

An Experiential Study Guide

"An engaging exploration of energy
and intention and how to use them."

~ Gary Zukav, bestselling author of *The Seat of the Soul*



The Art of Abundance

Ten Rules *for a* Prosperous Life



Dennis Merritt Jones

author of *The Art of Uncertainty*

Rule 1

BE ONE WITH LIFE

Connect with the Source of Your Abundance

An awareness of your oneness with Life is your first point of contact with the principle of abundance; it's where a life of "more than enough" of whatever you can conceive of begins. This is because the principle of abundance is the etheric unformed essence of First cause and prosperity is the exquisite effect.

☒ **POINT:** *You are swimming in pure energy—an Infinite Ocean of unlimited abundance; as with a fish in water, your abundance is closer to you than your own breath.*

SELF INQUIRY: Until now, the deepest mistaken belief I hold that keeps me feeling separate and apart from my oneness with Life, the abundant Universe, my Source of all good, has been:

AFFIRMATION: *Today, I commit to practicing a deeper awareness of my oneness with Life. I spend time in Nature observing Life in its many forms, simply being one with "what is" with no resistance; Nature is my abundance teacher.*

I CELEBRATE MY ONENESS WITH LIFE!

Rule 2

BE AWARE YOU LIVE IN AN EXPANDING UNIVERSE

Observe the Impersonal Law of Expansion and Learn How to Personalize It

The Universe is pure energy continually pushing out, expanding at the speed of light, expressing itself, creating more of itself *from within itself*.

☒ **POINT:** *Being one with Life and, thus, the principle of expansion, means that it operates without bias in, through, and as you 24/7. You are a microcosm of the macrocosm called Universe.*

SELF INQUIRY: Where in my life today am I (either out of ignorance or fear) misusing the impartial *Law of Expansion* to create an experience of more “not enough”?:

AFFIRMATION: “Today, I commit to deepening my awareness that I live in an impartial, expanding Universe. I observe and challenge any inclination to hold back, grasp, cling, or hoard because of fear of not enough. Being one with an expanding Universe I intentionally lean into the natural outward push, feeling the exquisite divine nudge of innate growth.”

I CELEBRATE BEING ONE WITH AN EXPANDING UNIVERSE!

Rule 3

BE ACCOUNTABLE FOR YOUR CONSCIOUSNESS

Understand the Crucial Role Your Belief System Plays in Creating a Prosperous Life

Your consciousness (AKA, belief system) shapes your life; it determines whether you shall manifest an abundance of “more than enough” or an abundance of more than “not enough.”

☒ **POINT:** *Your consciousness is the gatekeeper and has sole discretion in determining what thoughts and ideas you allow to enter as “your truth” through the gate called your mind—which then the Universe acts upon as a given fact.*

SELF INQUIRY: What mistaken beliefs about myself and my right to participate in an abundant life are held in my consciousness *today*? What beliefs do I hold from past conditioning that don’t support my wholeness and abundance—and, am I ready to challenge and release them if they do not serve me well?:

AFFIRMATION: *Today, I commit to “standing guard at the temple gate” as a conscious sentry. Through, emotional and spiritual self-awareness, and deep self-inquiry, I challenge any impulses that arise in my consciousness spawning from a fear of “not enough.”*

*I CELEBRATE MY CONSCIOUSNESS AS IT UNFOLDS
(It’s as easy as A.B.C. = Awareness Builds Consciousness)*

Rule 4

BE FOCUSED

*Consolidate and Direct Your Energy
by Mastering the Power of Intention*

You are an energy conduit; a powerful director of infinite potential. The question is, do you know it?

☒ **POINT:** *When you learn how to pay “attention to your intention” you master the ability to focus the indiscriminate energy of an expanding Universe in an exquisite and specific manner that serves you in creating a prosperous life.*

SELF INQUIRY: Where does my mind wander today? Do I spend my time focusing on that which I desire more of—or, that which I don’t want more of, knowing that either way, the Universe agrees with me?:

AFFIRMATION: *As a conscious energy conduit, I live fully focused on the abundance of a Universe expanding at the speed of light, realizing that as I pay more attention to my intention the impartial principle of expansion serves me in creating a life worth living.*

*I CELEBRATE MY ABILITY TO FOCUS ON
THAT WHICH I CHOOSE TO CREATE MORE OF!*

Rule 5

BE IN THE FLOW

*Unlock the Paradox Found
in the Law of Circulation*

The *Law of Circulation* is a basic principle of life; it is energy *in motion*, in one form or another. When directed intelligently energy flows in a manner that serves, sustains, and prospers all living things.

☒ **POINT:** *Accessing and benefiting from the Law of Circulation is a threefold process of, receiving, utilizing, and releasing energy, enabling it to flow in, through, and out of our lives.*

SELF INQUIRY: Do I fully understand that the *Law of Circulation* is an *immutable* law? What message am I sending the Universe? Where in my life am I blocking or resisting the flow of abundance by not being open to receive, utilize, *and* release whatever I may be clinging to? Remembering that my emotions are also energy seeking an outlet, is there any “sludge building” resentment I need to release?:

AFFIRMATION: *Today, I set an intention to clear and release any clutter in my life—anything that I am not utilizing. Be it physical or emotional I know that clinging too tightly creates a stagnancy that impedes the flow of anything new into my experience. I let go. I trust. I breathe and I smile.*

*I CELEBRATE THE LAW OF CIRCULATION
AS I CONSCIOUSLY ENTER THE FLOW OF LIFE*

Rule 6

BE PASSIONATE

*Do What You Love: Abundance
Follows the Path of Least Resistance*

Passion and reason go hand-in-hand. Without passion your boat is dead in the water; you'll be like a sailboat with no wind to move it. But equally important, without reason (logic) to chart the course and hold the rudder steady, the wind of passion can easily blow you off course and onto the rocks. When your logic works in tandem with your passion it makes "working hard" rewarding and easy.

☒ **POINT:** *There is an immense difference between "hard work" and "working hard." If hard work is the required to create a prosperous life, why isn't everyone who does hard work prospering? It's because they are missing the passion that puts us on the path of least resistance—which makes working hard, easy.*

SELF INQUIRY: Do I feel a sense of joy and passion driving my intentions when I am doing whatever it is I do today to generate abundance in my life? Am I doing it because I love the creative process—the "doing" of it—or because I feel obligated and have no other choice? Do I believe more in mind-numbing "hard work" or passionately "working hard"?:

AFFIRMATION: *Today, I tune into an abundance consciousness by doing what I love to do. I am in alignment with my passion knowing that I am effortlessly lifted onto the path of least resistance.*

I CELEBRATE DOING WHAT I LOVE BECAUSE I LOVE WHAT I DO!

Rule 7

BE BLESSED

*Practice the Power of Positive Perspective
by Focusing on What's Right with Your Life*

Do you see yourself as *already* blessed? Your blessings are legion; however, you may completely miss the most obvious ones if you are looking solely on the surface of life—at the material world.

☒ **POINT:** *When you master the power of positive perspective, you'll realize that to be blessed—and know you are blessed—will enable you to become an authentic blessing to others, which, in part, is why you are here.*

SELF INQUIRY: Knowing there is a difference between being “blessed” and *being* “a blessing” (to the world and others), do I arise each day with an awareness that I can only be an authentic blessing to others as I *first* recognize how blessed I, myself, already am? What blessings in my own life am I overlooking? Do I focus on what is right and good—or what is missing or wrong? Do I welcome the countless blessings I receive from an abundant Universe?:

AFFIRMATION: *Today, as a “blessed being” with a positive perspective, I see and extend my blessings to others. Focusing on all six of the prior Abundance Rules, I seek and find blessings in what's right in my life—and in the places I most often take for granted.*

*I CELEBRATE THE BLESSINGS FOUND IN
THE POWER OF A POSITIVE PERSPECTIVE !*

Rule 8

BE OF SERVICE

Enter the Flow of Abundance by Serving Others

To serve is to extend your essence—your energy—to others in a manner that enriches and makes their lives better. Your intention (motivation) in serving others sets the precedent for how that energy shall return to you, as we now know it must.

☒ **POINT:** *As we begin to embody the secret to life—our oneness with the Universe and therefore with each other—being of service to others will take on a whole new meaning. There is great wisdom to be found in the saying “There is only One of us here.”*

SELF INQUIRY: Am I aware of the countless ways I can prime the pump of abundance in my own life by *first* serving others? How often do I miss the opportunity to extend myself to others with no strings attached because I am too focused on my own needs, based on a lack of awareness of the law of reciprocity—or the fear of “not enough” to go around?:

AFFIRMATION: *Today, with every person who stands before me, I silently ask, “How may I serve you? I listen for the answer that ascends from the deepest part of my own soul and follow its guidance. I know it is impossible to give of myself without also becoming a recipient of the Universal good flowing my way.*

I CELEBRATE THE OPPORTUNITY TO SELFLESSLY SERVE!

Rule 9

BE COURAGEOUS

*Seek New Horizons and Be
Willing to Risk, Fail, and Risk Again*

There have always been path makers and path takers, as well as those who never venture onto the path. Which are you? Creating a life worth living doesn't happen by accident, nor in the comfort zone of a semi-awake state of consciousness.

☒ **POINT:** *The Universe is perpetually offering you an expanded horizon wherein an abundance of all good things is possible. But, you must first have the courage to cut your own path, and go beyond the sacrosanct boundaries you have set for yourself—or have allowed others to set for you.*

SELF INQUIRY: Have I unknowingly been setting boundaries for myself based in fear of loss, or simple lethargy? Do I hold back on seeking new horizons—from courageously exploring unfamiliar opportunities—because getting out of my comfort zone holds some perceived element of risk or loss? Am I a path maker, a path taker—or, am I even aware the path to new horizons exists?:

AFFIRMATION: *Today, I am willing to risk, fail, and risk again. I find the courage to try something new—to get out of my comfort zone—knowing that if I don't I am sending a direct message to the Universe that says, "I am finished growing—bring me home."*

I CELEBRATE THE COURAGEOUS BEING I AM BECOMING!

Rule 10

BE A CATALYST FOR GOOD

Use the Principle of Abundance to Leave the World a Better Place Than When You Arrived

To assume that the principle of abundance can be used to prosper yourself while at the same time *not* benefit others is errant thinking that violates the universal principle of oneness.

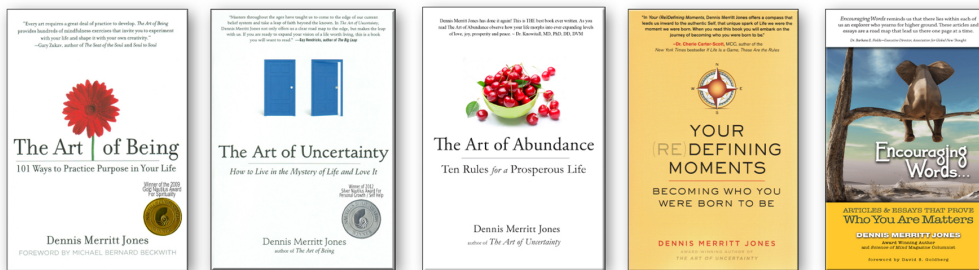
☒ **POINT:** *Everything you do has an effect on someone, somewhere. As you evolve in your abundance consciousness, remembering there is only One of us here, you also generate ripples of goodness that extend far beyond the span of your stay on the planet. This is the mark of a true change agent.*

SELF INQUIRY: Can I see that being a catalyst for good in the world is the connective tissue that tethers my spirit, mind, and body with an abundant life? Do I fully realize that creatively and selflessly using the principle of abundance for the betterment of humankind is one of the greatest ways to leave the world a better place than when I arrived?:

AFFIRMATION: *Today, knowing there is only One of us here, I mindfully walk the sacred path of abundance. Each moment of this day I consciously make an effort to be a catalyst for good, remembering the ripple effect “of me” touches countless lives. Abundance is mine to gratefully and generously share with the world.*

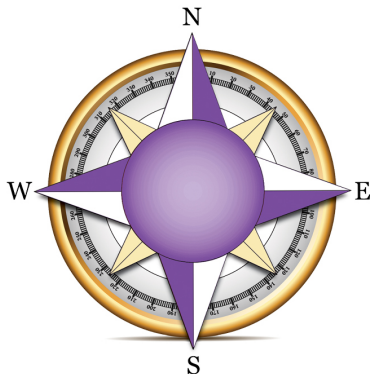
*I CELEBRATE & EMBRACE BEING A CATALYST FOR GOOD
NOT BECAUSE I “SHOULD” – BUT BECAUSE I CAN!*

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