

RELAXED MONEY



2023

THE 40-DAY ABUNDANCE ACCELERATOR PRACTICE

When You Do the Inner Work Around Money,
Your Outer Financial Reality Changes, and
You Actually Get to Enjoy It

The 40-Day Abundance Accelerator Practice

Welcome to this transformational practice! It has the power to totally transform your experience of abundance and I'm so excited for you!

This practice is an adaptation from John Randolph Price's "The Abundance Book" and you can get a copy of his original work [here](#). I started with his practice and then modified it so it resonated more with me over the years.

HERE'S HOW IT WORKS:

This is all about **energy**. Use my instructions verbatim or as a jumping off point to create a practice that feels good to you.

I recommend getting a journal or using a section of a journal that you already have, and devoting a space where you will write every day during this practice.

Start with the first prompt below on day 1 of your 40-day practice. Read it, copy it over in a journal, and then meditate on it for 15 minutes. Notice especially any sensations you feel in your body during the meditation. Where do you feel the seed of Abundance taking root? Then take a few minutes and write what emerged for you during the meditation. You might even pull an oracle card for an extra dose of information/inspiration. Notice your dreams and other things that come into your consciousness and experience during this 40-day practice.

Repeat the instructions above for days 2-10 and then on day 11 start with the first prompt again and then go through until the 10th passage on each consecutive day.

Repeat the whole process 2 more times so that you've done 40 days and so that each prompt has been revisited 4 times.

The traditional practice requires that if you miss one of the 40 days you start over again on day 1. If you find that kind of structure supportive, try it that way. If it feels punitive, don't.

Make this your own and most importantly, have fun!

THE PROMPTS

1. Divine Source energy IS Abundance. It's infinite. It's omnipresent. It's rich. It's luscious. This never ending Source energy runs through me and I'm the embodiment and manifestation of it. I'm a living, breathing expression of Divine Source energy.
2. I now understand, feel and completely embody the Truth that the feeling of Divine Presence inside me, all around me, and the I AM energy within me is the Source of all of my good.
3. I am conscious of and embody the Inner Presence of the Divine as my rich Abundance. This energy of Infinite Prosperity is moving through me and my life at all times. Therefore my very being is filled with Source Energy and consciousness.
4. By simply being aware and feeling the presence of the Divine in my body, heart, mind and life, I magnify and fill myself with the very substance of Spirit. This Divine Energy is my supply, thus my embodiment and consciousness of the Divine Energy running through me and my life is my supply.
5. Money is not my supply. No person, place, or external circumstance is my supply. My consciousness, understanding, and embodiment of the way Divine Energy is all-providing within and through me is my supply. My consciousness and embodiment of this truth is unlimited. Therefore my supply is unlimited.
6. My inner supply instantly and constantly reflects my needs and desires. As I heal my nervous system, I'm more and more able to meet the frequency of those needs and desires with my internal experience. My ability to receive and be a conduit for Source amplifies as I heal. My ability to heal is infinite and because on the quantum level all time is now, it is impossible for me to have any unmet needs or unfulfilled desires in the infinity of time and space.

THE PROMPTS

7. “The Divine Consciousness that I am is forever emanating its true nature of Abundance. This is its responsibility, not mine. My only responsibility is to be aware of and embody this Truth. Therefore, I am totally confident in letting go and letting God appear as the abundant all sufficiency in my life and affairs.” (This passage is nearly verbatim from The Abundance Book as the way John Randolph Price worded it resonated so deeply with me.)

8. My consciousness and embodiment of the Spirit within me as my unlimited Source has the Divine Power to collapse time, heal the past, renew me and all things, and elevate me to the highest states of Abundance. This experience and awareness of Divine Energy manifests in every visible form and experience I could possibly desire.

9. When I am aware and embody the Divine Energy within me as my total fulfillment, I am totally fulfilled. I now feel this truth deeply, mind, body and soul. I have found the secret of life and I relax in the knowledge and embodiment of the truth that the Activity of Divine Abundance is always and forever operating in my life. I simply have to be aware of and feel the flow, the radiation, of that Creative Energy, which is continuously, easily and effortlessly pouring forth from my awareness and embodiment of Divine Energy running through me. I am now aware. I now feel it fully. I am now in the flow.

10. I keep my mind and thoughts off the limited projections I see as 3D reality and I instead place my focus on the Divine within as the only Source and cause of my prosperity. I acknowledge the presence of the Divine within as the most important activity in my financial affairs and the activity upon which the success of everything else stems. I acknowledge Divine Energy as the Source that everything made manifest around me is made of. I place my faith in the automatic activity of Divine Abundance within me.