






## Accelerate Wealth from the Inside Out

### Day 15: The Five Golden Keys to Your Abundant Life

Golden: that which is the energy and color of the Divine  
Keys: that which unlocks the door to a new paradigm

The Five Golden Keys to use when unlocking the door to your extreme abundance are:

-  1.) Gratitude
-  2.) Absolute Knowing
-  3.) Quiet
-  4.) Action
-  5.) Rectification

When you understand and embody the knowledge of ***the Five Golden Keys***, you hold in your hand the power and the ability to open streams of overflowing abundance to you.

I offer you this wisdom to support you in owning your fully self-expressed Divinity.

### Golden Key Number One

#### Gratitude

Enter your new realm of Extreme Abundance with the attitude of gratitude. The simple shift of becoming grateful immediately sends a signal the Universe that you are in the realm and vibration of receiving all that is good. Use every excuse you can find to be grateful. Give thanks and praise for the smallest of gifts. Speak your gratitude out loud and whisper appreciation silently all day long.

What you focus on expands. If you are replaying something negative over and over you are expanding the negativity. Be thankful and celebratory in every moment. When you follow this daily observance, you are constantly expanding those things that bring more reason to be triumphant and appreciative.



**Bonus Practice**

With this attitude of gratitude, I suggest you bring an air of contribution to your life. When you are full of joy, and know that there is enough for everyone, you can feel free to take action and to contribute to others. This air of fullness and contribution permeates everything you do and everyone you touch.

Gratitude raises your energetic vibration incredibly close to 500 on David Hawkins' Map of Consciousness scale. What that means to you is that you are consciously moving yourself into the energy signature resembling unconditional love. In this high expression, you create miracles!

**Golden Key Number Two****Absolute Knowing**

Know, without a doubt, that you own your abundance. A good example of this is the 'Knowing' that if you take certain actions, your reality **will** shift. A good example of this is: I know if I do 21 days of abundance meditations, on day twenty-one, I will have moved into the new realm of wealth and celebration that I had intended to generate. I know this as fact because I have created shifts for myself with this technique many times before. I know that I will not fail. This process always works.



If you have no experience yet in using this style of creation for abundance, but you have another example of absolute results, I encourage you to use that to fuel this concept and, ultimately, your results.

Here are a few examples of my absolutes that have served to fuel my mock-ups. These examples have always worked for me. Yours may be entirely different from mine. That is totally cool.

When I pray the Novena for expanding love on the planet for nine days, I know without a doubt that I will experience euphoric love and appreciation for everyone and everything. My heart will be wide open, all my concerns about relationships melt away and I am in my loving, peaceful, playful and happy self.

When I sing the prayers for Lakshmi, (the Lakshmi Puja) every day for 40 days I have a gigantic breakthrough in my relationship with money. I practiced this beautiful meditation two years ago. My energy shifted and my luck seemed to magnetically change. I was energized to take immediate, focused action. The results were phenomenal. My then modest income doubled.

As I exercise daily, I increase my strength and fitness levels. I have been enhancing the youthfulness of my body with my meditations. Part of my practice, on a physical level, is to work out daily. Through the regular practice of muscle building and strength training as well as running and dancing, I have developed and used my body as if I were many years younger than the date listed on my Driver's License.

When I brainstorm in my journal every day for twenty-one days about expanding my business, I know I will produce a miraculous result. My company always takes a huge leap.

### **What are your absolutes?**

1.)

2.)

3.)

Does a prayer or meditation head the list?

Is it an outdoor activity or an athletic feat that you can trust to produce a result for you?

### **Golden Key Number Three**

#### **Quiet**

In the spiritual realm, we must have both movement and rest. Sometimes in the creation of abundance we need to have moments of rest. These are the moments when clarity is expanding. Rest allows for the openness to hear. Be still and take notice of the voice of God or your Higher Self.



It is possible that your mock-ups lack some grounding or strength. Perhaps the paradigm you are coming from involved struggle or a life out of balance. Maybe you lived out of the 'hard worker syndrome' and have that habit stuck in your consciousness. If overworking and being underpaid is not part of your passionate and fun life, perhaps a distilling and a shift might be necessary for you to have your abundance breakthrough.

You can shift your mock-up to the accumulation of wealth with grace and ease. Sitting quietly welcomes awareness. Stillness supports you in letting the old fall away and invites a shift of attitude to manifest.

I love the Bible quote "*Be still and know that I am God*". When you are still and know 'God' you know the power of you as creator god on the planet.

### **Golden Key Number Four**

#### **Action**

Momentum attracts shifts, focus, and expansion. *A rolling stone gathers no moss*. When you are in movement, you are actively participating in your expanding abundant reality.

Get a bee in your bonnet! Get a little hot and bothered. Let the blood flow to the brain. Let your passions come to the surface.

A great force for shifting sluggishness to action with abundance is to become involved in a dynamic exercise program! I love my Kempo and Power Yoga for this condition. Yahoo!

You have a body. Start a surge of motion in your physical domain. Observe how your intense, focused activity gets the momentum rolling in all other aspects of your life. An incredible benefit from this movement is better chemistry in your body! All your happiness endorphins pump freely through your veins resulting in a joyful, optimistic demeanor. Sounds great to me!

When you feel good about yourself, you attract a positive force of energy in your wake. People who can and do assist you in your ability to manifest your amazing intentions are naturally drawn to you!



**Create a list of 'bee in the bonnet' motivators that will get your passion up**

1.)

2,)

3.)

4.)

5.)

**Golden Key Number Five****Rectification**

Are there aspects to your life and lifestyle that don't match your vision for a richly vibrant life? Is the environment you've created falling short of the dream in your abundant life vision? Take the time, right now, to sort yourself out. What is not matching? What will bring your fully self expressed beautiful life into alignment?

**Out of alignment examples:**

- **Driving a beat up, broken down car.** This sends a message to the world that you are a failure. A possible solution is to invest in a new car or perhaps a smart purchase from an auction lot. Drive something that supports you in feeling fantastic and on the top of your game.
- **Sending out funky, confusing broadcasts on email that don't sing of professionalism and shine your light.** If how you earn your income is dependent on communicating well to others, I suggest you enroll in an online newsletter program to send out your mass communications. I really love the iContact e-mail marketing program: it handles a large data base, provides beautiful templates and avoids the spam filter (most of the time).
- **Your house is full of clutter.** Imagine a stranger coming into your living environment for the first time. Would they praise you for your lovely home or



wonder if you have the hoarding illness? If it is the latter, take immediate action and clean up your act.

- **Is your appearance that of a mover and shaker? How does the world see and feel you?** Though spending the day in your pajamas may be comfortable, it does not express to you, or the people that believe in you, that you are ready for your big life! If you don't have a natural flare for style, many department stores have a free personal shopper

service. A personal shopper can work within your budget to help you create a style that will support your new expression of life.

- Do you leave the impression that you are someone who lives in a fabulous abundant reality?

If you don't exude success, today is the perfect day to rectify the situation. Make your improvements at this time even if the enhancements don't fully reflect your bountiful vision. Treat yourself like a king or queen. Act as if your wild, abundant life has finally arrived!

Here is a quick recap of your *Five Golden Keys to Your Abundant Life*; Gratitude, Absolute Knowing, Quiet, Action and Rectification.

Go into your day super charged, expanding into your already powerfully abundant reality! You Rock!

### 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**

Fortify your belief with your own absolutes

a.)

b.)

c.)

Rectify, clean it up!

Make a list of items in your life that do not adequately represent your abundant life  
Create a 'by when date' of when you will have the clean up complete. Bring your life into alignment with who you are in your mock-ups! Get started on the list today.

	Item out of alignment	Date for completion
1.)		
2.)		
3.)		
4.)		
5.)		

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.

Notice any changes in yourself. Have you become more calm, resolved, deserving, or capable in these past few days?

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!

**Accelerate Wealth from the Inside Out**

