

Accelerate Wealth from the Inside Out

Day 3 : Stretching Your Limits

How do you stretch the limit and get your energetic body to be open to receiving all that the Universe has to offer?

When you begin to create your mock-ups, start with something that is believable. From past experience, I know that I am good at magnetizing flowers to me. For practice, I could set up a mock-up to receive two bouquets of flowers this week. You can start with a mock-up for the Universe to gift you a cup of coffee, or receiving a gifted meal. Have this mock-up be believable to you. Add this little mock-up into your full mock-up abundance practices with your course meditation for the next seven days.



My simple believable mock-up is

Once you trust yourself to generate the little stuff with your mock-ups, you are ready to go onto bigger things. An example of your next step, bigger thing, is a believable mock-up: 'I double my income this month'. If this mock-up is not believable to you, then do not use it as your next step mock up. Knock your mock-up down a few notches until it becomes believable. Experiment with 'I increase my income by 10% this month'. If that statement is believable, use that as your mock up. Once you have manifested this mock-up, you can go a step further in your next round. Moving up to larger mock-ups is completely dependent on the believability factor.

When you are creating your mock-up bubble, you do not want a puffed up balloon full of hot air and



no substance. The idea of pacing is to start at a level that the body can handle and then move up. This is similar to a common practice in the medical profession whereby the Doctor will titrate medication to find the optimal dose. What titrating with mock-ups means to you is that you start small with something believable and gently move yourself up to bigger projects. Create your mock-ups with a natural order and flow. Gradually progress until you can handle the next level easily. Mock up what is believable and your next batch of mock-ups will expand in depth and impact. Gratitude for what you generated and accomplished in the first round will give you a strong vibe of gratitude to fuel and empower your next cycle.

One incredibly important element in the mix is to practice gratitude unceasingly for everything that resembles what you are going for. Gratitude is your attitude from now on. It is your secret weapon for creating miraculous abundance.

Two important distinctions that will help you judge your mock-ups

- 1.) Remember, this is not a mental body dalliance or a day dream.
- 2.) Do you feel in your bones your vision is just around the corner or already happening? _____ yes _____no

Really feel into this. This is vital to your success.

If it feels like you are developing a big wish list you are probably not on the right track.

Start with what you know is possible. Think back to a time when you were able to push the limits and accomplish more.

I pushed the limit in _____year/date
And I created this miraculous result:

It is time to build up that list of abundant life manifestations based on a real vision.

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

Mock-ups

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Homework

Increase your energy with a fresh gratitude list

a.

b.

c.

d.

e.

Practice the Meditation on your CD, The Definitive Guide to Powerfully Generating Your Abundant Life

Notes to self, to chart progress

What I saw during my abundance meditation practice

What I felt

What I realized

What I generated (note any changes or results from your mock-up meditation)

1.

2.

3.

'Whatever you expect with confidence becomes your own self fulfilling prophecy.'

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!

