

Playing the Abundance Game

FIRST WEEK LESSON

THE OLD AND THE NEW

The old paradigm (belief) is the one that we need to leave behind because it is not working for us individually or collectively. The old paradigm is based upon the illusion of scarcity, separation, judgment and guilt. The old paradigm promotes the philosophies of “no pain, no gain”, and “get stress to success” and “the last man standing wins”.

The old paradigm guarantees the outcome of greed, inner poverty, competition and war. In other words, the belief that there is not enough to go around will inevitably lead to self and planetary destruction.

Within our hearts many of us recognize that the old paradigm has kept us disconnected from the living, breathing Universe and from one another.

The new paradigm is based upon the recognition that the Universe is abundant. We are all interconnected and we each have within us the power to shift our reality.

The new paradigm invites us to come from fullness, instead of lack, to support one another and to reconnect with our own personal power. The new paradigm reminds us that there is more to life than what we see, our point of power is now and all is well, for it truly is.

At the present time, the foundation of the carefully constructed old paradigm is crumbling. Many are reacting with anxiety and fear. Others are deliberately choosing to embrace a new perspective. Which will you chose?

SECOND WEEK LESSON

Which of the following is the most important to you?

- Work or Play
- Time or Money
- Power or Love
- Material Wealth or Personal Growth

The game does not ask you to choose, it asks you whether you have felt that to be “successful” in your life, and you have had to choose.

- have you been striving for success?
- have you worked more hours than you intended?
- have you suffered from work related stress?
- have you made compromises of your integrity and your spirit?
- have you invested energy in an effort to get ahead, that you would have preferred to invest in a relationship or other activities?

MATERIAL PATH TO SUCCESS

Do you feel richly rewarded by your sacrifices or are you one of the many people that author Steven Covey is describing when he speaks, who have: “climbed the ladder of success, only to reach the top and find that the ladder was leaning against the wrong wall.”? Do you enjoy the benefits that your worldly focus has provided to you, but resent how much of yourself you have had to give up in the process?

SPIRITUAL PATH TO FULFILLMENT

Or have you been following the opposite path? Are you someone who has placed a priority on your emotional, psychological and spiritual growth while taking your focus off material gains? Has this approach brought you to a powerful place of alignment with your inner power while leaving you feeling a bit less than empowered on a financial level? Are you feeling called to contribute your “right livelihood” but finding that when you “do what you love” the money doesn’t necessarily follow?

CREATING ABUNDANCE FROM THE INSIDE OUT

Abundance is the experience of having plenty of what we truly need and want in life, material and otherwise. Focusing on the material or spiritual path to the exclusion of the other actually blocks the experience of abundance. To experience true abundance and prosperity you must have a balance of inner and outer success. True abundance is an experience that includes and goes beyond mere financial accumulation. When you have true abundance, you experience a richer, fuller life in every dimension, enhanced quality of relationships, better health, and increased creativity and accelerated career success along with the feeling states of freedom, joy, connection and abundance.

THIRD WEEK LESSON

KEYS TO CREATING ABUNDANCE FROM THE INSIDE OUT

1. Your outer manifestations always mirror what is going on inside of you.
2. When you change your inner programming, the external results will change accordingly.
3. If you don’t have something that you want, it is because you are not energetically (mind-soul-body) aligned with it.
4. If you have something in your life that you don’t want. It is because right now you are in energetic alignment with it.
5. Whether you want something you do not have or you have something that you do not want, when you learn to consciously shift your energy you will attract totally different results.
6. The laws of the Universe are totally clear and absolutely consistent.
7. To change your attraction:
 - i. Get clarity about what you want
 - ii. Align your energy with it
8. Simply knowing something on an intellectual level gives you very little power. When you take a truth and internalize it so that it becomes who you really are on a cellular level, you will radiate that truth outward and your entire experience of life will be changed.

9. The fastest way to block your efforts to create the life you love is to get caught up in a negative energy spiral. Any action taken from a place of lack (fear, anxiety, poor self esteem, separation/scarcity consciousness) will be motivated action (pushing fear/discomfort away) and will be counter productive
10. The fastest way to propel yourself towards the manifestation of your desires is to:
 - i. Learn the intricacies of the Universal Laws
 - ii. Consciously line up your energy with what you want
 - iii. Take action (positive, flowing, enthusiastic action) from a place of inspiration (pulling your good towards you) rather than motivation.

Remember, in your 'virtual reality' game to always **thank** the universe for the good prosperity and abundance that is flowing your way. Be positive, be enthusiastic when you play this game and it will help you to change your mindset around, not only on the financial side but in every sphere of your life.

MOST OF ALL LOVE YOU !!

Remember that unconditional love starts with you!
To be able to share this love, prosperity and abundance with others,
it has to flow through you first

May your year ahead bring you the greatest abundance of all, in every sphere of your life!