



Awakening Abundance

Class 5

Rituals to Help You Create Abundance

Secret #1: Self Awareness

Keep a daily journal and make a lifetime commitment to understanding yourself better. Ask yourself regularly what YOU really want and why, and what you are doing each day that will bring you closer to your goals. Evaluate your wants again as you reach each milestone or goal.

Secret #2: To Get, Give

In your journal, write down both what you want and what you're willing to give in return for it. Then, make a consistent habit of giving it.

Secret #3: Practice Abundance

Acknowledge when you're acting based on an awareness of abundance or scarcity, and practice switching your awareness to abundance at all times.

Secret #4: Give Thanks

In your journal, give daily thanks for everything that you can possibly think of and write down who you need to be thankful to. Then, find a way to express this thanks to everyone on your list.

Secret #5: Value Diversity

Acknowledge whether you're valuing or resisting diversity in others. Make it a habit to look for the value in all forms of diversity and to acknowledge it as a means of empowering you and those around you.

Secret #6: Allow Your Gifts to Shine

In your daily journal, you should already be writing down the things you want and what you're willing to give in return for them. In addition to these, ask yourself: "Am I allowing my gifts to shine fully?"