

Abundance Checklist

Abundance Checklist is a series of 10 questions to ask yourself, and solutions to correct the problem. Go through the whole list **every time** you are working on the manifestation of something to clear the resistance (Lower Self interference patterns of disbelief) – free your ability to manifest!

- 1- **Am I aligned with the Universal Oneness right now?** Everything is ONE, and you are a part of it all. If you expand to become consciously aware of this Oneness, you are connected to the place where abundance comes from :) To connect to Oneness – imagine yourself as a drop in the ocean, or as one of the stars in the galaxy.

- 2- **Am I trying to fill some inner hole by wanting to manifest this _____?** Abundance by definition is always “enough” – when we start from an internal “not-enoughness,” we sabotage our manifesting efforts. Thus, first make sure that you are emotionally enough, then focus on your manifesting.

- 3- **Is my desire to RECEIVE equal to my desire to GIVE?** The Universe is balanced, and there is a flow of energy always attracting and repelling, attracting and repelling – like the tide. When we psychologically and emotionally value one more than the other, we block the flow of abundance. So make sure that you emotionally equalize your DESIRE to give and your DESIRE to receive (this is about the emotional charge, not the actions).

- 4- **Am I OPEN to Life right now?** We must remain open to ALL lessons, no matter if they feel “good” or “bad” to us. By being OPEN, you are releasing the restrictions of your expectations, and in doing so, welcoming abundance into your life.
- 5- **Am I FREE right now?** Being free is an internal experience that has nothing to do with money. Being in Oneness is being free. Having the power of choice is being free. If you want to manifest abundance, especially of the material type, make sure you really claim this inner freedom. Keep reminding your personality that even if you cannot at the moment afford something, it doesn't mean you are trapped. Psychological entrapment is one of the biggest blocks to manifesting more abundance in one's life. De-trap yourself first!
- 6- **Am I secretly judging getting this _____ that I want, or arriving at my desired goal, as “selfish”?** We all have different lessons to learn in life. “How can I be in abundance when so many people are suffering from scarcity” is not a valid question – money, and abundance are not the same. Someone living in poverty might have more abundance in their perception of reality than someone living in material luxury. Remember that, separate abundance from material stuff, and see it as a *natural state of being for all* (if we allow it).
- 7- **Do I feel worthy of this _____ that I desire to manifest?** Self-worth is an essential component of manifesting anything because there has to be a “container” to put this incoming wealth into, and self-worth is what creates the space for it. We are always taken care of by the Universe, but that doesn't always look the way that our personalities want it to! So, if you want to be taken care of in a particular way, your self-worth must measure up to your desired outcome!

- 8- **Do I love myself enough right now?** Abundance IS love. The natural state of the Universe. There is enough of everything for everybody! When we block self-love, we block the flow of abundance into our lives. Psychological love-scarcity is one of the biggest blocks to manifesting more abundance. Love yourself first, then intend to manifest.
- 9- **Do I CHOOSE wisely and act with RESPONSIBILITY in connection to abundance "stuff" in my life in general?** When we spend money irresponsibly, or make immature, impulsive choices related to material life, we are sabotaging the flow of abundance in general. The Universe will give you what you can handle and if you are consistently showing the Universe that you are not an adult when it comes to wealth, it will treat you like a child – limiting your manifesting ability for your own benefit. If you want to truly CREATE with the whole Universe at your fingertips, then you must CHOOSE consciously and act RESPONSIBLY with material things, money, and in life in general.
- 10- **Am I GRATEFUL?** Gratitude is a pathway to abundance. Be grateful for what you have in every moment, and the Universe will send more abundance to you.

Good fortune to you!