

Step 3: Lower it until it feels too low

Once you have that high number or crazy ask, start lowering it again until it feels too low, not enough, depressing to imagine. The amount is not the issue; the feeling is what's important. That feeling is what's telling you where where your current set point is - your mental equivalent around how much you feel you're worth or how much you believe you can ask for and get.

Step 4: raise it again, until it starts to feel like a stretch

Once your ask begins to feel painfully low, raise it again; but this time, raise it just until it starts to feel scary or make you sweat a little. You want it to be just right on the edge of feeling both exciting and anxiety producing. This is the sweet spot.

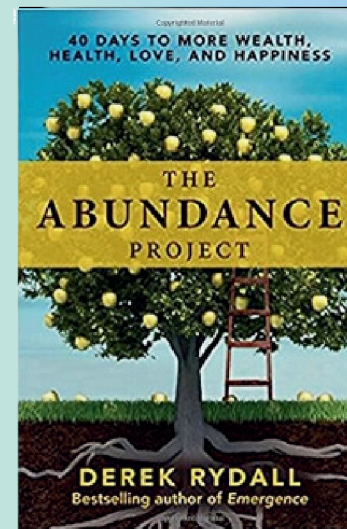
Step 5 develop your offering until it feels “worth it” inside of you

Once you have that bigger ask or higher price, begin to play with your offering until it feels ‘worth it.’ Again your feeling is your guide here.

“The Universe is continually conspiring for your good when you are available to consciously participate in the process. You live in an expanding Universe, which can only do for you what it can do through you.”

~Dennis Merrit Jones

The Abundance Project 2024



WEEK FIVE

**Everyone is Your Channel;
Nobody is Your Source**

**Read:
Chapter Five**

“Nobody is ever limited by their circumstances - everyone and everything in life is a potential channel for our good.”

~**Derek Rydall**

Living a prosperous life means being established in a belief that there is more than enough of whatever creates a sense of freedom in your life. While that may mean an abundance of money, it could as easily mean an abundance of time, or good health, or new friends, and so on; freedom allows you to enjoy the life you choose to live.

~**Dennis Merrit Jones**

MANIFEST ABUNDANCE NOW! EXERCISE THE ASK PLAN

Reflect on the various aspects of your life, health, wealth, work, relationships, spirituality, spiritual development and make a list of the different things that you would like to ask for.

What things would you like to ask of yourself, of God, of your spouse, partner, kids, family, boss, colleagues, friends, or clients. Make a list and be as thorough as you can.

Review your list and pick a couple of easy asks and then the most difficult one and create a plan to make those requests. If you need to, make an appointment (or a date!) with the person and put it on your calendar.

Do the easy ones first over the next few days or so, then do the difficult one.

Practice asking on a regular basis until it becomes a habit.

... beyond everything you think you want, what you truly seek is quite basic: a life of wholeness, a life of peaceful satisfaction. The irony is that such a world already exists... you don't have to earn abundance—you have to learn how to accept it.

~**Dennis Merrit Jones**

MANIFEST ABUNDANCE NOW! EXERCISE THE BIG ASK

To help you ask for what you really want and as much as you want follow this simple guideline:

Step 1: establish your baseline

Choose an area of your life in which you'd like to ask for me and ask yourself what are you currently asking for and getting?

In the area of business what is your current salary or your current fee that feels normal or non-threatening? Maybe you're volunteering, working well below your market value or giving away services for free. You can also think in terms of Fair market value or basic norms for the relationship you're in, although that might already feel too high.

Step 2: Raise your ask until it feels crazy high

If you feel comfortable charging \$20.00 an hour (or \$100 for a piece of art) or asking for a 10% raise, incrementally raise it to \$25.00 an hour, then \$30, then \$50 (or raise the percent) until you start to feel like it's too ridiculous to consider.