

“The law of circulation is manifesting in your life today as either a cornucopia of more than enough or a vortex of not enough, depending on how freely energy flows through you. There are an infinite number of ways the principle of abundance can be channeled through you.”

~**Dennis Merritt Jones**

MANIFEST ABUNDANCE NOW! EXERCISE **GIVING AWAY WHAT YOU WANT**

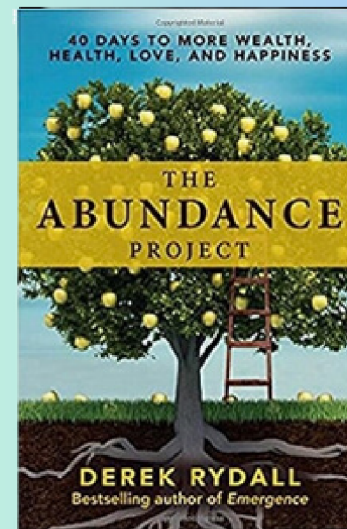
Pick an area of your life where you’ve felt something is missing and make an intentional plan to start giving it. For example, if you feel like love is missing in your life, make a plan to give it to yourself and to those you meet. If it’s a someone who isn’t giving you something you want, then create a plan and start giving it to that person.

Or you could pick an area of your life where you’ve been waiting to get something before you give, and start giving it now. For example, if you’re waiting for a friend or partner to “do their part” before you’ll be more loving, respectful, or appreciative, start treating them this way now.

Give away whatever you want to have more of.

Journal about his process and remember that you’re not doing this to get them to change, or doing this to circulate your inner abundance so that your life will reflect and reveal more of that which you are wanting to experience.

The Abundance Project 2024



WEEK FOUR **The Law of Circulation**

Read:
Chapter Four

“Giving to yourself and to others isn’t enough to fully activate the Law of Circulation; it’s not a complete circuit. until you allow yourself to receive. In a way, this is a version of giving to yourself; you are giving yourself the gift of allowing others and life to give to you.”

~Derek Rydall

MANIFEST ABUNDANCE NOW! EXERCISE NIGHT PAGES

This journaling exercise is best done at the end of the day.

Make four lists:

I Have

I Can/I Am Able

I Have Achieved/Successes

I Am Grateful For

I HAVE

Write down everything you have, inside and out: the qualities you are activating and expressing, your gifts, talents and abilities; the people and things you value; whatever money you have (no matter how much or little).

Include things to which you have access to (library, internet, electricity...)

Take a moment to be in awe of all that you have.

If there’s something you’ve been wanting to give expression to, list all of things that you actually have in relationship to that (it’s easy to focus on what we don’t have.) For example, if you want to launch or expand a business but don’t have the capital, we tend to focus on that. Instead, write down what do have, inside and out.

“The best way to put the Law of Giving into operation – to start the whole process of circulation – is to make a decision that any time you come into contact with anyone, you will give them something.”

~Deepak Chopra

I CAN/I AM ABLE

Journal about all of the things you can and are able to do. Focus on those area where you feel stuck, victimized, lacking or inadequate. Using the example of launching a business, journal about what you can do in support of that goal, both inside and outside.

I HAVE ACHIEVED/SUCCESSSES

Journal about all of this things you’ve accomplished or achieved.

Then at the end of each day, write down at least five successes you had that day, even if it is “got out of bed” or “brushed teeth,,” or you felt a bit happier or lighter than usual.

Pay special attention to any area in which you’re trying to have a breakthrough. If it’s money, make note of any gift you received or the nickel you found or being treated to lunch or a movie.

I AM GRATEFUL FOR

Journal about what you’re grateful for. Challenge yourself to find new things to be grateful for - perhaps that which you take for granted.

Pay special attention to any area in which you’re trying to have a breakthrough. What happened today in that area that you can be grateful for!