



Journey to
FREEDOM

WEEK TEN
Living in Abundance

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WEEK TEN

Chapter ONE



Chapter
ONE

What is Abundance?

What has the word abundance meant to you, up until now in your life?

How will you know when you are abundant?
I would feel abundant if.....



Chapter ONE

What is Abundance?

Name 3 people who you believe to be living abundant lives – and why you see them in this way. (This does not necessarily mean that they are financially wealthy)

1.

2.

3.



Chapter ONE

What is Abundance?

What was your early conditioning around money and abundance?

Write down some family's mantras concerning abundance/money

EG: (Positive) *"We are always taken care of, there is always enough"*

EG (Negative) *"Money doesn't grow on trees", "You'd better save for a rainy day, because it will come. "You have to work very hard for money"*



Chapter ONE

What is Abundance?

EVENING

Write down 3 ways Abundance showed up in your life today

1.

2.

3.



WEEK TEN

Chapter TWO

Making Space

MORNING

When we live in a cluttered environment, there is no room for “more” to enter. When we clear out things that we no longer need, we open the tap for the fresh new energy of abundance to enter into our lives.

Maria Kondo in her book 'The Life Changing Magic of Tidying' suggests

“ Discard everything that does not spark joy!”

- Sit quietly and mentally scan through your home or actually walk through it, identifying (and writing down) cluttered areas and tagging items that you no longer need. You can also do this with your digital devices. Those 2000 emails sitting in your inbox could be adding clutter to your life.
- Identify one area today that you feel really needs clearing.
- Feel what it feels like in your body, when you enter that area / open that cupboard or drawer.
- Clear that one area – ask whether you need the items and/or whether they **spark joy** in you. If not, set them aside, to discard or donate later and tidy the area up. Notice any resistance or fear that you might feel as you do this.
- Physically discard and donate at least one item today.
- Check back into your body to see how you feel during and afterwards.

Making Space

EVENING

- How did it feel when you looked at the area you wanted to clear?
- How did it feel (in your body) after you cleared the space?
- How did it feel discarding or donating the item/s?
- How does it feel when you look at that area now?

Making Space

Set the intention to clear one area each day this week.
Write down your intention, listing the areas you would like to clear:

Making Space

EVENING

Write down 3 ways Abundance showed up in your life today

1.

2.

3.



WEEK TEN

Chapter THREE

Chapter THREE

Page 1

The Law of Attraction

MORNING

List 3 things/ feelings that you would like to attract into your life and why

1)

2)

3)

- How freely do you give those things to yourself?
- How freely do you give these things to others/the world?

The Law of Attraction

In what ways could you invest more in **giving** that which you think you feel you might **lack**? Refer back to chapter one.

This can be anything from a demonstration of love and affection, to listening to someone who is hurting, to a donation of something physical.

Write down your intention here:

Take a step in that direction today – Give something to somebody else, that you really want for yourself.



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THREE

Page 3

The Law of Attraction

EVENING

Check in and write about your experience and how you felt about the exercises today.

Write down any insights you have had regarding giving, receiving and the Law of Attraction

It is the feeling that is the source vibration which sets up the wave of attraction.



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THREE

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The Law of Attraction

EVENING

Write down 3 ways Abundance showed up in your life today

1.

2.

3.



WEEK TEN

Chapter FOUR



Chapter
FOUR

Page 1

Money Matters

What has been your attitude towards money up until now in your life?

What are your core beliefs about money?

Money Matters

How do you handle physical money?

EG: Do you store it neatly in your wallet/purse
Do you crumple it up, leave it lying around?
Do you tend to hoard it?

How hard do you believe you have to work in order to be financially abundant?

Money Matters

How much fear do you have about not having enough money for your future and how does this affect the quality of your life now?

"You can't water the roses if you're standing on the garden hose"

Jill Wolk

Money Matters

EXERCISE

**Take one cash note out of your purse/wallet and lay it out in front of you.
Now enter into a dialogue with it.**

(You can repeat this exercise daily until you feel that
you have a more friendly relationship with money)

"This is how I feel about you...."

**What was your dialogue and is there any way you can improve your
relationship with money!**

Money Matters

EVENING

Write down 3 ways Abundance showed up in your life today

1.

2.

3.



WEEK TEN

Chapter FIVE

Chapter FIVE

Page 1

True Abundance

In John Randolph Prices's famous **Abundance book**, he gives you a 40 day prosperity programme. His core teaching is that it is not your egoic "doing" that is responsible for meeting your needs, but rather, Divine Source (call it whatever you wish).

The Divine Source is your Sole provider and it can use any means to meet your needs.

"Its not your Money " by **Tosha Silver** is another book we would highly recommend.

True Abundance

Look back on your life and find a situation which may have seemed dire or desperate, but which, after completely surrendering, a solution appeared

and/or

Bring to mind a situation where you invited abundance into your life and it arrived, with little or no "doing" on your part, without struggle.
(I.e. something miraculously showed up in your life)



Chapter
FIVE

Page 3

True Abundance

What does this tell you about your true source of Abundance and how you can tap into it?

How much do you trust that your needs will always be met?

True Abundance

Read this before you go about your day.

THE FULL ABUNDANCE CHANGE ME PRAYER

by Tosha Silver

“Divine Beloved, Change Me into someone
who can give with complete ease and abundance
, knowing You are the unlimited Source of All.
Let me be an easy, open conduit for Your prosperity.
Let me trust that all of my own needs are
always met in amazing ways
and it is safe to give freely as my heart guides me.

And equally, please Change Me into someone
who can feel wildly open to receiving.
Let me know my own value, beauty and worthiness
without question.
Let me allow others the supreme pleasure of giving to me
Let me feel worthy to receive in every possible way.
And let me extend kindness to all who need,
feeling compassion and understanding
in even the hardest situations.
Change me into One who can fully love, forgive

Change me into One who can fully love, forgive
and accept myself... so I may carry your Light
without restriction.

Let everything that needs to go, go.
Let everything that needs to come, come.

I am utterly Your own.

You are Me.

I am You.

We are One.

All is well.

True Abundance

EVENING

Write down 3 ways Abundance showed up in your life today

1.

2.

3.

What have you discovered about abundance this week?



Chapter
FIVE

Check in

Look back in your journal as to how you felt at the beginning of the week
and how you feel now.

Write about what has come up for you and any insights or shifts you have
had during the week.



Chapter
FIVE

Check in cont...

Thank you

