



Becoming Abundantly You

My inspirational story of self-
discovery and mini journal

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Becoming Abundantly You

Live a life you love and love the life you live!

Seventeen years ago, my life was a hot mess. I was not happy and struggling in every area of my life. Fear, anxiety, low self-esteem and worry were running my life. These constant unwanted companions effected every choice I made and every area of my life. My relationships were broken, I was barely getting by and sleeping on friends' couches with nowhere to go at one point. I kept wondering why things were happening to me and what was wrong with me! After hitting bottom many times, I finally asked a new question. What can I do to change my life?! Then I set out on a journey to find out!

I went from feeling so broken to so blessed! As I began to see my truth, heal, forgive and release all that had been weighing me down I finally felt free. I discovered the power of connecting within from a place of love. Then I discovered the spiritual laws which are believed to govern the universe and everything finally made sense. I finally understood what had been happening, why and what I could do to change my life!

I felt like I had been given a new life! I was so excited and ready to be happy! I was ready to apply all I learned about the law of attraction teachings and I had so much fun with it!!

I began to see my dreams come true and amazing things happen! The biggest gift and best part of it all is how I felt inside. I was forever changed although I did not know it at the time. It became my new way of existing, a lifestyle and transformed my experience of life.

You can live a life you love and fall in love with your life in the process as you become more abundantly you! Welcome in an abundance of all good through and to you as you awaken to your power within!

Imagine if you had the power to think your life in advance and create your reality?! Just like in a book where you can choose different to have an alternate ending, every thought, belief and choice is co-creating your life experience. You think thoughts with an emotion or feeling of passion and then see them projected into your life experiences. Sometimes it is an emotion that feels good. Sometimes it is an emotion rooted in worry or fear.

Have you ever said something and it actually happened? Imagine if you could understand how this works and actually call into your life the things you desire?! To live a life you love and fall in love with your life in the process. The law of attraction teachings are about a way of thinking, feeling, existing and being. Following them is a lifestyle and new way of experiencing life!

Life is so surreal in a way, it feels so permanent, like we have always been and always will be. When you think back it can feel like you have lived many lives and played so many roles. Our little lives feel so big to us, the daily routines consume the time and time may be the most mysterious of all.

A blur in reality, a moment can seem so long and yet years can appear to pass in a flash. The newness of each moment can completely escape us.

Everyone has a life story and every story is different. You are writing your story now. Up until now you may have felt like life is happening to you. The truth that life is happening through you and for you is what we will explore. The power within you to welcome and open up to better life experiences already exists. Awaken to your true potential, inner power and become your abundant authentic self already within you!

Whatever you have experienced up until now you have the power to change the rest of your story, in fact change your experience of this life. No matter what is going on in the world around us your journey is about you- your thoughts and feelings right now.

Mind, body and spirit are all meant to be connected in harmony. Knowing this is a key to understanding how life works. Realizing this truth, you can become aware of how you experience and live your life. You are more than just a physical body. Your mind and spirit play a powerful role in your experience of life. They are often neglected or overlooked as the physical aspect of living takes your complete focus.

You may just go about the day going through the motions and live a life that is normal for you. Normal as typical for what you have experienced up until now. Consider the feelings you have in your day to day.

Becoming aware is the beginning of awakening to potential for your life. Taking self-responsibility is part of the process of true self-discovery. You are responsible for your thoughts, words, actions and self-talk. All we have is this present moment, the moment you are reading this is all there is and also where your power is.

The Law of attraction is the belief that when you have positive or negative thoughts then you attract positive or negative life experiences. Simply put that thoughts are magnetic. What you think attracts more of the same type of thoughts as well as experiences that match your thoughts. So, if you think on good things, with positive energy, then good things will happen for you. If you are focused on fear, worry, doubt and miserable feelings, then you may

attract negative into your life. You will feel negative and how you feel has a big effect on your day, as well as your life.

The idea that you can change your life experiences by changing your thought patterns is so powerful. When you expect and anticipate good, then good will show up for you. Whatever you desire is already in existence in the universe!

There are actually at least twelve Spiritual laws or principles that are believed to govern the universe. Knowledge of these laws and understanding them can have a great impact on your experience of this life! I say can because it is up to you what you do with this knowledge and how you use it in your life.

It is believed that the universe exists in harmony by virtue of these laws. The Law of Divine Oneness according to which everything is interconnected. This means that all we do, say, think & believe affects us. It affects others, as well as the Universe around us. It is so evident in the world as well as your own life.

Thinking of the news and how it affects everyone. Thinking of the people you surround yourself with even and the family you grew up in.

Take an honest look at the people in your life, their morals, beliefs, character and energy. Think about how they talk, act and live their life. The choices they make in every area. This is all meant in non-judgement, simply a taking stock of where you are and the influences around you.

We can all only do as well as we know to do. When we learn better, we can do better, feel better and receive better. We are also impacting those around us as we live our day to day lives. You may not even notice, but others are touched

by your energy.

The law of Correspondence relates to the law of oneness believing patterns repeat throughout the universe.

As we look at history, we can see patterns. When you take a look at family history you may see patterns and even in your own story. Some will call this learned behavior when it comes to repeating family patterns.

Laws of physics have their corresponding principles in the universe. This is the belief that the world around us works in a certain way, and physical laws are a way of classifying how it works.

Examine your beliefs of the world around you. Explore your feelings of how the world works. There are ways that relationships work, finances, and health. Knowledge is power so study the specific areas you need the most help in. With wisdom get understanding of how to apply it in life.

The Law of Vibration states that everything is made of energy or light, the seen as well as the unseen. Energy is in constant movement - it resonates and exists as a vibratory frequency or pattern. Every thought vibrates putting out a signal and attracts a matching signal back.

This process is where The Law of Attraction comes in. The Law of Attraction states that like attracts like and is the most talked about or popular law, I believe. To attract good into our life we must think and feel good, of course there is more to this law, as well as all of these spiritual laws.

The Law of Relativity states that all observers will see the same laws of physics operating in the universe. Also, that nothing is what it is until you relate it to something. Everyone faces challenges to help them grow, and It is all relative.

The Law of Cause and Effect states that for everything there is a definite cause. Also, that for every action there is an equal and opposite reaction, or effect. Nothing happens by chance or outside of the universal laws. This is eye opening. When you are expecting negative or positive, the law of cause and effect is also in play.

The Law of Transmutation is spiritual alchemy. The jumping off point into enlightenment. It states that energy moves in and out of physical form. When you know how to move among higher and lower energy frequencies, then miracles can happen. We are able to recognize our power spiritually through this process.

The Law of Polarity states that everything has an opposite. Everything has a dual nature; like and unlike are the same. Recognizing this we can fully embrace ourselves as we are. We can also see that our focus on thoughts and words is important. Focus on what you love to attract good and allow the flow of all good.

The Law of Rhythm states that everything has a natural cycle. The energy in life is like a pendulum, whenever it swings to the right, it must then swing back to the left. Existence is involved in a spiritual dance, flowing, swinging and swaying. Everything has a rhythm, or pattern.

The Law of Gestation states that there is a natural order to things. It is important to respect and honor this process. Everything takes time to manifest, so releasing with patience is key to applying the laws. To have faith and trust.

The Law of Inspired Action also goes well with the law of attraction and it states to take action when inspired to actively pursue our goal. This is the step of faith required when you are divinely inspired, take action.

The Law of Compensation states that you will receive what you put out, similar to the law of attraction but focused on that compensation can come in many forms. Good deeds are rewarded by the Universe - also that we reap what we sow. You will be compensated what you are due for the energy you have put out. The energy that you put out naturally manifests back to you in many ways.

These laws are so fascinating and interconnected. The laws themselves are beautifully woven into the spirit of life. There is so much to study and understand about these spiritual laws and how they affect our life.

Living intentionally and aware is your place of power.

This week begin to notice your thoughts and feelings.

When you think thoughts that feel good, then you will feel good. When you are not feeling good, happy, positive and blessed- take a look at your thoughts. The feelings are designed to let us know what is happening within us.

Self-talk is so important as you are always listening, even when you do not realize it! Researchers say we have sixty to eighty thousand thoughts in a day! Think good thoughts and you will feel good! Feeling good and happy sure feels great! Bonus, this will put you on track to attract all that you love!

We all have deep beliefs, thought patterns based on all we have experienced up until this point and learned behavior. What you have seen, heard and felt has been part of shaping who you are, as well as how you live your life.

Clearing blocks spiritually and emotionally is key to being able to open up to the teachings and apply them in your life. Become aware of your thought patterns-

limiting beliefs, old stories, past hurt and pain you may still be holding on to.

Clearing, healing and releasing the old is powerful. It can prepare you to open up to receive the new.

Renewing your mind and embracing new thought patterns that support you will empower you to live a life you love. New thoughts, next level faith, living through gratitude and love will super charge the ability to attract your desires, seeing requests manifest, dreams coming true!

To take control of your thoughts and choose them is **empowering**. Positive present tense is the most powerful statements we can make. It taps us into the feeling of having it now. There are so many ways to reprogram your mind to think and believe in a new positive way.

- The most important part is to start thinking good thoughts
- Thoughts that empower and uplift you spiritually, emotionally, mentally and even physically
- Thoughts that are supportive, nurturing and loving
- Let any negative, thought of doubt or fear come, flow and go. Then tell yourself the truth with a positive statement.
- Practicing positive repetitive thoughts will reprogram your mind to think better thoughts more naturally. It will become second nature and your new thought pattern will have formed.
- When you are triggered, or feel off, take a look at your thoughts. Examine the situation and how you are feeling to the root.

It is sort of like riding a bike or starting a gym membership. If you try it out and give up to quick you will never see results. It takes commitment and dedication. It

takes focus and effort, at first. Then it just becomes habit at some point and you are riding along or pumping away- Feeling Great!

There are also real-life experiences happening, you respond or react and this is all part of living. The experiences that we attract that do not feel good and we see as contrast to what we desire are actually opportunity. They offer a chance for self-reflection, discovery, growth, understanding and to know what you really do want.

Give yourself the grace, compassion, space and unconditional love through these times. It does not mean you are failing if doubt comes, you react and forget to be intentional. It means instead as you notice that you are aware and still on the right path! Release control, observe, release and tune back in to feeling good.

Practice the pause – acknowledge, aware, reflect and redirect

We are spiritual beings having a human experience. You always have a choice, to tune back in to better thoughts that feel good, embracing faith and gratitude again.

Gratitude and excitement for personal growth, feeling good, as well as better with every intentional thought. Trust that as you learn, grow, expand and open up it will happen quicker, as well as easier.

Think about what feels good to feel. That is where we all desire to be. To feel good, and happy now.

Get super crystal clear about what you desire.

Source says yes!

Ask and you will receive! Ask in power, simply ask.

Believe in full faith.

To believe in faith is a powerful way to shift to experiencing life the way you desire it to be. It is not looking at circumstances, situations and the world around you. It is focused on possibility.

To imagine it as Possible. To see it in your heart and mind before seeing It in your life.

Do you believe you can have what you desire?

When a thought of doubt or worry comes

Let it flow and go. Reaffirm your powerful faith statements

And affirmations. To reprogram your mind with repetition

to expect good, believing you deserve it, can have it and

you are worthy.

Anticipating when you ask, it is as good as done! When you can tap in to that next level of faith, really believing, spiritually tuned in and connected, you can see the requests manifest.

You can see requests answered and faith is what activates -

Ask in power, expecting, anticipating and believing without

resistance. Feel good in the asking, excited and high vibe

feeling. When you do this, release the ask in full faith and

not attached to the outcome, full belief is activated.

How does that feel?!

Get excited to receive! Get excited knowing your requests are being answered. Make a joyful noise, clap, and shout THANK YOU! Super charge your faith and dance! Get excited!

Positive present tense is powerful faith statements or affirmations. The key is to believe and feel them as if you have received!

Focus on having joy now, living life happy, feeling blessed and so grateful every day! What a great way to feel and live - through love and gratitude! This also raises your spiritual vibration and frequency of energy. How beautifully designed is that! Feel good and happy now to attract more to feel good and happy about!!

We were created to live life abundant in all areas.

Explore your purpose. The reason is checking off a list of things to acquire will be nice, but may not bring complete or lasting fulfilment.

To live a life you really love can involve passion with purpose. This means to connect to who you are, stir your passion and follow your heart.

What is your why for what you desire? Is there a business you would like to start, a book you would like to write, a Service you feel destined to provide?

Powerful questions can help you to fully connect within, get clear on what you really desire and to live Your life intentionally.

Living your purpose can feel like a gift, instead of I have To, it will feel like I get To!

It is important to bless the income now and the job or source of financial flow now, to be open to more. There are unlimited possibilities in the universe for wealth and financial abundance to come. Get super clear what would bring

you Fulfilment and feel great as your life purpose. If it does not come
To you right away release and know the answers will come.

Play with it a bit from time to time, ask for clear inspiration and
expect to receive the answers or guidance.

All of the answers you seek are within and all of the greats have said it!

So often many are living life on autopilot not tuned in to their being.
Just going through the motions repeating patterns, learned behavior
and recycling old stories. Press Pause! What do You really desire?

There are unlimited possibilities in the universe for wealth and
financial abundance to come.

Dreaming of a life you love is a fun exercise for getting clear about
what you really desire. Get really specific about each desire in great detail.

What sights, sounds, tastes and smells are there in your house and car.

Where is your house and can you see the car in the driveway?

What do you feel like in the relationship? Describe the person in full
detail, looks, morals, values, beliefs and what your lifestyle will be like

Together. If great wealth is what you desire, how much? What will
it feel like to have and what will you do with it? Details!

There is so much to explore around details for each subject
of your true inner deep desires. Write them all down!

Then imagine yourself with all the desires of your heart.

Visualizing and daydreaming are powerful tools to boost attracting it.

The big question is what will you feel like when the

dream comes true, you attract the life you love and it is your new

Reality? Bliss, love, freedom, joy, excitement, grateful and overflowing?

Which feelings can you tap in to now, already?

Tap in to love and gratitude, living every day in this state.

This is the most powerful part of the LOA teachings for me.

You can be happy now, tap in to bliss, pure joy and gratitude.

You can even get excited when you fuel your next level faith!

This can be the biggest blessing from following the teachings to

Living intentionally, in tune spiritually, pure vibrations of love and

Gratitude, so happy now. This is attracting a life you love. It is not

dependent on outside and purely a state within. Attracting the rest,

Such a bonus! The desires manifesting will only add to the life you

already love. You are love- tap into that!

Love and know who you are. Then step in to your power!

Once you have asked it is time to release in faith - having patience is part

of the process. Patience = not worry, obsessed or constantly giving our

attention to the request. Trust means releasing in faith once you have

asked. Get back to living joyful now. Full of gratitude and love! This is when

the magic happens and our requests are answered!! This is the place to be

to become a Spiritual Super Manifesting Master! Where you think it and so

it becomes!! You speak it and then see it happen!

Relax into the spiritual flow and believe the Divine loves and supports you.

Divine Source is loving and desires to bless you.

Allow the flow being open, in a place of being ready and aware. Feed your

spirit!! Connect with others to encourage, and uplift each other.

When you are living life spiritually tuned in and aware – spiritually sensitive- opportunity will come. You will be called to take a step of action in faith!! Inspired action will feel in the flow and spiritually in harmony. It may take courage and faith. Trusting and believing. It may take lots of feeding your spirit, raising your faith levels and lots of positive self-talk. Taking action is part of the process.

- Start a gratitude journal – spend time each day being grateful for everything from the smallest to biggest thing. your mind will start looking for all there is to feel grateful for naturally.
- Affirmations – retrain your brain with powerful positive statements. Positive present tense is most recommended. The idea is not to lie to yourself; it is to make statements in next-level Faith! To tap into belief, it is possible and embrace it in such faith as if it already is. It is also harnessing the power of speaking positive into existence
- Listen to positive songs, mantras, audio books, videos, podcasts and empowering talks.
- On that same note- be careful what you listen to! Everything you see and hear you are taking in to your spirit. It is your spirit and your life- just be aware it does have an effect. Choose things that feed your spirit, feel good and lift you up.

- Read books on important topics such as spiritual, emotional and mental wellbeing. Self-help, empowering, educational and inspirational books.
- Yoga, meditation, and exercise is great for the mind when it is done as a form of self-love or self-care.
- Be mindful of your self-talk and talk nice to yourself!

Allowing Love

Love is our intended natural state and The Divine Source is the source of unconditional love. As you go within to connect to the Divine Source allowing the flow of unconditional love you open up to allowing the flow of all good!

Mind, body and spirit connected in a state of love. You are perfect, whole and complete in this state of being. As you give and receive love of the Divine Source you are fully connected to the source of all good in abundance. Allowing the love to flow through and to you, radiating out from you. You are made in the image and likeness of the Divine! Love the Divine, love others as you love yourself and all is in perfect harmony.

Where there is struggle or lack the flow of love is blocked or pinched off. Discover within what thoughts or beliefs are causing this block and then look through new lenses for divine truth. Always remember you are love. The Divine is pure unconditional love and your soul is calling you to come home within your being to reconnect.

The Divine says yes and loves to bless you. Always. Everything in physical reality is a reflection of what is going on within. Do not give the situation the power of your attention but instead shift to love and gratitude within. Everything happens through your state of being and from your heart state. Life and love flow from your very heart felt energetically in your being.

Examine your beliefs about life, love and the Divine. There is so much predownloaded data in your being and so much of it does not support your wellbeing. Love does not hurt. People feel struggle when there is a perceived absence of love or they have blocked love. Love is always available. Love from the Divine and from the deep well of love that you are already. Give yourself all of the love you desire and love yourself unconditionally. As you fully open the flow of love in your being you can see the experiences of life completely shift! Your relationships will improve, the partner you are desiring will show up and your sense of inner wellbeing is the best gift of all.

Desiring a partner in life is natural and you were designed to desire. There is an abundance of love and all good already in existence in our world! There are about seven billion people in the world! Your perfect partner exists right now and is looking at the same moon making their request for a partner also!

Imagine them right now with great detail, feeling how you will feel when you are with them and what your life together will be like. As you get clear on what you desire and put in your request the Divine Source always says yes! Release in faith expecting your request to come physically into your life! Then begin to live your joy now and celebrate all that is good about every day!

This world is full of an abundance of all good. It already exists. The possibilities are unlimited of all good. Your life can be as amazing as you desire in every area! To open up to an abundance of money and wealth begin to examine your thoughts, feelings and beliefs about money. Life is all about the stories you carry in your thoughts, feelings and also energetically in your being. The thought patterns and deep-rooted beliefs from all you have experienced up until now. You have observed, felt, heard and absorbed through all of your life experiences up until now.

Begin to examine them all as you explore your thoughts and beliefs about money. As you currently think and feel about money, the idea of wealth and abundance financially. Common thoughts are that money is the root of all evil, you have to work hard for money and money does not grow on trees. Begin to write all that comes to mind on the subject of money.

When I discovered the Law of Attraction teachings, I could see how they were already working in my life. Often when I was thinking negative, such as when it rains it pours or even worrying, I was anticipating bad things happening. Sure enough, more bad things did happen. It felt like bad things were always happening to me back then.

I was not feeling in control of anything in my life, which left me on high alert. My feeling was intensified by thought. So, the cycle continued and escalated.

Good things also happened for me. One memory that stands out is being in my early twenties and looking in the newspaper for a car. I found an ad for a car costing exactly the amount of money I had saved. I had expected to pay that amount. I went to test drive the car, paid cash for it and drove it home that day!

There was a thrill within me and it was not just because I had bought the car. As I was driving home it suddenly dawned on me, I was driving my dream car from childhood. You see, I was twelve years old and loving a car I saw every day.

I remember thinking to myself someday I will have a car like this! It was a red Firebird and it was beautiful. I had just purchased my dream car, only it was white! The power of that moment stayed with me through the years.

I had anticipated things happening exactly as I intended and they did! That is Powerful! When I expected good and had set my intentions for good, then things had worked out. When I was negative, fearful and worried, then bad things were attracted into my life. Before I learned of the teaching's life felt like a complete mess. I was on a rollercoaster and I could not see anyone at the controls! If you have been having a tough time in some way you may know the feeling.

No matter what is going on around you, you can begin to change how you think. Just changing your thought pattern, a better experience of life is possible for you! You can heal and experience a joyful existence. It can feel almost magical!

Reprogramming thought patterns can sound like a lot of work, but it is all a matter of perception. For me knowing the power of thoughts had me super excited to tap in to better thoughts. There are many tools and resources available to help with the process. It will take some effort and the benefit will be immediately available. There are videos on affirmations, motivation and power thoughts. It is as easy as listening and absorbing them. Becoming aware and making a choice to think better thoughts. To think thoughts that feel good.

In the midst of pain, it can be hard to imagine being happy. Healing and emotional freedom is possible. On the other side of healing and spiritual growth there is an amazing life waiting for you to start living!

When you become aware of your thoughts and feelings you can learn how to claim your power. This is an amazing gift within us.

It is important to find your spiritual connection. If you block, resist or do not have a spiritual connection then you are blocking part of your being.

To really connect and belong to the Divine Source is to really find your power connection. Love is the Source. The purest spiritual state of love and bliss.

For life to flow easily and beautifully; become aware, open, giving, receiving and allowing. This is a spiritual experience and state of being.

This is not about religion, religious practices or man-made ideas

of God and spiritual connection. It is about the experience within your heart.

A true spiritual connection and relationship within, a spiritual state of being.

So many may be closed off to this because of certain life experiences. There are so many misconceptions about God, Christianity and spiritual connection in General. Open your mind to explore what connecting spiritually can be for you.

A big part of fully embracing your journey is to question, understand and know what you really believe. To examine this for you and find your spiritual connection within.

Do you believe there is something greater than you? Exploring this for yourself happens within. There is an important part of your being needing to know, believe, tap in and feel this connection. Find your source and connection.

This can feel good and be a very personal enlightening experience for you.

Loving yourself and knowing your worth is important to empower yourself to become your best self, living your best life. It is also a very spiritual experience to allow the flow of love. Spiritually in your spirit it is your intended natural state.

It is how we were created to be, loving others as we love ourselves, our natural state of being is Love. Caring for, valuing and appreciating who we really are. Our true authentic self and who we are becoming, living intentionally. Spiritually tuned in and tapped in to love, allowing the flow.

The Divine Source is love. Love is the highest frequency. We are designed to live tapped in to the power of love. To live having self-hate, or feelings of unworthiness is not the divine plan for your life!

You are enough and complete just as you are. When you see and feel that, it will show in how you present yourself in your life. How you feel about yourself and your life can shift as you show up to love yourself unconditionally.

Self-reflection is a great opportunity to evaluate who you have been, your story up until now and the choices you have made. There have been thought patterns, deep rooted beliefs and outside influences that have all contributed to the person that you are now.

This can help you to step in to the new person you desire to become.

Letting go of the old you, doubts and negative beliefs, you are now free.

Decide who you really want to be now. To release the old, you can fully embrace the new! For things to change, you need to make changes.

There is still the unknown. This is where faith and trust are of value.

To live a life you love and become your best self, you must release the old.

The old attracts more of the old. You repeat the pattern. You stay stuck in the cycle. It is familiar, it is what you have known and what has been "normal" to you- learned behavior through life's experiences. To fully connect and come into your power is to open up, fully in faith, believing and ready to receive.

If you do not love yourself you will not feel worthy or believe deep within that you deserve it. You will not be able to fully receive love from anyone else.

The truth can set you free if you are open to embracing it.

Researchers say we have 60,000 – 80,000 thoughts a day.

how many thoughts are you having tied to your deep-rooted beliefs,

Subconscious old patterns and self-talk? If you have

70,000 thoughts in a day that would be 2,100,000 thoughts in a month. Wow!

This really drives home the importance of self-care, self-love, reflection,

healing and releasing! Also getting clear on what you believe, desire to be, do

or have. Journal and take the time to do the work. You deserve it,

you are worth it and your inner connection will be so much stronger!

Connecting to yourself fully, authentically and loving yourself enough to clear

out the old can set you free. You can open up to believe in new powerful ways,

receive and love in abundance. Grow through it in unconditional love,

forgiveness and faith. Focus on creating the new. Get clear on how you wish

to think, feel and live the rest of your story.

The body needs good care, just as your car or house need certain

maintenance. You would not be able to drive your car without power,

some form of fuel. Your body needs good nutrition, exercise, hydration, rest

and balance. Mind and spirit also play a big part.

When you are emotionally and mentally well, this will have a positive effect in your body. Some things lift your emotional wellbeing and some are depressants.

Pay attention to what you are putting in your body and why. The music, shows or movies, books, social media, conversations, food and drink you consume all have

an affect. Study health and wellbeing to learn more if this is an area you wish to improve for your life.

When I first learned about The Law of Attraction it was as if I was waking up for the first time in my life. I began to read and study the teachings. Fully awake I was taking in every word and eager to learn more. I began to base my life on the teachings and my whole world changed, because I was forever changed.

The law of attraction is always in action when we know of it or not. Now I understood how and why things had happened though. I understood my part in it all and how this law had applied in my life. I had been in a negative cycle of constant inner turmoil. Focused on negative thoughts based in fear.

My childhood was different than most. Some of it was good and I also faced many challenges. I grew up in a small church that controlled people with fear. There was so much negative energy and I was severely depressed by age twelve. As I reached the teen years, I knew this was not where I belonged. My spirit did not agree with how it felt to be there. I knew somewhere within I was destined for more and there had to be better than this.

I became a waitress at age eighteen. I was a shy young girl, naive and afraid. Fear was what I was used to. I went through years of constant change, struggling and searching. I was in a horrible relationship and saw no way out. I was trapped by fear. I had attracted more fear into my life, repeating the negative pattern. I was unintentionally attracting life experiences that produced similar feelings I had been used to feeling over and over .

I had never heard of self-worth, self-love or positive thinking. I was living life

just getting by and every step in the right direction I tried to take somehow failed. I found myself with nowhere to go, sleeping on friend's couches and Trying to numb the pain.

I had moments or short times of happiness, but even those were sabotaged by my negative patterns. Nothing made sense in my life.

Somewhere deep within I knew I deserved better than the life I was living. I had no idea where I was going wrong or what was wrong with me.

I remember one night serving as a waitress in particular, looking at families, couples and friends dining. I watched their connected exchanges, laughter and chatter.

I did not feel connected to myself, my life, or very many people- despite being surrounded by people. I wondered to myself as I watched them, what is it they have and what do they know that I do not? That night observing patrons was a turning point for me. My truth is, I had hit bottom many times over the years but this was different. Instead of asking why everything was happening I finally asked a powerful new question.

What can I do to change my life?

I went to the library and started to read every self-help book I could find that interested me to study wellbeing. I stopped dating, hanging out with friends and unhealthy choices. I was obsessed with finding the answer.

In searching for how to be happy and discovering so many amazing books I reached my point of no return. Somewhere deep within I would never be the same, whether I knew it at the time or not.

I made a commitment to myself then and there to figure it out. I began some

deep inside work, processing my past, childhood, pain, discovering negative patterns and why they were there. I sat with that pain I had clung to for so long. Realizing my identity as a victim I had created for myself.

I was expecting to be victimized. I was recreating past feelings in new Experiences!

As I read self-help and healing books, it was so great to see I was not alone. The things so many authors shared in these books I read were similar to all I had experienced. The bad things that happened in my relationships, the financial struggle and feeling so down about myself, they had been through too. The steps to see the issues inside, feel, heal and release were so liberating. I never even knew it was possible to be free! But it all began with me imagining what if I can... Beginning to ask the right questions set me in a new direction.

The magnitude of that I am eternally thankful for!! I became my own therapist with the help of some amazing authors. I read so many books and they became my new best friend. I laughed and cried through the process, feeling connected, as well as less alone.

Then I discovered the Law of Attraction teachings. My whole world changed. I finally understood how I could be happy and create a better life. I saw so many of my choices and where I was going wrong. I now understood what was going on in my life and the world around me. It was all clear and my eyes were open.

That was just the beginning of my life transformation! When I read and reread the teachings, I put every exercise they talked of into practice. Finally, I was excited for my life! I felt free to enjoy life and looked forward to each day.

It was necessary to experience the time of healing before reading about the

law of attraction, as it prepared me to be ready to receive the teachings.

No matter where you are in your journey, I believe anyone can create a life they love. Anyone can change their life, if they really want to!

I believe you have the power within to find your happiness. You can find healing, freedom and peace. Begin where you are now. We are all like sponges as we grow through childhood, absorbing everything we see and hear. We begin learning what we see and receive from the time we are born. It is all stored into our brains as our memories of life experiences.

Our thought patterns are part of our learned behavior. There may be many mixed feelings at the thought of facing all that is within you, exploring past hurt and pain. It takes a strong desire for your life to change. To want a better life no matter what and more than anything. It takes opening your mind and heart to see only truth. Observe from safe in the present with non-judgement.

It is important to acknowledge that pain, sit with it a bit, but do not stay there. See where it stems from, the situations, words and actions that led to this pain. See how others had affected your experiences and also take responsibility for your part into consideration. We may not think we had a part and it may take being completely open- raw honesty - to see the truth.

We all make choices, in thoughts, words and actions. When we see the truth, and face the truth, it is only then we can be free. Some things I allowed. That is the truth. Forgiving yourself and others is a huge part of the release of it all. Do not wait for someone to come save you, heal you or make it all better! Identify pain, hurt, anger, disappointment, negative thought patterns and choices you have made up until now. Then release it all.

Sometimes seeing and understanding the why can be healing in its self. Start only telling the truth. Forgive yourself and others. Forgiveness does not mean it is ok things happened. It means you are no longer going to carry and let it weigh you down. Forgiveness is the gift of freedom you give yourself.

The only good thing to do from the hurt is learn. Then release to the Divine all that past and hurt that is not bringing you good. There are so many resources to help with this process and if it is too much to go through on your own, I suggest getting a licensed therapist or doctor. It is ok to reach out for help and it takes courage. There are mentors, counselors and life coaches who can also offer support through this process.

The next part of the process is learning who you really are, learning to take care of and love yourself. This is not being selfish but instead it is learning self-care.

I began to pay attention to my thought process and give myself all the love I was searching for. All the love and encouragement I had always craved. So, to you I say- love yourself! You deserve your love. You are worthy of love. It feels a little weird at first and this may stir lots of different thoughts. It is ok.

Let the thoughts come and flow, then go if there is resistance. Feel the warm glow of healing as you allow love to flow.

Become your own best friend and companion. Have fun with you and be someone you would want to be with. As you love yourself and feel secure in yourself you can open up to all that is good about you. Become someone now that you can depend on. Show up empowered in your life from a place of love.

You have the rest of your life to spend with you! Do nice things for yourself!

Do not sit waiting for someone to buy you flowers, take you out to dinner or treat you to something nice. Take that sunset walk and soak in the beauty of it! Take yourself out shopping, to dinner and a movie! Enjoy your own company! I love to find ways to treat myself. I took myself out to a fancy dinner or lunch, a movie, massage and a spa day. I would sometimes light candles and put on Affirmations with music. Come up with fun and creative ways to do nice things for yourself! Take a cozy nap, curl up with a great book or start that hobby you have been thinking about! Create a healthy and happy relationship with yourself, as it sets the tone for how others will treat you also.

We live this whole world within us that we may never show or share parts of. Some researches state we have about 60,000 to 80,000 thoughts a day! That is a whole separate life we live on the inside. The day I began to change myself -talk is the day I started to really feel different. Instead of a war within and complete disconnect, I was now finding my core or center.

There is no fixed person in us, or bottom to us, as we are always learning and growing. We are in a constant state of becoming who we are in each moment, but also, who we want to be, when we live life fully aware.

I was finding the core of who I wanted to be and feeling my wholeness.

This journey into the use of the spiritual laws is all about connecting what goes on within us, to what we are experiencing in our life on the outside. If we think positive and feel-good inside, then that has a huge impact on what we attract to our lives. That is how powerful our thoughts and feelings are! When you are using the teachings of the spiritual laws for your benefit, you can see rapid action. It feels good to feel good, this is the fast result.

To love yourself is the basic step to creating a life you love. It all begins in and through you, after all it is your life. Observe your thoughts and feelings through any given day. See what thoughts are leading your day and adding good. Notice also what brings you down and examine how you can change that. Journal what lifts your spirits, helps you feel happy, good and excited. Being honest with yourself will bring clarity. Taking responsibility is super empowering. If you are able to take responsibility then you can change things. You must be ready to do whatever it takes, wanting to be happy and feel good more than you want anything else.

This means releasing drama. This means releasing any negative energy in the story of your life that may have become such a big part of who you are. Hopefully by now you are starting to realize more of who you really are and want to be. The victim label and sad story must be released. You are so much more than that and you have so much potential! It is easier for people to blame others. Taking responsibility takes courage and acceptance of your part.

Learning to heal, release and move forward is the beginning of the next part of your story. You can design a life you love and manifest your hearts desires. Enjoy the journey and experience of the process! Find your center, your purpose and passion. When you know who you are and dream of the life you desire, then you will know what to ask for.

Scriptures say that all things are possible for those that believe. Also to “Ask and it will be given to you, seek and you will find, knock and the door will be opened....”

When we ask, we must believe we can have it and be ready to receive.

The next step is getting ready to receive. Believe you are worthy and deserving. You were meant to have an awesome life. You were meant to live in abundance. The flowers grow gracefully, they do not struggle or strain to grow. Believe as if your requests are already granted and on their way to you.

Living in this next level faith is key to actually believing. Will you have thoughts of doubt, sure. We are spiritual beings, having a human experience. Release the doubt and fear thoughts, reaffirm your new truth. Do this as many times as it takes. I remember times when I would speak an affirmative statement and how excited I would feel! I sometimes would clap saying thank you over and over in super charged faith! I would even feel goosebumps as I felt the excitement!

I had so much fun with this part and I still do. Get excited and tune in to feelings of feeling good. That feeling of knowing it is on the way, whatever it is you are affirming. Feel the joy of having your requests granted. If you placed an online order you would then release knowing it is on the way in expectation.

This is an important part of using the law of attraction teachings and putting a request in to the Divine! It involves having faith in releasing the request and trust. Know that you are loved and the Divine wants to bless you like a loving father.

Be happy now, find your joy now in new hobbies, discovering your passions, feeding your spirit, volunteering, connecting with friends and family.

(even if virtually through this social distance time) Do things you enjoy. As you go about your day incorporate gratitude in to your daily habits. Feeling gratitude helps us to feel happy now. When we feel good by the law of attraction, we

naturally attract more things to feel good. Look for the good and you will find it. Life is meant to be abundant, joyful and fun. “Whatever things are good, lovely... think on these things...” is another part of scripture.

Do not stay focused on what you desire in the waiting. Just release and be so busy really living! Find the fun and be the fun. Sing, dance, laugh, and create. Explore your talents, creative ability and even if it feels silly. Paint, draw, sketch, bike, hike, take up a new hobby or class to learn something. Check out some local churches, get involved in real life and meet new people doing something positive. Open your mind to opportunity and inspiration.

You can add daily routines or habits that help to feed your spirit and keep you on track. Start a gratitude journal, make a vision board, listen to or read daily affirmations, study faith, deep dive spiritually, practice positive self-talk and keep up on your study of the spiritual laws. Start a wish box, take a small empty box and write your wishes or intentions to place inside. Then release them.

It is always exciting to discover new passions, purpose, desires, give back to life, dream and realize a greater purpose. Organize your goals and plans. Begin to make any steps you are able to get closer to making your dreams a reality. If there are classes you can take, volunteer positions, studies you can do on the subject and people you can begin to connect with, take those steps.

There are so many amazing people sharing about the law of attraction and spiritual laws. There are books, videos, programs, podcasts, groups and websites to help, just to name a few resources. Connect with others on this journey that are like-minded.

Taking inspired action is part of the process of using the universal spiritual laws & teachings. When we believe and get ready or open to receive, the opportunity will come. When the opportunity comes and feels right, take the leap of faith. Being able to see true opportunity with clarity when it presents itself is a gift.

This is why it is important to be present and aware, open to possibility. Living through faith, we can relax and flow with our life in harmony. You are responsible for your happiness, no one else. You can easily live the life of your dreams by aligning your spirit to receive. With ease, gracefully in flow and tapping in to full faith.

When money is an issue in your life, study money management. It is important to explore your thoughts and feelings around money. Where do these thoughts and feelings stem from? When you have positive thoughts and feelings around money then it opens you up to receive. You may start to see new opportunities, receive offers for a position you would like, get a raise and even receive random checks in the mail. You may attract your dream job, or new business opportunities.

Realize what your true desire for income is and what career or business would feel good for you. Then, be grateful for all you have now! Make sure to love yourself, appreciate all you are and have. Set up a realistic budget for where you are financially now. Make sure if you have debt to explore the options of the best way to pay it off.

This is part of taking responsibility for where you are now. This is exactly what I did and it worked for me. I made a budget, with a clear plan. Then I released thoughts on it. I focused on joy and gratitude for all I have. Bless the money you

have and all money you receive in thankfulness.

Be open to new opportunities for income. I had been a waitress for so long and I was ready for a change. I began aligning within around receiving a new opportunity and one came along! If you focus on what you need, do not like or do not have, that is focus on lack. This is negative and attracts more negative. Focus on loving and blessing all that is good.

Giving joyfully to a good cause, no matter the amount, can help to bring abundance. If your budget only allows for a one -dollar donation then start with that. It takes faith, believing money flows and getting comfortable with money. Money is fun and you can use it for good. Trust the process while taking responsibility, doing your inner work, taking inspired action and having full faith. Choose thoughts and beliefs that feel good. Examine your money mindset and cultivate a good relationship with money.

To have change in our life we must be willing to do something different. Making changes to your thoughts, routines and habits can better your life. I went from financial struggle, counting change to buy a coffee, to feeling abundant! I did this by applying the teachings of the spiritual laws, saying and feeling affirmations, while doing my inner work around money.

I attracted my dream of owning a small restaurant! I was looking in some online ads and saw a small restaurant business for sale that I loved.

I put my request to the Divine and had released it years before. When I found the ad for the restaurant, I actually did not have all of the money to buy it. So, I put out my request for that and believed it would work out, so it did!

I loved our little corner spot and all the wonderful patrons! I enjoyed my dream

for two years, then my husband and I decided to sell to make a profit, as well as pursue other dreams.

I have attracted my dream cars, random checks in the mail and I have also seen financial flow improve in my life, as well as people around me! It all started with changing the limiting beliefs, opening myself up to possibility and taking inspired action. The ripple effect just like the spiritual laws state have worked.

We are all connected in ways we have yet to realize! We can encourage, inspire and lift each other up with the energy we put out! Our thoughts and words have power. You exchange energy all of the time with everything and everyone.

There are little ways to boost your visual of money and money feelings. Use screen savers with piles of money. Always keep some money in your pocket, or on your dresser, this way you always feel the actual feeling of having money.

Record every financial blessing, check and amount of money you take in.

One super fun practice is to read over the record of money and do a money dance every time you receive any amount of money. Celebrate it!

When truly desiring a partner, you can also attract them with ease.

Believe you deserve a partner and the perfect partner for you is also requesting you. Get clear on what you desire in a partner, ask and get excited to meet this person! Does it sound to easy? It really is and if you believe it will be easy, then it will be so!

Everything starts with loving yourself, believing it is possible for you, ask and expecting it to happen! Make up your mind it will happen and leave the rest up to the Divine Source. One tip is people are naturally attracted to happy people. Be someone you enjoy being around!

Be in a place you are ready, open and willing to share your life. The ideal idea is two people who are well and whole adding love to each other's life. Meeting someone to share this journey with that has similar beliefs and morals is a great foundation to build from. Someone who would enjoy a similar life style to the one you desire. Intend these things to meet the perfect partner for you and enjoy great compatibility. Attraction is a natural element to having a healthy Relationship. Make your list of all you desire in a partner and be someone you would love to be with!

I had so much fun and excitement for this part! I had failed relationships and so much to heal from that. I had so much inner work to do around my thoughts, feelings and beliefs concerning myself, as well as love.

Sharing life with a partner in true love was my greatest desire.

I had dated after my failed bad relationships and in between them. Once I began my inner work, I made the commitment to myself, to love myself and fill myself with all the love I needed. I stopped dating just to have company, fill the void, feed the ego and truly focus on my wellbeing.

Once my relationship with myself was good and I felt generally happy, then I believe I was ready to meet my true love. I practiced really feeling faith and became super excited for my future husband to show up!

I had an actual dream and it was a tall man, dark hair, with a special sweet energy about him! In the dream I felt safe, love and peaceful. I would drive and shout to the Divine Source "Thank you for my husband! I am so grateful and blessed! Thank you!"

I had a detailed list of his qualities and I had imagined our life together,

visualizing it!

He showed up at the perfect time and when he walked in to the restaurant where we met, I had a flash of the man I had dreamed about. I knew it was him, only now I could see his eyes and face clear!

I had met him in the exact way I had intended also! <3

To allow love into your life or have healthier relationships you must first love yourself. Have faith and believe that the perfect person for you is on the way. The energy you put out will attract back to you what you desire. Then be happy now! Enjoy each day, celebrate life and being single! Fall in love with yourself and your life as it is now. Find the fun, create and be the fun.

Do not focus on not currently having a partner, feeling the lack or absence of a partner only attracts the state of lacking a partner. Believe in faith they are on the way! They are looking at the same moon you are and excited to meet you. When you are grateful and happy now then the desires will manifest! It only takes a moment and everything changes. You are walking through the store or into church and you spot them!

When you are already in a relationship and wishing there was a better connection the spiritual laws also apply. To have a better relationship, love your partner. Think of all you are thankful for and grateful for about them! Show appreciation and affection for them. You will soon see more things to be grateful for in them and your relationship. Be more loving and you will see love flow. There will be times of withdrawal and times of intimacy. Remember to practice self-love, fill yourself up and take time to care for you! Relationships are about finding balance, mutual respect and showing love.

Attract love by being loving. Allow love to flow by fully connecting within you.

The rest of my story after two years of self-discovery, healing and discovering the spiritual laws' feels magical. I became a person who generally feels happy, blessed and grateful! I started to focus on my blessings and all that is good. I began to expect good things and good things happened for me! I envisioned driving my dream car, looking at it with love every day I drove by it. I drove it off the lot with no money down and loved that Camaro for ten years!

Through the challenges having faith and using affirmations have carried me. Positive self-talk has been my inner super power. When I am present and in the moment, I find my balance. When I get distracted in the day-to-day physical responsibilities and start feeling off, I am reminded to get back on track. I feed my spirit and tune in to something positive, reconnecting within.

When an opportunity for a small restaurant came, we took the leap in faith! In the early days of owning a small business fear tried to creep in. I switched my focus to believing it would all work out, the money would come and we would be successful. My husband would also affirm it was all going to work out. When we came to an unexpected financial need we just believed in faith. The money came in those times and it all worked out! We were able to succeed in business.

In my marriage I have continued to put in the love and commitment. He has supported my dreams and helped me to make them come true one by one! I have learned what healthy love is in a relationship as he has shown me so much unconditional love. I am so thankful for my husband and our equal Partnership. I celebrate all of my blessings and the ability to share this with you!

My truth is so many Amazing things have happened for me! I am splendidly imperfect and I am still learning as an excited student of life. I embrace myself as I am and look forward to what is next. So many blessings and dreams have come true for me! I now sleep six or seven hours a night and I am excited for my life! I am celebrating all good and all to come!

Growing spiritually, feeding my spirit and dreaming new dreams!

Awaken to the possibilities, become aware and take responsibility for your life. No one else determines who you are, your worth or who you become- only You! You can become your best self and fall in love with your life in the process.

I hope my story encourages you to love yourself, empower yourself and connect within your very being! Mind, body and spirit connected in harmony allowing the flow of all good through and to you in great abundance!

I wish you so many blessings and so much love for your journey!

I am grateful for this day and this knowledge
I embrace myself exactly as I am and where I am
I now give myself all of the love I need
I forgive myself and all who have hurt me
I acknowledge my mind, body, and spirit
It is safe to breathe and feel my being
I feel the energy and connect to my true essence
I am grateful for the ability to explore my being
I now take my power and claim it as mine
I now embrace my self-responsibility
I now show up for myself empowered
I step into my enlightenment as I seek Source
I am open to connect to Source and receive

Summary

This is a short outline of the basics of the Law of Attraction teachings.

You are responsible for your thoughts, words, actions and self-talk. All we have is this present moment, the moment you are reading this is all there is and also where your power is. Thoughts have power. The spoken and written word has power.

The Law of attraction is the belief simply put that thoughts are magnetic. Everything is made of energy. So, if you think on good things with positive energy, then good things will happen for you. If you are focused on fear, worry, doubt and miserable feeling then you may attract negative into your life.

You will feel negative and how you feel has a big effect on your day. How you feel effects how you show up in your life.

When you become aware and examine your thought patterns, you can identify which ones support you.

You can identify which ones are hindering or blocking the good you desire coming to you.

When you are not feeling good, happy, positive and blessed- take a look at your thoughts. Then shift your focus.

The feelings are designed to let us know where we are at in our thoughts. We all have deep beliefs,

thought patterns based on all we have experienced up until this point and learned behavior.

What you have seen, heard and felt has been part of shaping who you are, as well as how you live your life.

We are spiritual beings having a human experience. Mind, body and spirit are all meant to be connected in harmony. Feel your wholeness and embrace your being completely. Disconnect brings disharmony within and in life experiences. Good self-care and self-love are important. Loving the Divine, loving each other and loving our complete self is our intended state. Scripture tells us how precious we are for a reason. When we love and believe in our self we can get fully aligned with the next level faith it takes to live a life you love!

Clearing blocks spiritually and emotionally is key to being able to open up to the teachings and apply them in your life.

Become aware of your thought patterns- limiting beliefs, old stories, past hurt and pain you may still be holding on to. Set your intentions for healing and processing them through seeing complete truth. Find healing and release - letting it go. Get ready to step into your power as you do! Let love fill you. Renewing your mind and embracing new thought patterns that support you will empower you to live your best life.

Feel good and happy now to attract more to feel good and happy about!!

Have fun! Faith and living joyfully should be fun!

We were created to live life abundant in all areas.

Once you have asked it is ok to release in faith –

Having patience is part of the process.

Patience = not worried, obsessed, or constantly giving our attention to the request.

Trust the Divine Source and the timing, means releasing in faith once you have asked. Get back to living joyful now. Full of gratitude and love! This is when the magic happens and your prayers are answered!!

It is great to also do faith exercises to show you are ready.

Relax into the spiritual flow and believe your loved and supported. He is a loving father that desires to bless His children, guide them and see them live their best life!

Find your connection of spiritual unconditional love.

Allow the flow being open, in a place of being ready and aware.

Take action in faith as inspired!! Inspired action will feel in the flow and spiritually in harmony. It may take courage and faith. Trusting and believing. It may take lots of feeding your spirit, raising your faith levels and lots of positive self-talk.

Life is happening through and for you. Love flows through you and to you. Being open to the flow you can allow the flow of all good.

Take a journey of self-discovery, self-love and empowerment! As you love and believe in yourself you can show up for yourself in a new powerful way. Become your best self as you discover all the good already within you, unlimited potential and ability waiting to be discovered. As you show up for yourself in a new powerful way in love with a positive mindset your experiences of life can shift! Fall in love with your life on this inner journey and discover the abundance of your soul. You are meant to have an amazing life with an abundance of all good and the power to experience this is within you!

Much love and many blessings <3

Journal

How have you been experiencing life and feeling?

What do you believe about yourself, in every area?

How do you feel and think about life?

What do you feel success really means to you?

What ways or areas of your life do you feel have been successful so far?

What do you believe about love and relationships?

What are your morals and values?

How do you view material things?

What are your best qualities?

What do you love about how you look in appearance?

Are you generally happy?

How is your social life and relationships?

What are your passions?

Do you have hobbies and interests for fun?

What do you believe about money?

Are there any negative beliefs or thought patterns you are ready to release?

Write down the new thought pattern you wish to have in positive present tense.

For example, If you think "I need money" often, you may want to change that to "I always have more than enough money, an abundance of money flows into my life "

If you have been thinking "No one will ever love me" then you may want to change that to

"I am a magnet for my true love!" "My perfect partner is on the way"

"I am so blessed and grateful now that my perfect partner is in my life"

What new positive thought patterns do you want to have!?

Write some positive affirming self-statements. Ex. I am beautiful. I am handsome. I am rich. I am fun.

Etc. Things that you actually are and things you would like to become, as if they already are.

What is your dream job, business or career?

What about that appeals to you?

If you are not living that dream now, then what steps toward your dream can you take?

What does your dream house look like?

How does it feel living in your dream house with your dream profession?

What is your dream or ideal partner? Describe them in great detail.

Imagine your life with them, in your dream house. Where you live, what your relationship & life is like?

How do you feel when you are together?

Do you believe this dream life is possible for you?

What fears, doubts, or worries are surfacing?

What limiting beliefs can you let go of now?

What have your personal experiences with money been?

If you are in a relationship and desire it to be better – imagine it as you desire it to be. Then feel gratitude and love for your partner as well as your life together. Let this be your daily focus.

Organize your current financial buget

Money coming in

Monthly expenses

Current Debt

Current spending habits and misc. Monthly

Charitable donations monthly _____

Where do you need to shift your budget to set yourself up for success?

Set up a debt repayment program so you can shift from focus on debt to focus on gratitude. It is important to see clear where you are and the thoughts or beliefs that brought you here. Examine your habits, patterns and routines with money. Look at how your relationship has been up until now. How you have felt about the money relationship.

Now decide how do you desire to feel about money and what do you desire your new relationship with money to be like?

What new thoughts support this new money relationship?

Claim your new money mindset and focus

Claim in positive present tense all you desire around abundance of money and wealth in full detail as if it already is your reality

You can have, do or be anything! who are you being, what are you having and doing?

What do you feel like as the person with all of their financial desires manifested?

Create your new budget for your new income and monthly expenses for all of your luxuries

What is your dream lifestyle? Does the life style you have now line up with the one you dream of?

What are you most grateful for today In every area of your life?

What do you love?

What brings you peace and comfort?

Where do you see desire for change or growth?

What brings you joy and excitement?

If you are already in a committed relationship, what things can you love and appreciate about your partner? Meditate on these thoughts daily.

Where do you feel change would benefit yourself or your life?

What is on your list of things you would like to do, see, or experience in your lifetime?

What are some things you can do now for fun, for your life and yourself?

If you were speaking to yourself as you would a friend, what would you tell yourself?

Is there anything holding you back in life and what solutions can you see?

Are there any changes you want to make in your life now?

How can you learn to love yourself more?

Relationship with self, sets the tone for all other relationships in your life.

Day one

Start your day with gratitude- Everyone has something to be grateful for! Feel this through the day.

See the abundance in nature, feel the wonder of your very existence and intricate design

Feel appreciation, love and gratitude intentionally

Become aware of your thoughts. All day notice your thoughts. Your feelings are an indicator of if you are thinking positive or negative, so also pay attention to your feelings with non-judgement.

Notice what you speak about, listen to and take into your spirit. Is it supporting you?

Find time today to study the law of attraction. Listen to or read affirmations

Write a few affirmations that really speak to you.

Discover your passion, begin thinking about this question. Give yourself permission to dream.

What do you really want?

End of the day think over your thoughts and feelings from the day.

Think of all your grateful for and also the things that you could have chosen to do differently. What would you do different next time you find yourself in a similar situation?

Day two

Set time for feeding your mind and spirit. Say, read and write your daily affirmations.

Start the day and end with gratitude. Feel deep appreciation.

Keep focused on being aware of your thoughts and feelings through the day. Practice the pause and redirect to positive thoughts as desired.

Create a list of things to help you feel good and get back to positive feelings. Some examples are to take a walk, put on happy music, listen to affirmations, meditate and you make your list of what feels good for you

What is something you enjoy that brings joy that you can do today?

Day three

Start and end the day with gratitude, feeling it throughout your day.

What do you want in your life? Write it out as if it is already happened! Positive present tense

Meditate on affirmations today and be aware of your thoughts in your day.

Write affirmations that are powerful for you

Day 4

Begin with gratitude and affirmations. Think and feel them through your day

Ex. I am strong, smart, whole and complete. I believe in me!

Feed your spirit and mind things that lift you up!

Ask for what you want in your life. Believe, and expect to receive it

Celebrate yourself, your day and your life- live through love today

See the way you have an effect on those around you and find ways to give- a small donation to a worthy cause, help a friend or even a smile and an encouraging word!

Get excited for your life! Take some time to visualize with great detail!

What do you feel, see, hear and smell?

Day 5

Hopefully by now you are applying these new routines and habits with some feeling and excitement!

Continue every day to do your inner work and notice your thoughts connecting within.

Become aware and present – living life intentionally - Focus on love, gratitude and feeling good

What is your mindset and focus for today? For the week and month?

How can you practice good self-care and self-love today as well as every day?

Day 6

What power thoughts do you choose today?

Ex. I approve of myself and love myself. I can do anything I put my mind to!

Ten thoughts that feel good

Day 7

I am affirmations

Ten things I love about my life

Ten new things I appreciate about life and myself.

Day 9

How can I empower myself today?

How can I show myself love today and practice good self-care?

Daily gratitude meditation

A flow of thoughts of appreciation. Ex. There is an abundance of all good all-around me and within me. I am naturally abundant and celebrate my being. I love the feeling of breath in my body and my heart beating.

Day 10

Power thoughts of faith and affirmations. Ex. I am so happy and thankful now that I have received ...

Mindset- what are the power thoughts that lift you up and your new mindset

Empowering self-talk

Things I love and celebrate!

Day 11

Affirmations

Daily gratitude

–
What brings me joy?!

Repeat this process daily in your life and in your spirit to live the life you dream of! Celebrate life daily!

Focus on all that is good, all that you love and gratitude. Positive power statements and affirmations.

Take notes as you study the Law of Attraction and spiritual laws. Practice self-love and self-care.

Continue to write your thoughts, feelings and intentions as you are inspired.

Focus on thoughts that feel good, beliefs that empower you and a positive mindset!

Many blessings to you as you find your path, learning and growing –

Designing the life you dream of and Becoming Abundantly You! <3

Much Love! <3

