

CHAPTER 11 - The Flow of Energy

"I am a vessel in service. Spirit, flow through me." - Andrew Lutts

ENERGY IN MOTION

One important thing to do when manifesting and creating in your life is to keep the flow of energy moving. Do not hold onto things that are no longer wanted, as they block the way for new things coming into your life. (We discussed this a bit in Chapter 4, "Making Way for the New.") You must allow for a correct and easy flow of energies into and through your home, workplace, and life. Principles of the popular ancient Eastern practice called Feng Shui support this concept.

To make room for the new, let go of old things. Go through old belongings, and throw them out. Donate old clothes to charity. Create a vacuum (physically empty space) in your life so that grand and glorious new things can come into your life.

Today many people are such enthusiastic consumers and collectors that they literally fill up their houses with material goods. Our society has created shopping malls, mega malls, and specialty stores so that we can buy more and more things. And we need larger houses to put everything in, too! And when our houses are full, we put our possessions into storage facilities. In fact, consumerism is a kind of disease, born from the belief that we need external, material things in order to feel good about ourselves inside.

This concept of clearing works for things, but it also works for people too! Is there an old boyfriend or girlfriend that you are hanging onto, just because they are familiar? Do you have old friendships with people that just aren't going anywhere? Are there coworkers at your office who are unhappy, and should have moved on months or years ago? Do you belong to groups or associations that are stagnant? Make room for new people to come into your life by consciously releasing those other people back to the universe.

I NOW RELEASE TO THE UNIVERSE THOSE THINGS AND PEOPLE IN MY LIFE
WHICH NO LONGER SERVE MY HIGHEST GOOD. I NOW BRING NEW PEOPLE
AND SITUATIONS INTO MY LIFE. I AM NOW WITH THE RIGHT PEOPLE IN THE
RIGHT WAY, AND IT FEELS GREAT!

OWNERSHIP AND PHYSICALITY

Ownership of items can sometimes block energy flow. Be conscious about your feelings around ownership of physical things. Ownership of an item, such as a house, does not necessarily mean that you need to be attached to it. Own it, and enjoy it. But acknowledge it for what it is, a house. It is not you.

Realize that if you own a house, a more accurate way to look at it is that you are a caretaker of this house. It is yours, for as long as you choose to own it. But someday, for

any number of reasons, you will likely no longer own it. Realize that now, and know the difference between owning something and being attached to it.

This is actually quite obvious with the concept of land ownership. Can we really "own" land? Can we take it with us if we want to move? Of course not. Embrace the responsibility of being a caretaker of things like a home, land, fine jewelry, collectibles, antiques, paintings, family heirlooms, family documents, etc., as long as you choose to own them. But know that someday these things will pass out of your hands and into someone else's.

For example, if you have inherited valuable family jewelry from your parents, know that although you "own" and can fully enjoy that jewelry now, some day you will pass it on to someone else. Knowing this, it subtly shifts some of the obligations and "ownership" of this jewelry back to the universe. It can help unburden you from ownership, if you develop an attitude of being a caretaker or custodian. Also, more importantly, it allows for the proper flow of energy.

However, also know that the real power in the process is knowing that you can manifest anything at any time anyway! So there is really no need to struggle with ownership issues when new things can be brought in easily.

Here's a story of a good friend named Katerina who inherited a beautiful and valuable set of European Hummel figurines from her mother. The figurines had passed through many generations of matriarchs in the family, and had significant sentimental and symbolic meaning to this woman.

But the time had come to divest herself of these figurines, and pass on the joy of ownership to another sibling in the family. Although it was extremely difficult for her to "give up" the figurines which meant so much to her, she did so with an enlightened view of the situation, realizing that her time as caretaker had passed to another.

Although Katerina had attached much meaning and personal feelings to this set of figurines, she eventually began to realize that these figurines were merely symbolic of her personal self-worth as a matriarch for her generation. She courageously passed them on, and learned a valuable lesson about the issue of ownership.

Two common expressions describe someone as "attached to his earthly possessions" or "a slave to her possessions." Do you sometimes feel that way?

These phrases reflect an attitude, or belief. If you adopt the view that you are not attached to these possessions, but are instead merely the current owner or caretaker, it shifts much of the burden of ownership away from you and back to the universe.

TRUSTING THE UNIVERSE TO PROVIDE

When you keep the flow of energy open, you are trusting that the universe will provide for you perfectly. Not only that, but it will provide for you *in the perfect way, at the*

perfect time, with the perfect solution. It is fully within the capacity of the universe and the Infinite Intelligence to do so. Believe it!

I TRUST IN THE UNIVERSE TO PROVIDE APPROPRIATELY FOR ME NOW, IN A
DIVINE WAY, FOR MY HIGHEST GOOD.

Here's a true story about when I was looking to manifest something in my life: a boat. After deliberating on what kind of boat I wanted, I found a colorful picture of exactly the kind of boat I was looking for. I taped the image to my computer monitor at work, so I would see it every day, all day.

During that time, I also began the physical search for the boat. I started looking in all the boat-for-sale advertisements. The boat I was looking for was fairly common, and should have been easy to find.

I called around on the phone, drove around in my car, and looked at many, many boats for sale over the next few months. I knew what I wanted. I had a clear vision of it. I had the money. And I wanted it badly. But none of the boats I looked at were just quite right. I drove around the whole state looking for this boat, driving hundreds of miles in the process. But I just could not seem to find the right boat.

So, with despair, I gave up looking. I consciously said to myself, "I need to let go of trying so hard to find this boat." And I let go of my search.

Well, just a few days later, while I happened to be driving through the next town, not five miles from my house, I spotted the perfect boat, and subsequently bought it. I cannot even remember why I happened to be driving there. All I know is that Spirit put me there so I would see the boat.

Sometimes we try too hard to "make" something happen, when something just isn't right. In this case, when the search for the boat was released to the universe, the universe found it for me quickly and easily, by placing me in the situation where I would see it.

We sometimes spend much time and effort chasing a fleeting goal which usually manages to stay just ahead of us, in sight but not in reach. We fail to realize that the reason it is fleeting is that we are chasing it. If we would only stop chasing it, release the search to the universe, and make a space for it in our lives, then it will find us. Just as in my hunt for the boat, once the search was given up, a void was created. Then the universe came in quickly to fill it. Trust in the universe to provide appropriately.

I NOW SURRENDER THE DETAILS OF THIS SITUATION TO SPIRIT. I NOW
RELEASE AND TRUST IN THE UNIVERSE TO BRING THE PERFECT RESOLUTION,
AT THE RIGHT TIME, IN THE RIGHT WAY.

A conundrum: It can be difficult to know the difference between trying too hard or just being persistent. How do you know the difference? There is no easy answer to this. But

often times, you can check into your heart about how you feel about a situation. In my own case of looking for a boat, it had begun to feel like drudgery, and was no longer the fun experience that it should have been. That was a good clue for me to stop pursuing that path and strategy, and release it to the universe.

If you do not trust fully in the universe to provide for you in right way, you set up all sorts of blockages. For example, people who hoard or stockpile things are not fully trusting that when they need something, it will appear. People who are reluctant to give up things often use these things as a crutch to cling to safety and security. All this does is reinforce the fear of loss, as the focus is on scarcity and shortages rather than abundance. For example, people who grew up in the 1930's in America, during the Great Depression, are often not fully trusting of an abundant universe. As a result, they are inclined to save, collect, and stockpile.

Remember that the ultimate in wealth, abundance, prosperity, and perfection is in *knowing that at any time you can manifest any thing for any reason*. The universe will provide for you whatever you want or need right now. If you have total and complete trust in this reality, it is true for you.

I TRUST IT WILL BE SO. AND SO IT SHALL BE. AND SO IT IS!

In fact, *if you trust completely*, all will be manifested for you. Parts of yourself that vibrate doubt, fear, mistrust, anxiety, lack, and other limiting beliefs are simply areas of your being that are in non-belief. Believe it or not, the universe can provide everything that you desire. It is a universal law.

I NOW ACCEPT MY UNCLAIMED GOOD. I NOW BRING TO ME AND MANIFEST THAT WHICH HAS BEEN HELD BACK. I NOW MANIFEST GLORIOUSLY IN MY LIFE NOW, AS I AM WORTHY AND DESERVING OF ALL THE ABUNDANCE THAT SPIRIT HAS FOR ME NOW.

Here's a true story from a woman named Judy Panko which illustrates the flow of energy, generosity, and trust in the universe:

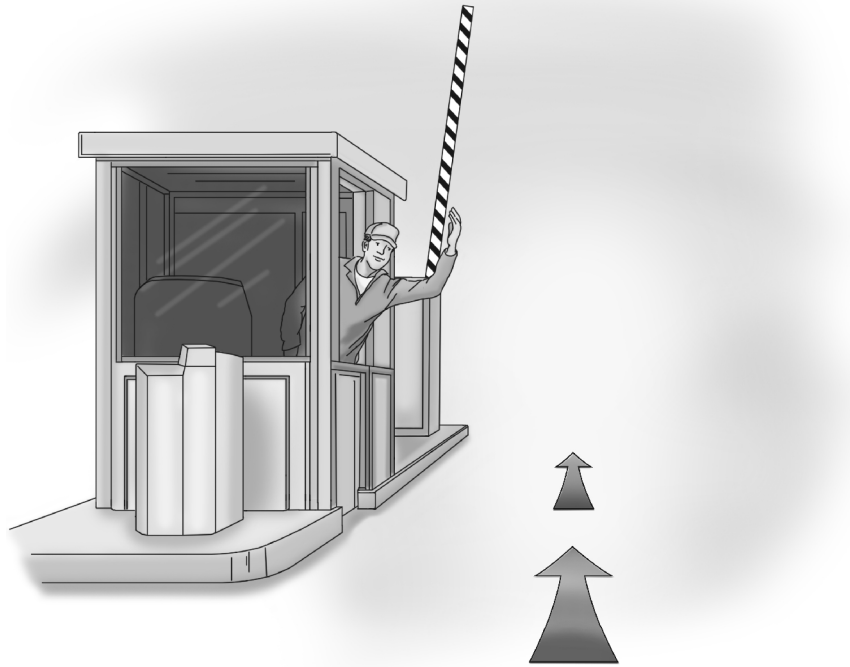
I work in a parking garage near the University of Nebraska, so I see it all the time: A driver will pay the parking fee for the car behind him, then that driver will pay for the next car, and so on. It's a bit of a tradition, especially at sports events. A random act of kindness that makes people smile.

One night there was a ballet at the campus performing arts center. A man gave me double the fee and asked that I let the people in the next car know that he'd paid for them too. "You're all set," I told the teenagers in the next car. Then they paid for the next guy. The chain reached the tenth car. A new record!

Car number eleven pulled up: A mom driving an old station wagon. She'd won tickets and wanted her daughter to see her first ballet, but didn't have money for

parking. I told them the car in front had already paid. "No kidding! I prayed God would help me with this," she exclaimed. In this case, I guess it wasn't such a random act after all. ¹

I NOW THANK THE UNIVERSAL SPIRIT FOR SHOWING ME THE DIVINE WAY OF ALL THAT IS.



"Go right ahead. You're all set.
The universe is waiting!"

[image 11 - the universe is waiting]

BEING AFRAID OF LOSS

People buy all sorts of insurance products to protect against losing something. But realize that the more you worry and fret about losing something, the more energy you put into that feeling of being afraid of loss. Thus you attract that possibility to you.

People who win millions of dollars in lotteries oftentimes discover that the money is gone just a few years later. Why? It is likely that they are unable to match the vibrational energy of being in abundance. They just can't see themselves as millionaires. It may also be a result of the fact that they may feel they are simply not *deserving* of millions of

dollars since the money came to them so easily. And thus, the universe in its perfect way finds a way to separate them from their newfound money.

Another curious thing is that people who are very wealthy often have one major fear: that they will lose their money. Again, when people focus on something, it places energy onto that expression.

SPECIAL DELIVERY TO YOU

Today people feel that the more, bigger and better things they accumulate provide safety and security. Material wealth is one way we measure success in our society.

As an example of how we process the distribution of wealth and the flow of energy in the physical world, consider large companies selling products. Huge international retail companies pride themselves on their methods of distribution. Because of point-of-sale automated computerized inventory processes, even the largest companies know at any moment how much of an item is in stock, at which store, at what price, in which color, and how many days of expected inventory remain before more of that item is needed. These large companies have done a masterful job in creating systems which anticipate and track the flow of finished goods and materials to the hands of the consumer, in order to fulfill a desire of the consumer, and make a profit by doing so. The efficiencies of distribution are truly amazing.

Think of the universe like this, only even better, and far more perfect! The universe is not just limited to one store, one product, one color, or one low price. It can and does search the world over to provide you with just the right thing, at the right time, in a perfect way, in order to help you on your growth path. Not only that, but sometimes the universe will even deliver it right to you, and at no extra charge! The universe always seeks perfection, in its infinitely intelligent ways. Who could ask for anything more?

When you are in the flow, trusting, and connected to the universe, you:

- Allow for unrestricted flow of energy to you
- Open up to any number of possibilities
- Magnetize people, situations and opportunities to you
- Are co-creating with your higher self and with Spirit

True success and abundance is being one with yourself, one with Spirit, living in an unlimited universe, allowing for the flow of energy to you, and trusting that the universe will provide for you in great abundance whenever called to do so.

CHECKING IN WITH YOUR HEART

Energy wants to run smoothly and effortlessly through you and around you. When your energy is flowing naturally and you are in complete alignment and balanced, your pathway is smooth and easy.

However, if you forget to check in with your heart before you make a decision, and then make a decision which goes against your real truth, you are in effect putting up a kind of wall. The energy is unable to move, and must then seek out an alternative pathway.

Also know that sometimes things can take time to manifest. This is okay. Don't give up on your intention too early, especially if it is something that comes from the heart.

Additionally, sometimes the energy of a situation changes, and things can begin to become difficult. In this case, you will know that something needs to be changed, because manifestations do not occur, or do not occur in a desired way.

One example of this is someone who is in a job that they do not like. Perhaps things at work begin to become more difficult. Little things turn into big things. Work that was once fun and joyful becomes tedious and monotonous. The job may be exactly the same, but the perception of it and the work situation have changed. Energetically, the flow is being filtered and blocked. If you listen to your heart, you will know that some kind of change is needed. (Read more on this in Chapter 14 on Workplace Manifestation.)

"Your own heart and self is your best authority" - Chief Joseph²

GIFTS AND GIFT GIVING

Gift giving is another example of energy in motion. We have heard it said that the person giving the gift is actually the one benefiting from the giving. Now we know one reason why this is true. As one person gives a gift to another, the giver creates a vacuum, an imbalance. The giver is putting energy into motion. As long as the giver is giving from the heart, the giver will almost assuredly receive some kind of energetic return from the universe as a result of their generosity. This is the law of reciprocity in action. It could be in the form of anything really, but it will be positive. It could be something as simple as love.

If you are given a gift, refusing to accept it is not a good idea. By refusing to accept a gift, you are literally blocking the flow of energy to you from another. If someone has taken the time to try to give you a gift, you are helping them by accepting the gift.

LUXURY AUTOMOBILE SELF-TEST

One way to gauge the flow of energy to you is to consider your attitudes towards a luxury automobile. We can see the way energy flows to us and through us in physical ways, such as how we think about various automobiles and what they represent to us. When you see a beautiful luxury automobile like a Mercedes Benz, Jaguar, Lexus or BMW, what are your feelings toward its owner? Do you think to yourself "that rich jerk" or "arrogant snob?"

If you feel anger, jealousy or resentment towards that person, you are placing emotions onto that expression of abundance that comes with ownership of a luxury automobile.

You probably realize that this is *not* the kind of emotional perspective that will draw that abundant experience into your life!

A better way to view the abundance and ownership of that kind of luxury automobile would be something like "that's for me" or "that's my kind of car" or "I love it, isn't it beautiful" or "I'll take mine in red." With these positive expressions, the feeling projected out is much more of an attraction energy.

Taking this concept even further, if you would like to manifest a luxury automobile for yourself, go for a test drive. Open the sunroof. Tune in your favorite radio station. Adjust the power seat. Adjust the mirrors. Make it fit *you*.

In doing so, you will develop, cultivate and practice the *feeling* of owning a fine automobile. And in doing so you will reinforce your attraction energy to it, and it to you. Sometimes it can take people a little time to "warm up" to the feelings of being deserving and worthy of something new to them. A "test drive" helps capture that feeling. Of course this concept is not limited to just automobiles, you can do this for anything, such as going to an "Open House" when searching for a new home, or going to a career day or interview when considering a new job.

I NOW RELEASE ALL LIMITING BELIEFS FROM MY BEING. I NOW RECEIVE ALL THE UNIVERSE HAS FOR ME, APPROPRIATELY. ALL MY ACCUMULATED GOOD NOW COMES FORTH TO ME AND SHOWERS ME AS RICH BLESSINGS, AND I AM GRATEFUL.

DOING WHAT YOU LOVE TO DO

One of the best ways to improve the flow of energy to you and access the abundance you deserve is to do what you like to do best. When you do what you love, you move into alignment with the universe. You live more "in the moment." Energetically, the signals you give out are positive and powerful, and attract abundance. Also, when you are doing what you love, you attract friends, family, clients, coworkers, and others who wish to be a part of it. If you are truly doing what you love to do, people are attracted to it, and respond to it!

BALANCE AND BEING CENTERED

When you are balanced, manifestation comes more easily. Another way to think of being balanced is being at the center in a quiet place, like in the eye of a storm or hurricane. While all around you is swirling and moving, you are in a very quiet place. You are in a position of power, at the center.

When you are balanced, you can manifest effortlessly. The energy in the universe flows smoothly around you and supports you. And the clearer you are, the more "perfect" the manifestation.

When you are balanced, you are like a solid, sturdy pillar of marble holding up a Greek temple. You are unshakable. In this way your transmission of energy is solid and your thoughts and intention go out to the universe in a perfect way.

When your energy is unbalanced, problems arise. You may adopt a victim mentality, or things may just seem to "happen" to you. When unbalanced, your solid, sturdy pillar of marble flexes back and forth. Bipolar feelings may arise, with extremes of emotions and feelings. As a result, the energy that you vibrate out is a less preferable oscillating sine wave.

When you are unbalanced, the manifestations may not come, or may not come in the best way. For example, if you are out of balance and try to manifest a new roommate, you may in fact attract a new roommate, but one who is very difficult to live with. Being clear and in balance is very important when manifesting.

MAGNANIMITY

If you are feeling "stuck" and that abundance is not flowing to you, think of someone you can give something to. This affirms your own abundance, and reaffirms your prosperity. It reinforces your strength, and your ability to manifest whatever is needed to take the place of what you are giving. It gets the flow of energy moving again.

It shouldn't matter at all what you desire in life; one way to obtain more of something is to give it away to somebody else who needs it more than you do. It can be money, it can be knowledge, it can be love, it can be anything at all you desire for yourself. The way to get it is to give it away, and create a new void.

As we have seen, by giving you create a vacuum in your life, a space that the universe is ready to fill. And that is where your abundance is created. When you create the vacuum for the commodity which is the media of exchange, you cause an imbalance which the universe will soon fill once more, *with interest*. The concept of tithing is founded on this universal law. In fact, many wealthy people create foundations and trusts in order to give money away and keep the flow coming to them. It can be a full-time job!

Some of the most prosperous people in the world are those who are the most generous. This is no accident. Although it may be difficult to know if these people became generous and giving before or after achieving abundance, it can be safe to conclude that keeping the flow of energy moving is a concept that they are fully aware of. No matter what level of prosperity you feel that you have, you can learn from these people by being generous. In doing so you affirm your own prosperity, and make way for much more abundance to flow into your life.

TITHING

Traditionally, tithing is the action of contributing or paying out a tenth of one's income. Customarily, this contribution is given to a church. The word tithing comes from the word ten.

While tithing is a noble concept, it can be charged with all sorts of emotions. There are usually two parts of tithing people feel uncomfortable with:

- 1) If you are trying to become abundant, how will it help to give away ten percent of everything you make?
- 2) You may or may not be particularly inclined to give your money to a church or other organized religion just because someone says it's a good idea.

Tithing is a completely personal choice. Here are some thoughts on the subject to help you decide if tithing is right for you.

First, if you choose to tithe, it is most powerful when you tithe to where you are getting your inspiration from. This may or may not be a church. Tithing is best done when you tithe to whomever, wherever, or whatever you are receiving inspiration, spiritual guidance, assistance, creativity, and divine help from.

Secondly, the *real power* behind the concept of tithing is this: God, the Universal Spirit, is the source of your prosperity, not persons or conditions. Thus, by tithing to where you get your spiritual inspiration, you are partnering up with the Universal Spirit. ³

The people, channels, circumstances and conditions from which prosperity flows to you are always changing. They are not the ultimate sources of prosperity. The Universal Spirit is the ultimate Source. And this *never* changes.

Tithing is affirming your prosperity consciousness. When you give back to Source in a way that you personally align with, it reinforces your abundance in a powerful way. It completes the circle of energy flow. It keeps the flow of energy going through you strongly, as the universe supports your positive efforts. It is a very strong statement of trust and belief. Whether or not you make the decision to tithe in a conscious, deliberate way, know that *God is the source of your prosperity*, not persons or conditions.

BEING DESERVING

If you do not feel as though you are deserving, you will block the flow of energy to you. You must *feel that you deserve* what you wish to manifest. Many people say they want to win the lottery, but few people feel that they completely deserve it or are clear about what they would do once they receive it.

Jealousy is also related to being deserving. Jealousy often occurs when people feel that they themselves are not deserving. For example, people often become jealous of a neighbor who has something new. This is because they don't understand that they too can manifest for themselves.

TIPS TO OPEN AND INCREASE ENERGETIC FLOW

Be sure to do the following to help energy flow to you:

- 1) Take your time. Allow the universe to provide in its perfection, at the perfect time, in the perfect way. Trust in the universe!
- 2) Be open to virtually any idea or possibility of how your manifestation might come about. The universe may surprise you and provide you with what you want in a completely unexpected way! This can be a lot of fun when you acknowledge that the universe has brought you something in a way that is entirely and completely unexpected.
- 3) Keep your mind steady. Don't be wishy-washy. Being unsure broadcasts an uneven thought projection. If you begin to intend something and then later change your mind to something else, the universe must stop and start over to support your new choice.
- 4) Stay in your integrity. Don't take on other people's attitudes of disbelief, regret or doubt. They are not yours! There may be people you know who think that they are doing you a favor by suggesting that something is just "not possible." All they are telling you is that in their reality, it is surely not possible for them. Because that is their belief, their reality supports it. But you know better. It is not *your* reality. In your reality, it may be entirely possible!
- 5) Be true to yourself. Don't be tempted to "make a deal" with the universe. Don't make the manifestation contingent on something else happening or not happening.
- 6) Be confident and trusting. Don't worry and fret. Your manifestation involves a large amount of trust. Trust it and release it.
- 7) Guard your thoughts carefully. Don't focus on what you don't want. If you do, you will attract the unwanted to you. Be very careful with your thoughts, and what you focus your attention on.
- 8) Keep your faith. Don't give up. Even though you have "released it to the universe," you need to keep your intention in your conscious and unconscious mind. Affirmations and visioning are important because they help you keep your intention in your consciousness.
- 9) Keep your intention clear, simple and direct. Don't make your intention complicated and convoluted.
- 10) Keep it positive and for the highest good of all concerned. Don't use these techniques to harm or hurt another. They will only come back to harm you.
- 11) Think big! It's okay to start out small to practice your skills. But ultimately, think big and go for it. There's no reason not to!

12) Express gratitude and acknowledgement once your manifestation has occurred. This will only bring in more good to you. Thank you, thank you, thank you.

ALL ABOUT RESISTANCE

Sometimes people are held back from manifesting because of one key concept: resistance. Resistance is a term used to describe the feelings, both conscious and unconscious, that are comprised of long-held beliefs about limitation, fear and lack. Resistance means you don't let the energy flow through you. Resistance is an aspect of fear. The opposite of resistance is harmony.

Often, resistance is the result of beliefs that you absorbed while growing up in an environment where you adopted the beliefs of others. Resistance can also come from limiting beliefs inherited from past lives. Left unchecked, resistance can sabotage your best efforts. Here is a list of resistance and limiting beliefs. You will likely recognize many of these, and you may even believe a few of these!

EXAMPLES OF RESISTANCE AND LIMITING BELIEFS

- You have to work hard in life to succeed
- Nothing good ever comes without working for it
- Within every life a little rain must fall
- The more you make the more they take
- If it happens too easily, it can't be right
- Life isn't fair
- No matter how hard you try it won't make any difference
- You can't fight city hall or the government
- You can't have fun and earn money at the same time
- Life is hard
- You're not good with mechanical things
- That's the way of the world
- If you don't work hard at it, the results aren't valuable

Try to identify any limiting beliefs you have, and when you took on that certain limiting belief. It may have been an authority figure in your life (parent, teacher, relative, etc.) who passed this belief onto you. Naturally, you accepted it. It might have even sounded like good, reasonable advice at the time. But now you know better.

Belief patterns are normally deeply rooted in our emotional experience, and we must heal the wounds which cause unconscious and self-defeating behavior. Try to identify these limiting attitudes, remember where they came from, work through them, and release them back to the universe.

For example, you may affirm that:

ALL THINGS COME TO ME NOW, PERFECTLY AND EASILY,
and yet you actually believe deep inside that nothing really good can come "easily," and that anything really valuable comes only from hard work. Perhaps a parent gave you a work ethic of labor and toil. This is your resistance.

You may affirm that:

I NOW HEAL MYSELF ON ALL LEVELS IN ALL WAYS, AND AM NOW PERFECTLY HEALTHY,
and yet you are afraid of your illness, and fear the worst, and are reluctant to believe that you can actually make yourself better. Perhaps a doctor gave you a particular prognosis, and you find it hard to believe that another different outcome is possible.

You may affirm that:

I TRUST IN THE UNIVERSE TO PROVIDE APPROPRIATELY TO ME NOW, IN A DIVINE WAY, FOR MY HIGHEST GOOD,
and yet you don't really believe it, and are afraid to "let go and trust." Perhaps you have narrowed the ways in which abundance can come to you, because of various beliefs.

You may affirm that:

I NOW ATTRACT A NEW ROMANTIC PARTNER INTO MY LIFE, TO SHARE MY LIFE WITH, AND GROW TOGETHER IN LOVE,
and yet you don't feel you are deserving of such a simple, easy wonderful loving outcome without a lot of searching, struggle and strife to make it that way.

Resistance can show up as internal roadblocks, outer roadblocks, or both. Inner roadblocks are often beliefs that you may have acquired, such as a poverty consciousness. Outer roadblocks can be physical manifestations such as sickness, handicaps, accidents, and other things which have manifested in your life and may prevent you from moving forward.

Be mindful of any and all limiting beliefs that you have which may be holding you back. They may not be new to you, and you may have struggled with them for years. Now it's time to work through them, and release them. They are no longer serving you. Release them. Let them go, now!

EXPECTING THE UNEXPECTED

It is important to have no preconceived ideas whatsoever as to how something may come to you. The possibilities are unlimited.

Looking for a new car? How about someone you know giving you their car because they temporarily lost their driver's license?

Looking for a romantic partner? How about suddenly realizing that your best friend means a lot more to you than just great friendship?

Looking for a new job? How about unexpectedly receiving a job offer from a previous employer, begging to have you back at any salary level?

Looking for a new apartment or house? How about your very reliable car unexpectedly breaking down in front of the perfect apartment or house, one that you have driven by a hundred times before without noticing it?

Looking for recognition for your efforts? How about unexpectedly being asked to speak as an expert in your field of knowledge?

WAYS TO OVERCOME RESISTANCE

To overcome resistance, first identify it. Then, think about it. Work with the energy. Feel your thoughts of resistance and disbelief come in, acknowledge them, and then rid yourself of them.

One way to rid yourself of resistance is to imagine yourself writing down on paper (you can actually write it down, too, if you like) your negative beliefs of resistance. Then throw the paper into a roaring fire. Watch your old limiting beliefs burn up into nothingness, and disappear from your life. Do this more than once if you need to. Know that your belief has been released back to the universe, you are done with it.

Here's another way to rid yourself of resistance and limiting beliefs. During meditation or a quiet time, imagine yourself at the bottom of a peaceful lake, deep under water, lying on your back, looking up to the surface of the water and the sun and clouds in the sky. One by one bring your limiting beliefs of resistance in from the side. Then, shape each belief into an air bubble and let it simply rise up slowly to the surface of the water. Watch it rise up, away from you. Visualize the bubble reaching the surface of the water, then just popping and disappearing into the atmosphere. It is now gone from your consciousness. You have released the limiting belief. Do this as much as you need to, or every time you feel that limiting belief arise.

With your affirmations, you are already bringing new and better realities into your unconscious and your consciousness. In doing so, you are reducing unconscious patterns of resistance. Because two thoughts cannot occupy the same space, your older limiting beliefs will be replaced by far superior new ones.

EMPOWERING BELIEFS WHICH OVERCOME RESISTANCE

Now that you have released any limiting beliefs, you can now bring new, superior empowering beliefs into your consciousness:

- You can be or do anything you want in life
- If you make your mind up to do something, you can't help but succeed
- You are always lucky
- You can have anything you want in life
- No one else has your mix of unique talents

- With God as my partner all things are possible
- You are completely unique in the world
- Things always come easily to you
- If you can think it, you can do it
- You're a natural
- Everything you touch turns to gold
- No one is as good as you at it
- You can do no wrong
- Go with God

AFFIRMATIONS

I NOW RELEASE THE OLD, AND BRING NEW INTO MY LIFE.

I NOW TRUST IN THE UNIVERSE TO GUIDE ME IN ALL WAYS THAT ARE FOR MY HIGHEST GOOD.

I NOW MOVE TOWARD MY HIGHEST SPIRIT WORK, AND MY HEART SINGS WITH JOY. THOSE THINGS AND SITUATIONS THAT ARE NO LONGER FOR MY HIGHEST GOOD NOW SLIP AWAY AND OUT OF MY LIFE WITH EASE AND GRACE.

I NOW LET GO AND TRUST.

QUESTIONS AND ANSWERS

Q. I'm an anxious person. I'm always afraid something bad will happen to me. I realize that this doesn't help. What should I do?

A. By being afraid that something bad might happen to you (like a car accident), you attract that energy and possibility to you. So you are attracting energy, but the wrong kind! So you must take some time and explore that fear. Where did it come from? Who gave it to you? What were the circumstances? When you are ready, release that fear back to the universe. You are *done* with it! Acknowledge that you have learned from that belief, and that you are moving on.

I NOW RELEASE ALL FEARS AND LIMITATIONS FROM MY BEING. I AM CONFIDENT IN MIND, BODY AND AFFAIRS. ALL THINGS COME EASILY TO ME NOW.

Q. Are you sure it's okay to be both very rich, and very spiritual? How can I achieve enlightenment if I am making all sorts of money?

A. Yes, it is okay. Poverty consciousness blocks the flow of energy. It's time to release any limiting beliefs. Remember, the universe is unlimited, so there is no reason you cannot be both abundant and spiritual and anything else you want to be. Everyone can.

Q. I failed your self-test about those luxury automobiles. I always figured that everyone driving a Mercedes Benz or Jaguar was a rich snob. But at the same time I wouldn't mind having one myself. What's my problem?

A. Your personal beliefs are polarized. You must shift your attitudes about the feelings you have about expressions of abundance. You need to get balanced and centered. Don't be jealous or disdainful. Be loving. Be happy for these people. Imagine what color your automobile will be. Imagine taking someone for a ride. Imagine cruising down your street, and being seen in your beautiful luxury car. How does that feel to you?

Q. Hold on a moment. That all sounds nice. But I'm getting conflicting messages here, I think. Isn't wanting a Mercedes Benz or Jaguar a sign of gross materialism? Aren't there more important things in life than a shiny new car?

A. We live in a physical world, and physical things like our personal choices of the automobiles we drive are obvious examples of how we choose to project ourselves in the world. You can and should choose to express yourself in any way you like. There is no judgment of your personal choices.

Nonetheless, physical possessions like cars, clothes, jewelry, and houses often have a strong correlation to our ability to manifest situations and results in our lives. They are physical manifestations of the sum of our choices and beliefs.

What we can do is to practice on these physical things, and better develop all our manifesting skills. Once you feel comfortable with your abilities to manifest physical things, you can work on manifesting less tangible things like relationships, understanding and awareness, personal spiritual growth, awakening, and enlightenment.

Q. What's wrong with becoming wealthy by working hard, and saving carefully, and managing my money judiciously?

A. Nothing! That's a fine way to become wealthy. However, this question seems to imply a belief that it takes hard work, a certain amount of time, and a measure of sacrifice to achieve your goal. Many people believe this. Because it is their belief, it is also their experience. However, others may believe that they can become wealthy quickly and easily. And that is likely the experience that they will have. It's your choice.

Q. How do I know when something is not for my highest good?

A. Because it is not working, or it is not manifesting. If the greater love energy is supporting it, it will manifest. But if it is not for your highest good, it may not occur.

One other reason it may not occur is that you are not clear about what you want, or you are vacillating about what you want. Perhaps you keep changing your mind about whether or not you want this to occur. Perhaps mentally, you want to do something, yet in your heart you feel that it is not correct. The mixed messages will be ineffective.

Q. I understand that I need to "let it go." But I also want it to "happen." How can I do both? This seems a bit tricky. What's the real answer here?

A. The real answer is that it is a careful balance of intending, allowing, being open, and trusting in the universe to provide. Be sure you are true to yourself, that your heart is in it, and that emotionally it feels right.

Q. What are some of the things that manifesting works on?

A. It works on everything. It works on houses, health, romance, spouses, friendships, jobs, careers, everything! It will work on any situation or any thing, when appropriate. In every moment of your life, you create your own reality, and the life you choose to live.

However, if something is not for your highest good, or it is somehow in conflict with your life contract, it may not manifest the way you expected. Also remember that when another person is involved in or affected by your manifestation, it adds an additional dimensional component to the manifestation.

Q. What happens when what you are trying to manifest is in conflict with what someone else wants to manifest? What happens here? Who wins?

A. Great question! Firstly, if at all possible, the universe will try to arrange for an ultimate solution where everyone wins. However, sometimes this simply cannot occur. In instances in which a positive outcome is not possible for all, the universe will still attempt to serve the highest good of all. This means that your manifestation may or may not occur, or it may be delayed. Because others are involved, the situation becomes more complex. Relationships can fall into this category where there are many people involved and affected, and many possible outcomes.

CHAPTER SUMMARY

- 1) Keep the flow of energy moving throughout your life.
- 2) Release attachments to people and things. Clear out the old and make way for the new.
- 3) If appropriate, adopt the attitude of being a caretaker or custodian of something rather than the owner, in order to shift some of the burden or limitation of ownership.
- 4) Trust in the universe to provide for you in the perfect way, at the perfect time, with the perfect solution. It is fully within the capacity of the universe to do so.
- 5) The more you worry or fret about something undesirable (such as losing money, getting sick, etc.), the more energy you give to that possible reality.
- 6) Check into your heart before making a decision to insure that it does not go against your truth.
- 7) Gladly give and accept gifts in order to keep energy flowing.
- 8) Don't be jealous or disdainful of the prosperity of others. Instead, see yourself in that abundant situation and attract that possibility to you.
- 9) When you do what you love to do, you move into alignment with Source and the universe.
- 10) Focus your energy on success that you have had up to now, and it will bring in more.
- 11) Be magnanimous to reaffirm and reinforce your abundance.
- 12) When you are balanced and centered, energy flows smoothly around you, resulting in a more perfect manifestation.
- 13) Tithing helps you partner up with Source as you co-create for a combined good.

14) Get the energy around you moving again by overcoming resistance and limiting beliefs. Identify those limiting beliefs, remember where they came from, work through them, and release them.

15) Replace old, unwanted limiting beliefs with strong new empowering beliefs. If you can think it, you can do it!

16) You can be or do anything you want in life.

MANIFESTING WORKSHEET

In order to increase the flow of energy to you and through you, do any one (or all three) of these activities below:

1) Do something nice for someone but do not tell them or anybody else. Keep it a secret. Know that the universe will somehow return the favor to you in some way.

2) Leave a dollar bill somewhere with a little sticky note that says "God loves you and told me to leave this for you as a sign that all your needs will be met." Alternatively, your note could say something like "The Universal Spirit loves you dearly, and asked me to leave this note for you as a sign that you are loved."

3) Pick an address out of the phone book at random and write a letter to a stranger. In the letter, tell them you are involved in a spiritual project to spread love and that you picked their name at random and want them to know God loves them and that you will keep them in your prayers for a day, asking that all their dreams come true. Know that your thoughtful kindness will be returned to you many times over in countless ways.

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