that it is self-evident and that everyone believes it to be the same thing, but this is not so. The fundamental reason that so many people feel a lack of abundance in their life is because there is so much confusion about what abundance really is.

It seems that everyone has their own interpretation of abundance. If you ask 1000 people what abundance means to them, you may receive as many different answers. To some, it represents having more money. Others think that, in order to feel abundant, they would need the perfect love relationship in their life. To another, abundance simply means having enough food on the table while for others it means being able to dress richly or drive a certain car.

In reality, there is only one true definition of abundance. Chances are it is not the definition you currently hold. If it were, you wouldn’t feel the need to do this program. You wouldn’t need to look to any external source in order to feel more abundant. If you truly knew what abundance was, you would already see it and feel it — both within your own heart and in all of creation.

It isn’t your fault that you don’t know the true meaning of abundance. As a child you learned the definition your parents or culture held. At a later age, you may have rejected this idea—as many in the 1960s counterculture did when eschewing financial gain in favor of self-sufficiency. Or, perhaps you developed your own definition of abundance—either consciously or subconsciously — due to your own experiences.

No matter how your current definition of abundance evolved, you probably spent your lifetime pursuing it. Have you found it? Have you attained your ideal of abundance, or is there always one more thing that you need to acquire or manifest?

Once you have adapted your definition of abundance to reflect its true meaning, you will be able to immediately perceive it and experience its effects. You will be able to see abundance everywhere you look and will experience the profound joy it brings. However, as long as you hold your current definition of abundance, you probably won’t find it.

Imagine you have grown up believing in this thing called “grass”. Grass is everywhere, you are told, all you need to do is open your eyes and see it. From what you understand, grass is a beautiful, purple, cloud-like plant that hangs from trees. Grass sounds so beautiful, you would love to see some! You search everywhere, but you just can’t see it. Neighbors say, “I wish I could have grass like yours,” but you just don’t know what they are talking about. At first, you are frustrated because you can’t see grass anywhere. Everyone else seems to have it. Soon, you begin to wonder if there is something wrong with you. Maybe the Divine doesn’t feel you are worthy of experiencing the beauty of grass. Feeling dejected, you go outside and sit down on a wonderful green lawn, while lamenting the lack of grass in your life.

Sounds silly, doesn’t it? Of course, grass is the green plant that grows on your lawn, but the person in this parable isn’t looking for anything green. He holds a different definition of grass, and keeps looking for something that simply doesn’t exist.

The same is true for your definition of abundance. If abundance is so, well, abundant, then why can’t you see it? You don’t see it because your definition of abundance has you looking for something
that doesn’t exist. Your definition of abundance has you chasing purple cloud-like plants hanging from trees, when abundance is already right under your feet.

The definition you hold tells your brain what to look for among the unconscious information it receives. If you tell yourself you will be abundant if you receive a raise at work, then what you actually tell your brain is that abundance means getting that raise. If the raise doesn’t happen, your brain will tell you that you aren’t abundant. It will not even look for other evidence, because your definition for abundance was that pay rise. That is all your brain will look for and all it will see.

Every time you say, “I will be abundant when this happens,” or, “I will be abundant when I have this or that,” you are defining abundance as a thing or an event. Your brain will then look only for that. If the event doesn’t occur or you don’t acquire the object, then your brain will tell you that you don’t have abundance. Have you ever had the experience of purchasing a new car, then seeing that same model or color everywhere you look? You may not have noticed it before, but since purchasing your new vehicle you see it in parking lots, on the road, everywhere. This is an example of your brain recognizing those things that you are focusing your thoughts or attention on. Your current definition of abundance tells your brain to only see those things that fit that definition.

As long as you continue to hold your current definition of abundance, you probably will never experience it. Why? Because you will not be looking for true abundance, and so you will not see it, even though it is right in front of you. You will only see evidence of abundance according to your current definition, which doesn’t describe true abundance at all. You will continue to chase the shadow of abundance, instead of seeking the source of the shadow itself, which is the light of abundance that shines all around you.

As you move through this course, you will be asked to change your definition of abundance to one that reflects its true nature. As this shift occurs, you will begin to experience the joy that abundance brings to your life. Before this can happen, however, you must understand how your current beliefs cripple your ability to experience true abundance.

The following exercise will allow you to discover your current definition of abundance. As you move through the course you will refer to this definition, so you can understand the difference between true abundance and what you believed it to be. You will begin to perceive how your current beliefs act as a barrier between you and the infinite abundance that surrounds you.
Exercise: My Definition of Abundance

Complete this exercise before you continue. Answer the questions as thoroughly and honestly as possible.

1. What does the word abundance mean to you? Take one or two minutes to write down your thoughts and feelings as they pop into your head. Don’t attempt to censor or judge them — just allow them to flow no matter how strange or silly they may seem.

2. What would make you feel abundant? Make a list of those things that would make you feel abundant. What would abundance look like? How would it manifest? How would you know you had it?

3. Think of the times in your life when you felt abundant. What was happening and how did you feel at that time?
Invisible But Not Intangible

While you can’t see the wind, you can feel its presence when it touches you. You can’t see the wind, but you can see the ripples it creates as it moves through the grass and trees. Though it is invisible, the wind holds great power to affect the physical world.

Abundance is also invisible, but not intangible. You can’t see it, but you can certainly feel its presence or absence. When you are in the flow of abundance, you are refreshed, exhilarated, inspired, and joyful. Like the wind, abundance causes ripples and movement in your physical reality. However, abundance isn’t your physical reality and, like the wind, it holds great power—it is the very force of creation.

When it comes to abundance, we almost always confuse its true nature with the effect it produces. We believe, for instance, that because the power of abundance can affect the flow of money, that the true nature of abundance is money. Or, we believe that because the force of abundance can help us to create a more satisfying career, that the very nature of abundance is a more satisfying career.

We confuse the energy of abundance with the things it affects, and therefore we believe that abundance is money, or a satisfying career, or a new car. Yet, these things are not abundance, just as grass or trees are not the wind.

Once you have developed the belief that abundance is found in things, then you naturally begin to seek more things in order to acquire “more” abundance. This is the same as collecting more grass in order to have more wind. No matter how many things you collect, you will not necessarily feel more abundant.

Abundance is not contained in objects, acquisitions or achievements. Like the wind, it is a flow of energy. If you are in this flow of energy, your creations will automatically be filled with this energy. If you are outside of the flow, then any creation you manifest will be empty of it. It is no wonder that the quest to acquire more things is unsatisfying and ultimately an empty pursuit.

To experience true abundance, you must first turn your consciousness to its flow—just as you would turn your face to the wind. Then, no matter what you choose to create, your creations will be filled with the energy and power of infinite abundance.
Chapter 2: Abundance & Scarcity
Two Levels of Consciousness

You have probably heard of levels of consciousness—the unconscious mind, subconscious mind, super-conscious mind, and so on. In abundance work there are only two levels that concern us: “abundance consciousness” and “scarcity consciousness.” These levels describe how you perceive abundance and how you behave manifesting your needs and desires.

Abundance and scarcity consciousness are like two sides of the same coin, you can perceive reality only from these levels. If you perceive it from the viewpoint of abundance consciousness, then you can access and manifest the energy of infinite abundance. If you perceive your reality from scarcity consciousness’ perspective, then you can’t access the energy of abundance.

One of the fundamental problems in many approaches of abundance is that they are based on the thought processes and perceptions of scarcity consciousness. They can’t help you experience the energy of true abundance. This is why so many people feel as though they have failed when they can’t find abundance after reading numerous self-help books, taking workshops and diligently practicing the exercises given to them by these programs.

To be truly effective, an abundance program must operate from the perspective of abundance consciousness. You can’t perceive abundance from the perspective of scarcity. By healing your abundance consciousness, you can perceive your reality from the perspective of true abundance. You will be empowered to live in the flow of infinite abundance and assume your role as co-creator with the Divine. Healing your abundance consciousness is necessary if you want to view the world and your life from the highest possible perspective—that of your soul.

Your soul doesn’t know lack. It is not upset about your financial problems, nor is it seduced by ideas of wealth, fame or luxury. Your soul is not your personality. Your soul exists on a higher level than your normal, mundane consciousness. It exists on a level where it is continually bathed in the energy of the Divine Mind and the flow of energy from the Divine Source. This flow of energy is called “infinite abundance”.

When you entered the physical plane of this life, you moved to a level of vibration where it is more difficult to perceive the Divine Mind’s flow. The density of the physical world is far removed from the illumination of the Divine Mind, and it is easy to forget that brilliance and beauty when you are immersed in it.

You forget your inherent connection with the Divine and, instead, you perceived the world through the eyes of your lower consciousness—that part of your mind that is concerned with mundane matters instead of Spirit’s illumination. This created a schism within your consciousness. The part that could perceive the energy of the Divine was used less often and, as a result, another aspect developed that focused solely on the manipulation of matter This survival mechanism allowed you to experience, learn from, and manipulate the physical realm.

You may have already guessed that the level of consciousness that is able to perceive the energy of the Divine Mind is “abundance consciousness”. What focuses on the manipulation of physical matter, is “scarcity consciousness”. It is this level that must be healed if you are to find true joy, abundance, and mastery.
Abundance Consciousness

Your abundance consciousness is at one with the Divine Source. Because it constantly resides in the Divine Mind’s energy flow, it knows nothing of lack. This flow of creative energy from the Divine Mind is the energy of abundance. For that reason, your abundance consciousness is able to perceive the energy of infinite abundance and direct that energy to be manifested. It was empowered to be a co-creator of the Divine. It is your soul-level consciousness and, as such, much more likely to manifest creations that are aligned with the Divine Will.

Your abundance consciousness always perceives infinite abundance. Think about that for a moment. How would you act and feel if you lived in the belief that you are infinitely abundant? Money stress would lessen, then disappear. Why would you stress about not having something when you know it is easy to focus the energy of infinite abundance to shape that which you desire? When you operate from your abundance consciousness, you create your body’s health and well-being while perceiving your world as a positive, prosperous place full of infinite possibilities. In this state, anything you create will be filled with the energy of abundance. As a result, anything you create will be fulfilling.

On a spiritual level, there is only abundance consciousness. So, why do we struggle to experience it? The answer lies in that other aspect of consciousness: scarcity consciousness.

Scarcity Consciousness

When you were born and came into the realm of physical matter, you began to experience things that were unknown on a Soul level: time, density, and the needs of physical survival. To cope with these new factors, an aspect of consciousness developed that was specifically designed to keep you safe and in a physical body long enough to learn your life’s lesson.

This survival consciousness rapidly understood that here, in the realm of density, there isn’t enough to go around: there isn’t always enough food, shelter or money. Instead of perceiving lack as an opportunity to create and manifest from the infinite resource of abundance, scarcity consciousness “forgot” it was part of a larger energy. It came to believe that it was separate from the creative source and therefore separate from abundance. It felt it had to compete for the available resources, rather than creating new ones. In other words, it came to believe that “enough” was something it never had.

Your scarcity consciousness came to understand lack as the primary challenge to survival. It had to focus on it constantly in order to survive, otherwise you would starve, be cold, and so on. This focus hard-wired your neural pathways to make sure you could see lack everywhere. Herein lies the core of the problem. If your scarcity consciousness is programmed to perceive lack, it can’t perceive abundance. No matter how much you have, your scarcity consciousness will still perceive lack. That is its purpose—it is a survival strategy.

Scarcity consciousness must judge its experience of abundance against the ideal it conceives. Because it is unable to perceive true abundance, it will substitute its idea of what it should be. This leads you to look for abundance where you can’t and won’t find it: in physical resources. As long as you continue trying to find abundance with scarcity consciousness, you will only experience more lack. This will lead to a sense of failure, desperation and low self-esteem. You see, it is not the belief that you are unworthy to receive abundance that lies at the foundation of your lack. It is the result of constant failure to find abundance because you perceive a reality from the perspective of scarcity consciousness.
Healing Your Abundance Consciousness

The process of healing your abundance consciousness allows you to move your perception away from your scarcity consciousness. It is a shift in your nervous system and brain function. Unless you make this shift, you will not feel abundant.

This shift in perception may seem simplistic, but have you ever worn sunglasses on a cloudy day? You can’t perceive the true nature of reality because your vision is obscured by the sunglasses. The same is true of abundance. Once you remove the sunglasses, a bright new world will be revealed that will allow you to perceive and experience true abundance. The idea of changing your perception to abundance consciousness is simple, but the process is not necessarily easy. This shift can occur in a moment, but it takes practice to maintain the focus.

The process requires you adapt the beliefs and thought patterns that currently keep you locked in scarcity consciousness. As you heal your abundance consciousness, your scarcity consciousness will naturally weaken until it disappears altogether. Your ability to sense the flow of abundance will become more acute, until you are able to effortlessly create from it. From abundance consciousness’ higher perspective, you will be able to see and anticipate the effect of abundance energy. Like the pilot of a glider plane who rides the flow of the wind, you will be able to navigate and harness the flow of abundance to affect your life in powerful ways.

You will no longer feel stress and desperation. You will be able to see a need and accordingly harness the energy of abundance. When creating through the eyes of abundance consciousness, you will find that you can approach apparent lack with calm, creativity and even excitement as you recognize the opportunity to manifest abundance into any form you choose. By healing your abundance consciousness you become like The Magician in the Tarot, who directs the Universal forces of creation into form on Earth.

Most importantly, healing your abundance consciousness allows you to once-again perceive your inherent and unbreakable connection with the Divine Source and the love of the Divine Mind. Reconnecting with the Divine is the very point of spiritual growth. How nice it also empowers you to create all you need to become a model of infinite abundance on Earth!

Manifesting From Scarcity

An error people make in abundance work is believing they can’t manifest anything when operating from scarcity consciousness. This is simply not true. You can manifest many things from scarcity consciousness. In fact, many wealthy people were driven to create financial empires because their lives began in poverty. They decided to never live that way again. Just because they manifested material wealth doesn’t mean they manifested that from abundance. This is how we ended up with Scrooges in the world: they have plenty of money, yet little abundance.

The main difference between manifesting from scarcity and abundance is that the energy of abundance is infinite. You can manifest all you want and there will only be more. There is no need to worry you are taking too much of the pie, because there will always be more. Manifesting from abundance consciousness allows you to tap into the infinite flow of abundance as your main source of energy. And so, anything created from that energy will fill you with a sense of abundance.

When you manifest from scarcity, you can’t draw upon this infinite flow. Instead you draw on the energy of the world, which is finite and limited. To create from scarcity, you need to take energy from others or the environment. You are forced to work with a very limited supply of energy, and when
you take a piece of this limited pie, then someone, somewhere, loses. This is where the “dog eat dog”, “survival of the fittest, and “get your hands off my stack” mentality comes in. Scarcity consciousness states there is not enough to go around. It will move into fight-or-flight mode to protect whatever it is able to manifest.

Creating from scarcity puts spiritually-minded people in a bit of quandary. They intuitively sense that if you create from scarcity, you take energy from someone or something else in order to fulfill your needs. If you don’t wish to deprive others—which, naturally, you wouldn’t want to—then you will unconsciously sabotage your own manifestation efforts. You will begin to believe that it is better, or more spiritual, to be poor.

On one hand, you know deep down that abundance is infinite and that there is more than enough to go around. But, the world we know it has been created from scarcity consciousness. And so, your spiritual perception of infinite abundance is tainted.

When you create from infinite abundance, you will put more energy into the world through your creations. They will be filled with the energy of abundance, and bring joy and happiness to everyone. So, while you can create from scarcity, it is definitely worth going through the process of learning to create from abundance instead.
Chapter 3: Abundance misperceptions

An abundance misperception is an incorrect way of thinking about abundance. Your definition of abundance reveals how you think about it, and is a clear indicator of whether you are perceiving it or not. Perception is a state of “becoming aware of something through the senses,” which means you can see, hear, touch, taste or feel it. Misperceiving means you aren’t able to perceive abundance with your senses. In other words, you aren’t experiencing abundance in your reality.

If you have misperceptions about abundance, you can’t experience it. This can be based on mistaken thoughts and beliefs, or the inability to experience it through your sensory perceptions. If you change your thoughts and beliefs about abundance, you will also cure your inability to experience it in your life. By healing your misperceptions, abundance reality is revealed.

The Three Misperceptions

Three basic misperceptions of abundance are thought to be true by almost everyone. They are so prevalent in human consciousness, that nearly every social and economic structure is based on them. Even people who teach about abundance perpetuate these Three Misperceptions and base their teachings on them. Because they are so common, they are perceived as truth rather than a belief. To heal your abundance consciousness, you need to stop placing belief in these Three Misperceptions and investing your energy in them. You need to identify and root them out from your belief system, just as you would with the weeds that prevent a garden from thriving. The process of changing your belief in these Three Misperceptions is also the process of healing your abundance consciousness. Once undertaken, your experience of abundance will shift profoundly.

Abundance is like a three dimensional Magic Eye picture. When you first look at one, you see nothing but colors and patterns. It is not until you learn to focus your eyes in a certain way that the picture contained within the pattern is revealed as a complete 3D reality. One minute, you swear there is nothing hidden in the image, but the next it is magically revealed. Once you learn to perceive this way, it’s easy to see the hidden picture. When you train your consciousness to perceive the abundance that surrounds you, abundance will become crystal clear. You will do it automatically and, suddenly, you will have access to a complete 3D reality you thought wasn’t there!

Once you have identified your misperceptions, healing this age-old behavior is a simple matter of practicing corrective thought and conscious alignment with the flow of abundance. This process is just like practicing to change your focus so that you can see the hidden 3D image. The specific practices for perceiving abundance are given in Part 2 of the book. First, let’s take a look at the Three Misperceptions and how they affect your abundance consciousness.

The First Misperception: Abundance is Finite

The belief that abundance is finite is the most damaging misperception as it sets the foundation for the original development of scarcity consciousness. From this single belief, all other abundance misperceptions are formed.

The term finite means, “having a countable number of elements,” or, “having an end or limit”. When something is finite, it means it is quantifiable. It can be broken in parts, counted and measured. Finite also means something has an end. When you believe that abundance is finite, you believe it can be depleted and will run out. This misperception is the foundation for the belief you can have “a little
abundance or “a lot” of abundance. If you think that abundance is finite, it becomes easy to then believe there is not enough to go around. This generates fear which, in turn, creates scarcity consciousness.

Once this fear of lack has been activated, it becomes self-fulfilling. The energy of fear isn’t resonant with the energy of abundance. When you perceive from the scarcity consciousness, you can’t see abundance. The apparent lack of it is taken as confirmation that abundance is, indeed, limited and finite. This then creates more fear. Your scarcity consciousness tells you that you need to acquire “more” abundance, so you feverishly try to find it. But your inability to perceive it convinces your scarcity consciousness that abundance is indeed very limited. This causes even more fear, and so it continues until you live in a constant state of quiet desperation over the seeming lack of abundance in your life.

Remember that misperceptions are mistaken thoughts or perceptions of reality. In reality, true abundance is infinite, and when something is infinite, it is immeasurable—you can’t measure or count it. The term “infinite abundance” immediately strikes a chord, or a knowing, deep within you. You recognize the term because within your heart you know abundance is infinite: it is ever present and never ending; continuous and omnipresent. Abundance is everywhere at once, infinite and inexhaustible.

You can’t have “a little” of the infinite. You cannot be “a little” abundant any more than you can be “kinda” pregnant! You are either abundant or you aren’t. This means you either perceive your full abundance, or you don’t—in which case you misperceive reality. To correct this, it is necessary to surrender the idea you can be more abundant than you are at this moment. Just think about that: you will never be more abundant than you are right now. This is not because there isn’t enough to go around and you missed out, but because right now you are already infinitely abundant. To train your consciousness, you will need to release the idea of having to acquire some sort of abundance that exists outside of you. Instead, open yourself to the idea that you are simply unable to see what you already possess. Imagine your “picture” will become clear as you heal your abundance consciousness.

**EXERCISE: How has scarcity affected you?**

1. Review the definition of abundance you wrote in chapter 1.

2. Does anything reflect your belief in the idea that abundance is finite, limited or scarce?

3. Think about the emotions you have around abundance. Do you feel fear, frustration, aggravation, panic or desperation when you think about it? Write down how these emotions affect you and those around you.

4. Write a brief paragraph about how believing abundance is finite has affected your life, your relationships, and your sense of connection to Spirit.

**The Second Misperception: Abundance Equals Money**

The second misperception states that if you don’t have “enough” money, then you will not have abundance. This is one of the major beliefs underlying our modern-day society. Everywhere you turn, you are told money equals abundance. How often have you thought, “If only I could manifest enough money—then, I would be abundant”? This is such commonly held belief that it may seem ridiculous to
even question it. For the moment, suspend your belief in this misperception and allow yourself to consider this may be false. Entertain the idea that money is not a sign of abundance at all, that true abundance is independent of monetary wealth. It may seem as if these are inseparable, but in fact, they aren’t.

While it is true that money can be used as an expression of abundance, simply acquiring money does not magically make you rich. If abundance and monetary wealth were the same thing, then those who have money would automatically feel abundant. Many wealthy people, however, don’t feel like that. No matter how much money they have, or what luxury surrounds them, they still feel as if something is missing. They still feel lack. On the other side, there are also people who live in what is considered to be poverty, and yet feel truly abundant. They may not have money to purchase what other people consider to be necessities, or have enough to pay their bills, yet they feel their life is blessed with abundance. They are receivers for the frequency of abundance, and so they perceive it surrounding them.

This does not mean that poverty is better than wealth. This is only meant to illustrate that money and abundance aren’t the same thing—if you can have one and not the other, they must be distinct from one another. Separate the idea of abundance from the symbol of money, and you will be well on your way to healing your abundance consciousness, and experiencing joy and abundance each and every moment.

**EXERCISE: Abundance and money**

1. Again, review your definition of abundance. Does it reflect the second misperception? Are you equating money with abundance? Underline or highlight those aspects that seem to reflect this.

2. Look at your list of abundance indicators—those things you believed would make you feel rich. Highlight those items that reflect the idea that money equals abundance.

3. Imagine a world without money. What would abundance look like? If you had no concept of money, what would abundance mean to you? Describe how abundance might manifest in a world without money.
The Third Misperception: Abundance is Related to a Divine Judgement of Your Personal Worth

The belief that the amount of abundance you see in your life is directly related to a Divine judgment of your personal worth is so ingrained in human culture that it may be the most difficult to heal. It plays a central role in many religions and spiritual belief systems, parenting and educational systems, as well as our own beliefs. It is based on the model that says that if you are good, you will be rewarded, and if you are bad, you will be punished.

You have been taught the world works this way since childhood. Your parents modified your behavior by rewarding you when you did what they wished, and punishing you when you didn’t. You learned that if you did what you were told, reward would be the outcome. If you didn’t do what you were asked, you would be punished for disobeying.

Having been indoctrinated into the punishment-and-reward system from an early age, you would expect the Divine would use this system to discipline its creation. In church, temple or synagogue you hear that God punishes the wicked and rewards the good. At work, you are told that if you perform well, you will be rewarded with a higher salary that, in your current belief system, means more abundance. If you perform poorly, you will lose your position and suffer loss of abundance in the form of losing wages. In school, children are taught that if they do well, they will be rewarded with a gold star or a special privilege. If they behave badly, they will be punished by having a benefit withheld. Our entire culture is based on this law, and so we project it onto the Divine Creator.

Punishment and reward, however, is not the modus operandi for the Divine Creator—despite Earth’s religions teaching the opposite for many thousands of years. There is ample evidence that good things happen to bad people, and that bad things happen to those who do good. The theory of a Divine law involving reward and punishment is deeply flawed, yet our culture and our own minds hold onto this concept as a truth, instead of the misperception that it is. Because of this belief, you unconsciously—or maybe even consciously—judge your self-worth according to the “rewards” or “punishments” received from the Divine.

Because of this, you may believe that your lack of abundance is a punishment for something you have done wrong—either in this life, or even in a past one. You believe you aren’t doing the right thing in the eyes of the Divine, or you would have been rewarded with abundance. You draw the conclusion you are not worthy of abundance. The Divine feels you don’t have enough worth, or you are being punished for some unknown “wrong” you have done. What a horrible feeling to believe you are being judged unworthy of abundance by your own Creator! In an effort to prove your worth to the Divine, you begin to bargain with God/Goddess/All That Is. You promise that, if you could just have some more money, you would do good things with it: “If I could just win the lottery, I would help so many people.”

No matter how you phrase the request, the thought behind it is always the same. If the Divine gives you money, you will prove your worth by doing good deeds. It is like a little boy who promises his parents he will clean his room for a month without being asked, if only he can have a certain toy. It is an inherently flawed approach to manipulate the Divine into giving you a reward as a sign of your personal worth.

This attempt to bargain with the Divine must fail, because it is based on a misperception of reality. If you are already infinitely abundant, then how could more be given to you? The Divine is not withholding abundance from you, nor is your perceived lack of abundance some sort of punishment.
It is this belief itself that prevents you from perceiving the reality of infinite abundance.

Believing abundance reflects upon your personal worth is incredibly damaging. True abundance is not a judgment of your worth. You are in no way judged by the Divine and abundance is not a punishment or reward that is granted. It is an integral part of your birthright, a part of your being, and has always been with you. Your continual bargaining is not answered—nor can it be—because it is based upon an incorrect assumption.

To experience the healing of your abundance consciousness, you will need to heal your relationship with the Divine first. How can you joyfully accept infinite abundance as a gift that has already been given to you if you believe the Divine is constantly judging you? If you believe you are unworthy in the eyes of the Divine, it will be difficult for you to perceive abundance. You can’t hold a belief in infinite abundance while believing abundance is doled out as a judgment of your worth by the Divine Creator.

**EXERCISE: Striking a bargain**

1. Review the definition of abundance you wrote in chapter 1. In your list of things that would make you feel abundant, did you include any bargain items? These are things you included out of a sense of needing to do good in order to be rewarded with your true desires.

2. Think of the term “self-worth”. Have you ever felt as though you were being punished by having abundance withheld by the Divine? How would you feel if you were loved enough to be given infinite abundance?

**The Three Misperceptions do Not Define True Abundance**

The misperceptions aren’t real. You only make them seem real through your continued belief and investment of energy. Abundance isn’t finite, it isn’t the same as money, and it isn’t a punishment or a reward. If you can clear these three obstacles to perceiving the true nature of abundance, you will have healed your abundance consciousness. As you practice the exercises and alignments in this book, you will be guided through the process of clearing out the Three Misperceptions and their associated beliefs from your heart and reality.

You will learn the principles of thought, perception and belief that will change your experience by revealing infinite abundance. Society is built upon the Three Misperceptions and it will require conscious practice to shift your beliefs. Once you do change your “scarcity program”, though, your perception will shift instantly and you will never be the same again.

It isn’t necessary to struggle while healing your abundance consciousness. In fact, you’ll find that it is the ceasing of struggle that allows abundance to come into your life. Your struggle to acquire more abundance and to prove your worth to the Divine will cease. You can use this energy to manifest true abundance into a creation of your choosing.
Chapter 4: The Three Misbehaviors

One of the most common reactions people have when they perceive lack is to pray and ask the Divine for abundance. On the surface, this seems reasonable and spiritual. After all, it implies recognition that the Divine is the source of all abundance, and praying is an opportunity to affirm to the Divine that you are open to receiving.

So, what is the problem with praying for abundance? It is not the concept of praying for abundance that is flawed, it is the way we do it. If you think about it, prayers for abundance are not about abundance at all. They are prayers of lack. You are praying for abundance because you do not believe that you have enough. By praying you are actually reaffirming you are not abundant!

When you think you are praying for abundance, your prayers are often about things. A new job, a new relationship, health and wealth top the “most prayed for” list. Focusing your prayer simply causes you to focus on the fact you don’t have them. This sense of lack often creates feelings of desperation and even despondency. Instead of celebrating abundance, these prayers actually prevent you from experiencing it!

The Three Misbehaviors are three modes of prayer that are both very common and extremely ineffective. By engaging in these prayer misbehaviors, you are practically guaranteed a sense of lack, separation from the Divine and desperation in your life. The Three Misbehaviors are based on the Three Misperceptions—prayers that can’t be granted because they are not prayers of abundance. The Three Misperceptions are based in scarcity consciousness and reinforce it each time they are focused on, thus further blocking your ability to perceive true abundance.

The Three Misbehaviors originate in childhood when you were dependent on your parents or caretakers. You were unable to directly manifest anything for yourself and were essentially in a position of powerlessness. Your parents’ ability and willingness were the sole factors that determined whether your needs and desires were met. Because of this, the behaviors of begging, bargaining and threatening were used in varying degrees to get your parents to give you what you wanted. As you grew older, these behaviors became more sophisticated as your needs and desires became more complex, and as you learned which of these behaviors would get you the desired results.

As an adult, you are responsible for manifesting your own needs and desires, and for your own sense of abundance, but, this doesn’t mean these misbehaviors cease. What do you do when you are unable to manifest something? Who do you turn to when your parents, partner or friends aren’t there to help you? Most likely, you turn to the Divine Source. The ingrained behaviors of begging, bargaining and threatening will now be used when communicating with the Divine. You believe that using these modes of prayer will convince the Divine to provide you with what you want.

But, unlike our parents, the Divine isn’t so easily manipulated. In fact, begging, bargaining and threatening isn’t even heard as prayer by the Divine—it knows you are abundant, because you were created that way. You have the same ability to tap into the energy of abundance as everybody else. How can you be praying for more of what you already have in infinite supply? What you are doing is not praying. These are simply the illusionary mantras of scarcity that obscure your power to manifest abundance.

Let’s take a look at the Three Misbehaviors and how we use them as scarcity prayers in a mistaken attempt to gain abundance.
The First Misbehavior: Begging the Divine

Begging is what a disempowered consciousness does when asking an empowered consciousness to create for them because they believe they are unable to create for themselves. This usually stems from childhood, when it probably was a very successful manifestation tactic. Say, for example, that a child is unable to manifest a certain toy because it has no money and can’t get to the store. In other words, the child is disempowered to create what it wants. To manifest the toy, the child must ask an empowered individual, such as a parent or an adult, to create it for them.

But what happens when the adult says no? The child will employ the tactic of begging in an attempt to manipulate the parent into doing what it wants. Pretty quickly, the child learns that if it begs often enough, loudly enough or persistently enough, the empowered individual will do what it wants. We’ve all seen this behavior in children:

“Please, can I get this toy?” Joshua asks his mom, “Please, please, pleeeaaase?!”

“No, Joshua, not today,” his mom replies.

“PLEEEAAASE, can I get it? I really, really, really want it!” Joshua begs, jumping up and down. His voice grows louder. People start to stare.

“I said ‘no’, Joshua. Now, please stop begging.”

“But I’ll take really good care of it! David’s parents got him one! If you loved me, you’d get it for me!” Joshua pleads, with big tears rolling down his cheeks.

“Oh, fine! If it means that much to you, I’ll get it for you,” Mom says, succumbing at last.

Joshua has learned that when he begs, he may very well get what he wants. As he grows up, Joshua becomes more empowered to create what he wants, but there are still times when he simply doesn’t feel as though he is able to. In these moments of disempowered consciousness, Joshua resorts to the old tried and tested form of begging. Instead of pleading with his mom, however, he focuses on the universal parent, the Divine Source. With desperation in his heart, Joshua goes down on his knees and folds his hands: “Please, God, can you please let me have just $10,000 so that I can pay off these bills?” Joshua is older and the jackpot is larger, but the old misbehavior of begging is still going strong.

What is wrong with asking the Divine for something you feel you can’t create on your own? When you engage in begging, you are essentially denying that you have any power to create and manifest what it need or desire. You place yourself in the state of disempowered consciousness.

But you are not disempowered to create. In fact, you were created as a co-creator with the Divine, and you have all of the power of infinite abundance available to you. When you are in a state of disempowered consciousness you can’t access the energy of abundance and so your ability to create is limited. Your disempowered state becomes a self-fulfilling prophecy.

Constant reinforcement of this sense of powerlessness damages your ability to manifest, and it does nothing to increase your sense of abundance. Begging behavior often escalates into the “squeaky wheel” syndrome. An old saying says; the squeaky wheel gets the grease, which means that if you make a lot of noise, you’ll get the result you want. Because children are essentially powerless to manifest their own needs and desires, this behavior is understandable in young children. As an adult, however, this behavior is extremely damaging to their abundance consciousness.
In the previous example, young Joshua escalated his begging and caused his mom to give in and purchase the toy. This behavior often carries over into abundance prayer in adulthood. When no results are seen after your initial request, you may believe that you not only have to beg, but must also beg repeatedly and often. This squeaky wheel begging reinforces your sense of scarcity. More importantly, it destroys your faith in the Divine because it is ineffective and usually results in not getting what you desire. This leads you to believe that the Divine either isn’t listening to your prayers, or doesn’t believe that you are worth a response.

Begging stems from taking on the role of a victim. As a victim, you are powerless to create or change your reality. When you are in a position of powerlessness, you are not responsible for your experience. That means that you are not response-able. In other words, you are powerless to respond to situations or experiences.

It is not necessarily bad to be in this position, but it certainly can prevent you from resonating with the energy of abundance and directing that energy into a form you choose. If you are a habitual beggar in your prayers, you may want to explore your sense of victimization in other areas of your life. Recognize that the victim role is one that cannot empower you to experience abundance. When you find yourself begging, stop immediately and realign yourself with the energy of abundance using the Core Abundance Practice or any of the other empowering exercises situated in Part 2 of this book.

When you beg, you are reinforcing the belief you don’t have something and can’t create it yourself. A law of physics, the law of resonance, states that similarly vibrating energies join together to create a larger energy field. In other words, like attracts like. When you focus upon something—especially when praying or meditating—you will create more of it.

When you pray from a position of lack and scarcity, the only way your prayer can be answered is with more lack and scarcity. You are literally praying for powerlessness when you use begging as your abundance prayer! You cannot simultaneously believe abundance is infinite, yet believe you don’t have it. If you find yourself begging the Divine for something, it is a clear indicator your abundance consciousness is not yet healed.

To manifest abundance, your consciousness first moves into resonance with the energy of abundance, then directs it into form through the co-creative power of intention and direction. As you can see, begging doesn’t meet the criteria for creating from abundance. You have access to all of the abundance energy you require to create whatever form it is you need to satisfy your needs and desires. Focusing on anything else is simply counterproductive.

If you believe the Divine hears your prayers and has the power to fulfill them, then why would you need to continually ask for the same thing? Only a belief that the Divine either does not hear you, or chooses not to, can be the basis of this behavior. Either way, it implies a lack of faith in the Divine and a lack of belief in one’s own self-worth. An occasional lapse into begging can be expected as you go through the process of healing your abundance consciousness. Immediately recognizing this misbehavior as a sign you are out of alignment with true abundance and correcting it will help you to heal more quickly.

Why, then, do these prayers sometimes appear to be answered? Sometimes, misbehaviors in prayer focus your thoughts, words and desires in a way that allow you to subconsciously create what you are asking for. But, while you may be able to manifest certain things by begging, bargaining or threatening, you will not be able to experience abundance.
The Second Misbehavior: Bargaining with the Divine

When begging fails and the results you desire don’t manifest, the next tactic many people try is to bargain or negotiate with the Divine. Bargaining is an attempt to manipulate the Divine into giving you what you want by promising to do good deeds in exchange. You have probably seen this behavior in children where they promise to get straight As if they get a puppy. The adult version of this prayer is: “If you just let me win the lottery, God, I’ll give half the money to the poor, and I’ll volunteer at the shelter every week.”

In the bargaining prayer, good deeds are promised if the Divine manifests your needs or desires. This misbehavior is firmly rooted in the idea that God rewards “good” people with abundance, and punishes “bad” people by withholding favors. The bargainer believes that if they promise to do good works, the Divine will grant them what they want. Abundance is a flow of energy that is freely offered to everybody. You can’t be rewarded with abundance or punished by having it withheld. If this was the way the Divine worked, then all wealthy people would be good, and all poor people would be bad. Obviously, this is not true.

Whole societies operate on this idea of karmic entitlement, believing that if you are born poor, you are being punished for past deeds—either in this lifetime or a previous one. If you are born into wealth, then you are believed to be blessed by the Divine. For thousands of years, these beliefs have permeated both eastern and western culture. It is only recently we have begun to evolve beyond this mistaken premise. Promising good deeds in an attempt to manipulate the Divine into giving you what you want simply doesn’t work.

The Divine is not denying you. Remember, you have been given everything you need at the moment of creation. You have the energy of infinite abundance to manifest whatever you desire. The reason you have not yet received what you are asking for is because you have not learned how to tune into this flow of energy and direct it into manifestation. Once you learn to do this, you will realize you are in control of what manifests in your life. The Divine does not use abundance as a punishment or reward. What the bargaining mode of prayer reveals is that you do not feel you are worthy of what you want. If you are bargaining, it means you believe you must do a worthy act in order to be seen as worthy by the Divine. This underlying belief in your own unworthiness is a dangerous idea to hold, as it leads to the third misbehavior of threatening the Divine, which we’ll examine in a moment.

Good works are truly only good when they are free from expectation of reward. If you wish to do good, just do it. Don’t use it as a bargaining chip. If you want to donate half of your money to the poor, then do it right now. Don’t wait until you win the lottery. If you want to volunteer at the shelter, then do it. But don’t expect the Divine to reward you by granting your prayer. Do it because it is a natural expression of your belief in infinite abundance. True good works are acts of gratitude. If you are promising to do good to manipulate God, then they aren’t good deeds at all. They are simply acts of manipulation. The Divine loves you and has given you the power to create whatever it is you wish to bring into the world. You don’t need to bargain or negotiate for abundance. All you need to do is open up to its infinite flow.

The Third Misbehavior: Threatening the Divine

You begged the Divine, but your prayer didn’t manifest. Then you bargained, thinking that some negotiation might get you what you asked for. It didn’t. Why isn’t the Divine Creator responding? Why aren’t your prayers answered? You begin to feel frustrated and angry. As your desperation mounts, the third misbehavior, threatening, makes its way into your abundance prayers.
“Now wait just a minute,” you say. “There’s no way I threaten the Divine to try to get abundance.” This behavior, however, is extremely common in abundance prayer, especially when all other attempts at manifestation have failed. Just like begging and bargaining, threatening probably stems from childhood. As a child, the threat may have been something like, “If you don’t get me that toy, I’m going to hold my breath until I turn blue!” In adulthood, the prayer is similar, if a bit more evolved. Before I came to understand the nature of true abundance, I was struggling to make ends meet. I had changed my career to do work that was “more spiritual” than my previous job (also a mistaken concept). I worked hard to make the transition from doing what I didn’t love, to doing what I thought I would love. I opened a crystal store, practiced healing and did spiritual counseling, taught workshops and wrote. While I loved what I was doing, I was a single mother and was having a really hard time meeting my financial obligations. I had been told that if you do what you love, then the money will follow. Well, I don’t know who the money was following, but it sure wasn’t me.

In a moment of desperation, my own prayer went something like, “Divine Creator, I’ve done everything you asked of me. I have put everything on the line to do this work and I can’t even make enough to break even. If you don’t send me some money soon, I will stop following my spiritual path and get a job that will pay my bills!”

I knew, of course, that this was not abundant behavior, but it didn’t stop the frustration and anger from bubbling over, resulting in the ultimate misbehavior of threatening the Divine. While I didn’t get a check in the mail from the Universal Source the next day, I did receive the information that is contained in this book! It was enough to keep me going until I began to use these principles to manifest from true abundance.

Threatening the Divine doesn’t hurt it any more than a child holding its breath hurts a parent. Eventually, the child will have to breathe again, and eventually, you will become aware of how to manifest from true abundance. But threatening the Divine does hurt you. All those feelings of frustration, anger, fear, and pain block you from being able to resonate with and direct the energy of infinite abundance. They reveal a deep sense of separation from the Divine Source and your true nature as a co-creator.

**True Prayer for Abundance**

These three misbehaviors are ineffective and damaging to your abundance consciousness, but they are also completely understandable. You are not doing it because you are a bad person or not spiritual. You are doing it because the behaviors make sense in the context of your misperceptions of abundance. Beating yourself up over them is as counterproductive as the behaviors themselves. When you find yourself engaging in any of these three misbehaviors, don’t berate yourself. Instead, just stop the behavior, then use the Core Abundance Practice, which is outlined in Part 2, to assist you in aligning to the flow of abundance and directing that flow into the form you choose to manifest.

True abundance prayer doesn’t ask for anything. Instead, it is an opportunity to connect with the Divine and to consciously receive the energy of abundance. In chapter 5 we will look at the true nature of abundance more closely. For now, simply recognize when you fall into these misbehaviors. Breaking this pattern of disempowered prayer is one of the most important things you can do in healing your abundance consciousness!
Chapter 5: The Mechanics of Manifestation

Once you are in the flow of infinite abundance, you will put less importance on manifesting “things” than you did when you perceived reality from the perspective of your scarcity consciousness. Your scarcity consciousness believes that to be abundant, you need to create certain forms or experience certain events. Your abundance consciousness, however, doesn’t require the creation of anything in order to experience abundance.

That doesn’t mean you won’t want to manifest things. It simply means you won’t feel you need to in order to feel abundant. In fact, once you are aligned with the energy of abundance, you will use the creation of forms as a way to share it. It is part of the practice of gratitude to create forms that reflect true abundance in the world.

Manifesting forms is an integral part of your practice of abundance. However, what makes all the difference between a creation that brings scarcity and one that brings abundance is the type of creation you manifest and the energy it is manifested from.

You Can Create from Scarcity

One of the biggest misconceptions about manifesting is that you can’t manifest from scarcity consciousness. This is simply not true. You can, and already do this. You can manifest millions of dollars, mansions, a fleet of antique cars, and a swimming pool full of champagne with the energy of scarcity. Manifesting from scarcity and manifesting from abundance requires the use of completely different energetic streams as your creation source. When you manifest with the energy of abundance, you are creating from an infinite and unlimited source. Any creation that is manifested from abundance will be filled with the energy of abundance.

The very nature of scarcity is that it is limited. When you manifest from scarcity, you must either use your own personal energy, or draw upon the energy of your environment to manifest a form. This means taking energy from people around you, the Earth, or other finite sources of energy. When you create from scarcity, you must take the energy from something or someone in order to create. This is the very definition of an energy vampire!

People who become wealthy by creating from scarcity are often those who believe that the pie is not big enough. They are aggressive in getting their piece before it’s gone, and believe that stabbing a few people with their fork on the way is probably the only way to ensure they would get anything. Creations manifested from scarcity can never bring a sense of abundance, no matter how much wealth is manifested.

What if a person doesn’t want to hurt anyone in an effort to manifest what they need? What if they aren’t willing to “do what it takes” and take energy from others or the environment to manifest what they want? Then they must unconsciously, subconsciously, or consciously choose not to manifest anything. Your Soul knows that to create from scarcity, it must violate the laws of abundance, yet you don’t consciously remember how to create from abundance. You’re stuck either living with conflicting values or using your own energy to create anything.

Form and Content

Often, when we try to manifest, we focus only on the form of the creation and not the content. This is why our creations often do not make us feel abundant or bring us joy. The key to manifesting from abundance lies in understanding the difference between the form of a creation and its content. Scarcity consciousness is generally only concerned with the form a creation takes. It believes that manifesting a
certain form will generate the content of abundance it seeks. For instance, scarcity consciousness tells you that you need to have a nice home, otherwise your family will think you aren’t successful. It may tell you that you need a new car because you believe that “you are what you drive”.

Abundance consciousness understands that the content of a creation is much more important than its form. If the content of a creation is the energy of abundance, than any form that creation takes will represent abundance. In order to understand this more fully, let’s take a closer look at the differences between these two aspects of every creation.

Form is the shape a manifestation takes—for instance, if you want to manifest a new car, there are different forms it can take. You could manifest a pickup truck, a sports car, a limousine, or a SUV. You could manifest a brand-new shiny car or an old clunker. You can manifest a blue car or a red car. All these forms are “automobiles” and all of them fulfil the same basic function.

Content is the energy that the form is filled with. The content of a creation is what gives it its meaning—for instance, three people could manifest the same form of a convertible car. However, the content, or meaning of this form is different for each person.

One person may manifest the form of a convertible because it represents freedom and excitement. Another may manifest it because it allows them to feel more connected with nature as they drive, while a third is afraid of being judged and wants to impress others with an image of vitality, wealth and daring. All three have created the same form, but they have all filled it with a different content of energy. The form is the same, but the content is very different. It is the content of a creation that determines whether that form is going to bring a sense of abundance or scarcity.

Another way to think of this is to think of form as a cup, and content as the liquid it contains. The form of the cup can be plain or ornate. The function of the cup is the same, no matter what its external appearance is. Its function is to hold something—specifically, the content. It may be gilded and bejeweled, but if the content of the cup is undrinkable, then the cup’s external beauty doesn’t matter. The cup may be just what we imagined, but if the drink is unpalatable, there will be no joy in drinking it.

The emotional energy you use to manifest your creation is the content of that creation. When you create from fear, desperation or separation, the form you manifest will be filled with this energy—it will not fulfill you. In fact, it will continually remind you of fear, desperation or separation. When you create with the frequency of love, joy and abundance, your creations will be filled with the energy of true abundance—no matter what they look like on the outside. Your creations will be truly “full-filling” and will be constant reminders of your love, joy and abundance.

When you aren’t experiencing infinite abundance, you tend to focus more on form than content. Some literature will tell you to focus on the form and visualize it down to the smallest detail. There is, however, little or no attention given to the content because while you may succeed in visualizing the exact creation, it will be an empty shell.

Many techniques currently used for manifestation, for example visualization, affirmation and magnetizing, can be used by your scarcity consciousness as well as your abundance consciousness. These are great techniques to use, but make sure you are creating from the energy of abundance. When you are in a state of true abundance, the form of a creation has much less importance than the content. The form is either le up to the Universe, or is chosen to reflect your highest joy or any immediate need you may have.

Sometimes, a particular form is necessary. However, if you are hungry, manifesting a new pair of pants won’t do you much good. If you need to pay your bills, manifesting apples isn’t going to work for
you. You can create that form to suit your personal preferences. After all, if you’re going to put the energy into manifesting something, it should be something that you like! But still, the primary consideration should be the content, not the form itself.

**Creation as a Process of Limiting Energy**

Another misconception people have about manifesting is that it is a process of expansion. In reality, manifesting is a process of putting limitations upon energy. Every creation begins as infinite possibility. You could create a job, a car, an elephant, a piece of clothing or something to eat. You get the idea. The possibility of creating is infinite, just as abundance is infinite.

To get from infinite possibility to the real form, you need to go through a process of placing limitations on that energy until it manifests in the form you want. You limit energy by making choices and decisions. You may decide you want to manifest abundance into the form of food because you’re hungry. Or you may choose to manifest it as a job that is more aligned with your values and sense of abundance.

Then you will need to decide on the general characteristics of what you want. For instance, if you are hungry, you will need to decide what type of food you want. Do you want a salad, Chinese or pizza? Once you have decided this, you need to limit it still further. Do you want Kung Pao chicken or egg Fu Yung? Each choice and decision is a limitation on infinite possibility, and it must occur in order for the energy of abundance to take form. Everything around us is the result of constricting the creative force of the Universe through the funnel of our choices.

Some people are afraid to choose, in case they choose the “wrong thing”. Or they may have felt disempowered for so long, that they don’t even know what they want. Fear of choosing the wrong thing and avoiding choice altogether are classic examples of how scarcity consciousness can attach ideas of personal worthiness and Divine reward or punishment to manifestations.

You were created by the Divine Source to be a co-creator, so you get to choose what manifests in your life. You get to choose. And, you are allowed to choose whatever form you desire. The Divine doesn’t care what you create. The Divine only cares for what you create it from. You are free to create whatever you want, as long as it carries the content of abundance. This way it is guaranteed that your creations will be generative and positive expressions of abundance.

**Resource Creations Versus True Creations**

Once you have decided on a form, you will need to determine if your intended manifestation is a true creation or a resource creation. A resource creation is something that only has value when it is turned into something else. Money is such an important resource creation in our world today that I’ll devote an entire chapter to it, but just consider that money has no real value unless you trade it in. Very few people, other than coin collectors, want money as a creation in itself. You don’t want to win the lottery just to have the money — you want what money can get you, for example a new home or a car, or less tangible goods such as respect or freedom. You want money so that you can turn it into something else.

Money is not the only resource creation, though it is by far the most sought-after resource creation on the planet. Many things that people wish to create are desired not for the creation itself, but what they think that creation will bring them. Going back to the example of the convertible car, one person wanted to manifest it because they were afraid of other people’s judgment. They wanted the convertible to gain the respect or admiration of others. This is a resource creation. Every time you create a thing in
order to get something else, it is a resource creation.

A true creation, on the other hand, is manifested only for itself or for the purpose of sharing abundance. When you want a thing for itself, you are manifesting something to meet an immediate need. For example, if you need a car because your old one broke down, then a true creation would focus on manifesting an affordable car. You would put few limitations on the form of car, because the form itself doesn’t really matter.

I’m not saying you would focus on manifesting the required amount of money for a new car, because that would be a resource creation—you focus on manifesting the thing itself. It goes without saying that this creation would be manifested from the energy of abundance, not scarcity. While you can manifest both resource creations and true creations from abundance consciousness, scarcity consciousness can only manifest resource creations. This is because scarcity consciousness always believes it is judged by its creations. It creates what it believes will give it worth in the eyes of the Divine and hopes it will be rewarded with abundance.

Another part of the definition of a true creation is that it will help you share abundance. Remember that the energy of abundance is the flow of love from the Divine. True creations allow you to share abundance, and therefore the love of the Divine, through everything you create. It is important to distinguish this drive to share from the old bargaining behavior of doing something good so that you will be rewarded. These are very different things, when creating with the energy of abundance, you focus on how you can share, not on what you “should” do.

While it is always more elegant and conservative of energy to manifest a true creation, there are times when a resource creation is the only thing that will do. There’s no law that says that it’s bad to manifest resource creations, but remember you must turn its energy into the end creation.

**Possibility and Probability**

Anything is possible. This is not just a slogan for positive thinking; it is the reality of physics. With enough energy and time, you will be able to manifest anything you desire. The question is, do you have enough time and energy to see the creation through?

While anything is possible, not everything is probable. Creations that are less probable will usually take more time and more energy to manifest than creations that are highly probable. You can make a creation more probable, and therefore manifest faster, if you increase the amount of energy you put into the creation by using the Core Abundance Practice given in Part 2. There is a huge difference between the Misbehavior of begging and the regular practice of consciously filling a creation with energy. The primary difference is that in begging, you are putting energy into the Divine manifesting something for you that you are unable to manifest for yourself. In filling a creation with energy repeatedly, you are affirming your power to co-create.

**Divine Timing**

Once you have become resonant with abundance, focused it into the form of a true creation and filled it with energy, there is only one thing left to do—wait. The final aspect to manifesting is the wild-card of Divine Timing. There are six billion other Divine co-creators on this planet. All of our creations and manifestations are continually interacting. If one thing manifests over here, something else will need to occur over there. A chain of events, people, and lives must all come together in resonance to manifest even the simplest creation. Divine Consciousness orchestrates it all.
The dance of abundant creation is a tremendous, whirling and ever-changing dance that involves the whole Universe. The orchestra in this great dance, however, is not always playing to your timing. When you have done everything to manifest a creation, the only thing left to do is to surrender it to Spirit. This doesn’t mean giving up on it. It means you hand it over to the Divine with the knowledge that it is coming, and you go on with your day. As you release your vision to the Universe, it will continue to move out into the world, gathering energy and finding those other dancers who are energetically resonant with your creation.

You don’t need to continually fret, worry and pray (as in the Three Misbehaviors of begging, bargaining or threatening). Excessive thinking about something you have not yet manifested can easily lead to a fall back into scarcity consciousness. By focusing on your intended creation only when you are in a state of abundance, you will ensure only that energy is linked to the creation. The Divine will manifest your creation as soon as it is in your highest good and the highest good of all involved—all in Divine Time.
CHAPTER 6: The Laws of Money

In most societies today, money is necessary for survival. You need money to eat, pay rent, purchase clothing and even to get to work to make more money. Unless you are completely withdrawn from modern society and fully self-sufficient, you will need money but even then, you may not be free. You now understand that money and abundance aren’t the same. Money is a unit of measurement of worth, while abundance is the flow of creative energy from the Divine Mind. They are distinctly different in both their basic functions and in the laws that govern them.

Money is a tool for scarcity consciousness to measure worth, and therefore it operates by the laws of scarcity—not abundance. This sets up an immediate paradox. How can you live in the flow of infinite abundance, yet be dependent on a tool of scarcity for your basic needs? The fact that money is a tool for scarcity doesn’t mean it has to continue to be one. It can become a tool that will allow you share abundance! By changing the energy that money carries and the way you choose to create it and spend it, you can fill your money with the energy of abundance and spread it to others.

In this chapter, we will explore the historic laws of money. These old laws are no longer suited to a new, abundant age. When a law outlives its usefulness, it has to be changed or abolished altogether, and new laws that better suit society’s needs come into play. By understanding the outmoded laws of money, you can understand how your scarcity consciousness uses money to keep you trapped and under its control. Then we will look at the new laws of money that you can use to turn money into a force of abundance.

History of Money

Though the concept of money has been around for thousands of years, most people had to rely on bartering instead of money simply because they didn’t have access to it. If you needed a new pot to cook your chicken in, you would have to find something that was roughly equivalent in value to trade for that pot. The bartering system was clumsy and dependent upon the agreement on value between those doing the trading. You couldn’t walk into the market square, pick up a new cooking pot and see a sticker saying “2 chickens” on the bottom. The price for an item had to be agreed upon by both parties.

Throughout the ages, food items such as cattle was used for payment and, with the growth of agriculture, other commodities such as barley, wheat and salt were introduced. Over time, the focus moved from everyday products to things that were rare and perceived beautiful, such as gold, cowry shells and jewelry. As a result, the practice of bartering—as old as humanity itself—became obsolete as the standard for payment slowly evolved into the type of money as we still know it today. These days, paper money is the most commonly used type of money in the world, but money itself, however, doesn’t have any value. It has become an abstract idea, a symbol for perceived value.

Inherent Value

The term “inherent value” means the value of an object itself, the energy of the physical form when it was created. When you get down to it, money only contains the energy of the material it was created from; paper, metal and plastic. It is the belief in the value of money that makes it valuable, but money itself has little value.

The laws of money as they currently stand depend entirely on the belief that it is valuable. If you
withdraw your belief in money, it ceases to have any meaning and becomes useless. Our task of living in abundance, however, does not mean that we need to lose faith in the system of money. It simply means that we stop being ruled by money and instead become rulers ourselves. We will change the laws of money and use new, more abundant laws of money to instill it with a higher meaning.

While you can use the laws of abundance to manifest more money, you can’t use the laws of money to manifest abundance. It is important, then, to practice abundance independent of money. As you go through this chapter, some of the principles and ideas may challenge the way you have been taught to think about money. This challenge is vital if you are to understand how scarcity consciousness controls you with money and how you can reverse the balance and make it a tool for abundance. As you heal your abundance consciousness and come to a place of mastery, it will be much easier to manifest money.

Once this happens, though, it will be relatively easy to fall back into the old belief that money equals abundance. Therefore it will be important to remain in a state of abundance consciousness as you become wealthier. Otherwise you will remain in scarcity, no matter how much money you create.

The First Law of Money

**Scarcity law:** “Money is valuable because it is rare. There must be competition for it and it must be difficult to obtain if it is going to maintain its value. I must struggle to create this rare commodity.”

A famous radio talk show host recently proposed that there is no reason why everyone in America can’t be millionaires. While it is very true that there is the capacity for everyone to be a millionaire (meaning, enough money to make this happen), it would be the surest way to guarantee that money would lose its perceived value very quickly because it is no longer rare. If everyone were millionaires, it simply would have no value. Even if everyone in America (or Europe, or Australia, or Africa, or Asia) did become a millionaire, it would still only have meaning if others weren’t. If everyone was a millionaire, who would do the jobs that no one wants? Who would clean the septic tanks and dig the ditches and clean the toilets? All of these are honorable jobs, but not many people would choose them as their life path. People do these jobs for the money. If you had a million dollars, would you do them? Usually, people want to be a millionaire so that they can pay someone else to do their unpalatable jobs.

The first law of money requires that money is perceived as scarce in order to maintain its value. Your scarcity consciousness has you believe you can’t get enough money. It is this belief that keeps you locked in a job you don’t like, spending your precious moments chasing empty dollars so that you can feel “safe”.

**Abundance law:** “Money is only valuable when it is turned into something else. Money itself has no value. I fill it with the energy of abundance. Because it is a tool of my abundance, it must be shared to have any meaning.”

In this law, abundance requires you to share money and turn it into something else, rather than chasing money itself. It is true that money is a limited commodity, only a limited amount is issued each year. But being a limited commodity doesn’t make it valuable. What makes it valuable, is what you can trade it for. Remember, the only function of money is to have a standard means of getting what you want in trade. It only has meaning when it is spent. In the abundance consciousness, money is only as good as its ability to help you share Love in the world. It is not then the acquisition of money that is important, but the sharing of it.

The Second Law of Money
Scarcity law: “Money is a measure of personal worth. The more I have, the more I am worth as a person. I must acquire money and things in order to prove my worth.”

It is a horrible truth that those who are perceived to be wealthy are offered more respect than those who are perceived to be poor. Have you ever been to a financial planner or a bank for a loan and had the loan officer ask you your net worth? How can you sum up your worth according to your bank account balance? Yet, we do it every day. Have you ever wanted a pay rise because you felt you were worth more than you were being paid? This is a direct correlation of your belief that your financial wealth is a direct indicator of your personal worth. To the scarcity consciousness, your value as a human being measured in money, because money is a standard measure of something’s value.

Some people believe that the less money you have, the more you are worth. This is exactly the same belief—only reversed. In this belief, you are not spiritual if you have money. Or you are not a good person if you have money. In this belief system, money is still believed to be a measure of personal worth. It is just considered to be a negative measure, rather than a positive one.

Abundance law: “Money is not a measure of anything but itself. You can have more money or less money, but that does not mean you have more or less worth, security, consciousness, goodness or power. All you have is more or less money.”

Your value as a human being cannot possibly be measured. You are a sacred creation of the Divine, created with a particular purpose in the Divine’s Great Plan. How could money possibly measure your worth?

The Third Law of Money

Scarcity law: “Money is power. According to this law, the more money I have, the more empowered I feel and the more powerful I am.”

Money is often used to control and manipulate others. It is used to get people to act against their inclination or even against their conscience. A lack of money can drive people to perform desperate acts that they otherwise would never do—just to acquire more money. People have been induced into prostitution, murder, drug dealing, the and other types of crime in order to gain money. Money does have a great power over others, but only if you invest in scarcity consciousness.

Even well-intended people use money to manipulate and control others, believing that it is best for the one being manipulated. Take the well-intended person, for instance, who gives a homeless beggar a $5 bill. But, with this gift comes the mandate, “You have to promise to use this to get something to eat and not buy any alcohol.” Inherent to this behavior is the scarcity belief that because you have money and the other person doesn’t, you have the power to control their behavior.

Abundance law: “Your power is evidenced in your independence from money—not your enslavement to it.”

When you are empowered with abundance, you realize that money itself has no power and therefore it grants no power. It can only offer you power if you control or manipulate those who invest their belief in it. Those who engage in this practice are going to have a very difficult time finding abundance. With abundance consciousness, money becomes a tool that you use to empower others—not hold power over them. It shares abundance by turning the money into other resources that can be used by others to empower their lives. When you are in abundance, you have power over money. You determine how much to create and what to turn it into to share abundance. Your personal power is not determined by how much money you have, but what you do with it.
The Little Book of Infinite Abundance

The Fourth Law of Money

Scarcity law: “It takes money to make money. You need to acquire money in order to make more money. The more money you make, the more money you can make. But, you can’t make money if you don’t have any to begin with.”

It is true that if you have money to spend, you can generate more money with it. For instance, a business owner who spends more money on advertising will generate more income from an increased number of customers. Having enough savings to start your own business can bring in even more money through the business itself. Scarcity consciousness would like you to believe this law to keep you under control. You are less likely to leave a job you hate and start up your own business, for example, if you believe that you don’t have the money necessary to do so. This keeps the scarcity consciousness in control of your reality.

However, there are plenty of examples of people who start with nothing and build hugely successful companies. There are countless ways someone can expand and grow their business without spending any money. Therefore, this scarcity law isn’t just outdated—it is downright wrong. You don’t need money to make money. You need only abundance energy and intention.

Abundance law: “Abundance will manifest in whatever form I require to fulfill my desires and needs. I do not need money to create money. I need only to resonate with abundance and focus my intention. If money is the best form for that abundance, it will manifest. If another form is more appropriate, that form will manifest.”

Money is very rarely the end result you aim for. You want your bills paid or to transition from your current career to a new, more aligned one. Or, you want to purchase things that you need. When you focus on manifesting the form you most require, it is very rarely money. So, instead of focusing on making money so that you can make more, focus instead on what you want to turn that money into. That is the more abundant way to create!

Be a Money Rebel

Laws can be, and frequently are, broken. The old scarcity laws of money are no different, they can be bent, broken or ignored. In fact, they will need to if you are going to use money as a tool of abundance. Discarding your belief that money is power, a measure of your worth, or even valuable, is going to be part of the process of healing your abundance consciousness. By breaking scarcity’s laws of money and adopting the abundance laws of money, you will find a new freedom and ease in your creations.

When laws are broken, there is generally a punishment. Your punishment for breaking scarcity’s laws of money will be the disbelief and even ridicule of those around you who still desperately subscribe to the three misperception and scarcity law. Are you willing to pay this price? Are you willing to become a money rebel and find freedom from money slavery and the scarcity it represents? If you can operate outside the old scarcity laws of money, the rewards are infinite.

When you break the scarcity laws of money, you forge a new path for others to follow. Once they realize that the new money laws you have adopted are bringing you abundance and happiness, they may come to revise their beliefs until those old laws are repealed and replaced with the abundance laws of money. It is then that we can bring true abundance to the world by changing the way that money is used and shared.

Money is Not the Root of All Evil
I often hear people say “Money is the root of all evil”, believing that they are quoting the Bible. Yet the Bible says that the love of money is the root of all evil, not that money itself is evil. There is quite a big difference between the meanings of these two statements. Love of money is greed. It is pursuit of money for money’s sake and for what scarcity believes that money will give them, such as more self-worth, more power and the ability to control others.

If the love of money is the root of all evil, and the love of money is greed caused by a belief in scarcity’s laws of money, then scarcity’s laws of money are actually the root of all evil. Money itself is not evil—but the laws that have governed it until now are.

Money has no meaning other than the meaning we give it. It has no energy other than what we fill it with. Money itself is not bad or evil—it can be great fun! It can be wonderfully convenient to turn it into useful creations that share abundance in the world. If you create your money from the energy of abundance, fill it with the energy of abundance, and share it in the energy of abundance, then you are the master of abundance. It becomes a tool for sharing love. When you are in love with money, however, you will not want to share it. You will believe that the acquisition of money itself is the point—not how you can then share it with others.

When you look at war, poverty, greed, starvation, slavery and obsessive consumerism, you are seeing the power of scarcity consciousness at its height. The World Hunger Organization states, “The world produces enough food to feed everyone. World agriculture produces 17 percent more calories per person today than it did 30 years ago, despite a 70 percent population increase. This is enough to provide everyone in the world with at least 2720 kilocalories (kcal) per person per day. The principal problem is that many people in the world do not have sufficient… income to purchase enough food.”¹ The reports further claims that, “Poverty is the principal cause of hunger. The causes of poverty include… an extremely unequal income distribution in the world and within specific countries.”

You see, money is the reason we starve others when we could feed them instead. We withhold life-giving food out of fear that we will run out of these pieces of paper. Money can be a symbol for abundance and world healing. When we bring it under the influence of abundance and use it according to the abundance laws, we will create new systems to handle the sharing of money in the world. The root of all evil—greed—will be abolished, while money itself will become an effective tool for healing the world.

Money is a Symbol for Energy

Many abundance teachings tell us that money is energy. It is true that everything is made up of energy. A $5 bill, for instance, is paper. As is a $20 bill and a $100 bill. There is no difference between the inherent energies of these bills. They all carry the energy of the paper and ink they are printed with. A $1000 bill doesn’t carry any different energy than a $1 bill. It simply has more zeros added. And what does a zero represent? Nothing! By taking a $1 bill and adding three zeros that represent nothing, you end up with a piece of paper that appears to have more value than another.

Coins carry the inherent energy of the metal they are made of, and only differ in energy because the metals themselves have different energetic signatures. A credit card with a $10,000 limit has the same inherent energy as a credit card that is over its limit. Both are constructed of plastic. Both cost the same to manufacture.

Money itself doesn’t have some special or mysterious energy. The money we use today is simply a symbol for energy. And, like all symbols, it represents various things to different people. For some, it represents the energy of freedom; to live where they wish, or to not go to a job they dislike. For others,
the symbol of money represents the energy of security or the relief from fear or worry. To another, it represents power over others, while for another it may simply represent a convenience and a way to get by.

These energies are all very different, yet they can all be carried by the symbol of money. It is the energy you put into money that determines what it represents. Remember the section on form and content? The symbol of money is a classic example of how form can be filled with different content. Money will only bring joy, abundance and happiness if that is the energy it was created from.

When you think of your money, do you think of the lack of it? Do you feel fear, panic or desperation? Do you jealously guard it? Do you reward yourself with money by buying unnecessary things to “treat” yourself or small accomplishments? Do you hoard your money so that you will be safe? When you fill the symbol of money with lack, you will get more lack when you manifest more money. Have you ever experienced getting a small windfall and then having an expense come along that swallows it? This is an example of how you can manifest money from scarcity—only to get more scarcity.

It is said that half of the dollar bills tested in the United States carry a trace of cocaine. Just imagine the suffering and pain associated with that money—the energy of addiction, broken families, lies, stealing, pain, wars, murder and death fill that money and travels with it from hand to hand. Is this what you want to attract more of? You don’t really want more money, you want what it can give you. But before you can receive any sense of abundance from money, you will need to fill that symbol with the energy of abundance.

When you create money from abundance, you will realize it is a resource creation—its only function is to be turned into something else. Once you truly understand this, the flow of money no longer feels like water running out of the holes in a bucket. Instead, it becomes like a vast ocean that swirls around you. Money created from abundance is meant to be turned into a true creation, by either spending it to purchase your true creation or by sharing it.

As you heal your abundance consciousness, you can also heal the energy of all money that passes through your reality. You can clear that money of its scarcity and fill it with abundance before it is passed on—thus sharing abundance with everyone who comes in contact with it. To do this, you need to receive your money as a symbol of abundance—not of scarcity or desperation. How many times have you received money and had that nagging little voice in your head whisper, “it’s not enough”? Take time to receive your money in abundance. Don’t turn around and stuff it in the holes that wait to swallow it. There will always be holes. You will never have enough money until you fill it with the energy of abundance. In the Core Abundance Practice meditation, you will learn to manifest whatever you choose, and to fill it with the energy of abundance. By filling the symbol of money with the energy of abundance, it will not only feel like having enough, no matter how much comes your way, but it will also act as a tool for abundance in the world.

**Hoarding Versus Sharing**

You will have come across the term “hoarding” in this book quite a few times now. The Merriam-Webster dictionary defines a “hoard” as a treasure that is hidden away. It further defines hoarding as “the process of accumulating and hiding a treasure”. The very nature of hoarding is based on a fear of losing what you have. This is plain scarcity consciousness, it’s as simple as that. Why else would “hiding” be part of it? Hoarding, saving, and investing money are different things. Hoarding is saving money with the intention of hiding or protecting it from being lost. Saving, however, can be an act of abundance if you intend on accumulating money for later sharing. You can’t hoard from a place of abundance, but you can save or invest from abundance. The true difference is that by hoarding, money has power over
you. By saving or investing from the perspective of abundance, you have power over money.

In order to use money abundantly, you don’t have to give away everything you have and not have anything in the bank. However, fear-based hoarding in an attempt to “get abundant” definitely must stop. All you can get from this behavior is more fear of loss and a deeper sense of scarcity.

As we’ve seen in recent events, saving and investing money doesn’t always guarantee safety and security. The stock market may downturn or investments may disappear when a corporation goes belly-up. What if you could create all the money you need at any time, without having to hoard it? Wouldn’t that be safe and secure? To use money as a tool for abundance, you need to spend it, give it away, share it or create a true creation from it. Perhaps you want to save money to put your child through college. Then, your ultimate goal is to spend it. Perhaps you want to save money for your retirement. Then, again, your ultimate goal would be to spend it. It is not the accumulation of money that makes you abundant—it is the sharing, or spending of it. Therefore, grasping and hoarding do not make sense. These behaviors are driven by a belief in scarcity—not a belief in abundance. They are based on the belief that money itself will make you safe, happy, or make your problems go away. However, it is only by spending that money that you ultimately get these things.

In almost all abundance teachings, donating or gifting money is encouraged to promote a sense of abundance. Donating, or tithing, is the process of giving a certain percentage of your income to a charitable cause. Gifting is a less structured way to share abundance. The idea behind this is that if you give money away, it will come back to you threefold or tenfold.

Yet, here is an opportunity for the Third Misperception to come into play that says you will be rewarded with abundance if you do good works. When you do a good deed so that you will become abundant, you are acting from scarcity. In abundance practice, you will be encouraged to share your abundance by giving money away, but only when it is an expression of your infinite abundance—not an attempt to become abundant. Donating and gifting are important practices for true abundance. But in order for them to be effective, they must be acts of sharing abundance—not trying to obtain it.
Chapter 7: Core Abundance Practice

Core Abundance Practice is a daily meditative practice that forms the foundation on which an abundant life is built. This practice has been specifically developed to ensure you enter the proper physical, emotional and mental states to immediately perceive abundance. The entire meditation is divided in three parts—opening up to receive abundance, aligning with the flow of abundance, and embodying abundance. In this chapter we will look at each of these sections separately, then put them together so that you can experience the incredible power of this simple meditative practice.

The Physiology of Abundance

The Core Abundance Practice is best done at the start of your day as the effect it has on your body and mind can radically change your experience of the day. Have you ever woken up grumpy, stomping around your home and grumbling about having to go to work? Then everything seemed to go wrong. Traffic only made you grumpier and by the time you got to work, there was crisis after crisis to deal with.

What you focus on in the morning determines the quality of the rest of the day. What you focus on when waking up determines what part of your nervous system will be used to perceive the events of your day. If you focus on thoughts of resistance, such as, “I really don’t want to go to work today,” or “I hate this lousy job,” you are creating stress. Stress is a physiological response to perceived threat.

When you get stressed, you activate the sympathetic nervous system in the body—otherwise known as the “fight-or-flight” part of the nervous system. This is responsible for preparing your body to respond to threats by either attacking the threat (anger) or running away (fear). These are the only two emotions this part of your nervous system can experience. Triggering this part of your nervous system results in certain processes of the body being shut down.

One of the first to get shut down is the digestive system. Have you ever had trouble digesting food when you were upset? This is a direct response to the digestion being turned off in order to redirect energy to the fight or flight nervous system. It also stimulates the adrenals, causing you to become jumpy, irritable and nervous. Does this sound like an abundant state to you?

The sympathetic nervous system is directly responsible for scarcity consciousness. It is the part of your nervous system that tells you that you don’t have enough. This natural response to stress is intended to drive you toward accumulating more food and resources to protect yourself against a perceived threat.

When this part of the nervous system is triggered, it can take hours for your physiology to recover—for your digestion to switch back on, your adrenals to start regulating and your hoarding instinct to turn off. During these hours, you will not be able to perceive abundance. Every nerve in your body is going to be hyper attuned to scarcity consciousness. That is the way we are built.

Now, on the other hand, imagine you wake up with positive thoughts and emotions, or you generate them shortly after. Thoughts such as, “Today I will share love through my work and my abundance will flow,” or “I choose joy,” will make you more relaxed, optimistic and even happy about beginning your day and heading to work. As you head through traffic, practice your abundance affirmations and smile at people. When you arrive at work, things that appeared to be in crisis now can be easily resolved in creative new ways. You receive a positive comment from your boss on your great attitude and are given a bonus for your exemplary work. Sure, it may not be the perfect job, but it is the perfect opportunity
to share and experience abundance!

When you begin your day with positive and abundant thoughts, you trigger the parasympathetic nervous system, your “healing-and-repair” part of the nervous system. When this aspect of your nervous system is activated, it creates biochemical cascades in the body that trigger the cells to regenerate, heal and balance. It stimulates and balances your immune system, helping to correct both immune deficiency and autoimmune imbalances. It stimulates digestion and metabolism, helps to release stored fat and increase nutrient absorption. The parasympathetic nervous system regulates serotonin uptake in the brain, which directly affects our mood and can help with overcoming depression.

The parasympathetic nervous system also activates those parts of the brain that help us think creatively, perceive new solutions to problems, and conceive of new inventions, approaches and possibilities. It also stimulates psychic ability and one’s sense of spiritual connection, bliss and rapture. The parasympathetic nervous system is the abundance perception system. When it is activated, you are much more likely to perceive abundance and to feel joyful and happy. When activated early in your day, it can actually prevent you from feeling and reacting to stress. It can prevent your scarcity consciousness from taking control.

The Core Abundance Practice has been designed to activate and strengthen the parasympathetic nervous system. This ensures that the actual physiology of your body — its biochemistry — will support your ability to perceive abundance. Without entering this state, you are much more likely to be in stress and, therefore, operating from scarcity consciousness. If you do the Core Abundance Practice at the end of the day, or even in its middle, you will find that it is not as effective. This is because the majority of the meditative time will be spent correcting the physiology of the sympathetic nervous system. When you do the meditation first thing in the morning, it will not only be easier to open to the flow of abundance, but you will not have to spend any time overcoming the physiology created by stress. This will make the meditation much more effective.

Now let’s take a look at the three parts of the Core Abundance Practice and what it accomplishes.

**Step 1: Opening to Receive Abundance**

Scarcity consciousness is obsessed with trying. It tries to create abundance, tries to practice abundance, tries to get more abundance, and so on. Trying is a function of the sympathetic nervous system. It creates tension, and therefore stress. Inherent in the concept of trying is the concept of failing. You have tried very hard to experience abundance, but here you are, reading this book. It is not because you are no good at abundance, but because “trying” to get abundance automatically activates that part of the nervous system that can’t experience it!

Abundance consciousness, on the other hand, doesn’t try — it allows. It doesn’t include the possibility of failure, you either choose to allow, or you don’t. There is no middle ground as these two approaches are based in different areas of the nervous system.

Take a moment now to feel the difference:

1. Close your eyes and try to relax. Try as hard as you can to release all tension from your body. Try to breathe deeply and evenly.

2. Now, close your eyes again and allow yourself to relax. Allow all tension to be released and breathe deep and even.
Which one helped you relax more? If you are like most, allowing was much more natural and effortless than trying. When you are trying, your muscles will automatically tense and your breathing will become shallow. When you allow, your muscles will naturally relax and your breathing will become deeper. These are signs of what part of the nervous system you are using in each approach.

When you are trying, you focus on creating or attaining something. It is an externally directed energy that requires you to pursue something “out there”. But abundance isn’t out there. It cannot be attained or arrived at. Therefore, trying to experience abundance is exactly the wrong approach. When you allow, however, you are opening yourself to receive something that is already there. Releasing tension is releasing resistance. When you release resistance to abundance, then you will find it.

The idea of receiving abundance is often difficult for people who have been struggling with scarcity consciousness. It somehow feels wrong or like failure to stop trying to become more abundant. It may feel as if you are doing nothing. But opening up to receive abundance is an active process. Actively receiving is the most important aspect of practicing abundance and, for many people, it is the most difficult. The first part of the Core Abundance Practice trains you to become actively receptive by focusing upon receiving your breath as preparation for receiving abundance.

Receiving Breath

What do you need this moment to be abundant? You may think you need more money, but do you require more money in this very moment to survive? Probably not—unless someone is holding a knife to your throat and demanding money or your life! You have clothes and a place to sleep, you will have eaten recently and you won’t starve in the next few minutes. In reality, the only thing you truly need right now to survive is air. Yet, how often do you focus on the miraculous gift of abundant breath? Most people take it for granted, unless they have a disease that makes breathing difficult.

Look around your environment right now. See the volume of air there is for you to breathe. Then consider how little of this air you inhale when taking a breath. Even if you inhale very deeply, you won’t use all of it. There is more air surrounding you than you could possibly require. Therefore, in this very moment, you are abundant. You have more than you need. When you focus on consciously receiving your breath, you focus on consciously receiving the abundance that surrounds you. This simple act is the first act in opening up to receive the energy of abundance.

Step 2: Aligning With the Flow of Abundance

The second step of the Core Abundance Practice puts you in the proper energetic and psychological state to align yourself with the flow of creative energy from the Divine Mind. Alignment with this flow is not difficult, but it does require you to focus on a particular emotional state. This emotional state triggers the parasympathetic nervous system and shifts your brain focus from fight-or-flight to focusing on joy and abundance. This emotional state is Love.

It has been scientifically proven that your emotional state dictates what part of your brain is stimulated. This, in turn, dictates what you focus your awareness upon. We have already explored how the activation of the parasympathetic nervous system stimulates the part of the brain that is responsible for creative thought and spiritual awareness. When you are in a creative, spiritual state, you are aligned with the flow of creative energy from the Divine Mind. You enter into alignment with the flow of abundance.

In this program Love is referred to with a capital “L”. Universal Love is the same as abundance. It is a flow of creative energy from the Divine Mind. When you focus on Universal Love you are
automatically focusing on abundance. Entering into a state of Love isn’t difficult. When you imagine something, your brain will send the same biochemical signals to your body as it would if that event were actually occurring. This is how you can think yourself into a state of stress, anger, fear, or Love. The secret to generating this emotional state is to choose a thought associated with Love and to focus on it. This will cause your brain to literally change your mind—switching on different centers in your brain and changing your biochemistry.

What is a good thought to use? Well, when was the last time you felt Love? Bring to mind a memory of a loving moment and focus on that. Think of your partner, child or parent—or even your pet. Any memory or thought that emotionally moves you will work. Another emotion that creates the same shifts as Love and awe. Have you ever been overwhelmed by the beauty of a song or a stunning sunset? Maybe you have had a moment of spiritual awe, with the Love and energy of the Divine overtaking you. These memories will also help trigger alignment with the flow of abundance.

It is a good idea to have several of these triggering thoughts ready for use. Sometimes, one thought will work better than another, for instance, if you’re upset with your spouse, then bringing them to mind may aggravate you even more. In such a case, it would be a good idea to use another thought. The key with these thoughts, or Love triggers, is that you should bring them to mind, but also focus on the feeling they create in your body and how they fill your heart. Feeling Love and awe will create a shift in your body, mind and spirit, and bring you into resonance with the flow of abundance.

In the first step of the meditation we focus solely on opening up and receiving. Here, you will begin to share. The cycle of receiving and sharing is the great inhalation and exhalation of the Universe. It is in the completion of this cycle that abundance has meaning. You can’t hoard abundance. It only has meaning when shared. By practicing receiving and sharing, you will establish a continual, replenishing flow of abundance through your life, body and spirit.

Step 3: Embodying Abundance

The real reason people wish to connect with abundance is to make a difference in their life. They wish to feel more joyful and happy, and fulfill their needs and desires. Connecting with the flow of abundance energy is all well and good, but what difference will it make in your life? It will make all of the difference in the world. Empowering your abundance consciousness will make it much easier to find creative new solutions to old problems. It will activate that part of your nervous system that helps you feel relaxed and empowered. It will help you determine what you truly want to create, instead of focusing on trying to create what you think you should manifest. Connecting with the energy of abundance can even assist your body in becoming more healthy and balanced. So far, you’ve learned to open up and receive abundance, and to align yourself with it. Now it’s time to make it real. This process is called embodying abundance. It will use your energy centers, or chakras, to ground abundance energy into your body and reality.

Chakras are centers of electromagnetic energy that are created where nerve pathways intersect in your body. These nervous system intersections create seven primary energy centers and many smaller ones throughout the body. The seven primary energy centers, also known as chakras, have been utilized in India for thousands of years. Empowering and balancing these centers leads to enhanced health and well-being. They also regulate the functions of the major organs and glands in the body, and help to balance one’s biochemistry. In the final section of the Core Abundance Practice you will receive the energy of abundance into each of these energy centers in turn, then ground it into the core of the Earth as you manifest it into reality.
**Step 4: Manifesting Abundance**

The process of manifesting abundance is a very simple once. Once you are resonant with the energy of abundance, are in its flow, and have brought that energy into your body, all you need to do is to bring to mind what you wish to create or experience and fill it with this energy.

The process is as follows:

There are a few keys to this process that will ensure it is successful. The first is to make sure that you are focusing on a true creation as often as possible. You can use this practice to manifest a resource creation, but remember that true creations are the best way to ensure that your creation will truly carry and spread the energy of true abundance. Refer back to the section on resource creations vs. true creations if you have any questions about this.

Second, it is very important to alternate a receiving and sharing breath with a manifesting breath. This helps to prevent your scarcity consciousness from focusing too heavily on the fact that you don’t yet have this creation, and allows you to realign with abundance with each intervening breath.

It is also very important to release the thought of what you wish to create once you have filled it with abundance. Again, this prevents your scarcity consciousness from fixating on it, and allows that thought to move unencumbered into the world to gather energy and become real.

If you follow these simply guidelines when manifesting forms, you’ll find that they manifest more quickly and will always carry the energy of abundance instead of the energy of scarcity.
Part II
30 Daily Lessons
Day 1:
Abundance is Infinite

Abundance is the flow of creative energy from the Divine Mind. It is the glue that holds all of creation together. It flows around and through everything, acting as a communication network for this great consciousness. All of physicality is organized, orchestrated and conducted through the membrane of this energy by the intent of the Divine. The quantity of energy available to us by attuning to this flow of abundance is staggering.

What underlies all reality—from a solid rock to ephemeral mist—is energy. Energy preexists all physical matter. Even the densest matter consists only of a collection of molecules with vast spaces in between them. But these spaces are not empty, they are filled with energy. The only thing that keeps you from falling through the floor or walking through a wall is the electromagnetic energy that permeates everything—not the atoms or molecules of solid matter.

Energy permeates everything and it cannot be created or destroyed. All the energy in the universe was present at the moment it was created (the Big Bang) and all of it will be present at the end of the universe. While energy can’t be created or destroyed, it can change form and is continually recycled. It is manifested into a form and released again as the form decomposes. The energy is then available to manifest as a different form. Energy is the infinite and ever-changing medium of creation. To understand the potential energy that is available to us, you need look no farther than nuclear fission. The splitting of an atom has been one of the biggest, and most dangerous, technological developments in human history. When split, a single atom releases a tremendous amount of energy. A water molecule contains two hydrogen atoms and one oxygen atom. A cup of water contains billions of atoms. Now consider the energy formed by the combined atoms in a stream, pond, lake or ocean. All this energy has been manifested into form, but there is infinitely more energy that has not manifested into form and is available for your creations.

The very foundation of scarcity consciousness is the idea that there is not enough to go around. Yet when you understand energy is infinite, you see how wrong this concept is. While certain forms may be limited, such as Earth’s oil resources, the energy to create and manifest is unlimited. By focusing on the infinite nature of creative energy (abundance), you can manifest whatever you want.

Abundance is immeasurable and its vastness inconceivable. When you believe there isn’t enough, you can’t see the proof of abundance that exists in the most mundane creations. Physicality is nothing more than the footprint of this infinite energy in this tiny portion of Divine Creation. Expand your mind and you will have some small sense of the vastness of abundance that is available.

Exercise day 1:
Sensing the infinite

Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

☞ Several times throughout the day and after finishing your Core Abundance Practice, take a few minutes to think about the infinite amount of energy that exists in your reality.
Begin by picking up a tea cup, a crystal, or a book – any object is fine. Contemplate the fact that the object is made up of relatively little solid matter and, in fact, is mostly energy.

Imagine this object was created by focused energy either by the person who made it or by the Divine Creator in the case of a natural object such as a stone.

Look around you and recognize that also you consist of energy. You have manifested everything in your life by focusing the energy of thought and directing it into action, then receiving its manifestation.

Recognize that the energy that is available for manifesting creations is limitless, and that abundance truly is a reality.

Daily Affirmation:

“There is infinite energy available to me to manifest my desires and needs—abundance is infinite.”
All of creation is a mirror through which the Divine recognizes its true nature. The process of creating allows the Divine to explore its own aspects and to know itself more fully. The original spark of creative energy (abundance) was generated by the Divine when it became self aware. At that instant, the Divine recognized itself as conscious. That original spark of “I am” awareness created the light of consciousness that spread forth and took shape as the myriad of universes, dimensions and nonphysical realms that make up the totality of creation.

Everything in the universes is generated from this original energy. Therefore, everything in creation was created by the energy of abundance. Abundance circles in a great dance of energy that is manifested, then released from form to be manifested yet again. This is the cosmic, universal dance of creation that you are an intimate part of.

Scarcity consciousness is that part of you that doesn’t recognize itself as a creation of the Divine. You were created from the energy of abundance, and so you can only be abundant, yet your scarcity consciousness believes you to be separated from the Creator and separated from the energy of abundance. Your craving for abundance is nothing more than a craving for reunion with this flow of energy from the Divine. However, remember that you are not separate from it and that no reunion is necessary. By simply remembering this fact you will heal your abundance consciousness and take your place as a creation of the Divine and a co-creator with the Divine.

Exercise day 2: Experience yourself as a creation of the Divine
Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

As you sit in the energy of abundance after completing the Core Abundance Practice, take a few minutes to sense yourself as a creation of the Divine Being. Know that the Divine has created you intentionally, and that your life and own creations truly matter. As you move through your day, attempt to maintain a sense of being fully present. Allow the Divine to use your eyes to see your world, your body to feel it, and your heart to connect with it.

Daily Affirmation

“I am an abundant creation of I Am.”
Day 3:
Your creations are opportunities to know yourself

Human beings have an incredible opportunity to be the conscious “fingers of God”, exploring the realm of manifest energy and mastering it. Being a finger of God means that your purpose on Earth is to gather experience and information so that God may know itself more fully. Just as your own fingers gather sensation and transfer that experience to the brain, you are also gathering experience and transmitting that learning to God. Every experience you create informs the Divine of its own nature. You are, in essence, exploring this level of God’s mind so it may know itself through you and your experience.

You were created to be a co-creator with the Divine. You can’t help but create and manifest, as you were created from the energy of abundance. Abundance is generative; it must be shared and expressed to have meaning. Think of procreation. Every living thing on the planet creates from the energy of abundance through the simple act of procreation. It allows the survival of a species, but it also allows expression of the generative energy of abundance. Even Earth itself expresses the fundamental drive of creation through the movement of molten rock to the surface, creating new land. Deep within Earth crystals are born and grow. Even stars are generative. Look at the life-giving light emitted by the Sun.

You were created to be a co-creator in this generative dance of nature. You need to create your reality to know yourself more fully and to be reunited with the Divine. It is the energy of this process—the energy of abundance—that acts as your link to the Divine. No matter what you create, they are all important in that they inform the Divine. Every creation also teaches you something about yourself. Your life is a mirror that reflects your strengths and weaknesses, your vast love and petty selfishness, your joy and cynicism. It shows you where you are living in Love and where you are living in fear. It can help you recognize where you need to heal, and where you can help others in their healing.

As you manifest from your abundance consciousness, your life will become happier. You will find yourself manifesting the things and events that reflect your positive qualities and the desire to share Love with the world. You will no longer be an expression of your scarcity consciousness filled with fear and desperation.

Exercise day 3: Be a finger of the Divine Hand
Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

❖ As you go through today, allow Divine presence to fill you and see your reality through the eyes of that higher consciousness. Imagine that the Divine is using your eyes as a window through which it can perceive the world.

❖ Occasionally take a moment to truly feel what it is like to be in your body. Allow the Universe to feel through you. Become aware of all of your physical sensations—heat, cold, the feeling of clothing or air on your skin, your emotions. Notice how it feels to be in the physical realm and allow the Divine to feel it by giving it all of your awareness.

❖ If you need to make any choices today, allow the presence of the Divine to guide you. Divine guidance will make itself known by encouraging you to make those choices that will allow you to share Love and to create from abundance.
Daily Affirmation:

“I allow the Divine to inhabit my heart, my body and my mind.”
Day 4:
You can create your reality from either 
Abundance or scarcity.

As mentioned before, you were created to be a co-creator with the Divine. Because of this, you have no choice but to create and manifest continually. But remember, you can choose how and what you create. You can create from the infinite energy of abundance, or you can create from the finite energy of scarcity. Most people manifest from scarcity. They take energy from others or the environment to bring form, shape and experience into physicality. Some put their own energy into the creation, but this will drain them, leaving them feel physically and mentally exhausted.

Manifesting from scarcity means conscious manifesting is only done in reaction to a circumstance or event. For instance, if a large bill arrives in the mail, then a person will manifest the money to pay it. If an opening comes up at work, someone will manifest to get a promotion. People spend so much time manifesting in reaction to circumstances that they have very little energy left to manifest proactively. Life feels like it has spun out of control. Like a rat on a wheel people are forever expending energy and never creating the life they want.

Manifesting from abundance is a proactive process. It draws on the infinite energy of abundance to create the things and experiences you choose. Every creation you manifest from abundance will have within it the purpose of sharing Love and abundance. Every creation you manifest from abundance is creative and generative. You will not use your own energy to manifest these creations because you will be drawing upon the energy of infinite abundance. This means that you will no longer be exhausted by trying to manifest your needs. Instead, you’ll be energized!

Manifesting from scarcity assigns the responsibility for your life elsewhere. Often, people who manifest from scarcity feel they are a victim of circumstance, bad luck, or someone else. Their creations have always been forced upon them by some outside agent. They will put off making decisions or choices of what they wish to create and then feel further victimized when unconscious or unpleasant manifestations occur. Manifesting from abundance requires you take responsibility for your creations.

You choose what you wish to create – you know how it will bring joy even before it manifests. Even unpleasant manifestations are “corrected” by filling them with the energy of abundance, turning them into opportunities for sharing Love. Every manifestation is celebrated with gratitude as the natural reaction to the Joy the manifestation brings. You can see how very different it is to create from scarcity or from abundance. There is no doubt that you are a co-creator of your reality. Which path of creation do you choose?

Exercise day 4: Choosing to manifest abundance
Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

☞ Write down 10 things you wish manifest at this time. When looking at your list, are any of the points a reaction to circumstances that are occurring in your life? Mark these with a star. What creations will help you to share Love? Mark these with a plus sign.

☞ Do you have more stars or plus signs? What does this tell you about how you have been creating
your life?

When looking at this list, do you feel tired, anxious or fearful – or energized and joyful? What does this tell you about how you have been trying to manifest these creations?

Choose to manifest these creations from abundance, not scarcity. Next to each point, write a brief description of how this creation will help you to share Love in the world.

Spend a few minutes reviewing this list throughout the day. Think of all of the ways these creations will help you share Love and notice how you feel. Just choosing to manifest from abundance gets the joy flowing!

Daily Affirmation:

“I choose to manifest my creations from the energy of Infinite Abundance.”
Your scarcity consciousness truly believes it will be happy when it manifests the creations it obsesses about. Its mantra is, “When I have that, then I will be happy!” It will persist in manifesting the thing until it has begged, borrowed or stolen enough energy to create it. And when it manifests? There may be some excitement, but a sense of abundance and joy rarely arrive. And, as a result, it’s on to the next magical creation that it believes will bring joy. It’s a never-ending cycle of consumption—not creation. There is never enough to fill the empty hole that is scarcity consciousness and you will be its slave until you die or choose to perceive from abundance.

Everything that you create from abundance will make you happy because you were in a joyful, fulfilled state when you created it. You don’t need the creation to become happy. You create from abundance to share your happiness. By creating from abundance, you have already visualized and thought about how your creation will make others happy. How could you not be happy knowing that you can manifest whatever you choose and that your creation will make you happy and serve others as well?

Scarcity consciousness is only happy when you get something. Abundance consciousness is happy when you give something. These two polarities of thought present the choice you must make. Are you going to spend your life chasing things in an attempt to get happy or are you going to live a happy life by sharing what you create?

**Exercise day 5: choosing happiness**

*Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.*

Today, maintain your state of abundance that was generated in the Core Abundance Practice. Notice how your craving for things and events cease. Focus on sharing your happiness with others. If you find yourself falling into scarcity consciousness, anxiety, fear or stress, practice Step 2 of the Core Abundance Practice meditation. Taking five minutes to reactivate your abundance state will make a huge difference in your ability to experience happiness throughout the day.

**Daily Affirmation:**

“I choose happiness. I choose to live abundantly.”
Day 6:
Create in order to share Love.

The Divine doesn’t care what you create. It is no more pleasing to the Creator that you create forms of poverty rather than forms of wealth. Manifesting a rusty old car is no more or less admirable than manifesting a Rolls Royce. It is not the form of the creation that is important. What is important to the Creator is whether your creation takes the form most suited to helping you share Love.

Many people I have worked with become paralyzed when choosing something to manifest. As they are afraid to manifest the “wrong” thing, they end up making no decision at all. This doesn’t mean that they don’t manifest, it just means they don’t do it consciously. They manifest by default, which almost always means they manifest from scarcity consciousness. Remember, you cannot choose the wrong thing. Anything you manifest will allow the Divine to learn through you. You can, however, choose forms for your creations that are more suited to helping you share Love.

The creation most suited to helping you share Love can be very different from what would suit someone else. That’s why it is important to think carefully about what manifestation is most aligned with you. When you are happy, you can share that joy. You have the absolute right, and even the obligation, to create whatever you want. To be a true creation and aligned with Divine Will, it must be manifested from abundance and help you to share Love.

Exercise day 6: Choosing a true creation
Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

Review the list you made on day four. For each item, describe the perfect form. For example, if one of the items is to get a new job, then write down what details would make up the perfect job.

Then describe how this would help you to share Love. If you can’t imagine how a creation will help you share Love, chances are it is a resource creation. You can still manifest resource creations from Abundance. In fact, we’ll look at just that in a later lesson. For now, just note that next to that item. Of the things that do share Love, choose the most exciting one.

Return to a state of abundance by practicing Step 2 of the Core Abundance Practice meditation.

Bring to mind the creation you wish to manifest. As you inhale, breathe in the energy of abundance. As you exhale, visualize your wish and breathe this energy into it. Repeat this cycle for 10 breaths. Release the thought of your creation and turn it over to the Divine.

Daily Affirmation
“I choose to manifest those creations that will help me to share Love.”
Day 7: 
Follow your heart to find your Path of Service.

So many people go through their lives wondering, “What is my purpose? What am I on Earth for? What is my spiritual mission?” Many feel as though their day-to-day lives and jobs are too mundane to be spiritual, that they must do something “more spiritual” to fulfill their purpose. My students and clients often tell me they want to find a career or job that is “more spiritual.” Many become healers or open spiritual book stores as a means to find their path. I did both of these on my own journey, but came to realize that these new jobs were just a change in outward form. In order to fulfill your spiritual path, you only need to do one thing: share Love. You don’t need to change jobs or careers to fulfill your spiritual purpose. You need to change your heart.

Every day you have the opportunity to share your Love. No matter whether you’re an administrative assistant, car mechanic or rodeo clown, you can live a life that is abundant in purpose and Love. All you need to do is to decide to share your Love with the world no matter what you do.

The first thing you need to do to fulfill your spiritual purpose is to be in a state of Love—of abundance—when you go to work. This is why it is so important to do the Core Abundance Practice first thing in the morning. It aligns you with the energy of Love and allows you to radiate it before you encounter anyone. When you’re done with the Core Abundance Practice, the work really begins. Maintaining your state of abundance (as practiced in yesterday’s lesson) and sharing that with others (as you’ll practice today), ensures you are fulfilling your spiritual purpose—no matter what you do for a living.

Of course, it is great to be in a job you love, it makes it much easier to share Love. However, you don’t need to drop out of the corporate world and become a healer in order to fulfill your path—unless that is the form that will allow you to share Love most effectively.

How do you find the career path that will help you become fulfilled? Simply follow your heart! What do you really love to do? What would you continue doing if you didn’t have to work? Do that! It’s the only career change that will make you happy. If you follow your passion, you will be much more likely to have the tenacity and courage to overcome any obstacles that may arise. It is not so much a case of, “Do what you love and the money will follow,” as it is a case of, “Do what you love and who cares about the money!” Your work will no longer be about the paycheck but about the contribution, the excitement, the joy and your increased capacity to share Love.

Exercise day 7: Determining the career that will help you share Love

Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

❖ List three things you can do in your current job to share more Love. You could offer customers a smile or organize a charity fund raise with your coworkers. You could share Love by bringing in a treat or making an effort to introduce a positive energy and attitude Keep this list with you and do all of them today.

❖ Make a second list and write down what you truly love to do—maybe it’s hiking, biking or watching TV. What do you truly love? What activities or hobbies do you engage in that you would love to make money from?

❖ Choose your favorite activity, then think about how you could share Love through it. If it’s
biking, could you become a mentor and teach a child to ride a bike? How could your particular gift become a vehicle for sharing Love?

🔗 Make a list of all the ways you could share Love. Pick one and schedule it on your calendar. Begin your Path of Service!

**Daily Affirmation:**

“I enjoy sharing Love through every activity I undertake.”
Day 8:
If you walk your Path of Service,
You share Love and live Abundance.

A n abundant life begins with walking your path of service. What is it that makes some wealthy people as miserable as some poor people? It has nothing to do with money – it has to do with purpose. Having a purpose in life and making a contribution is a hallmark of abundance. I know a financially poor pastor who devotes her life to helping her community, but she doesn’t feel impoverished. She feels blessed beyond measure and therefore completely abundant, though sometimes she can’t see where the money to support her ministry will come from. I also know a very wealthy woman who never had to apply herself or strive for achievement. Because of this, she doesn’t recognize her own inner gifts and abilities. She feels the only thing she has to offer is money and therefore doesn’t feel abundant. It is not the money that separates these two women—it is the path of service.

Every single soul on Earth has a special purpose. The clue to what this purpose may be is buried within your life and character. It may be a gift of making others laugh, like Dr. “Patch” Adams. It may be the ability to inspire people to make a difference in their lives and the lives of others, like Anthony Robbins has done. Or it may be helping others to see beyond the mundane and to explore their higher selves, as Dr Wayne Dyer does through his work. Your gifts and talents are just as special. They were carried to success by following their sense of purpose.

You can have the same strong impact by using your own gifts and talents. Often, these were developed in response to difficulty and challenges you faced. Your difficulties may have made you strong and given you courage, which can inspire others. Or it may have helped you find compassion for others. Your entire life has been a process of seeking your purpose through your experiences. Life’s difficulties and joys are the polishing wheel that facets your soul into a shining light. Your purpose is simply the way through which you share your knowledge, gifts, wisdom and lessons. Your path of service will allow you to live that purpose each and every day.

Your path of service is the process of sharing Love by doing what you Love to do. You don’t need to be a famous author or share your self-help practices in order to fulfill your purpose. Only you know what you truly Love. Once you find that and commit to it, you can’t help being abundant! You will be happier and grateful, but you will also find that money will start taking care of itself. It will arrive as you need it and there will always be enough to allow you to walk your path of service.

Exercise day 8: Discovering your gifts and your purpose
Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

专业人士 Make a timeline of your life – start with 0 (birth) and continue to your current age. Along this timeline, note significant events that were either life-changing or emotionally charged.

专业人士 For each event write down what you learned from it. What have you learned in your life? How can help others with this knowledge? % Think of ways to use your gifts and strengths, knowledge and experiences. This is your life purpose!

专业人士 Determine how you can start sharing your life purpose today.
Daily Affirmation

“I embrace my gifts and lessons as my path to my life purpose.”
Day 9:
Creating is a process of limitation, not expansion.

Many people I work with believe that manifestation is a process of expansion. They think they are limited in their ability to create and if they could just expand more, they would be able to manifest more easily. Some business people believe the answer to a failing business is to expand, while some spiritual people want to expand their minds further to become “more” spiritual and thus create more income. But, the very idea that creating is a process of expansion is incorrect. Creating and manifesting are processes of limiting energy—not expanding it.

If abundance is infinite, then it is all-pervasive and all-encompassing. It contains all possibilities and potentials. It is everything. To have it manifest in a form you choose, then most of these potentials and possibilities must be eliminated until a small part of that energy can be focused into a form you desire. What limits this energy? Choice does.

Let’s suppose you need reliable transportation to get you to work and back. Your first choice is: what form of transportation do you want? Would a donkey do, or perhaps a unicycle? What about a lawn tractor? No? A car perhaps? Yes? OK—your first limitation has been made. Would you like a car that runs? Ah. That’s the second limitation. Do you prefer one that is in good condition? Do you mind if it is a used car, or do you want a brand new car? What make, model or year? What color?

As you can see, deciding upon the form for a manifestation is a process full of choices. Each of these limits the infinite potential of creative energy. Some of these are more important than others, as some are simply preferences. Does it really matter if your new car is cherry red instead of baby blue? No. It will still fulfill your need to get to and from work. The color is a preference.

With each limitation, you are also limiting the Universe in its ability to fulfill your request. If your only limitations are, “A late model, low mileage car in excellent mechanical condition that gets great gas mileage and is within my price range,” the Universe will be able to locate many. If, however, you put in a lot of preferences that are truly unimportant (such as burgundy interior and whitewall tires), the Universe will be much more limited in the choices it can present. That doesn’t mean that it won’t manifest, but it will take longer because of the extremely limited scope of the creation.

Scarcity consciousness is big on making lots of limitations on its creations. This is because it places meaning on each of these choices. It may insist on a red car because that is a “power color” that will impress your boss. Maybe it insists on new car instead of a used one because it believes a new car will make you feel more abundant. But remember that you can’t manifest an object from scarcity and have it bring abundance. So, these types of limitations often simply get in the way of manifesting what you need.

That doesn’t mean that you can’t manifest what you want. Go ahead and order whatever you like! Before you do, though, go through the following process to determine which limitations are necessary and which interfere in the manifestation process.

Exercise day 9: Choose your limitations
Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

☞ Think about what you want to manifest. Write down a full description of the form you choose including all the limitations. Go wild envisioning what your creation will look like, feel like, and
even smell like!

☞ Now, take your description and look at each limitation. Which of these may be related to one of the three misperceptions outlined in chapter 3? What limitations are for the purpose of trying to make you feel more abundant? What do you choose because you are afraid of being judged by others?

☞ Cross out these limitations and see what is left. Does the “cleaner” version of this form still fulfill your needs?

☞ Tweak this description until it fulfills your needs but doesn’t contain too many unnecessary limitations. Then use the Manifesting Form exercise in the next section to bring it into being.

Daily Affirmation:

“I allow the Universe to choose the highest form for my creations.”
As discussed, in order to create what you wish to manifest, you must place limitations on energy that will determine its shape, quality and energy. These limitations are placed on energy through choice. Every limitation you place on your creation will either be a scarcity limitation chosen from fear, or a sacred limitation chosen to represent your core values and soul purpose.

Scarcity limitations are made in fear and are driven by thoughts of “I can’t”. One of the first questions your scarcity consciousness asks is whether your intended creation is going to support its perceptions of scarcity, or challenge them. Any challenge to your scarcity consciousness comes forth as an “I can’t” belief. These “I can’t” beliefs show you how your scarcity consciousness is trying to limit you in order to preserve its reality.

Let’s say, for instance, that you are looking for a new job. You scan the classifieds in the newspaper and come across the perfect job. You read the ad and then read it again as your excitement grows. Then your scarcity consciousness speaks, “I can’t apply for that job. There’s no way they would select me. I’m not qualified enough. It’s better to keep doing what I’m doing now.” Your scarcity consciousness has just put a limitation on what you are trying to manifest. This scarcity limitation is designed to keep you in your place and create more scarcity. Scarcity limitations will always attempt to re-create what your scarcity consciousness has known in the past. If you allow scarcity limitations to dictate your creations, you will not be able to experience abundance. Any time you hear yourself saying “I can’t”, look at how that statement is forcing you to re-create the past instead of moving into an abundant future.

Scarcity limitations need to be eradicated because you will manifest a creation that carries the energy of fear. Any time you hear the “I can’t” voice in your head, know that it is your scarcity consciousness attempting to limit your creation. Eradicate the limitation! Simply get into a state of abundance and focus on what you wish to create. Don’t allow fear to drive your choices. Instead, choose from the perspective of abundance and Love.

Sacred limitations aren’t based on fear. They are based on your moral values and soul purpose. A sacred limitation is characterized by the words “I won’t” — literally, “I will not” or “I do not will it”. It reveals where a creation would overstep your personal moral boundaries or go against your soul purpose. When this is the case, your abundance consciousness will step in with a sacred limitation to prevent you from manifesting something that would not make you happy or enable you to share Love. For instance, suppose you had no money to eat or pay your bills. In this place of desperation, imagine a stranger coming up to you and telling you that you could make $20,000 by selling crack on the street near your child’s school. Would you do it? If the answer is “There’s no way I would sell crack to kids!” Then you have just discovered one of your sacred limitations. With sacred limitations, there is no question whether you can or can’t perform a task. The question is rather if you will or won’t do it. By paying attention to these sacred limitations you ensure your creation won’t be regretted at a later date. They ensure you create from a place of abundance and share Love.

Sacred limitations often appear when people are ready to fulfill their soul path, yet are tempted to stay in comfortable (but unrewarding) circumstances. Someone may be ready to leave their job and do work that is more satisfying on a soul level. However, just as they decide to go their own way, they are tempted by a job offer that promises them even more money. Even though this job offer doesn’t offend their moral sensibilities, it does counter their soul purpose. This is an appropriate place for an “I won’t” to be used in shaping your reality, “I won’t take a job simply because it offers more money — it will just
When a sacred limitation appears around a creation, pay close attention to what it is telling you about yourself and your path. If an “I won’t” arises, honor it! Recognize that no matter how good the outcome appears to be, it won’t be fulfilling if it violates your basic sense of moral values and soul purpose.

**Exercise day 10: Discover your sacred and scarcity limitations**

Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

Think of a past situation where you allowed a scarcity limitation (I can’t) to stop you from manifesting what you wanted. Imagine what could have manifested if you hadn’t allowed the scarcity limitation to decide your choice.

Now look at your life.
- Are you allowing scarcity limitations to govern your decisions?
  - Where are you saying, “I can’t”?
  - What are your fears?

Think of your sacred limitations.
- Is there anything that you are tempted to do, but what doesn’t feel aligned with your soul purpose, or is against your values?
  - What does this sacred limitation tell you about what the choice most aligned with abundance might be?

Consider the goal you were working on in yesterday’s lesson.
- Have you included any scarcity limitations in the description of what you wish to create?
  - Did you choose any of these limitations based on fear?
  - Are there any sacred limitations indicated by the description of your intended creation?
  - What “I will” or “I won’t” thoughts did you have while coming up with this description?
  - Does this creation feel as though it is aligned with your sacred limitations?

**Daily Affirmation**

“I consciously use my will to intend the manifestation of my chosen creation.”
Once you have decided on a form, you need to determine if it is a true creation or a resource creation. We’ll explore all of these options in today’s lesson. A true creation is aligned with all of the principle energies of abundance. A true creation:

- is a creation that is generative in nature
- will allow or enhance your ability to share Love
- is chosen according to your sacred limitations
- is the final form you require to fulfill your need or desire

In other words, if you require a car, then the car itself is the true creation. It is what is needed to fulfill the need. Focusing on the true creation (the car) instead of a resource creation (money) ensures the creation will manifest in the best and highest form with the least expenditure of energy.

If your creation fulfills all of the above requirements, then it is a true creation and you can begin to work on its manifestation right away by going to the exercise at the end of this lesson.

A resource creation is a creation you want to manifest because you think it will get you something else. For instance, in the example above a car was needed. A resource creation would focus on manifesting a resource to obtain the car, such as money. A resource creation must always be turned into something else before it fulfills the need. Almost all resource creations are based upon scarcity limitations and a fixation on a particular form.

Sometimes, a resource creation is the most expeditious form to create. For instance, if you need to pay your taxes, then focusing on manifesting cash is fine as it is the only creation that can fulfill the need. It is important to limit the number of resource creations you manifest, however, as they rarely contain abundance energy.

A true creation will always carry the energy of abundance, perfectly fulfill your need, and come to you in the most elegant way possible. It is a direct use of energy. A resource creation is not the most direct use of energy because it requires an energy exchange—you must use energy to turn the resource into something else—before it can fulfill the need. They also seriously limit the form that a creation can take. This causes resource creations to be slower in manifesting compared to true creations.

Either of these types of creations can be manifested by completing the following exercise. This exercise, Manifesting Your Creation, is included in the Core Abundance practice meditation on CD.

**Exercise day 11: Manifesting your creation**

Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

- Review the form of the creation you wish to manifest by looking at your work from Day 6. Spend a few minutes thinking of how the creation will look, feel and sound. If you visualize easily,
create a vision in your mind until you have it in perfect detail. You can also describe it with a short phrase such as, “My perfect job” or “The best job possible”. Keep it short and simple — your abundance consciousness will know what you are referring to!

☞ Return to a state of abundance by doing Step 2 of the Core Abundance Practice meditation. Bring to mind the creation you wish to manifest. As you inhale, breathe in the energy of abundance. As you exhale, breathe this energy into the form you wish to create. Next, release what you wish to create to the Universe. Imagine it floating away to gather energy in the cosmos. Repeat this process for a cycle of 10 breaths.

☞ Upon completion, place your creation in the hands of the Divine. Spend a few moments imagining yourself receiving this creation, using it to share Love, and receiving abundance. Then offer gratitude for this creation in advance of its appearance.

Daily Affirmation:

“Love is the most evolved expression of abundance. My abundance only increases as I share Love.”
Day 12:
The three parts of co-creation—intention, choice and action.

There are three parts to the creative process that allow you to bring your dreams into reality: intention, choice, and action. These aspects need to be attended to in order to ensure successful manifestation as they bring something from energy into physicality.

The process of intention is one of clarifying the vision. This is the process you have already undergone in the previous lessons. Determining what you need, choosing a form, ensuring it aligns with abundance, and envisioning it while in an abundant state are all part of this phase of creation. This process creates a clear, coherent vision and energy that is now ready to bring into physicality.

The second part of the co-creative process is choice. Once you have made the decision to manifest something, you will need to use choice as a navigation tool and steer your life towards your goal. Your choices act as a map toward a future point—it is your plan for moving forward. Each time you make a choice, it is like adjusting your heading. Say, you choose to manifest a fit, healthy body so that you can share love more easily by having the energy and stamina to play with your family.

Once you have set this intention, your choices will either lead you to or away from it. Are you choosing to eat ice cream or fruit? Are you choosing to sit on the couch and watch TV, or take a walk with the dog? You will need to make many choices to ensure you are moving in the direction of your goal.

The part of taking action is determined by your choices, then it is up to you to do it. If you want a fit body, then choosing to go for a walk is great—unless you don’t actually get up and do it. This final step is how you actually bring your creation into physical form. If you wish to manifest something like a new job, then your process might be to envision the perfect job, choose to send out your resume and search for possibilities, then take action to complete these tasks and go to interviews. No matter what your goal is, there will always be some intention, choice and action that must be made in order to bring it to physicality.

Exercise day 12: Three stages of co-creation
Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

☞ Review your description of the creation you wish to manifest. Imagine what that creation will be like when it comes into your life. Imagine it as best as you can by feeling the emotions of the creation, hearing the sounds and seeing the scene unfold.

☞ When you have this vivid image of your creation in mind, ask yourself, “What choices did I make that steered me toward the manifestation of this creation?” Write down some of the choices and decisions you had to make.

☞ Now hold your intended creation in mind and ask yourself, “What actions did I have to take in order for this creation to manifest?” Make a note of all of the actions that come to mind.

☞ What is the first choice you need to make in order to manifest your creation? Make that choice now.

☞ What action is necessary given the choice you have made? Take that action right now if possible or schedule it for later. Make sure you take some action toward the manifestation of your goal.
today!

Daily Affirmation

“I align my thoughts, choices and actions with my intended outcome.”
Day 13: Recieving and sharing-- practicing Joy & Gratitude

You’ve now determined the form of your creation and made sure it is a true creation. You’ve also used intention, choice and action to begin the manifestation process. Now you need to complete the manifestation of your creation by practicing joy and gratitude.

Joy is the energy that is created when you receive abundance from the Universe. This energy enters your body, creating a feeling of being filled with blessings and energizing you to the point of overflowing. When you feel joy, it is a sign that you are in alignment with the energy of abundance. You are in the flow of receiving it. Being happy is a side-effect of perceiving your abundance.

When you feel joy, you can’t keep it to yourself—it naturally wishes to be shared. Joy is often shared through laughing, smiling, and engaging others in that energy. Gratitude is the energy that is created when you share your joy with the Divine, when you acknowledge that it is the source of your joy and abundance. Gratitude can’t be generated as a separate emotion from joy, it is its natural outcome. You can think of joy as the inhalation of abundance, and gratitude as its exhalation. They are two parts of the same thing—the receiving and sharing of abundance—and you can’t have one without the other. Many teachings on abundance state that if you generate gratitude, you will attract abundance. Yet gratitude can only be felt as the natural expression of joy that occurs when you recognize you have already received abundance. Therefore, the true process of being abundant is that of entering into resonance with the flow of abundance and receiving that flow consciously. This leads to Joy, which is then shared and creates the feeling of gratitude. It is in this way that abundance manifests into the world and shows up in your life as the things that you require or desire.

You can’t trick the Universe into sending you abundance by generating an unnatural sense of thankfulness. This is an attempt to manipulate the Divine into giving you what you want—just as you tried to manipulate your parents by pretending different emotions as a child. Gratitude will arise naturally from the act of receiving abundance. It is the receiving of abundance you will need to practice in order to generate true gratitude.

Exercise day 13: Receiving joy & sharing gratitude

Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

☞ Think of the happy times in your life, of a joyful event or a gift you received. Pick that time you felt most joyful and focus on that memory. Do you notice that feeling of being filled with a very special energy? Allow it to fill you and remember in your body what it felt like when you experienced this memory. Allow yourself to feel it as strongly as you can while staying relaxed.

☞ Now notice how, in this state, you wish to share this energy with others—it seems to radiate from you, wanting to be shared. Send that energy back to the Divine. Share it with the Divine as a way of reciprocating for the joy of having experienced that event or experience in your life.

☞ As you inhale, focus on receiving abundance from the Universe and feel joy. As you exhale, focus on sharing that abundance with the world and the Divine. Repeat this breathing pattern until
you feel joyful and grateful. You are now in a state of abundance!

**Daily Affirmation:**

“I receive Joy with each inhalation and share Gratitude with each exhalation.”
Day 14:
Things aren’t everything.

This week, we’ve been looking at how to manifest abundance into a particular form. Manifesting form is an important part of channeling abundance into the world through your creations. However, it is important to remind you that you can’t get abundant by manifesting forms. They can be containers for abundance, but only if you practice abundance before manifesting them.

Everything you have requires some energy in order to continue being in its form. That energy comes from you because you were the one that set the pattern for its creation. You are its “parent” in a sense. It is your responsibility to maintain your creations and to put them to their best use. Think of all of the things you have in storage or in your wardrobe that you no longer use or want. Every one of these takes a bit of your energy to maintain itself.

An occasional clean-out is an energetically healthy thing to do. That doesn’t mean you have to give everything away, then go out and get replacements—it simply means ridding yourself of as many material forms as you wish and filling that space with the energy of abundance instead. By holding the energy of abundance in your life—in space that used to be filled with things—will bring a great sense of freedom and flow into your life. Sharing those old possessions with others by donating or selling them will release your energy and is turned to new endeavors and creations. When someone else assumes responsibility for the item, they will give their energy for its maintenance.

In abundance practice you are the master of the forms that you create. In scarcity practice you become the slave to the things you think you need in order to manifest abundance. It is therefore much easier in abundance to have very little and be happy. Don’t fall into the trap of becoming addicted to manifesting things, even though you will be able to manifest them more easily now. Instead, make some empty space by giving away stuff and enjoy the energy of abundance that fills it!

Exercise day 14: Making room for Infinite Abundance
Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

☞ Scan the room you are in and look at the objects from the perspective of abundance. Is there anything in your immediate view that you no longer need, want or like?

☞ Place all of these items into one of three boxes: a throwaway, giveaway or sell box.

☞ Choose the best way to dispose of these items and then act on it! % Once these items are out of your space, imagine filling it with the energy of abundance.

Daily Affirmation:
“I now let go of the past, so that I may be filled with abundance.”
Day 15:
Living Abundance

The practice of living abundance is more than just the manifesting a lot of things. Abundance is not about the money or the stuff you can manifest using its energy. It is about sharing love with the world. Abundance as a life-style requires living your life spherically; expanding abundance in all directions simultaneously. When you are living spherically you express and share abundance equally in every part of your life, and it allows you to find balance.

The Living Abundance sphere is comprised of four quadrants. By consciously directing the energy of abundance to each area of the sphere, you will create a dynamically balanced life that fulfills you on all levels. If there is a lack in one of these quadrants, you won’t feel abundant—no matter how many things you manifest.

The first quadrant in the Living Abundance sphere is Self. This is where you express your abundance through self-care and self-development. By manifesting creations in this quadrant, you are improving your mind, body, and spirit so that you can share your love more effectively.

For example, you may take martial arts lessons, learn how to play the guitar, or another language. If you wish to be fitter, you could do a daily workout or walk. You may also include meditation in this quadrant, as spiritual development is a very powerful way to share abundance in the world.

The second quadrant is called Play. Manifesting abundance in this quadrant allows you to experience joy, replenish your energy, and let loose! By replenishing your energy through Play, you are happier in the other quadrants of the sphere as well. Manifesting abundance in the form of playtime is a completely appropriate use of its energy. A rock-climbing trip, spending the weekend on a lake, organizing a monthly game group or just painting, dancing, writing or otherwise creatively expressing yourself is the perfect way to manifest abundance in this quadrant.

The third quadrant of your Living Abundance sphere is that of Others. This governs the relationships in your life, with your family, friends, neighbors, acquaintances, and even strangers. Manifesting abundance in this sphere allows you to deepen and strengthen the relationships that are the fabric of your life. By energizing this quadrant and filling it with abundance you can manifest spending time with family, supporting a friend, visiting an elderly neighbor or helping a stranger.

The fourth quadrant is Service. This represents how you share Love and abundance with the world. Service is not done as a way to bargain with the Divine for the reward of abundance, but as a way to affirm that abundance has no meaning unless it is shared. Your service to the world can take many forms, it may be through healing work or volunteering, or any other form you can think of.

Over the next four days we will explore each of these quadrants and paint the picture of your Living Abundance sphere. Once you understand where to focus your sharing of abundance, you’ll immediately begin to feel more fulfilled.

Exercise day 15: Living spherically
Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

Consider the four quadrants of abundance—Self, Play, Others and Service—and answer the following
questions:

Which quadrant do you focus on most?

Where do you already share abundance?

How could you improve your expression of abundance?

Where do you have specific or immediate needs?

Is there anything you need to help you share abundance in any specific quadrant?

Overall, how balanced do your four quadrants feel?

Tomorrow we’ll have an in-depth look into each of these quadrants to see where you can make significant changes. For today, just sense where you are feeling a lack of abundance.

Daily Affirmation
“I express abundance in every aspect of my life.”
The first quadrant of the Living Abundance sphere is that of Self. It represents the overall health of your body and mind, and your spiritual beliefs and understanding. You can enhance this quadrant of your life by manifesting creations related to help you develop your mind, body, spirit, and sense of self. You may choose to create a new exercise program to get fit, or a new pair of sneakers to wear on your walks. You could also create a space in your home to set up an altar and meditate. Taking guitar lessons, learning a new language or taking a course at a community college are all ways that nourish the Self quadrant.

Many people believe a lack of abundance is related to a lack of self-worth. To an extent, this is true. If you do not manifest creations that feed your Self quadrant, you will tend to have a low self-esteem. These feelings can be remedied by moving into resonance with the energy of abundance, then manifesting a creation that is related to the development of your body, mind or spirit. Focus on obtaining a well-developed skill that makes you feel good, but that you could also share with others, such as cooking, or massage.

What you create in the Self sector will develop your personal abilities so that you can share Love more effectively. It may seem selfish to create things for yourself, but if you are manifesting true creations, you will be improving yourself and your skills so that you can better serve others in the long run. It is also a way of sharing Love with yourself, increasing self-esteem and confidence. When the Self quadrant is filled with abundance, you will come to know your gifts and abilities, and find many ways to share these—thus spreading abundance!

**Exercise day 16: Receive abundance in the Self quadrant**

Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

What personal goals have you got for self-improvement? How will you improve yourself? If you have more than one thing on your list, pick the one that seems most exciting. Now go through the creation protocol:

- Choose the form of your creation
- Write a full description of what you want to manifest
- Check your list for scarcity limitations and correct accordingly
- Determine this is a true creation and not a resource creation
- Do the Manifesting Your Creation exercise
- Act on it! Help bring the creation into being
- Receive the creation in joy and share that joy as gratitude!

**Daily Affirmation:**

“I receive abundance and from it I create myself.”
Day 17:
Sharing Love with Others.

The Others quadrant represents your relationships. It represents any relationship—partner, family, friend, acquaintance, neighbor, co-worker, etc. You have a relationship with everyone you come into contact with—no matter whether it is the stranger you see every day on your way to work, or someone you know very well. You have a relationship with everyone on the planet, as one person’s actions affects everyone else in some way.

The Others sector represents your sense of community, contribution and cooperation. You can feed your connection to others and share abundance in any form you choose. You could take your friend out to lunch just to catch up, buy a thank-you gift for someone who is always there for you, or join a club so that you can meet people with similar interests and make new friends. There are many ways you can make a difference. A very small act of sharing Love can create miracles in the world.

If someone lacks abundance in this quadrant, they tend to be lonely and not feel connected with those around them. They may feel they aren’t “good with people” and avoid social situations. Receiving abundance in the Others quadrant is a good way to heal these feelings and expand your circle of friends and acquaintances.

Manifesting creations that share Love with others is a powerful affirmation of abundance. It is a continual reminder that you are truly abundant, but it will also inspire those close to you. By sharing abundance through your creations, you will build deep and lasting connections and will serve the planet at the same time.

Exercise day 17: Receive abundance in the Others quadrant
Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

What personal goals have you got for improving your relationships? Who could you share Love with and how? If you have more than one thing on your list, pick the one that seems most exciting to you. Now go through the creation protocol:

_choose the form of your creation_
_write a full description of what you want to manifest_
_check your list for scarcity limitations and correct accordingly_
_determine this is a true creation and not a resource creation_
_do the Manifesting Your Creation exercise_
_act on it! Help bring the creation into being_
_receive the creation in joy and share that joy as gratitude!

Daily Affirmation:
“The more abundance I share, the more joy I feel.”
Day 18:  
Sharing Love through Service.

The service quadrant shows how you share Love and abundance through service to others. When someone lacks abundance in the service area, life loses its sense of purpose. The universal question, Why am I here?, can be answered when you share Love through service. You are here on Earth to Love, help, share, give, and contribute. You are here to live abundance!

Service is empowering as you share your gifts, skills and abilities with others. It also empowers those you serve to receive abundance. Manifesting true creations in this quadrant empowers you to share Love in a direct way, by giving of your time, energy and resources.

You can also be on the receiving end in this process of sharing. Part of your service work may be done through your job, where you receive wages for the time you spend serving others. It is perfectly acceptable to receive money if that allows you to share Love more effectively. If you can’t be in true service to others in your job, schedule time to do your service work as volunteer work.

Gifting money is also important in manifesting abundance as it is a way to share abundance. This is one of those times when money can be filled with the energy of Love and shared with others as an expression of abundance. The recipient or cause could be an individual, an international relief effort, protection of human or animal rights or the environment, disease research or your local church. When service is given freely and filled with abundance, we will change the world.

Exercise day 18: Receive abundance in the Service quadrant

Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

Some questions to ask yourself are:

☞ How can you volunteer in the community you live?
☞ What service can you offer to improve our planet?
☞ What skills and abilities could your use in volunteer work?
☞ How can you offer service through your current job?

Now go through the creation protocol:
Choose the form of your creation
☞ Write a full description of what you want to manifest
☞ Check your list for scarcity limitations and correct accordingly
☞ Determine this is a true creation and not a resource creation
☞ Do the Manifesting Your Creation exercise
☞ Act on it! Help bring the creation into being
☞ Receive the creation in joy and share that joy as gratitude!
**Daily Affirmation:**
“Being in service to others is being of service to abundance.”
**Day 19: Sharing Love through play.**

Play is often overlooked as a requirement for perceiving abundance. Most people say they don’t have time to play, but when you play, you connect with that sense of joy that allows you to receive abundance. If you are constantly in a state of doing, instead of allowing or receiving, you will limit your ability to perceive abundance and fulfillment. Playtime allows you to en-joy, or more literally, embody joy.

Play is any activity that engages your body and mind in a joyful way. “Chilling out” doesn’t qualify, as it doesn’t engage the mind, so that’s a “no” to watching TV or playing computer games. Reading a book, however, does qualify because it engages the mind. Do whatever makes you feel good and have fun; you can do arts and crafts, or play with the kids outside. Being in nature is also a great way to play, as it regenerates the body and mind. Go hiking in a national park, take a long walk along the beach, or go for a stroll in a local park or nearby forest. It can make a huge difference to your sense of well-being.

Exercise comes under either the Self quadrant or the Play quadrant. Playing with others is perfect for sharing Love, so get together with a group of friends each month for a game night or do a team sports. Play is a critical area in the Living Abundance sphere because it is here that you rejuvenate. Without rejuvenation you can’t recharge your body and you will end up stressed and ill (stress decreases your immune response so it leaves you even more susceptible to illness). Play is also a release for emotional energy—it makes for a happier person!

**Exercise day 19: Receive abundance in the Play quadrant**

*Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.*

Ask yourself first; how do I play, what do I love to do? Then ask yourself how you could share that with others. For instance, if you love to bicycle, you could teach kids to ride a bike. Or you could just ride your bike to work to save energy, which then benefits the Earth. Think of ways in which you could strengthen the Play area of your life. Now go through the creation protocol:

- Choose the form of your creation
- Write a full description of what you want to manifest
- Check your list for scarcity limitations and correct accordingly
- Determine this is a true creation and not a resource creation
- Do the Manifesting Your Creation exercise
- Act on it! Help bring the creation into being
- Receive the creation in joy and share that joy as gratitude!

**Daily Affirmation**

“I choose to play.”
Day 20: 
Use your time as a tool for Abundance.

Time is perhaps the biggest obstacle in being able to live an abundant life. You may often feel as if you just don’t have the time to add one more thing to your plate. Manifesting creations in these four quadrants may seem like a daunting task. Remember, though, that many of your daily activities can share abundance simply by focusing on bringing in the energy of abundance. This makes whatever you do an expression of abundance.

Time is a limited commodity and there are only so many hours in the day, no matter how abundant you are. One of the ways to free up time is to look at how you are currently spending your time and then reallocate any that doesn’t serve you in any of these quadrants. For instance, if you usually spend Tuesday nights in front of the TV, you may want to spend it playing an instrument (Self quadrant) or reading a book (Play quadrant). Perhaps you could make a few calls to family or friends you haven’t spoken to in a while (Others quadrant) or write a letter to your local representative about an issue you are passionate about (Service quadrant).

How you use your time is an indicator of your balance in the Living Abundance sphere. If you spend most your time working and very little on anything else, then you’ll need to make some life-style decisions if you are to live abundantly. You will need to make some choices about priorities and how best to fulfill them. That may mean cutting down on work and introducing more play creations. If you don’t have enough time to do everything you want to, then doing the important things first ensures you aren’t wasting your time on ineffective actions.

If you already have good time management skills, then this part will be easier for you. If you aren’t very organized, or have difficulty prioritizing, then you may want to learn these skills or try another system of prioritizing, planning and implementing your creations.

**Exercise day 20: Receive abundance in the Service quadrant**

Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

- Write out what you do in an average week. Create a column for each day and a row for each hour from waking to bedtime. Begin filling in this chart with the tasks that are obvious and repeated on a daily basis, such as work, pick up the kids, or make dinner.

- Now write down weekly and regular activities, such as Parents Meeting first Tuesday of each month or Primus Meditation Group every Wednesday at 6 pm.

- Looking at your current schedule, which of these activities fulfill a true creation in one of the four quadrants? For instance, the Parents Meeting could fulfill the Others or Service quadrants. You just need to find a way to share Love through the activity, such as bringing in a homemade treat to the meeting. Making dinner could be a great Service quadrant item when you get into resonance with abundance and fill the food with that energy while you’re making it.

- If any item doesn’t currently fulfill the criteria to be a true creation, how could you enhance the activity so that it does share Love?

- What items from the previous four lessons can you schedule actions for in your weekly schedule?
Where can you fit in your Self, Play, Others and Service activities?

Daily Affirmation:
“I am master of my time. I choose to spend my time sharing Abundance.”
Day 21: 
Your Abundance mission statement.

Practicing abundance is a mission. It is a ministry. It is a way of sharing the best of what is good in creation in a way that empowers others to improve their lives at the same time. It is a life rich in meaning and joy. It is a life that matters.

In today’s lesson you’ll complete your abundance mission statement. This is a clear and succinct statement of your mission of sharing abundance. If you like, you can think of yourself as an abundance missionary dedicated to sharing abundance everywhere you go, maybe even changing the world as you share your dreams and creations. It is a road map that tells you where to create next in the sphere that is your life. It is a promise to yourself that you will make a difference in the best and highest way you can.

In the past few days you have completed a comprehensive inventory of what you wish to create. Today you’ll put it together and see the whole picture of what your life will look like as you live abundance. Your mission statement will help you to state with clarity what you choose to create, how you prefer to share abundance, and where you can improve yourself and your life.

You’ll want to keep this mission statement handy so that you can review it weekly. This way you can be sure you celebrate creations you have manifested, plan for new creations and make any other adjustments as you progress.

Exercise day 21: Your abundance mission statement
Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

☞ Arrange the outcomes of lessons 15 to 20 in such a way that you are looking at five paragraphs that state the most important things for you to create in your life at this time.

☞ Add the answers to lessons 7 and 8.

☞ Finally, write a brief paragraph about what abundance means to you right now. How has changing your definition of abundance changed your perspective on life?

Daily Affirmation:
“I now manifest abundance in all aspects of my life.”
Day 22: 

Fill your money with the energy of Abundance.

Money is a neutral tool that can be employed by either scarcity consciousness or abundance consciousness. When you create money from the energy of lack, it can only bring lack in return. When you create money from the energy of abundance, it enforces abundance to both the giver and receiver. Most money is filled with the energy of lack as scarcity consciousness still has a powerful hold over the way humanity perceives abundance. Money is seen to be a way to get abundance, rather than a way to share it. It can carry the energy of some of the more destructive aspects of our culture. However, it can also be used to create beauty, help others, or change the world into a more positive place. Money can create ecological parks and lobby governments to adopt clean energy. It allows someone to have necessary surgery or even just to eat one more day. Money can be filled with abundance, joy, and Love.

You create money every time you receive your salary, get change in a store or find a coin on the street. You have the opportunity to fill that money with the energy of abundance before it is passed around once again. You can change the energy of your money into a healing force, rather than a destructive one.

First you need to clear your money of its current energy of lack, then it can be filled with the energy of abundance. By doing this simple exercise, you’ll be able to immediately feel a shift in your relationship with money.

Exercise day 22: money cleanse

Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

❖ Gather everything you have that symbolizes money, including credit cards, coins, checkbooks and cash, and put it together on a table. Place a lighted candle near the money. If you like, you can put on some soothing music to help you focus.

❖ Write down on a piece of paper how you have felt about money in the past. What emotions have you associated with money? How has it been used in your life until now?

❖ Bring to mind the intention to clear your money symbols of these associations. If you have some essential oils, a smudge stick or incense, ritually purify the money by passing the money symbols through the smudge or incense smoke, or by touching it with a dab of essential oil. Imagine the old energy and emotions around money released until it feels empty and clear.

❖ Once your money symbols have been cleansed, place your hands on the money symbols and move into a state of abundance. Imagine or sense receiving that abundance energy in through your crown and radiate it through the palms of your hands into those money symbols. Continue to fill your money symbols with the energy of abundance until it seems full.

❖ Once the money is filled with the energy of abundance, think of that abundance moving from you to the person who receives the money. Sense that energy of abundance filling their lives and touching their heart. Now your money is ready to be shared!

You can repeat this exercise as often as you feel that your money has to be cleared and charged with the energy of abundance.
Daily Affirmation:

“I fill my money with the energy of abundance.”
Day 23:
Money only has meaning when it’s shared.

Money has no meaning unless is it turned into something else. The fact that it has no value completely undermines the perception of scarcity consciousness that acquiring and hoarding money will make you feel abundant. Money must flow—both to you and away from you—as an inherent part of fulfilling its purpose.

When seeing things from the perspective of abundance consciousness, you will experience every act of receiving and sharing money as an act of receiving and sharing abundance. By filling your money with the energy of abundance—as we will do in tomorrow’s lesson—you will be able to spread the energy of abundance to others.

Sharing money can be done in different ways. The most obvious is giving it a birthday gift or a charity donation. As long as the money is given with the energy of abundance, it qualifies as sharing. But you don’t have to gift it. Each time you buy something while being in a state of abundance, you share money with the store owners, the people who made the item, and everybody who was involved in transporting it to the store. It is OK to receive something in return. In fact, every time you hand over money to someone, it can be made into a moment of sharing abundance if you fill the symbol of money with the energy of abundance.

Sharing money continually proves your conscious, subconscious and unconscious mind that you are abundant. The key is the feeling of abundance that accompanies the giving. You give money all the time when paying bills, buying groceries or fueling up your car, but how often do you put abundance energy into these transactions? Scarcity consciousness does not like giving money or even spending it, because it believes that you can only be abundant by having more money. It will make you feel uncomfortable when you have to give or spend it. You may feel anxious or panicky as you pay your bills, or you may feel resentful having to buy a gift for a friend’s birthday. If you spend it without the energy of abundance involved, it is not sharing.

Sharing money can also be a way of sharing Love. That doesn’t include buying a toy for your child as a guilt gift for not spending time with them. Sharing money as a way to share Love is predominantly done through donating to charities. You can send a contribution to a charity with the energy of abundance and the intent of sharing Love. It is important that it isn’t done with the intent to control another—it has to be given without any conditions. This will allow you to experience the joy of sharing abundance without the danger of your scarcity consciousness trying to turn the situation into one of lack.

Exercise day 23: the God check
Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

How would you feel if you found a check from God in your mailbox? Well, you can be God for a day and share money anonymously—it is a very powerful feeling. In this exercise you will experience how good it feels to share abundance!

☞ First, you will need cash. It has to be an amount significant enough to you to matter, but not so significant that it is a hardship. I usually do $100, but you can use a smaller or larger amount.

☞ Spend a moment with the money and fill it with the energy of abundance. Imagine the recipient
receiving the joy of abundance.

☞ Write (or better yet, print on your computer) the following:

“I offer you this gift in LOVE
because an angel from above
came down and whispered in my ear
that I should leave this money here!”

☞ Don’t sign the paper or leave any other identifier just write “You” on the envelope (if you live in the US, it is important to use a stamped envelope, as it is against the law to leave unstamped mail in mailboxes).

☞ Resonate with abundance throughout your day, then, in the afternoon, slip the envelope into a random mailbox. It is very important that you don’t judge who may need the money—don’t drop it in the mailbox of the poorest-looking house in town. Instead, listen to the prompting of abundance within you and leave it where you are told. The Universe will guide you to put it in the right place. Feel the joy of sharing abundance through the symbol of money!

Daily Affirmation:
“I share money as an expression of my infinite abundance.”
**Day 24:**
**Manifest money from the energy of Abundance.**

There are times when you must manifest money. This is usually the case when you have a debt that can’t be paid with a true creation. When money truly is required to fulfill a debt or if it is the only path to manifesting a true creation, you can manifest it from abundance.

Manifesting money from abundance can be done in various ways. If your current job is aligned with your gifts and abilities, then you will share Love through it and have your wages manifested from abundance. If your job doesn’t feel abundant, you may want to create one. Many have a part-time business to supplement their main source of income. By starting a business you are passionate about and aligned with, you will be creating an income source that is generated with the energy of abundance.

You can also manifest it in unexpected ways and through means that may seem almost miraculous. When you focus on creating money from abundance, the Universe will respond to your intention by channeling money toward you from whatever source available. You may win money, you may find it on the sidewalk or you may receive it in some other surprising way. When creating money from abundance, don’t put a scarcity limitation on the creation that defines where the money should come from. Let the Universe choose the best route.

If you manifest your money from abundance, you expect it will be shared. Because you aren’t attached to it, you will notice little resistance when it goes. You will envision yourself sharing or using the money—not keeping it. This helps you remain more balanced through the cycles of abundance that occur throughout your life.

One of the biggest mistakes people make is to manifest only the amount they need. Remember: enough = need + more to share.

When you need $15,000 to pay tax, you will focus on manifesting that money plus an additional amount for sharing. You could focus on manifesting $16,000 instead; this leaves you with $1000 that can be used as an affirmation of abundance by sharing it in any way that excites you. By manifesting more than you need, you affirm that you are a co-creator and infinitely abundant. You will tend to focus more on the extra $1000 being a joy to share than you will on the $15,000 being a joy to pay to the taxman!

Remember that the extra money isn’t a bargain with the Divine (to do a good deed in return for receiving the money). It is an affirmation that you are capable of manifesting the money you require plus additional money for sharing. To feel that you have enough, you have to manifest more than you need. There is nothing wrong with manifesting money from abundance. Just remember, the money won’t make you feel abundant—only sharing will!

**Exercise day 24: Manifesting money**

Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

Use this exercise whenever you need to manifest money from abundance:

 chí Determine how much money you need

 chí Decide how much will you manifest for sharing—10 percent of the need amount is generally a good number to work with
Make a commitment to how you will share the extra money

Imagine how that money affects those you share it with

Move into alignment with abundance as you focus on the joy of sharing that extra money

Now practice Step 4 of the Core Abundance Practice, Manifesting Abundance. Focus on the total amount of money you wish to manifest while focusing on the thought of sharing the extra money with others. Be open to receiving the money as you share gratitude with the Universe.

Daily affirmation:
“I manifest money easily, as a symbol of my infinite abundance.”
**Day 25: The Abundance cycle.**

Abundance is infinite, yet the manifestation of abundance has cycles like the waves in the ocean. Sometimes, manifesting will be utterly effortless and elegant. Other times, it may seem you just can’t manifest what you want, or that everything is against you. The ease with which you manifest is related to what part of the abundance cycle you are in. Understanding these flows of energy is very important. Each person has their own unique cycle of abundance, or abundance tide. Sometimes it may seem your abundance tide is in—you are flush with money and can easily manifest your needs—while at other times, the tide may appear to be out.

Societies also have cycles of abundance. A country moves from a cycle of abundance, expansion and innovation, to contraction, recession and even depression. Earth itself is subject to these cycles as abundant crops may be followed by periods of drought. Sunny weather may be followed by a storm.

You can think of the flow of abundance as the ripples in a pond. These pulses of energy spread outward from the Divine Mind to affect everything in creation. In between the pulses of abundance energy are pauses, like the brief moment between the inhalation and exhalation of breath. When you are in a wave of abundance, the manifestation of your creations will be quick and easy. When you are in a pause phase, it will be less easy. This is how the Universe receives and shares energy. When the abundance tide comes in, the Universe is sharing with you. When it goes out, it is in receiving mode. Living in abundance and following these tides is easy. You get to the point where you can predict when your tide will be in or out. You just need to plan for those times the Universal tide is not as supportive of creation so that you don’t fall into scarcity consciousness.

When the Universe is in sharing mode, you will find that things start happening quickly. You may focus on bringing a creation into being and have it manifest almost immediately. This is when it is important to do your abundance practice. Starting a new business or project during this time will be more successful than if started during a low tide period. This is an excellent time to save some of your extra resources in preparation for the other part of the cycle.

When the Universe is in receiving mode, it is less easy to manifest forms. This doesn’t mean there is less abundance, but that the energies of the Universe support rest, not creation. It is a time to tidy up what has already been started, rather than beginning new projects. If you continue doing your Core Abundance Practice during this period, you will still be able to create whatever you require or desire.

During this part of the cycle sharing abundance with others is even more important as it can prevent you from falling into scarcity consciousness. This is one reason why saving during high tide is a good idea. It provides you with extra resources that you can share in a low tide period.

Your personal high and low tides may be different from those around you or from society as a whole. Your country could be in recession, yet you may experience a personal high tide and have an easier time in manifesting. Don’t allow society’s scarcity thinking to infect your consciousness. Maintain your abundance consciousness through high and low tides, and you will always be able to manifest whatever you need or desire.
Exercise day 25: Charting your abundance cycle

Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

Now it’s time to work out your own abundance cycle by making a timeline to help you to understand your own cycles of abundance.

 genital Make a line from birth to your current age and mark above this line the times when you felt abundant—a particularly wonderful time during your childhood, for instance. You don’t need exact dates or even exact years, just a general sense of when it was. Mark below this line the times you felt scarcity—these may have been challenging times when your scarcity consciousness controlled your reality. At your current age, mark where you are in your abundance cycle—are you at a high tide, low tide, or somewhere in between?

 genital Make a second timeline going back one year from today, and mark where you felt highs and lows. Also mark the level you feel at today.

 genital Looking first at the lifetime line, do you notice a pattern in the ups and downs of your personal abundance cycle? There may be a certain number of years or months between a high and a low tide, or maybe your ups and downs have evened out over the years or become more pronounced. Make a note of any pattern you see in your abundance cycle. Do the same with your second timeline. Do you see any patterns? Was there a time of high tide and low tide in that year?

 genital Assess where you currently are. If you are in a high tide, it may be a good time to start a new business or endeavor. If you are in a low tide, focus on tidying up loose ends. You can always use the Core Abundance Practice to manifest what you need—no matter where you are on the cycle. Just realize that creating new things may take a bit longer, or take a bit more energy during a low-tide period.

Daily Affirmation

“I am balanced upon the tides of abundance.”
Day 26:
Abundance as healing energy.

We’ve spent a lot of time discussing the use of abundance energy to create things. However, abundance isn’t just for manifestation—it is also a generative energy that can create healing in your body, mind and spirit. By shifting your perception to that of abundance, you will be healing an aspect of your consciousness. This in turn will heal your life and allow you to find more joy, happiness and fulfillment. You can also find your path of service and heal the world by sharing abundance. It truly is a healing energy!

By healing your own prosperity consciousness, you will also help others heal. This wave spreads from person to person as each true creation shares abundance in the world.

Since abundance is generative in nature, it stimulates generative body aspects by triggering healing and repair through the parasympathetic nervous system. By focusing upon physical healing during the Core Abundance Practice, you can target any physical issue that needs repairing and channel the energy of abundance to that part of your body.

The energy of abundance can also help you to heal your lineage. You are the result of all of those ancestors coming together. Your scarcity consciousness will also have been affected strongly by the perceptions, beliefs and actions of your parents, grandparents and siblings. When you resonate with the energy of abundance, you will affect those around you—especially your family, spouse or children. By healing your abundance consciousness, you can heal all the beliefs that were passed on to you, and prevent them from being passed on to your children. By focusing on sending abundance energy to your lineage, you can heal the past, the present, and the future.

Earth is also in need of healing at this time. Consumption, greed and the misuse of resources are all damaging the fragile relationship we have with our planet. War, poverty and other scarcity based perversions are healed easily when we move into abundance consciousness. All these negatives disappear when you are in resonance with the energy of abundance. When enough people shift their consciousness, these perversions will no longer endanger the planet and our future. By focusing on filling Earth and all the people that live on her with the energy of abundance, you can heal the world.

Over the next few days you will be exploring ways to heal your body, your lineage and the planet by using the energy of abundance. Today, it is enough to consider that abundance isn’t simply about manifesting things, but that it is also a regenerative force that can bring healing to you and the world.

Exercise day 26: Abundance as healing energy
Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

Is your life in need of healing? Consider the following areas:

☞ Physical health

☞ Job or career

☞ Relationships

If any of these areas requires healing, formulate a true creation around that aspect. What would the
healing look like? Refocus on abundance and begin sending abundance energy into that part of your life.

*Daily Affirmation:*

“I allow the healing energy of abundance to transform my life.”
Day 27:
Healing with the energy of Abundance.

Abundance is a powerful healing energy that can be used to bring any part of your life into an optimal state—this is especially true of the body. Looking at it from a practical point of view, when you are in resonance with abundance, you are happier and less stressed. This urges your parasympathetic nervous system to send out healing signals and repair at a cellular level. Just by being in resonance with the energy of abundance you are triggering your body’s healing responses!

The release from stress that stems from your abundance practice can have very real effects on your body. Stress is a killer—literally. It causes imbalances in the body that lead to disease and death. When you turn off the stress response by maintaining a positive mental and emotional energy, your body will respond by healing and regenerating.

Even if you don’t have any health problems, living in the stress created by scarcity consciousness often wreaks havoc. Stress increases cortisol, a hormone that tells your body to store fat as a reaction to stress. Combine this with the decreased efficiency of your digestive system when you are stressed and you can see how scarcity consciousness can actually make you fat! Other issues related to stress are heart disease, adrenal disorders and chronic fatigue syndrome. When you practice your Core Abundance Practice on a daily basis, you will short-circuit this stress response and live from that part of the nervous system that creates healing and positive emotions. This will help your body to come back into balance, and will help you feel happy and healthy!

Exercise day 27: Heal your body

Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

❖ The first and most important thing to support healing in your body is to stop stressing. Doing your Core Abundance Practice at the start of your day can help immensely—another great reason to do your daily abundance practice!

❖ After the meditation, think of that part of your body that requires healing. If you don’t know of any specific imbalances, then just imagine, visualize, or sense your entire body.

❖ Reconnect with the energy of abundance and fill that area of your body (or your entire body) with abundance energy. Do this for 10 breathing cycles or more if you need to. Throughout the day, reconnect with abundance and imagine this part of the body receiving abundance energy.

Daily Affirmation:
“I am abundant in health and well-being!”
Day 28:
Heal your lineage with the energy of Abundance.

Scarcity consciousness has been the operative aspect of human consciousness for thousands of years. If you look at our history of violence and greed, you can see its impact all the way through recorded history. It is a natural part of human instinct to believe there is only enough for you. As we evolve as a species, however, this belief and the actions that stem from it are no longer helping us survive. In fact, scarcity consciousness is a danger to the survival of the human species. We must heal our abundance consciousness if we are to create a world where all of humanity can flourish. Healing your lineage is a part of this process.

Think of your ancestors. Inside you is a genetic code that stretches back millions of years. You are also the result of the survival tactics and emotional patterns of all of your ancestors. The reason that scarcity consciousness is so prevalent and so embedded in our world today is because it has become a part of world culture. From the moment you were born, you have been stimulated to believe in the perspective of scarcity consciousness.

Our primary drive as humans is to survive. Every time we try a new activity, adopt a new belief system, or otherwise grow and expand, the brain asks one question—does this threaten my survival, or further it? Those things that further survival will be passed on as teachings to offspring and eventually become institutionalized in groups of humans as culture. Your ancestors truly believed the voice of scarcity consciousness and institutionalized its teachings into the various cultures around the world. Brain synapses grow around this survival acculturation and ensure you will continue to respond to these teachings without question.

It is time now to break this ancient cycle of scarcity culture. We have the technology—both scientific and spiritual—to retrain our brains. We have the opportunity to move beyond a mere survival culture into a culture of peace and greater humanity. The healing of your lineage is the healing of these built-in neural responses and cultural conditioning. Breaking away from scarcity culture is not easy at first. Your brain has grown up around these cultural beliefs and utilizes and responds to them on unconscious and subconscious levels. However, your brain can be retrained and the healing of your biological and emotional lineage of scarcity can be achieved.

The first step in healing your lineage is to identify what teachings trained you to operate from scarcity. Set a mental “alarm bell” to ring every time you find yourself thinking this way. Often, you’ll repeat the teachings you received as a child to your own children. Any time you catch yourself repeating them, you will need to stop, realign with abundance, and focus on an affirmation to replace the old belief.

The more consistent you are, the quicker your brain will rewire itself and respond to abundance rather than scarcity. As you consciously embrace this new perspective, you heal your lineage of its particular scarcity dogma and free yourself and your children from carrying it into the future. Eventually, our culture will shift and allow abundance to rule our laws, educational systems, healing systems, social systems, and financial systems. You will be not only healing your own lineage, but human culture as well!
**Exercise day 28: Heal your lineage using the energy of abundance**

Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

侵害 Think back to the time you were a child. Who was the most influential person in your life—who provided you with your basic world view? What was that person’s perspective on abundance and money, and how did that transfer onto you?

侵害 What are the scarcity mantras in your family? For instance, I remember each time I told my mother I wanted something, she would reply, “Well, how does it feel to want?” This gave me a sense of shame, rejection and fear around sharing my needs and desires with my mother. What were the basic abundance or scarcity behaviors in your family, and how has that affected you in adulthood?

侵害 Become resonant with the energy of abundance again. Breathe abundance into your heart, then imagine or sense each person in your family who taught you scarcity principles. As you imagine each of them, send the energy of abundance from your heart to theirs. Do this even if the person is no longer alive.

侵害 Now imagine your lineage stretching back in time and send this energy back to your ancestors, healing any scarcity programming from the past.

**Daily Affirmation:**

“I thank my ancestors for giving me life. I offer my ancestors the energy of abundance.”
The Little Book of Infinite Abundance

Day 29:
Healing the planet with the energy of Abundance.

The planet is currently undergoing a tremendous change. Climactic change has until recently been a natural cycle of heating and cooling the planet. Our scarcity driven consumption has accelerated this process and threatens every species on Earth. Pollution is contaminating our food, water and air. For a century we have been taking oil as if it were a limitless commodity, but now we are facing the end of it and, as a result, we need to change our consumption habits and our sources of energy. Add to this an increase in earthquakes, hurricanes, tornados, tsunamis and magnetic shifts, and you see how Earth may is in dire need of a little extra Love!

Shifting to abundance consciousness can help address and heal all of these issues. On the most practical levels, practicing abundance can change the world in several ways. When you are in a state of abundance, you no longer feel the all-consuming drive to own more. This naturally cuts consumption and the pollution it creates. You are also more aware of sharing abundance with others. This can mean sharing resources, sharing love and support, or any other true creation. When you share, the distribution of resources becomes more equitable—this decreases the demand we put on the planet to produce resources in already stressed areas. Throughout history, scarcity consciousness has caused wars, but it has also driven other behaviors that are destroying our planet. Greed causes people to factory farm the land, which depletes it. They seek huge profits with no consideration for future generations. Greed is the root cause of strip mining, deforestation and toxic pollutants being irresponsibly disposed of.

It is mind-boggling how many of the world’s ills are directly linked to scarcity consciousness. If we are to preserve the planet, we must make the leap to abundance consciousness. The drive to consume can only be healed by moving out of scarcity consciousness. The drive to destroy Earth to make money can only be healed by moving into abundance consciousness. The drive to destroy each other can only be healed by changing our perspective to that of abundance consciousness.

As more and more people make this shift, humanity will literally vibrate with a different energy. The electromagnetic field of someone in a state of abundance— their heart and brain frequencies—are different from those of someone in scarcity. As more people change their personal energy, the energy of mass consciousness will change. That change in vibration will then affect the vibration of Earth itself through resonance. By moving into abundance, we can and will heal Earth!

Exercise day 29: Heal Earth using the energy of abundance

Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

☞ In a state of abundance, envision Earth being whole, in peace, and abundant. Breathe abundance into your heart then send that abundance to the planet and imagine it filling up with this energy.

☞ Now imagine Earth’s electromagnetic field filling with this energy and radiating it out into space. See everyone and everything on the planet also receiving this energy.

☞ Continue to breathe abundance into your heart on the inhalation, then share abundance with the Earth on the exhalation for 10 breathing cycles, or until you feel complete.
Daily affirmation:

“Abundance flows through me to Earth and everything upon it!”
Day 30:
Being Abundant.

Congratulations— you have made it through the course! These 30 lessons are just the beginning of a lifetime of abundance practice. Now it is time for you to be abundant; to create your life as you wish and to share abundance with everyone in your sphere of influence. Being abundant is a state of mind, an approach to life and a healing path. You are becoming a light upon Earth that will help everyone you connect with every day for the rest of your life.

If you find yourself slipping into scarcity consciousness, just reread Part I of the book or practice any of the daily lessons that may be relevant to your situation. You will need to be vigilant for a while, but pretty soon your neural network will have grown new pathways that support abundant living. You will be amazed at the miracles that being abundant will create in your life!

Exercise day 30: The being-abundant checklist
Note: it is very important to complete the Core Abundance Practice before you do each day’s exercise.

- Do the Core Abundance Practice every day.
- At least once per week, practice joy and gratitude by consciously recognizing the manifestation of abundance in your life and sharing the energy of abundance with the Divine.
- Be sure to always have a true creation you can focus upon creating, so that you can share abundance with the world on a continual basis.

Daily Affirmation:

“I AM ABUNDANT!”
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