Co-Create with the Universe

Activating Your Abundance!

Laura West





Hello Abundant One!

You already have everything inside you to allow in more abundance in all its forms — love, money, beauty, support, joy and creativity.

What is needed now is to align your thoughts, beliefs, energy, emotions, choices and actions with this new vision of abundance.
This is not about magical thinking.

I think about having more money and then a big check comes in the mail.

You still have to still have to go to the mailbox to get the mail!

I'm excited to share with you this clear process for you to activate a new higher level of abundance in your life and business.

9 Steps to Activate Abundance

1. Get clear about what you Don't want
2. Get clear about what you DO want
3. Notice & shift limiting beliefs, stories and thoughts
4. Connect, believe & feel success
5. Listen and receive
6. Take aligned action
7. Notice what happens
8. Acknowledge & celebrate every success
9. Do it again!

Since we always have new goals and are expanding in our abundance you'll keep doing this process at every level.

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In this e-book I'll elaborate on each step so you can understand and integrate this elegant process each day.

Your Activating Abundance ritual includes writing in the Co-Create with the Universe Journal each day to receive guidance, wisdom and inspiration.

You also have a beautiful meditation to help you experience more fully about your belief that you are surrounded by the Universal Abundance Current. A wonderful daily ritual is to listen to the UAC mediation to prime your openness and deepen your belief and then write in your journal communicating with the Universe to receive insights.

Remember the voice of the Universe is always loving, compassionate and kind.

The Universe will never be judgmental, cross, irritated, or impatient. However, the Universe may be playful, funny, and irreverent...and it always comes from love and wanting the best for you.

The Universe already knows you are full of potential. The Universe already knows you are becoming even more authentic and amazing. She is YOU...your best YOU!

When you start writing, trust what you receive. Don't force it. If you need more information, you can always ask another question that isn't listed in the journal prompts.

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Stay positive. Trust the message.

Even if it seems incredulous or you wonder how it could happen. If you have any skepticism, just allow yourself to acknowledge and set aside the resistance aside for a few minutes while you get curious.

Trust the process. The more you practice in asking and receiving guidance the more natural it becomes. Know that some days the lines of communication are not as clear. Don't worry. Just come back later or tomorrow when you're more ready and open.

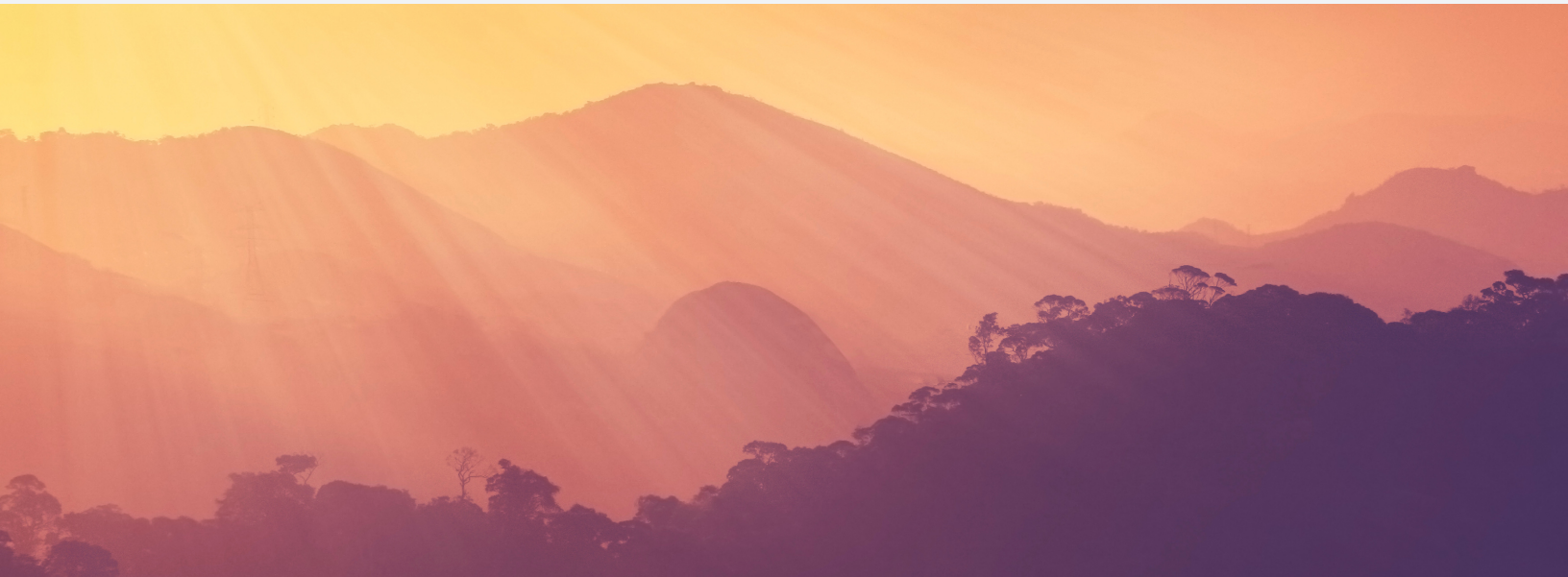
If you have any doubt, just assume it's your wise self. Let yourself be open and curious.

At the end of 7 days, notice what has happened. Notice how much more clarity, confidence and courage you have!

Keep moving through the Activating Process each day using the meditation and journal to support you.

I would love to hear how you enjoy the process and what abundance opens up for you!

Laura




9 Steps to
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1 Get clear about what you DON'T want

Quite often it's easier to identify what you don't want in your life. For example, you don't want everything to be a struggle. You don't want people in your life who treat you badly. You don't want to be desperate for clients.

Go ahead and take out a piece of paper and make two columns. At the top write down an area of your life and business you want to shift and invite in more abundance.

In the first column write down all the things you don't want in this area. Include what results, what kind of people, and how you don't want to feel.

2 Get clear about what you DO really want

Now you are ready to be clear about what you do want.

In the second column, for everything you wrote about in the first column – flip it to what you do want.

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Here's an example about making more money in your business:

Don't want

- to struggle with getting clients
- to work with clients who don't show up
- to feel like I am giving away my work for free or low value
- to feel desperate

Do want

- perfect clients to come with ease
- to work with clients who value what I have to offer
- feel excited about clients paying me what I'm worth
- want to feel confident about the future trusting that clients are coming to me

It is more powerful when you write it down. You engage your brain, imagination and your body in the process.

Now align your energy and commitment with what you truly want. Write down intentions and goals as if they have already happened or are happening now.

I like to put them on sticky notes or pretty index cards and put them by my bed, or by the bathroom mirror or tea kettle. You want to put them somewhere where you can see them every day and be reminded of your abundance intentions.

Spend a few minutes each day connecting with each intention.

This helps you keep it front and center and integrates it into your whole self.

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3 Notice & shift limiting beliefs, stories and thoughts

Notice what comes up when you say your intentions. It's natural that since you want to change and grow that there will be resistance.

Notice what reoccurring disempowering thoughts, limiting stories, consistent constricting beliefs are running through you mind.

Be curious.

Try not to judge. Just observe.

Then reframe the stories, beliefs and thoughts into new empowering ones.

It is helpful to use energy shifting tools like Emotional Freedom Technique (EFT), forgiveness work, or self-reiki, to help shift the old energy out of your body.

You can shift your thoughts at a thinking level but it's also helpful to use the energy shifting tools to help release old energy and calm your nervous system.

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4 Connect, believe & feel the abundance

Create opportunities for you to integrate new empowering beliefs, feelings and stories.

Give yourself some time each day to increase your feelings and acceptance of more abundance.

Notice what it feels like to let in more money, love, joy, creativity, support and success.

As you are feeling this abundance you want to integrate it in more deeply.

You can do that by...

Connecting to your body — Use movement, walk in nature, dance, singing as you embrace your new intentions and empowered thoughts, beliefs and stories.

Connect to your higher wisdom. Take time each day to connect with divine nature, god, spirit, the universe or source energy. Ask for assistance and guidance with opening up to receive more abundance.

Listening to the Universal Abundance Current meditation to deepen your alignment with the idea that you are already surrounded by abundance and opportunities.

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5 Listen and receive

Each of us have a thermostat of how much love, joy, money, support and creativity we will allow into our life.

It's like we are set on a certain level and then we can't see beyond that possibility. Or, we say we want more but then we unconsciously sabotage when more happens.

Use your 7-Day Co-Creating with the Universe journal as a practice to write to the universe for guidance and practice receiving information, suggestions, and nudges.

Then you'll want to slow down to listen, watch and feel for the messages the universe wants to deliver to you.

It will happen through chance meetings and emails, overhearing a conversation in a café about the perfect resource, or communicating with source energy and receiving an amazing download of a new brilliant idea.

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6 Take aligned action

When you get an urge, whisper or inspiration your job is to take the next brave step.

Let go of wondering about the whole journey of HOW to get there.

Just take the next step in front of you.

Once you take that step, then new people, ideas and support will come to meet you.

They can't meet you if you don't take inspired action. They won't even make themselves known until you take that step.

Activating abundance is not about taking frenetic action. Less is more. Although you'll feel called to take bold purposeful actions without knowing where it's going to lead you. There is no guarantee.

It is about trusting even when you don't understand why you are moved to do something or pick up the phone to call someone or go down a new street.

Activating your abundance is so about trust.

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7 Notice what happens

As you take action notice what happens around you. Keep paying attention. Did you just get an invitation to go somewhere? Did a person show up in your life unexpectedly?

Often the universe is delivering but we aren't paying attention.

Another thing that can happen is what I call Manifestation Turbulence. Sometimes you take an inspired action and it feels hard, or you don't get what you expected.

It doesn't mean it's a sign to stop or you're going the wrong way.

You have to slow down enough to feel into if you need a new direction or is it just that the energy feels different.

The energy of your imagination, when you were dreaming and setting intentions is usually soft, easy, gentle and expansive.

When you go to create in the physical world, it's going to feel different than in your imagination. It's similar to that feeling when the plane goes to land on the ground and the plane shakes. It doesn't make it wrong just remember that it can feel different.

Growth often comes in the form of a healthy challenge.

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8 Acknowledge and celebrate every success

Take time every day to appreciate and feel the gratitude energy of the JoyFlow.

JoyFlow is acknowledging what is working. Looking for the support, love, success and joy that is in your life and business right now.

The more you see JoyFlow, the more JoyFlow there is to see!

This practice reinforces what you want, builds trust, and builds confidence in more abundance flowing your way.

9 Do it again!

Each day keep working with the Activating Abundance process. Repeating each step. Deeping your trust in the work.

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Other opportunities to work with Laura

You can join this fabulous community of heart-centered entrepreneurs in our Facebook Group.

If you'd like more support for your business expansion, unlocking your creative power, and doing your Soul Work, then take a look at the Joyful Business Studio for monthly workshops, coaching, and community.



Hi, I'm Laura

I help coaches, healers and change-makers create and grow highly profitable businesses without soul-crushing marketing strategies, hard hustle or cookie-cutter formulas.

For the past 20 years, I've coached thousands of entrepreneurs on how to discover and claim their unique brilliance, creative expression, and rebel marketing style in order to joyfully build a business that creates big ripples in the world (...and big deposits in their bank account.)

I believe that you and your work matters. I believe that we are here to make a difference in our world...starting in our own lives. We have the power to shift and be a little more resourceful right now when we choose to align with our best self and let her create! When you allow joy into your day and let your voice be heard — anything is possible! You can't help but to attract those opportunities to you!

