

Meditation – Abundance Mock-up

And begin our mock-up session. The reason we call it a mock-up session, it's things that we're actually generating and creating and we're going to create it as if it's already happened.

And how we start, I'm going to say a mock-up and I'm going to give you examples of excellent ways to mock things up. You put a bubble in front of you, like a balloon tied to the center of the earth or a beautiful blow bubble, but a giant one. Something that contains everything that you are thinking and saying, and it's great for you as you're following along with me to say it out loud. But you can hold it in your mind too, but it's excellent to imagine your words going right into that bubble.

Make sure that it's grounded to the center of the earth right now. So if it's a giant balloon, a helium balloon, tie it to the center of the earth so it's not going to float away while we're working on it.

Alright, I'm going to give you an example of a mock-up.

I am in vibrant health. I enjoy excellent relationship with my body. I run 20 miles a week. I'm strong, healthy, vibrant, fit. I love life and I love to be an athlete. It's so much fun to be in my body, to exercise. My muscles are strong, my body is toned. I feel wonderful when I exercise and I feel so good all day long.

Okay and now it's your turn, and you can see how I spoke as if it were already happening on present time. And there are several things you can do with this. You can say, "Yes, I see that for myself and I see even this..." And you can do more, and if there's a mockup that doesn't suit you, that you don't want, you can just let it go.

So, you go ahead and take your turn. I'll be quiet and let you do a mock-up now.

That's excellent. Really, really good.

So you just want to remember that we're not going to do any descriptions of, "I don't want this..." or "Not like that..." or different than what I've been having. You want to leave all of that out, because the mind actually will believe the thing that you're describing and it won't believe the "Don't." So it will think you want more of the "Don't want this..." So leave that out of the conversation, just as a reminder and speak as if it's already come about.

Now I'm going to give you an example which really powerful to manifest, which is holding in your mind an exact description of something that you're looking to manifest.

I am working with young women between the ages of 28 and 42, who have an intention to forward their spiritual, emotional, physical, ad mental growth and make great leaps in their life, taking huge spiritual steps. I'm working with people, women especially, young women who want the information I have to give and are very enthusiastic to receive it. They can easily afford the sessions that I provide for them. They love what I do and they really, really grow from it. They take it and they make it their own. They personalize it. They embody it. They do the homework. They enjoy all aspects of the session times we do together. And they really, really grow and as a result are a joy and a blessing to their environment.

So you see there, I've given a description of something really specific that I'm looking to manifest and it's really important to be specific. You can have multiple things like that. Like that

might be one of the groups that I want to work with, and so by saying that to the universe and putting it in your bubble, you're telling the universe, this is what I see for myself. This is my ideal.

So you go ahead and try that.

Great!

I know sometimes it's a little bit hard to be specific especially when you're put on the spot. The fun thing to do with this is to do it every day for 21 days. You get really good at it and you start inventing new things everyday, and you'll get better at being specific, and the more that you are specific, the more that the universe can answer you in a specific way.

So, I'll do one for all of you girls who are looking for Mr. Wonderful.

[Sighs] I am with the love of my life. We are dancing across the hardwood floors of our great room. The fire is burning; the blankets and pillows are on the floor in front of the fireplace. We're laughing. We're giggling. The music is playing beautiful, romantic music. We're just really in sync with each other. He's gorgeous, handsome, attractive, fit, very muscular, athletic build, very intelligent, a very spiritual good-hearted man, powerful, a leader in his own right, respectful. He cherishes me and I cherish him. I love his touch. I love the way that he speaks to me and touches in with me. He has his own life, I have my own life, and yet we come together in such wonderful ways. Our sensuality is exquisite, our connection deep and profound. We share the same intellectual pursuits in unique ways so that we're interesting to each other; we're a contribution to each other. He stimulates my creativity and I stimulate his. He adds to my strength and my power, as I add to his. We are in bliss; relationship, companionship bliss. And we have finally settled into being life-long, beautiful, deep partners.

Now, you try.

Wonderful!

Alright, let's go on to career, and you really should cover all the aspects of your life. So spiritually, emotionally, mentally, physically; cover them all when you do these mock-up sessions. In a matter of a few sessions, you won't necessarily need this recording to guide you. You'll be able to manifest it on your own.

I have the perfect career. I contribute to thousands of people by my presence. I'm loved and loving. I make a difference in the world with what I do and what I've chosen. I interact with lots of interesting people. I enjoy communicating both through technology and through human interaction. I live in my career; in the spirit world, as well as the mundane world. My most important interest is being really present. Really, I'm very, very present in my career. I enjoy being an author, lecturer and my five books have been well-received in the world. I speak in the most interesting places. As a matter of fact, I've just spoken to an audience of 10,000 people who were totally enraptured by my inspiration, by the Divine flowing through me. I was able to really contribute on a huge level to many, many people. My CD's, my meditation CD's are going out into the world and expanding light, love, and spiritual understanding on a very deep level. I'm well rewarded for my work emotionally, spiritually, mentally, and physically, financially. I receive all the blessings from the universe. And my work is not work, it just becomes play and I play in my field of work. It's a joy. I laugh often when I'm working. I love always when I'm working.

Now, you try. Don't worry about being perfect. Just say whatever is on your mind. That's enough; that's good enough.

Beautiful!

Alright my dear, you might want to turn this recording off now and carry on, and then be sure to come back and complete the process.

What I suggest you do is spend 30 to 45 minutes doing your mock-up session for 21 days in a row. You're going to be overwhelmed by the abundance the universe showers on you and blesses you. And definitely look for some friends who are like-minded, who you can share this experience. It's a lot of fun. You sit in a line, match your crown Chakra with the energy of abundance, which you might want to just use the color of emerald green. Just have everybody have the top of their head be emerald green and just basically do the same thing that we're doing right now.

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