



ACTIVATE ABUNDANCE

**5 STEPS FOR MANIFESTING
FREEDOM**

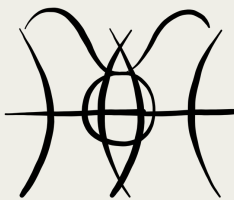
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ABOUT THE AUTHOR



DayOneNotDayTwo the Artist

DayOneNotDayTwo is a talented artist and activist who has overcome significant challenges in his life. While serving 8 years in prison at the age of 17, he invested his time pursuing his passion for making music. His debut album, "My Father's Chains," sheds light on the effects of generational trauma in communities, emphasizing the cycle of crime, poverty, and substance abuse. With his raw and honest music, DayOneNotDayTwo aims to inspire listeners to break free from adversity and find liberation through the power of music.

DayOneNotDayTwo the Nonprofit

With a mission to heal BIPOC communities through creative expression, DayOneNotDayTwo harnesses the power of narrative to build collective power and promote positive social change. By providing resources and support, the organization empowers individuals to share their stories and effect meaningful transformation. Through their work, DayOneNotDayTwo & the nonprofit are dedicated to creating a more just and equitable society, where the healing power of creative expression is accessible to all.

INTRODUCTION

WOULD YOU RATHER BE RICH OR WEALTHY?

Some may say they would rather be rich, imagining the power and influence that's derived from being able to experience the lavish luxury that riches afford. Others may say that they would rather be wealthy, most likely envisioning generational financial freedom and the prestige afforded by the accumulation of capital. Many may even struggle to see the difference between the two.

My answer would be neither. In fact I insist on adding a third option to this philosophical proposition: Abundant.

Abundant can generally be defined as present in great quantities. It is derived from the Latin word *abundare* which translates to *ab*—off away from and *undar*—rise in a wave. Therefore abundance represents the ascension of worth, the presence of great value. Whereas being rich or wealthy limits us to the material realm Abundant is a state of overflow, the presence of great worth.

The state of abundance knows no limits. Abundance is not bound to promissory notes, it is the cup that runneth over. The growth that keeps on growing and the gift that continues to give.

Scarcity mindset historically prevents the majority from achieving true abundance. We must be able to identify the scarcity mindset and avoid it as if our lives depended on it. This is because the scarcity mindset is the antithesis of abundance.

One should rather be abundant than be rich or wealthy because true abundance is holistic whereas rich and wealthy pertain to man made social constructs.

Abundance can be associated with the absence of need, the lack of lack, and the presence of fulfillment. It is the ability to experience and appreciate the richness of life in its entirety, rather than just the material possessions that it may bring.

Being abundant is a state of being, it is not solely dependent on material wealth, but rather a balance between material and non-material aspects of life. This balance leads to a sense of inner peace and contentment, which is an important aspect of true abundance.

What is stopping us from being abundant?

The answer is simple: our own limiting beliefs and the societal conditioning that's been ingrained in us.

Society has conditioned us to believe that our worth is solely based on material possessions and financial success. We have been taught to pursue wealth and financial success at all costs, often sacrificing our own well-being and relationships in the process. This leads to a scarcity mindset, which is characterized by a fear of loss, competition, and a belief that there is not enough to go around.

Another major obstacle to abundance is the fear of success. Many people fear success because it means that they will have to step out of their comfort zones and take risks. Success requires hard work, determination, and a willingness to fail. These factors can be intimidating for many people, causing them to avoid taking action towards their goals and settling for mediocrity.

Why is abundance important?

Abundance is important because it allows us to live a fulfilling and purposeful life. When we are abundant, we are able to appreciate the richness of life in all its forms. We are able to form meaningful relationships, pursue our passions, and contribute to society in a positive way. Abundance allows us to live a life of purpose and meaning, rather than just chasing after material possessions.

Moreover, true abundance is not just about personal fulfillment, but it is also about making a positive impact on others. Abundance requires synergy and interdependence. When we are abundant, we are able to give back to our communities and contribute to causes that are meaningful to us. This allows us to create a ripple effect of positivity and inspire others to also live a fulfilling life.

So how can we achieve abundance?

The first step is to shift from a scarcity mindset. This requires us to let go of our limiting beliefs and adopt a growth mindset. We need to believe that there is always enough to go around and that we have the ability to create the life we desire. This requires trusting the universe and involves taking responsibility for our own lives. It also requires making conscious choices that align with our values and goals.

The next step towards abundance is to cultivate gratitude. Gratitude is the key to abundance because it allows us to focus on the abundance that already exists in our lives. By focusing on what we have, rather than what we lack, we attract more abundance into our lives. This involves taking time each day to reflect on what we are grateful for and expressing appreciation for the people, experiences, and things that bring us joy.

We must be unafraid to pursue our passions and live a purposeful life. When we are doing what we love and are passionate about, we are able to tap into our natural talents and abilities, our god given gifts which leads to a sense of fulfillment and abundance. This involves taking the time to explore our interests, setting goals that align with our passions, and taking action towards our dreams.

Finally, abundance involves giving back to others and contributing to causes that are meaningful to us. By making a positive impact on others, we create a ripple effect of positivity and inspire others to also live an abundant life. This involves finding ways to give back to our communities, volunteering our time and resources, and supporting causes that align with our values.

The choice between being rich or wealthy is a false dichotomy.

True abundance goes beyond material wealth and encompasses all aspects of life. By cultivating an abundance mindset, pursuing our passions, and giving back to others, we can create a life that is fulfilling and purposeful.

The pursuit of abundance requires a shift in mindset and a willingness to let go of limiting beliefs that hold us back from experiencing the richness of life. By adopting an abundance mindset, we can create a life that is overflowing with value and meaning, one that is not limited by societal constructs of wealth and success.

Ultimately, the pursuit of abundance is not just about personal fulfillment, but it is also about making a positive impact on others and contributing to the greater good. By living an abundant life, we inspire others to do the same, creating a ripple effect of positivity and abundance in the world. So, instead of asking whether you would rather be rich or wealthy, ask yourself:

How can I cultivate an abundance mindset and create a life that is overflowing with value, purpose, and meaning?

INTRODUCTION

In this handbook you will discover five steps for activating abundance. Each step will move you closer to an abundance mindset however in order to activate long lasting success in your journey toward abundance it is recommended to master all five steps.

This handbook is meant to be **a guide for those who seek to tap into the god gene that lives deep within each of us.** This book is intended to deliver clear concise instructions for manifesting prosperity, longevity and freedom. This book is not a comprehensive education on financial literacy, spirituality or psychology. Rather this text incorporates intelligence from these three fields that can be channeled to achieving abundance.

STEP I: SPACE CLEARING

MAKING ROOM FOR ABUNDANCE

If you're looking to create abundance in your life, the first step is to clear your space. This might seem like a simple task, but it is an essential one. When we clear our physical space, we make room for new energy and possibilities to enter our lives. This is important because abundance is all about flow, and if our space is cluttered and stagnant, it can block the flow of abundance in our lives.

We will never be able to triumph if we are too busy holding on to trauma

One will never be able to truly heal if they are too attached to the hurt. If our time and energy is monopolized by people, places and things that don't serve us there will be no room left for opportunity to ascend.

The first step in activating abundance requires you to make a holistic assessment of your life. Think about how you spend your time and with whom you spend it with.

Think about the intentions behind these decisions as well as their impacts on you. If you're someone with dreams of starting a business but the majority of your time is spent consuming and not producing, you have some space clearing to do. If you are a person who dreams of finding unconditional love but you surround yourself with individuals who are always consumed in drama or people whose approval you have to go above and beyond for you have some space clearing to do.

Why do you have to make space for abundance?

It's simple – our physical space is a reflection of our internal world. When our space is cluttered and disorganized, it can lead to feelings of overwhelm, stress, and even anxiety. This can create a negative energy that blocks the flow of abundance in our lives. On the other hand, when our space is clean and organized, it can

STEP I: SPACE CLEARING

create a positive energy that attracts abundance into our lives.

To make space for abundance, the first step is to declutter your physical space. This means getting rid of anything that no longer serves you, including clothes you haven't worn in a year, books you've already read, and old paperwork. The key is to be honest with yourself about what you really need and what you can let go of. This can be a challenging process, but it is essential to creating space for abundance.

Once you've decluttered your space, the next step is to organize it. This means finding a place for everything and keeping everything in its place. This might involve investing in storage solutions or simply finding creative ways to use the space you already have. The goal is to create a space that is functional and easy to maintain.

Space clearing is not just about the physical. It is also a mental, emotional and spiritual practice. It helps us optimize our most valuable asset: time. By decluttering your physical space you give yourself more room to create the life you want to live. **By decluttering your mental, emotional and spiritual space you are giving yourself more room to create the life you want to live.**

This means being intentional about the things you bring into your life, whether it's food, clothing, or other material possessions. Instead of mindlessly consuming, take the time to consider whether something will truly add value to your life. This not only helps to prevent clutter from accumulating, but it also ensures that you are surrounding yourself with things that align with your values and goals.

As we are activating abundance it's also important to consider our interactions and exchanges with others. These interactions can either support or hinder our efforts to create fulfillment in our lives. **It's essential to surround ourselves with people who uplift us, support us, and inspire us.** This means letting go of toxic relationships and cultivating intentional connections with those who align with our values and goals.

One of the most challenging steps to activating abundance often requires dissociating from friends and family and creating firm boundaries for those who we love. Too often we allow love to be a liability. We use our love or our loyalty as excuses for accepting and condoning compromising decisions when it comes to ending unhealthy relationships with those closest to us. Too often we are afraid to hurt others feelings, so we'd rather hurt ourselves

by allowing things that don't align with our values and purpose. Too often we care more about what others will think of us than we care about ourselves and so we procrastinate to assert boundaries while in the meantime suffering silently.

Intentional interactions and exchanges are also important when it comes to creating abundance in our professional lives. This means being intentional about the work we do, the clients we work with, and the opportunities we pursue. Instead of saying yes to everything, take the time to consider whether something aligns with your goals and values. Society conditions us to value the yes but what we don't often realize is that saying yes to one opportunity means saying no to a lot of other opportunities.

We are socialized to associate the word no with negative connotations but we often fail to realize **saying no to an opportunity that does not serve you holistically is saying yes to yourself.** This not only helps to ensure that you are working on projects that are fulfilling and meaningful, but it also creates space for new opportunities to come into your life.

Clearing space is an essential step in attracting abundance into our lives. This means opening yourself to what the universe has in store by decluttering and organizing our physical, mental and emotional spaces, practicing conscious consumption, and cultivating intentional interactions and exchanges with others. By doing so, we create a positive energy that attracts abundance into our lives, and we create the space to fully embrace the opportunities that come our way. So, take the time to clear your space, and prepare to welcome abundance into your life!

STEP II : VISUALIZE ABUNDANCE

ABUNDANCE IS A STATE OF MIND THAT CAN BE ACHIEVED BY ALIGNING OUR THOUGHTS, EMOTIONS, AND ACTIONS WITH OUR DESIRES.

To activate abundance, it is crucial to know what we want and to visualize it with clarity and focus. In this chapter, we will explore the importance of visualization in activating abundance and provide practical tips for how to use it effectively.

Knowing What We Want

The second step in activating abundance is to identify what we want. This may seem obvious, but many people struggle to identify their true desires. There is a difference between “knowing” what we want and wanting what we know. Many of our desires today are fueled by billion dollar marketing campaigns that invested in infiltrating our attention spans from birth. What most people say they want is often directly influenced by the subconscious colonization by social media, television, music etc. Knowing what we want requires an individual to know themselves.

To know oneself requires a comprehensive understanding of where you come from and until we embark on that intimate journey of self exploration our truest desires will continue to elude us, masked by manufactured impulses implanted into our subconscious. To figure out our “why,” we need to connect with our inner selves and understand our values, passions, and purpose as well as our past, present and future.

One way to identify our desires is to ask ourselves questions such as, “*What brings me joy?*” “*What makes me feel fulfilled?*” and “*What impact do I want to make in the world?*” By reflecting on these questions, we can gain clarity about our goals and aspirations. If you really want to know what you really want, begin with the end.

Ask yourself, “*When I’m gone, how would I like to impact the individuals I care about most?*”

Who are these people? Who are they to you? How exactly would you want to have affected their life? What events or accomplishments would you want to leave behind when your life is over? Be sure to think holistically. Place yourself in the perspective of the community. Your job, field, and industry, your family and friends.

This activity is helpful because considering the legacy we will leave after death forces us to focus only on what is most important. It strips all distractions from the consciousness because once we transition, material things become worthless. The amount of likes that you received on your last post is frivolous when you begin to think about the fragility of life.

The Three Creations

The Three Creations Theory is a concept in manifestation that suggests there are three levels of creation: mental, physical, and spiritual. The mental creation is the first step in manifesting abundance, as it involves creating a clear and detailed image in our minds of what we want. Practice meditating on your goals. Manifest a vision in your mind with as much detail as possible.

Transport yourself to the time and space where you've accomplished your goal.

Stimulate your senses in order to make this manifestation as real as possible. Ask yourself not only what does it look like to accomplish said goal, but what does it feel like. What emotions are flowing through your vessel now that you have achieved this specific goal? If it's something you can touch, if it's a dollar amount that you are working towards, imagine yourself feeling every single dollar. Now ask yourself "what does it smell like?" If it's something immaterial, what senses do you associate with your success-what does it sound like? Does it sound like laughter, celebration and live music? Or is it more serene and peaceful like the trickling of water? Does it sound like a person congratulating you on this new Accomplishment? Who is with you when you finally prevail? Visualize their faces and reactions to your actions. This vision must be crystal clear. You must condition the mind, body and spirit to accept this reality that you are working towards.

Practice this meditation as often as possible. Carve out a sacred time and space dedicated to visiting this dimension. It exists if you will allow it and whenever doubt or adversity comes your way escape to this realm where you've achieved whatever it is you're working towards.

If a degree is your goal I want you to have lived that graduation so many times that when it finally comes you already have your speech memorized. If it's a promotion that you are seeking, imagine that moment so often that by the time it comes, you already refer to yourself as that new title. And if it's a certain dollar amount that you are striving to accrue, you must have an intimate understanding of the value you are exchanging to get there.

Once we have a mental picture of our desired outcome, we can move on to the physical creation, which involves taking action towards our goals. This may include setting deadlines, breaking down our goals into smaller steps, and developing a plan of action. It is imperative that our visions actualize in the material realm. Write your plans down. Don't just type it in a note on your phone or in a document on your computer. Write it down with pen and paper. This is more than about note taking. This is a physical ritual that allows your plan to register within your body. The act of manually transcribing a plan or idea is a critical step toward manifestation and should not be overlooked.

In the beginning was the Word, and the Word was with God, and the Word was God.

Some believe the symbols we've

learned to call numbers and letters were here far before we were. The ability to understand and utilize symbols is part of what makes us human and though we are far removed from carving into the walls of caves, the act of writing out our plans connects us to the universal consciousness in the most primitive way.

The third creation is metaphysical, or spiritual, which involves surrendering our desires to the universe and trusting that the universe will provide for us. This requires letting go of attachment to the outcome and having unconditional faith in the journey you are preparing to embark on. This could look like prayer, or meditation. This could include affirmations or even more intentional rituals that incorporate the burning of candles, the consumption of tinctures or whatever way you connect to the collective consciousness.

There is a big difference between having hope and having faith.

Having hope is wanting and wishing something into existence. *Faith is believing and trusting something into existence.* It is not enough to be hopeful or optimistic about your ability to achieve success. You must know. You must see with your mind's eye.

You must claim your destiny as inheritance and allow abundance to flow to you through the synergy of the mental and physical realms. Many will consider themselves having faith but then find themselves in a state of worry which actually repels abundance. Worry is a product of the lack mindset and is responsible for more failure than anything else. Worrying is actually an investment in whatever it is you don't want to happen and thus works directly against what you are trying to achieve.

We must develop a clear understanding of our desires if we wish to manifest them. This requires a commitment to intentional actions and exchanges, and the use of visualization to create a clear mental picture of our desired outcome. By focusing our thoughts and emotions on our goals, we can program our subconscious mind to believe in our abilities and take the necessary steps towards abundance. In order to materialize the life we were destined to live we must first visualize.

Visualization is the soul's blueprint for manifestation.

STEP III : STRATEGIZE

“TACTICS WITHOUT STRATEGY IS THE NOISE BEFORE DEFEAT.” – SUN TZU

Developing a strategy is as critical to reaching a state of abundance as it is to the general on the battlefield. Developing an effective strategy can help us to anticipate and overcome obstacles. Strategies help us stay focused on our objectives and act as a roadmap to success.

Difference Between Strategy, Goals, Objectives, and Tactics

A strategy is a plan of action. It could look like a business plan or marketing plan. It could look like a step by step guide. It could be as simple as a to-do list. Whatever way you decide to organize your strategy, it's purpose should be to help direct your energy.

Before we dive into how to develop effective strategies, it's important to understand the difference between strategy, goals, objectives, and tactics. These terms are often used interchangeably, but they actually have distinct meanings.

Goals are **broad, overarching aims** that we want to achieve. For example, our goal might be to start our own business or to become financially independent.

Objectives are **specific, measurable outcomes** that we want to achieve in order to reach our goals. For example, our objective might be to save \$10,000 in six months in order to start our own business.

Strategies are **the plans we develop** to achieve our objectives. For example, our strategy might be to create a budget, reduce expenses, and increase income in order to save \$10,000 in six months.

Tactics are the **specific actions we take to execute our strategy**. For example, our tactics might include canceling subscriptions, negotiating bills, and taking on freelance work to increase our income.

Developing Effective Strategy

Once we have set our goals and objectives, the next step is to develop an effective strategy. The following steps can help us to do so:

1. Identify the Obstacles

The first step in developing an effective strategy is to identify the obstacles that might prevent us from achieving our objectives. These might include lack of time, lack of resources, or lack of knowledge. By anticipating these obstacles, we can develop strategies to overcome them. However, It is crucial that while anticipating these challenges we don't allow them to discourage us. We must maintain an objective paradigm and only give as much energy to our obstacles as is necessary to overcome them. Too many people allow the mere existence of

difficulty to deter them from living their truth. It is easy to get sucked into the black hole of excuses for why something may not work. It takes a lot more character to detach from the fear of failure and examine potential adversity strategically.

2. Conduct a Force Field Analysis

One tool that can be helpful in developing an effective strategy is a force field analysis. This involves listing the factors that are driving us towards our objective and the factors that are working against us. By analyzing these factors, we can develop strategies to strengthen the driving forces and weaken the resisting forces.

Here is an example of a Force field analysis conducted for my latest single "Abundant".

"ABUNDANT" FORCE FIELD ANALYSIS

Force Driving Towards Success

1. Captivating Music Composition
2. Empowering Lyrics
3. Release aligns with a growing interest in personal development and manifestation
4. Multidimensional Marketing Strategy

Forces Restraining Success:

1. Competitive Music Industry
2. Limited Airplay
3. Lack of Established Fan Base
4. Digital Streaming Algorithms
5. Funding Constraints

3. *Develop a Plan*

Once we have identified the obstacles and analyzed the driving and resisting forces, we can develop a plan. This plan should outline the specific actions we need to take in order to achieve our objectives. It should also include contingency plans in case things don't go as expected.

When developing your plan be sure to consider your strengths and weaknesses as well as potential opportunities and threats. Your plan should seek to build upon your strengths while compensating for weaknesses that exist. Think about how you can capitalize on your strong points and ways you can turn your weaknesses into strengths or reduce the liability they bring. Also identify opportunities that you can plan to capitalize on. These opportunities could derive from your network or they could come from the industry you're in. They could be related to upcoming events or even societal ideas and attitudes. Finally, it's equally imperative that we identify potential threats and find ways to avoid them altogether or mitigate those which can't be avoided.

4. *Implement the Plan*

The final step in developing an effective strategy is to implement the

plan. This involves taking action and following through on our plan. It's important to be disciplined and committed in our pursuit of abundance. We must be willing to make sacrifices and stay focused on our objectives. It's easy to talk about the things we want but it takes much more to commit to the pursuit of abundance.

The Importance of Discipline

Developing an effective strategy is only half the battle. We must also be disciplined in our endeavors. This means committing to our plan and following through on our objectives, even when it's difficult or inconvenient. It means making sacrifices in the short-term in order to achieve our long-term goals. It means late nights and early mornings. It means doing what you have to do now so you can do whatever you want later.

When working towards developing discipline in our lives it's most helpful to replace old habits with new ones. This allows us to rely on our brain's natural tendency to trigger automatic responses to contextual cues that have been associated with the performance of particular actions. On average it's said it takes about 66 days to form a habit. This number can symbolize growth, harmony and balance on all levels of existence – mental, physical,

emotional and spiritual. 66 days of intention could result in a lifetime of abundance.

Intentional Interactions and Exchanges

In addition to developing an effective strategy, it's also important to engage in intentional interactions and exchanges. This means being mindful of the people and energy we surround ourselves with. We should seek out positive, supportive relationships that will help us to achieve our goals. We should also be mindful of the energy we put out into the world, making sure that we are contributing positively to those around us.

A powerful way to engage in intentional interactions and exchanges is to practice gratitude. **When we focus on the good in our lives, we attract more good.** Gratitude helps us to cultivate a positive mindset and to see the abundance that already exists in our lives. We can also express gratitude to others, which helps to strengthen our relationships and create a positive feedback loop.

Another important aspect of intentional interactions and exchanges is to be mindful of our boundaries. This means saying no to things that do not align with our goals or values, and prioritizing our own needs and well-being. By setting boundaries, we

create space for the abundance we are seeking and ensure that we are not being drained by negative or toxic relationships.

Finally, discipline is crucial to the activation of abundance. We must commit to our goals and strategies, and be willing to put in the hard work and effort required to achieve them. This means staying focused, avoiding distractions, and holding ourselves accountable for our actions.

Activating abundance is a multifaceted process that requires clearing space, visualizing our goals, and developing effective strategies. It also involves engaging in intentional interactions and exchanges, and cultivating discipline and a positive mindset. By following these steps, we will manifest the conditions necessary for abundance to flourish in our lives.

STEP IV : ALCHEMIZE

TRANSFORMING ENERGY INTO ABUNDANCE

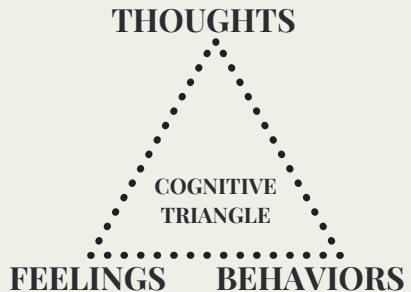
Alchemy is the ancient practice of transmuting base metals into gold. But in the context of activating abundance, alchemy takes on a different meaning. It refers to the process of transforming reactive energy into proactive energy, turning challenges into opportunities, and manifesting abundance in our lives.

Everything in the universe is made up of energy. This energy is interconnected and constantly flowing. In fact, I often refer to this energy as InnerG - the spiritual interconnectedness of life. By understanding this concept, we can tap into the abundance of the universe and transform our lives.

One of the most effective ways to activate abundance is by tapping into the Law of Attraction. This law states that like attracts like - productive energy attracts productive energy, and destructive energy attracts destructive energy. Therefore, if we

focus on productive thoughts and emotions, we will attract productive experiences into our lives.

It's important to note that the Law of Attraction is not just about thinking. It's also about feeling productive emotions and taking productive actions. **We must align our thoughts, feelings, and actions to create the reality we desire.** This is known as the Cognitive Triangle - our thoughts, actions, and feelings all work together to create our reality.



When we think in terms of questions, we open ourselves up to new possibilities and opportunities.

Instead of focusing on what we don't want, we ask ourselves empowering questions that lead us to solutions. For example, instead of asking "Why does this always happen to me?" we can ask "What can I learn from this experience? How can I grow from this?"

We can also use mindfulness practices to observe our inner world without judgment. This allows us to recognize ineffective thought patterns and replace them with effective ones.

Using affirmations to shift our mindset and attract abundance is one example of how we can alchemize abundance for ourselves. Affirmations are empowering statements that we repeat to ourselves, such as "I am worthy of abundance" or "I am open to receiving all the gifts the universe has to offer." By repeating these affirmations daily, we reprogram our subconscious mind to focus on abundance.

Think long and hard about what you want to actualize through affirming and be very intentional about the wording of your affirmation. **Our vibrations are powerful** especially when focused and it's crucial that we craft and concentrate with care.

Another tool that can be used to alchemize abundance is a daily gratitude practice. When we focus on what we're grateful for, we attract more things to be grateful for. This is because gratitude raises our vibrational frequency, making us more receptive to universal blessings.

In addition to these personal habits, we also must be mindful of how we respond to all energy. This means **being intentional with the energy we put out into the world and being mindful of the energy we receive.** We can do this by setting healthy boundaries, surrounding ourselves with like-minded people, and practicing self-care.

It's important to note that activating abundance is not a one-time event. It's an ongoing process that requires discipline and commitment. We must be willing to take action and follow through on our goals and strategies.

In conclusion, alchemizing abundance requires us to transform negative energy into positive energy, use the Law of Attraction, think in terms of questions, and align our thoughts, feelings, and actions. We can cultivate personal habits such as affirmations and gratitude practices, and respond proactively to all energy. With discipline and commitment, we can activate abundance in our lives and create the reality we desire.

STEP V : APPRECIATION

THE WORD "*APPRECIATION*" COMES FROM THE LATIN ROOT "*APPRETIARE*," WHICH MEANS TO SET A PRICE OR VALUE UPON.

In modern times, the word has taken on a dual meaning. Appreciation can mean both the recognition and enjoyment of the good qualities of someone or something and the increase in value of an asset over time. These two meanings are not so different, as the recognition and enjoyment of the good qualities of something can also lead to an increase in value over time.

When seeking to activate abundance in our lives, it is crucial that we practice and embody gratitude and appreciation. This is because abundance is not just about material wealth and success, but also about the abundance of love, joy, and happiness in our lives. When we practice gratitude and appreciation, we focus on the positive aspects of our lives, which in turn attracts more positivity and abundance.

One way to practice gratitude and appreciation is through daily

journaling. Each day, take the time to write down three things you are grateful for, no matter how small they may seem. This could be anything from the warm sun on your face to the love of your family and friends. By doing this, you train your mind to focus on the good things in your life, rather than the negative.

Another way to practice gratitude and appreciation is through mindfulness.

When you are fully present in the moment, you are able to appreciate and enjoy the simple things in life.

Take a walk outside and notice the beauty of nature around you. Savor each bite of your meal and appreciate the nourishment it provides. By practicing mindfulness, you can cultivate a deeper sense of appreciation for the present moment.

To truly embody appreciation, it is important to not only recognize the good things in our lives, but to also

express our gratitude to those around us. Take the time to thank the people in your life who have had a positive impact on you. Show appreciation for your colleagues and coworkers who have helped you in your career. By expressing your gratitude, you not only strengthen your relationships but also attract more positivity and abundance into your life.

The opposite of appreciation is entitlement, which can block abundance and prevent success. When we feel entitled to something, we focus on what we don't have and overlook the good things in our lives. This mindset can lead to negative emotions such as envy, greed, and resentment, which can attract more negativity and scarcity into our lives. Instead, we should focus on what we do have and appreciate the blessings in our lives.

Activating abundance requires us to practice and embody gratitude and appreciation. By recognizing the good things in our lives and expressing our gratitude, we attract more positivity and abundance.

When we focus on the positive aspects of our lives, we cultivate a mindset of abundance, which in turn attracts more abundance into our lives. So take the time to appreciate the people and things in your life, and watch as abundance flows into your life in unexpected ways.

CONCLUSION

IN TODAY'S SOCIETY, IT'S EASY TO FALL INTO THE TRAP OF SCARCITY AND LACK, AND TO BELIEVE THAT SUCCESS AND ABUNDANCE ARE ONLY ATTAINABLE FOR A SELECT FEW.

The truth is that we all have the ability to activate abundance in our lives if we allow ourselves to.

Step 1: Clear Your Space - Making Room for Abundance

The first step towards activating abundance is to clear your space, both physically and mentally. By removing clutter and negative energy, you create room for abundance to flow into your life. This means getting rid of things that no longer serve you, practicing conscious consumption, and being intentional with your interactions and exchanges.

Step 2: Visualize Abundance

Once you've cleared your space, it's time to visualize the life you want to create. This means knowing what you want, figuring out your "why," and setting goals that align with your vision. By using the power of visualization, you can manifest abundance in your life.

Step 3: Strategize

After setting goals, it's important to develop effective strategies to achieve them. This means breaking down your goals into objectives and tactics, and conducting a force field analysis to identify obstacles and opportunities. It also means committing to discipline and following through with your plan.

Step 4: Alchemize

Activating abundance requires a shift in mindset and energy. By harnessing the power of alchemy, you can transform negative thoughts and emotions into positive ones, and attract abundance into your life. This means thinking in terms of questions, using the cognitive triangle to align your thoughts, actions, and feelings, and responding proactively to all energy.

Step 5: Appreciation

Finally, it's important to practice and embody gratitude and appreciation in your life. By being grateful for what you already have, you open yourself up to receiving more abundance. This means practicing gratitude daily, embodying appreciation in all aspects of your life, and avoiding the trap of negativity and lack.

In conclusion, activating abundance requires a holistic approach that encompasses all aspects of life. By clearing your space, visualizing your goals, strategizing effectively, alchemizing negative energy, and embodying gratitude and appreciation, you can manifest the life you want to live. It's important to remember that we are all capable of achieving abundance if we allow ourselves to. The power lies within us, and it's up to us to activate it. So take action today and start on the path towards activating abundance in your own life.