

# ABUNDANCE MANIFESTATION

*Magic*

A pair of hands is shown holding a cracked golden egg. Bright light and sparkles are emanating from the crack in the egg. The entire scene is surrounded by a glowing, swirling trail of golden sparkles that forms a large, heart-like shape in the background.

STACY ZEMON

# **ABUNDANCE MANIFESTATION MAGIC**

**Stacy Zemon**

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## Author Quote

“The secret to manifesting abundance is to be  
the visionary and actionary of your own life.

Clearly envision all that you desire,  
believe it is already yours,  
and deeply feel the joy of receiving it.

Take the actions necessary for achievement,  
and ask for assistance with what you need.  
Then let it go, and leave the magic up to the Universe.

When you vibrate in harmony with what you desire,  
those things will naturally flow into your experience.”

- STACY ZEMON

## Introduction

The experience of abundance is your birthright. In this e-book, you will learn the major keys to manifesting abundance and discover how easy it is to do once you know how.

To start, it is important to understand that there are eight primary dimensions in which you can manifest abundance.

They are:

1. Emotional
2. Physical
3. Spiritual
4. Social
5. Intellectual
6. Occupational
7. Environmental
8. Financial

To get you in the mood to start on this glorious adventure of conscious creation, I'd like you to think of a song you love that makes your heart sing with complete joy.

Imagine being entirely in tune with the music, and the music being entirely in tune with you.

Now imagine that your life is just like that song. You're entirely in tune with your life, and your life is entirely in tune with you.

Abundance Manifestation Magic begins with being in tune with your heartfelt desires. Here's to all of your dreams coming true!

Love & Light,



## An Abundance Mindset

In every moment, you have a choice to view things either through the lens of scarcity or abundance. What you see depends entirely on your mindset.

Your mindset is the way you habitually think, which has been created through your programming. Your parents, school, society, the media, and others have all contributed to this programming (a.k.a., your reality).

Most people have a reality based on limitation and lack. If your programming doesn't serve you, the good news is you can change it from scarcity and fear-based to abundant and love-based.

When you focus on doing what you are passionate about, money will follow (as long as you practice the other suggestions in Abundance Manifestation Magic).

Passion refers to the joy you get from doing something you love and feel inspired to do.

When you express passion, you also express love. When you live out of love, you are experiencing the universe's abundant essence.

Abundance = happiness. A crucial component to activating abundance is knowing you deserve happiness! Without this core belief and a healthy sense of self-esteem, any action you take to achieve abundance will fall short.

The primary reason why millions of people don't believe they deserve abundant happiness has to do with emotional needs that were not met when they were children. No matter what age you are today, if you grew up with dysfunctional parenting, the negative effects of this may still be hindering you in a multitude of ways.

Neural pathways developed from traumatic childhood experiences contribute to shaping how we respond to everything in life, and adults often find themselves repeating the same behaviors and patterns throughout their lives.

People who grew up with dysfunctional parents often have a wounded inner child and a void inside that cannot be filled by anything or anyone outside themselves. Re-parenting and healing must occur first. In fact, it is absolutely necessary to achieve happiness and abundance.

Re-parenting is the process of giving yourself what you never got enough of: love, support, guidance, nurturing, and protection. Without re-parenting, your inner wounded child inevitably struggles with health, relationships, career, etc. That little girl or boy continually looks to others for love and approval. In order to truly re-parent yourself, you must develop self-love and know that you are intrinsically lovable and worthy.

Once you have achieved this, your quest for abundance can truly begin with gaining conscious control of your "vibes." A great place to start is by feeling grateful for what you already have and by learning to be a more positive and loving person. By doing so, you actually change your vibrational patterns, and in that changed vibration, you can then allow for new and improved conditions and circumstances to come into your life.

### Empowering Practices:

- Decide now to be thankful for all you have.
- Decide now to be a more positive and loving person.
- Decide now that you are going to find and follow your passions.

- Decide now that your passions and life purpose are in alignment.
- Decide now that you will serve others in some manner.
- Decide now that your life is filled with abundance on every level.



## Money Matters

What is money really, and what does it mean to manifest abundance?

It is helpful to think of money as green energy that is exchanged between parties. Abundance extends beyond money to encompass all aspects of life. Manifesting it requires a mindset in which you believe you deserve and already have all that you desire. Fiscal responsibility is also part of the equation.

To behave in a financially responsible manner, you must live within your means, no matter how much monetary abundance you have attracted.

Here are some tips for being fiscally accountable:

**Budgeting:** Having a budget is one of the core pillars of financial responsibility. You should know where your money is going.

**Savings:** It is a good idea to pay yourself first before paying your bills. Setting aside at least 10% of every paycheck will quickly add up. This contingency fund can be used for unexpected expenses and, ultimately, for your retirement.

**Emergency Fund:** Most experts agree that you need to be able to support yourself financially for at least six months without an income. This means being able to pay the necessary bills, such as the mortgage or rent, food, utilities, etc.

**Credit Cards:** These are useful because they eliminate the need to carry cash. They can be very helpful in an emergency or when making a purchase where a credit card is needed. If at all possible, pay the balance on your account in full each month.

**Investments:** When it comes to investing, the stock market has always been the traditional choice. Today, investing in cryptocurrency and bitcoin might be a more profitable choice. If you have ample discretionary income to consider investing, thoroughly research your options and seek guidance from professionals who do not have a stake in the outcome of your decisions.

Evaluate your spending habits, make necessary adjustments to maintain a firm fiscal footing, and keep on top of investments. Also, be generous with your money and time to reinforce an abundance versus a scarcity mindset and keep the green energy flowing.

Have you ever noticed that the happiest people you know are also the ones who bring the most happiness to others? St. Francis of Assisi said, "It is in giving that we receive."

There aren't enough words in the dictionary to describe the significance of giving. Even the most simple acts of benevolence—the ones we think of as "random acts of kindness" or "no big deal"—are actually incredibly important. Giving is a concrete statement of abundance.

Both psychologists and neuroscientists have identified several ways that giving makes us more effective and successful. Helping others can not only make us feel good about ourselves, but it can also increase our physical well-being.

Charitable donations and volunteerism are two forms of giving. Research by the University of Oregon found that these acts of generosity stimulate the parts of the brain that are associated with meeting basic needs, suggesting to the researchers that our brains know that giving is good for us.

A study by Cornell University found that volunteering increases a person's energy, sense of mastery over life, and self-esteem.

## **Abundance Manifestation Magic**

Some studies have demonstrated that positive feelings about oneself can actually strengthen and enhance the immune system and that people are often elevated by others into positions of leadership after they are witnessed behaving charitably.

Giving makes you rich because it moves and expands your energy from your ego to your Higher Self. The more generosity you show to others without expecting anything in return, the more abundance you experience for yourself.

# The Law of Attraction

We all want more abundance in our lives, so how do we get it?

Have you seen the movie or read the book "The Secret?" In the film, leading scientists, authors, doctors, and philosophers reveal the "secret" to having all of the joy, health, money, relationships, love, and happiness you could ever want.

What all of them describe in different ways is "The Law of Attraction." Simply put, this phrase means that you will attract into your life—whether wanted or unwanted—whatever you give your energy, attention, and time to.

Quantum physicists have discovered that, at its core, everything in the universe is vibration. Whatever your vibration may be, the universe returns more of that same energy to you. In other words, if your thoughts, feelings, and actions are joyful, happy, enthusiastic, appreciative, etc., you are giving off a positive vibrational frequency. Likewise, if your thoughts, emotions, and behaviors are mainly focused on worry, anxiety, sadness, anger, etc., then you are putting out negative vibrations.

Whatever your beliefs may be, understand that beliefs are not facts; they are just long-standing patterns of thought that you have convinced yourself are true. They are the "story" you tell yourself.

You have the power to alter your beliefs and create new, higher vibrational patterns that change your attraction frequency.

Any time your mind focuses on a memory, thought, or observation, it triggers an emotional response. Your feelings give you immediate feedback on the types of thoughts you're choosing.

More importantly, your feelings let you know whether or not your thoughts are vibrating at a frequency that is harmonious with your desires.

If you want to know whether a change is needed, just look at the results you're seeing. If you aren't yet living the life you truly desire, then it's time for an adjustment.

As you become a happier, more abundant person, it is a certainty that you will come across jealous people who, either consciously or subconsciously, don't want the best for you. And, unfortunately, some of them will be relatives and individuals you thought were close friends.

The critics and naysayers in your life will gladly bring you down at every opportunity because they mistakenly believe that doing so raises them up. Whenever possible, avoid these people like the plague.

Keep in mind that other people's negativity is a reflection of them, not you. Do not take their comments or opinions to heart or let them steer you off course.

Don't focus on them or any other source of negativity. You'll find it far more productive to actively seek out like-minded people and cheerleaders you can turn to for encouragement, advice, and support.

Let's say you've tried your best but don't feel like The Law of Attraction is working for you. Despair not! There could be a number of reasons why this is the case and the major ones are listed below. See if you can identify with any of them.

**Self-Limiting Beliefs:** Many people struggling with the Law of Attraction believe (consciously or subconsciously) that they don't

deserve what they are trying to manifest. If this is the case for you, then you need to address any underlying self-limiting beliefs about your worth, or they will keep you from obtaining what you desire.

**Focusing On Lack:** Many people focus on what they don't have rather than what they do have. If this is the case for you, practice catching your "lack" thoughts when they happen and transforming them into "abundance" thoughts. Then take a few moments to feel grateful for all of your blessings. Keep in mind that we attract what we pay attention to in life.

**Counterproductive Environment:** For some people, the reason the Law of Attraction doesn't work has more to do with who and what is around them than what's inside them. Take a look at the people, places, and things in your life to determine if any of them are creating a counterproductive environment for you. You must rid yourself of anyone or anything that's toxic, so your vibration will not be lowered by them. Sometimes it's necessary to weed the garden to make room for beautiful flowers to grow.

**Missing Signs:** Do you have your "antenna" up? Are you paying attention to signs that The Law of Attraction is working for you? Be aware of the positive "coincidences" that happen and feel grateful for them to let the universe know you want more! Also, pay attention to your intuition, higher wisdom, and the spiritual guidance you receive. Their purpose is to point you in the right direction. Be patient. Everything you desire is in the process of barreling down to you in physical form from the ether.

**Unwanted Manifestations:** What happens in our lives is simply "what is." How we feel about what happens (labeling things good or bad) is another matter. It is human nature to feel badly about, angry at, or victimized by becoming ill, losing a job, a loved one's passing, your home burning down, etc. However, it serves no useful purpose

to believe you caused, attracted, or deserved these unwanted manifestations. The Law of Attraction should not be used as a tool for self-blame, which only lowers your vibration. Keep in mind that none of us operates in a vacuum, and there are other Universal Laws in effect.

**Unrealistic Thinking:** Everything you want in life isn't going to show up at your door on a silver platter without a wholehearted commitment and taking the necessary actions. They include positive thinking, emotionally charged feelings, outcome visualization, and the belief that what you desire is already yours. You also must transform any self-sabotaging thoughts, choices, or behaviors that are not in alignment with your highest good. Dreams and goals are two different things. Dreams are a series of images, thoughts, desires, or emotions that pass through your mind. Goals are tangible things that you take action to achieve. S.M.A.R.T. Goals are Specific, Measurable, Achievable, Realistic, and Timely.

## Raising Your Vibration

In order to raise your vibration and manifest an abundant life, you have to begin by feeling good. And, in order to feel good, you need to think positive thoughts, which vibrate at a higher frequency than negative ones.

If you find yourself stuck in a pattern of negative thoughts and feelings, the pathway out of them is to notice when they happen and then consciously change your thoughts and the feeling that follows with something positive. This can be music, a video, a friend, an article, etc.

Place your attention on what you desire and hold it there for as long as possible, as often as possible, until you begin to experience the magic of manifesting what you want. Bear in mind that whatever you focus on, you create more of in your life.

When people arrive at the perfect time to assist you, when inspired ideas just "pop" into your mind, and when events begin to regularly unfold in your favor, you will know that a true vibrational shift has occurred.

Whether you realize it or not, the past experiences in your life you view as "negative" significantly influence your perceptions and choices in the present. This is because painful or traumatic situations get wired into our neural synapses and affect brain chemistry.

Avoiding recurrences of negative experiences and the painful feelings associated with them is your brain's way of trying to protect you.

The problem with this is that operating out of habitual negativity actually attracts more of the experiences you don't want in your life and greatly hinders your ability to be happy.



On the other hand, if you operate out of love and consciously and frequently think, feel, speak, and behave positively, the result will be that you draw more of the experiences you do want in your life to you.

What I have just described is the science of neuroplasticity, which is about your brain's ability to reorganize itself. Neuroscientists have discovered that you can retrain yourself to create new neural networks in the brain.

While it takes conscious effort, mental discipline, persistence, and time to change the way you think, the payoff is well worth it. As a more positive and loving person, every aspect of your life will benefit. When optimism becomes second nature to you, your level of happiness will skyrocket!

Here are some powerful ways to re-wire your brain to perceive things through the lens of optimism and love:

- Decide that you want to be a more positive person. This is a declaration of your intent to change.
- When you catch yourself thinking, feeling, speaking, or behaving negatively (or on something you don't want in your life), stop yourself as soon as you notice and change the thoughts, feelings, words, or behaviors to positive ones (or on something you do want in your life).
- Use affirmations, meditation, and imagination to envision everything you desire.
- Connect with your "Spiritual Support Team" and ask for guidance and assistance.

Give yourself a mental "pat on the back" every time you successfully change a negative or fear-based thought, feeling, word, or action to one that is love-based and positive.

Be kind and patient with yourself. It takes practice and time to change any long-standing belief pattern or habit. The more often you are loving and positive in your thoughts, feelings, words, and deeds, the easier it will become.

If you are diligent, it won't be long at all until you have successfully rewired the neural synapses in your brain, and being positive and loving just comes naturally to you.

## Using Intuition & Divine Guidance

We are all naturally intuitive. Some people call intuition a "hunch," a "gut instinct," a "sixth sense," or a "psychic ability." By whatever name you call it, intuition is your built-in Global Positioning System (GPS), to which you have 24/7 access.

By whatever name you want to call it, everyone is born with a certain degree of natural intuition; however, most of us are either unaware of our ability or have not been given any encouragement to trust it. Like any muscle in the body, the more you use your intuition, the stronger it becomes.

Tuning into your intuition can benefit your life in countless ways because it:

- Directs you to the resources and people that will best serve you.
- Reveals the best path to take in any situation.
- Gives clarity to your decision-making process.
- Enhances your creativity and problem-solving skills.
- Allows you to recognize opportunities that are for your highest good.
- Enables you to find solutions to difficult challenges.
- Provides you with a warning about harmful people and situations.

Intuition is often subtle and can be experienced in a variety of ways. It can come through as a thought, feeling, idea, or bodily sensation such as goose bumps, a tickling on the top of your head, or a churning stomach when something is off. You may receive visual

messages, such as images that appear in quick flashes or visions that unfold like a movie playing in your mind. Sometimes intuitive messages are simply a deep inner sense of knowing.

Start playing with your own intuitive process by noting down any intuitive feelings you get and then referring to them at a later date. Check in to see if your original intuitive thoughts were correct. The more you get to know how you personally access your own intuition, the easier it will be for you to recognize it in the future.

Divine guidance comes through in much the same way as intuitive messages. Whether we are aware of them or not, we all have what I call a "Celestial Support Tribe."

The names you use for yours may include: God, Goddess, Source, Spirit, Higher Power, Universe, Jesus, Allah, Buddha, Love, and Nature. Other Beings of Light you can call upon include Ascended Masters, Archangels, Angels, Spirit Guides, Ancestors, Fairies, and loved ones who have crossed over into the spirit world.

We all have access to Divine guidance; however, if you want to receive it, you need to ask because Beings of Light do not impose upon our free will.

Always use your intuition and Divine guidance in a positive and beneficial manner for yourself and others, so you do not create negative karma for yourself.

## The Power of Affirmations

Affirmations are a form of autosuggestion and a proven method used to reprogram the subconscious mind.

They also play an integral role in breaking old patterns of negative thoughts, speech, and actions because, much like exercise, affirmations raise the level of feel-good hormones and push the brain to form new clusters of "positive thought" neurons.

I highly recommend creating affirmations for everything you desire in life. Be specific about what you want, and write them in the form of lists and sticky notes. Affirmations should always be written in the present tense, as though they are already part of your current reality.

Place the sticky notes on your bathroom mirror, computer monitor, refrigerator, or any place you'll see and read them multiple times per day. Read the list out loud and with conviction every morning and evening as part of your daily ritual.

Here are some examples to assist you with getting started with writing your personal affirmations:

### **Abundance:**

- I am blessed with tremendous abundance on every level in life.
- Money easily comes to me in increasing quantities through multiple sources on a consistent basis.
- I always have more than enough money.
- My grateful heart draws abundance like a magnet.
- I am fully deserving of great abundance in my life.

- I can see abundance everywhere around me.
- I am a magnet for prosperity of every kind.
- My consistent focus on abundance naturally draws it to me.

**Happiness:**

- I know that I am worthy of great happiness.
- I choose to be happy.
- Every moment of every day I am becoming more and more happy.
- I think, feel, speak, and act in a positive manner and come from a place of love.
- I awaken in the morning feeling happy and enthusiastic about life.
- I inspire others to be happy by sharing my happiness with them.
- I feel happy right now.
- I am filled with gratitude for the happiness in my life.

**Success:**

- I am becoming more and more successful every day and in every way.
- I feel successful right now.
- I accomplish my goals with ease.
- I easily find solutions to my challenges.
- I always attract positive people and circumstances in my life.

## **Abundance Manifestation Magic**

- I release all past patterns of thinking, feeling, and behavior that do not serve me.
- I embrace change and easily adapt to new situations.
- I naturally see the good in all people and circumstances.

### **Self Love:**

- I fully accept myself as I am right now.
- I approve of myself and love myself deeply and completely.
- I am worthy of being loved.
- I treat myself with kindness and respect.
- I am proud of myself and my accomplishments.
- My self-esteem increases with each passing day.
- My heart is overflowing with the love I feel for myself.
- I am my own best friend and cheerleader.

### **Partnership:**

- My partner and I share a deep and powerful love for each other, which is ever increasing.
- I see the best in my partner, whom I respect and admire.
- I love my accept partner exactly the way he/she is.
- I have healthy boundaries with my partner.
- My partner and I enjoy sharing activities and having fun together.

- My partner and I communicate openly and authentically with each other, and we resolve disagreements peacefully and respectfully.
- I am able to fully and authentically be myself with my partner.
- I easily communicate my needs and desires to my partner.

**Relationships:**

- I am blessed with an incredible family and wonderful friends.
- All of my relationships are healthy and mutually beneficial.
- I am surrounded by people who love and support me.
- The love I extend returns to me multiplied.
- I enjoy wonderful associations with positive, uplifting people.
- I am grateful for my relationships.
- I enjoy the companionship of the people with whom I spend time.
- My relationships are filled with joy, fun, and love.

**Health:**

- All of my bodily systems are functioning perfectly and harmoniously.
- My immune system is very strong.
- Every cell in my body vibrates with good health.
- I nourish my body with nutritious foods.
- I enjoy exercising my body.
- I am attuned to what my body needs for health and vitality.



## **Abundance Manifestation Magic**

- I sleep soundly and peacefully, and awaken feeling rested and energetic.
- I am living a long and healthy life.

### **Career:**

- My intuition, Divine guidance, and passion reveal my life's purpose to me.
- I receive financial abundance for my expertise.
- I am passionate about my career.
- I do work I love and am extremely well paid for it.
- I am deeply fulfilled by my career.
- I joyfully express my gifts, talents, and skills through my work.
- People appreciate me for the work I do.
- (For business owners) My business is growing, expanding, and thriving.
- (For those who are unemployed) I deserve to be employed and paid well for my time, efforts, and ideas. Each day, I am closer to finding the perfect career for myself.

### **Forgiveness:**

- I forgive those who I perceive have harmed me, and a river of compassion washes away my anger and replaces it with love.
- I accept and am at peace with all that has happened, is happening and will happen in my life.
- I forgive my parents for not giving me everything I wanted from them.

- Forgiveness comes easily to me.
- I deserve total forgiveness for all of my past wrong-doings.
- Forgiveness is a part of my nature.
- I accept the forgiveness of others.
- I forgive myself for any mistakes I have made in the past.

**Life's Purpose:**

- My life's purpose has been revealed to me.
- I am completely in tune with my life's purpose.
- All my actions are in perfect harmony with my life's purpose.
- I am grateful for knowing my life's purpose.
- Synchronicity and serendipity continually let me know I am on the right path.
- As I live my true purpose, happiness and abundance fill my life.
- I am fully aligned with my life's purpose and it feels fantastic.
- Everything I do supports my life's purpose.

If you have been doing affirmations for at least a month and don't feel as if you are making positive progress, try affirmations instead.

An affirmation is a statement of something you would like to be true in your life, such as "I am rich." An affirmation is asking and searching for specific answers to questions.

For example, if you ask yourself, "Why am I rich?" Your mind naturally starts searching for the reasons why.

## **Abundance Manifestation Magic**

Trying to convince your brain through sheer force of will that you are rich if you really don't believe it is impossible. With affirmations there's no conflict for your brain to try and decode.

# The Benefits of Meditating

There are numerous scientifically proven benefits to meditating. Doing this activity on a daily basis can contribute to your physical, mental, emotional, and spiritual well-being. Meditating for at least 20 minutes twice per day is optimal.

[YouTube.com](https://www.youtube.com) has many guided meditations you can watch or just listen to. There are many forms of meditation and methods for obtaining a meditative state. Transcendental meditation (TM) and binaural beat meditations are two that I recommend.

TM has more scientifically documented studies than any other form of meditation. You can learn more about it at [TM.org](https://www.tm.org)

If you struggle with focus and concentration, a binaural beats meditation may be a good place to start because it does not require either. The use of binaural beats sound technology is an easy shortcut to achieving a meditative state of consciousness.

The word “binaural” means “having or relating to two ears.” By simultaneously listening to certain sound frequencies accompanied by relaxing music in each ear through headphones, you can quickly and easily entrain your brain into different brainwave states in which you will be more receptive than in your ordinary waking state.

Here are some major reasons to meditate:

- Reduces stress
- Controls anxiety
- Promotes emotional well-being
- Enhances self-awareness
- Increases attention span

### **Abundance Manifestation Magic**

- Reduces age-related memory loss
- Brings increased awareness and connection
- Improves sleep
- Helps control pain
- Can decrease blood pressure

# There's a Hole in My Sidewalk

## Chapter One

I walk down the street.

There is a deep hole in the sidewalk.

I fall in.

I am lost .... I am helpless.

It isn't my fault.

It takes forever to find a way out.

## Chapter Two

I walk down the street.

There is a deep hole in the sidewalk.

I pretend that I don't see it.

I fall in again.

I can't believe I am in this same place.

But it isn't my fault.

It still takes a long time to get out.

## Chapter Three

I walk down the same street.

There is a deep hole in the sidewalk.

I see it is there.

I still fall in ... it's a habit ... but my eyes are open.

**Abundance Manifestation Magic**

I know where I am.

It is my fault.

I get out immediately.

**Chapter Four**

I walk down the same street.

There is a deep hole in the sidewalk.

I walk around it.

**Chapter Five**

I walk down another street.

- Autobiography in Five Short Chapters by Portia Nelson

## About the Author

Stacy Zemon is a woman of vision, purpose, and heart who alchemizes a unique blend of exceptional skills, intuitive gifts, and spiritual guidance into helping people further awaken, evolve, and transform their lives for the better.

As Chief Enlightenment Officer at Open Lotus Productions, she provides enlightening services, workshops, trainings, and events.

Her signature sacred services include intuitive readings, soul guidance, spiritual mentoring, life coaching, energy healing, and success consulting for holistic practitioners and lightworkers. They are available through [StacyZemon.com](http://StacyZemon.com).

Stacy has worked with renowned spiritual luminaries, thought leaders, and change makers—and interviewed others as a radio show host.

She has been a guest on numerous television and radio shows, as well as being featured in national publications, and Stacy has spoken about spiritual and transformational topics to audiences worldwide.

Her educational credentials include honorary doctorate degrees in metaphysics and divinity, associate degrees in applied science and addiction counseling, life coaching certification, and ministerial licensure.

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