

Allow Abundance

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



Allowing EASY Abundance

Without Strain, Struggle, and Hard Work

For many people, allowing abundance into their lives is a frustrating and confusing process. They don't know any other way to acquire money except by struggling, working hard, and fighting for every penny.

Does that pretty much sum up your relationship with money and abundance?

If so, don't worry! I'm going to share some really helpful tips with you right now – information that will help you start to develop a NEW relationship with money . . . a relationship where money is drawn to you effortlessly and frequently.

Even if you have trouble believing that, just be willing to keep an open mind as we explore a few ideas. ☺

Why Struggle Pushes Money Away

Your relationship with money (and everything) is governed by the Law of Attraction. The basic “law” of attraction is **LIKE ATTRACTS LIKE**.

Whatever you focus on, think about, and FEEL most of the time is what you're going to attract. You've probably heard that before.

But let's look at how this law affects money coming into your life.

If you are constantly straining, struggling and stressing about money, you are putting out a “request” to the universe that you want more strain, struggle and stress!

Even though that’s definitely **NOT** what you want, you still keep “asking” for it by focusing on it over and over each day.

So you get into this cycle of being stressed about money, which attracts more financial stress and strain into your life, which makes you feel even more stressed, which attracts MORE struggle and strain . . .

The more you focus on not having enough money (and being stressed about it), the less money you are going to allow into your life. You’re going to keep blocking money while wishing desperately that you could allow more abundance into your life.

STOP!

It’s a terrible cycle to be caught up in, but so many people do it – sometimes for years on end. (Ah, ask me how I know – I was one of them! ☺)

Allowing Abundance EASILY

To start allowing money and abundance EASILY, you need to start putting out a “signal” to the universe that all is well in your financial world.

Whereas before you were communicating, “**I don’t have enough money and it’s stressing me out!**” now you need to start communicating, “**I always have more than enough money and I love it!**”

All right, I can hear you right now saying, “Easier said than done!”

I know. It’s not easy, at least not at first, especially if you are really struggling with money right now. If you lost your job, or if you don’t earn much money,

living expenses are getting bigger and incomes are getting smaller. We're all feeling the pain of a troubled economy to a certain degree.

But I want you to understand that **DESPITE** whatever is going on with the economy, it's very possible for you to rise above it and create an **EASY, CONSISTENT FLOW of money and abundance** into your life.

And it starts by changing your thoughts.

Focusing on Abundance

How do you change your thoughts so you're focusing on abundance instead of lack and scarcity? There are endless ways to do it, but one of the easiest I've found is to simply start small.

It's overwhelming trying to change all of your thoughts instantly, but you can easily start inserting some positive thoughts about money into your daily routine.

Here's one of my favorites:

Say these words out loud right now: "**Money flows EASILY to me.**"

As you say the words, try to call up a feeling in your body of what that would FEEL like. "**Money flows EASILY to me.**"

How would you feel if money really did flow EASILY to you? How much stress and strain would be lifted off of your shoulders? How much anxiety and fear would disappear from your mind and heart?

Imagine how nice it would be to enjoy an EASY, CONSISTENT flow of money and other forms of abundance into your life, day after day.

Imagine never having to worry about money again!

Can you FEEL how uplifting and joyous that would be? Can you FEEL how your life would change if that became your reality?

I bet you can!

This **FEELING** of ease, flow, peace, serenity, and joy is what you should be trying to focus on every day as often as you can.

Why?

Because when you focus on that and you really FEEL it, **you start attracting it!**

It's so powerful, and it works really fast if you're consistent with it.

Try doing that little exercise at least once or twice a day for a few minutes at a time, and notice how little by little your financial situation starts shifting in a better direction.

You might not receive millions of dollars overnight but you should notice that the money you do have starts going a little further, and you'll probably also start receiving unexpected chunks of money here and there.

The key is to really put your FEELINGS into it. Focus on it until you can literally FEEL the ease, joy, and abundance flowing through your body.

How to Tell If It's Working

There's a really easy way to know for sure if this little exercise is working for you. Obviously, when more money starts showing up in your life that will be a pretty clear sign. 😊 But even before that, there is another good way to tell:

By how you FEEL. The Law of Attraction responds to your **FEELINGS**. Notice that when you think a lot of negative thoughts about money, you feel really bad about money. And that negative feeling about money pushes money away from you.

But it works the other way too. When you focus on money in a positive way, you start feeling really GOOD about money (like our little exercise helps you feel), and you start drawing it TO YOU.

So, it might be a good idea if you check in with yourself from time to time during each day and see how you're feeling about money.

If you notice that you feel negative or stressed in any way, do this little exercise for a few minutes and watch how quickly it can lift your mood and make you feel good – which starts attracting more money and abundance to you.

Try it, it works! ☺

It really is possible to allow EASY abundance to flow to you – without struggle, strain, stress, and hard work. It just takes time and a little bit of practice.

P.S. If you want more information on allowing abundance, I've got another helpful guide you can [download here](#). It reveals the **#1 way most people block abundance and money**, and shares some great tips and techniques you can use to clear it for good.

Get it here:

[The Biggest Abundance Blockage](#)