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Creating Prosperity

By Julia Griffin

Everything, including money, is energy, and all energy flows from the One. In this time of economic change, it seems appropriate to focus on the One Source of All as our source of prosperity, rather than stocks, investments or jobs. When we move into unity with the One, we remember that all good things flow from the Source of All. From this point of connection, we can co-create boundless abundance, unity and love.

Seeing Through Illusion

The media reports of current economics describe a rapidly disintegrating economy. It sounds as though the sky is falling, with recession, mortgages, credit problems and unemployment. The trend is expected to continue, impacting our lives and prosperity.



Chaos precedes order. We can make a conscious choice about our future. We have free will. We can choose to create global unity, based on love. We can focus on media reports and experience fear.

Fear is the opposite of love. IF we move into love, we remember that we are all One. Greed, competitiveness and envy disappear. A state of unity and sharing is achieved.

We could also remember that we are conscious co-creators. We created our income, prosperity, and jobs in the first place. If necessary, we can re-create abundance through conscious creation.

There is an abundance of all material goods. If all of the money in the world was divided among all people, there would be more than enough for everyone.

Exercise:

Co-creating Your Desired Prosperity

1. Sit quietly and begin by connecting with Source. You can imagine Source as a Light, accompanied by a feeling or sensation of love.
2. Clearly imagine your desired financial future. Add details such as your desired job, material objects and/or vacations.
3. Hold this image for 5-10 minutes.
4. Briefly send love (pink light) to yourself and the image.
5. Develop a belief that the exercise is working.
6. Repeat the exercise daily until your reality changes.

Universal Laws

Accumulating or increasing prosperity begins by understanding Universal Law. We are all familiar with the dictate, "where ever attention goes, energy goes". We create more of "anything" by focusing our attention on it. The object of our focus, and the accompanying emotional energy of our focus, determines the level of increase of any type of energy in our lives.

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Another Universal Law is "like increases like". Material or physical energy acts much like a magnet, attracting more of the same. Any accumulation of energy attracts more of the same energy, particularly if we become decisive about truly wanting more. Money creates more money; thus, the adage, "the rich become richer". Actually, the premise of these two Universal laws can be applied to anything that we wish to increase in our lives.

We have all demonstrated this law through an avocation. If we become interested in yoga lessons, we begin by taking a class. If we put attention and focus into the endeavor, we eventually extend our practice, purchase yoga equipment and clothing. Friendships are developed among other yoga students. We think about our yoga practice, our friends. We visualize and practice asana. We deepen our spiritual and physical practices. All of these actions serve as an accumulation of energy.

Everything vibrates at a specific energy level, and, any accumulation of energy tends to act as a magnet, pulling in more of the same. As we accumulate "yoga" (or any other "energy"), we essentially ask the Universe for more energy or information in this area of life.

The application of the Universal law is similar with each individual, but also unique, like a fingerprint. Success lies more in achieving "feeling" of connection and personal enlightenment in the exercises outlined here, rather than in rote practice.

Our point of focus creates more of "it", so focusing on money for bills tends to create more bills. Focusing on the concept of abundance creates a flow of prosperity. It is easier to imagine the ease and contentment of having an abundance of financial prosperity. Simply imagining that whatever we want is already present begins to give it form.

Think of prosperity like a beautiful child. We perceive the child as beautiful because it receives attention, love and focus. (We've all seen well dressed children who long for love.) If we give our finances the same form of attention, the financial area of our lives will thrive. If we all believed in our ability to co-creator, we can possibly create a new economic system, based on universal law or love, instead of greed or fear.

The Shadow Side

The unwanted part of our reality – the bills, credit card debt or anxiety – is partially created through our shadow self. Through negative focus, we unconsciously create more undesirable experiences. When practicing these techniques, the inner dialog may become very loud.

Awareness of negative thoughts and emotions is amplified. Sometimes, physical pain or discomfort is experienced. Students often ask, "Why am I having this experience? Before practicing the exercises, I didn't have so many negative thoughts or feelings?"

The thoughts, feelings and physical discomfort existed previously. The shadow side hides beneath the surface until we begin to change. Expanding our consciousness casts light on the shadow self. It becomes vocal and obvious. The negative imagery rises to the surface, and sometimes quite forcefully.

Ultimately, all of these states reflect the part of us that is separated from love, integration, and acceptance. We are powerful creators, so we can erase these patterns of feelings and thoughts over time through meditation, affirmations and action.

It's good to keep in mind that our intentional positive thoughts and feelings far outweigh the negative ones (no matter how loud they may seem.) It's like smiling, which takes far fewer muscles than frowning does. Frowning only seems easy for those of us who do it a bit too often.

Right Action

Heartfelt action is necessary to change our lives. Right action changes our negative habits, which can represent our internal dialog, procrastination and lack of desire. Our desire for abundance can be an impetus to focus on our accounts, spending and devote ourselves more fully to our work.

These may be actions that are sometimes avoided because of fear, anxiety or the feeling that the effort may not make a difference. When we step into the next level of consciousness, we may face our indecisiveness, fears or doubts. It is by taking action that we step through our fears.

Meditation, while envisioning the solution, is only a part of the process. It moves us into Source. It is there that we receive inspiration and illumination; however, we must put our inspiration into form.

For example, if you receive the inspiration to design a garden, then you must buy plants, seeds and tools. You must also plant the garden and tend it.

The same principle applies to money. If you want prosperity, then look for heart-felt work. Imagine it while working the present job or looking for a new job. Imagine abundance while attending to your present bank accounts. (Imagine it for others as well, as a form of tithing.)

It is important to act on our intuitive leads to seize opportunities. Otherwise, our lives stay in the same "comfortable" pattern. When we refrain from right action, the pain, unhappiness and fear level in our lives increases. The old comfortable pattern becomes less inviting over time. Fortunately, the cyclical nature of universe eventually allows similar opportunities to reappear in our future. We will usually have the opportunity to expand our lives through action when a "recycled" opportunity appears.

Practical Magic

Real Money Exercises:

Using Real Money can have a profound effect on your finances. Real money has a completely different feeling from virtual money. Notice the difference in your feelings and your awareness of when you use "real" money. You will probably find that you spend slightly less when using real money as opposed to a card. The fascinating aspect of this exercise is that playing with real money creates more virtual and real money.

- Begin to carry \$50 or \$100 bills in your purse or wallet. You will notice a prosperous feeling in a few weeks. These are not for spending. They are for having the wonderful feeling of knowing how much you can buy. Also, according to the universal law that "Like Attracts Like," they will attract more money.
- Spend real money as opposed to using credit or debit cards when shopping. Notice how your awareness of spending increases.
- Write checks when possible as opposed to using a card.

Loving Your Self and Your Life Exercise

Loving ourselves is very important. We often internalize anger about our mistakes or lack of prosperity. By simply loving ourselves, we can change a great deal in our lives.

Start by looking at your reflection in the mirror. Say aloud, "I love myself. I love my face, my eyes, my ears, my nose, my mouth..." This exercise sounds simple, but it can have profound effects. You could also add, "I am a successful teacher with an amazing income." In other words, add your career and income of choice, state it and love that, too.

Whatever is happening in your life, bless it. Bless your prosperity, regardless of its level. Look for blessings during each day and express gratitude for the goodness in your life. (Personally, I experienced overwhelming success with this exercise whenever I truly experienced gratitude in heart and mind – not because I knew that the exercise works. It changed my relationships, my financial level, and many miracles occurred.)

The Solution

Our problems exist because they lead us to Source or the One. When our consciousness is in union with the Divine, we may find the answers to our problems or how we created them all along. Ultimately, the solution lies in connecting with the Source or All.

The Universe is light and love. It responds to our level of light and love. Simply loving – loving what we do, loving our selves, loving life and loving others – is probably the most profound act of creating prosperity. The more deeply we move into this realization, the more quickly "reality" changes.

As we tap into the unlimited source of light and love, we find that the answers are not "out there." The answers are within. We can learn compassion, kindness and become less judgmental if we look within for our answers. By tuning into our inner light, we learn to vibrate with spiritual teachings and to open to new possibilities.

The Universe will always answer when we return to love or ask for more light with faith. When our hearts open, the miracles begin.



Julia Griffin is an intuitive healer who has successfully transformed the lives of thousands of people through her manifestation and meditative techniques. She teaches these techniques in her group classes, one-on-one sessions,



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She recently launched the Julia Mystery School e-course; these workshops embody advanced teachings for those who want to deepen their understanding of how we create our personal "reality". Julia offers a free monthly newsletter

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