



Accelerate Wealth from the Inside Out

Day 1 Relax and Succeed

Today you begin the process of expanding your reality. This expansion is an exciting and joyous progression. The program is uncomplicated and enjoyable. It requires only a willingness on your part to move into a more expanded, open consciousness.

There are six super simple steps you can follow that will sustain you through this exciting period. You will experience changes in your mental, emotional, physical and spiritual states.

1. Do your best and forget the rest.
2. Love the life you have and develop a practice of gratitude in all its areas.
3. Happiness, joy and bliss are the best fuel for amplifying your mock-ups.
4. Same time every day! Automate your practice; make it a rock solid routine.
5. Be clear and concise. Leave out descriptive negatives. Avoid convoluted mock-ups that decrease your power.
6. Have fun; make it real and believable.

Number One: Your Best

At any given time, your best varies. When you are feeling fantastic and in the flow you will create some amazing stuff. When you are in a moment of being stuck or broken down, learn to develop an attitude resembling the flow of water off a duck's back. You can bet you will have a full range of feelings and emotions while opening to your abundant life. Let judgments about what you can't do fall away. Just stick to the program. Thus, we start with our course motto:

'Do your best and forget the rest!'

Number Two: An Attitude of Gratitude

When you adopt the attitude of gratitude, you begin to focus on what is working in your life. Whatever you focus on expands. Gratitude is an incredible stimulant for amplifying the effects of manifesting rapid change. Enjoy the gratitude game with the playfulness of Twister. Go through your day noticing how perfectly everything continues to come together in the most remarkable ways. Notice and be grateful for all the folks who assist you in living your magnificent life. Make a habit of sending little love notes...thank-you notes, dripping with love, validation and appreciation. Notice how the world responds to your love and gratitude. Then, you will experience love waiting for you wherever you go!

List ten things you are grateful for

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**
- 6.**
- 7.**
- 8.**
- 9.**
- 10.**

Fantastic! Now that we have your gratitude juices flowing, let's do more to raise your energy vibe and Law of Attraction Magnets.

Name ten people in your life to whom you could send a card of love and appreciation

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**
- 6.**
- 7.**
- 8.**
- 9.**
- 10.**

Isn't this fun?! Now that you have the list...

Write three notes and mail them!

Number Three: Fuel Your Mock-ups with Joy

The fastest way to generate a miracle is to get yourself into the state of Bliss! When the body is in a high vibration (i.e. the frequency of love and joy) you are in the energy vibe matching your divine state.

A sure fire way to get poor results and sabotage your formulation is to create a mock-up while sitting in the emotional breakdown states of fear or anxiety. Nothing miraculous happens when you are feeling down and dirty.

David Hawkins, MD, PHD is a recognized expert on kinesiology. He attunes himself through muscle testing to measure the vibrational value and meaning of various information and groups. His fame has risen in recent years as a noted researcher, author and lecturer. Dr Hawkins' fact-filled book, 'Power vs. Force' gives us a good guide to emotions and the energy

values associated with them. Here are some interesting numbers to be aware of when setting your space for abundance.

The energy vibration of:

Shame	20	
Guilt	30	
Apathy	50	
Grief	75	
Fear	100	---pay attention---
Desire	125	
Anger	150	
Pride	175	---pay attention---
Courage	200	
Neutrality	250	
Willingness	310	
Acceptance	350	
Reason	400	
Love	500	Miraculous Creation Possible
Joy	540	
Peace	600	
Enlightenment	700-1000	

Think about the emotional condition you are in when generating your mock-ups. When you are in a survival phase, your energetic signature will naturally read extremely low. As you progress through the next 21 days you will clear out the resistance and open yourself to generating through elevating your vibrations into happiness and celebration.

Question: what were the emotions associated with your decision to invest in yourself and your future and enroll in this Abundance Course?

State the Emotion_____

Energy value

For now I suggest you get yourself into a happy mood just prior to your meditation.

You can:

- Chant
- Listen to classical or happy music
- Laugh
- Play with your children or family pet
- Breathe in lovely essential oils
- Enjoy a visit to your favorite natural space

**Do what it takes to move up on the ladder of emotions to
Love...Joy...Happiness!**

Where am I on the scale of emotions as I read this lesson? _____

Number Four: Develop a Daily Habit

'We first make our habits then our habits make us.' John Dryden

By doing this program everyday at the same time you are setting yourself up to be a winner. Any aspiration that is worthwhile will require your wholehearted intention and commitment. Athletes and leaders alike practice a disciplined regime in order to achieve their outstanding results.

Most folks don't realize that meditation, just like athleticism, improves with practice. If you pump iron, you know that over time with daily workouts your muscles will eventually get stronger and bigger. To train for a marathon you must take on an ordered routine and a well-planned practice schedule. Only with discipline and preparation will you succeed in your quest.

Within a few short days of commencing your Extreme Abundance Meditation practice, you will begin to feel the wonderful healthful benefits that come from the regular practice of this highly effective method of active meditation.

Same time every day!

My meditation time is _____ o'clock

Number Five: Clear and Concise

Did you ever notice how easy it is to listen to people who are clear and concise? These individuals are able to command people's attention. They say exactly what they mean. These individuals know who they are, what they stand for and what they are committed to. They are refreshing to listen to and you feel excited and energized by their communications.

Now, think about people you know who spend a lot of time telling you about all of the things they don't like or don't want. Get someone in your mind that fits this description. My guess is you will eventually feel drained and exhausted by listening to this type of speaker. I am not saying they aren't wonderful individuals, but I am pointing out that the energy associated with the descriptive negatives is much like the useless energy of a dog chasing its tail or a hamster on a wheel. This communication goes nowhere productive. If this is your style of communication, you will remain on the 'hamster wheel' of impoverished behaviors that sabotage even your best efforts.

If tail chasing is your pattern in life, I encourage you not to be overwhelmed. You are going to 'get it' and move forward with your communication approach. Be gentle and firm with yourself.

Create extra time up front to practice writing out your mock-ups.

Through the duration of the course, continue to clean up and refine your intentions.

I believe in your capacity to heal.

You can totally do this.

But remember, if you have had this speech pattern for a long time it may take some discipline and practice to move into a more powerful way to articulate your dreams. Once you have made the change to speaking in clear and concise terms, you will never go back to the old way.

Question; Are you currently in the habit of the dog chasing tail communication style? _____ yes _____ no

If your answer was yes....

I commit to communicating with clear and concise speech

Sign _____

Date _____

Number Six: Believable

As you shift to your new paradigm of abundance and prosperity you must have **believable** mock-ups. If they feel like a wish list, you are not on the right track.

Create four mock-ups - these are intentions for your future

- 1.
- 2.
- 3.
- 4.

Try on your mock ups

One by one:

Imagine that you already have them



Take each of your mock-ups for a test drive



Does your body feel weird or uncomfortable?

Do you emotionally feel strange?

You are the only one who has to know that the mock-up you set up for yourself is possible. If your body doesn't register that the mock-up is true in the future, you are stretching farther than your believability factor will allow in the present moment. Re-work it, back it down a bit. "Possible" for many in the money realm, is about twice their current income or the prosperity they are currently experiencing.

This is not your last chance to create a mock-up. Accomplish your first breakthrough in thinking big, then take the next step and go bigger! Pace yourself. If you don't believe it, this realm isn't possible for you in this moment.

'What the mind can conceive and believe it will achieve.'

Very important:

This is a fantastic and very powerful program that works incredibly well by following the protocol exactly.

When practicing the meditation,



You will have difficulty if you deviate from the initial set up or don't complete the clearing meditation.

Please don't cut corners

or think that day dreaming is meditation.

It won't work.

The plan is set. You are now well prepared to progress into your 21 days of practicing the principles of abundance.

- Let go of being perfect.

- Remember, this is practice.
- Just do your best and forget the rest.
- As you validate and embrace the life you are living, more wonder and goodness will be attracted to you.
- Follow a steady stream of gratitude in all areas of life.
- Remember- prior to meditation, get into a happy, joyful state of mind.
- When your emotions are high your mock-ups are fully funded.
- Regular practice time will really make you unstoppable!
- Automate your practice, make it rock solid routine.
- Be clear and concise when speaking your mock-ups into the Universe!
- Have fun, make it real and believable.

**Write out Eight Powerful Mock-ups
Create them as clear, concise and believable**

1.

2.

3.

4.

5.

6.

7.

8.

May it be with the blessings of the Supreme Being

that whatever happens in this grand 21 day Law of Attraction program be a
benefit and a joy for you, your lifestyle and for the ones you love.

May the entire world be filled with health, vitality, abundance, joy and peace.

Amen.

Blessings and light for a day of transformation!
Yahoo!

