

The Abundance Journey Process

Start with any intense comfort zone / emotional response / fear

Read slowly and carefully. Whenever you see “...” pause and give your partner sufficient time to fully experience the pure, open emotion. Once they have experienced it fully, move on. Start by asking what your partner’s strongest emotional issue is. [Write on the Abundance Journey Worksheets] Keep repeating these words going down through the layers until they open into source.

I. [Say:]

Bring all of your awareness to the feeling

Where in your body is it strongest?

Just allow all the feeling to come flooding... Really welcome it... As you let the feeling grow stronger... ask yourself... What’s beneath this?... What’s in the core of it?... and feel yourself relaxing and opening right into it...

Just open and drop through to whatever is beneath... (It may not be at all what you are expecting, so just stay open)...

So, what are you feeling?... [Make sure they name the feeling]

At every level until someone shows up ask: “Are there are any specific people related to this feeling?” Put an asterix (*) at the level that the person appeared, and note who was there. **Once they have named a person, stop asking this question** - you have now established the level of the **campfire**.

Once in Source:

Source may be called one of many names, but will be boundary-free, and will have a vast quality such as: freedom; silence; infinite peace; eternal/eternity; God; pure/unconditional love; boundlessness; all that is; consciousness; pure being; awareness; emptiness; cosmos; universe/universal; vastness, etc. Just rest here for a few seconds.. and then start washing up through the layers with the words below, repeating them, bringing source up through each level right through the campfire level.

[Now Say:]

Knowing yourself as this vast boundlessness, this stillness, this pure love, this _____ [Source], if _____ [Source] had something to say to _____ [Last level], what would it say? [Let answer]

[Then Say:] Just allow _____ [source] to wash through _____ [Last level]

Wash through the Campfire level and then go to the Campfire
[the level at which you marked an asterisk]

Campfire

[Now Say:]

Imagine a campfire... the nature of which is vast boundlessness, unconditional love and absolute abundance. Imagine a **younger you** sitting at this fire... Now picture the **present you** sitting at the fire... Also at this fire is a **mentor** whose wisdom you trust – it can be someone you know or would like to know, a saint, a sage, or someone born of your imagination – someone in whose divine presence you feel safe, and whose views on abundance are expansive and wise... Now bring to the fire the specific people who are involved with your issue... Regarding any limiting memories or beliefs around abundance, who else should be at this campfire?... [Let answer]

Can you see the campfire?... Can you see the **younger you**?... The **present you**?... The **mentor**?... Who else is there?... [Let answer. Write down names so you can refer to them specifically, i.e. mother, father, loved one, etc.] Of the people involved with your issue, to which **one or two** would you like to speak?... To whom would you like to speak first?

Go through **all** points (1 to 13) for **each** person spoken to

1. Everyone is now sitting in the protective presence of this fire of unconditional love, acceptance and abundance. The **younger you** may have experienced a great deal of pain in the past around the issue of wealth and abundance. Let the **younger you** speak now from that previous pain, saying what **really** needs to be said, and letting _____ [person spoken to] hear what **really** needs to be heard. [Let answer]
2. Knowing that _____ was probably doing the best he/she could with the resources he/she had at the time, let them reply. [Let answer]
3. Does the **younger you** have anything to reply to that?... [Let answer fully]
4. If _____ were to reply, not from the level of the personality, but from a deeper place, what might he/she say? [Let answer]
5. Does the **younger you** have anything to reply to that? [Let answer fully and keep emptying out in this way until fully empty. When all are empty continue]
6. Does the **mentor** have anything to add? [Let answer]
7. What does the **present you** have to say to _____? [Let answer fully]
8. What would _____ reply from a deeper level?... [Let answer fully]
9. Does anyone have anything more to add? ... [Let answer fully. Keep emptying out in this way until empty and continue on to change memory process]

Change Memory Process

10. Now allow to arise in your awareness memories in which you have felt shut down in some way to abundance or wealth in general. What comes up for you? Are there times in which you have felt diminished or put a lid over abundance in your life? Are there times that you felt closed off or unable to receive abundance? What specifically took place?

Be positive and encouraging. Get partner to describe each memory fully and you write down a **brief** reference for each specific memory and encourage them to put it up onto a video screen. Then continue.

Now, as you sit peacefully at this fire, ask yourself or your mentor what kind of internal emotional resources you **COULD** have used which would have been helpful at that time...

Give time to think and come up with resourceful states.
Be encouraging and suggest empowering qualities.

Now go ahead and put these resources into a balloon bouquet and hand them to the younger you letting the younger you breathe in these qualities, letting them suffuse the whole body. Now let the younger you step back onto the video screen, right into the memories and see and experience them the way they **WOULD** have happened if you'd had access to these resources ... [long pause]

So what happened this time ... how was it different? [Let answer]

Use the same balloons for each memory, playing them individually anew,
from this empowered experience

Now let the younger you step down from the screen and rejoin you at the campfire.

Belief Elicitation and Sweep-clean

11. Now ask yourself, if there were some unhealthy beliefs on abundance that you've picked up along the way, what might they be? Sometimes we absorb disempowering beliefs, ideas, and concepts through people's actions, words, societies conditioning or through our own experience. If there were any remaining unhealthy views on abundance, what might they be?

Write down each disempowering belief separately.
Continue asking, 'What else?', until all beliefs have been elicited.

And now just ask the mentor to sweep the body of the younger you completely clean and clear of these old limiting beliefs, and any other unhealthy beliefs on abundance that may be present. Let the mentor sweep them out, wash them out, vacuum them out... whichever is appropriate... Just experience how it feels as a complete spring-cleaning of those old issues takes place... And make sure the mentor gets into all the dark corners and hidden or secret places... cleaning everything out at a cellular level... and even deeper, at the level of consciousness... And when this feels complete you can let me know... [Give time] Great!

Now, if the mentor were to speak from the consciousness of universal abundance, what supportive, empowering and integrative truths would he/she suggest?...

Read old and then elicit new and empowering truths as antidotes.
Give time. Let answer. Ask mentor for help as appropriate.

Great! ... So just allow the mentor to install these new, healthy truths into every cell of the body ... Just experience how it feels as the mentor infuses every fiber of your being with these brand new, wholesome truths ... drenching, filling, renewing all of consciousness with positivity and health ... And when this is complete you can let me know [Give sufficient time] ... Fabulous! Thank you.

Final Forgiveness

12. Now, having experienced such a deep sweep-clean, a clear out on all levels and having learned what you have learned, ask the **younger you** at the campfire: "Even though the other person at the campfire might have had beliefs that were very disempowering, and even though their previous behavior may not have been acceptable by **any** standards, and even if you in no way condone their behavior or beliefs, are you willing to **completely and utterly** forgive them?"... Now go ahead and forgive them from the bottom of your heart. [Let speak forgiveness out loud]
13. When the **present you** is ready, ask: "Even though their previous behavior may not have been acceptable by **any** standards, and even if you in no way condone their behavior or beliefs, are you willing to **completely and utterly** forgive them from the bottom of your heart?"... Now go ahead and forgive them... [Let speak forgiveness out loud] You can even make a prayer that somehow they will find self-forgiveness.

[Then Say:] Go ahead and forgive all those at the campfire, sending them blessings. Allow them to merge into the light, which is the infinite source of all life. Then turn to the **younger you** and say: "I promise you will never have to experience this again. I forgive you for any pain that was caused, and for not having access to these truths on manifesting and living in abundance at that time, but you can always have access to them any time now. I love you and will always protect you."... Then hugging the **younger you**, let yourself merge, allowing the **younger you** to grow up with this forgiveness and all these internal resources inside... Turning to the **mentor**, thank him/her... Let the campfire disappear, come back to the present and we will continue going up through the remaining levels. Allow your own awareness to expand spaciouly in front, vastly behind and openly to all sides, soaking as an ocean of presence.

[At **each** remaining level say:] Knowing yourself as this vast boundlessness, this stillness, this pure love, this _____ [Source], if _____ [Source] had something to say to _____ [Last level], what would it say? ... [Let answer]

Just allow _____ [Source] to wash over _____ [Last level]

When all levels are completed, including the top level, read Future Integration at a moderate pace. There is no need to write anything down during the Future Integration.

Future Integration

[Say:] Having learned what you've learned, having experienced what you've experienced – open into the consciousness of you a day from now, feel how you are feeling, breathe how you are breathing ... What do you feel like?... Knowing that you are _____ [Source], imagine a situation arising that would have triggered your old issue around abundance. What does _____ [Source] say to it?... See how you are handling it now... What kind of things are you doing?... Saying?... Feeling?... How do you feel about yourself?...

Now see yourself a week from now, open into the consciousness, feel how you are feeling, breathe how you are breathing, how are you feeling? Imagine some old abundance issue appearing ... What does _____ [Source] say to it?... How are you handling it?... What do you look like?... What kind of things are you saying to yourself?... What kinds of actions are you taking?... What are you feeling?...

Step into the future a month from now and open into the consciousness, feel how you are feeling, breathe how you are breathing, how are you feeling? What if that old situation were to arise?... How are you handling it? What does _____ [Source] say to it?... Are you feeling free, confident and light?... What are you saying to yourself?... What are you doing?... How does your body feel?...

Now open into the consciousness of you six months down the line. How are you feeling, about yourself, about abundance in general?...

Now step into the future a year from now, breathe how you are breathing and feel how you are feeling ... What do you feel like?... Are any of the old issues arising or are you feeling free and healthy regarding abundance? If the issue were to arise, is handling it a breeze?...

Now step into the future five years from now... open into the consciousness of you five years from now, feel how you are feeling. How does your body feel?... How are you feeling about abundance in general?...

Now open into the consciousness of you ten years down the road... How are you feeling? ... Breathing? ... Are you feeling so free from these old patterns that they don't even arise anymore? How are you handling things?... How do you feel about yourself and your life?... How do you feel about manifesting abundance?... Holding onto and growing it?... And gracefully letting it flow through you?...

Now, staying connected to the abundance consciousness of the future you, **to the source of you ten years from now** – breathing that way... feeling that way... your cells vibrating at that enhanced level... just ask the future you to give some advice to the present you, answering the abundance questions from your **new freer, wiser, more wholesome perspective**...

Now repeat 2 of the scenarios only this time have them experience them from the new abundance consciousness with expanded comfort zones. Then ask the questions from the new Manifest Abundance Sheets. Then find out the new truths, and write them down in the appropriate boxes on the new answer sheet.

[Then say:] In a moment you may open your eyes slowly, staying connected to the future you. And you will find that you will only be able to open your eyes only as soon as all parts of you are fully integrated and have agreed to continue this healing and expansion automatically, perfectly and effortlessly of its own accord, without you having to do or think a thing.

And now, staying connected to that future you, you may open your eyes when you are ready and answer the remaining questions from this new truth, from the abundance consciousness of the future you. Let the free, wise future you guide you now!...

Congratulations! Great job!

Let partner answer the remaining questions from the perspective of abundance and freedom, writing their own answers on their new answer sheets.