



YOUR Path To Abundance

**The Secret Art
of Creating Prosperity**

**Energetically Attract
Your Amazing Future**

By Path To Abundance, Inc.

www.MyMoneyHealing.com



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The Secret Art Of Creating Prosperity

Welcome to Your Energy Aligning Exercises!



Congratulations and welcome to your first step in this course toward aligning with your goals and dreams!

I acknowledge your courage to take consistent daily action and your desire to live a passionate and deeply meaningful life! I believe you'll be very inspired to follow this easy yet profoundly powerful process each day. The momentum you'll experience from your daily actions will ignite your desire to keep moving forward as you get closer and closer to your own personal goals and dreams.

This course is designed for you to take one step per day. Each day, you will read the concept and then work with the action. Once you complete that, there is a bonus action designed to give you tools to practice with throughout your day so you can keep your energetic vibration consistently high and aligned with your goals and dreams.

You will work with Lesson 1 today, Lesson 2 tomorrow, Lesson 3 the next day, and so on. And see how you feel after just 1 short week of aligning yourself with the energy of prosperity!

Let's get started!

The Secret Art of Creating Prosperity

Lesson 1: Words

CONCEPT

Words.

I just love words. I love playing with words, learning new words, spending time reflecting on the deeper meaning of words and using words as a means by which I can increase, deepen and align my energetic experience. Because, after all everything is energy. Even words!

Today, we will spend some time with the word **abundance**.

When you look at, consider, play with, try on for size and feel the energy of the word abundance, you can begin to notice how you are or are not aligned with this word. You can begin to see where you have and have not mastered this word in your life. You can see where you have or have not integrated the energy of this word into your own space – internally in your body, mind, heart and spirit or externally in your environment whether that be with your home, relationships, ways you spend your time, etc.

You might notice in certain areas of your life, the energetic meaning/properties of this word are fully integrated and you have a nice balance and harmony as a result. And you may notice other areas of your life are a bit out of alignment with this word.

It's valuable to look at all this and see how you might like to shift things.

ACTION

Let's take five minutes to embrace the word abundance. What has this word meant for you in the past? What would you like it to mean for you moving forward? Perhaps you would like it to still have the same meaning if that meaning has worked for you and served you well. Or perhaps you would like it to represent a new, expanded or different meaning for you at this time in your life.

For me, abundance used to always tie to external things. My definition of abundance seemed to be about money and things/belongings. But the meaning of abundance has completely changed for me. What it has become is noticing, cherishing and appreciating all the things that are in my life that fill me up/fill my tanks. In fact, my experience of abundance seems to be more about qualities than tangible things or quantities these days.

What does the word abundance mean for you? Just think about it, feel it, be with it and notice anything that presents itself. There is no right or wrong and there is no judgment. See what opens up for you and how you may like to incorporate the energy of this word more deeply into one or more areas of your life. See where you may have too much of this word in your life and maybe you want to scale it back a bit (if applicable). Today is a perfect day to start!

If you feel so inspired, you can align yourself more deeply with this word by taking approximately 3-5 minutes to energetically embrace this word on a deeper level. Sit quietly and simply allow this word into your energetic space as it infuses your entire being with its own energetic properties.



Allow its energy to permeate the parts of you that may have resisted this word or its meaning in the past. You might see the word abundance behind your closed eyes (like watching a movie screen with the word on it – maybe in different sizes, shapes and fonts). Or you might softly speak the word much like a mantra (either silently or out loud) until you feel more aligned with its energy.

Or maybe you will simply “feel” the meaning of the word as it begins to resonate with your energy. However feels best for you to sit and be with the word abundance is perfect. Try as best as you can to feel connected to this word and its unique meaning for you as you allow it to become more deeply integrated in your life in ways that serve your highest good.

BONUS ACTION: THROUGHOUT YOUR DAY

As you go out into your day, notice where opportunities may present themselves for you to either notice any out of alignments with the word abundance or where you may be able to embrace the energy of the word more deeply or differently.

Just be aware but also be light and have fun with it. It’s meant to be a vibration increasing experience – not one for judgment, criticism or “shoulds.”

Have an **ABUNDANT** day and I’ll see you tomorrow at your next step!

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Lesson 2: Creating The Feeling Of Prosperity For Others

CONCEPT

Creating The Feeling Of Prosperity For Others.

One of the important principles of prosperity is stepping into the flow of prosperity by giving away what you want to receive and trusting that you will be taken care of. I do this regularly and it is really fun. It's always interesting to notice how much happiness and excitement I get from the simple act of leaving money somewhere for someone to find.

Can you recall anytime you have found money on the ground? Did you get happy and excited and feel like things are "going your way" that day? It's a wonderful feeling to create that for someone else. This doesn't have to be an expensive venture. I have done it with every denomination of paper money from \$1 to \$20 and I have also done it with quarters and dimes.

Depending on your current financial circumstances, you can do it with whatever type of money you are able without causing yourself undue financial hardship. The amount doesn't matter, it's the higher vibration feelings you are going for.

ACTION

Look through your wallet and see what denominations of money you currently have and decide what you can give away generously to someone else today. You can do it just once or several times depending on what you will be giving (you could do it four times with \$1 worth of quarters or one time with a single \$1 bill, for example). You could take a \$5 bill and have it changed for singles and leave \$1 in five different places.

The amount of money you give away today doesn't matter, what matters is the spirit with which you give it away. See if you can pick an amount or denomination that you will feel really happy and excited about knowing that someone will find. I have felt wonderful all day long just by leaving a single dollar bill for someone to find and imagining how they will feel when they find it.

The key here is for you to give away generously to others while also creating the happiest, most excited feeling (high energetic vibration) for yourself. Now go create prosperity in your life by giving it away.

BONUS ACTION: THROUGHOUT YOUR DAY

If you wish, continue leaving small amounts of money in various places throughout the day for people to find. If you are unable to do that, it is perfectly fine! Simply take time throughout the day to recall what you did leave for someone and remember the happy, excited feeling it gave you to know that someone was going to be stumbling upon that money and how it might contribute to them (financially but more importantly, energetically).

Have a **PHILANTHROPIC** day and I'll see you tomorrow at your next step!

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Lesson 3: Four Simple Steps To Attract Money

CONCEPT

Four Simple Steps To Attract Money.

Here is a very simplified and powerful reminder about creating more money in our lives. We've talked about shifting our energy around money/abundance/prosperity in the last few lessons but it's always helpful to have reminders and to practice it in different ways to allow the new energy a grounded place within our space.

Take a look at a great quote from Rhonda Byrne, the author of *The Secret*:

"Here are four fundamental things to do to manifest money using the law of attraction:

1. Think more thoughts in a day of abundance than of lack of money.
2. Be happy now, without the money.
3. Be truly grateful for everything you have now.
4. Give the best of yourself to others.

Four easy steps. You can do them if you want it enough."

- Rhonda Byrne

ACTION

Rhonda's quote is great because it breaks things down into such a simple formula. Let's use today's 5 minutes to embrace and feel each of Rhonda's suggestions. Can you identify where you may not be consistent lately with some/all of these principles around money? Even if you've already been doing great with this in your life, make a commitment to embrace and practice each of these four principles today. It just may bring you even MORE money!

BONUS ACTION: THROUGHOUT YOUR DAY

As you go out into your day, actively practice each of Rhonda's four suggestions as often as you can.

Have a **MAGNIFICENT** day and I'll see you tomorrow at your next step!

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Lesson 4: Giving Puts Us In The Flow Of Abundance

CONCEPT

Giving Puts Us In The Flow Of Abundance.

"They who give have all things; they who withhold have nothing."

- Hindu Proverb

As we learned from previous exercises, giving to others puts *you* in the flow (or energy) of abundance; to be aligned with it - to experience it and to also receive it yourself. The beauty of this principle is that it only requires you to give of your heart to step into the energy of abundance.

Giving doesn't necessarily cost money (unless you want to use the energy of money as a means of giving to others). You can give love, laughter, kindness, clothes or other belongings, money, a candy bar, a cup of coffee. You can give beauty, kisses, hugs, a hand written note of love or appreciation. You can give a backrub, a big and genuine smile, an enthusiastic wave, a plant or flowers, compassion or a listening ear.

The possibilities of "what" you can give are endless and the benefits for all involved are nothing short of life changing.

ACTION

Spend today's five minutes making a game plan for giving. Decide that you'll give as many "things" as possible away to others (remember, it doesn't have to be material) without expecting anything in return.

Perhaps make it into a game and keep score of how many things you give just so you can bask in the enjoyment at the end of your day about how many things you were able to give to others. Give for the sake of giving and enjoy the experience of *your own* heart expanding from this simple yet immensely powerful act.

BONUS ACTION: THROUGHOUT YOUR DAY

As you go out into your day – execute your plan. Give, give and give some more. Notice whether you actually feel "filled up" (rather than depleted) from all this giving.

Have a **GENEROUS** day and I'll see you tomorrow at your next step!

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Lesson 5: The Visualization Process At Work

CONCEPT

The Visualization Process At Work.

Check out this cool story about a woman who used visualization tools to manifest winning the lottery.

Lottery winner uses visualization:

<http://www.lotterypost.com/news/211684>

(I hope you are able to get to this exact story because it focuses specifically on the principles she uses in her life but if this link doesn't work, you can Google search for "Cynthia Stafford California lottery").

I would also like to say that a personal friend of mine is friends with a woman who also won a few hundred million dollars in the lottery. Just as the woman in this story, my friend's friend positively believed to her core that she would win. She had 100% faith and belief in it – so much so that like the woman in this story – she was not at all surprised when her physical circumstances finally matched her belief.

And it's also important to note that, like the woman in this story, she also had been practicing the very principles of generosity and giving in her life BEFORE she won. Essentially, she was doing all the things *before winning* that she knew she would be inspired to do after winning.

This is a great example of some of the extraordinary things that can and do happen when you align your energy, believe unshakably and take inspired action.

ACTION

Winning the lottery may not be one of your personal goals but just for total fun today - take today's five minutes to visualize yourself winning some ridiculously huge amount of money in a lottery – several hundred million dollars!

Just have fun with it and enjoy experiencing the many things you would be doing with all that money. If you would travel, spend some time enjoying your perfect vacation. If you would buy a new home, enjoy one aspect of that experience, such as finding out your offer was accepted or walking through the empty house imagining where you will put all your fantastic furniture, or imagine yourself already living in it and how deeply you enjoy being in that lovely space.

If you would donate money to charities or other organizations, imagine yourself handing over such a large sum to one of the organizations that their reaction is pure blissful shock – and enjoy how beautifully fantastic it feels to know that YOU were able to bowl them over in that way.



BONUS ACTION: THROUGHOUT YOUR DAY

As you go out into your day, try to be the person you will be AFTER all your goals and dreams are manifested. Be that happy, that kind, that helpful, that generous – however you envision yourself after your goals are achieved – be THAT PERSON as often as possible today!

Have an **INSPIRED** day and I'll see you tomorrow at your next step!

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Lesson 6: Prosperity In Everything

CONCEPT

Prosperity In Everything.

For the purposes of this exercise, here is the definition of prosperity: *a successful, flourishing, or thriving condition, especially in financial respects; good fortune.*

I recall hearing about a fun practice from Mike Dooley a long time ago. Basically, he talked about playfully declaring your prosperity. What he said was when you are faced with hearing the cost for something (such as a plane ticket or repair for your home or car, etc.) a fun reaction you could have is to say, "Is that all? Thank goodness I have millions of dollars!"

I love this idea because it's a lot of fun to play-act. Did you ever do that as a kid? I sure did! I played many different roles! So, the idea is similar (and just as fun) as when you may have done this as a child.

By the way, I practice this whether I am alone (just saying these fun things out loud based on what I am doing such as paying bills, etc.) or when talking with friends or strangers (such as store clerks).

The Universe is paying attention to what you say and do! So it's not only fun to play-act but also very powerful.

ACTION

Let's take today's five minutes to have some fun and play-act. And I don't just do this pertaining to money...

I do it with my time: "The cable person will be here within an 8 hour time window? Wow – that's great because I have so much free time I almost didn't know what to do with it all!"

I do it with space: "It's a great thing I am a size zero, otherwise we would not have enough room in the car for all that extra stuff we just bought."

I do it with food: "I sure am lucky I can eat this rich dessert and keep my figure! I just can't seem to gain any weight even when I try!"

BONUS ACTION: THROUGHOUT YOUR DAY

As you go out into your day today, keep practicing with this experience. See how many creative ways you can declare your prosperity in every area of your life.

Don't worry, no one will think you are crazy. They always laugh right along with me. And then I get the extra vibration raising benefit of laughter, too! What a great way to spend your time!

Have a **CREATIVE** day and I'll see you tomorrow at your next step!

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Lesson 7: Checking in With Yourself

CONCEPT

Checking in With Yourself.

It's wise to occasionally take stock to see where you've been, where you're going and where you are now in relationship to the two.

This valuable process gives you the opportunity to celebrate your successes, acknowledge where your vibration may have been low and renew your commitment to keep moving forward toward your goals and dreams.

ACTION

Take today's 5 minutes to write on the following subjects – but please remember there are no right or wrong answers. This is only to serve as a guide for you to celebrate your wins and possibly make adjustments as you continue on your path.

Gentleness and compassion for yourself are absolutely a MUST during this exercise. This is non-negotiable.

- Have you been able to embrace feelings associated with a higher level vibration (such as love, gratitude, or joy) during the last week?
- How have you moved forward (physically/tangibly or energetically) toward your goals and dreams in the last week?
- List any serendipities/synchronicities or coincidences that have happened in the last week (no matter how small)
- Is there anything that blocked, stopped or slowed your forward movement (negative emotions, limits in your beliefs, resistance of any kind, non-supportive input from others or anything else)? List anything that comes to mind.
- Could you have done anything differently when faced with the blocks listed above that may have helped you move through those blocks? (Are you being compassionate with yourself right now as you look at this?!)
- Overall, have you felt a little more hopeful about your present and/or your future?



BONUS ACTION: THROUGHOUT YOUR DAY

Regardless of how well or poorly you feel you did aligning with prosperity during the last week, every single moment is an opportunity to shift in the direction of your goals and dreams.

Even if you have not done the Bonus Action in the past, take the opportunity today to embrace it. Let today's Bonus Action anchor you in success and forward movement.

As often as possible today, think about any victories or successes you had during the last week no matter how small. Think about them several times throughout the day and FEEL great!

If you feel you had no successes at all (are you being too hard on yourself?), then this is your opportunity to visualize your future successes. Take time throughout the day to decide on a success you WILL claim and really see it happening (make sure you feel all the happy, positive feelings that you WILL feel when you celebrate that success).

Have a **FANTASTIC** day!

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CONGRATULATIONS!



Thank you so very much for allowing me to support you on your fantastic journey.

It is my honor and pleasure to contribute to your life in a way that I hope is meaningful for you. I offer you my deepest gratitude for allowing me to energetically connect with you. I also wish you a life of love, joy, passion and prosperity! After all, it's your birthright!

The lessons presented in this course are excerpts from a much larger body of work. If you feel inspired to continue moving toward your goals and dreams with my regular daily guidance, I would be honored to continue supporting you on your path to your most cherished goals and dreams.

For downloadable home study courses and other products, please visit:

www.YourBestLifeTools.com

If you would like to experience powerful **Money Reiki Healing Energy**, please visit:

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Live The Life You Came Here To Have!