

Why can't I have my abundance?

Do this daily for 10 days

Pick a period each day when you can be alone and undisturbed for about 15-20 minutes. Have a pen & notebook or scrap of paper. (you don't want this one in your journal as you will destroy it afterwards.)

Remember to stay out of judgment about how something sounds or what it looks like. This is an exercise in allowing the mind to just spill out what ever hidden messages it has. Have no concerns to correct spelling or sentence structure, etc. Just let the words or drawings flow onto the paper.

You are to write nonstop for the full 15 minutes. Put down as quickly as you can whatever comes to mind.

NO CENSORING or correcting of any kind!!!

BEGIN BY: Setting a timer or alarm to go off in 15 minutes.

Start writing whatever comes to your mind when you ask the question, **'Why can't I have MY abundance?'**....

After the timer goes off, **STOP** – take at least a 5 minute break. Leave the room from which you began this exercise. Get up & walk around, go outside if possible. Do something completely unrelated to this exercise.

When the 5 minute break is over, return & read what you have written. Make a list of related themes you find in your writings. What is behind the messages here? If you can't pick up on the general themes ask someone you trust to read what you have to make some suggestions without judgment OR you may discuss them with your Coache.

FINALLY – destroy what you’ve written. In a small ceremony, take what you’ve written and say (out loud, if possible) a small prayer, asking your Angels, the Universe, the Holy Spirit, Jesus (or your higher source), and your Higher Self within, to assist you in releasing any attachments or energy you may have to these thoughts, themes or ideas. Ask that they be removed from you just as easily as the written form will be removed. Thank the ‘themes’, words, thoughts and ideas for the lessons you’ve learned from them. Thank those who are assisting you (your Angels, etc.) and seal the release with the words,

“IT IS DONE, IT IS DONE, IT IS DONE”.

Then in a fireplace, ashtray, container for small fires, or over your kitchen sink, burn the paper you were writing on. As you watch the flames devour the paper, acknowledge the release of all those words, etc. from your whole being. (Make sure that all the ashes are extinguished properly, running water over them is best.)

Give this no more thought.

WHY I CAN HAVE MY ABUNDANCE

When you have finished the 10 days of continuous writing for the previous exercise, move on to this one. Just as with the previous exercise, do this continuously for at least 10 days!

Pick a period each day when you can be alone and undisturbed for about 15-20 minutes. Have a pen & notebook, journal or this workbook. This one you won't destroy, you want to keep a record of why you can have what you desire.

Remember to stay out of judgment about how something sounds or what it looks like. This is an exercise in allowing the mind to just spill out what ever hidden messages it has. Have no concerns to correct spelling or sentence structure, etc. Just let the words or drawings flow onto the paper.

You are to write nonstop for the full 15 minutes. Put down as quickly as you can whatever comes to mind. This will help you to access your Higher Self consciousness.

NO CENSORING or correcting of any kind!!! (that is going into negative energy, placing judgment on whatever you are writing. This is an exercise in 'accessing' not in judgment.)

BEGIN BY: Setting a timer or alarm to go off in 15 minutes.

Start writing whatever comes to your mind when you ask the question, **'Why I CAN have MY abundance!'**...

After the timer goes off, **STOP** - take at least a 5 minute break. Leave the room from which you began this exercise. Get up & walk around, go outside if possible. Do something completely unrelated to this exercise.

When the 5 minute break is over, return & read what you have written. Make a list of related themes you find in your writings.

What is behind the messages here? Notice that this time you were working with a statement NOT a question as before. Make a list of things that come to mind as you re-read your writings. These may be some of the most empowering ideas to come to you. Again – **MAKE NO JUDGMENTS** about your writings or your discernments. Going into judgment causes the EGO state to come forward, this is an exercise in spirit.

After you have finished you may wish to discuss them with your Coache who may offer you some ideas on how to move forward in pursuing your Abundance now that you see that you have permission to.

FINALLY – DON'T destroy what you've written. Take what you have written and if possible, turn them into 'I AM' statements to use in your daily 'manifesting energy circles'. (Your Coache can assist you with this).

In a small ceremony, take what you've written and say (out loud, if possible) a small prayer, asking your Angels, the Universe, the Holy Spirit, Jesus (or your higher source), and your Higher Self within, to assist you in releasing any *attachments, anxiety, expectations or other energy* you may have to these thoughts, themes or ideas. Especially concerning 'what it looks like' in how your abundance manifests. (Remember we don't want to put limits on how the Universe can manifest something for us). Ask that the energy of the words you've written be released into the Universe to create and manifest for your best and highest good. Thank your Higher Self for allowing the 'themes', words, thoughts and ideas to come to your consciousness. Thank those who are assisting you (your Angels, etc.) and seal the release with the words,

“I RELEASE THESE DESIRES TO THE UNIVERSE, IN GRATITUDE, TO MANIFEST & COME BACK TO ME TENFOLD. IT IS DONE, IT IS DONE, IT IS DONE”.

Give this no more thought. Have faith & allow the Universe to do it's job.

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