



This is a complimentary copy of Chapters 1-3 of Bruce Goldwell and Tammy Lynch's book "*Mastery of Abundant Living*" *The Key to Mastering the Law of Attraction*.

Compliments of:

Bruce Goldwell

Editorial Reviews

Review

"A powerful read. This information will change many lives." -- *John P. Strelecky, International Best Selling Author, "The Why Café"*

"Abundance is a mind set and heart set. Abundance is ours for the asking...and doing. The Law of Fair Exchange teaches us that you

will receive in proportion to your efforts. Tammy and Bruce have set this book up in such a way that you can have abundance by first, making a decision to be abundant, and then follow the step-by-step formula. Can you have abundance NOW? Maybe... Truthfully, it will take as long as it takes. Every idea, thought or creation has a gestation period. An idea cannot grow unless the seed is planted. Plant your seed for abundance then nurture it until you're there. It will be worth it." -- *Barry Spilchuk - Founder "You're My Hero TM" Books and Co-author of "A Cup of Chicken Soup for the Soul"*

"Bruce and Tammy have hit one out of the ball park with their new book 'Mastery of Abundant Living'. This book will take readers into a whole new realm in dealing with the Law of Attraction. My first impression is - WOW!" -- *Linda Forsythe, Publisher/Founder of Mentors Magazine & the 'Walking with the Wise' book series*

"The 'Mastery of Abundant Living' is an incredible book that teaches the reader how to apply the Universal Law of Attraction to everyday life! It provides easy to follow principles as well as practical and inspirational information that will literally change your thinking, hence change your outcomes permanently." -- *Matthew J. Loop, DC, author of 'Cracking the Cancer Code'*

"Wow, this new book by Bruce Goldwell and Tammy Lynch is right in sync with my own 'Think Rich!' message! Indeed it treats wonderfully of that HoloMagic "c2" factor! It brings to light so many aspects of the "Law of Attraction" that any one who is seriously (or only casually) interested in USING that Law to receive money and abundance in their lives MUST read it! It's so good I'm going to start recommending it as a companion to 'The NEW Think and Grow Rich!' "-- *Ted Ciuba, author of best-selling "The NEW Think and Grow Rich"*

And What Do Readers Have to Say?

★★★★★ **The Book Everyone Should Have**

By [Nancy Soke](#) -

REAL NAME™

This is a book that everyone should have. The cover is intriguing enough but when you begin to read it, it will draw you in. I guess that is how the Law of Attraction works. . . Anyway, even if it doesn't call you now, it will eventually. And there it will be, right on your table waiting for you. You will feel empowered as a person as you read it. If you put it down for a while, you can always reread it and enjoy it as much as the first time you read it. What more would you want in a book?

★★★★★ **You Can Apply What You Learn From This Book Immediately!**

By [Eileen Kent "FSA Director, Fedmarket.com"](#) -

REAL NAME™

I read "Mastery of Abundant Living" on a flight from Chicago to Washington DC and began applying the techniques Tammy Lynch and Bruce Goldwell spelled out in the book from the moment I stepped off the plane. In fact, by using the "Law of Attraction," which I had literally learned on that 90 minute flight, my bag was the first to come off the belt in baggage claim, the public transportation to my hotel was free and my room was automatically upgraded to the top floor without a request and with no additional charges. I'm writing this review only a day later, so I can't say how it has changed my life, but I can't wait to see what happens!

★★★★★ **One-derful**

This book is a very well written concise explanation of a lot of core concepts regarding the law of attraction and life concepts in general. While the concepts are discussed in many books, this book - standing alone - would provide the spark and seed of thought to assist in a meaningful discovery and appreciation of the Laws of the Universe. It is an easy read with down to earth (or heavenly) discussions in terms we can all understand. The affirmations presented have been very helpful to me personally.

★★★★★ **Abundance, true abundance!**

By [Shawn Bucher "First Timer's Cookbook"](#) (Salt Lake City, UT)

REAL NAME™

I am really impressed with the way that these two authors understand and share their knowledge of the law of attraction. This book is a must for anyone that wants to truly learn and experience true abundance in life.

I feel that I didn't really understand the true power of the universe until I learned to control it through this book. Now I can honestly say that my life is completely changed and will be forever changing because of the principles I have learned through this book.

★★★★★ **The "Mastery of Abundant Living" is brilliant!!!**

By [Ron Kasdorf](#) (West Palm Beach, FL USA)

Something for everyone regardless of where you are on your journey. It is the

ultimate manual for finding the source of abundance which you already possess. It approaches the Law of Attraction in such a profound way that will make you wonder why this book wasn't given to you at birth.

★★★★★ **This book is a MUST HAVE!**

I've read many books on the Law of Attraction and they just really left my mind going in a million directions. I FINALLY found a book that resonates with me and this is the book. If you're trying to learn about something you want it in black and white, easy to understand and when you're done with the book you finally "just get it". That was my experience with this book, yes I now finally understand the Law of Attraction thanks to Bruce and Tammy who have really written this book in such a way its impossible for you not to start using the Law immediately. They stuck to the facts and didn't go all over the place with this book. In simple terms their telling you why you don't have what you want, how to get what you want in all areas of your life and what the Law of Attraction really is. They also which I loved went into other Laws of the Universe as well. I highly suggest you purchase this book if you want to better your life and it's a great gift if you know someone who is going through a hard time in their lives and who would like to turn their life around. I really appreciated the writing of this book. Thanks Bruce and Tammy!

We hope you will take a few moments of your time to read the following three chapters of our book. We believe that you will be so impressed by the message we are sharing that you will order you own personal copy from Amazon immediately.

Tammy and I were amazed at the number of people who made the comment that *we have taken THE SECRET to another level.* We are indeed thankful that people have received the first of the installments of ***Mastery of Abundant Living*** so lovely. Above the monetary rewards we receive for this work, the fact that this book is helping so many people change their life is a huge reward in and of itself.

After you invest in your own copy of this book, we also ask that you take the time to go to Amazon and post a review for our book. There may be someone in this world that needs to hear what you have to say about the book that will inspire them and help them to feel that this book may be what they need to turn their life around.

“It is not how our life has been touched that is truly the miracle; the miracle is in how we have touched the lives of others.” Bruce Goldwell

CHAPTER 1

"I Live In an Abundant Universe"

The Universe has everything it needs to prosper, wouldn't you agree? The first principle one must understand in order to attain the mastery of abundant living is that of knowing that we live in a Universe that is filled with abundance. All one has to do is go outside on a dark cloudless night and look up into the sky and they will see tens of thousand of stars and galaxies far off in the cosmos shining in all their wondrous glory. With the Hubble telescope we can peer even deeper into our Universe and see the breathtaking images of stars, galaxies, constellations and other formations in space in limitless numbers.

It's possible that everyone that has ever looked up into the sky at night and has seen the stars shining down on them has at one time or another asked the question, "I wonder how many stars there are up there?" If we could pick a figure for the number of stars just in our corner of the Universe, it would be a number with so many zeros that it would be mind-boggling. While the amount of real estate available in your town and even on this planet has its limits, the amount of real estate available in the Universe is *limitless*. The amount of matter and molecules that encompass the structure of our galaxy might have its limitation; however the Universe itself has *no limits*.

Our planet is just one speck of mud circling around a warm sun that has almost a dozen planets circling about it. But that sun too circles around another group of worlds that too circle around an even larger mass of space dust, particles and matter that make up more stars, planets, suns and space matter. The further we go out into space, the larger that mass of circulating planets, stars, suns and space matter becomes. And each time we move further out into space, the higher that number of entities in that circle becomes until it becomes a number that is just so large it is almost incomprehensible.

When one focuses their attention just on this world rather than the Universe as a whole, there is a tendency to think in finite terms. A child that lives in a

neighborhood and never ventures beyond only sees what is in his or her immediate surroundings.

When a parent takes a child to the store, on a walk through the neighborhood or to some other place outside the immediate area of the home, the child starts to become aware of the fact that there is more to the world than just mom, dad and the houses along the street. The further we venture out, the more we become aware of all the other things in this world. We get to do this through books when we enter school, through television and movies in a way that generations before us never had the opportunity to do.

There is so much to observe and learn about in this world in which we live and it will take a lifetime just to see and understand a minute fraction of it. We can observe things in the oceans, on land, under a microscope, through a telescope and so much more and it would take years just to get a glimpse of a small fraction of what can be seen. For those people that travel the world in hopes of visiting every country on the planet, it takes them a lifetime just to accomplish such a feat.

So how can we live in abundance if there is a limit to the matter that comprises our immediate universe? The fact is that that matter constantly keeps changing form. The matter that is in the ground at one time may be the matter that makes up an apple, a peach, or some vegetable that will be eaten by a human, animal or insect, which will transform that matter again. Or it might just fall from the tree and again return to the ground only to resurface again in some other form as something useful to man or beast. It is an endless cycle that has continued throughout time in this world and throughout the Universe for tens of thousands of years.

Nature itself always produces in abundance. Cut a tomato open and count the number of seeds that it has in it. Count the number of plants that could be produced from the seeds of that one tomato and then how many more tomatoes would be produced in just one year from those plants. There was a study done that said that if they took the seeds from one tomato and planted them, and then took the seeds from all the tomatoes from the first crop and repeated the process of growing crops from the seeds for three consecutive crops, that it would feed the world for one year from all the tomatoes that would be produced. That is abundance!

For the mastery of abundant living, we have to look at all aspects of what abundance entails. When we refer to abundant living, we don't just mean lots of food on the table. Abundant living is living in a fullness of capacity in all areas of life: physically, emotionally, psychologically, intellectually and spiritually. If you are abundant in one area of life but lacking in another area, you are not living an abundant lifestyle. The purpose of what is being shared in this book is to help readers to improve their capacity to receive abundance in every aspect of their being.

This can be done not by eliminating certain behaviors but by *reprogramming* the mind so that other more productive behaviors take over. Becoming aware of the fact that we live not only in an abundant Universe but we live in an abundant world starts to transform ones thinking which will lead them into a realm where prosperity and abundance is the expectation and not the exception. As long as one continues to think that there is a shortage or a limitation to what is available, they will continue to be short changed when it comes to reaping from the harvest of those abundant resources.

We live in an abundant Universe and we live in an abundant world. The sooner you understand that very principle, the sooner you can start to draw from its rich resources. There is always abundance. It is all around us. The fact that many people live in lack is not due to a shortage of resources but rather to a shortage in their way of thinking. Somewhere along the way, we began to think that the Universe was lacking in what we all needed to survive and be happy. Somehow many in society believe that in order to have abundance, we had to compete for it. Why is this so?

The answer to this question has as many responses as there are beliefs in how we were created. Many of society's beliefs originated from of science or religion. Because of this, references to both will be used throughout to help understand why many of us today have the dis-empowering beliefs that have lead to a life of lacking, versus the life of abundance that everyone has a right to attain.

Because our objective is not to change your religious beliefs, but for you to understand how to work within Universal Laws which you can relate to whatever belief you have in a higher power, let's focus on why everyone isn't living abundant lives?

We have already discussed the abundance in the Universe, and that everything is in abundance in the Universe, so if we individually are part of the Universe, why do some live in abundance and others do not?

It's very simply, because we have chosen it that way. That's correct. Our free will has allowed us to decide that this is the way it is.

Most people would agree that God or the Universe if you prefer, or whatever your belief in a higher power, creates through the individuals. If you believe in the theory of evolution, then you certainly believe that we adapt based on growth and creation.

Regardless of your belief, creation occurs through the individuals. Free will, as most would agree is our natural state of being, and ultimately our ability to think and decide for ourselves is part of the creation process. Free will is a key factor in most people's belief of how the Universe continues to grow and expand. Our different preferences make way for new creations.

Therefore, if everything is in abundance in the Universe, yet you're not living an abundant life, and creation occurs through the individuals, the fact that some are lacking and not living an abundant life is a creation of the individual as well.

When one thinks abundance, abundance is part of their life. When one thinks lack, there is lack in their life. One must choose if they are going to live in abundance or live in lack and that is a matter of thought.

To live in an abundant world, we must be abundant in what we already have. If we are employed and have a job that we work either part-time or full-time, it behooves us to produce in such a way that it is abundant. If we are just doing enough to get by so we can receive a paycheck, then all that we'll attract is enough to get by. This is not living abundantly.

When your work is done in such a way that it is abundant, you will find that you will be given a promotion at the place you work or a better job will present itself. The Law of Abundance guarantees that when you are abundant that more abundance will be presented to you. By living an abundant lifestyle, you will find that more and more abundance begins to come your way.

One of the very first scriptures given to man about abundance is in Genesis 9:7: "... be ye fruitful, and multiply; bring forth *abundantly* in the earth, and multiply therein."

To him who has will be given more but to him who hath not will be taken away. We live in a world where the rich keep getting richer and the poor keep getting poorer. This is not by some act of man that this occurs or some government default. This is based on the Law of Abundance. You attract more abundance when you are living the law and you repel abundance when you avoid being abundant yourself.

Is there a lack of resources? NO. Is there a lack of money? NO. Is there a lack of opportunity? NO! The answer to any question that has to do with lack will always and without fail be no! The only lack is in individual's lives based on the individual's thoughts and expectations. When one thinks abundance and lives accordingly they will bask in abundance. When one thinks of lack and neediness, they will always be needy and lack in abundance.

CHAPTER 2

"My Outer World Is Determined By My Inner World"

Another key factor in the mastery of abundant living - understanding what determines the world around us or in other words, what creates your reality. What comes into our lives as physical manifestation is always based on thoughts that we have nurtured over time before the actual manifestation occurs. "Sow a thought, reap an act." For every thought there is a corresponding manifestation. "For every action, there's a reaction." Thought is the action, and the corresponding manifestation is the reaction. When you learn to control your thoughts, you will be able to have things that manifest into your life that are in line with your true desire.

Answer this question. Who are you? Your answer will likely start as "I am...."

Who is the "I" in this statement? Is it your mind? Your body? Your personality?

The mind is like a computer, it's the mechanism that reasons, plans and responds to the "I."

Your body simply responds to the commands of the "I." I'm going to walk here...or there. I'm going to go outside. Your body goes here or there, and it uses your subconscious mind to know how to walk, but it's not the "I" that decides, because it is the "I" that is telling the body to walk here or there or to go outside. The "I" is the one making the decision what the body is going to do.

Your personality is developed over time and is based on all life experiences, knowledge and basically everything and everyone you have experienced. Your personality is a result of your former thoughts, but even your personality isn't the "I" that thinks.

The "I" within you is something beyond the mind and body that controls and directs the mind and body. When you say "I want" or "I think" the "I"

tells the mind what it wants or thinks. The “I” tells your body what to do. The “I” helps shape your personality based on preferences of the “I,” but none of these things is the “I” within you. So then, who or what is the “I” that thinks for you?

The “I” is your spirit, or your soul. It is this part of you that is united with everything and everyone in the Universe. It is the “I” that is part of the Infinite. The Infinite that has unlimited resources and everything in abundance.

Most religions and scientists commonly accept this. Scientifically, nothing is more certain that we are in the presence of an Infinite and Eternal Energy in which we are all connected. From a religious perspective, most consider God as being within us. The Bible says, “Know ye not that ye are the temple of the living God?” There are many times that this is stated over and over again. “I AM the Shepherd” “I and my Father are One.” And so on...

Here in lies the “SECRET OF” The Mastery of Abundant Living...the “I” within you is The Infinite within you, is All Powerful, has unlimited resources and has everything in abundance.

So why is it then that sometimes we have things that manifest in our life and we think - I didn't want that. I wanted something completely different. Unfortunately, most of us have not been taught how to think correctly, or how to think to use this Unlimited Power within us, and therefore, don't receive the results we desire.

For example, many people who want to be financially successful constantly think and speak about their debt and lack of funds. They want to be financially successful, but they focus upon their debt. They intend to work hard for their money, and know it will be difficult to ever be financially independent, and realistically, they don't ever expect to achieve it, but they'll give it their best.

Unfortunately, they expect exactly what they have and what they'll continue to get as long as they expect it. We have to change our thinking from wishing and wanting to expecting and intending.

When you say you don't have money for this or time for that, you won't ever have money for this or time for that. Even though you are saying, "I wish I had the money to travel to some foreign place or take a cruise", but you are constantly talking about how you don't have the money for such,

you never have the money. Wishing is just that! It is a future hope, and as long as it is a future hope in our mind, it will remain a future hope in our reality. To manifest your true desires, you must be constantly thinking and speaking in such a way so as to cause its manifestation. You have to “reprogram” your subconscious mind to expect that which you desire.

When you look up want and expect in the dictionary, you get very different meanings.

Want: Desire, wish for, fancy, crave, yearn for.

Expect: wait for, anticipate, look forward to, count on, demand, insist on.

“Next year I plan to travel to some foreign place or take a cruise.” This is a much better thought than, “I wish I had the money to travel to some foreign place or take a cruise.” The first way of expressing your desire shows your expectation of attaining your desire. Better yet, if you begin to gather the information about your trip and start planning what you’ll do, and continue to tell yourself that somehow, some way, you know it will happen. Then the Universal Law of Attraction will set the forces in motion through the unlimited resources of the Universe in which your “I” is united, and the events that need to occur to deliver to you the circumstance of your true desire will manifest.

In order to change from wishful thinking that gets negative results, to manifestation or anticipative thinking, which brings about your true desire, you have to change the way you think and speak on an every day basis. Though I might not currently have the money or resources to achieve something I want to do, I can always speak in such a way that it attracts the money and resources to me. When I start to live life in such a way that everything I desire comes to me, I am living the true nature of the Law of Attraction.

There is good news and bad news. The good news is that you already have the power and unlimited resources and you are already a master at using it.

The bad news is, if you don’t have what you desire in your life right now, and then you have been using this power to attract what you don’t want.

The awesome news is that you can change that today by deciding to consciously direct the outcome of the Law of Attraction, instead of allowing it to work without your conscious input. Everything that manifests in your life is based on the Law of Attraction. If you are thinking poor, you

are attracting poverty. If you are thinking rich, you are attracting wealth. If you are constantly thinking of being trouble with the law, you attract lawlessness. If you think or constantly say that things never go your way, then you are inviting things to go wrong. Our world is exactly what we attract into it. You are right now attracting that which you believe you are worthy of, that which you believe you are capable of becoming, that which your thoughts are focused upon.

In order to change your world, you first have to change your thoughts. If you will change your thoughts, everything will change for you. Thought is the seed of reality! Thought is what controls our destiny. When you control your thoughts, you shape your expectations and the realities of your expectations are delivered to you through the natural laws of the Universe. Therefore, it is your thoughts that control your destiny.

Whether your thoughts are consciously being controlled to focus upon the expectation of that which you desire, or not, your thoughts will control your destiny every time. So the question is, do you want to control your destiny or not?

If you are not controlling your thoughts, you are not in control of your destiny and when you arrive at a destination, it will likely not be what you want it to be. However, whether you want it or not, your destination is always without fail a result of previous thoughts that you created and nourished. It's a result of what you convinced yourself to believe.

Fortune-tellers only have an impact on people's lives if what they say fits into the person's belief system. When a fortune-teller plants a thought into someone's head of something that the person really wants to happen and the person nurtures that thought, it will only be a matter of time before it manifest itself. On the other hand, if the fortune-teller tells a person something they don't really want and the person just puts it out of their mind, it will never manifest.

We can control the things that come into our lives when we focus our attention on those thoughts that are in line with the true nature of our desire. Focusing only on thoughts of what we truly desire physically, emotionally, psychologically, intellectually and spiritually will cause those things to become our reality. We must be in the right state of mind to attract things that are in line with that thinking.

There are women that go from one abusive relationship right into another. Why do you think that is so? Women that are needy attract men who like to take advantage of needy women. While they want something completely different, which is a loving and caring person, they get the exact opposite, because they think of themselves as needy. In order for a woman to attract a caring and loving partner, she must first overcome thoughts of needing to be rescued, to thoughts of having something special to offer and understanding of her true value as a person. This empowers her to attract a worthy companion that will be a loving and nurturing friend, lover and lifelong mate.

Many people have been brought up in homes that while having loving and caring parents or guardians to get them through the formative years, grew up with a great deal of negative programming, which causes negative thinking and therefore negative results. It is not that they can't make it through life as that is guaranteed, it is just that they can't capitalize on every abundant resource that life has to offer because they don't know how to tap into these resources. And it doesn't behoove anyone to go through life blaming anyone for his or her particular situation in life. It is up to everyone individually to take responsibility for their own lives and to make the necessary changes so that they can live in a life that is completely functional and creates a life of abundant living.

None of us have any control over what has happened in our past, and it is our past and how we have thought in the past that has landed us where we are today. The awesome aspect of all of this is we can control what is to be our destiny regardless of our past and we do that starting today with our thoughts. Today's thoughts shape our expectations and what we become and therefore what we will attract in the future. If you want a destiny of abundance, prosperity and love, you begin by starting this very moment to nurture only those thoughts that will bring about the manifestation of those desires. Notice we say, this very moment! This means that from this moment on, complaining about your status in life, your relationships with others, or any circumstance will only serve to continue their existence. Only by deciding to start from this moment on with thoughts and conversation about how your life is transformed and that everything you are attracting into your life are things that create more abundance, love and prosperity will you begin living in such a way so as to acquire the "Mastery of Abundant Living".

By starting right now to live the Law of Attraction with thoughts of drawing abundance, love and prosperity into your life, you will soon see the manifestation of such as your destiny unfolds. It will be no surprise to you when you get there because it is exactly what you expect and nothing less. You will become a magnet for everything you desire in life when your thoughts begin to bring forth feelings in you that create expectations, which will eventually manifest the reality of those things upon which you focused your thoughts. In other words, your thoughts of what you desire eventually become subconscious expectations and these empowering expectations will cause the manifestation of your desire.

CHAPTER 3

"The Manifestations Of My Perfect Practices Are Always In Line With What I Desire!"

"How does the Law of Attraction Work?"

There are Laws that the Universe responds to every time. We are going to focus upon the Universal Laws that make the Law of Attraction work.

Law of Vibration
Law of Reciprocity (or Love)
Law of Fair Exchange
Law of Growth

Let's start with the **Law of Vibration**, as this is an important principle in the Law of Attraction. Everything has a vibration. Vibration attracts like vibrations. When a certain key is hit on a piano it will make a crystal chandelier shake. The crystals in the chandelier have a vibration and the correct key on a piano that is in concert with that vibration makes the crystal shake. You want to be vibrating in harmony with those things you want to attract into your life. You can't attract the perfect companion if you are not the perfect companion for them. You both have to be vibrating at the same level. You can't attract prosperity and abundance if you are not in harmony with their vibrations. It is our feelings that tell us if we are in the right vibration. If you have feelings of un-easiness you are not in the right vibration.

By nurturing thoughts of prosperity, which eventually will start to create feelings inside of you that are in harmony with prosperity, you will begin to attract all things prosperous into your life. Just like the Law of Gravity, if you fall off something you will go toward the earth, with the Law of Attraction when you are in the right vibration, you will attract what you desire into your life. Thus your outer world is determined by your inner world. You control your thoughts therefore you control your destiny.

Your destiny can now be one of prosperity, love and abundance because you now know the true essence of the Law of Attraction. Start today by nurturing thoughts of prosperity, love and abundance and the day will soon come that the manifestation of such will become your reality.

As a part of the connected Infinite or Universe, we cannot provoke or alienate any other part of the Universe and gain personal benefit. However, the happiness, peace and harmony within the Universe depend upon the individual recognizing the interests of the Universe. So everything you think and do affects everyone and everything in the Universe. Everything is felt throughout the Universe to some degree, yet you will never personally benefit as a result of imposing harm to any part of the Universe.

This is one of the principles that you must focus upon, as well. The Universal **Law of Reciprocity**...the Universe will deliver to you in direct proportion to what you deliver to the Universe. With every thought, if you keep this in mind, you will change your thoughts to be constructive and you will not waste time or money of things that don't work within this principle. Many consider this the **Law of Love**. If you have unconditional love for everyone, you will give accordingly and therefore reap unconditional love in exchange.

The **Law of Fair Exchange** says that your result will be in direct proportion to your effort. This becomes a habit by practice. Repetition is the mother of skill. If you aren't already a master of correct, constructive thinking, now is the time to teach yourself. You will benefit from learning and integrating this principle in direct proportion to the effort you extend in learning it right now.

Here's where you can start.

I can be what I decide to be.

I can be what I desire to be.

I can be what I will to be.

Begin repeating these vision statements every morning and every night and multiple times throughout the day until it becomes a belief, while keeping in mind who and what the "I" really is. The spiritual "I" that understands that you cannot harm any other part of the Universe and benefit in any way.

Eventually, through repetition, this practice creates a new habit. Doing or saying something over and over until your subconscious has accepted it as a belief that you instinctively act upon creates habits. “Sow a thought, reap and act, sow and act, reap a habit.”

You will begin to believe these statements and this belief will be instinctively acted upon. When you instinctively act upon these statements of belief, you will become invincible.

Do me a favor...try to pick up an object near you. Were you able to pick it up? Of course you were. Trying is doing or not doing. You either picked up the object or you didn't, and whichever you did was your choice. That choice begins to create habits that will empower you or *dis*-empower you. Do not try to do anything. To quote Nike', “Just Do It.” And if you're not going to just do it, they don't even try. Don't say you'll try when you know you have no intentions of following through. The habit of failure is one of the most dis-empowering habits you can create. The mastery of abundant living requires that you replace thoughts of “I'll try” with thoughts and words of “*I will do*”.

Below is the cycle of creating a new habit...

Unconsciously incompetent – We don't know what we don't know.

Consciously incompetent – We realize we don't know much.

Consciously competent – If we consciously think about it, we can do it right.

Unconsciously competent – We don't have to think about it and can do it right.

The Unconsciously competent stage is when a new thought has become a habit and it becomes automatic. The subconscious mind considers it true and there is no longer any doubt about it.

Ensure that instead of living your life based on the habit of failure, that you create a new habit of success, which is a requirement to living in abundance. What's the success habit? It is quite simple...do what you say you're going to do. Starting something with no intention of finishing it creates a habit of failure. Think about it. If you set goals that are achievable, and you simply don't follow through three out of four times, then you have created a belief

that you fail at whatever you decide to accomplish. This is extremely disempowering. Jim Rohn, a business philosopher that I respect immensely says, "Something that is easy to do, is also easy not to do." Don't get into the habit of not completing your easy predetermined goals even if it's easy to do. You create the habit of failure, instead of the habit of success.

When you decide, you must follow through because it is the lack of following through that creates the habit of failure. If this has been your past, change it today. Decide today you are going to repeat these vision statements mornings, night and several times throughout the day. Maybe at first you only want to commit to doing this for two weeks. Then after you've been successful accomplishing this two-week goal, then extend it two more weeks, and so on.

Once you have completed your commitment to yourself, you will have planted a seed of an empowering belief about your ability to be what you desire at will. You will also have created a success habit that will be so deep within your subconscious that when your goal is much larger, your subconscious will just kick in and execute based on your new habit of success.

Ultimately, do not say you'll "try" to do anything that you are capable of doing unless you are committed to following it through. Again, the words to use when undertaking any new endeavor or task is to say, "I will do it."

When you learn to simply do what you say your going to do, not only will you gain credibility with everyone you encounter, but also you will find the power within the "I" that controls your outer world and your reality. The power within that will ultimately deliver to you in the outer world the evidence of your beliefs.

The first thing you must do in order to serve others is to make sure you have the wherewithal in this physical world to serve others. You cannot be generous to others unless you have abundance. You cannot give and serve others, unless you are strong. The "I" within you has access and the right to all of the abundance in the Universe in order to be strong to serve others. The "I" has access to all of the abundance and as long as you live within the "Universal Law of Reciprocity" or "Law of Love", what you desire is within your command and will be manifested to you.

The Infinite expresses and creates through the individual, and the individual expresses through the Universe or Infinite. When you're in alignment with all that is good, and being of service to the Universe, the Infinite including the "I" within you sets the forces in motion so that the Infinite can create through you. Seek inspiration, and find the "I" within you.

Many people consider this "I" their spirit, soul, Holy Ghost or their connection with God. In any case, when your soul is dead, life ceases to exist. It is your spiritual connections that will assist you in attracting abundance, and will work to deliver to you the evidence of your beliefs. It is your realization and acknowledgment that God is within you that will allow you access to life's abundance.

If you'll recall, the cause behind all effects is within, or that "I" within you. Your Spirit is the part of you that is part of the Infinite. It is the part of you that is the Creator within your conscious influence. It is most important for you to come into realization of your conscious power. As a recap, your conscious thoughts create your habits and beliefs. It creates your awareness of who you are, or your awareness of being. So it is crucial for you to understand your conscious power.

Power comes through tranquility...seek silence and stillness often because if you quiet your mind and body, you can think correctly and it is thought that is the secret to creativity and ultimately your ability to manifest your desires.

The Law of Vibration carries light and electricity. We know it works, even though we don't see it. Thought, similarly, is carried through the Law of Vibration. So thought vibrates beyond our physical being and unites with the Infinite through the "I" within us.

Now consider the Law of Love. Love is in direct alignment with the Infinite, so thoughts based in Love are given vitality through the "I" that is united with the Infinite.

It's the **Law of Growth** in which thoughts take form and expression. It is the emotions that give feeling to thoughts so that thoughts will take form. If you have a thought that is based upon the Law of Love, it is in direct alignment with the Infinite and is united with the Infinite through the "I" within you and takes form through the Law of Growth.

How do we develop the faith, courage and passion, which will accomplish this chain of events that will ultimately deliver to you the expression of your thoughts and desires? Practice and repetition! Not the practice of negative behaviors, but rather the practice of perfect behaviors. “Perfect practice makes perfect”. When we practice perfect principles based on the Laws of the Universe, the manifestations of those perfect practices are always in line with what we desire.

Many people think about acquiring things for selfish reasons. The more you think about serving others, and you realize that selfish thoughts are the poison that will kill any positive growth, the more you will come to know the true power of your thoughts. The more we serve, the more we will receive. “Sow abundance, reap abundance!”

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