

# Allow Abundance

*Release Resistance, Expand Your Consciousness, and Open to the Abundance You Deserve*



## Allowing Abundance with Joy MP3

(PDF transcript)

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This audio is about allowing abundance with the feeling of joy.

How often would you say that you are attuned to true joy? Like most people, you probably don't think about joy except when something wonderful happens.

Entering into a state of joy deliberately is one of the most powerful things you can do on a regular basis, simply because it opens the floodgates and allows amazing experiences into your life.

And yes, this also applies to attracting money and abundance! Take a moment right now and consider your normal state of mind when dealing with financial matters. Do you usually feel grumpy, irritable, angry, frustrated, or even numb, you don't really feel much at all?

Adopting a mindset of joy can make your financial transactions more enjoyable, but it can also help attract more money from endless sources.

Try these techniques and see how quickly you begin attracting more money:

### 1) Create a Joyful Mindset First Thing in the Morning

Before you start your day, be sure to spend several minutes thinking about things that make you feel joyful. You can imagine make-believe scenarios that thrill and

inspire you, or think about someone who makes your heart sing, read something that lifts your spirit and makes you feel joyful, etc.

## 2) Keep it Going as Long as Possible

As your day goes on, be sure not to slip into a negative focus! Purposely look for people, places, and things that will keep you feeling joyful. Notice the cute baby looking at you from the car in the next lane on the freeway, affirm that today is going to be an amazing day, listen to great music in your car, and so on and so on. Keep the positive focus on joy going, even if you have to turn a blind eye and ear to negativity in all forms.

## 3) Send Money Out Joyfully

Whenever you need to buy something, pay a bill, or spend money for any reason, be sure to feel joyful about it! Now, that might not be easy for everyone to do. Especially people who have a fear of not having enough, or you might be under a lot of pressure because you have a lot of bills to pay, and it's almost an agonizing experience every time you have to pay your bills, but that type of focus only creates blockages in the flow of money through your life. In order to allow more money to flow in, you really need to allow money to flow OUT, without feeling resentful or bitter, or fearful about it.

So here's how to start doing that. As you release your money by paying bills or buying things you need, affirm with joy that it will be returning to you tenfold very soon. Imagine how great it will feel to receive that money unexpectedly, and start feeling that way now. Express appreciation for the people and corporations who are receiving your money, for example your mortgage company, your electric company, the grocery store, whoever you give your money to, appreciate the services and the products that they are providing for you and that you are paying for. Affirm that you will continue to help supporting them, AND affirm that the universe will help you continue to support them by sending you more and more money to keep paying your bills and buying more products and services.

Think about each of the products and services that you are paying for, and be grateful for them because they make your life easier.

For example, when you make your car payment, take a minute or two to think about your car and be grateful that it transports you from place to place. As you pay your rent or mortgage payment, feel grateful for your home, that it's a safe, comfortable haven for you and your family. When you pay your electric bill, give thanks that the electric company allows you to have lights, computer, a telephone (if your phone is electronic), heat, hot water, it allows you to cook your food. Just think about all of the wonderful things that electricity helps provide in your life, and be grateful that the company provides that service to you, and be grateful that you have the money to pay for it.

Do that with every bill, everything you buy, every expense, even if it's . . . oh, here's a good one. Do you ever get really, really angry or bitter about paying taxes? If you have a job, maybe you get angry when you see how much the government is taking out of your paycheck, or if you're self-employed, you might get angry when you have to make your quarterly tax payments, and you just get so angry because it's so much money! Or when you pay your property taxes, or your vehicle tax, do you ever just feel so overwhelmed with anger and bitterness that they're taking so much of your money?

Turn that around by starting to appreciate where that money is going. Think about street repairs, or education, or improvements to your community, things like that. Even if you don't know for sure where all of the tax money is going to, just be grateful that you are contributing to the betterment of your community. Even if you don't know exactly how the money is being used, it doesn't matter.

The most important thing is to change the way you feel about the money you are sending out. It's very important to do that. Because if you resent the money you send out, you're going to block money from coming in.

Try this for a few days, or a week, or two weeks. And you're going to notice something amazing. The more you practice this joyful mindset, it's going to get addictive and you won't want to stop. You'll have so many unexpected happy surprises coming your way that you'll be a joy mindset convert forevermore. In the meantime, it may take a bit of effort to get into (and stay in) that joyful state of mind and emotion, especially with very intense, heavy financial issues.

So remember that you don't have to transform your entire attitude in one day. Just keep working on it, little by little, little by little, and you will make some progress, I promise you.

So let's end this audio with an affirmation that you can keep saying to remind yourself to stay focused on joy:

When I feel joyful, money flows easily to me.

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Write that down, keep saying it over and over, as much as you can, and really say it like you mean it. And of course do what you can to stay joyful as often as possible, for as long as possible.

And again, be very deliberate with it. Joy doesn't just pop in – well, it does just pop in occasionally! 😊 But only based on external things that happen to you. But you can also CHOOSE a joy mindset, just by doing things like I described in this audio. You have all the power over your mindset. I know it doesn't seem like that sometimes, but you do.

So keep working at it, don't expect perfection, just keep working on it. That's all. Take the relaxed, detached attitude of, "I'm just going to have fun with this, I'm just going to do my very best, and see where it takes me." And I promise you, it's going to take you far.

## Need More Guidance on Allowing Abundance?

Many people who try to attract more abundance aren't really sure how to go about it day by day. They know they need to visualize, they know they need to change their thoughts, but how? What EXACTLY should they be doing every day?

If you've ever asked these questions, the [Allow Abundance Course](#) is for you!

You'll finally know **EXACTLY** what to do to move into a permanent state of allowing, with focused weekly lessons and exercises that take only a few minutes to do, but which dramatically improve your relationship with money.

[Get the full details on the course here!](#)