

How to Attract Abundance *Ten steps to feeling successful in your life.*

Step 1: See the world as an abundant, providing, friendly place. When you change the way you look at things, the things you look at change. When you see the world as abundant and friendly, your intentions are genuine possibilities. They will, in fact, become a certainty, because your world will be experienced from the higher frequencies. In this first step, you're receptive to a world that provides rather than restricts. You'll see a world that wants you to be successful and abundant, rather than one that conspires against you.

Step 2: Affirm: *I attract success and abundance into my life because that is who I am.* This puts you into vibratory harmony with your Source. Your goal is to eliminate any distance between what you desire and that from which you pull it into your life. Abundance and success aren't out there waiting to show up for you. You are already it, and the Source can only provide you with what it is, and, consequently, what you are already.

Step 3: Stay in an attitude of allowing. *Resistance* is disharmony between your desire for abundance and your beliefs about your ability or unworthiness. *Allowing* means a perfect alignment. An attitude of allowing means that you ignore efforts by others to dissuade you. It also means that you don't rely on your previous ego-oriented beliefs about abundance being a part of or not a part of your life. In an attitude of *allowing*, all resistance in the form of thoughts of negativity or doubt are replaced with simply knowing that you and your Source are one and the same. Picture the abundance you desire freely flowing directly to you. Refuse to do anything or have any thought that compromises your alignment with Source.

Step 4: Use your present moments to activate thoughts that are in harmony with the seven faces of intention [creativity, kindness, love, beauty, expansion, abundance, and peaceful receptivity]. The key phrase here is *present moments*. Notice right now, in this moment, if you're thinking that it's hopeless at this stage of your life to change the thoughts that comprise your belief system. Do you defeat yourself with thoughts of having had such a long life practicing affirmations of scarcity and creating resistance to your success and abundance that you don't have enough time left to counterbalance the thoughts that comprise your belief system?

Make the choice to let go of that lifetime of beliefs, and begin activating thoughts rights now that allow you to feel good. Say *I want to feel good* whenever anyone tries to convince you that your desires are futile. Say *I want to feel good* when you're tempted to return to low energy thoughts of disharmony with intention. Eventually your present moments will activate thoughts that make you feel good, and this is an indicator that you're reconnecting to intention. Wanting to feel good is synonymous with wanting to feel *God*. Remember, "God is good, and all that God created was good."

Step 5: Initiate actions that support your feelings of abundance and success. Here, the key word is *actions*. I've been calling this *acting as if* or *thinking from the end* and acting that way. Put your body into a gear that pushes you toward abundance and feeling successful. Act on those passionate emotions as if the abundance and success you seek is already here. Speak to strangers with passion in your voice. Answer the telephone in an inspired way. Do a job interview from the place of confidence and joy. Read the books that mysteriously show up, and pay close attention to conversations that seem to indicate you're being called to something new.

Step 6: Remember that your prosperity and success will benefit others, and that no one lacks abundance because you've opted for it. The supply is unlimited. The more you partake of the universal generosity, the more you'll have to share with others. In writing this book, wonderful abundance has flowed into my life in many ways. But even more significantly, book editors and graphic designers, the truck drivers who deliver the book, the auto workers who build the trucks, the farmers who feed the auto workers, and bookstore clerks... all receive abundance because I've followed my bliss and have written this book.

Step 7: Monitor your emotions as a guidance system for your connection to the universal mind of intention. Strong emotions such as passion and bliss are indications that you're connected to Spirit, or *inspired*, if you will. When you're inspired, you activate dormant forces, and the abundance you seek in any form comes streaming into your life. When you're experiencing low-energy emotions of rage, anger, hatred, anxiety, despair, and the like, that's a clue that while your desires may be strong, they're completely out of sync with the field of intention. Remind yourself in these moments that you want to feel good, and see if you can activate a thought that *supports* your feeling good.

Step 8: Become as generous to the world with your abundance as the field of intention is to you. Don't stop the flow of abundant energy by hoarding or owning what you receive. Keep it moving. Use your prosperity in the service of others, and for causes greater than your ego. The more you practice detachment, the more you'll stay in vibratory harmony with the all-giving Source of everything.

Step 9: Devote the necessary time to meditate on the Spirit within as the source of your success and abundance. There's no substitute for the practice of meditation. This is particularly relevant with abundance. You must have an understanding that your *consciousness of the presence* is your supply. By repeating the sound that is in the name of God as a mantra, you're using a technique for manifesting as ancient as recorded history. I am particularly drawn to the form of meditation called Japa. I know it works.

Step 10: Develop an attitude of gratitude for all that manifests into your life. Be thankful and filled with awe and appreciation, even if what you desire hasn't arrived yet. Even the darkest days of your life are to be looked on with gratitude. Everything coming from Source is on purpose. Be thankful while empowering your reconnection to that form from which you and everything else originated.

The energy that creates worlds and universes is within you. It works through attraction and energy. Everything vibrates; everything has a vibratory frequency. As St. Paul said, "God is able to provide you with every blessing in abundance." Tune to God's frequency, and you will know it beyond any and all doubt!

By Dr. Wayne Dyer

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