

Training – 5 Golden Keys Abundant Life Training

Today's session on extreme abundance, we will talk about the golden keys to your abundant life. Golden that which is the energy and color of the divine. Ki's that which unlocks the door to your new paradigm. The five golden keys: gratitude, absolute knowing, quiet, action, and rectify.

When you understand and embody this knowledge, these golden keys unlock all manner and force of prolific abundance. I offer you this wisdom to support you in owning your divinity. Gratitude, enter your new realm with the attitude of gratitude.

The simple shift of becoming grateful immediately signals the universe that you are in a realm and vibration of receiving all good. Use every excuse to be grateful. Give thanks and praise for the smallest of gifts. Speak it out clearly, speak it out loud, and acknowledge it silently to yourself all day long.

What you focus on expands. If you are replaying something negative over and over and over, you are expanding negativity. So, if you are being grateful and celebratory in every moment, you are expanding those things that bring more reasons to be celebratory and grateful.

With this attitude of gratitude, I suggest bringing with you to life and air of contribution. When you are full of joy and know there is enough for everyone, you feel free to act and to contribute this air of fullness and contribution permeates everything you do and everyone you touch. Gratitude raises your energetic vibration very close to five hundred, which is a state of unconditional love. It is from this place where we develop, form, and create miracles.

The golden key number two is absolute. Know without any doubt you own your abundance. A good example of this is knowing if you take certain actions, your reality will shift. I know that if I do twenty-one days with the abundance meditation at the other end of it, I will have moved into wealth and celebration. I know this because I've created shifts this way many times before. I know that I will not fail. This always works for me.

If you have not used this style of creation before but you have another example of absolute results, use that to fuel this concept. I can give you a few examples of my absolute fuelers that have always worked. Yours may be different and that is totally cool also.

So, one, if I pray the novena for expanding love on the planet for nine days, I know without a doubt, I will experience euphoric love and appreciation for everyone and everything. My heart will be wide open. All my concerns about relationships melt away and I am in my loving peaceful, playful, happy self.

Number two, if I sing the prayers for Lakshmi-- The Laskshmi Puja-- everyday for forty days, I will have a gigantic breakthrough in my relationship with money. I did this two years and immediately took the actions needed to double my income.

Number three, if I exercise daily, I will increase my strength and fitness levels. I have been working on using my body with my meditations. One physical thing I also do to support this shift is I work out daily. Through the regular practice of muscle building and strength training as well as running and dancing. I've developed and used my body as if I were many, many years younger than the date on my driver's license.

And number four, if I journal everyday for twenty-one days, a brainstorming kind of journal about my business, I know I will produce a miraculous result and my business will take a huge leap. Okay. What are your absolutes? Does a prayer or meditation head the list. Is it an outdoor activity or an athletic feat that you know you can trust yourself to produce a result.

Golden key number three; quiet. In the spiritual realm, we must have both movement and rest. Sometimes, in the creation of abundance, we need to have the rest moments. These are moments where clarity is expanding. Rest is an openness to hear. Be still and take notice of the voice of God or your high self.

It is possible that your mock ups lacks some grounding or strength. Perhaps, the paradigm you are coming from involve a life out of balance or struggle. Maybe you lived out of the hardworker syndrome and have that stuck in your consciousness. If overworking and being underpaid is not part of your passionate and fun life, perhaps a distilling and a shift might be necessary for you to have your abundant breakthrough.

You can shift your mock up to accumulation of wealth in grace and ease. Being in the quit allows for this awareness and the shift to manifest. I love the bible quote: "Be still and know that I am God." When you are still and know God, you know the power of you as creator of God on the planet.

Golden key number four; action. Momentum attracts shifts. Focus and expansion. A rolling stone gathers no moss. If you are in the movement, you are actively enjoying living your expanding abundant reality. Get a bee in your bonnet. A great force for shifting sluggishness to action with abundance is to get involved in the dynamic exercise program.

I love my campo and power yoga for this condition. Yahoo. You have a body. Get it moving. Watch how it gets some momentum rolling in all other aspects of your life. A side benefit to this activity is that it gets all those happiness endorphins rolling through the body shooting out the brain. Wahoo. Sounds great to me. When you feel good about

yourself, you attract the positive force of energy in your wake. People are drawn naturally to you who can assist you in your manifesting intentions.

Golden key number five; rectify. If in this moment there are things that in your life and environment have not created match for your abundant life vision, take the time, think it through, and make it right. Examples of these for you are: number one, driving a beat up or broken down car. This sends a message to the world that you are a failure. Rectify that situation.

Number two, if you are sending our funky confusion broadcast on emails that don't sing professionalism and shine your light, get a program to send them out that really shows you as a professional. Number three, your house is full of clutter. And if someone were to walk in, they'd wonder if you came from trailer trash. Boy, just clean that stuff up.

Number four, is your appearance that of a mover and shaker? How does the world see and feel you? Is it time to clean up your act? Do you leave the impression of someone who lives in your fabulous abundant reality?

If you don't, it's time to rectify the situation. You can make improvements now even if it isn't your full on vision yet. Treat yourself as a king or queen that you are. Act as if your wild abundant life has finally arrived.

Here it is. Simple, clear, and easy. The five vital golden keys to your abundant life are: gratitude, absolute knowing, quiet, action, and rectification. Go into your day super charged. Expanding into your already abundant powerfully rich reality. You rock.

In the following meditation, we'll be relaxing the body so that you can get into the space of rectification. We'll be clearing out the body so that when you come out of the meditation, you'll be able to take action. We'll be quieting and soothing the body.

We'll be getting into more and more clarity so that absolute knowing comes forth, and by the end of your meditation, you should be full of gratitude, happiness, and strong intentions that have shifted your ability to create your extreme abundant life. So, stay tuned and let's get started.

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