

2019

A Course for Clearing Abundance Blocks



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Version 1 – February 2019

PRE-REQUISITES

There are no pre-requisites to do this course other than: an openness to different modalities to heal, different philosophies, you are prepared to take 100% responsibility for the way you respond to life, and you have a commitment to create lasting and beneficial change. The course is aimed at adults predominantly but many exercises would be useful for children, as appropriate.

PREPARATION

- Please ensure that when you are engaging with this course that you turn off all distractions, such as the TV, radio, cell/mobile phone, and so on and take yourself into a peaceful environment where you cannot be disturbed.
- Please do not undertake any exercises or watch/listen to any videos whilst driving, operating heavy machinery or lying in a bath, because of their meditative effects.
- Please commit to this program. Know that no matter what your experience with it, you are learning to discover yourself in even more interesting ways than you have before and this course has come into your conscious awareness for a reason; you have attracted it to you.
- Be open to what is written. If you don't agree with it, that's fine. It is not about right or wrong. You must follow your own pathway whether you agree with anything written or not.
- Take your time going through the course. There is a lot of content to absorb, a lot of exercises and videos and these can be utilised over and over. The more you give yourself time to use the tips and tools to benefit you, the more you will get out of this course.
- Have some paper handy to write down some of the exercises and take your time doing them. They are vital in the whole self-discovery process and in finding blocks to the flow of abundance in your life.
- Do it at your own pace and remember there are no right or wrong answers or reactions and there are no time limits. You can use this course over and over again to help you.
- If you come up against some emotional blocks and release them, give yourself time to rest and reflect. Pause the videos, come back to them, if necessary. Take time to feel fully, when appropriate. Remember, it is all energy. Just energy. Whatever you come up against is energetic – not life-threatening. Remember that. Sometimes, some blocks and emotions can appear overwhelming when you get right into them. It is because they haven't been properly expressed at the time of creation, so the more you allow yourself to

feel into them as they arise, the quicker the feelings will pass and the more you will feel “whole” or at peace. It isn’t always necessary to feel into them but just to touch on the energy of the root cause, so be careful not to distress yourself unnecessarily. **You want to communicate with the root cause rather than become overwhelmed by it.**

- Some blocks, when released, can really make you feel exhausted afterwards – especially when you have been holding them for a long time. It is a relief for the body when you finally let them go. You may, therefore, wish to start this course at the weekend or when you have a reduced schedule.
- Remember, no matter what you have experienced in life, no matter what you have been through or witnessed, life was never meant to be a heavy, serious process. Our minds make it so because of the way we have processed data. When it all gets a bit much, remind yourself that no matter what has happened, it is in the past and you have the choice to lighten-up and lift those vibes! The more we view life as heavy and serious, the more it will be. The more we focus on joy and lightness, the more we will attract it. Energy follows focus.
- Don’t become obsessed with clearing every block in your life. You only need to shift those that allow you the freedom to create the life you want. There will always be programs/blocks. Always! Sometimes, they are useful as a navigational tool to help us on our pathway of self-discovery. However, if your entire focus is on clearing blocks year in and year out, then you will always attract blocks to clear. **It has to be a combination of clearing the main blocks and then creating what you want through focussed attention.** Bring joy into your life whenever you can. Follow the advice given in this course in aligning with your abundant nature and enjoy!
- This course is in no way a substitute for qualified medical advice and those that have purchased the course must take full responsibility for any outcomes as a result of following any of the exercises, viewing the videos, or the information contained therein. The creator of the course cannot be held liable for any reactions as a result of engaging or completing it. If you are in agreement with this, please continue with this course.

FOREWORD

I want to begin with a story that I came across recently from the Isha Foundation.

“Four men were walking in the forest, a Gnana yogi, a Bhakti yogi, a Karma yogi, and a Kriya yogi. Usually, these four people can never be together. The Gnana yogi has total disdain for all other types of yoga. His is the yoga of intelligence and normally, an intellectual has complete disdain for everyone else, particularly these Bhakti types, who look upward and chant God’s name all the time. They look like a bunch of idiots to him.

But a Bhakti yogi, a devotee, thinks all this Gnana, Karma and Kriya yoga is a waste of time. He pities the others who don’t see that when God is here, all you need to do is hold His hand and walk. All this mind-splitting philosophy, this bone-bending yoga, is not needed; God is everywhere.

Then there is the Karma yogi, the man of action. He thinks all the other types of yogis with their fancy philosophies are just lazy. But a Kriya yogi is the most disdainful of all. He laughs at everyone. Don’t they know that all of existence is energy? If you don’t transform your energy, whether you long for God or you long for anything else, nothing is going to happen. There will be no transformation.

These four people customarily can’t get along, but today they happened to be walking together in the forest and a storm broke out. It grew very intense and began raining heavily. They started running, looking for shelter. The Bhakti yogi said, “in this direction, there is an ancient temple, let’s go there.” He’s a devotee and so he knows the geography of temples very well.

They all ran in that direction and then they came to an ancient temple. All the walls had crumbled long ago, just the roof and four columns remained. They rushed into the temple, not out of love for God, but just to escape the rain.

There was a deity in the centre. They ran towards it. The rain was lashing down from every direction and there was no other place to go, so they moved closer and closer. Finally, there was no alternative. They just hugged the deity and sat down. The moment these four people hugged the idol, there was a huge fifth presence. Suddenly, God appeared.

In all of their four minds, the same question arose. Why now? “We expounded so many philosophies, did so many poojas, served so many people, did so much body-breaking sadhana, but you didn’t come. Now, when we are just trying to escape from the rain, you turn up. Why?”

God replied, “at last you four idiots got together!”

If these dimensions don’t walk together, human beings will be one big mess. Yoga is simply the science of aligning these four dimensions.”

Sadhguru, Isha Foundation

I wanted to share that story for a reason. This course offers one dimension of reaching your desired goals. It is not the only pathway and is best combined with other ways of bringing abundance into your life. There is no one right way over another and I often read of other people saying all you have to do is breathe, or all you have to do is just sit and experience everything. Then there are others that devise systems of making huge amounts of money and they do it very well, and then there are those that travel the world teaching their philosophies and approaches to bring abundance of health, wealth and creativity into others’ lives after they have had a personal and significant life-changing event that they have overcome.

The thing is they ALL work. The breathing works, the experiencing works, the systems work, the diets work, the vision boards work, and everything that I share with you in this course works. It’s just a matter of finding what works for you and also enjoying the process. My approach is just one approach out of many out there in the world.

I’ve been using these systems for many, many years to great success. I am also a very different person today compared to what I was like over 20 years ago, thanks to using mechanisms and approaches that I include in this course, so I have become abundant in many areas of my life and that is why I want to share these with you now.

A little bit about me. I became aware of other realms around the age of 8 but wasn’t sure what I was experiencing back then, so I continued to go through life in the normal way and through all of its challenging experiences, like everyone. In the mid-1990s, I experienced a kind of awakening and became more conscious of my trance and mental mediumship abilities and developed those over the years that followed. As a result, the psychic side of me also developed and I started my therapeutic journey in working with clients around 1995/1996. Skip forward to now, and I run a successful practice

as a Mentor and Inner Transformation Coach, specialising in clearing abundance blocks in people worldwide. I have a variety of tools that I have learned and adapted but I also have some abilities that are unique to me in that: I have strong intuitive and mediumship ability, I can see guides/helpers and angelic presences, I see people as a matrix form when clearing their energies, I can access the Akashic Records, and have the ability to see other lifetimes. I have worked with many, many clients over the years. I've channelled healing and information and I work full time in my practice, and have done for many years now, helping clients remove blocks to their natural being, thereby enhancing their lives and also conveying spiritual teaching from those in other dimensions, as and when appropriate. I've been extremely fortunate to be part of the process of mentoring, coaching, healing and awakening in people's lives and I very much set the intention that I am able to continue with my work as long as I am in this Realm, for the highest good of all. Further info can be found on my website: <http://www.carolinecousins.com/>

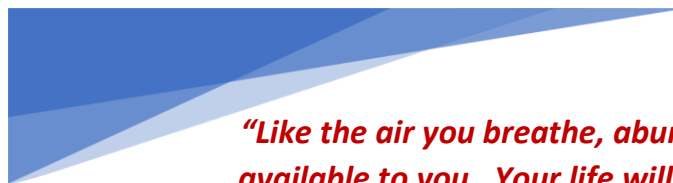
Please, make this course into a joyful experience wherever you can. The more you can enjoy doing some of these exercises included within this course, the more success you will have. Some of them will bring up deep emotions, however, so be prepared for that.

My focus, in this course, is on clearing blocks/memory attachments/programming, in order to reveal the "real" you that has been overshadowed; if you like, letting more divine inspiration in. My focus is not so much on creating, but more on revealing.

I have included a few ideas at the end of this course for supporting you in attracting the abundance to you, but I urge you to look at the work of others out in the world too who also have a proven track record of success in generating prosperity, health and abundance in other ways. A combination of all approaches, as in the story from Sadhguru, would work well together. I am merely focussing on one approach here that will help reveal your already abundant nature.

So, let's begin...

INTRODUCTION



“Like the air you breathe, abundance in all things is available to you. Your life will simply be as good as you allow it to be”, Abraham (Esther and Jerry Hicks)

Welcome to this course on clearing abundance blocks. Notice I didn’t say “your” abundance blocks here. This is important, because you see these blocks do NOT belong to you. They are from programs that have been learned or inherited along the way and therefore they are not necessarily created by you.

We can’t always be certain where these blocks originate. Much of the time, we can equate them to an early life experience at its root but sometimes it just defies all explanation. We don’t need to try to understand why we have these limitations, we just need to release them to the Divine so that we can uncover more of our true being, which is abundant.

The purpose of this course is to help you, guide you, teach you and empower you, through a variety of approaches, to remove the blocks and limitations from your true essence, allowing you to be more of who you really are. All these blocks and limitations that operate from you now are not who you are. They are programs. They are stuck feelings: emotion that has got attached to memories, and therefore they are not serving you but are merely blocking the energy flow and creating limitations that prevent you from being you in all your creative genius!

You see, you are this amazing, creative, empowered, joyful, incredible, intelligent being – an aspect of Divinity itself, inhabiting a human form and experiencing this life. Your true nature is abundant and unlimited. It is the human psyche that creates and holds limitations thus blocking the flow of abundant energy and infinity streams.

You’ve bought this course because you feel there is not enough abundance in your life for some reason so somewhere contained within it is the information you have been searching for and the tools to clear it. It will be no accident that you came across this

course or it appeared in your consciousness, so in some way this is going to benefit you to create the life you wish for – even if it is just a stepping stone. So, right from the very beginning of this course, show your gratitude and appreciation to the universe for guiding you here. Gratitude is the cornerstone of opening up to abundance.

This course brings together ancient philosophies, modern science, esoteric practices, and modern healing methods and combines it all so that you are given new approaches, tools, techniques and tips to help you bring more freedom into your life. There are exercises, meditations, videos and tools that are interspersed throughout the chapters. They are not necessarily linked to those particular chapters. They are there so that as soon as you start this course, you can begin to learn the tools and set in action the release of the blocks to your true nature of abundance.

If you are new to spiritual courses then some of what follows may stretch your perspective somewhat from one you have had before. Please don't immediately dismiss it if you don't agree with it. Keep an open mind wherever possible as you might find that later on your perspective changes. If you are spiritually aware, then none of what I write will be a surprise to you, so either way, I set the intention that you get whatever you need from this course, in whatever way is appropriate to you, at this time.

Before going any further, ask yourself, "what is my mindset right now?" How are you feeling about the abundance in your life? Are you clear in what areas you are running blocks?

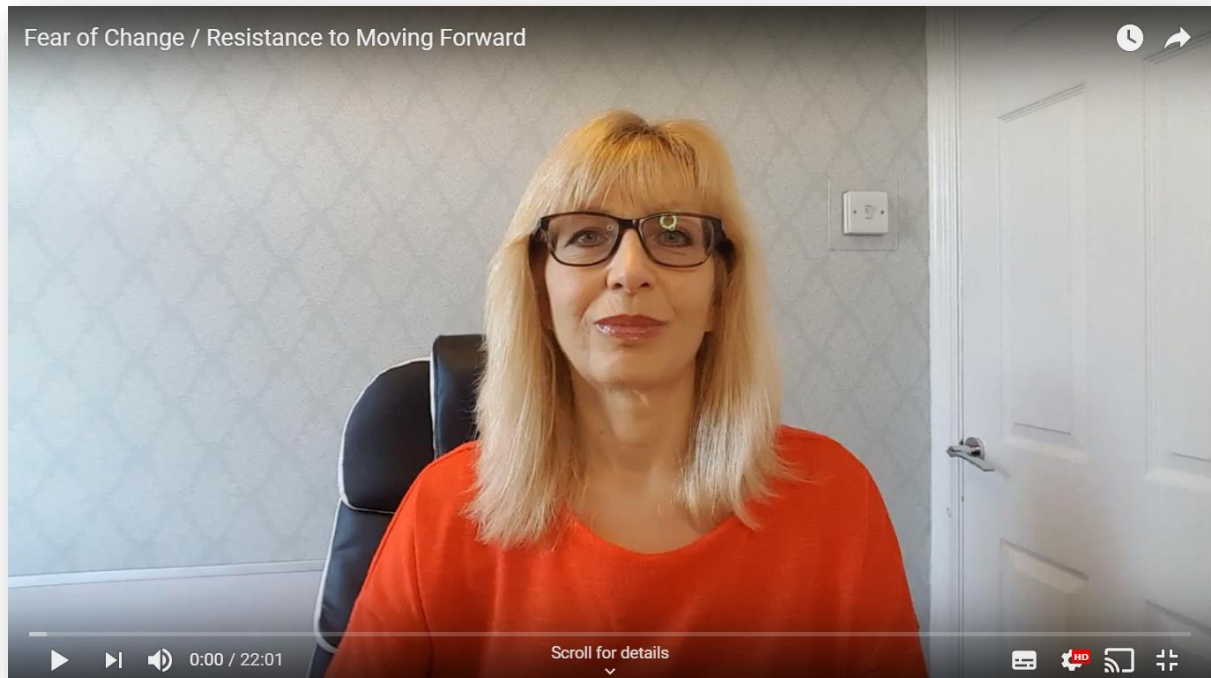
It would be helpful at this stage, to complete the following exercise. As you do this, you will be able to see in black and white how you feel at the start of this course about certain areas of your life and how you feel after clearing some of these blocks later on. This simple exercise can even bring to light even more limitations when you allow yourself to sit and focus on areas where the abundance is not flowing. Be honest. The course is pointless unless you are honest with yourself.

Exercise: Answer the questions below and score 1 to 10, with 10 being the highest.
E.g. I am motivated to do this course 10/10

<u>Questions</u>	<u>Score /10</u>
I am motivated to do this course	
I am excited to complete this course	
I am open to receiving abundance	
I am procrastinating about clearing my blocks	
I feel resistant to healing/releasing my blocks	
I have an open mind	
I have a very clear intention of what I wish to get from this course	
I am apprehensive about this course	
I am aware of the limitations I want to clear/release	
I am committed to trying everything in this course	
I am committed to clearing my abundance blocks	
I have put aside enough time to work through this course	
I am afraid of not getting the results I want	
I am afraid I might be useless at this course	
I am afraid I won't understand it	
I feel overwhelmed	
I don't deserve to be abundant	

Did that simple exercise bring up any surprises for you? It often does for people. See how those scores change as you start working through the blocks.

Please watch and listen to this first meditation on removing blocks and fear of change and resistance to moving forward. You may, if you wish save this to watch later, but it seemed a good place to put it at the start of the course. The background noise is the sound of a stream that I have used in all my videos.



https://www.youtube.com/watch?time_continue=138&v=HVPM8QNGSNQ

Fear of Change / Resistance Video

Affirmation:

Day by day I am filled with inspiration and let go of all resistance.

HOW DO WE DEFINE ABUNDANCE?



“Abundance is not something we acquire, it is something we tune into”, Wayne Dyer

We are surrounded by abundance every single day but how many of us really take time to notice it? We go about our daily routines and business, getting to work on time, going through the motions of work, lunch break, coming home, making dinner, sitting down in front of the TV or going to the gym and then at weekends, meeting up with friends, maybe going for a walk, shopping, seeing family, and so on. Before we know it, a month has gone by, then another month and perhaps if we have booked a holiday 6 months in advance, we count down the days until we can be on that beach basking in the sunshine.

This is the issue. We stop noticing the abundance and become cocooned in our routines, losing ourselves in the process and waiting for the next payday so we can go out and enjoy ourselves, pay the credit card or go shopping. We call that life. Is that what we really want from life? Wishing our day to day lives away until the weekend activities begin, until our holiday arrives or until we have enough money to buy the dress, the car, the flight, and so on?

How often do we also say, “I don’t have enough time for this”, or, “time is racing by so quickly”. We actually have an abundance of time too but we fall into the trap of believing we are limited, even in time, whilst we are living our lives here in this realm and we do it so unconsciously, not recognising we are reinforcing lack and limitation every step of the way. Time, like so many other things, is a resource and we can manipulate it to suit us. There are hypnotherapy techniques that can be used to appear to slow time down or speed time up for us. The famous hypnotist, Paul McKenna, has said that when he takes a flight, he self-hypnotises to speed up the flight in his mind and so the flight always appears shorter for him. Brilliant idea!

Abundance is all around us but we stop noticing it, usually until we are more relaxed. Give ourselves a couple of weeks on a tropical island, or hiking in the mountains, and

we get in touch with it again because it is in nature itself that we find an unlimited amount of abundance and we lose sight of it until we are relaxed and open to seeing it.

How many times have we been walking in nature and noticed how many trees there are? How many leaves are on the ground? How the stream of water is always flowing? How there are always new stems shooting through the ground towards the sky? How many birds are tweeting, or even how many blades of grass there are? How many times have we been lying on a beach and contemplated how many grains of sand there are or how vast the ocean is? How many times do we contemplate how far the sky reaches, or how the horizon is never ending, or even how many fish there are in the sea?

Nature is always abundant, always looking for new ways to grow, even when obstacles are put in its way, it adapts, it finds new ways of creating and growing and left to its own devices it dominates. Not only that but it inspires! Nature contains such wisdom in its simplicity and it doesn't try to be anything other than what it is and how it manifests. It just is. Nature brings joy, it heals, it pacifies, it brings adventure and challenges, it provides opportunities and jobs, it feeds, it grounds us, it houses us. Nature is truly amazing in its abundance.

The thing is, we are nature. WE ARE NATURE. We are not separate from anything. We are a different species and a species is only a labelled classification by a human mind. We may need feeding and watering and our consciousness may be more evolved, but fundamentally, we are another aspect of nature, abundant in all ways. We just limit ourselves. We have become like a potted plant, limited by the size of its pot when it reaches ever further outwards and upwards in search of light. It can only grow so far when it is being limited. As we remove the limitations from that pot, so the plant can grow even further and when we next dominate the bigger pot with limitation, so we change to an even bigger pot and so on. The more we remove the limitations to who we really are, the more we thrive in our surroundings.

When we refer to abundance, the answer I receive most often from my clients as to what abundance means to them is having plenty of money, prosperity, inspiration, blessings, support, opportunities, joy or success. That would be classified as wealth although that really refers to an abundance of anything. However, we can also classify abundance into the category of health. Having an abundance of health can lead to increased vitality, unlimited energy, physicality, emotional wellbeing, balanced mentality, positivity or endurance.

Now there are many who incarnate into this world and experience very life-challenging conditions and they are experiencing their lives in a different way, but they can still find ways to live abundantly. These people often have an abundance of love, support, humour, intelligence and so on.

Look at the late, great Stephen Hawking who endured a very challenging physical existence for most of his life yet he utilised the intelligence he possessed to great effect to inspire us all and push the boundaries of science and was blessed with a great sense of humour, a lot of support and he used his creativity to produce several inspiring books.

For those of us who have the ability to increase or change our health and wellbeing it can only enhance our involvement in this life enabling us to have more experiences and opportunities to enjoy it.

Of course, the most abundant form of all is love. Love is everything. Love... is. Love is also nature. Love is us. Love is the fundamental energy in the universe and beyond. We can never not be abundant in love because we are love incarnate, but again, it is the limitations and judgements we hold at subconscious levels that determine how much of that we recognise and accept.

Exercise: This is a very effective yet subtle meditation for which you will be required to listen to the video, below. It uses, what is referred to as, “sympathetic magick”, so it is esoteric yet highly effective. It involves using cards from the Major Arcana within the Tarot and its power is in invoking the energy held by the area represented by the tarot card to you. This can be used in Kabbalah to invoke certain states. If you are unfamiliar with the Tarot, then I have listed some below for you to experiment with, which will represent an area of your life in which you are not feeling abundant. Use your own cards if you are more familiar with them.

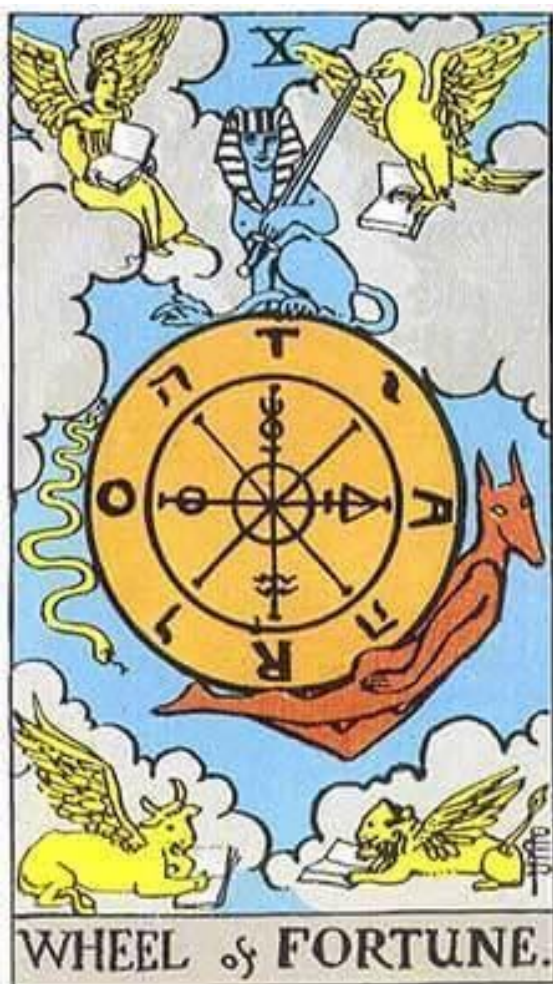
Here are some suggestions – pick one area and a tarot card to start with and listen to the video link, below the pictures.



Use the Magician to invoke all the tools and skills you need to bring you what you want in life. The Magician is in control of his/her path in life. The Magician has the ability to travel between two worlds. The Magician helps you to achieve goals. Health wise, the Magician represents the central nervous system, lungs and the senses. It is a card of self-love.



Use the Lovers card to invoke romantic love and emotional, spiritual and physical union. This card is for the close, meaningful relationships in your life. It is also influential in making choices, particularly with the heart.



Use the Wheel of Fortune to clear blocks to your fortune in life. It is much more about opportunities and about taking responsibility for your actions so it is about opening you up to that abundance and about moving forward with your life. It represents a turning point, like turning over a new leaf in your life. It can be about fortunate meetings, benevolent coincidences and occurrences. It is about starting a new cycle.



Use Temperance to bring balance in all areas of your life, including decisions. This is a particular good card to use for health issues. Temperance settles discord in all areas of life and is a great card also to use for increasing creativity or starting a new project as it generates inspirational ideas. If you are looking for more time to do things, this is the card to use.



Use the Sun card to invoke an abundance of happiness and vitality. This card is also great to use for improvement in financial affairs or more joy at work too. It is a perfect card to use for energy and confidence or improving your social scene. It's great for long term goal setting. You can also use it for more holidays in warmer climates or bringing in children's energy.



Use the World card to invoke a sense of travel, freedom, completion or accomplishment. It's great for completing projects and cycles in your life and it is a card that signifies success and fulfilment. If you want more public acclaim, this is the card to use. It is inspirational and can denote change for the better. If you have been waiting to bring something to a close, this is a good card to use.

There are of course other major arcana cards that you can use and the Star of Hope is another excellent one to bring in more inspiration, renewed faith and more nature. It's particularly good for environmental issues so if you are looking to change your whole environment or work with the environment in some way, then this would be a good card to use in the meditation. The Judgement card can also symbolise more awakening, so if you are looking to progress on your spiritual pathway more, judgement is a good card to meditate with and it is also a great card to use if you are looking for an abundance in health as it indicates that a healing has already taken place. Have a look through the other major arcana cards to see which inspire you. If you don't possess a tarot pack then google the tarot cards and their general meanings to find one that inspires you. I haven't stuck strictly to the Kabbalah in this. Go with what feels right for you as to what you wish to invoke. The meditation experience you have is personal between you and the Divine and the messages you may receive are poignant to you only.

As you use this tool to invoke the energy you wish in your life, look out for ways for it to manifest. This is just another tool for your toolbox and like using affirmations but in a different way. It's just invoking the energy in to your life that you wish to increase and expand. It will be fun to see how it manifests. Strictly speaking, you only need to do this once and see what changes occur over coming weeks and months, but if you feel more inclined to do it more often, then go with it. Have fun with it!



<https://www.youtube.com/watch?v=jumwSYj32qI>

Tarot Card Video

Affirmation:
I get paid for being me

WHO AM I?



“When you focus on being a blessing, God makes sure that you are always blessed in abundance”, Joel Osteen

The eternal question we all ask is, “who am I?” That, in itself, is the foundation for the unfoldment of the Spirit within us all, or rather we are within the Spirit. Either way, it is the eternal path of self-discovery through going within.

Our true selves are limitless, boundless, abundant beings experiencing a human existence, rather than humans having a spiritual experience. We are a vast expanse of energy without boundaries and an aspect of the Whole which we call Source/Divinity/God/Love, and so on. Call it what you want, the human has a need to label in order to understand but fundamentally we are “all that is”. We are everything and nothing and because of that, we are not separate from anything.

There are many different theories as to why we incarnate into this consciousness and I think the truth may be far more complex than we try to explain with our human minds. Everyone has an opinion on why we are here and perhaps they are all true in one way or another. However, my understanding is that life isn’t just about creating joy, nor are we here to learn, per se. We are here to experience and, as we experience, we learn some things along the way and hopefully realize and create that joy in the process as we move ever closer to higher aspects of Divinity.

So, surely it is more pleasurable for us to have an experience on this earth that is as enjoyable as we can make it? After all, why do we want to limit our experiences here? Why do we want to live in restrictive and unpleasurable environments and conditions with experiences that bring us nothing but misery and frustration? What’s the point in that?

There is no decree that says we must suffer to progress spiritually. That is old, misguided religious dogma that is long outdated and probably misinterpreted and mistranslated over many generations and centuries. Of course, it is through suffering that we often learn and some, therefore, suggest suffering is Grace, but surely it is

better if we can avoid it and adjust our perceptions in the first place? After all, the closer we are to our abundant natures, the closer we are to our true selves.

There will always be suffering, because the mind contains so many judgements which create it and there will also, of course, be things that the Soul wishes us to experience in this life too, for reasons that are beyond our comprehension. As humans we do our very best, and we do it well, to categorise everything into boxes through labelling and limitation. We have truly become experts at that and anything that we don't fully comprehend, we theorise which then often becomes gospel, without having any intelligent foundation, due to our innate need to control. If we can stick a label on it, somehow it makes it more acceptable in our current scientific world and therefore that means that we understand it. That couldn't be further from the truth but science, like all things, has to go through an incremental process of discovery, as we do in our own conscious awakening.

If you are a believer in reincarnation, then you will accept that there are many other experiences that we have had before, that may well affect this lifetime, through the Law of Cause and Effect (Karma). Why what happens to us happens, we can never fully comprehend whilst we live in this consciousness, although we do our best to once again label it.

The current trend is to call reactions and personal experiences as “ascension symptoms”, which is vague and somewhat pointless, but is again another example of man's need to label something they don't fully comprehend so we can feel more in control of it. In fact, the “symptoms” are merely shadow aspects or memory attachments that are coming into the conscious awareness and have always existed since time immemorial, but as more and more people “awaken” to their spiritual journey, so there is increased awareness and more people report these things. Time is said to be going faster as the vibration elevates and so what was hidden is now surfacing much quicker than perhaps 20 or 30 years ago, hence the term was constructed to explain this.

Even so, we have no control over external events that happen in our world or directly to us and so it is inevitable that there will be various struggles in life, but it is what we do with those experiences that matters. However, it's useful to take the perspective here that life doesn't happen to us, it happens from us and we can discuss this more in the next chapter.

Exercise: You may have a situation that has been giving you a bit of a headache for a while and doesn't seem to be budging. It could be an event, or something with a

person, perhaps a legal matter, you can't sell the house, or maybe it is your bank statement or a doctor's prognosis. Whatever it is, see it in your mind's eye. Now take a business card in your mind and imagine you are able to cut up this problem area in your life into little pieces with that business card. It might be your business card or it could even be a business card of someone else. Perhaps someone who is very successful or a powerful mystic, healer or guru and perhaps there is a healing symbol on the business card. Imagine you are doing this in your mind. You can stay with it and carry on chopping it into tiny pieces and then blow away the dust of what is left in your mind, until you feel a sense of peace. The suggestion is to do this once only and KNOW it is done successfully so that you have confidence in this exercise. Then let it go and let it God. Surrender it to the universe to show you how effective it has been. As simple as this exercise is, it is also very powerful. Thanks to Dr Hew Len for this.



https://www.youtube.com/watch?time_continue=1&v=KwG8Z2LCg6k

Swish Technique Video

This technique is great for replacing an unwanted situation/memory with a desired situation.

Affirmation:

As every day goes by, I attract more and more abundance effortlessly

LIFE DOESN'T HAPPEN TO US, IT HAPPENS FROM US



“The life of your dreams, everything you would love to be, do or have, has always been closer to you than you knew, because the power to everything you want is inside of you”, Rhonda Byrne

It's quite hard to accept at times but life is in fact always serving us for our highest good. Difficult to imagine when we see friends, family and others in life suffering or we are going through huge obstacles or challenges ourselves, but in fact life is always acting in our favour for our highest good and always responding to the vibrations we send out from our energy fields. The greatest love of all, from a spiritual perspective, is to reflect our energy back to us to remind us what we need to integrate to get rid of the perceived notion that we are separate and to help to release these judgements to the Divine.

Many of us have heard of the Law of Attraction and in a nutshell, it means that what you send out into the universe will come back to you in whatever form is appropriate, similar to the Law of Cause and Effect – except that with the latter law, it says for every cause there is an effect and vice versa. So, if you are running programs that you are alone in the world, then you will attract that back to you without even realising it by whatever form it appears – this could be in the form of attracting people around who are unsupportive, or situations that will create loneliness, and so on. Therefore, the more programs or blocks you hold to your abundant nature, the less likely you are to attract that abundance to you, through the Law of Attraction.

The frequency in energy that you are emitting is constantly being received by the universe and is continually being reflected back into your own, individual world, without you even realising it and that frequency is affected by programs/blocks/memory attachments that you hold within your inner world/subconscious/energy fields. When we realise this, it is also much easier to see what areas of your life you are holding the abundance blocks in and that can often provide a useful insight to pinpoint a particular block.

Now we can recognise that our experience of life is actually coming from us, rather than happening to us, which takes us out of victim perspective and into one of

ownership. As we shift the programs that are creating the blocks, so we start to emit a different frequency that the universe receives and then reflects back to us through different people, circumstances and experiences. Therefore, life is always responding to our energy and that means that we must take responsibility for our lives and how we respond to the experiences we encounter.

Imagine your life right now has only you in it. You are the only one in this existence and everyone that is interacting with you, every conversation you have, everything you see on TV, everything you do or say, is a reflection of what is happening in your inner world. Every person you meet, or is in your life in some way, is a holographic image within yours, yet completely real to the touch. The same thing for them too and yet we are all interacting within each other's existences every moment of every day. If you have ever seen the film, *The Matrix*, then you will have a pretty good idea of what I am talking about here.

As crazy as that might sound to some, we have to remember that Divinity is pure intelligence, way beyond our earthly comprehension. Its capabilities could really blow our earthly minds and is way more than we could ever seek to understand in this existence. If we were indeed able to cultivate the use of our entire brain at this stage of our evolution, it would do more damage to us than good as we would become overwhelmed with data too confusing to maintain any kind of normal existence and it is perhaps why some people become so overwhelmed with sensory overload that they end up in mental institutions.

Some years ago, I had a colleague who unlocked some of those dimensions for a brief time and she saw with her naked eyes many other dimensions all at once and it was so overwhelming that she ended up in mental care for a brief period until gradually that part of her closed down again. Thankfully, she has a very strong mind and was able to cope with it well under the circumstances but a less strong mind may have been too overwhelmed to come back to "normal" existence afterwards.

The following is an exercise taught by Dr Hew Len. It involves the number 10 as it is the number of completion. This exercise is also a clearing exercise and will close other dimensions off to you, when you have accidentally opened them or been exposed to them. Use it particularly if you are feeling out of sorts. We are not always aware when we have opened ourselves up to some influences. We can be feeling tired and wander around a supermarket and thus leave our energy systems vulnerable to invasion. Use this every day to keep you centred and balanced and clear of any dense energy.

The following is a video to close down other dimensions and bring you calmness and relaxation. Use this daily.



<https://www.youtube.com/watch?v=jSxINzwft80>

Video showing breathing exercise to shut down other dimensions

Affirmation:

Moment by moment I align with the vibration of abundance

RESPONSIBILITY



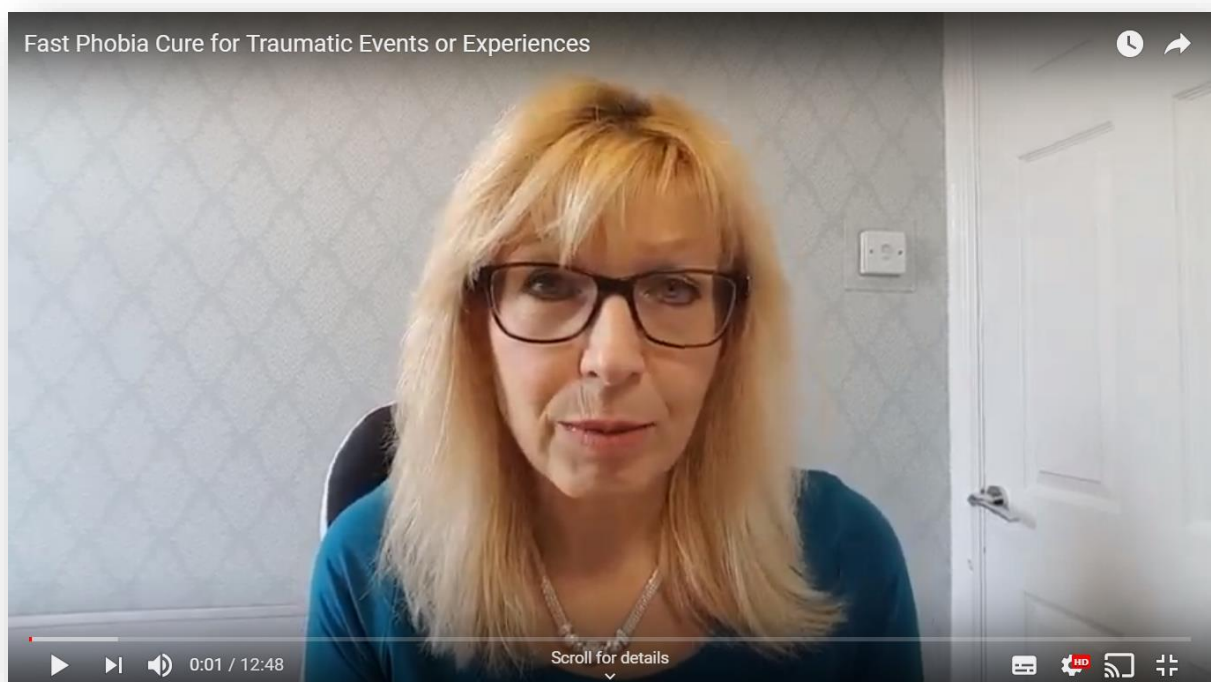
“You can begin to shape your own destiny by the attitude that you keep”, Michael Beckwith

When we see so many horrible, negative things going on in the world, there is a human tendency to want to judge and blame something external to ourselves; that way we wouldn't have to accept responsibility. Much easier then to project that responsibility on to someone or something else as being the cause of the pain and suffering we, or others, experience. We want to blame society, politics, countries, youth, events, or others because then we don't need to accept that blame ourselves and yet what is happening in our world is directly related to us in some way. Again, it doesn't mean we created it, just that we are 100% responsible for how we respond to it and as we change our response to it, so what reflects in our external world also changes.

I have heard people say, “how can I be responsible for children getting sick, or for abhorrent terrorist attacks I see on TV?” The simple truth is you are not directly responsible for creating these events that come into your consciousness in the world, but how you respond to these events or your personal experiences is entirely 100% your responsibility and will reflect your inner world. For example, if your inner world is rife with inner torment, then it will be reflected in your external world and all you will see and attract are situations that will bring you that torment. So, you could find yourself drawn more to videos and news reports that reflect what is going on inside you.

Anything that comes into your consciousness that is triggering you in some way is showing a judgement that you hold within and this is no more evident than when you keep seeing or experiencing the same patterns over and over again. The external world is merely reflecting back those same vibrations you are emitting from your energy field. This is the Law of Correspondence. In other words, the universe, in serving you, is bringing an opportunity to bring into your conscious awareness any judgements that you are holding within so that you may integrate or release them, thus providing an opportunity to become more “whole”.

When you accept that everything coming into your consciousness and how you respond to it is your responsibility, then your perception about everything changes. By that I mean that anything that we are running subconsciously that is not accepted by us (i.e. we feel separate from) will be projected out into our external environment by way of conversations, tv and films, events, experiences, and so on. If something keeps coming into our environment then it is a constant reminder of a judgement that we have made about something or someone, and thus we are not recognising that we are “all that is” so we create the illusion of separation. So, we therefore keep projecting this judgement into the external world and the Law of Correspondence and the Law of Attraction is reflecting it back into our life experience. The judgement process is called duality. More on that later.



https://www.youtube.com/watch?time_continue=1&v=UvBTvXuxMSM

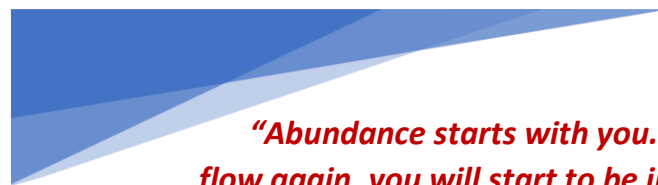
Fast Phobia Cure

It is an extremely useful technique to clear away phobias or other uncomfortable or fearful situations.

Affirmation:

I am more and more grateful every day for all the abundance in my life.

DUALITY



“Abundance starts with you. By letting your river flow again, you will start to be in the flow of life and attract abundance to flow with you”, Itzhak Beery

Duality has its foundation in judgement. When we recognise we are “all that is”, we have no cause to judge another, because there is no “other”. Again, imagine we are the only ones in our world and everyone is a holographic image, interacting with us, as we do with them in their worlds. So, if there is no “other” then we cannot be separate from anything or anyone.

Now, when we make a judgement about someone, because of an experience or feeling, we are under the illusion that we are separate, and therefore not “whole”. In its most simplistic terms, it means we are operating from a part of the whole thought process – one end of it, if you like, and that thought process is incomplete because it doesn’t recognise its counterpart or all the information in between that joins it together.

For example, Mr A believes himself to be a good man. He goes out of his way to help everybody, he lives a good, wholesome life. He does a lot of work for charity, he does all he can to be a “good” person, but he is very judgemental. He sees people in his external world acting in, what he calls, an evil way. He sees it on the TV, he reads it in the newspaper, he hears it from his neighbours, he tells people how bad the world has become and sees evil everywhere.

What is happening is that he is motivated to be a *good* person because there is an underlying **need** to believe he is a good person. At a subconscious level, he is running a judgement that he is an evil person, or the world is an evil place, but he doesn’t recognise that consciously and so that thought becomes projected out into the external world and reflects back to him, and so all he sees is evil. But, of course, there is no actual good or evil. Who determines that? Good or evil are merely human judgements of situations or behaviours. They are just two polar opposites of a thought process and once they unite, with all the information in between them (e.g. grey area in between), then that judgement falls away and he will no longer see good and evil. There will no longer be this drive within him to always be such a *good* man – an over

compensation for an unconscious judgement about himself, because of a program, that might not even be his in the first place!

Of course, we can all see in this world that there are behaviours that are considered “good” and “bad” and what is a social norm for our society. For example, we know that terrorists killing and torturing people is not a loving act. It is sickening and distorted but it is important to recognise that these are behaviours, not people. There are no ‘bad’ people, only bad behaviours, despite how it appears and people that operate from such unloving behaviours are running distorted thought processes out of fear at deeper levels. It is human nature to judge and until we get to a stage when we are above these thought processes, then it is inevitable that judgement comes into our daily lives, but the more conscious we become of them, and the more we use the tools in this course to integrate or release them, the less judgemental we become and the better the experiences in life we attract.

We have to get beyond our duality processes and judgements, and beyond belief systems and realize our true natures, which are filled with Divine inspiration, that is the goal. The separation from the Divine/Source comes from a belief of being imperfect at deeper levels and is where judgement is formed.

I like to use an even simpler form to explain to clients that helps without getting into the mechanics of consciousness. If we are holding a judgement, imagine it as a mini speech bubble in the aura of the person, so it is separate from the individual. As we accept/integrate/release that judgement into our consciousness, the speech bubble gets pulled in and the person becomes whole again, so it’s like a bit of consciousness that has broken away, believing it to be separate. In reality, nothing is separate from the Divine/Source. It is the illusion of separation that is created and our aim in life is to dispel this illusion and realise fully that we are Divinity itself.

So, as you see, it is the belief that we are separate from the whole that creates the limitations that block the abundance flow. If we fully accepted, we are “all that is” or “whole”, we would not be separate from anything and there would be no cause to judge. Our whole perspective of life would be completely different and so our external world would reflect this.

As we start to integrate/release/accept those judgements/illusions that cause the blocks, so we increasingly realise we are Divinity itself expressing in human form and the blocks fall away from the streams of energy that flow through us and all around us. The less judgements we have and project in the world, the less challenging external stimuli will be reflecting back to us through the Law of Correspondence, Law of

Attraction and the Law of Cause and Effect. The more we recognise we are abundant beings in an abundant world, the more we will have abundance reflected and attracted back to us, effortlessly. The more we let go of these judgements and stuck emotions we hold, the easier and the more joyful life becomes and the more joyful life becomes the more we get involved with it and live it to the full and the more we live from the perspective of the Divine.

Exercise – Muscle Testing

If you have ever self-muscle tested before then you will know what I am talking about here, but briefly, it is a way of communicating with the subconscious mind providing you don't try to control the process. It's used in Kinesiology and now many therapeutic practitioners around the world use it in various ways to give an indication of what beliefs or programs are running in the subconscious mind. It's very effective once you get into the swing of it but it isn't scientific, therefore we have to ensure that our conscious mind doesn't interfere with the process, so use it as a guideline but never as factual. If we learn to listen to the intuition and the body more then we can reinforce the results of the testing anyway, so we will know what feels right to us after a while.

Please watch the video below and practice to find your best way of muscle testing. This will be useful later on when we are testing beliefs and programs that may be running in your subconscious mind and you can use it with food and drink also to see if it is right for your body or not, so it is always a useful skill to have.

Just one note to mention, never ask questions. Always use statements. The subconscious mind is like a recorder, playing back what we put in to it so we want to know if something is running or not, or if something is strengthening us or not.

What you are looking for is a yes or no response. That is the most accurate way to use muscle testing. Or, if you are using this with food/drink, then you would be looking for a response of "this strengthens my body" or not. Conversely, "this weakens my body" or not. I explain more in the video link, below.



<https://www.youtube.com/watch?v=5KXzOJKiYF4>

Muscle Testing

Affirmation:
Moment by moment, I am filled with Divine inspiration.

THE IMPORTANCE OF OUR ENVIRONMENT



Unfortunately, it has historically become human nature to stay in victimhood. Our parents and their parents before them have been conditioned to see life as unfair, that life happens to us, and many of us, and our ancestors, have been brought up in a culture of blame and judgement. That's not to say that has been the way for all families, but for the vast majority of us, this is how we have viewed the world.

We have given our power away to institutions and professions, external to us, believing that we have no power over our life without them. As a result, that has led us, in many instances, to disempower ourselves causing us to become lazy with our energy, thus believing we have no ability to make changes in our external environment or physical body. A perfect example of this is to visit a doctor when we have a condition, because we believe they have the knowledge and power to heal us or a pill to give us to ease the symptoms. Now, I am not discounting the medical profession here entirely because I think modern medicine and science can do amazing things, particularly in terms of surgery. I am merely stating that by removing our limitations, for many people out there, we can change a significant portion of our health because we would then gravitate more towards the right kinds of food for our bodies, regular exercise, fresh air, stress-free living, increased responsibility, and so on, instead of looking to be fixed by someone or something external to us.

Our bodies have this most incredible capacity to heal and nobody can actually heal us but ourselves and the Divine. It is only that we give our permission to others to assist or support us with the healing that enables it to take place or that we have reached a level of consciousness where we attract that healing in to us, through the Law of Attraction, and thus explains why some people can heal miraculously from some conventional medical methods whilst others can't.

You can take two people that have identical medical conditions and give them identical conventional treatments and one may heal completely and the other may not, and

that is reflective of the level of consciousness they are at, to allow themselves to fully heal or not.

At a cellular level, the emerging science of Epigenetics, shows us that it is the environment that affects the cell rather than the cell itself as to its health. Therefore, when we want to change the health of the cell, we have to change its environment. That can be through nutrition, exercise, meditation or beliefs/programs held within.

So, what we inherit through our genes doesn't mean that we are stuck with those conditions or programs. It means that if we can change our internal environment, the condition will also change – unless of course the Soul wishes to experience a particular condition. We have no way of knowing if this will be the case or not, so we have to do all that we can to change the environment of the cell by whatever means is appropriate.

The whole study of Epigenetics is still under dispute by conventional medicine but there are increasing studies supporting this theory, proposed by Dr Bruce Lipton. That means that Great Aunt Agatha's dodgy knee that Dad might have also inherited through the DNA does not automatically mean that you will have to be stuck with it. Additionally, we are also seeing the latest generations of children now getting sicker than perhaps our Grandparents were, and it is believed that the toxins present in the world over the last 40 or so years have contributed to that through our family DNA. These are all environmental concerns and remember our external environment represents our internal world and vice versa.

We now all live in a world that uses pesticides, a bombardment of a variety of immunisations from birth, constant pollution in the air from all kinds of sources, hormones in the food chain, and an overly materialistic, highly stressed, immediate gratification society in this crazy, fast food, social media addiction life. Therefore, our immune systems are struggling to cope, our health has generally been in decline, whether we are aware of it or not, and this information gets passed through our DNA to the next generation and is why so many children now are coming in to this life with serious health conditions before they have even reached the age of 20.

If we look at Dr Masaru Emoto's amazing studies into the molecular structure of water, we can see how different stimuli affected the structure of the molecules. In its natural state, pure water has a beautiful shape but if you change the stimuli in the environment of the water, you can see how it becomes distorted. This is a perfect example of what happens within our cellular structure as a response to various stimuli in our environment, and the stimuli can be toxins in the form of pesticides, for example

or it can be from buried memory attachments or programs. Change the environment and you will affect the health of the cellular structure.



Above is a picture of a water molecule, from Dr Masaru Emoto, showing how the environmental influences affect the structure of the cell. There are many such pictures from his experiments and I urge you to research his work, if you have not already done so. It's staggering how much we can affect the environment of something as simple as water, so imagine, with our bodies being made up mostly of water (electrolytes) how much we can influence our cellular structure within just one hour?

We absorb energy and programs from our environment at all times. Our cells are constantly being influenced by the stimuli, whether it is people, temperature, energy, programs, touch, emotions, the air we breathe, the clothes we wear, the food we eat, and so on. So, living in the best environment for us, as well as creating the best environment for our internal body chemistry, is paramount to the health and wellbeing of our lives.

Where we spend time in our external environment also affects our internal environment. For example, I am aware of people who have visited Auschwitz and felt the dark despair echoed within the air and the land in and around it, where it holds the energy of all those who endured pain and suffering there. I am not aware of anyone who has visited that place and not felt or picked up on that sadness, pain and suffering. That stimuli would directly affect us and has moved many to tears, without having any direct connection with relatives or friends who would have endured, or taken part, in such atrocities.

Equally, if you visited Chernobyl, where the one of the worst nuclear disasters in history took place in the 80s, your cells would be radioactive and you would probably

contract a life-threatening cancer as a result, as many have done living in nearby towns and villages from the fallout. Many children have been subsequently born with deformities following their parents' exposure to the radioactive contamination even years later! Only recently, has nature started to show signs of growth once again, but it has taken many, many years before this has happened and is still a highly contaminated area.

The people you surround yourself with can also affect your cells. You know the old adage, "you are the company that you keep"? So, here is an exercise for you:

EXERCISE: On a piece of paper, write down the 5 people closest to you in your immediate environment. They may be family members or close friends or partners. Now on one side of the paper, label a column with attributes you like. On the other side, label a column with attributes you don't like and do this for every person. When you write it all down, notice if there are any patterns emerging in either column and that will tell you what is being reflected back to you. As you clear those judgements about these people/yourself, you may find these people fall away from your environment – sometimes unexpectedly. Let it happen, if that is the case, for it means that you are no longer attracting each other on that same vibrational memory attachment. Wish them well. If they are meant to stay in your life they will, of course, come back to you at a later stage. This doesn't always happen. Some people may stay with you regardless, but it is quite common, so don't be surprised if the more judgements you clear, the more your friendships change.

Ideally, we want to get above all beliefs – positive and negative, because they signify a duality, and we want to be in touch with Divine inspiration itself, so it's not about focussing on the positive either, as many suggest. That's not to say there isn't a place for being positive and using the mind in a way that serves us, just that the more inspiration we can let in, above all that programming, the more we are at our natural, abundant state. There is no *need* to be positive if you are recognise you are already an abundant being. As we get above all beliefs so we become close to our truer nature, which is abundant. Operating from one duality always shows an imbalance and a judgement. Remember Mr A that really tried so hard to be a good person all the time? That is why when people say, "stay positive" or "be positive" it is actually come from a place of limitation. It is coming from a place of duality – one part of the thought process again, and thus imposing a restriction and a judgement. We want to get "above" the yes/no, positive/negative, right/wrong belief structure to just "being" our true nature and allowing Divinity to flow freely through us, ideally.

Also look at where you spend most of your time. If it is in an office, who are you surrounded with? How healthy is the environment? How much fresh air is there? Are there any plants? What is the atmosphere like? How pressured is it? Are you working outdoors?

You spend a large portion of your life working and if you are stuck in an unhealthy, physical environment, it is going to be having an effect on your body chemistry at some level, not to mention picking up programs subconsciously from people that work with you in that environment.

An example of this is that I've heard of several people in recent years who have worked in specialist areas within medical care who have contracted the very diseases and conditions they were working with. Often, we are subconsciously drawn to people and places that reflect something about ourselves that we have not yet accepted. It doesn't mean that everyone who works in such an environment or every hospital worker will come down with some cancerous or incurable disease, however. It is entirely dependent on the individual and the energetic programming they are holding and, of course, there are many other influences to this. But it is, nevertheless, an important consideration. This is why it is important to become more consciously aware of our environments and the effect they can have on our energy bodies. Again, it is not that we are creating these conditions but we are 100% responsible to how we respond and that affects the quality of our lives.

The same principle applies with our home environment. Is it a toxin free environment? Is there an abundance of fresh air flowing through it? Is it clean? Is it dirty? Is it untidy? In which rooms is it untidy? It may be showing you limitations within areas of your life, represented by those rooms, that you haven't yet become consciously aware of. Is it a comfortable environment? Is it noisy? Noise is very revealing. If you get irritated by noise easily at home from a neighbour or family member, it may be showing you that you are running programs where you feel you are lacking peace and so it is reflecting in the external environment, once again.

Our environment is having an effect on us subliminally every day. Where we are, who we speak to, what we wear, how we feel, what we eat and drink, what we see, and so on, is affecting every single one of our cells. It's why some people will gravitate to fast or unhealthy food and perhaps an over consumption of alcohol or drugs to escape life or as a temporary high, whereas others who are more accepting of themselves tend to gravitate towards more healthy choices.

Ever been on a diet where they say, replace a chocolate treat with 2 apples every day? Oh, the difficulty in trying to do that when all you can think about is chocolate, chocolate, chocolate, as if a nasty cruel adult has taken away your favourite teddy and an apple just won't cut it, no matter how big and healthy it is. It will be ultimately unsatisfying. That is because at a deeper level you are not yet at that place where you are loving yourself enough to accept the apple without resenting it. Your innermost being knows that an apple is good for the liver and chocolate allegedly isn't, despite how tasty it is, so when we are awash with that self-acceptance, making that choice is easy. When we are not, we generate resentment and desire and powerful urges to consume that chocolate and this is why diets tend to fail because the moment someone comes off a diet, they gravitate towards those old choices again.

In fact, I have known many times over previous years where I have consciously chosen a healthy fruit alternative to something sweet, sickly and downright satisfying (let's be honest here) to find that what I am denying dominates my thoughts in an overpowering way so that becomes all I can think about and any amount of fruit or vegetable substitute just won't cut the mustard. I end up then eating both and then comes the influx of self-punishment and guilt afterwards. "Why did I do that?" "How could I have been so weak?" Thankfully, these days, a perfectly sweet mango or a bowl of raspberries satisfies me no end and I rarely touch chocolate. Not that I am advocating cutting it out as many swear by the health benefits and I think if you enjoy it have it, just that I am showing that when you shift those underlying blocks/beliefs/programs/memory attachments, that you make a choice that your body loves. *[I use chocolate merely as an example as apparently the liver does not like chocolate, besides it having other health benefits, and there are supposed to be many benefits if you have raw cacao. This is not a judgement on chocolate, just an example of the need to clear the addictive energy, for all you chocolate lovers out there.]*

TIP: A quick daily tip for you here is to bless all the food and drink that goes into your body – do this for your pets too. Tell the food and drink how much you love it. I love you, I love you, I love you. Remember, Dr Emoto's experiments showed how much it influences the cellular structure and if you can do this for everything you eat and drink, then you are putting pure love into your body. Also, do this for the clothes you wear too. The more you surround your cellular structure with love, the better.

This is why it is important to remove the limitations at a subconscious level and then we naturally will reflect that self-acceptance in the food we eat, the company we keep, the environment we live in, so it doesn't become forced, as forced is never sustainable and is why so many people put on all that weight again after coming off a diet, because they revert right back to all that subconscious programming.

You have to change the environment to make it sustainable and that involves the subconscious programs/memory attachments, as well as the food going into the body. To do it without shifting the programming becomes a struggle. However, that is not to say that it doesn't work because it does. Food heals on vibrational frequency also, so if you can sustain the diet then you could find many previous emotional memories become released at the same time. If we resent the change in food, then we are setting ourselves up for sabotage straight away so we have to look at why we are carrying that resentment and get to that root to ensure we are successful in the change we want to make.

The more dense the beliefs and feelings we are holding, the more it effects the acidity of the cellular environment within our bodies. We start vibrating on lower frequencies where disease is attracted, rather than maintaining our bodies in higher frequencies where love and abundance is present.

The diagram below gives a perfect example of where certain beliefs and feelings lay in comparison to others:



As we can see from the picture, the lower the frequency, the denser the energy. As we look at belief systems of shame, guilt, feeling powerless, and so on, we can see how low these pull our energy down, away from the frequency of love. We, therefore, need to aim to raise our frequency by removing those programs and emotions that are anchoring us at lower levels and, a bit like lifting off in a big balloon, dropping those sandbags that are weighing the basket down to allow us to “rise” to higher levels.

The more time we can spend outdoors in nature, the more we are surrounding ourselves with abundance and the more that has a direct influence on each of our cells. Of course, there are many biological reasons for spending time in nature too, balancing the electrons, grounding, relaxation, increased oxygen to the body, exposure to the sun to increase our Vitamin D3 intake, and so on. Have you ever noticed how physically healthy many people are that work or spend a lot of time outdoors? Nature is very healing but it is also abundant in energy and vitality. Everything is always growing. It’s alive. It’s full of life force and so I have always found the healthiest people are the ones breathing in abundant fresh air and surrounding themselves with that life force.

Sometimes, we can lose the connection with the earth’s rhythms and it can make us feel a little anxious or out of sorts, particularly when we are grieving or upset. Here is an exercise to restore that rhythm and bring in that sense of being grounded. If you can do this outside, sitting or standing on the ground, that would be even better because then you can also balance the electrons in your body. The following is a video to help you ground with the earth’s energy and fall into its rhythms, below:



https://www.youtube.com/watch?time_continue=2&v=5HIBBHmo3nU

Grounding Meditation Technique

Affirmation:

Day after day, I find it easier to manifest wealth/health.

HOW DO WE CREATE ABUNDANCE BLOCKS?



“Remember this when in your darkest hour, the universe is designed for you. The world teems with beauty and wonder for you. The sun shines, the rain falls... all for you”, Elle Sommer

Mind

There is no separate conscious or subconscious mind – there is only mind. The conscious part of the mind exists of everything that is in our awareness, so if you like it refers to our present self and is considered the “adult” mind.

Conversely, our subconscious/unconscious part of the mind is all the stuff that is hidden from our awareness: a reservoir of thoughts, feelings, desires, patterns, behaviours, blocks, limitations, and so on and is often considered the “child” mind, because many of these programs in the subconscious originate from early childhood and are still serving as the engine room to many of the behaviours and decisions we make in the present. We “bury” many feelings and unpleasant memories within that subconscious part of the mind – or the shadow, and thus when we bring it into our conscious awareness, it is often felt as an unpleasant experience as we integrate it into our being or release it to the Divine. Releasing, loving, integrating or accepting it, is the same process. It takes us out of separation and into one of wholeness.

Here’s an example of the relationship between the conscious and subconscious parts of the mind in action. When you are first in a romantic relationship with someone, it’s exciting, fun, joyful, loving and for a while everything is brilliant and then as the weeks and months go by, you start to fall out of love with each other and start arguing and realising you don’t have much in common anymore. Why is that? Well, Dr Bruce Lipton called it “the honeymoon effect”, and it is thought that when you first meet someone, you are acting predominantly from the conscious part of the mind (the adult) and therefore you are very present in the moment, so the conscious part of the mind is in control, estimated by about 90%, with the subconscious operating at about 10%.

After a while, those old subconscious patterns and behaviours begin to take over and then you find your programs start to clash with your partner's programs and before you know it, suddenly you have nothing in common and the relationship is over. That is because the subconscious part of the mind is running the show again as we slip into old patterns and behaviours with the subconscious taking back about 95% of control, leaving only an estimated 5% of the conscious part of the mind to influence.

That shows us that most of the time we are allowing our lives to be engineered by our subconscious part of the mind and thus quite often our "inner child" is taking control of our adult life. We can often find evidence of this within people we work with or even watching some politicians on TV in their behaviours, particularly in the House of Commons in the UK! It can often decline into Kindergarten behaviour as each party member gets triggered by another, and so on.

Early Life Experiences

So, why is this the case? Well, a large part of our inner world is created from our experiences when we came into this life, up to about the age of 6 or 7 years old. My understanding is that the consciousness either attaches to the foetus in the womb or at birth and in our early development we are absorbing everything in our environment. That means we are witnessing every conversation, every reaction, absorbing every stimulus in some way or another.

When we are first born, we are largely in delta brainwave state, and this is the sleep stage and is why babies tend to sleep so much. From the age of around 2 until about 6 or 7 years old, we operate from a largely theta brainwave state, which is akin to the state of just before you fall asleep or just when you wake up in the morning and gives us direct access to the subconscious part of the mind. Because we are at a much more active stage physically, mentally and emotionally then, through learning to communicate, mobilisation, touching, reacting, listening, trying everything, and so on, we are forming programs/memory attachments based on our experiences at that time. We don't have the capacity to analyse with our conscious part of the mind until we reach around 7 or 8 years old when we then start moving more into alpha and beta brainwave states; alpha being a relaxed but conscious state and beta being high alert.

So, many of the blocks that we have to our abundance today, have actually been created by us in childhood without realising it. Perhaps we were refused some food, or didn't get the nourishment we needed, maybe we didn't receive the attention or support from those we relied on and so formed judgements about ourselves from those experiences at an early age, and many of those are still playing out today.

Most of the time, the subconscious part of the mind will just keep running those same old programs and memory attachments on a loop, rather like the same process on a PC, until such time as it has been upgraded or defragmented, and often there are further programs that have been formed from existing programs – e.g. It benefits me to keep hold of this program because, a) it is protecting me, and/or b) I am learning something important from it. Until we find out what we are learning from it, we can't always release it. More on that in my [video of Changing Beliefs](#), later in this course.

However, the subconscious part of the mind can learn from other experiences and apply that learning in a general way which is why sometimes when we learn something in one area of life, the mind can generalize that learning and apply it to other areas of our lives, thus effecting a wider integration or release of programs that are now redundant.

We can see why it is important now to clear those limitations that we hold within our subconscious part of the mind so that we increasingly allow the conscious, adult part of us to run the show with a balance of reason and intuition at higher vibrational frequencies, and make wise decisions, rather than allowing our responses to life's stimuli to be on automatic pilot based on programs/memory attachments set up at the age of 2 or 3!

So, abundance blocks can be created by experiences in our lives and often without understanding why. Why is it that a child growing up in a family gets bullied, abused, shouted at – can't do right for doing wrong? Because the parent or parents or other siblings are running their own limitations and coming from their own programs and whatever way the child is behaving is triggering their own stuff too. You see, people themselves are not at fault. Programs are. People themselves are inherently pure, spiritual beings, but the programs are what makes them behave in the way they do. There is love at the heart of every murderer, abuser, insane tortured individual in the world. Hard to imagine I know, but somewhere along the way, they have inherited or learned programs that have twisted that love to become something very ugly indeed.

Ancestral

After that, of course, comes inherited programs. We inherit a whole host of biological DNA from both parents that is filled with coding, messages, programs, feelings, blocks, and so on from our ancestors and they can go all the way back to the year dot. Why else would we have the innate instincts for survival that we do that literally goes back to cave times, seeing perceived danger in places where it isn't dangerous at all in our modern-day world? Where has that come from? It's a human instinct but it wasn't

just placed in us. It was learned over thousands of years and the biology adapted to it and even now, it is the main driver for creating fears and phobias that ruin our life experience as our body goes from DEFCON 5 (relaxed) to DEFCON 1 (high alert) in seconds! It's a survival mechanism. Sometimes useful in some circumstances in today's world, but otherwise an outmoded and historic fear- based existence that is no longer relevant in most circumstances these days. How else do we explain why we have some behaviours or fears that defy an experience in early life? If you trace back the family history, you usually find that either the mother or father also has a similar fear and it may go back further and further along the family tree with the information being passed on through the DNA each time and as it gets passed on, so each generation – because they are already running that program, reinforce it again and again.

Reincarnation

If you are a believer in other lifetimes, then you can also expect to take into account other lifetime experiences that also come into the mix. Now, I am not limiting myself here to past lifetimes because outside of this realm, the nature of time is not linear. It has to be linear in this lifetime for us to experience it in a kind of natural order as our consciousness is not yet developed enough to live outside of this within the limitations of the biological, earthly body.

Perhaps we have had other lifetimes: parallel, past, future, other dimensional, between lives, where we have left that lifetime or dimension with something – a judgement, that is unresolved within us. As a result, a situation can manifest karmically (cause and effect) and thus bring an opportunity for balance and love in this lifetime. Programs can be “downloaded” into our energy fields for us to work through by the Soul, as well as events manifesting, in order that we may experience certain things and bring a resolution, learning or balance as a result of that previous judgement or experience. We also hold programs at Soul and Spirit level that are long outdated. The Spirit being the parent has given “birth” to the Soul at some stage and with its learning at that moment of creation. Spirit is always expanding and learning through our experiences so old programs need shifting from higher levels too. This is so evident when we work with tools such as the Spiritual Response Therapy (SRT), of which I use frequently to bring about higher-level clearings for clients. It's a very powerful tool to clear from areas that we can't always reach in more conventional ways. *[I offer these clearings as part of the programs on my website.]*

Media

Then we have the media. This has an enormous influence on us, without us realising. We are conditioned from the moment we are born (if not beforehand), to what family members say, teachers, peers, what is on the TV, radio, newspapers, magazines and, in recent years, the explosion of social media platforms allowing for people to voice and vent their opinions, anger and judgements, whenever and wherever they choose.

There is an upside to having so many communication platforms and mediums out in the world but conversely there is a massive downside, with people constantly making comparisons, being on the end of people's judgement, bullying and reinforcing already low self-worth beliefs within many. I've experienced it myself from an innocent remark I made once in support of someone on Twitter which, in the space of an hour, had my comments circulated and bullied online and suddenly it was like a game of "Chinese Whispers", with the original comment being misquoted and I was targeted. The whole experience at the time left me shaking and knocked my confidence hugely and, whilst I realise that the universe was showing me something that I needed to clear within myself, it shows the destructive power of social media and how it can affect anyone out there.

Now, I don't regard myself as a vulnerable person and because of all the work I have done on myself, I am pretty balanced overall, but there are people out there who endure such attacks who can't cope with that kind of vicious targeting and it can have devastating effects on them, so it shows how much social media has a big impact on the influence of how people feel about themselves in the world. These days you can't say anything without it being taken out of context, but it is important to always look to how it is making us feel to establish what may be running in our subconscious minds that needs to be integrated/accepted/released. Once we can get to the root of the judgement others are reflecting back at us, then their actions no longer have any power over us.

So, to sum up, we are surrounded by influences from every angle and we cannot escape them other than transforming what is running in our energy fields and subconscious minds. The more we do this, the less we get triggered by events on the news, people's behaviours towards us, and so on.

Don't try to understand why we have certain programs/blocks. The need to understand is the need to find control and people often strive to understand why they feel a certain way or why they have a limitation to gain that control, but ultimately it is because we are looking for ways not to blame ourselves at deeper levels. For

example, if I can understand why I have this block, then I can feel more in control of my environment and my situation, then I can see that I didn't create it after all and then I know it is not me that is to blame for it.

The fact is, we don't have to blame ourselves anyway. That is the number one root cause of everything. Blame. We have this innate desire, as humans, to blame ourselves, or anyone else, for everything. We live in a blame culture, always looking for someone or something to blame. That way, if we can externalise the blame then we don't have to blame ourselves. It goes back to believing that we are separate from Divinity at a core level and therefore we must be to blame for that in some way.

So, don't look to understand why we run some of these programs and limitations, just accept that they are there and as we identify them and bring them into our conscious awareness, so we are able to accept them for what they are and release them to the Divine or integrate them into our being.

EXERCISE: imagine a courier has just delivered a briefcase of a 10 million dollars/pounds/euros. It's come to you from an anonymous benefactor and it is delivered in a briefcase right there and then in cash.

- 1. Imagine what are the immediate thoughts and feelings that this is bringing up in you? Write them down on a piece of paper and be as honest as you can with yourself. Nobody is judging you. Really feel what is coming up. You may even hear someone's voice from the past in your mind, or it may even bring up a memory.**
- 2. Identify how this money is going to change your life? What blocks or difficulties might this create for you with family, friends, or your lifestyle in general?**
- 3. Think about the knock-on effects of receiving this sum of money. Who will you tell and why that person(s)? Will you have to keep it a secret? What fears, if any, does it bring up in you?**

This exercise, using prosperity as an example for abundance, is a brilliant way of highlighting where you may have blocks and is extremely useful when you write them down. You may want to come back to this exercise once you have learned to use some of the tools in this course to help you and then go back and tune into and shift the feelings it brought up for you then.

If prosperity is not the abundance block in your life and perhaps it is health, then imagine you have seen a miracle healer who has taken away all your health conditions after blessing you. Go through the entire exercise again in the same way. Even if you are not unhealthy, most of us endure some condition at some time or another, so it is useful to use this exercise for both wealth and health.

A major block for people is the relationship between money and spirituality, largely generated from misinterpretations from religious texts – and probably mistranslations. You know the ones I mean, a rich man has as much chance of getting into heaven as a camel does for getting through the eye of a needle, so generations of people took that translation literally to mean, you can't be rich and spiritual.

The thing is, money is important to us living in this material world. We can't buy food without it, we can't pay the rent, we can't pay for heat, we can't clothe ourselves, we can't pay for medical care, and so on. It's a necessity. Money is important in the areas in which it serves us but in other areas it isn't so important – such as love. There is nothing so important as love but try buying your grocery shopping with love? It's impossible.

We don't want money to run our lives but we do want it to serve us. It's all about not getting attached to it, which is what I believe the religious text was referring to. If we want to have a pleasurable experience in this earthly realm, and we haven't yet reached that state of enlightenment, then we want to attract money and prosperity to enable us to enjoy this experience more. **If you are not doing what you want in life then money is already running your life, only it is the lack of it that is.** It's not about self-worth either. Having a good self-worth does not mean a good net-worth. They are not linked. There are plenty of people out there who have low self-esteem yet earn a significant amount of money – but that doesn't mean that they are happy.

Money is a resource. It doesn't have any value except for the value we put upon it but we have to value it to attract more of it. We also have to be responsible with it. It's how we handle it that counts. Having a lot of money does not make anyone a bad person, or selfish, or greedy, or mean. Those are most likely conditioned beliefs that have been passed down to us ancestrally. Money is a resource like water is a resource, like the sun is a resource. It's an exchange mechanism. For example, I give a travel company X amount and in return they give me a seat on a plane. That's how the world works and how it has always worked, except thousands of years ago it would be via trade of pots or food, before someone came up with alternative currency ideas. We have just grown so judgemental in this world to see money as a “bad” thing now and attached judgements to having it (or not having it) and to people who have a lot of it

and many people now want to get to a world without money, back to trading goods and services again, but in reality, that is just replacing one form of currency with another form of currency. Money is not the problem, our judgements about it is.

It's not bad to want lots of money. Having it doesn't make us unspiritual either. Money does a lot of good in the world. It supports charities, it employs people so they can feed their families, it funds scientific studies, it provides opportunities to experience adventures and brings joy. Money brings opportunities for healing and professional advice. Money buys the plane ticket to get us to the other side of the world to listen to our Guru to enable us to open up our spiritual development, for example. So, to say that money is a bad thing and then spend our lives struggling, in poor health, buying poor quality food and living in poor conditions, all because rich men can't get into heaven is to deny us the most spiritual experience here in this amazing realm.

Joy is the closest to God/Divinity. Suffering is dense energy. It's heavy. It's nothing more than self-punishment dressed up as being sacrificial martyrdom and serves no one, particularly when we recognise that abundance is our true nature. We are more attached to the nature of money when we deny it than we are by having it, spending it and enjoying it (responsibly). We are letting money run our lives when we deny it out of "spiritual" reasons, because we feel it is more humbling to go without. We can have money and be humble. Being humble and having humility is an attitude rather than a circumstance. Imagine how many people we can help with more money? Imagine how much better health we would have? Imagine how much easier life would be?

We were born to be abundant but it is old conditioning, ancestral beliefs and misguided values – all created from the human mind, that limit us from having it. Ego-created beliefs, morals, values and judgements. It is these same beliefs, morals and values that create wars in this world. Opinions create strife and this is why we have to get above these and empty our mind of these programs that are not serving us and not serving the world.

If we really want to live a spiritual life then we have to 1) be authentically ourselves, and that means not living off someone else's beliefs or conditioning, and 2) do something that we love in this world that serves the world in some way. If we find a vocation that we absolutely love and it serves 'others' then we will attract abundance in effortlessly. There is no time limit to attracting abundance. It can happen at any moment and at any age and within any timescale. Time is not a limitation. Time gives

us opportunities to perfect our approaches so time is always on our side, no matter how it appears.



<https://www.youtube.com/watch?v=5TAvA7JYq-0>

Inner Child Healing Tool/Meditation

Affirmation:

My life is filling up with more and more opportunities that bring me joy

WHAT HAPPENS WHEN YOU SHIFT THE ABUNDANCE BLOCKS?



“When you are grateful, fear disappears and abundance appears”, Anthony Robbins

I love it when we begin to shift abundance blocks as signs come in thick and fast of the changes and they can range from little things to great big, in your face, opportunities or results. How often I have shifted a layer of limitation and I have stepped outside my own front door and literally found a pound coin in front of me, out of the blue or a van has driven past with a picture of lots of money on the outside. I’ve had clients suddenly be offered huge discounts in courses they have been wanting to do for ages and I’ve heard and experienced, myself, opportunities literally appear out of nowhere as soon as a limitation has been released. I remember, not so long ago, clearing a limitation of mine with regard to my writing, and it had always been a wish to write a column in a newspaper or magazine and literally, within a week, I was offered, out of the blue, the opportunity to write a small monthly column for a regional paper once a month. A dream came true! The best part of it is that I didn’t approach any newspaper looking for a column. The opportunity found me, totally out of the blue, through removing a block.

When we remove these blocks, all sorts of things can happen. Because abundance is represented in every area of our lives, things can begin changing immediately. Clients I have worked with over the years have experienced lottery wins, unexpected monetary gifts, new job offers out of the blue, a significant change in health, opportunities to expand their work or raise their profile, compliments, and so on. Little signs show up immediately to reflect back the abundant vibrations and, on several occasions, I have been given a lot more change than I should have at supermarkets, which some cashiers have insisted was correct, despite querying. I have often chuckled to myself at how it shows up.

Now, don’t expect to win 10 million on the lottery or the chronic health condition to suddenly disappear either, because the likelihood is that there are other programs within us that need shifting/releasing/integrating before that would happen. Conversely, however, don’t limit yourself by stopping yourself from accepting that

possibility too! Miracles most certainly do happen! Just let go of the expectation as to how the change will occur and leave that to the universe to sort that one out. Allow the universe to unfold it in the most amazingly, surprising and delightful ways. One opportunity can often lead to another and then another, and so on and before we know it, we may have created 10 million or restored ourselves to full health in ways we never could have anticipated.

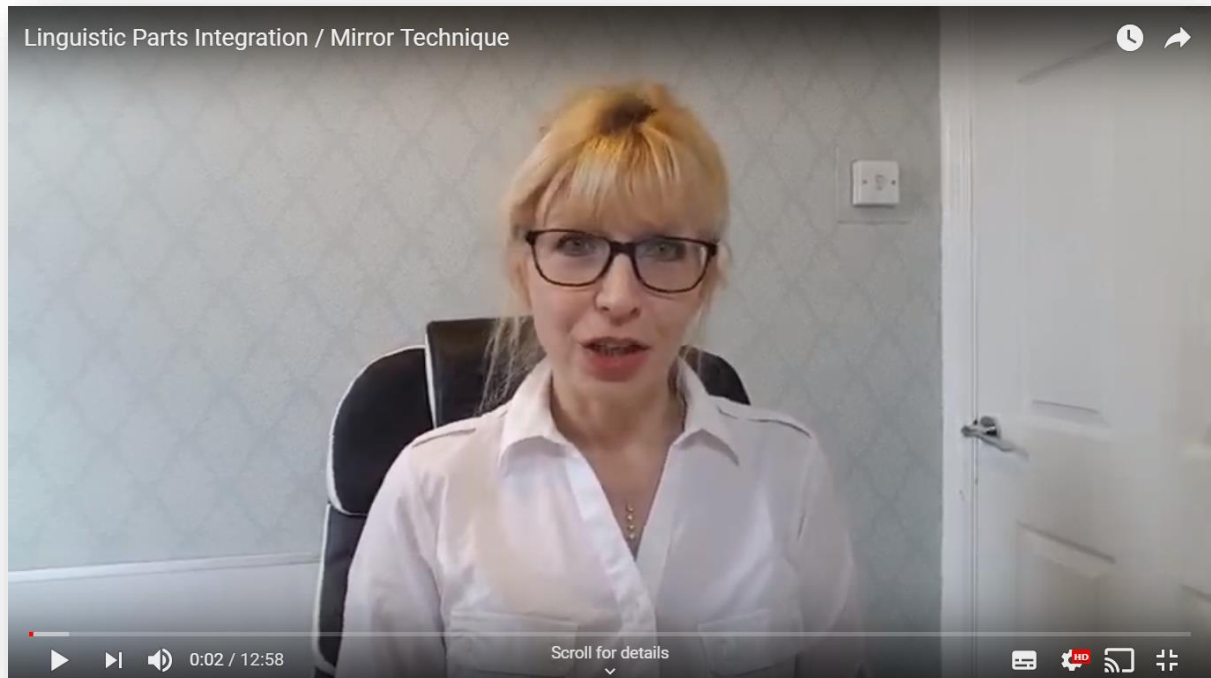
We can often limit ourselves through our expectations as to how the abundance will be revealed instead of letting it go to the universe and allowing ourselves to be surprised in delightful ways. Much more fun to do that because if we set our expectations to receive in a particular way, then we are trying to control the process with further programs which will only limit us anyway and so we will feel like we are getting nowhere. Never fixate on the “how”, only on the end goal. Let the universe work out how the abundance is revealed to us. We have to remove the blocks, identify the end goal and surrender the rest to the God/Source/Divinity. Of course, we have to take action as well, but the process is so much easier after we have released the blocks and allow opportunities and inspiration to flood in.

Other ways abundance flows in that isn't connected to money or opportunities can be through increased creativity. I've had so many clients over the years that have told me after our sessions that they felt more inspired, they had rekindled their passion for life or their work, and that they were filled with joy and had more motivation again. When we remove these programs, we open ourselves up to divine inspiration and this is such a motivating force, driving us to fulfil long held ambitions, make the changes we need to bring in more joy, fun and commitment in our lives, without limitation. Synchronicities start happening, increased creativity, increased passion, increased motivation, increased satisfaction, increased joy, increased enthusiasm. Increased abundance. Closer and closer to our natural state.

In all, our resistance drops. We stop resisting the abundance, which is our natural state. The abundance has always been there, but like a winter's sky, we can't see the sun shining behind it when it is covered in a blanket of cloud. Furthermore, we don't have to put in beliefs and programs after we have cleared the limitations (clouds) to create more abundance, because the abundance (sun) is already there. We've just been blocking it all this time.

It is important, also, that we never set intentions before clearing blocks to that abundance because intention setting, in these circumstances, is coming from a place of limitation. That is something I learned myself, caught up in the whole intention setting paradigm and scientific discoveries relating to it believing that we need to set

intention for everything for it to be successful. However, if we do that when clearing abundance blocks, then we are not realising that we are already abundant, so we are coming from a place of limitation even more! That's not to say that we shouldn't set intentions in our lives as they can be very useful, but it is about when to use them. Do things with purpose but be careful in coming from a place of limitation. It's always worth asking, "is this from fear and limitation or is it from love and abundance?" when setting an intention.



<https://www.youtube.com/watch?v=dbqrFoAZwLM>

Linguistic Parts Integration/Mirror Technique:

Affirmation:

Abundance comes in many forms and in many fun, surprising ways in my life and I accept it all joyfully

REMOVING THE BLOCKS



“Everything you need you already have. You are complete right now. You are a whole, total person. Not an apprentice person on the way to some place else. Your completeness must be understood by you and experienced in your thoughts as your own personal reality”, Wayne Dyer

We always want to get to the root cause of any blocks to abundance. Ideally, we don't want to clear layers of it, as that could take forever before we get what we want. However, for the vast majority of us, it will be done in a layer by layer approach – or unsticking the karma, bit by bit, as some mystics have referred to it, and there is good reason for why this happens the majority of the time.

If there is a particularly potent memory that you are unaware of and its limitations are beginning to show themselves in your consciousness, if we went direct to the root cause, sometimes it could become so overwhelming to the mind that the consciousness detaches – sometimes permanently, in order to survive. This is why we can get so many people these days in mental institutions, temporarily or permanently, because they become overloaded with data or feelings that they just cannot cope with and so part of their innate coping mechanism is to detach from reality because of overwhelm.

Also, sometimes we cannot get to a root cause until we have reached a level of consciousness to allow ourselves to get or stay there. That could be karmically related (cause and effect) or it could be that we haven't learned something yet that the condition is teaching us that is important to our Soul and is why sometimes we can only get so far at a particular moment in time. It's why sometimes we can spend years getting to learn about something or sometimes the penny can drop and we “get it” and, miraculously, a health condition clears up or a new opportunity comes in or there is some amazing change in circumstance as a result of the change in vibration. There is a place for Divine timing sometimes and any decent astrologer will confirm that.

It is why some people are able to get to a root cause relatively easily and why some have to peel back the layers of it like an onion, gradually reducing the attached

emotion to the memory until it only becomes a thought. Did you know that thoughts only ever think about thoughts?

Also, if a particular program has become so ingrained, it almost has to be prised open. If you look at the biology of neural-pathways, they are like two hands grasping each other when they form (when we create a program, habit or behaviour) and the more they get reinforced, the harder the grip, simplistically put! They become “hardwired”.

So, if we have reinforced a program over and over again, over many years, and it runs strongly ancestrally, then there is every possibility that we are going to have to pull back each of those neural-pathway “fingers”, prising it apart bit by bit until eventually the grip is loosened.

Other analogy is a table with 5 legs. Remove one leg and the table still stands. Remove 2 legs and the chances are the table will still stand but remove a 3rd leg then the table will collapse. We, therefore, don’t have to clear every aspect of a limitation to remove the root cause. We just have to make it unstable and weak enough for it to fall away and then reinforce it with our changed behaviour, and this is where consciously changing our perceptions and reinforcing new behaviours is so important in the process and why unblocking these programs is only part of the success, as I explained right at the beginning of this course.

Many of these limitations aren’t as simple as just removing one belief/program/feeling. There are often aspects/other programs feeding into them and other programs feeding into those, as well, so we have to identify what other aspects are feeding in – like the table analogy. For example, the table is the abundance block and the 5 legs are the memory attachments (limitations with an emotional attachment) feeding into them. Now, imagine one of the legs is tied to a column to keep the table upstanding no matter what happens. It’s tied with a cable tie which is really strong and anchoring it firmly in place. So, now we have to find a way to cut that cable tie otherwise no matter how many other legs we clear, the table will still be standing.

This is where we have programs off programs and is why we cannot seem to break through the block sometimes and I will go through this in my videos as we start shifting these blocks.

The mind is an incredible tool. We knock it so often but it has evolved over centuries to help us create and live this earthly life. Once it has learned something it likes to generalise and apply that learning to other things, so you might find that once you

have cleared a particular limitation in one area, all of a sudden, things start changing in other areas of our lives too and, before we know it, our entire life has changed completely.

So, the aim is always to get to a root cause and if it is possible to do this, then we will be able to do it using the tools in this course. Otherwise, if there are reasons we can't, the universe will keep reflecting that issue back to us until we shift enough of the emotional attachment/memory/block for it not to bother us anymore.

A great one where this happens is when we are looking at boundaries. How do we get to a root cause relating to boundaries? Boundaries can be years of mental, emotional, physical, sexual abuse that can be from this lifetime or other existences. It can be one initial event that is reinforced perhaps hundreds or thousands of times, strengthening the emotional memory attachment. How often do we see abuse that is passed down through families and as the child gets abused, they then become the parent and abuse their children and so on? Boundaries isn't generally a root cause. It's a symptom of something else, usually a buried resentment or injustice in some way or reflecting someone's feeling of not being enough.

We can't always get to a root cause for a habit like that because it may be buried through centuries that have been reinforced again and again, although typically, it can be linked to a feeling of injustice originally. The more we link into that memory attachment with some of the techniques I show you in this course, the more we can reduce the effects of it and gradually it will get less and less until it just becomes nothing more than a thought and even the memory of it can fade away and be forgotten or become distant. I have known clients struggle to even recall traumatic events from the past once they have released/integrated the memory/block/program. How amazing is that?

As soon as we start releasing these painful blocks/programs/memories, our vibration begins to change. As our vibration changes, we are afforded another opportunity to address the issue again and again and again, so when the same issue shows itself, we haven't fallen back down the ladder of progress, we have been offered another opportunity to refine that vibration, and so on, until it becomes negligible. Why is this? It's because our consciousness is always expanding and so we are given further opportunities by the universe to raise our frequency by letting go of the old. Using another analogy. Imagine you first start out with inheriting a garden that is full of weeds, hasn't been looked after in generations and you've left it for a while. When you finally decide that you are ready to transform the garden, it takes enormous effort to dig out old roots, replant shrubs and trees, put in flowers, strengthen borders, and

generally make it how you want. When you finally get the garden you want, you will still find that as the seasons go by, weeds will pop up and perhaps you get some unexpected visitors along the way. If you left them, they would gradually grow and take over the garden and maybe some things would suffocate or strangle other areas, so you would be wise to weed your garden and maintain it. Alternatively, you could just love the entire garden as it is in all its wildness and accept it fully as being perfect. If you can do that without any judgements on it, then you have the perfect garden for you.

You see the difference of the approach above? They are both valid and they both work and they are both relevant. It's entirely up to you whether to cultivate your garden then maintain it and make it what you wish, or just love it without any judgement whatsoever. The approach in this course is to allow your garden to be as magnificent as you want it by allowing the sun to shine fully on it by removing the weeds, but really, the approach is entirely up to you.

Some people can get to a root cause straight away. For others, it has to be done in layers to prevent overwhelm and is why the mind may not take you or even allow you to reach the root cause immediately, and often because there are also other aspects anchoring it in place, as we have already discussed. Changing beliefs alone can work, for sure, but most of the time we have to get to the emotional trigger that is attached to that belief or memory that has created the block. It means that at some level there is a judgement that has been made and that signifies that we are holding a duality and therefore under that, that we believe we are separate from the Whole.

Once we get to that judgement and release it, we effectively integrate it into our whole being, thus recognising increasingly that we are One. We are not separate from anything. We are "all that is". Once we recognise that, we cannot hold a judgement about anything or anyone because we recognise then that we are Source/God/Divinity/Love itself expressing itself through us and therefore we are creative, loving, and abundant beings.

We have to get to that judgement that is blocking that realisation within us in order to allow more Divine inspiration to flow through to us. It is the judgement we want to reach, not the belief. Clearing some beliefs can lead us to the judgement often, so I don't think we should necessarily dismiss that, but ideally, we need to get to that underlying root judgement and most of those judgements will come back to blame and therefore hold us in victim state.

There are a multitude of tools and techniques in the world now to help us return to our natural state of being. Those offered on this course are just a few examples that I have found to be very effective, over 23 years in the therapeutic world. But there are many others out there and I find it is a combination of tools that works best. If you just stick with one, then it's a bit like wearing the same outfit day in and day out. It can lose its impact on you after a while and it keeps it more interesting when you use different tools and they can also impact in different ways.



https://www.youtube.com/watch?time_continue=2&v=nvGRrbyHe0E

EFT/Tapping Video:

Affirmation:

Large amounts of money are coming to me in ever increasing amounts

THINGS TO LOOK OUT FOR WHEN CLEARING BLOCKS



*“Giving is the secret of abundance”, Sivananda
and*

“Be selfish, give, give, give”, Dalai Lama

As we work our way through some of these blocks, you may experience all kinds of reactions. It is only natural to do so, so please don't worry if you get big reactions or even no reactions at all. Everyone is different and processes information differently, and will react in their own unique way.

If you are able to get to a root cause of any of the blocks we work through, then you may experience a big emotional outburst or even touch on one. That can bring up anger, rage, tears, howling, confusion, spontaneous laughter even, so just stay with the emotional reaction, whatever it is, until it is released or use one, or more, of the tools on here to assist in the process.

If you find you are left with any anger or feelings of any depression of any kind, then you have not fully cleared the issue but have touched on it or removed part of it and perhaps there is something else keeping it in place, or perhaps it wasn't all released. That is entirely natural and sometimes there is still something that is related to it that needs to be released. What we are aiming for is a feeling of peace after each clearing, so you may need to go back to it or apply another technique to finish it.

Clearing these blocks can be quite a tedious or exhaustive process, because there will be a reluctance at deeper levels to let go of what is familiar and predictable, so you may find that procrastination rears its ugly head in all its glory! I have often found over the years that when I come to removing a block, my apartment benefits from being super clean and super tidy as I end up doing all the housekeeping jobs in order to avoid clearing the underlying block. The mind likes predictability so be aware of when or even why you may procrastinate from letting go of something that you know would ultimately benefit you to do so.

It quite often happens that you start clearing one particular block and another comes up that is linked to it, so you have to then move to what comes up and clear that and

then go back to the original one, and often the original one has cleared as a result anyway. They are usually interlinked in some way, so if you get to that stage where you feel you have touched on something but it is not yet resolved, just keep going and use one of the techniques I go through with you, to finish it off. Don't just sit with it unresolved. The last thing you want is to stay angry or feel depressed or upset. It is needless when often just a few minutes more of going deeper or using another technique is all it needs to be released.

I find that when some anger is remaining, Ho'oponopono works really well at removing the rest of it (video below). When some other emotion or feeling of depression or upset is left, then EFT is a brilliant way to shift it (video above).

Also, if you are left with an emotional reaction, notice what that feeling is that is coming up? Does it relate to anyone in particular? How old are you? See if you can sit with it and see where it is coming from. For some instances, this may be too painful to look at the memory or may not be advisable if it is particularly traumatic, so just tap on it using the EFT until it clears. You may need to have a session with me if something isn't moving, but see how you get on with it using the tools I have given. When we work with emotions and behavioural issues, we never know what is going to surface because everyone processes differently and reacts uniquely.

I have found that changes take place immediately but often neural pathways take about 3 days to form/un-form, so after a clearing, give it 4 days' grace to see how you are feeling and note any changes. You may feel the changes immediately, but sometimes the mind is processing and applying what is learned to other issues, old neural pathways are falling away and new neural pathways are being formed, so allow time for processing. Over the years, I noticed clients could go up or down in the immediate 3 days that followed a treatment, sometimes, and by day 4, everything had resolved.

Many people can feel exhausted after reaching deep into their shadow to integrate/release something – especially if they have been carrying it around for a long time or it has been a particularly large block. Allow time to rest and have some quiet time after the clearing. It is normal to feel a bit subdued or reflective. As always, drink lots of water to flush out any toxins being released by the body as a result of releasing an energetic block. Others can feel totally energised after. Again, we are all different, so just listen to the body's wisdom and act accordingly.

Should you have any concerns connected to the clearing process then please [Email](#) and I will do my best to assist. I may set up a Facebook Group if there is enough demand.



https://www.youtube.com/watch?time_continue=1&v=dEZN8D4DElg

Ho'oponopono Video

The mantra is (said in any order and repeated until peace is found):

I'm sorry,
Please forgive me,
I love you,
Thank you.

Affirmation:

Wealth/health/joy is pouring into my life on a daily basis effortlessly

Getting Started



“Abundance is a process of letting go; that which is empty can receive”, Bryant McGill

Throughout this course I have been giving you tools, tips and techniques to work with to help you unblock the memories/feelings/emotions/beliefs that are stopping you from living an abundant life. There are a variety and they all work, so you have some tools you can take away with you to empower you now.

In this section, I am going to do two things. I am going to attach some videos that will clear some of the blocks using my abilities in getting in touch with your energy, in the way I would in 1 to 1 sessions, and I am going to go through a number of beliefs with you that are often associated with blocking abundance so that you can explore them yourself using the tools I have shared with you throughout this course and teach you how to change the beliefs yourself. The videos in clearing your beliefs won't work for everyone because it is dependent upon what each individual is running, but it will work for many and will still assist you, if you are not conscious of any changes at the time.

There is an unlimited amount of beliefs that could be blocking the abundance stream but the ones I have listed are the most popular and come up time again with clients I have worked with over the years. Ideally, I should like you to self-muscle test, as you have been shown to do, with each of these beliefs to see what is running. Now, with some of these beliefs, we could just change them – and sometimes that is appropriate but, ideally, what we want to do is to get to an underlying root cause and the way to do that is through a process that can be referred to as “digging” or “dropping down” in some healing mechanisms; this merely refers to going to the next layer and the next until you get to an emotional attachment. Then, when you have found that emotional block, you can use one of the tools I have shared to release it.

There are many different healing mechanisms out there that use a variation of the dropping down method: Theta Healing, Core Transformation Technique and Brandon Bays' technique are three more well-known ones, but even when using tapping tools, such as EFT/TFT, we want to tap on the root wherever possible as that will clear all the beliefs that are associated with that memory attachment, so as you clear the bottom belief, everything “above” should fall away at the same. It doesn't always, as

sometimes there are other hidden anchors and we have to find those too or there are other reasons, as discussed earlier.

Root beliefs tend to be those that are “bottom line” beliefs. In other words, there is nothing under them. We have to keep asking ourselves, what is under this belief until we can’t go any further.

So, let’s go through an example of dropping down/digging to a root belief from a client/practitioner perspective, but you can just as easily ask yourself the same questions:

“I have no money”

Ok, so how does having no money make you feel?

“I feel helpless”

What is the worst thing about feeling helpless?

“I don’t know what to do”

What is the worst thing about not knowing what to do?

“I feel out of control”

How does feeling out of control make you feel?

“Powerless”

What is the worst thing about feeling powerless?

“I feel a failure”

Is there anything worse than feeling a failure in these circumstances?

“No. I just feel that I have failed everyone and most of all myself”.

So, you can see here, that *failure* is a root belief because we can’t get any lower than that.

Ideally, we have now reached a feeling with this belief – an emotional block, and we can now apply some of the tools I have shared to release it.

Once we know what the block is and can feel it, it is just a case of allowing ourselves to either feel into it fully and completely so it integrates or is released to the Divine, if that feels appropriate for you to do, or to touch on it and use one of the tools to release/integrate it. **It is not necessary to feel a block completely to integrate/love/accept/release it.** You will know when it has cleared/integrated because there will be a sense of peace, emptiness, calm or even laughter. You will just feel better about it.

Alternatively, if no emotion has come up with it, we want to see if we can really get in touch with that energy that is causing the abundance flow to be stifled/constrained.

Example:

As you now recognise the block is that you feel you have failed everyone and yourself, I want you to close your eyes and thank that part of you for communicating so readily with you and thank it for its willingness to be brought into your conscious awareness. Now, tell me, where do you feel it in the body, if anywhere?

"I feel it in my solar plexus area"

As you tune into it in your body, can you give it a colour?

"It feels like a dark green"

What texture would you give it?

"It feels rough and sharp"

As it is communicating so well, can you tell me where it originated? How old were you? Go with the first answer that pops into your mind – it will be quick.

"I think I was 3 years old"

Are you able to share with me what was happening around that time?

"I was playing in the kitchen, trying to help mummy, and I dropped the cooking bowl. Mummy got angry with me and told me not to get in her way and to go and do something else. I went into the lounge and daddy was watching TV and told me to be quiet, so I went upstairs to bed. I was so upset, I just felt in the way, so what was the point of being there?"

So, although that is a relatively simple example, now you could see how an exchange of words, coupled with emotional intensity, was processed in a very negative way. It might be that there was a lot more going on in this person's life at that time and that the simple exchange was just the tip of the iceberg. However, in this lifetime, that woman had created a failure block from a very simple event (perhaps the straw that broke the camel's back) that was to last another 50 odd years in her life.

It's not what happens to us, it's how we process that information. So, again, you might get two people that have the exact same experience. One will not be affected by it,

one will. It depends what else is running in our subconscious minds and our environments and how we process that information. It is not the event itself but the processing during or after.

So, that is a very brief example of dropping down or digging to find the root cause. Simple questions to ask yourself are:

- What's the worst thing that can happen?
- What's the worst thing about that?
- How does that make me feel?
- If I did know what it was, what would it be?
- What does knowing that bring to me? (That can often show you what you are lacking)
- Why did I feel that way?
- What was I lacking? What did I need?
- How old do I feel?
- What colour represents it?
- Where can I feel it in the body?
- What texture does it feel like?
- Can I taste it/smell it/feel it on my skin in any way?
- What does it sound like?
- Where am I?
- Is anyone there with me?

Tip: When we get in touch with it using colour and texture, as in the earlier example above, we can often change the nature of that block just by using our creative mind and imagine pulling out that colour and texture with a fishing rod until it is all out, and inserting another colour and texture to replace it. It's a simple NLP exercise but can be a very effective way to use our creative genius to reframe a perception, particularly if you are someone with a strong visual ability. Once again, it is finding the approach that works best for you.

Once you are in touch with a root cause, after digging down, then you can use any tool that works for you – or even just breathing through it to accept it, to move that energy and release/integrate it. We are so blessed in this life now to have so many tools to use to benefit us and expand our awareness and consciousness. Those tools have been given to us by Divine inspiration to serve us all, so best not to listen to those that say their way of just breathing or accepting everything is the only way. It isn't. It's a way.

When we look at root causes, these can typically be, although are not limited to:

- I am afraid of dying (surprisingly, not always a root cause)
- I am afraid of being abandoned / fear of abandonment

- I am abandoned by God
- I am a failure / fear of failure
- I feel alone / fear of being alone
- I feel unloved
- I feel worthless / I am unworthy
- I am holding grief / afraid of letting go
- I am to blame for everything
- I am not enough
- I feel betrayed
- I am not free / feel trapped
- I am treated unfairly / life is unfair / life is unjust
- Life is hopeless
- I can trust nobody / nobody trusts me

If you get to beliefs such as anger, guilt, hate, disappointment, frustration, out of control, helpless, powerless, useless, rejected, unsafe, and so on, then you are only part of the way there. These are symptoms and are unlikely to be at the root. We normally feel an emotion once we get to a root (unless it is anger or depression, which is linked to a root) and it's normally one of those listed above. It can sometimes be other things, depending on the experience, but those above are typical.

When we are communicating with the subconscious mind and getting in touch with the block, the answers that come up will be quick. If they are totally outrageous, then obviously ignore them as the ego is trying to put you "off the scent" as it doesn't want to go there, preferring instead to say with all that is familiar and predictable. Otherwise, the answers can usually come up to the conscious awareness pretty quickly, as in the example given earlier. If you are unsure, then you can always self-muscle test, as you were taught earlier in this course. When these emotional blocks get created, it is because we haven't allowed ourselves to fully express those feelings at that moment in time and so it is vital that we allow ourselves to either feel into them this time to allow the energy to move more freely for us or for us to let them go through revealing them and then using a tool to release or integrate them.

The videos, later in this chapter, are areas where I will go through some of the typical abundance block areas to clear for you using my own method. I will ask you to get in touch with these blocks in your body so feel free to stop the videos at any moment if you feel anything coming up so that you can really allow yourself to feel into it fully or clear it using one of the other tools or just explore further. Sometimes people like to explore more to understand. It's not necessary but if you find comfort in doing so, then that is your choice.

Stay with the feelings until it shifts and/or, if necessary, utilise one of the other tools I have shared with you to finish it off. Remember, we don't have to know what happened or delve into it, particularly if it is a traumatic memory. If it is very traumatic, then I suggest using the Fast Phobia technique or seeing me, or someone else who works with the subconscious mind, like myself, for a personal session. Because we are working with energy in this clearing video, it is always going to be effective. If it doesn't work for you at this time, then maybe more digging is required for you or you are running other blocks and you can use other tools to shift them.

Beliefs

I've listed some of the beliefs and patterns below that I have come across in over 23 years of therapeutic practice in dealing with hundreds, if not thousands of clients. There's often a commonality in these blocks so I have listed below the most frequent ones that tend to come up, but if these don't shift enough for you then it may be that you need a more in-depth one on one session or sessions with me to uncover, more personally, what is going on.

Start by testing yourself against them using the self-muscle testing. That way you can start to see what you are running and then you can start digging/dropping down to get to any root causes and start shifting them.

When self-muscle testing, use the prefix of "some aspects of me believe/feel..." and "all aspects of me believe/feel..." Use the words of believe or feel separately as sometimes it will be a negative for believe, but a positive for feel, so it shows the distinction between what is emotional and what is pure programming. Both need to change but it can offer an insight.

The prefix of the statements with "some aspects" and "all aspects" is used so because we want to get all the aspects of the block and if we just say the statement as it is without them, then it doesn't always give us an accurate answer. In other words, there may be an aspect left that is still running.

Another tip is to add the word "hidden" to something if you know it is there but is not showing in the muscle test. E.g. Some aspects of me are holding hidden anger towards money.

TIP: When clearing a block/memory attachment, link both sides of the body together to ensure both sides of the brain (the creative and the logical) are utilising

the change. The simplest way to do this is the put one hand over the forehead and the other hand on the rear of the head. The process of Psych-K uses other bodily techniques to do the same thing, but the hands on the head, front and back, should suffice.

The list of beliefs/blocks below is not an exhaustive list. These are just some common examples and can provide useful indicators. If you have been doing the exercises as we have gone through the course, then you may well have some more beliefs/blocks that have come to your conscious awareness that you may want to add to the list.

Once you have identified what is running, then see if there is a pattern emerging and maybe sit with those beliefs and see if they link together from one particular memory. Then you can go to my video, above, or use one of the tools I have shared in this course.

The beliefs/blocks/programming are all statements in the positive because that is how the subconscious mind works, so you are looking for a yes or no answer. You NEVER ask questions using muscle testing as it will only answer it with what you have put into it, being a recorded playback. If you start using negatives in the questions, you may get an inaccurate answer, so always keep it as a positive statement to get a yes or a no to the statement. You can use words like unhappy rather than not happy. The testing will generally not give you an accurate answer if you use the word “not”.

Some aspects of me believe money is the root of all evil
Some aspects of me don't know how to make money
Some aspects of me are afraid of the responsibility of having lots of money
Some aspects of me don't value money
Some aspects of me believe/feel I have to work hard to have money
Some aspects of me are afraid to have money in case I lose it or it gets stolen from me
Some aspects of me never have enough money
Some aspects of me are afraid of not having any money
Some aspects of me scared of being successful
Some aspects of me believe/feel I am too greedy
All aspects of me are generous
All aspects of me are kind
Some aspects of me believe/feel I am a miser
All aspects of me believe it is natural to have lots of money when others are struggling in the world
All aspects of me are worthy of having a lot of money/success/abundance

Some aspects of me are/feel selfish and mean
Some aspects of me are afraid I will gamble if I have too much money
Some aspects of me believe/feel it is wrong to have more money than my family
Some aspects of me have to save every penny/dollar/euro I get
Some aspects of me believe/feel that if I am rich, my family/husband/wife/etc will take it all
Some aspects of me believe money is just a nuisance
Some aspects of me hate money
Some aspects of me believe/feel it is hard to get/attract money
Some aspects of me believe/feel that I can't make money doing what I love
Some aspects of me believe/feel that I never seem to be able to keep money
All aspects of me can be spiritual and rich
Some aspects of me get betrayed when I have money
Some aspects of me believe having money makes people bad
Some aspects of me believe rich people are greedy and selfish
Some aspects of me believe/feel that nobody will like/love me if I have lots of money
Some aspects of me believe I will lose my friends if I get rich
Some aspects of me are afraid of being alone if I get rich
Some aspects of me are afraid of being judged if I get rich
Some aspects of me believe/feel God will forget me if I am rich
Some aspects of me believe I have to go through hard times to be wealthy
All aspects of me deserve prosperity
All aspects of me deserve to be blessed with abundance
All aspects of me deserve to enjoy life
Some aspects of me feel selfish having abundance
Some aspects of me believe everything is my fault
All aspects of me deserve joy
All aspects of me deserve to suffer
All aspects of me need to suffer like Jesus did on the cross
Some aspects of me hate/loathe myself
Some aspects of me have failed God
Some aspects of me have failed my Mother
Some aspects of me have failed my Father
Some aspects of me believe/feel I am a failure
Some aspects of me feel depressed
All aspects of me believe there is a point in living
All aspects of me are committed fully to this life
Some aspects of me desire to escape life
Some aspects of me are holding vows of poverty
Some aspects of me are holding vows of suffering

All aspects of me are always grateful
All aspects of me know what abundance looks like
Some aspects of me are scared of being successful
All aspects of me deserve to receive
All aspects of me know how to receive
Some aspects of me believe/feel that life is hopeless
Some aspects of me believe life is pointless
Some aspects of me believe I'm too old
All aspects of me have plenty of energy to attract abundance
Some aspects of me believe I'm too young
Some aspects of me feel worthless
Some aspects of me feel abandoned by God
All aspects of me deserve to enjoy life
Some aspects of me believe people will expect even more of me if I have lots of money
Some aspects of me feel abandoned by my Mother/Father/Family
All aspects of me are enough
Some aspects of me are afraid to change
Some aspects of me feel a fraud
Some aspects of me are afraid of failing
Some aspects of me feel rejected by God
Some aspects of me feel rejected by my Mother/Father/Family
Some aspects of me feel trapped
All aspects of me are/feel free
All aspects of me always have enough nourishment
All aspects of me feel supported
Some aspects of me reject myself
Some aspects of me feel stuck and unable to move forward
All aspects of me know what my future looks like
All aspects of me know how to move forward
All aspects of me feel loved by God
All aspects of me feel loved by my Mother/Father/Family
All aspects of me feel supported and provided for by my father
All aspects of me feel nourished and supported by my mother
All aspects of me value myself
All aspects of me know what abundance looks like
Some aspects of me believe it's all gone wrong before
All aspects of me believe there is enough time
Some aspects of me feel overwhelmed with everything
Some aspects of me are afraid to stand out and be seen if I am abundant

Some aspects of me are afraid of being judged if I am abundant/rich/healthy
Some aspects of me desire to escape life
Some aspects of me reject life
All aspects of me accept myself as enough
Some aspects of me believe life is unfair
All aspects of me believe life is fair
Some aspects of me are always treated unjustly/unfairly
All aspects of me feel secure with who I am / Some aspects of me feel insecure
Some aspects of me believe it's wrong to have material possessions
Some aspects of me believe life is supposed to be difficult/a struggle
Some aspects of me believe I have to go through hard times to be happy
Some aspects of me believe I have to go through hard times to be wealthy / healthy
All aspects of me know how to create excellent health
All aspects of me know what it feels like to have excellent health
All aspects of me trust God/Universe/Source/Divinity/Love
All aspects of me have faith in life
All aspects of me trust myself with abundance
Some aspects of me are afraid of turning into a horrible person with money
All aspects of me know I will fit in if I have lots of much money/health/abundance
Some aspects of me feel helpless/powerless/hopeless/useless
Some aspects of me believe life is hopeless
Some aspects of me feel alone and isolated
All aspects of me belong in this world
All aspects of me having the highest truth and understanding about
money/health/prosperity/joy/abundance/happiness

The list above is not exhaustive so feel free to add your own beliefs related to your particular block to abundance to see if it is running.

Technique for clearing blocks: You have identified a block in abundance. A popular technique to use is one of allowing Divinity/Source energy to come in and remove/transmute the block. First, you need to relax – do this by focussing on your breathing, ensuring there are no interruptions or distractions. Now give yourself a few minutes to just wind down and relax and then imagine you have a beam of light coming down into your crown chakra, imagine your crown chakra opening up (I use a trap door opening as a metaphor for this) and allowing the light to flood in and fill your head, neck, upper body, lower body, down your arms and legs until you feel immersed in the light. Then, when you feel open and ready to proceed, think about the problem/block and how it makes you feel. Pinpoint it as much as you can and be as specific as you can. Do you notice it anywhere within the body? The more you

get in touch with it, the easier this process will be. If you can see a memory surfacing – fabulous, stay with it. If you just get a sense of it, then give it a colour, give it a shade, give it a texture, what sort of sound would you give it, how does it feel? Now, allow that light to come into the area within the body and to flood it/immerse in it and at the same time. Put one hand across your forehead and one across the back of the head (this engages both sides of the brain), say out loud, “As I bring this block into my awareness, I petition Divinity/Source/God to remove it from me across all time space and dimension and across all energy bodies and transmute it to love. It is done. Thank you.”

Here are some videos now where I clear some of the popular abundance blocks for you. As I said earlier, their effects will vary from person to person but use them as and when you feel it is right. You have other tools you can use now to assist. Pause the video where appropriate so that you can explore, release, feel into specific areas as I go at a set pace which may be too quick for you when getting in touch with a root cause. See how you get on but if it doesn't work for you this time, doesn't mean it never will, so be aware of any judgement that may come up in you about yourself not healing or the video or myself. The judgement will always be something within you at deeper levels so become more observant about it and write it down as something to explore.

As with all these videos, ensure you are sitting or lying down in a comfortable position, where you are fully supported, without any distractions, that you are not operating any heavy machinery or driving or lying in a bath, because of the meditative qualities of the videos. Other than that, enjoy this process as much as possible! It's life changing but that doesn't mean it can't be fun too!

Please see below for videos:



<https://www.youtube.com/watch?v=0XtddrnB5Q0>

Feeling abandoned by God Video



https://www.youtube.com/watch?time_continue=3&v=7qIYE5h1HM

Removing Failure



<https://www.youtube.com/watch?v=U1rP0Sgn4pE>

Support and Nourishment Blocks



https://www.youtube.com/watch?time_continue=3&v=ESOFxl3bQul

Clearing Dense Energy and Vows



<https://www.youtube.com/watch?v=-KJlZxNgFw>

Clearing Safety Fears



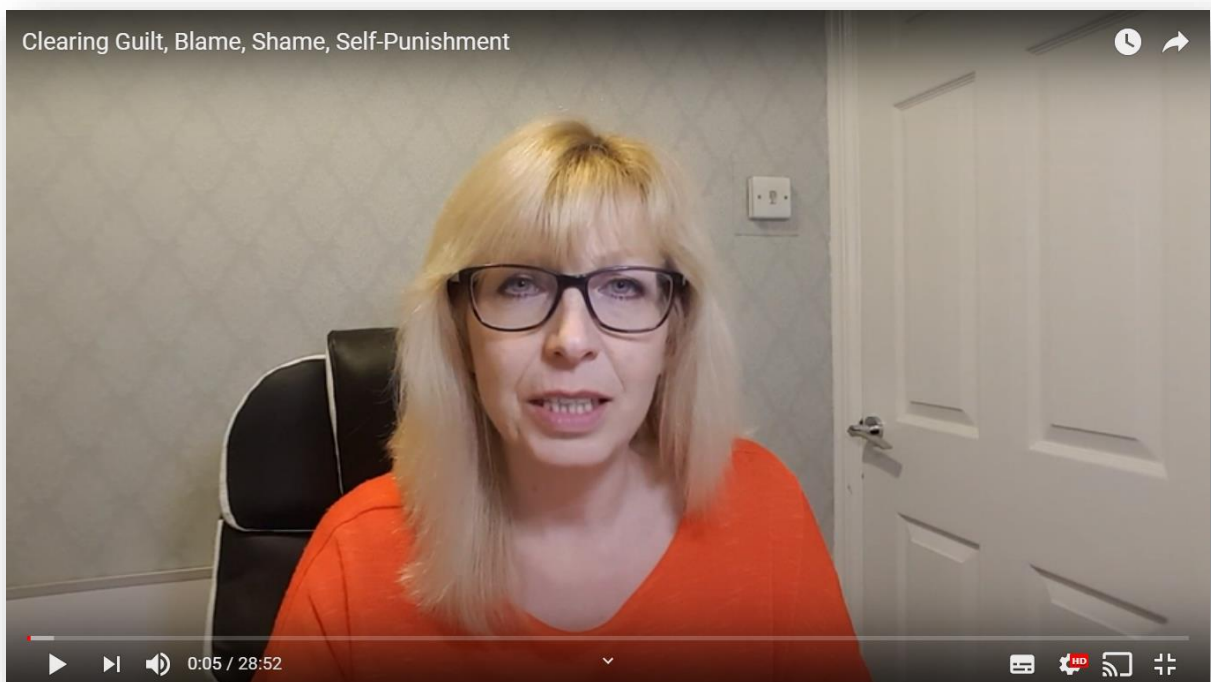
<https://www.youtube.com/watch?v=XxOsC492LSY>

Bad to be Rich



https://www.youtube.com/watch?time_continue=2&v=UA04d5Qp5dM

Worth/Value



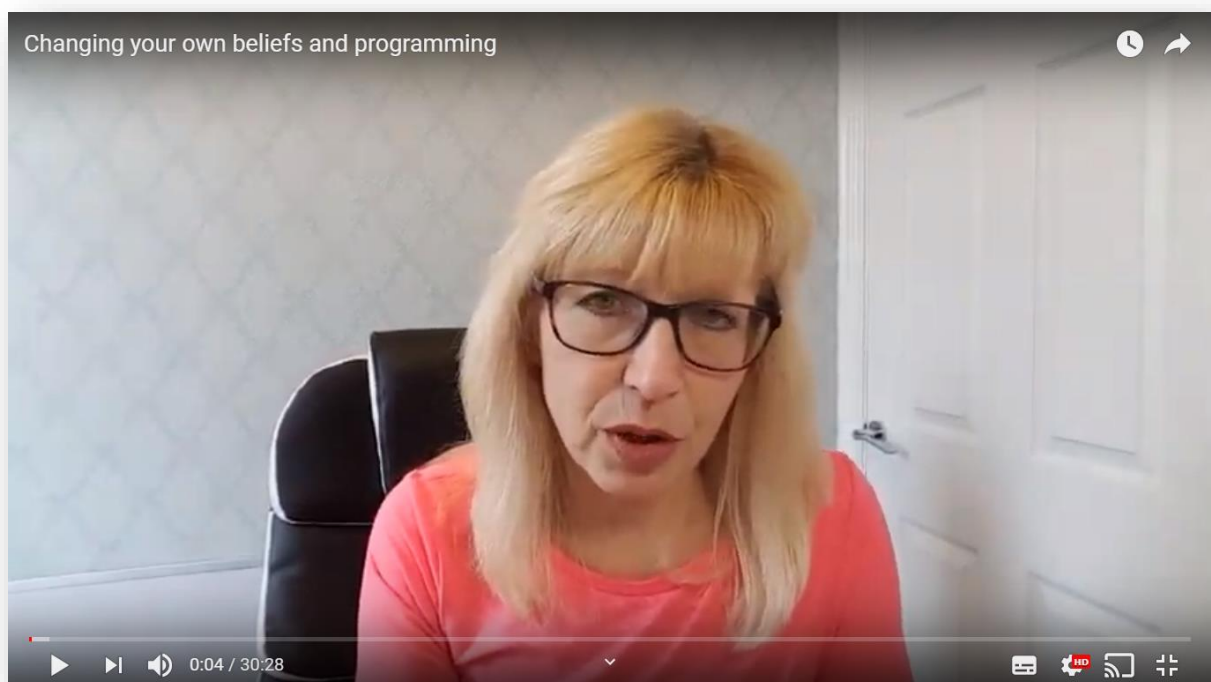
<https://www.youtube.com/watch?v=KAg5LtRYyxs>

Clearing Guilt/Blame

Finally, I decided to also include a video where you learn to clear the beliefs yourself. So, once you have uncovered a root cause, you can also clear it and the beliefs using the process as laid out in this video yourself, in a similar way as I have done in the videos above. This will help to empower you even more!

This video will take you through two different ways to reach the subconscious beliefs and it is through practice that you will get better and quicker at it. It takes me less than a second to access the beliefs now because I am forever going in and out of the subconscious mind in my work, as well as other dimensions, and I don't expect you to reach that speed yourself initially, so give yourself time and practice it and the easier it will get. Some people take a long time initially and then as they see the changes and the confidence increases, they get more and more proficient at it. Once you learn it, you really do feel very self-empowered.

Make sure you find a belief to work with that needs changing first, so perhaps test yourself from that initial list and find one to practice with on this video. Pause the video when necessary. When you have changed your first belief, you will be so thrilled at having that new skill. Enjoy! 😊



https://www.youtube.com/watch?time_continue=2&v=gl6HkFKRC88

Changing Your Own Beliefs Video

Affirmation:

Every day, I release blocks to my freedom in unexpected and joyful ways

ALIGNING WITH THE ENERGY OF ABUNDANCE



“If you approach the ocean with a cup, you can only take away a cupful. If you approach it with a bucket, you can take away a bucketful”, Ramana Maharshi

It is vital to know what abundance feels like if we want to constantly attract it in our lives. If we have never experienced abundance in this lifetime then how will we know how to attract it? After all, we are the ones that are in the driving seat here as the creative beings that we are. One of the ways we can do this is by tuning into the vibration of abundance as often as we can so that we align with it and there are various ways we can do this.

Remember in an earlier chapter when I discussed about the importance of our environment on abundance and the importance of raising our vibrations to higher frequencies? The more we can immerse in an abundant environment or higher frequency, the more we align with abundance and that will communicate with our cells. It's about surrounding ourselves with *plenty* and one of the easiest ways to do that is to get out in nature and become conscious of its abundance; going somewhere that is rich with growth. A forest filled with trees and shrubs, a garden centre filled with plants and flowers, a children's birthday party filled with joy and laughter, or a workshop or environment that is filled with creativity, as examples.

If we take nature as an example, becoming consciously aware of the abundance through observing the shoots bursting through the ground, the many leaves on the trees, the plethora of blades of grass, and so on, we start to bring in that abundant vibration to us. We are, in fact, surrounded by abundance. If we don't have the country near us, there will be someone that has a garden rich in greenery or a park nearby, or if we are in a desert area or near a beach, notice how many grains of sand or how many pebbles there are to form the beach, or question just how many drops of water it takes to fill an ocean. Abundance is all around us, we just need to become more consciously aware of it to align more with it. Remember, we ARE nature. We are not separate from it. We come from the earth (biologically) and we return to the earth biologically – just the same as everything you see in nature.

Nature is always the greatest teacher, healer and balancer and answers all the questions we have in life. As humans, however, we always strive to complicate matters unnecessarily. We seek to understand in order to control, instead of accepting and appreciating that moment for what it is.

Another way of aligning to the vibration of abundance is to sit and imagine a time when we felt abundant in an area of our lives. That abundance could be joy, great health, perhaps a win on a competition or getting top marks at a project at school, getting a prize, receiving lots of compliments, getting lots of flowers, being especially creative at something, getting lots of birthday cards, receiving more than one job offer and so on. Tune into that feeling. What does it feel like? Can you remember the sounds, the touch, the smell too? Were you with a particular person?

Tip: As we recreate that memory, we can even anchor it in place by getting immersed in that feeling and then touching or pinching the skin on the back of one of our hands. The more we do this, the more you can trigger that feeling of abundance through touching our hand in the same way without even accessing those memories. Doing this every day for between 1 and 3 minutes will tune us into that vibration and align with it and the more we do that, the more of the same we will attract.

Vision Boards

Another way to align the vibration of abundance so it becomes a subliminal message is to create a vision board. Put it somewhere where you can see it every day so the board serves as a constant reminder of your goals. Cut out everything you want to achieve. For example, if you are dreaming of having lots of money, then cut out pictures of how you want your life to look after generating all that prosperity. Perhaps that involves travel, fun times with your friends, perhaps a new house or car, perhaps creating your ideal job, maybe volunteering for an animal charity abroad or doing something environmental to help the world. Think about how you want your life to look, assuming there are no limitations, no obstacles and no financial or health challenges. Be careful not to limit yourself with these boards. It's not about the how. Leave that to the universe. You just need send out the subliminal message of what you want and then hang it somewhere so that you look at it every day without even realising you are looking at it. It becomes a constant and subliminal reminder of your desired goal.



The above is a vision board taken from Google, to provide an idea for you.

Live like a method actor – become that abundance

When we align with tools like this, although we are putting it out there in the future, we have to act and behave as if we already have that abundance – which we do, we just don't recognise it yet! So, we have to become like a method actor and live abundantly. That doesn't mean living irresponsibly, however. We have to take responsibility for how we live so it doesn't mean getting into debt and expecting the government or friends and family to bail us out. It doesn't mean abusing our health and pushing ourselves to the extreme to meet our desired goal if it is going to be detrimental to our health. It means we have to live **KNOWING** we are already abundant -which we are! Not pretending to know it or believe it but **KNOWING IT!!!** Reinforcing it every day. Living it every day. Acting that way every day. Not pretending. You may benefit in the beginning by focussing on what you feel you already have plenty of, e.g. time, space, nature, laughter, and so on... then build on it. The universe knows the difference between pretending and what is real. The mind may not, but the universe does. You have to **be it**.

Be thankful for everything and give, give, give

Reinforce the notion of PLENTY every single day in your life and you can do that with **gratitude**. Real, heart-felt gratitude in your life, every single day. Appreciate everything. That opens the door. As we increasingly recognise that you are an abundant being then you accept that you are unlimited in resources. One of the best ways of showing the universe how abundant you are is to **give, give, give**. The more you become attached to stuff and people, the more you come from a place of limitation: that is fear. The more you give to *others* or to the world, the more you come from a place of service and abundance. Giving **unconditionally** to *others* or to the world, sends the message that you have plenty to give – an unlimited supply. Being of service to *others* is being of service to yourself, the same with the world. Expect nothing in return. Do it because you have plenty so ensure you don't come from a place of resentment if you are giving, giving, giving to someone and getting nothing back. We are not giving to receive anything back. We are giving because we have plenty – whether that is time, joy, patience, love, and so on. The more we serve the external environment, the more we are healing our internal environment, and vice versa and, in turn, passing on the legacy to future generations for them to enjoy this sacred realm.

Become passionate about your job or find/create ones that generates that passion

An important factor in creating abundance is to work in a job that you are absolutely passionate about. If you are someone that is sitting in an office, doing a mundane 9 to 5 job and you are merely going through the motions of it to earn a predictable salary at the end of each month, to pay the rent or mortgage, to get a newer car, a newer TV, and maybe go out every weekend with your friends, as I discussed in the beginning of this course, then you are never going to align to the vibration of abundance. You have to love what you do. **Love is the vibration of abundance. Passion is the vibration of abundance. Joy is the vibration of abundance. Creativity is the vibration of abundance.** If you are not creating or feeling passionate about your daily life then you will struggle to reveal that abundance that is your natural essence. All the time you are stuck in a job like that you are limiting yourself.

If you are worried about leaving your regular job because you have a mortgage to pay, or family to support, then you are once again not recognising you are already abundant. Just because you haven't got a million in the bank account yet, doesn't mean you don't have it. It's been sitting there all this time – perhaps invisibly, you just haven't recognised/seen it. The same principle goes for health. Just because you are

not 100% healthy at the moment, doesn't mean to say you don't have it. You just haven't revealed it to yourself yet.

Remember, abundance isn't just about money, it is about opportunities, creativity, passion, joy, laughter, health, nature, love, time, and so on. It's about **plenty**. If you aren't living an abundant life in some way, you are not going to attract more of it. You know how it goes, when you have something positive happen to you and you go on a high with your vibrations and then all of a sudden more things all come in at the same time? The same with negative vibes. Something goes wrong then something else then something else, because you have tuned into that same vibration and then after a while you start believing things like "I am cursed", "I am always a failure", "bad things always seem to happen to me", "I don't have much luck in life"... and before you know it, you've created a program and you are back in that dense frequency energy again!

Bless for Success

We have to become more aware of where we are limiting ourselves on a daily basis and start BEING the abundant souls we already are. Anything that you negate, you can NEVER have. I shall repeat that. ANYTHING THAT YOU NEGATE, YOU CAN NEVER HAVE. So, whenever you catch yourself moaning or complaining about someone you see in work, on the street, on TV or in social media, having some kind of success or award or something amazing happening for them, BLESS THEM! The more you bless them and bless their achievements, the more you are blessing that part of you that is being reflected (remember there are no *others*) and the more you are sending the message to the universe to bring you more of that abundance. Bless any success, any award, anyone who gets a new car, anyone that has a beautiful home, anyone that has superb health, anyone who is feeling joyful, anyone who is in love, anyone that paints a beautiful picture, creates a beautiful garden, and so on. **Blessing it is loving it and loving it is accepting it and becoming it.**

When you envy someone's success or pattern of good luck, you are negating that abundant energy. You push it away from you and create a barrier between you and it. I know of someone that is always complaining about people who have lots of money, as if they are automatically "bad" people, and she has struggled financially all her life, as a consequence.

Give 10% of your income to your spiritual practice

Another suggestion that many successful entrepreneurs make is to give 10% of your income to your spiritual guru/mentor or spiritual practice. Again, this is showing

gratitude and appreciation to that practice for opening you up more to the Divinity that is you and encouraging more of that divine wisdom and energy to flow through you. It brings in the abundant being that you are. Remember, you are unlimited in all ways. If you have a reaction to this, notice that you are limiting yourself immediately and trace this back to its root using the techniques shown to you.

Switchwords

Using Switchwords are another way of aligning with abundance. Switchwords are basically words that hold an energy that have a way of bypassing our critical faculty and communicating directly with the subconscious part of our mind. You can basically use certain words, once again, to invoke the condition that you wish and, in the same way as the repeated healing practice of Ho'oponopono, you use them over and over until you get the results you want.

Here is a video to the subject of Switchwords that I prepared a while ago which you may find useful, as a bonus to this course:



<https://www.youtube.com/watch?v=ow9nMe0ykuo>
Switchwords

There are a few master Switchwords you can use. The first is the word "Together", it brings us what we need to know. Another master word is "Divine", which brings

miracles. Chant them over and over – it is suggested, 10, 28 or 108 times, and see what results you get. Here are some suggestions for you:

TOGETHER, DIVINE, COUNT, BRING, NOW (bringing in prosperity)

FIND, COUNT, DIVINE (bringing in money miracles)

FIND, COUNT, DIVINE, BRING, GOLD, MIRACLE, EASE (brings in money easily)

SHREEM (attracts wealth)

TOGETHER, DIVINE, HEALTH, BRING, NOW (bringing in increased health)

SATYA, RESTORE, COUNT, BRING, NOW (money owed to you)

TOGETHER, CLEAR, GIVE, CHANGE, COUNT, ON, NOW (immediate money)

EMBRACE, PLETHORA, MAGIC, MIRACLE, 100%, BRING, NOW (joyful abundance)

There are plenty more Switchwords available and I encourage you to research these yourself, but these will get you started. Aim to chant them for a minimum of 4 to 6 weeks. Sometimes you can get an immediate response (use REACH when you want to find something you have lost or want a buried block to come to the surface), sometimes it takes longer and sometimes blocks come to the surface to be revealed and you can use other tools within this course to overcome them as they arise.

Positive suggestions and affirmations

One thing you will notice that I haven't done with the clearings is taken out one belief and replaced it with another – e.g., removing sadness and replacing it with happiness. The reason for this is that we need to get above beliefs. Beliefs are earthly limitations created by the mind. The true self is abundant and unlimited and the more we can remove the blocks to this, the better. When we start adding in positive suggestions then we start layering our minds with beliefs and feelings again. By doing this, in my opinion, we are still limiting abundance. It's like removing the clouds to reveal the sun but not quite believing the sun is there so we put in a suggestion of another sun. Why? If we really believe we are unlimited, we don't need positive suggestions. It's a duality that stems from lack, once again.

However, I am not averse to people doing this because it is really about using the mind to work FOR us rather than against us. If you choose to use positive suggestions and affirmations, then I have included affirmations throughout this course, as you will have seen, so that you can use these every day. If you wish to use positive suggestions, then you can tap these in with EFT, as I have suggested, or focus on them or use them as affirmations or put them in after you have cleared the old belief away, as in the early video technique. The mind is such an incredibly evolved tool and it is about using it to

enhance your life rather than limit it, so often we can use some affirmations to assist us move forward – until such time as we reach that stage of enlightenment.

Affirmations

Affirmations are a way of reprogramming the subconscious mind to attract what you wish into your life. The more they are said, felt and believed, the more they will form neural pathways and the more you will attract what you want. An example of this is that several years ago, I visited a colleague of mine that I hadn't seen for a few years. When I saw her, she looked 10 years younger than the last time I saw her. She looked amazing! When I relayed this to her, she admitted to me that she had been saying affirmations for the previous 2 months that she looked 10 years younger! So, it was all about the energy she was radiating.

Now I am not a big fan of affirmations but I know they have helped many people out there so hence mentioning it here. For me, using affirmations is still denying the fact that you are already abundant and unlimited and we don't want to be in the cycle of replacing old beliefs with new ones. We want to be getting above the whole belief cycle and into one of Divine inspiration, but we are all on a process of self-discovery and we have to do it in a way that feels right for us, so I include it here as many enjoy this process.

The key to affirmations is to turn them into a process rather than keep them as a statement. That way they are more likely to reach the subconscious part of the mind rather than be thrown out as being impossible or unfeasible by the critical faculty of the mind. As an analogy, if we have nine positive behaviours sitting around a board table, all constructive and abundant and we have one negative, sabotaging behaviour, that one sabotaging behaviour will negate the others and stop the others from manifesting. That's how powerful thoughts can be! So, if you have a block running that perhaps you are unaware of and you keep repeating affirmations of, "I effortlessly attract abundance" and there is a part of you that says, "actually I don't, that's not true", then the attracting abundance affirmation will automatically be rejected and you will waste countless hours saying the affirmation with no change.

The best way to overcome this is to turn it into a believable process which then bypasses the critical faculty of the mind and is accepted as being reasonable and attainable by the subconscious part of the mind. For example, taking that same statement again we turn it into, "as every day goes by, I effortlessly attract more and more abundance". That's more likely to be accepted as being reasonable and attainable – rather than a blank, in your face, statement, and won't likely be

automatically rejected. I have used suggested affirmations throughout this course for you to experiment with but please have fun in creating your own to suit.

Other ways to use an affirmation approach is to ask the universe to show you. This way you let go of expectations and hand the control over to the universe to bring you surprising ways to manifest your desires. This was conveyed by Esther and Jerry Hicks when channelling Abraham. Examples:

- Show me, universe, how to create more abundance every day.
- Show me, universe, how abundant I can be.
- Show me, universe, inspirational ways to increase the levels of abundance in my life.

The key with all of this, no matter what you decide to do, is to have fun with it and then let it go. Try not to get attached to any outcomes or the way these things manifest. All you need to do is to communicate the end goal and leave the 'how' to the universe to bring it in. The mistake people often make is to plan everything down to the nth degree, which is fine in some situations, but often things manifest in the most unexpected and surprising ways that can be way better than we ever expected. If we try to control how we are going to create or manifest our desires, we limit ourselves and we are coming from judgement once again.

The trap of deserving/self-worth

Although I have listed both in the list of beliefs, please don't fall into the trap of deserving or self-worth. Deserving always comes from victimhood and if you use an affirmation that you deserve something then you are just reinforcing that lack once again. In truth, we don't have any rights. Rights come from the mind. The mind says, "but I deserve this..." or "I have a right to that...". These are not spiritual practices. In our true essence, we accept that we are all that is, so we have no rights or need to deserve.

Self-worth is the same construct. Self-worth doesn't actually exist. As my hypnotherapy mentor used to say, "if you can't put it in a wheelbarrow, it doesn't exist". It is what is called a nominalisation. Again, it follows the same principle, "I am worth it..." implies that you are coming from lack if you have to reinforce it by saying that. Unworthiness or feeling worthless is a big limitation but replacing it with worthiness is just coming from a duality again, not recognising that you are "all that is". You are not worthy or worthless. Worthiness is an egoic construct. You are so much more than that. Remember, you are "all that is", not separate from anything.

As you recognise that, why on earth would you then want to say..."and I am worthy". Of what exactly? Again, it implies lack and limitation.

Many knock this life and their experience in this world and many say they will never return here after they leave this life. This existence is a most sacred one to progress the Soul and it is a life that must be honoured and respected in all its experiences. Nobody said it would be easy and if it were, then perhaps enlightenment would not be worth the effort that we have put into it. But that is up to us to decide how we wish to perceive our existence; one of victimhood or one of creation?

EXERCISE: Here are some tips to use in your living environment that may help you to attract more abundance in your home. Feng Shui is about the movement of energy in and around the home or work in order to manifest favourable effects. There are techniques that can be used to encourage the flow of energy in certain areas of your life, so here are some simple tips to use to create abundance in your living environment. It's a supportive mechanism rather than a manifesting one.

Tip 1: Create a strong front door, if you are able to. It signifies strength to attract wealth chi. You can do this by using a strong colour, having the entrance clear of any rubbish or recycling material, ensure the door is in good condition and opens easily and widely without making a sound, add additional Feng Shui protection around the door, such as a reflective mirror for example to ward off dense energy. A solid door in good condition and free of anything in its path is symbolic of strength and openness.

Tip 2: Ensure the energy moves freely around the home, clearing away any clutter or debris from floors, etc. Perhaps make a note of what area you have the most clutter in inside your home as that will give you an indication of blocks running in an area of your life. For example, if there is a lot of clutter in the kitchen, we could be looking at blocks to health or nutrition, if there is a lot of clutter in your bedroom, we could be looking at intimate relationships or romance, and so on.

Tip 3: Prepare your money area. This can be your home office or wherever you do your finances. Use the colour blue and bring in lots of wood and pictures of water. Water is flowing and nourishing the wood. Keep it clutter free. Wood represents money and wealth in general. For example, without realising it, I recently redecorated my entire office with wood flooring and of course wood shelving and wallpapered it in blue and put up a picture of a cat looking through a fishbowl with fish. Fish are also the sign of wealth so pictures of lakes, rivers and fish or fish symbols will also attract more wealth so place these also throughout the home or work. If you have an indoor water fountain, use this often as flowing water will also be symbolic of attracting wealth.

Tip 4: Surround yourself with symbols of wealth. Decide what represents wealth to you. Not many of us have gold bullion around us so pick something that symbolises wealth. I have a million-dollar note staring at me on a noticeboard above my office desk, but consider also having a coin bowl by the front door so that whenever you come in, throw some coins in it (bringing wealth in to the home). Perhaps have some gold or silver around you or even pictures that represent wealth or abundance to you. Colours of gold and purple represent wealth so consider bringing in some of these more to your environment in cushions, pictures, and so on.

Tip 5: fill the home with crystals that are symbolic of attracting wealth, health, romance, joy, and so on. You will need to investigate which ones you need for the area you want to increase the abundance in, but place them around the home.

Below is a meditation to help you focus on creating and manifesting what you want, relating to abundance.



<https://www.youtube.com/watch?v=25bQCZdnuKw>

Creating Your New Reality

**Affirmation Chant for Abundance:
Om Shrim Maha Lakshmiyei Swaha**

The End

I really hope you have enjoyed this course and empowered yourself in the process.

If you would like to follow me, please add me on Instagram, my Facebook business page, or on Twitter. The links can be found on my website: www.carolinecousins.com and I would love you to sign up to my monthly newsletter, which can be found on the home page of my website.

I will be producing more courses, to be announced on my website and via my newsletter, so please stay in touch.

I wish you a very abundant life and may it be filled with joy, miracles and blessings in every way for you and yours.

Love
Caroline
X

PS – I would love to hear of your case studies as to what has worked for you and the changes that have happened, as I will be writing a new book soon based around clearing abundance blocks.