

Being Present Within Our Prosperous Life

BY KAREN DEBORAH FARRIS

The more I work with abundance and prosperity, the simpler the concepts become. Being present is being prosperous.

I, myself, have always been a lover of money and financial things, yet when I went through a period of not being present with my money—I began to feel as if I did not have enough of it.

This feeling of not having enough actually created that reality over time, and I had to find my way back to something that I had never before been separated from—*being present with my financial world*. I'd like to share with you today exactly how I did that.

The simplest way to learn about abundance and prosperity is to become very present with all that you have in the world. So, if feeling abundant with your financial affairs is what you desire, jump on board with me and let's take an abundance inventory.

What we are about to do is simple, but extensive. You might want to set aside an evening to do it, a weekend, or even a whole month. Once you begin the process, though, complete it. Regardless of how long it takes. There is no time limit on reviewing your abundant world.

Parts of this process will release inspiration immediately, other aspects of it might reveal great discomfort. But the releases and revealings are part of the process of becoming present with your prosperous life, so be patient and understanding with yourself as you unfold your way to abundant thought.

So...here we go!

Find out and write down, exactly how much money you have. Count the pennies in the penny jar, the value of that old silver dollar your Granddad gave you, and the twenty dollar bill you have stashed for emergencies. Count your IRA or 401K, no matter how much money in it you think you've lost, get your stock quotes as of today, total your checking and savings accounts and all the money that people owe you—including the two dollars you lent to your co-worker last week. Don't hide or lie or fudge your way through this. Get the exact number and write it down.

Find out, and write down, exactly how much money you owe and put it into three categories. Make the first one the amount you own on your home, the second category what you owe on your car, and the third category what you owe on everything else. Include the two hundred dollars you never paid back your parents when you were sixteen, your credit card balances circulating now, any overdue bills from the dentist, the doctor, or a forgotten magazine subscription, even your outstanding late charges from Blockbuster. Don't miss a thing. The higher the number the better. Think of this process like magic and the more you can sweep up into the IOU category, the more money you will magnetize to yourself later. Don't hold back. Don't hide or fudge or rationalize a penny. Include it all and write it down. When reviewing this total later, focus only on the money you owe which is not your house or car.

Go through your house and identify every possession you have which you do not cherish, and account for it in some way. Either write it down on a piece of paper, tag it with a yellow sticky note, or gather it all up in one section of your house. Somehow know and account for everything in your house that you do not cherish, while separately noting those things that you do. Go through the garage, the closets, and that long-forgotten storage unit. This means opening every box and touching every item. Confront every possession that you now caretaker and honestly assess them in terms of their value to you. By the end of this stage of the process, you want to know what you cherish, as much as what you do not. Notice if the cherished items outnumber the uncherished ones, and vice versa.

Making Room for Abundance to Bloom

Holding onto possessions and thought patterns, or distancing

ourselves from the realities of money, keep us in lack and crowd the spaces in our lives where our prosperity wants to locate itself. Distancing is shutting down, and shutting down means closing off the space. If we want that which we hope and pray for, we are going to have to make room for it!

Find your favorite place to sit, and bring all the information from Step One to that place with you. Be it the dining room table, your queen size bed, or your favorite park under a tree, put all the information together and sit with it. Center yourself. Make sure you are physically comfortable so that you can ease into a state of deep relaxation. Close your eyes, take a few deep breaths, and let go of all your ideas about what we are about to do and what it will mean when it is over. Once you are centered, open your eyes again and review the information you have collected.

The money that you have sits before you with no lack, no strings, and no judge. It is free and clear for you to do with what you want. For most of us, the money that we have is never really experienced or seen, let alone felt with our being. It is merely in transit passing through the never-enough door on its way to I-just-need-more. Own the amount of money you have, and be grateful for it. Don't hide it because of old family issues or fear it as a result of them. Decide now, what money is going to mean for you, from now on. Then commit to that being your future.

Realize that the debts you have are little lessons in future savings. Having watched the credit card bills mount, imagine them being pluses in your checking account. Begin today by putting money to your debts, so that you can later see that money rise in savings. The bottom line is that as long you identify with bills and debts as a sinking hole, you will forever sink. Instead, begin to see these debts as a way to model yourself into financial prosperity.

In order to work through the possessions in our homes that we do not cherish, we have to confront our internal views. We have to admit that we fear emptiness so we can create enough space within ourselves to allow the space outside of us the room to create miracles. Realize how much stuff you have that you don't

even want. And rid yourself of everything that is not useful or cherished. As you release this abundance of possessions back into the universe, acknowledge how much you have created in your past which now lies unconscious and choose now to make new choices consciously.

Committing to Abundant Thought

For those of you who work well with affirmations, I have included a few here that are designed to redirect your thinking from a consciousness of lack, to a realization of prosperity. In a consciously selected journal or piece of paper, write out and complete the following:

When I am present and conscious with money, my hopes and dreams are aligned with its dispensing. From this day forward all of my money earned or gifted to me will become the focus of the following goals in my life (insert your goals here).

When I am present with my monies owed, I respect and acknowledge the lessons they have taught me. For every dollar that I repay to my past financial commitments, I recommit my focus to my future goals.

When I am present with my possessions, I see the riches they have bestowed upon me in my life. For every possession I pass on to another, I make room for abundance and prosperity to magnetize into my life.

Expanding All of Our World

The richness of the universe that is our abundant and prosperous world does not begin and end with money. You can do an abundance check with your time, your relationships, and your dietary habits. See what you have, what you owe back, and all that you have accumulated. Then get present with what is your 'today'—making choices, and decisions that will allow you to feel the wealth of energy, love, and health, so that you can be present within your *very prosperous life!*