

RESOURCING PART 1

Close your eyes and picture an area where you've made something outside your source.

How does that feel?

Ask: what is making this my source costing me?

RESOURCING PART 2

Cultivate the feeling that everything that you need is already within you.

Focus on area of lack and imagine that you have whatever it is .

Feel what that feels like.

Multiply that experience by ten and really feel it.

Radiate that feeling out to everyone in your current life, feeling how good it feels to be the giver, the source of all that good.

Ask: "If I really knew and believed the Source of Life was within me, always available, how would I be different in this relationship or situation?

How would I hold myself, treat myself, or express myself?

What would I start doing, stop doing, do more or less of, or do differently?

How can I start living into this truth of my abundant being and be the Source of my life?

Make note of the answers you get and choose one thing that you can begin to do today (or at the latest tomorrow) to begin acting from this truth.

Each time you find yourself thinking that something outside of you is the source of anything, reactivate the feelings of being the giver, being the source,.

The Abundance Project 2024



WEEK ONE

The Real Source and Substance of Abundance

Read:

Introduction through Chapter One

KEY IDEAS

“Abundance is not something we acquire.
It is something we tune into.”
- Wayne Dyer

Intelligent invisible life is the real Source, and real wealth is the inherent, transformational process that turns invisible substance into form.

“Everything is within us; therefore, life flows from us, not to us.”

“Everything 'out there' is an effect of an internal cause/ *Nothing* has the power to increase or diminish your capacity for abundance . We are reaping what we sow, harvesting what we've planted. Whatever we're experiencing now is the fruit of some previous planting, and whatever we're planting now is the seed of our future crop. This is spiritual principle - the most empowering of all principles if we embrace it.”

“The more we become interested in, identified with and anchored to the real Source - the invisible qualities and principles behind the appearances - the more our life will manifest an unlimited good.”

“Stay committed to the goal, be kind and patient with yourself along the way.. simply refuse to give up until you get results...”

PRACTICUM

1. Turn On Your Divine Power Plant

Find a comfortable position and close your eyes. Recall a time when you felt loving or loved. Or bring to your mind something that opens your heart, perhaps a kitten or a puppy.

Feel the love.

Take a breath and as you exhale, allow that feeling of love to expand until it fills your whole body.

Really feel it.

Now radiate that love beyond the borders of your skin and see it saturating everyone and everything.

Notice how it uplifts those whom your love touches.

Feel how good that feels.

Experience its expansion as you radiate it, seeking nothing but to give and generate that love.

Rest in that for a moment.

When you're ready, write down experience. Describe the sensations in your body: the emotions, the color, images or people you saw.