

The Abundance Circle

Based on Michel's Prosperity Principles class, The Abundance Circle is a website based supportive "virtual" class designed to inspire, encourage, guide and enhance your experience of abundance. Information in these classes includes some or all of the following: affirmations, journaling, mastermind techniques, "life work" exercises, cycle energy and visual aids. This article entitled "Releasing and Re-focussing to Inspire Happiness" is the first in a series.

When **Archangel Michael** recommends journaling to assist you in moving away from a negative focus to one that supports the growth of abundance in your experience, he describes a particular pattern to use. We appreciate the opportunity to share this with you.

- ✓ First of all, gather a generous supply of sheets of loose paper. It can be scrap paper, newsprint, loose leaf, or whatever is handy. Whether it is already written on or whether it is torn or worn is immaterial to the exercise.
- ✓ You will also need a journal, preferably one that is pleasing to the eye and the touch. This journal will become a keepsake so taking care to have one that you like is important. However, please do not hold up following this exercise with the excuse that you haven't found the journal you like - that, my Friends, is Resistance!
- ✓ Have at hand many colours of markers, pens, paints as you see fit. Be sure to include colours you like and those you dislike.
- ✓ Lastly, you will need time - preferably by yourself. This experience will be of little value if you suppress all your feelings and thoughts for fear of revealing something to another that you judge negatively. Give yourself the gift of several hours to complete this.

Begin by breathing slowly and deeply, allowing yourself to connect to those situations present in your Life that you perceive to be negative, disruptive, or otherwise blocking the experience of Abundance in your life. Be open to the feelings that arise within you, knowing that this is a path to releasing their hold over you.

Take the sheets of loose paper and begin writing or drawing your feelings using your non-dominant hand. Move as quickly as you can, changing colours, changing hands, scribbling, scrawling, even marking the paper so hard you tear it if that is the emotion that needs to be expressed. *This part of the exercise is designed to get your emotions and feelings out of your physical system - it is not for you to read or review later.*

Release any concern about spelling, legibility, neatness - just get the frustration down - what colour is frustration in your mind? Just dump your anger on the pages - what shape is anger? What form does fear have? Put it all down with speed, with passion, with tears, with indignation and outrage, even voicing what you feel while you are engaged in this is a wonder-full and acceptable part.

When you feel you have exhausted all the harsh and negative feelings about your situation, take a few deep breaths and search throughout your physical self to see if there is any residual energy that is unexpressed. If there is, let it out. If you feel completely empty, begin to relax by slowly counting down from 7 to 1; then slowly count down from 7 to 1 again.

Now take a quick look* at all the release work you have done, acknowledging it and accepting that these energetic expressions and the emotions tied to them are released from your physical experience. *A quick look means only five or six seconds of all the pages together!

Immediately remove these pages from your personal space. Even if tomorrow is garbage day, take the pages out now. Burn them if you choose, over a pan of water or in a fire place but take action at once. You have just released this energy; it is inappropriate to have it in your environment for it to work its negative energy on you again.

And here we are at the fun stuff! Take your journal and several markers or pens in colours you like. Be sure to include a shade of green as this is the energy signature of abundance, growth and physical healing - all of which relate to your prosperity state.

On the top of the first page, write: "**Abundance is my Divine Right.**" Then write on that page "***I am so happy because ...***" and finish the statement with any and every condition, circumstance or event in your Life now that you can agree is a sign of Abundance.

Some examples are:

- ✚ "I am so happy because ... I have the gift of Life;"
- ✚ "I am so happy because ... I have two coins to rub together;"
- ✚ "... I have a friend who cares about me;"
- ✚ "... I have my health;"
- ✚ "... I saw a red-wing blackbird - my favourite bird - today;"
- ✚ "... The sun is shining and it warms me;" "... the sound of rain on the roof soothes me."
- ✚ "... I have food to eat today." and more.

As you begin a new page, write another affirmation at the top of the page, and then continue with your list. Go through the pages of this website and you will see Bright Lights on each page. Many of them are wonder-full affirmations for you to use.

Everyday, continue with your list so that your focus continues to be on the good, the abundant and the delight-full in your Life. In accordance with Universal Law, when your focus is on abundance, abundance must therefore, expand in your Life experience.

I am so happy because ... I am able to share this with you.

© Michel Green 2005 – All Rights Reserved. This article was originally published on the website www.veiledmoon.com written by Michel Green. Contact Michel at veiledmoon@shaw.ca