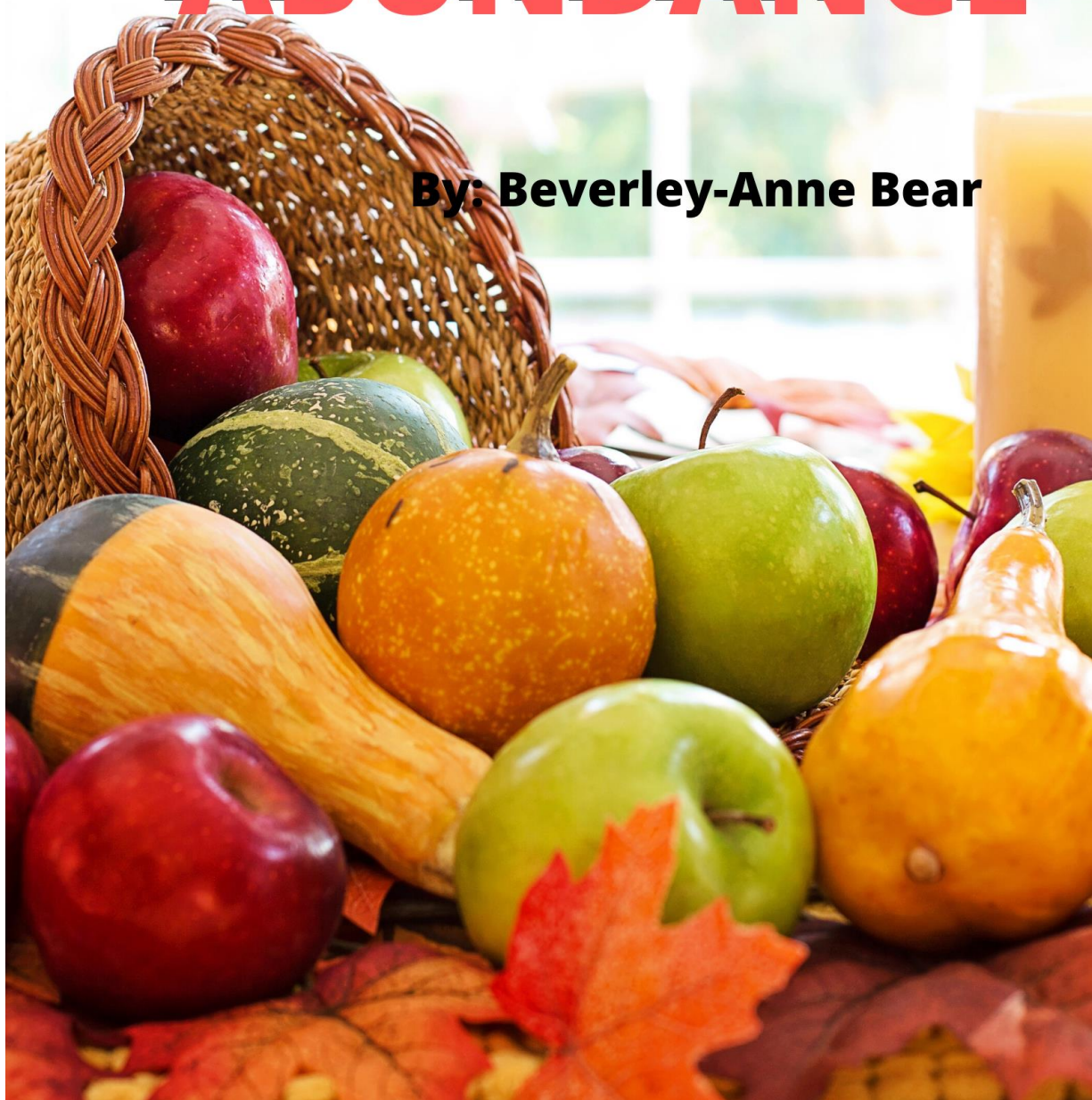


# **5 TIPS TO CREATE ABUNDANCE**

**By: Beverley-Anne Bear**



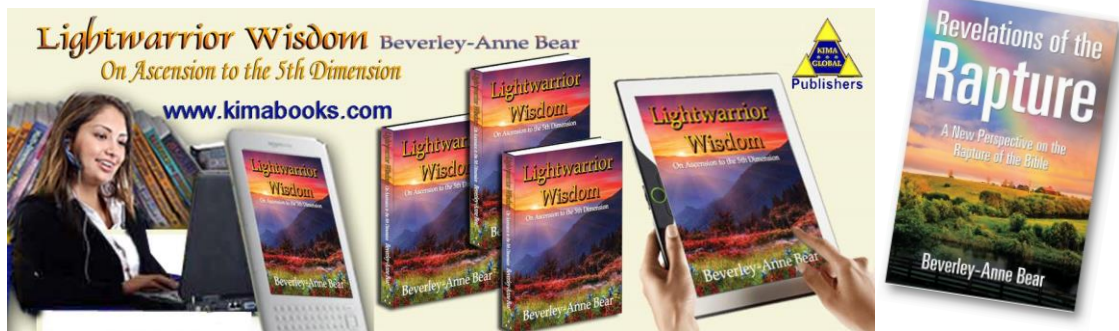
# 5 TIPS TO CREATE ABUNDANCE

After many years of creating my dreams, I finally manifested my dream life!

I re-located to the beautiful Knysna area in the Garden Route, over December 2018, from Johannesburg. After working for 30 plus year's in finance, I left my job as a Financial Accountant in corporate to finally follow my passion.

What a blast living in this amazing part of the world.... Enchanted forests with magical foliage, draping from the trees, oozing with tranquillity, certainly get the creative juices flowing.

I have published two books and am currently writing my third one. Never in my wildest dreams did I think that I could be an author.



I am a Transformation Life Coach and a Workshop Facilitator and assist others to transform their lives by assisting them to get rid of beliefs that sabotage them. I teach them how to create Passionate Dreams and show them how to set powerful goals. I give tips and tools to manifest those dreams and goals into abundance.

I was using the Law of Attraction to create abundance in my life, but everything seemed to take a very long time, until I learned the secret combination of emotion and visualization.

Abundance does not refer to merely money. "Ching Ching"!

The word abundance means plenty; lavishness; ample, copious and refers to anything. You can have an abundance of LOVE, or FOOD, or anything for that matter.

Sure, to have money does make a huge difference in our lives, but if we do not know how to work with it, we can lose it in no time. I refer to the many people that won the lotto only to lose it in a few years or even months.

In this e-book I will give you 5 tips on how to create abundance in your life, so you can keep manifesting new dreams and goals, as your heart desires.



## TIP # 1

### GRATITUDE



Be thankful for what you already have in your life. Yes, you may have heard this before, but trust me, this is your most powerful emotion, and the one required for manifesting abundance in your life.

Try to look around you as you travel to work or walk around and look for things to be grateful for. See the autumn leaves that are so pretty or the stunning blossoms in the spring.

Ensure that you find at least one new thing every day to be grateful for. You can be grateful for your family, loved ones, caretakers, pets, toys, technology, your limbs, the fact that you can walk, or talk or see!

You must stir up a feeling of deep gratitude in the pit of your stomach. If you struggle to get the emotion, think of something that happened to you in the past that you were truly grateful for. And hold onto that feeling for as long as you can.

Keep getting it back when you realize it is gone! GRATITUDE is the key to creating abundance in your life!

## TIP # 2

### FORGIVENESS

You need to make room for your abundance first, by letting go of negativity that no longer serves you.

You need to learn to allow yourself to feel all emotions, including the so-called negative ones, such as anger, fear and unforgiveness. You need to find out what is causing the emotion, and deal with it, if you need to.

Keeping a journal or writing a letter to someone that has hurt you, helps get it off your chest.



Preferably don't send the letter, burn it once it is written. Forgiveness is for you, not the person that hurt you.

Learn to feel the emotion to the fullest, and then move through the emotion. To move through an emotion, we can imagine it moving through us. See it as an object, a shape or a colour and then see it moving through our body and out of our feet into the earth.

Take time out to be kind to yourself. Have a bubble bath or go for a massage or do something special for yourself on a regular basis.

The practice of love, gratitude, forgiveness and compassion for others as well as ourselves, will put us on the right frequency for creating abundance in our lives.



### TIP # 3

### ACTS OF SERVICE



The practice of love, gratitude, forgiveness and compassion for others as well as ourselves, will set us up for creating abundance. Anything that makes us feel love and joy.

***Do unto others as you will have them do unto you!***

Love and nurturing ourselves is very important, and includes the company we keep, and the people we choose to be associated with.

We need to try to be around people who appreciate us and are understanding. Self-love is one of the greatest gifts you can give

yourself!

Help those that are less fortunate than you.

Practise kindness, whether to an animal in need or a child or someone else.

Get involved in a community project like a soup kitchen or collecting clothes for the less fortunate or food for the elderly. You will be amazed how wonderful you feel once you see how others respond to your kindness.

Be generous whenever you are able to. Share your lunch with someone at school.

The more you give, the more you will open up to receiving the abundance that is waiting for you.



## TIP # 4

### IMAGINATION

When we create something, we always create it twice – first in the mind and then in reality.

This is called **manifesting**.  
(Revealing / displaying / showing).

Your mind is your most powerful tool, but most of us do not know how to use it correctly. There are two parts to the mind, the Conscious and Subconscious.

The Subconscious Mind acts like a huge supercomputer hard drive, which stores every experience you've ever had. (The subconscious mind also controls all your body functions).



The subconscious stores these experiences as a **SNAPSHOT** of the 5 senses. Example – a digital camera or cell phone takes a picture which you can store on a computer as a .jpeg image. The subconscious mind is exactly the same, except it takes a snapshot of the 5 senses, sight, hearing, touch, smell and taste. What am I seeing, what am I hearing, what am I feeling, what am I smelling, what am I tasting?

If the subconscious mind doesn't know the difference between something experienced in **REALITY** and something that is **IMAGINED**...surely you can create a Future Imagined Memory – which is an Imagined Story of something in the Future (that you would like to manifest in your life) which you can make into a **MEMORY** in the Subconscious mind.

Create the story, add sound, smell, colour, taste, texture and visualize it in your imagination, as if it were happening right now, and add feelings of gratitude. For the first time you can start putting your **FUTURE** into the **FUTURE**, instead of putting your **PAST** into the Future!



## TIP # 5

### BELIEF

By changing our negative beliefs, we will change the way we think. Further, we need to change the stories that we tell others and more importantly ourselves, to stories that are positive and serve our personal growth. For example, instead of saying I do not have any money, rather say “I do not want to spend my money on that at this time!”

“Change your thinking, change your life.”

Think of your wallet as a magic purse; as money goes out, more money comes in and fills it up again.

Believe that what you have requested from the universe, to be manifested, **will** come to pass. Have blind faith!

Instead of saying ‘Seeing is believing’ rather say “**Believing is seeing!**”



Once you have imagined what you want to create, try to imagine it as often as possible, with all the 5 senses. Early morning is best. Do that for 30 days and then stop.

Then believe without a doubt that you will be getting it.

Just like when you go to a restaurant and place an order, you trust that it will be coming, and you wait for it. Continue having feelings of gratitude every day and before you know it, your creation will manifest.

In my opinion, **abundance** is having enough of whatever you need.

Appreciate your life and your journey and be grateful for every moment of your life!

Like everything, the more we commit to integrating these little acts into our lives, the easier and more natural they will become. And once we start seeing the benefits these will become regular practices that will assist us to manifest abundance in our lives and keep us in a bubble of happiness and wellbeing.

Feel free to share this ebook with others!

With Love and Light

Beverley-Anne - Transformation Coach

[www.lightwarrior.co.za](http://www.lightwarrior.co.za)

