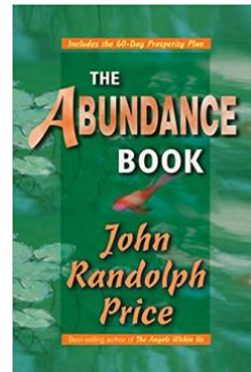


## Abundance Affirmations

This practice was gifted to me in 2004 through *The Abundance Book* by John Randolph Price first published in 1994.



**He recommends doing written affirmations every day for 40 days.** The book contains 10 affirmations around money, abundance and connecting with the source of abundance that is within each of us. Writing the 10 affirmations (one a day) then starting over and writing them again means you write each of the 10 affirmations 4 times until you complete the 40 days. This book and practice changed my experience of abundance in ways I had no idea would occur.

At the time I received the book in 2004 - as a birthday gift, along with a small journal specifically for writing these affirmations daily - I was deeply concerned about my financial health and wellbeing as my 2<sup>nd</sup> husband and I were facing bankruptcy.

I knew we were in financial trouble, but I had no idea it was because my then husband had a gambling addiction. Our financial situation was so dire I was afraid to answer the phone because it might be someone demanding to know when we were going to pay a debt. Often, we were getting bills paid just before the phone, internet, electricity, or something else was about to be turned off.

There is way more to this story but one of the main factors that I now realize shifted this reality, was me committing to this 40-day abundance process. I admit I didn't see immediate results but looking back I now know it worked wonders (miracles) in changing my experience of financial abundance. When that marriage ended, and the bankruptcy cleared all the financial debt, I got a clean start. That is when I discovered I had created a business that truly was supporting me financially. WOW was I ever so surprised.

From then on, all my bills have been paid on time, including paying off my credit card (once I could get a credit card) each month so I am not paying interest. I promised myself I wouldn't go into debt and have kept that promise all these years later. I also attracted a partner who reflects my financial values and together we have created an abundant life with none of the previous money worries.

When I left my second marriage, I started saving money so if I had an emergency or less income flowing my way at any given time, I felt secure in knowing I had the resources to cover it. Gratefully, I shifted my money paradigm so much I haven't had to dip into my savings due to lack of income. What a gift!

**The intent of the 40-day affirmation process** focuses your attention on the abundance that is already within you. I didn't completely resonate with the statements written in the book - so I wrote them in a way that worked for me making sure the statements were actively claiming it as if I already had it. I encourage you to either use these statements, rewrite them, or write new ones that work for you using the conscious language tips at the end of this document!

In 2004 when doing this Abundance process, I realized after completing the first 40 days I was just getting started. I wound up doing this process for 180 days straight without missing a day. If you miss a day the suggested practice is to start over until you can do 40 days straight. The gift of this process is focusing your awareness on loving abundance (including financial abundance) for a few minutes a day as a reminder you your abundance is not outside of you – it is within you.

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**Below is an overall abundance affirmation from the book I have evolved from the one suggested by John Randolph Price. Write it (or your version) in your journal on the first day and read it out loud after that.**

On this day and every day I (add your name), remember, trust and am profoundly grateful for my loving, abundant, inner divine source always flourishing and growing within me.

I embrace this loving abundance process, igniting my awareness, and everyday experience, as I gratefully claim my Divine Inheritance as a BEing of God/Goddess/Great Spirit/Great Mystery acknowledging my divine, loving, generous, ever renewing, ever replenishing inner source within me in every moment, in every dimension, in every way, Here and Now!

In ALL WAYS I totally and completely embrace, embody, and express this ever replenishing, ever renewing, ever abundant loving source of ALL life, Source of ALL experience, Source of ALL manifestation, Source of ALL health, wealth and wellbeing, Source of ALL money and finances, genuinely and lovingly fulfilling my divine purpose with ease and grace.

I love and trust myself to continue expanding my experience and ability to wisely access this vast abundant divine source that is always expressing through me. I Surrender any attachments to outcome or pictures of how I think it should be. I celebrate with gratitude the loving abundance already blessing my life in every moment of every day! It is Done. It is So. And I give Thanks!!!

#### **Day One**

I AM fully conscious of, and always experiencing myself as an individualized expression of the luxuriously lavish, opulent abundance of Universal Source expressing through me in ways that enrich my life and all life around me.

#### **Day Two**

I totally and completely trust, understand and know my heart and mind are always gratefully aware of, and attuned to, my Divine Presence (my I AM) flowing through me and expressing in ALL WAYS as MY abundant, nurturing source of all MY fun, fulfilling, magical, loving and joyous experiences.

#### **Day Three**

Every day, I AM gratefully experiencing Infinite Prosperity filled with Diving Light and Truth expressing continuously through me as vast expansive radiant health, wealth, vitality, beauty, harmony, acceptance, courage, kindness, compassion and PURE LOVE!

#### **Day Four**

I AM actively aware of my Divine I AM presence within me as my loving, abundant, pure source. I am feeling and knowing the tangible essence of Great Spirit manifesting through me fulfilling every aspect of my divine design. An abundance of money and financial resources flow easily and directly to me enriching all life around me and I AM deeply and profoundly grateful.

#### **Day Five**

My loving abundant Divine Source within supplies all my true needs – mentally, physically, emotionally, spiritually, in ALL ways completely. I AM magnetizing and attracting from my inner divine source joyful, loving abundance, drawing upon the vast, expansive, ever replenishing source of all life, all wealth, all health and beauty within me. In love and gratitude this is my reality! Thank you, thank you, thank you!!!!

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### **Day Six**

I am deeply grateful for all divinely inspired ways my loving, inner divine source is constantly supplying me with rich loving opulence in every moment – easily benefitting me and all life around me with glorious loving abundance. In Gratitude it is already done, It is Already So and So it IS with ease and grace!

### **Day Seven**

My I AM awareness, is actively expressing through my true divine nature of loving abundance. I accept all my experiences - letting go and letting God/Goddess/Great Mystery guide and direct my life - trusting in the all-pervading loving source within to nurture and support me – allowing me every opportunity to live and express my divine design, my divine destiny in every moment of every Day. Blessed Be!

### **Day Eight**

I gratefully receive Divine Assistance in completely forgiving myself for any limiting beliefs, negative emotions, obscurations, and blockages that have ever disempowered my life. I know I am forgiven for all the harm I have done to myself and others. I AM liberated and freed from these limiting beliefs and thought patterns. I am deeply grateful for the abundance of love, magic, joy, and inspiration anchoring my awareness in the ever replenishing, loving abundant source within me! And so it IS!

### **Day Nine**

I AM consciously aware of my loving divine source within me. I am attracting all resources and experiences that support ME in totally, joyfully living love and abundance in every moment of every day. I AM gratefully receiving and experiencing Loving Grace and Divine Magic NOW! Thank you, Thank you, Thank you!!!

### **Day Ten**

I AM whole and complete attuned to easily experiencing vast, nurturing, loving abundance within and around me. My heart is receiving all the beauty, love and abundance that is mine to experience while letting go of any attachments to outcome.

My Divine Source is ME. I AM consciously aware and connected to my Divine I AM presence, my Divine I AM source, my Divine I AM expression flowing through and around me now and always - in all ways.

I AM rich with Joy.

I AM rich with Fun.

I AM rich with Love.

I AM rich with Wisdom.

I AM rich with Magic.

I AM rich with Miracles.

I AM rich with Resources.

I AM rich with Courage.

I AM rich with Kindness.

I AM rich with Compassion.

I AM rich with Time and Timeliness.

I AM rich with Vital Life Force Energy.

I AM rich with Radiant Health, Wealth and Well-Being.

# Ceremonial Money Blessing Invocation

Another Daily Practice - I like to chant this one with my Toning App

I gratefully invite the power of my own inner divine authority  
To assist me in cleansing, purifying and healing all money and financial wounds  
Positively transforming all interactions with finances and money including:  
Cash, coins, gold, silver, bank notes, debit and credit cards, checks, recurring monthly bills, taxes,  
online bank statements and/or paper statements, bonds, investments, and all financially valuable assets  
etc...flowing to me, being stored or circulated within my individual sphere of influence from any and all  
lovingly abundant sources.

I welcome you MONEY and all forms of divinely healthy financial WEALTH  
into my Loving Embrace of Infinite Abundance merging in peaceful harmony  
with the boundless abundance of Love, Joy, Time, Energy,  
Connection, Gratitude, Fun and Infinite Goodness  
already living within and reflected all around ME  
through the wonder of MY body, mind, spirit and soul,  
and through my nearest and dearest, my loved ones, family, friends, co-creators and collaborators  
and through the blessings of our beautiful, precious Earth Mother.

These streams of money and abundance are flowing  
easily into my personal sphere of influence  
growing, multiplying, increasing, proliferating, expanding, widening, diversifying  
in surprising, unexpected, mysterious, generous ways,  
going far beyond my conscious awareness and what I have ever imagined,  
vibrating within every cell, within every quantum particle of my being,  
allowing this abundant flow to increase within me and all around me  
through synchronicity, creativity, and loving kindness including delightful insight and ingenuity.

All financial assets, all money flowing to me are serving my highest and best experiences  
supporting me in living my Divine Purpose in ways that are Joyful, Magical, Prosperous and FUN!

I share this abundance with all life, as I Know and experience daily  
how I am an essential part of our beloved Planet and all life, seen and unseen...  
across all the dimensions of time and space  
transmuting and transforming all lower vibrational energy  
into the Higher Vibrational Energy of Pure Love and Loving Abundance

So I am easily attracting more Love, More Financial Abundance and Radiant Health and Wellbeing  
Now and Forever More...

It is Done! It is So and So It IS! Thank You, Thank You, Thank You...Blessed Be!

# Conscious Affirmation/Intention Eight-Fold Process

by Cayelin K Castell

*"Decree a thing thus and it shall be established unto you."*

Conscious Affirmation and Intentions are life changing. If you don't feel resonance with the way the above affirmations are stated feel free to change them in a way that works for you guided by these principles.

1. Make clear, concise, specific statements! Avoid making statements beginning with, *I would like to, I want, perhaps someday, I wish, I hope, I feel that, I'll try or I am trying, I am becoming*, and so on. Avoid using, *but, however, although, whatever, may*. These words disempower our statements through negation, or through vagueness. Be specific. Avoid using *want* in any statements. The definition of want is "desire without having."

Conscious Language and Prayer is a process of co-creating your reality, moving out of want to having, enjoying and being fulfilled. When we consciously create and speak statements of intent, our words either empower, or disempower the statement or affirmation.

Some words separate us from our true feelings and are vague. So, avoid statements containing these words: **like, which, these, those, this, that, it, the**. Instead of saying something like I know **that** everything is in divine order, state *I know everything IS in divine order*. OR I am grateful for the divine order expressing through me or you might say: *My life is expressing in divine order! or I am gratefully experiencing Divine Order in My Life*.

2. Prayers or invocations are empowered by calling on the desired energy directly. Avoid beginning statements such as **I would like to ask for....**In the Lord's Prayer the statements are commanding.

*...Thy Kingdom Come...Give us Our Daily Bread...Forgive us Our Debts or Trespasses.*

This is not about asking *may this be done*, as in the statement "*May Peace Prevail on Earth*" but rather assuming it is already done. **Peace Prevails on Earth** or better yet: **WE give thanks for Peace on Earth!** Be specific.

3. Robert Stevens creator of Conscious Language Mastery Workshops suggests using statements that begin with **I am, I choose, I have, I love, I create, I enjoy**. The last statement **I enjoy** – reminds us to enjoy our creation. In the past, many people worked so hard at creating their reality; they didn't have time, or even know how, to truly enjoy it. Enjoying life is as important as actively co-creating it.

4. **Make statements describing exactly the reality you are co-creating or manifesting.** Avoid mentioning negative conditions. If someone says "don't think about chocolate chip cookies" immediately the thought of chocolate chip cookies is present. If someone says, "stop struggling," the image of struggle is invoked.

Make statements aligned with what you are creating. For example, **I am healthy**, rather than, *I am free from disease*. **I am giving and receiving pure love**, instead of using the term "unconditional love." The word unconditional implies conditions. Use **universal love or pure love or divine love** as alternatives. Replace words that have what you don't want in them.

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For example, replace non-judgment with **acceptance**. Helpful ways to say this are: *I love and accept myself. I love and accept my family, partner, co-workers. I love and accept life on life terms.* If you want to add power to this statement you might say: *I deeply and completely love and accept myself.*

Ending statements with: ***And so it IS with gentleness, ease and grace*** OR ***It is done and It is So with gentleness, ease and grace,*** OR ***It is Done, It Is So and So It IS!*** Or I am grateful it is Done and it is So! This is a great reminder to relax and receive our intent.

5. Use the power of the present moment! Instead of saying, I am becoming healthy; say **I am healthy**. Instead of...I am growing towards my divine purpose; say...**I am living and expressing my divine purpose now**. Becoming implies something that is happening in the future.

Words implying a future or past event take us out of the present. Practicing making decrees in the present moment as if they are already manifest and they will manifest according to your belief in them.

6. Claim ownership. Use **MY** instead of *the*. So, for example, instead of saying, I joyfully choose **the** highest good in this situation, say *I joyfully choose MY highest good...* For collective statements, use *our*, instead of *the*.

For example, use **our** world, or **my** world, instead of *the* world. Ending with a statement that claims *that this is done in ways most beneficial and supportive for me and all concerned* are also powerful declarations.

7. Follow your true heart's desire. In the Bible, Jesus says, "First seek the kingdom of heaven and all else shall be added unto you." Other interpretations have included "Seek ye first the kingdom within...." Robert Stevens suggests that if we replace *heaven or within*, with *heart* then the statement is saying seek first our true heart's desire. "*Seek ye first your true heart's desire....*"

Aligning with your heart's desire, then decreeing it so - with passion, specificity, and certainty - right now - truly believing and aligning your feelings with your desire assures rapid manifestation of your new reality. It is vital to be specific with your words, coming through your alignment with your feelings and thoughts.

8. The most important and powerful element is genuinely *feeling* deep gratitude for what we already have and for what is emerging in our lives. Gratitude quickly magnetizes our thoughts and feelings into manifestation. True magic is gratitude fully expressed.

Melodie Beatie says: "Gratitude unlocks the fullness of life. It turns what we have into enough and more. It turns denial into acceptance, chaos to order, confusion to clarity..."

Also... "Gratitude is the heart's memory." ~French Proverb

Words are holographic reflections of our reality, and we can literally change our reality by consciously choosing words (prayers) designed to empower our dreams and desires.

With Gratitude It is Done, It is So And so it IS! Now and Forever more!