

ABUNDANCE & MANIFESTATION

By Debbie Dallas 3/05

One of the exercises Tim & do in our Abundance classes involves giving out a one dollar bill to everyone who comes. We ask all participants to hold that dollar over their heart chakra and ask out loud three times, “*Do I have enough money?*” Then participants are to record where in their bodies they felt something and/or what emotions came up when doing this exercise.

Some responses included; fear, thoughts of ‘what’s the catch’, confusion, tightening in the stomach area, holding of their breath, instant headache, tingling in the hands, pain across the shoulders, feet going numb, even the thought of ‘yeah, I do have enough’. The body chart indications of such responses are:

Tightening of stomach area	- fear, self doubt, lack of trust, judging self or others, rejecting & punishing self
Holding of breath	- fear & fight or flight response
Headache	- afraid to see, never good enough, closed & invalidated, repressed anger or bitterness
Tingling in hands	- holding on, can’t cope, stuffed feelings
Feet going numb	- afraid, stuffed feelings, not grounded, leaving body

As you can see, many of us have a lot of negative emotions or body symptoms connected to money. Try this exercise & see what some of yours may be.

Bringing to our consciousness some of the negative attachments we have to money helps us to see some of what is stopping our flow of abundance and the need to release the negative energy associated with these thoughts &/or emotions. If we fear the energy of a single dollar bill – how can the universe allow us to manifest several hundred or thousand dollars?

Once you have some statements or emotions listed, go to the EFT article located at <http://www.dallashealing.com/articles.html#tapping3> and use this technique to release any negative energy or attitudes you’ve discovered.

The following are daily practices you can use to help you manifest positive abundance:

- **Practice daily using affirmations in an ‘energy circle’**
- **Become conscious of your words. Remove the word "can't" from your vocabulary.**
- **Start adding to your checks, above the pay to the order of, “*In gratitude*”, then remember to be in gratitude that you have the money to pay those bills or purchase that item.**
- **Stop the negative ‘committee’ that is in your head. When you hear yourself have a negative thought or comment, stop yourself, say: “*thank you for sharing but that just isn’t true, I haven’t ALWAYS been broke....*” (or whatever will counter the thought)**

- Acknowledge & know for a surety that God wants you to have an abundance of what ever it is you desire. Read St. Matthew 13:12 *‘For whosever hath, to him shall be given and he shall have more abundance; ...’*. Proverbs 2 3:9-10, *‘(9) Honour the Lord with thy substance, and with the firstfruits of all thine increase; (10)So shall thy barns be filled with plenty, and thy presses shall burst out with new wine.’*; But especially look at St. Matthew 6:32-34 (I’ll leave this one for you to look up on your own – it has more impact that way!)
- Give everyday. Give something from your heart...time, money, help, food, clothing, positive feedback, etc.
- Remove clutter on a daily basis to allow space for the energy of new abundance to manifest. It gives room for the abundance you desire to manifest.
- Make your life an announcement of universal beneficence. If you want peace, be peace. If you want happiness, smile at strangers. If you want financial prosperity, write your checks out with a gold ink pen and "feel" prosperous. Like attracts like; your actions are like a sign saying, "This is what I am." Make that sign truly reflect what you want it to say. Be conscious of your actions.
- Start a Gratitude Journal, then starting writing daily the many things you have in your life to be grateful for.
- Pay tithing (usually 10% of your increase), Pay this to any organization or person that lifts your spirits and feeds you spiritually. This doesn’t have to be a specific church or organization & can be someone or something different each time it’s paid.
- Call upon the Law of Tenfold Return. (for more info check this article <http://www.dallashealing.com/articles/TenfoldReturn.pdf>)
- Attend an Abundance & Manifestation Seminar &/or Workshop presented by Tim & Debbie Dallas.

“What one thinks continually, they become; what one cherishes in their heart and mind they make a part of the pulsation of their heart, through their own blood cells, and build in their own physical, that which its spirit and soul must feed upon, and that with which it will be possessed, when it passes into the realm for which the other experiences of what it has gained here in the physical plane, must be used.” -Edgar Cayce

One final thought on Abundance – Pray manifests miracles, be part of the miracle, a suggested prayer would be:

A Prayer for Prosperity for All - Author Unknown

May you be financially blessed today.

May the Universe open up & pour out a blessing, that you will not have room
enough...

May you be blessed exceedingly...abundantly...above all you could ever hope
for.

May you be blessed in such a way, that you will walk in a financial overflow for the rest of your days.

And may you be blessed with the Divine Guidance to use this abundance for the highest good.

**In the name of all that is Good.
Amen....So Be It....And So It Is.
It Is Done, It Is Done, It Is Done.**

May we all pray this prayer for each other!

Remember, 'there are no limitations in your imagination. You can visualize anything you wish. You're not bound by physical reality, financial troubles, fear, rejection, or any of the other things that hold you back in "real life."

Visualize the future, and let your spirit soar. Leave your limitations behind, and see your life as you would truly like it to be. The life you create, is first created in your mind. Visualize the very best, and then take the actions necessary to make it so.' – The Daily Guru.