

Abundance, Money and Spirit

In the area of finances it is now more important than ever to marry the Spiritual with the Practical. If you want to improve your financial situation it is time to team up with the Divine. We live in an overwhelmingly abundant universe. I look around and marvel at the abundance I witness. Plant one tomato seed and a plant grows that provides multiple fruits. The Christian Bible is littered with promises of prosperity:

“But this I say, He which soweth sparingly shall reap also sparingly; and he which soweth bountifully shall reap also bountifully. Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful giver. And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work.”

— II Corinthians 9:6-8

“But my God shall supply all your need according to his riches in glory by Christ Jesus.”

— Philippians 4:19

“The Lord is my shepherd; I shall not want.” (Psalm 23:1)

The Abundance Book by John Randolph Price teaches to look within to Divine Presence as the source of your Abundance. Depending on Divine Consciousness does not mean sitting around waiting for something to fall from the sky, but it means acting on the inner prompts and guidance you receive, it means trying, it's tasting and sharing. You know it is not Divine Guidance encouraging you to eat ice cream sundaes, and you know that Divine Presence is not telling you to use your credit cards to give the appearance of abundance.

Just as there are people using drugs (I am not referring to true Shamans who have trained and prepared) and claim it is an attempt to find God but find they can only go so far and are blocked from true union—and some of these people lose their mental and/or physical well being—so it is with those of us who try to express abundance with credit cards. We may give the appearance of abundance, but we are not turning to the Divine Creator as the Source but in its place are pushing from the physical aspect and not allowing from Spirit. This causes a blockage to actual prosperity because there is no consciousness of Divine Mind acting on our behalf. When the credit cards are no longer affordable or something interferes with the ability to pay, the option of trusting God can be the opportunity for true abundance to occur. But just like stopping drugs alone does not develop a relationship with the Divine but a meditation or prayer practice allows the relationship to grow, merely saying “God will provide” is not enough. Steps need to be taken

to “heal” the damage done to your knowing that the Divine Creator is in constant action on your behalf.

So step one is the act of constantly turning, constantly lifting up of your eyes to the Divine. What you owe can become, not an example of lack, but an opportunity to express enough abundance to rid yourself of the falseness of debt. Having the desire to get out of debt can be handled any number of ways. It can be a reason to beat yourself up, to lament mistakes made or it can be the point where you turn to the Divine and allow the desire for more to create a greater flow of abundance to now manifest. Know that if you have a need it will be fulfilled.

The Divine Mind is the rich omnipresent substance that has created me and you and all else and there is enough and there is a way. The Divine Mind that created this rich abundant universe has not forgotten any of us. Nothing stops your abundance, not karma, or past lives, or present life or past mistakes or current mistakes. Nothing can stop the flow of the all loving Divine Consciousness. I can choose to participate or not. I am the allower or disallower. It is all in my own hands and I now allow the free flow all my dreams, all my desires fulfilled. I flow with life and I flow with the Divine.

“Think Yourself Rich” by Joseph Murphy is a powerful book for aligning your mind with abundance. Authors such as Catherine Ponder, Florence Scovel-Shinn, and Abraham-Hicks can assist you in connecting to Spirit as your source. Both Ponder and Scovel-Shinn have wonderful affirmations that can be utilized to create a wealth consciousness. I find affirmations to be a helpful tool. If your mind becomes obsessive or bogged down with worry a positive affirmation can break the chain of negative thoughts and put you back on track. Replacing negative self-talk with affirmations can break the habit or default of using words that strip you of your power. Phrases such as “I knew it was too good to be true” or “nothing is easy” are pervasive. You can train yourself to have a default belief system that knows that there is a Divine Consciousness that is responding to our needs before we even know they exist.

When creating my own affirmations I like to write them out to be sure I am clear on what I am saying and therefore what I am creating. I want my affirmations to use only positive words, and to be stated in the present tense. *The Abundance Book* provides a 40 day program that contains powerful statements of faith that can change your life. Dream boards are another effective tool that you can employ. A Dream Board is a place that you allow your dreams free reign. All you need for a dream board is a piece of paper. I find poster board to work well. The size is up to you. You can draw or cut pictures from

magazines that represent your dreams – what you want to see manifest in your life. My dream board includes pictures of solar panels such as I would like to have installed on my home, a picture of Buddha to remind me of my spiritual path and desire for deeper knowing, pictures of places I wish to travel to and other items I enjoy having manifest in my life.

Simply stopping and giving thanks for what you have is helpful in building your prosperity consciousness.

What I have found in turning to God and putting Divine Consciousness in charge of my finances is the release of worry. I know that a way will be found. I also expand my appreciation for the myriad of ways abundance shows up for me. My sister gives me a supplement that she started and stopped taking, a friend gives me a dozen eggs from her chickens while I would always have expressed my thanks for these types of gifts, I know recognize them as Divine Consciousness taking care of me in a close and intimate way. Recently I pulled two tarot cards for myself and at first blush they appeared to be in direct conflict with each other. One card the Hangman is about total surrender, the other card The Chariot is about taking control. I had to laugh when I saw them. As I sat with pen in hand I began to understand the seeming conflict. I did need to surrender any thoughts of worry and fear to “let go and let God”. Divine Mind can only act on my behalf in the space I provide. If I am engaging in worry, I limit the space, if I am fearful, I shrink the space, if I am acknowledging the beautiful abundance that surrounds me, if I admire flowers growing, birds singing I expand. As I surrender, I see opportunities open for me. The opportunities were always there but how to act on them was limited. Now greater and greater possibilities, opportunities and abundance have room to operate. Dreams enlarge. Since Divine Mind always wants more for us that we can even think to want, we have to catch up to the wondrous things that are waiting. Prepare yourself. You need to have the space to hold the blessings that God wishes to pour down on you.

The other card, The Chariot tells me to take control of what I can. When my daughter suggests a place that might display my art work I stop by and check out the space. It seems out of the blue someone mentions a book they read on finances and my knowledge grows. I take control of my thoughts thinking only what I want to happen and eliminating that which I don’t. I focus and I act – that is what is within my control.

For people facing debt that is difficult to pay it may seem hard to understand that changing your thinking can change your situation, but it does. Along with that though, are the practical physical world steps to take. In my workshop on abundance the first thing I ask is for people to stop incurring more debt. Write out the promise you are making to stop incurring debt and to get out of debt. Sign your name to it and put it in a place that you can see on a daily basis or carry it with you. Remove credit cards from your wallet. Cut up all of your cards except for the one that is truly only to be used for

emergencies. A strong desire for Chinese food does not constitute an emergency.

In the Abundance, Money and Spirit class participants are required to make a list of each debt they owe. I invite you to do the same. Then divide by the minimum payment that is required and write down that number. For example:

Debt	Balance	Minimum Payment	Rating	Pay Off Order
Car loan:	\$17,500.00 /	\$225.00 =	77.8	4
CC #1	3,000.00 /	\$99.00 =	30.3	3
Dept.	13,332.00 /	157.00 =	84.1	5
Store	225.00 /	25.00 =	9.0	2
Gas Card	147.00 /	19.00 =	7.7	1

The lowest number gets paid first. This means any extra money goes only on to this debt. When this debt is cleared you move to the next on the list.

Carefully identify where additional funds can be obtained to add to your minimum payment. Perhaps you need to bring your lunch to work instead of eating out, stop impulse shopping, work a second job or save your change and roll it each month. Most people find about ten percent of their income is used on discretionary spending. Whatever amount you identify from as little as five dollars a month or up to hundreds, place all on the first bill. For example you find that you have \$125.00 a month to use for debt payment. You add it to the bill that has been identified as number one. In our example it is the gas card. Your monthly payment will now be \$139.00. This bill can be paid in full in less than two months. Now you take the \$139.00 and add it to the minimum payment of bill #2, the department store charge. You will be making a minimum payment of \$164.00. When this bill is paid you move on to #3 which in our example is CC #1. You will now be paying \$263.00 per month. This will pay off in 11 months instead of the original 30! You keep moving to the next billing and adding to your minimum payment.

When all your debt is paid in full you will have \$650.00 a month available. This money can be used to save for your next car or to purchase a home or pay off your current mortgage, save for retirement or a fabulous vacation. I hope that you are inspired to turn to the Divine as your source.

From my friend Susan McNeill Sphuler comes this special prayer. I say it for myself and you.

May you be financially blessed today. May the Universe open up and pour out a blessing, that you will receive it all and to overflowing. May you be blessed exceedingly... abundantly...above all you could ever hope for.

May you be blessed in such a way, that you will walk in a financial overflow, for the rest of your days. And may you be blessed with the Divine Guidance to use this abundance for the highest good. In the name of all that is Good. Amen...Ashe...Aho...So Be It...And So It Is.

Know that YOU are an expression of Sacred Energy.

Mary Philomena Farrell

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