

Abundance Blind Spot 5

Money/wealth is not spiritual.

Awakened Abundance Truth 5

Wealth is an attribute of spirit/truth/God.

PRACTICUM

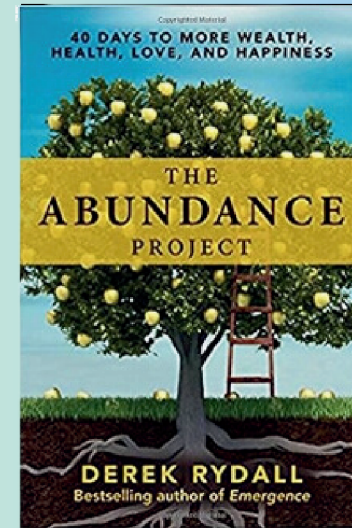
Claiming Your Abundance Consciousness

As you practice asking and receiving, remind yourself of this Principle: everything comes to you and to everyone else by *right of consciousness*. If you feel fear, guilt or shame rising up in you, breathe and release this energy. Then take another breath and graciously receive the abundance that comes to you with gratitude.

When you're talking with others about money, the economy, success or any related subject, be vigilant for those thoughts, words or phrases that are limiting, and practice not saying them. Instead say, "Oh! Interesting!" Also notice any tendency to downplay yourself, or judge or condemn others who have wealth or success. We don't want to give energy to anything we'd prefer to not experience.

Include a life of wealth and abundance in your big vision by creating a real plan for attaining it - then go for it. As you do, all the reasons why you didn't do this before will invariably come up - the fears, doubts, judgements, and limiting emotional patterns. As they come up, work with them as part of your daily practice of healing, integrating and awakening to your next best self.

The Abundance Project 2024



WEEK TWO

The Five Abundance Blind Spots

**Read:
Chapter Two**

Abundance Blind Spot 1

We are separate from our good and must get it, achieve it or attract it.

Awakened Abundance Truth 1

We are one with all good - we can't add or lose anything.

PRACTICUM

The One-Minute Mystic Practice

When you find yourself in a fearful, limited or reactive state of mind, take a breath and remind yourself that you're in an abundance blind spot.

Regardless of the condition confronting you, imagine getting what you need or experiencing the outcome you want. Allow yourself to really **feel** the energy of this. This energy is the substance of your abundance.

Let the feeling expand until it fills your entire body and then let it radiate out beyond you.

Say "let this be so. And so it is."

Abundance Blind Spot 2

Money and material things are wealth.

Awakened Abundance Truth 2

Real wealth is invisible, infinite and within you.

PRACTICUM

Mastering the Energy of Money

Every time you participate in a financial transaction, instead of focusing on the money exchanged, place your attention on the energy behind the exchange. Think about all of the people, industries, workers, and businesses that were necessary for this exchange to occur. Allow a deep sense of awe and gratitude for all of the many things that have to be and to happen for this exchange to take place. Allow yourself to really **feel** all the qualities of this - peace, joy, awe, love and gratitude.

Abundance Blind Spot 3

You have to believe to receive.

Awakened Abundance Truth 3

You have to ask to receive.

PRACTICUM

Just Do It

To begin to break through this blind spot, make a list of the things you are waiting to feel a certain way about before taking action. These can be big or small.

Pick the easiest one on the list and do it today or tomorrow. When you do this, you'll begin to experience and embody that you don't have to wait to feel a certain way in order to take action. Commit to acting on one item on your list per week for the next five weeks.

Abundance Blind Spot 4

You have to adapt to circumstances.

Awakened Abundance Truth 4

You must expand in the face of contraction/limitation.

PRACTICUM

Expansion Practice

Pick an area (such as work, relationship, etc) that feels limited or constricted. Imagine your **ideal** version of this situation. As you visualize this ideal scenario, notice how you **feel**, who you're **being**, and what you're **doing**. Journal what you see using these three categories.

Now pick one thing from each category to bring into the current situation you chose.

You are no longer going to wait for things to change, nor are you going to shrink to fit the limited situation.

Consciously and proactively expand yourself. As you act from this higher place, you'll activate latent gifts, abilities and energies. As you embody them, either the condition will change or you'll be lifted into a new environment.