

— **Change Your Beliefs Now** —

HAVING SUCCESSFUL ABUNDANCE

Ebook, Guide & Meditations

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Change Your Beliefs Now

Welcome to Miracle Grids: [Having Successful Abundance](#).

The eBook describes how creating positive feelings and enables you to create more abundance in your life.

This guide will help you have the most success achieving abundance. It is designed with nine steps to help you move easily to having the abundance and life that you desire.

There are eight meditations that help you have a positive resonance for anything you desire.

If you have any questions about using these meditations, contact me at Susan@ChangeYourBeliefsNow.com

Visit my website for other interesting and fun information and spiritual tools: <http://ChangeYourBeliefsNow.com>

Introduction:

Most of us want to feel good. We want feelings of joy, adventure, courage, love, peace, power, value and security. We think that having or acquiring money or “things” will bring us these feelings.

Because we are beings of energy, the opposite is true. We need to feel as if we already have these feelings in order to attract physical experiences with these qualities to us. That is what the Law of Attraction is about. Being able to attract what you want by creating a state of “being” inside you first.

The dilemma comes when we feel badly because our life experiences put us in that place. Our emotions are meant to guide us in being able to create what we want. They are meant to show us what we don’t want, so we can change our emotional state to have what we do want.

We create what we want using the following process:

- We have a life experience and a desire is born.
- We focus on that desire with intense emotions.
- We excitedly act on that desire.

Basis of the Successful Abundance System:

The Successful Abundance System was designed to help you move you from feeling badly to “Feeling Better” in order for you to magnetize what you want. When we feel better, we let go of resistance and open to receiving from the Divine, Universe, Source, God, All That Is or whatever you call the supreme energy we are made of.

The Having Successful Abundance System contains an eBook with a “Roadmap to Feeling Better” that shows you how to point your feelings in the positive direction, no matter what is going on in your life. The system also contains 8 different meditations to put you in the emotional state of attracting your desires.

These 8 meditations create emotional states of **joy, adventure, courage, love, peace, power, value and security**. These emotional states are what most people expect their life experiences to give them. They are the essence of what most want.

Guide:

Think about this for a minute. When you want “something” in your life, what is it that you think the “something” will give you emotionally? That is the essence of what you want. In order for you to create and attract what you want, it is important to know the essence of emotion you are using in order to create it for you.

Let me give you an example. You may want more “money or love” and think that having it will make you feel secure, valuable or powerful. Everyone is different and has different reasons for having what they want. The way you really attract what you want is to feel you have the essence of emotion that money/love represents first. Then money or love comes to you in its own way.

In order for you to start feeling the essence of what you want, your emotional state must be pointed in the positive direction. This can be a challenge for us when we are having an experience in which we feel badly. It is a challenge because of the intensity of our current experience and any past experiences that are similar. Additionally, we have been given beliefs

from others that we need to feel gratitude before being able to attract what we want.

Gratitude is the highest positive emotion. Now the closer we are to feeling gratitude will reduce the time to attract what we want. All of us have our own cadence of growth. We have less resistance when we honor what is unique to us for each circumstance we have.

The truth is that no matter how you are feeling right now, in the moment, all you have to do is be pointed in a positive direction. In order to point ourselves in the positive direction, we are better served when we start to believe in higher truth thoughts that are positive and lift us up.

Only baby steps are required. For example if we have been hurt, that hurt needs to heal before the pain eases. We can, however change our beliefs to higher truths while that healing is taking place.

Once our feelings are pointed in the direction towards gratitude, we move our emotional state to already having what we want, based on the essence emotion. This Having

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Successful Abundance System is set up to gently guide you into having what you want.

It is advisable to read the “Roadmap to Feeling Better” eBook first in order to have a deeper understanding of the intricacy of learning to feel better.

Inner Joy comes naturally when we are able to let go of resistance by letting the emotions of our life experiences to pass through us.



Step One

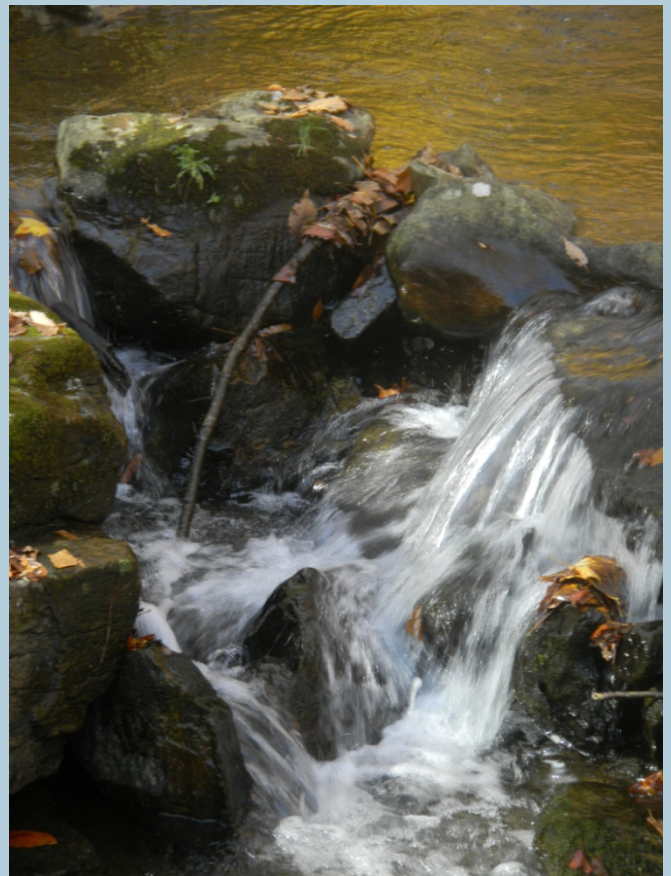
Find Your Essence Emotion

Action Steps

1. Determine the essence of the emotional state that having what you want will bring you. Take some quiet time and relax. Put in your mind that no conditions are required for you to have what you want. You can have what you want because you are completely loved by the Divine.
2. Start to think of the broader picture of what that highest part of you would want for you. That is the part of you that wants only the highest and best for you and others. This will give you an idea of the essence of what you want, be it joy, adventure, courage, love, peace, power, value or security.
3. Now make a note of the essence you find, because it will be used in Step 7.

How do I know if I have mastered this step?

If you know what emotional state you want your desire to bring you, be it joy, some adventure, courage, love, peace, a sense of power, feeling valued or safety and security.



Step Two

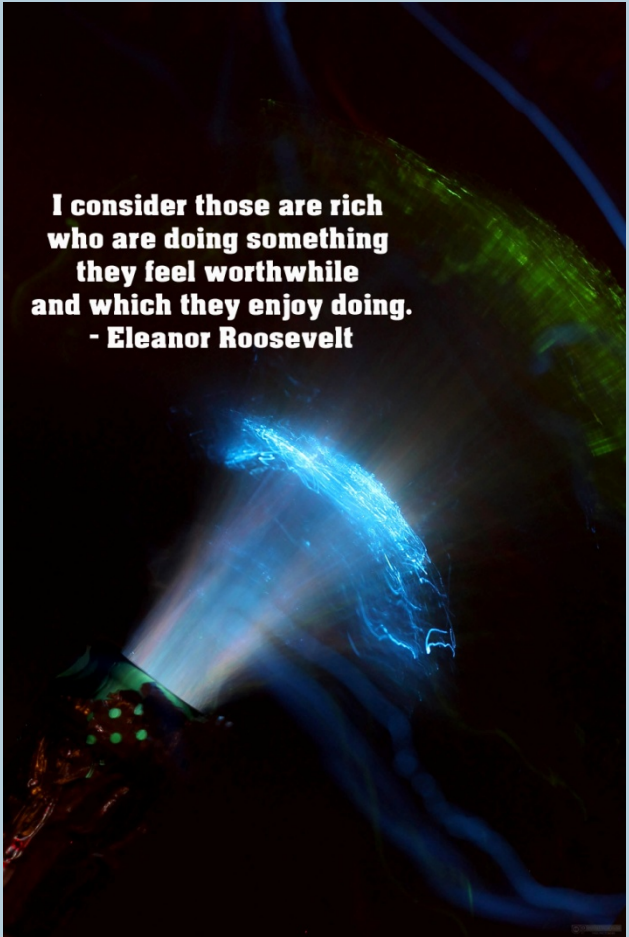
Notice Your Thoughts

Action Steps

1. Think about the thoughts and feelings that are behind you having what you want and not having what you want. Why do you want it and why wouldn't you want it? Think about the thoughts that are in your head and the feelings those thoughts evoke inside you.
2. You may want to consider what others have told you about being able to have what you want as well. Many times we take on beliefs from others without even realizing it.
3. How are you feeling now?

How do I know if I have mastered this step?

When you have clarified why you do and do not want something, you are able to know your real feelings that you are feeling.



**I consider those are rich
who are doing something
they feel worthwhile
and which they enjoy doing.
- Eleanor Roosevelt**

Step Three

Find Your Emotions on the Map

Action Steps:

1. Go to the “Roadmap to Feeling Better” at the end of the eBook, and find the current emotional state you are in the present moment that best describes your emotions around what you want. It is advisable to read the “Roadmap to Feeling Better” book first, since it contains deeper understandings to help you identify more easily what you are feeling.

How to you know when you’ve mastered this step?

You have mastered this step if you can find where your feelings are on the roadmap in the eBook.



Step Four

Choose Your Thoughts

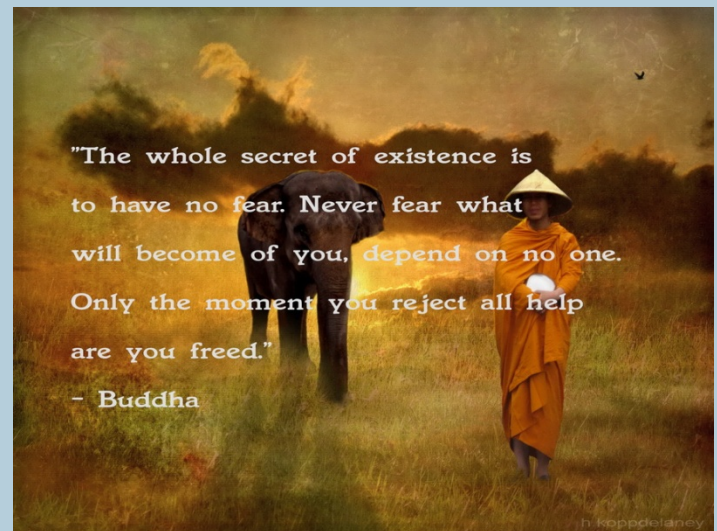
Action Steps:

- Using the “Roadmap to Feeling Better,” look at the examples of falsehoods on the left side of the map. You may have some of these false thoughts. Allow them to trigger what your false thoughts are. The book contains specifics about how to identify false thoughts.

How to you know when you’ve mastered this step?

When you understand that falsehoods are beliefs that say there are conditions required for you to receive love. They may contain messages that you are not worthy, not enough or do not deserve. When you are putting more importance on past thoughts or future thoughts than the present, then there is a false belief. If you feel unforgivable for anything you may have done, there is a false belief present. You have mastered this step if you have flushed out and identified the beliefs

that contain limiting conditions for having what you want.



Step Five

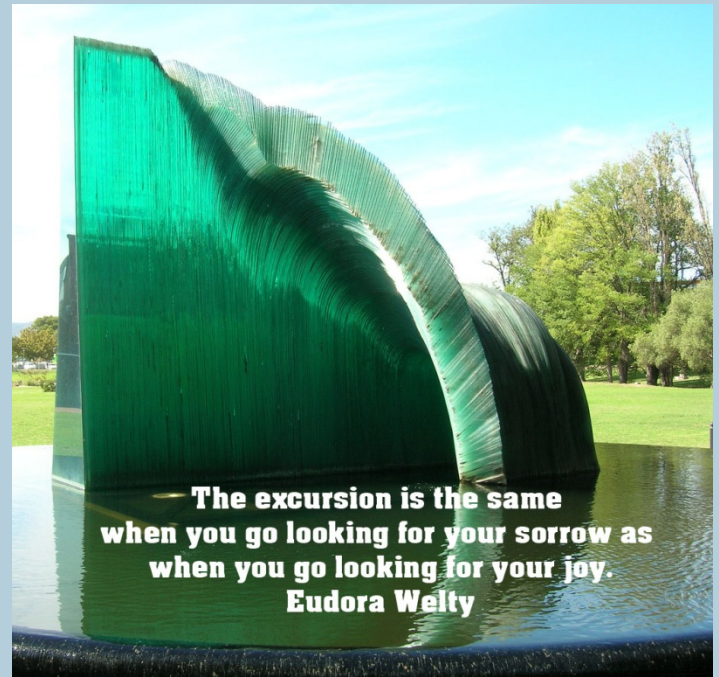
Turn Away From Falsehoods

Action Steps:

- Once you have made yourself aware of your false thoughts it is easier to let them go. Tell yourself they are false and you are not going to believe them anymore. Look into a mirror if need be and tell yourself these thoughts are false. Now consciously choose to not believe them anymore.

How to you know when you've mastered this step?

When you can feel with conviction that you no longer hold the false beliefs. You will also be easily able to step back from past and future thoughts dominating your thinking. It will be easy for you to stay in the present moment.



**The excursion is the same
when you go looking for your sorrow as
when you go looking for your joy.
Eudora Welty**

Step Six

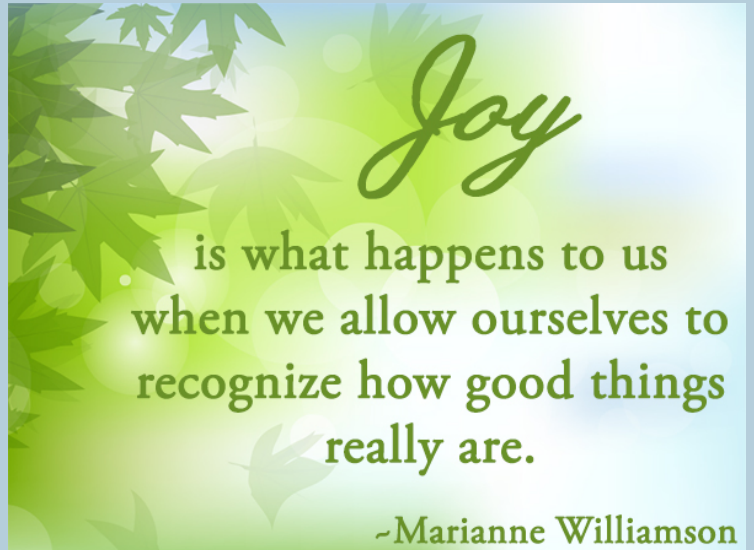
Find Your Truth Feelings

Action Steps:

- Determine what your higher truth thoughts are. Look at the examples of higher truth thoughts on the right side of the “Roadmap to Feeling Better.” Sense what truths can replace the falsehoods from Step 5. They may be the ones in the eBook or you may want to come up with your own. These higher truths, when believed, will point you into the direction of feeling better, towards gratitude. The book has directions on how to indentify higher truth thoughts. Now consciously choose to believe and have those higher truth thoughts.

How to you know when you’ve mastered this step?

When you understand that true beliefs are ones that say you are loved unconditionally. You will feel valuable, worthy, deserving and enough just because you exist.



Step Seven

Empower Essence

Action Steps:

- Now using the essence of the emotional state you want from Step 1, listen to the corresponding meditation: **Joy, Adventure, Courage, Love, Peace, Power, Value or Security.** After, imagine having what you want. Engage as many of your senses as you can. What does your desire feel like, smell like, taste like, sound like? Maybe you can imagine someone saying something to you about your desire after having your desire. Maybe draw a symbol of your desire or cut out a picture of your desire. Put the symbol or picture of your desire in a safe place or carry it around with you if you prefer.

How to you know when you've mastered this step?

When you can hold a state of being the essence of what you desire, you have mastered this step.



Step Eight

Let Go of the Outcome

Action Steps:

1. Now let go of requiring the outcome to be exactly how you imagined it. The Divine, God, Source, Universe, All That Is will provide miracles when we allow them to provide what is in the highest and best for all with harm to none.
2. Now relax and ask your Highest Self to give you indications and inspirations in your reality for having what you want. Then trust that it will come. Whenever you feel in doubt, bring yourself to a relaxed state by taking deep breaths and relaxing your body. Then imagine a blue healing light radiating throughout your whole body. Consciously choose to trust in your Highest Self. Letting go of the exact outcome and trusting that it will come is the key to this step.

How to you know when you've mastered this step?

When you thoughts do not wander towards wanting a specific outcome and you are open to receiving your desire in any form.



**"Life throws challenges and every challenge comes with rainbows and lights to conquer it."
Amit Ray**

Step Nine

Excited Action

Action Steps:

1. The last step is about taking excited action. First, pay attention to the indications and inspirations about how the outcome can show up for you.

➤ **Tip:** For example you may want someone in your life to love, to share fascinating and interesting experiences with. It may not be a romantic relationship even though that is how you imagined it.

The Divine may send a friend for now, because you may have more to learn before having a successful romantic relationship. Or maybe they send a friend because you are the perfect match for something they want, which then leads you into a romantic relationship.

2. Remember whatever shows up in your life, says more about what is right about you. Be careful to put a meaning of whatever comes your way as a sign of how much you are loved and loving. We can undo our best work by defining our life experiences according to shortcomings. You deserve the best.

At a minimum, let your life experiences be a way for you to know your desires more clearly.

You will have an idea if it is the right indication or inspiration by how you feel.

3. Now take excited action based on your indications and inspirations.
4. Here are some additional actions you can take that turn on the abundance faucet. The abundance faucet is flowing abundance out in order to allow abundance to flow in.

➤ **Tip:** So if you want more money in your life, give to others what is appropriate. For example, if you have only a dollar to your name, put a few cents in some giving place of your choice.

If you want more love in your life, find some way of giving love to someone. Be tender and caring with others as you go about your day.

If you want more security in your life, try helping others feel secure in some way. Help them feel safe with you.

Excited Action

Abundance faucet actions help you reinforce the state of being with the emotions of the abundance you seek.

How to you know when you've mastered this step?

Those who have mastered this process are able to stay in the present moment to receive inspirations then move to their thinking mind to take actions. The moving back and forth of being present and your thinking mind consciously is an indication that you have mastered this step.



➤ *After your first try...*

If you feel a few clinging negative thoughts about yourself, go back to the “Roadmap to Feeling Better” to point you in the positive direction. Follow Steps 4-6 again. The key is to be thinking kind and loving thoughts about you.

Watch the meditation perhaps 3 times per day in order to keep a resonance of attraction. You can also use the meditations independently just to be in a certain feeling state.

Remember to let go of exactly how the outcome comes to you and trust it coming to you. You will know if it is right by how you are feeling, while saying positive, kind and loving thoughts in your head.

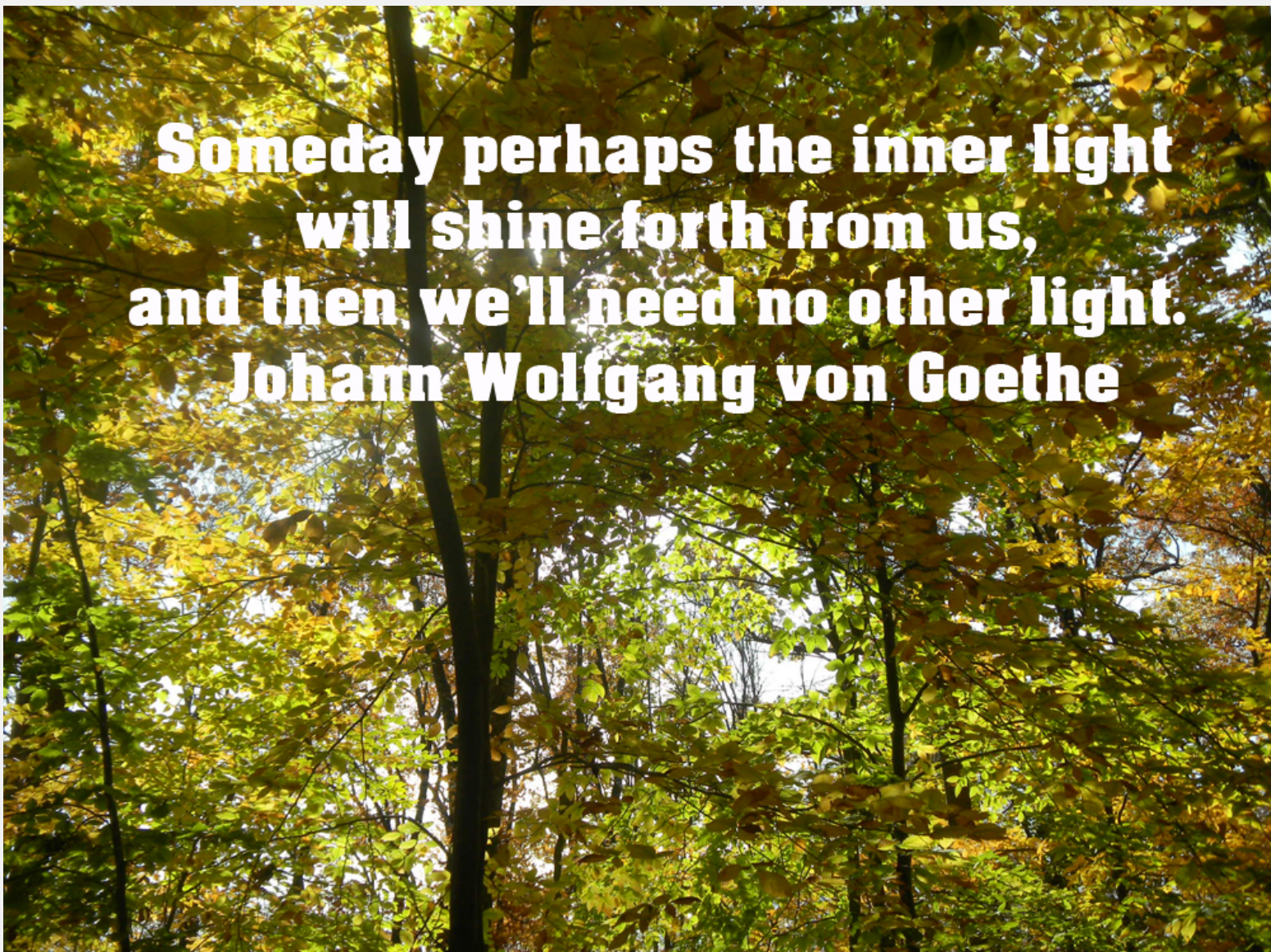
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**Someday perhaps the inner light
will shine forth from us,
and then we'll need no other light.
Johann Wolfgang von Goethe**