

# Abundance Consciousness Worksheet

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*Healing Mother Wound*

*Gratitude is the Mother of Abundance*

## **1. Layers of Scarcity**

If we have centuries of scarcity consciousness within cell memory, and/or if we have experienced lack within this lifetime, then it stands to reason that we cannot clear our belief patterns around abundance in minutes or the odd meditation. As with any core wound, scarcity is layered through our thought processes, conditioning, speech and actions.

Work with scarcity consciousness as you would any other habit/wound you wish to transform. Allow it to peel back in layers, tending to each with intention and purpose, and when it shows up again in whatever form, in your personal or business life, thank it for its presence, ask what medicine it brings, accept the gift or gifts of this particular lesson, release the compost or detritus of the medicine, then allow another layer of abundance to take residence within you.

*Allowing and receiving is an important piece around abundance. The lack of these two elements can be a major symptom of Mother Wound*

## 2. Identifying Limiting Abundance Beliefs

List five limiting beliefs you have in relation to abundance:

Examples: Abundance is something others enjoy, that's never going to happen for me. Or, Money changes people. Or, If I'm spiritual, I shouldn't want material things.

a.

b.

c.

d.

e.

f. Where do you believe these beliefs came from? List here.

*When we embrace abundance as an inherent part of ourselves and life on the planet, we heal those before us and after us who suffer from scarcity, we heal many generations.*

g. One habit is to hang onto old beliefs because they are comfortable. Once we shed the skin of scarcity, our life will change, our work and relationships may change.

\*\*Do you consciously and intentionally wish to release these beliefs?

\*\*Who will you be when you do? Are you ready to meet that new version of yourself?

Record both your bliss and fear around this. Allow yourself time and space to feel into this.

### **3. Recognizing the Abundance of Earth Mother**

We can begin to re-wire our ideas about abundance by witnessing Gaia, our Earth Mother.

We can witness this without any feelings of guilt or conditioning because we recognize that abundance is celebrated by the natural world all the time. One could not count the grains of sand on a beach, nor the snowflakes that cover a field, or the drops water that cascade over a waterfall, we just accept this surrounding wealth.

We cannot see an end to the seasons, or the sun rising and setting - in nature abundance is freely practiced.

Well, what about when there is a drought, one might ask? Is that not a lack of rain?

*Nature sees it as an abundance of sunny skies.*

We can shift how we view abundance, how we accept what is present in our lives and practice gratitude in every season.

*Things are not happening to us, they are happening through us. We are continually learning the impact our thoughts have on our lives.*

a. What do you perceive as lack right now that can be re-imagined as an abundance of something?

b. List some ways Earth Mother displays her abundance that bring you joy.

c. List some ways in which *you* are infinitely abundant.

#### **4. Spirituality and Money. The Feminine and the Patriarchy**

a. What is the first thing you FEEL when you think about money?

b. Where in your body do you feel it?

c. Have you always felt this way? If not, do you remember a time when money did not bring up negative connotations?

d. What changed your perspective, or how would you like to change your perspective ?

There are many, many paradigms practiced around money. Most of humanity suffers from a polarized view of it; we want more of it, we feel bad about focusing on it, we know we need it, we try to become more 'spiritual' by denouncing it.

- a. Money, just like us, is a form of energy. It is a free flowing frequency which has been re-purposed as a demon, much like the divine feminine. Abundance is akin to other frequencies of the DF - intuition, wisdom, love, compassion, etc.

*Abundance and greed are opposing aspects*

*To deny our abundance is to shut of the flow of Divine Feminine energy through our lives*

It is easy to meld the greed of Patriarchy (the immature masculine acting out) with thoughts about money. The mature masculine and mature feminine are not conflicted about money because they treat it with love and respect as a tool for supporting human existence on earth. It does not matter what it looks like, paper, metal, sticks, stones, beads, shells - 'money' is simply a way of organizing exchange.

*Treat money as you would a lover!*

a. How would you *speak* to money if it were your lover? List examples.

b. How would you *think* about money if it was your beloved? List examples.

Money responds to our energetic frequency. Our thoughts about money are often reflected in other areas of our lives.

Where do you see a correlation between your thoughts about money and your relationship with yourself or others and would you like to shift this? If you feel resistance to changing your thoughts, feel honestly into what this brings up.

*Imagine if Earth Mother said to herself: If this maple tree gets all the leaves it needs, then that poplar over there won't have enough leaves.*

This would never happen! Why not? Is it because Earth Mother gives the maples and poplars their leaves?

*It's because Earth Mother gave each maple and poplar seed the inherent ability to create its own abundance from within!*

And that is exactly how we humans operate. We arrive on the planet with seeds of abundance which we sprout for ourselves over and over, all our wealth, in physical and esoteric terms come from within, not from some external source, not our parents, not our boss, not our clients - we generate it, and it arrives in the form that it arrives.

*We **are** the abundance!*

## **5. Frequency Matches Frequency**

Lack, Self-Doubt, Fear 1 \_\_ 2 \_\_ 3 \_\_ 4 \_\_ 5 \_\_ 6 \_\_ 7 \_\_ 8 \_\_ 9 \_\_ 10 Abundance, Self-Worth, Bliss

a. Where do you see yourself on this frequency scale? It's ok to be brutally honest here, no-one will see your worksheet, please offer yourself safe, sacred space. Try not to judge where you you're at, just 'observe'. We are all on this path together. The universe does not judge, it simply responds to frequency. There is no 'bad' answer.

b. What would need to shift in your thoughts and life to match the frequency you desire?

*Mantra for Abundance: I am in my wholeness when I remember that I dreamed the life I am in, I accept both my divinity and humanity, and receive with joy the abundance of my creative, infinite Self.*

### **A Simple Ritual for Abundance**

Magic happens when our intention is clear and comes from our heart center. There are many rituals that are complicated and require the use of tools and special words. But the truth is, we all make magic in our daily lives. Simple magic that requires mainly our intention can be infinitely powerful.

To start, find yourself in a comfortable place and begin a list of items or areas where abundance would be welcome. The universe is non-judgmental so one does not need to worry whether their list is 'right' or 'wrong'. Just put down what you need.

It might be a new job, or a specific amount of money to pay a bill, or more patience with your children, or renewed love in your relationship, or more peace between nations... the gift of abundance is as varied as the requests for it.

The one thing that I do suggest strongly though is that you are specific, determined and grateful. Therefore, confident in your co-creative ability and grateful for the opportunity and abundance to come.

My lists always end with a few words of *gratitude* and finally, "As above, so below; and so it is!"

Find a bowl that you are fond of, glass or ceramic is best. Fill it with some water you bless with words of love and if at all possible, some dew gathered from early morning flowers with a dropper

1. Add fresh flower petals and some essential oil such as rose and stir clockwise three times
2. Place a floating candle in the water and fold your 'abundance list'. Place the list under the bowl
3. Light your candle and allow it to burn until the flame dies. This a good time to meditate on your list
4. Once the candle has burned out, pour the water upon the earth and again, say a few words of gratitude for the abundance on its way to you and that is already yours.
5. Store your list somewhere safe and return to it now and again to see what has manifested as time has gone by. You'll be surprised how the universe will conspire with you to make your intention real in the physical dimension.

May your days be blessed with visions and dreams, lovers and friends, family and teachers,  
lessons and gifts of abundance beyond your wildest dreams.

So it has been written, and so it is!

*In Gratitude, Monika*

