

THE  
*Map* TO  
ABUNDANCE

THE NO-EXCEPTIONS GUIDE  
TO CREATING MONEY,  
SUCCESS, & BLISS



BONI LONNSBURY

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ABUNDANCE

THE NO-EXCEPTIONS GUIDE  
TO CREATING MONEY,  
SUCCESS, & BLISS

BONI LONNSBURY



InnerArt®  
Making your inner art magnificent

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# DEDICATION

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Sed ut perspiciatis unde omnis iste natus error sit  
voluptatem accusantium doloremque laudantium,  
totam rem aperiam, eaque ipsa quae ab illo  
inventore veritatis et quasi architecto beatae vitae  
dicta sunt explicabo.



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# INTRODUCTION

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## HOW THE MAP WORKS

*“Perhaps one of the most startling secrets about prosperity is the truth that the door lies right within yourself.”*

~ REBECCA CLARK

**I**f you’ve picked up this book, you probably have one burning question: “Will this book help me create money?”

The answer is, yes it will—and so much more!

As I wrote in my award-winning book, *The Map—To Our Responsive Universe, Where Dreams Really Do Come True*, we are all more powerful than we know. We are literally creating our entire universe twenty-four hours a day, seven days a week—and yet, most of us *don’t know that we are doing this*. Even those who think they know how to consciously create don’t really know, own, or use the full scope of their power and ability. None of us do.

I hear from readers every day how their realities have changed after implementing what they learned in *The Map*. People are creating romantic partnerships, jobs, extra money coming in from places they never could have dreamed of ... You name it, they are creating it. More, they are realizing that they have power beyond what they could have ever imagined.

One man stunned himself with how quickly the universe

can respond when we focus our energy and intention. An engineer, he felt he had gone as far as he could in his current company. Not sure what his next move would be, he read *The Map* and did the One Minute Manifestor Technique twice a day. Within one week, he received a call about a new position. A week after that, he accepted an offer for his dream job.

“From that minute on,” he told me, “I absolutely knew that the power to create anything exists within me.”

If you can think and feel, you can consciously create. It’s as simple as that.

There’s no special talent or skill needed to create your reality; existing on this planet is enough. It’s not a matter of learning how to create your reality (in fact, you already do create your reality perfectly, albeit *unconsciously*); it’s a matter of owning that ability and power *consciously*. Once you do, your creation skills will become more and more amazing.

*The Map to Abundance* will help you take your power and ability to the next level—the fully conscious, totally-at-your-fingertips level. This will allow your world to be not only financially sound, but fully abundant as well.

Yes, *fully* abundant. There’s a reason I didn’t name this book *The Map to Money*.

Let’s take a look at the definitions of abundance (non-relevant definitions excluded):

*abundance* (n):

1. a copious supply; great amount;
2. affluence

Notice that “abundance” is defined as both affluence (money) *and* a copious supply. True abundance is when you have more than enough of everything you need to be happy, joyful, fulfilled, and powerful in your life.

## MONEY ALONE ISN'T ENOUGH

If you desire an abundant life, you'll want to create money *and* unlimited abundance in every aspect of your life.

For far too long, making money has been synonymous with struggle and sacrifice. People have surrendered their families, their friendships, their health, their preferences, their time, their hobbies, and their piece of mind for even the hope of “getting ahead.” “If I can just get there,” they think, “Maybe the struggle will ease a bit.”

Unfortunately, that energy of struggle and sacrifice only attracts more struggle, and sadly, more sacrifice.

If we do create every part of our reality (and we do), why can't we create as much money as we want, as much time as we want, as much fun as we want, as much joy as we want, as much love as we want, and as much freedom as we want?

The answer is simple: *we can*.

This book will teach you how to consciously create abundance in every area of your life, including money—and how to have fun doing it. (Struggle=more struggle, remember?)

But unless abundance comes very naturally to you, you will need a “map” out of the money maze.

You see, we've all been sold a bill of goods about money.

Chances are, our false beliefs were planted when we were children. Those who told us how difficult it was to making money, and what we must sacrifice to have money, meant well (for the most part). Our parents, for instance, passed down their beliefs about money as a way to “prepare us for the cruel and unforgiving world.” Others had less altruistic motivations, and used scare tactics as a way to manipulate and control us to do what they wanted us to do—like buy their insurance, watch their TV show, or support their war.

Most of our personal criticism about and around creating money stems from those same beliefs that keep money from us: that wanting money is selfish, bad, wrong, unspiritual and/or greedy.

The bottom line is, our beliefs about money are just that: beliefs. They are true or false only in the context of how we relate to them. If we believe them, they will be true—and they will shape our reality. If we no longer believe them, they will cease to have power over us.

The bottom line is: money is *energy*, and it's no different than any other energy. Air is energy too—but do we worry about running out of air to breathe? Of course not. Air, as we all know, is abundant, and ...

So. Is. Money.

And yet ...

## MONEY IS JUST THE BEGINNING

Being abundant is about far more than having money—although that is a splendid way to begin. Being abundant is about being able to receive *all* the gifts of this world, and the worlds beyond.

You see, the trick of being physical is to realize you are creating the physical. Reality is like a movie that you both write and star in—a blank canvas on which you create your life. It is your dream, your nightmare, or a little of both. The power to choose is always yours.

Chances are, you want many abundances. For example, wouldn't it be nice to have an abundance of love? And an abundance of ideas and creativity? How about an abundance of clean air and crystal-clear water? An abundance of peace? Joy? Connectedness? Chances are, you want these things as much

as—or even more—than you want money.

Because of your divine origin, you’ve been given a priceless gift: the power to single-handedly create abundance in every area of your life. Learning to *receive* that gift is the heart of abundance.

## ABOUT THIS BOOK

If you have already read *The Map—To Our Responsive Universe, where Dreams Really Do Come True*, you will already be familiar with many of the truths, concepts, techniques in this book. Here, you’ll learn how to apply these things specifically to money and abundance.

If you haven’t read *The Map*, don’t worry—this book stands on its own. In your hands, you hold everything you need to claim your gift of infinite creative power and start manifesting abundance in every area of your reality. This book will help you deactivate all of your unhelpful beliefs and internal saboteurs so you can look at money in the same way that you look at air: as a resource that’s plentiful, easily accessible, and limitless.

If you’re familiar with my work already, you may be asking, “Why did you choose to make your first narrowly-focused book about money? Why not relationships, health, happiness, or career?”

It’s true: the principles that underpin the work begun in *The Map* can be applied to lots of other important categories. But I chose money first because most people need it first. Unless you are facing a health challenge, personal crisis, or living in an unsafe place, your primary need is likely financial stability.

Money is a paradox. It isn’t the most important thing in the world, but it is critical to have enough money to survive. When

you're afraid you won't have enough money to survive, money *becomes* the most important thing in your world.

In order to successfully focus your energy on other creations, you must be free of your preoccupation about having enough money. Once you have survival handled, you'll have the stable foundation and freedom you need to create other abundances in your life—like true love, great relationships, work you adore, happiness, joy, and greater health and vitality! (Bonus: “Map” books on all of these topics will follow *The Map to Abundance!*)

Money is the easiest thing to create on our planet—and yet, we've made it so very difficult. There is a reason for that, and once that reason is understood and changed, money can flow like water. That's what you'll learn in this book—and I promise, if you implement what I will teach you here, you will be able to use your powers of creation to bring to life all the abundances you dream of.

So, let's get started, and create even more of the life you came here to live!

In joyous creation,

A stylized, handwritten signature in black ink. The word "Boni" is written in a cursive, flowing script. The letter "B" is large and loops around, with the rest of the name "oni" following in a similar fluid style.

**Two More Things Before You Go On ...**

First, if you're reading this book in a desperate attempt to keep from drowning financially right at this moment, please go directly to Appendix A and read *In Case of Financial Emergency—Read This!* It will help you calm down and get centered enough to read and apply this book thoroughly, and institute permanent change.

Second, I discuss a lot about negative beliefs in this book—because I'd bet anything that your beliefs are a big factor in what stops your abundance. For your convenience in testing for and changing those beliefs, I have added the corresponding positive beliefs for each chapter in Appendix B, an explanation of how to test for negative beliefs in Appendix C, and a short description on how to change beliefs in Appendix D.

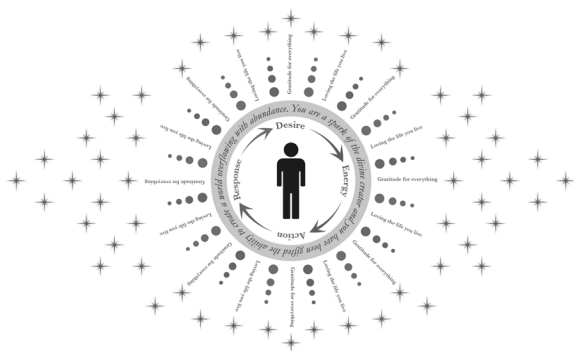




# CHAPTER ONE

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## You Never Need to Worry About Money Again



*“When you are in touch with the essence of what you desire, you can have it in many ways. If you do not focus on a specific thing to bring you what you want, the universe can truly begin bringing you abundance in many ways.”*

~ SANAYA ROMAN

**Y**es, I know: this chapter's title is a pretty bold statement. I wouldn't have believed it myself, unless I had experienced it firsthand.

I manifested money out of thin air at a time when I was flat broke, scared out of my mind, and so deeply in debt I didn't think I'd ever consider myself abundant. Now, I have more money than I ever dreamed of, and I no longer worry about money. Ever.

I've consciously created enough money, and for long enough, to know that even if I lost all of my money by somehow

going unconscious and mis-creating my reality, *I could create all of that money again.*

Thousands, if not millions, of people have had experiences with consciously creating abundance. But even people who have magically made money appear are oftentimes hard-pressed to repeat the process at will. Money will seem to magically appear in times of great need or struggle, when the only choice is to surrender—but once things are back to the status quo, that ability to magically allow money seems to go back into hiding.

That cycle of stress and desperation needn't be your reality. It is possible for you to become so good at creating money (and other abundances) that you never have to worry again.

## **I Wasn't Born With a Silver Spoon**

I didn't come from a wealthy family. In fact, my father grew up during the Great Depression. His father was out of work during those years, and their family of seven farmed their tiny piece of land to stay alive.

My mother grew up on a street that was nicknamed Garbage Alley. You can imagine how charming that neighborhood must have been. The daughter of an alcoholic single mom, my mother was given up as a teen and lived in an orphanage with three of her siblings until she graduated from high school.

My parents did manage to do a bit better financially than their parents did (which wasn't saying much), but struggle was still a constant. My father worked two jobs and grabbed overtime as often as he could. My mother taught and sold ceramics out of our home to make ends meet.

With four kids in the family, we couldn't afford many of the things my friends were able to enjoy—like ski lessons and summer camps. But we had the basics, and unlike my parents,

we never went hungry.

Of course, my parents gifted their “lack consciousness” to me—and unknowingly, I took it. Despite brains, ability and some decent education, as a young adult I could never manage to get ahead financially.

I got married in my early twenties to someone who shared the “struggle” mindset. We did more of what our parents did: living from paycheck to paycheck, never getting ahead, and never questioning why.

But then, when I was about thirty, I learned about ...

## THE LAW OF ATTRACTION

I have to tell you, the idea that we “attract” what shows up in our lives simply blew me away. I mean, come on—why didn’t we learn about this in school? Why didn’t everyone know about this? This was *huge*. I was ecstatic to think that my days of struggle and scarcity could change without me having to sell my soul or work a job I hated.

For my whole life, I’d been under the impression that, if you wanted to work like a dog, you could (just maybe) get ahead—but you’d have to sacrifice your time, health, and oftentimes your relationships to do it. The only other option seemed to be to go to school for years and years and get a job doing something you didn’t really like, but that paid you lots of money.

But to think I could just change *myself* and get ahead? That caught my attention. I was all in from the start.

However, as I soon discovered, *knowing the Law of Attraction* and *consciously creating an abundant reality* are two totally different things.

I did have some astounding, if sporadic, success with

consciously creating money, but it took an entire decade before I *really* understood what it takes to create true abundance. It took another decade after that before I began to allow unlimited abundance into my life. In between those quantum leaps, I slid to some pretty desperate low points.

I didn't go from poverty to total abundance overnight. It took time for me to get clear about everything I believed, and to become conscious of my thoughts and emotions around money, deserving, prosperity, and abundance. But every step I took toward consciousness created a discernable change in my reality.

I now live a life that seems like a fairytale. I live on a gorgeous lake in total privacy outside of Boulder, Colorado, I am surrounded by loving friends and family, I am healthier than I've ever been. I do creative work I adore. I have a spiritual life that feeds my soul, I have absolute control over my time, my creativity, my lifestyle—it's *all* my choice.

That is *my* abundance. I am overflowing with gratitude for it each and every day.

And if I did it, you can too.

Everything you will learn in this book is based on one simple premise:

## **You Create It All**

You create your own reality. Yes, you really do. *All of it*—the good parts, and the bad.

And because you create everything, there is absolutely no reason that you can't be as abundant as you desire.

None. Zip. Zilch. Nada.

If you aren't jumping up and down in joy (at least inside your head) right now, you, my friend, do not understand what I'm saying.

In a very real (and simultaneously metaphorical) way, money *does* grow on trees. Everyone—including you—can create an abundance of money, resources, opportunities, and everything else under the sun. You just need to be willing to plant that money tree seed, and tend it as it grows.

How can that *not* excite you?

If you're skeptical, I fully understand. If you haven't watched money materialize before your very eyes, you probably *should* be skeptical; there are plenty of snake oil salesmen and "get rich quick" schemes preying on hopeful, scared, and lack-filled minds to make anyone skeptical.

But this isn't snake oil. It requires nothing of you monetarily (let's face it, you could've borrowed this book). What it *does* require is your time, patience, emotional honesty, and your willingness to irrevocably change some of your dearly-held beliefs, patterns, thoughts, and feelings around money.

## How Money Shows Up

I remember the very first time I attempted to "create" money. I was brand new to the concept of the Law of Attraction, and just barely opening up to my spirituality.

There was a spiritual seminar I really wanted to attend. Unfortunately, it was far enough away to require a plane ticket and a hotel on top of the admission costs.

At that point in my life, I'd never even been out of New York State. Money was extremely tight in our little family. I wasn't working at the time, and my husband and I had two preschoolers to care for, plus a hefty mortgage. I couldn't, in good conscience, spend money we didn't have to go to a weekend-long seminar hundreds of miles away.

"But," I thought, "If I *created* the money, that would be

different.” If I created it, I would feel good about using that extra money in whatever way I desired.

And so, I stole some time early one morning, before my boys woke up, to do a technique to manifest the \$1,000 I needed to attend the seminar. I did a quick visualization, imagining myself on the plane with my suitcase in hand, excited for the upcoming event, ecstatic that all expenses had been paid.

It felt good. I felt empowered. I *expected* that money to show up.

Then, I got up and made my kids breakfast. It felt a little incongruous that life could be so magical in one moment, and so mundane in the next.

Later that day, as my sons settled down for their naps, I straightened up the house, did the lunch dishes, put on a coat, and prepared to brave the chilly Buffalo afternoon to retrieve the mail.

On the way to the mailbox, I thought excitedly about that seminar and how it might change my life. I opened the box and lifted out a pile of envelopes. As I wandered back to the house, I sifted through the mail. Of course, it was mostly bills. But then, I came upon something that wasn't a bill. Showing clearly through that waxed paper window was a check.

The check was not made out to me. It wasn't even *addressed* to me. In fact, it was addressed to a company in a state four hundred miles away.

How had a check become that diverted? I suspected that it had been caught inside a magazine and then dislodged just before being placed in my mailbox, but there was no real way to know.

But I *did* know one thing: this was a sign that my visualization was working! I was *changing my reality* around finances by changing my thoughts and feelings around money—specifically around having extra money to attend that seminar.

I intended and expected more money to come to me. Even though I couldn't take it to the bank, that check was an indication that I was headed in the right direction.

I was so elated and excited that I did another technique before my boys got up from their naps.

I committed to doing one technique a day for the next thirty days, and was largely successful. I missed a day here and there, but I stayed focused on that thousand dollars coming to me effortlessly, and envisioned myself attending that seminar.

The following week, I received a check in the mail that *was* made out to me. It was for an insurance claim that had been previously denied.

Wow! Honestly, I was flabbergasted that this stuff was actually working. I was also excited and hopeful, and that kept me motivated to do more techniques.

A week and a half after that, I received a card in the mail from a relative. Inside, it read, "I just want you to have this—use it for something you really want." Enclosed was a \$100 bill. I nearly wept with joy.

Eventually the entire \$1,000 (and then some) manifested through avenues I never would have thought possible. I did attend the seminar, more certain than ever before that I have the power to create my reality.

Since that first attempt at consciously creating money, I've had some amazing successes—and some dismal failures.

Sometimes, I was able to manifest money out of thin air, like I did for that seminar. Other times, I hit my own ceiling of disbelief, and couldn't create a dime. And sometimes, I would manifest abundance only to have my reality snap back to my former level of "just scraping by." When that happened, everything I had previously created would disappear.

But every single time I mis-created, there was a *reason*. Ultimately I determined what each of those reasons were, and my



finances settled into a lovely state of abundance. Now, I trust myself and my ability to consciously create. The gut-clenching worry that used to accompany practically every thought I had about money is a thing of the past. I've created a beautiful life for myself—a life overflowing with abundance. I have a gorgeous home, work I love, and a lifestyle of travel, luxury, and freedom.

More important than the *things* I enjoy, though, are the *feelings* I've created. I've created a sense of safety, trust, and a *knowing* that I am abundant—in money, in resources, in creativity, in health and vitality, and in love. And that feels wonderful indeed.

Are you ready to start creating *your* abundance? I thought so!  
But first, let's ...

## GET CLEAR ON THE PROCESS OF CREATION

You are vastly more powerful than you know.

But, chances are, your parents didn't teach you this. Nor did your teachers, your friends, or the television. In fact, the knowledge that you create your own reality may be a revelation to you.

Our power to consciously create our reality is quite possibly the world's best-kept secret. I mean, this is *epic*, right? And yet, few people know about it, and fewer yet manage to actually change their lives with that knowledge.

Why?

Because most people don't really know how it works. Even those who have read the books and attended the seminars struggle with exactly how to create a reality.

The truth is, creating your reality is not hard at all. Actually it's easier than breathing. You already create your reality

whether you know it or not, and you do it *all of the time*. We all do. We can't help but create our reality.

It's the way our universe works.

Most people aren't conscious of how they create. They aren't aware of the thoughts, beliefs, and patterns playing out in the background of their lives. And so, they end up with realities that seem totally unrelated to what they say they want. They're creating *unconsciously*.

As it pertains to abundance, your unconscious creations usually look like what your parents (or other authority figures) created, or what your parents (or authority figures) expected you to create. Why? Because you unconsciously learn to create unconsciously from other unconscious creators.

Boy, that's a mouthful.

Let me put it another way: you take on the beliefs, thoughts and feelings of those around you. Most particularly, you take on the beliefs, thoughts, and feelings of those you deemed powerful when you were growing up. Since it's your thoughts, feelings and beliefs that create your world, if you're not fully aware of what you took on without knowing it, you can end up creating your life in the image of others' lives. It's sort of like watching a remake of an old movie: the actors, scenes, and special effects are different, but the plot is exactly the same.

How do you get off the replay loop? First, you need to change the way you *feel* about your reality—both the one you have, and the one you want.

## **Emotions Generate Realities**

Your emotions are the most important component of your ability to create. In our responsive universe, your emotions draw your physical experiences into your world.

And, because every thought creates an emotion, thoughts are pretty important to as well. The most powerful thoughts are those with strong emotions attached to them. Less powerful thoughts are those with little or no emotion attached to them—but any thought will become more powerful the more often you think it.

Beyond your conscious thoughts and feelings lie your subconscious thoughts and feelings—aka, your beliefs. Beliefs are thoughts and feelings that are so ever-present you've accepted them as absolutes. They are your take on how the world works.

Beliefs never sleep. They never take a break. They are the background music in your personal movie; they create your reality all day, every day.

Beliefs are the hidden key to conscious creation. That's why a major portion of this book is dedicated to helping you discover and change your subconscious beliefs around money and abundance. Until your beliefs, thoughts, and feelings are aligned and can work in concert, you will not be able to create with the ease and power that is your birthright.

*So, my thoughts, feelings and beliefs are creating my money, work, opportunities, ideas, etc.?*

Exactly.

*Okay, then tell me what thoughts to think, what feelings to feel, and what beliefs to hold in order to be a billionaire!*

Well, it doesn't exactly work that way.  
Why not? Because ...

## You Can't Control The Way Abundance Shows Up

This is probably the toughest concept to understand in creating abundance. So, I'll say it again:

***You can't control the way abundance shows up.***

This one concept thwarts so many creations. If you're trying to make abundance show up in a certain way—through a certain job, from a certain person, or in a certain dollar amount—it generally won't work.

You see, you can control the *essence* of your abundance, but you can't control the *form*.

*So I can't create being a billionaire?*

I didn't say that. You may, or you may not create a billion dollars. But what you absolutely *can* create is a reality that feels abundant to you—and that means plenty of the money, opportunities, jobs and creative ideas that *make you feel abundant*.

I'm going to come back to this concept over and over again throughout this book. Money alone doesn't equal abundance. It isn't the goal.

Having a life that is perfect for you: *that* is the goal.

It would have been easier for you if you were taught about this as a child, but you weren't. Maybe you weren't ready for it then, or maybe you chose to experience some struggle first. But you are ready for the knowledge now. You *are* ready to take the concepts of conscious creation and apply them to creating all of the abundance you want in your life.

It's not too late to radically shift your reality. But before you begin, you need to realize ...

## WHY MONEY IS DIFFERENT

I remember sitting in my dentist's office years ago. After we stopped talking about my horrible teeth, we got sidetracked with a conversation about the Law of Attraction.

"Money is the easiest thing to create!" my dentist said with a smile. "Just wait. When you 'get it,' you'll be amazed at how easy it is!"

At the time, I was a single mom with an ex-husband who was haggling with me about paying child support. I had no job, and no prospects for a job. I was about to lose my home to a foreclosure. I was late on *every* bill I owed—and, on top of all that, I had lousy teeth and a mouth full of mercury amalgam that my dentist was warning me should be removed.

"Most people with teeth like yours come to see me in a wheelchair," he said threateningly.

I appreciated the warning, but quite honestly, I had bigger fish to fry. I had to figure out how I would *survive*. First I needed to create enough money to keep a roof over our heads and food in our bellies; *then* I could figure out how to stay healthy.

My dentist, on the other hand, seemed to have it all figured out. And although I had read my share of books about creating your own reality and manifesting money, for the life of me I could not figure out how this guy could say that money is easy to create. It was a mystery to me.

Back then, I thought money was hard to create, and even harder to *earn*. I wanted desperately to be free of my financial dependence on my ex-husband, but I didn't want to sell out and take a job I hated. I *wanted* to believe I could create my reality, but it just wasn't working.

I tried my hand at self-improvement coaching and speaking, but I never made enough money to cover expenses let alone support myself.

Then, I tried multi-level marketing. I knew *some people* made money in that business—but not me. The little bit I managed to earn went right back out the door for phone bills and to buy leads. Obviously this wasn't my "path to freedom."

I even tried doing some catering for a friend of a friend—and while it wasn't a dismal failure like the marketing venture, it felt like one. One night, I was in charge of preparing and serving a dinner party. Halfway through the event, I took the bottom off the blender instead of the top, and dumped the extra-large pitcher of margaritas all over the floor. Do you have any idea how *sticky* margaritas are? It was horrifying.

I was out of ideas. I didn't know what to try next, and I was running out of time. My ex was about to take our boys to live with him—and, when that happened, the child support payments that had kept me afloat for the two years since our divorce would end for good.

What was I going to *do*? I was panicked, scared, totally out of ideas—and, apparently, about to die from a mouth full of mercury.

Visions of homelessness danced in my head. I had three brothers, and I knew any one of them would take me in—but I didn't *want* to move away from Colorado. I also didn't want to live in my car (assuming it wouldn't be repossessed). I imagined ending up as a street person, rolling my cheap knockoff designer luggage behind me everywhere I went, still caught in the fantasy of making my dreams come true.

My books, and my dentist, made creating money sound so easy. But I was living proof that it was *hard*. Maybe I just wasn't cut out for this whole reality-creation thing.

It was a rock-bottom moment. And there I might have stayed for the rest of my life.

But I didn't. Instead, I finally figured out what it takes to create financial abundance. Here's what I learned ...

## Money Is Different Because It's *Survival*

We believe we will die without money as surely as we'll die without food, water, or air. Money is the reason most wars are fought, and the reason most violence happens. Money is the key to power in most people's minds. We believe that money is *real*, money is *necessary*, and money is *in limited supply*.

*That's* why money is different.

Above all else, we believe that we *need* money. Money will buy us health care and medicine when we're sick. Money will buy us food when we're hungry. Money will ensure that we have clothes to wear, and clean water to drink. Money will educate us. Money will allow us the freedom to travel and create. Money may not buy happiness—but it sure can make unhappiness more comfortable.

Even more than that, money had been made “weighty” in our world.

## We Have Vilified Money

Although the famous quote actually reads, “The love of money is the root of all evil,” many of us have been conditioned to believe that money itself is the root of all evil. Somewhere, deep inside, some part of us believes that *having* money, *wanting* money, and *creating* money is somehow not okay.

Check out some various quotes on the subject:

“*Money often costs too much.*” – Ralph Waldo Emerson

“*Goddamn money. It always ends up making you blue as hell.*” – J. D. Salinger, *The Catcher in the Rye*

*“No one can earn a million dollars honestly.”* – William Jennings Bryan

*“If you want to know what God thinks of money, just look at the people he gave it to.”* – Dorothy Parker

*“The rich are the scum of the earth in every country.”*  
– G. K. Chesterton, *Flying Inn*

*“Money has never made man happy, nor will it; there is nothing in its nature to produce happiness. The more of it one has, the more one wants.”* – Benjamin Franklin

*“Wealth and want equally harden the human heart.”*  
– Theodore Parker

Want them or not, own them or not, believe them consciously or not, those statements are part of your reality—and unless you have deliberately changed them, they’re part of your subconscious belief system about money.

What’s more, not only have we vilified money ...

## **We Have “Deified” Money**

We have revered money (and those who have it), given it power, and made it bigger than life. Just look at these quotes:

*“Money makes the world go round.”* – John Kander, *Fred Ebb*

*“Money is power, and you ought to be reasonably ambitious to have it.”* – Russell H. Con

*“You can be young without money, but you can’t be old without it.”* – Tennessee Williams, *Cat On a Hot Tin Roof*



*“In this country, you gotta make the money first. Then when you get the money, you get the power. Then when you get the power, then you get the women.” – Tony Montana (from the movie Scarface)*

*“Money isn’t everything ... but it ranks right up there with oxygen.” – Rita Davenport*

*“When I was young I used to think that money was the most important thing in life. Now that I am old, I know it is.”  
– Oscar Wilde*

Somewhere inside, you’ve taken on beliefs about the god-like power of money as well. You’ve given it status and supremacy unlike anything on the planet.

Along with the survival factor, the weight of those two worldwide beliefs about money—that it is evil, and that it is all-powerful—make money different from any other energy on the planet.

But also...

## **Money Is Always Top-Of-Mind**

While you’re working on creating other things—such as a romantic partnership, a child coming into your life, a new job, or greater health—you can usually put energy into your creation, and then forget about it for a little bit while you focus on other things. You’re giving your new creation the time and space it needs to facilitate change in your world without the opposition of worry, fear, and other constricting energies.

But most of us can’t do that with money. The bills don’t stop coming. You can’t stop eating, or sleeping, or driving, or needing money to exist.

The lack of money is *always in your face*—which makes it doubly difficult to shift your thoughts, feelings and beliefs around it.

Yes, most people on the planet have been assigned a unique challenge when it comes to consciously creating money. Our worldwide adherence to the concept of the “realness” of money only cements those weighty and contradictory beliefs in our subconscious minds.

*But if money isn't “real,” what is it?*

Money is simply *energy*—like a chair, or a flower, or air. Everything that is physical is essentially energy, and no energy is better or worse than any other energy.

You think of money differently than air because you *believe* what people have said about money. I mean, if you'd been told from birth that all chairs were dangerous and would swallow you whole if you sat on them, you might have some funny ideas about them, too!

*Wait, no! I don't believe money is bad!*

You may not believe money is “bad” per se. However, our society has collectively expended a lot of energy in order to make money, keep money, steal money, hide money, manage money, understand money, and judge money.

Unless you were brought up in a cave, or under the sea, and had no social interactions during your formative years, this attention to money in our world *has* affected you. And (unless you've already changed them) it *has* left you with beliefs<sup>1</sup> such as those on the next page:

1. I have included the corresponding positive beliefs to all the negative beliefs below and in subsequent chapters in Appendix B.

- MONEY MAKES THE WORLD GO ROUND.
- MONEY IS DIFFICULT TO COME BY.
- MONEY IS IN LIMITED SUPPLY.
- A VERY SMALL PERCENTAGE OF PEOPLE HAVE MORE THAN ENOUGH MONEY.
- THE RICH GET RICHER AND THE POOR GET POORER.

And even ...

- MONEY IS NECESSARY TO SURVIVE.

*Wait—money is necessary to survive!*

Actually, it's not. But boy, is that belief deeply imbedded in our subconscious minds! And so, we engage with money *as though it is necessary to survival*. But the truth is, thinking you need money to survive is simply a belief.

You need air for survival, you may need shelter for survival, and you need food and water for survival (technically, needing food is a belief too, since Breatharians *do* survive without food), but you don't need money to survive. It does bring up a lot of fear, though, if you *believe* you do.

These beliefs put you in a place (energetically) where you subconsciously believe that you have an *absolute need* of money—and, at the same time, have a snowball's chance in hell of ever having an *abundance* of money.

Yikes! No wonder so many people struggle their entire lives to get ahead. With beliefs like that, it would be impossible not to struggle—and also impossible to get ahead.

Yes, my friend ....

## Money Is The Weightiest Thing On Our Planet

*Money* is not difficult to manifest—but *weighty things* are.

If you make something weighty, it means that you’ve placed too much importance on it. You’ve made it too “real.” You’ve made it bigger than life, and in doing so, you have made it nearly impossible to manifest with ease.

In other words, you’re telling your subconscious (and thus the universe):

- I CREATE MY OWN REALITY, BUT MONEY IS THE EXCEPTION.

Guess what you’ll create with that belief?

Scarcity. Lack. Struggle. Loss.

Money is different from any other energy on our planet, but only because of our *perception* of it. If you want to consciously create more money, this difference needs to be understood and addressed.

## CREATING MONEY IS EASY!

My dentist was actually right: money is one of the easiest things (if not *the* easiest thing) to manifest.

Now that I’ve gotten the hang of it and look back on it, I agree: it’s pretty easy. There are so many possible places from which money can manifest! It exists outside of our bodies and independently of other people (as long as you let it be), so compared to other things, it *is* easy. Just replace the word “money” with “wind” or “electricity” in your mind, and you’ll see what I mean.

It's okay if you're not there yet—in fact, it's just fine.

Let's face it: you weren't *taught* to be abundant. You were taught that money was a tricky, difficult, challenging and laborious thing to come by. It's going to take some time to unlearn what you've learned about money. But once you do, *you'll never have to worry about money again.*

Money can be hard—but it can also be a joy. It can be easy. It can be elegant. It can even be fun!

*The Map to Abundance* is more than just a map to money. It's a map to an abundant life—a life filled with the joys of being mentally, physically, emotionally and spiritually alive. It is a map to allowing the rewards and riches of being a god-being on this planet.

This reality is all an illusion anyway—so why not have as much illusion as you want?

## IT'S OKAY TO DOUBT

When I say that you can create money (and other forms of abundance) out of thin air, it probably sounds too good to be true. So many of us have been disappointed when our hopes of getting out of debt, scarcity and lack have been dashed. We've leapt into the unknown with only the *hope* of our ability to manifest as effortlessly as we've been told is possible—only to feel the pain of failure.

Now, here I come, telling you that money *does* grow on trees (sort of). It makes sense if you feel like this has as much chance of being real as Cinderella's gold-plated pumpkin coach.

But even as you indulge your skepticism about this book—yet another abundance book that will get your hopes up, only for them to be dashed against the rocks of “real life”—you hope

that *this* book, *this* system, will be different. You feel the call of a brighter future.

It doesn't matter how doubtful you are. I was doubtful, too. What matters is that, despite the doubt, you keep your mind open. If you do that, I'll help you melt that doubt little by little—not with my words, but with your own successes. They might be small successes at first, but they will grow.

Just please, especially in the beginning...

## **Be Gentle With Yourself**

There are reasons why money has been problematic in your life. No matter the monetary heartache you've endured—the fear, the terror even, the sadness and the pain—there is a reason. And in conscious creation, where there's a reason, there's a remedy.

Your money issues may be deep. They may stem from childhood or early adulthood. They may be wrapped up in other painful and unhelpful beliefs and emotions related to worthiness, competence, and the spiritual merit of struggle. But wherever they came from, they can be healed. *Everything* can be healed. And, once healed, your reality will change.

Because you are literally healing your reality from the inside out, it is important to allow yourself the time and space to do this work. You didn't get here overnight, and you likely won't create your new financial reality overnight. This work isn't a Band-Aid for your money problems. It's a whole new way of living with, and relating to, money and abundance.

Part of you is probably longing for that “quick fix.” Even when you start to see your reality change, you'll likely be impatient at times, and frustrated that the answers, and the money, aren't coming more quickly. But impatience won't speed things

up. In fact, it will slow things down. You wouldn't rush a brain surgeon or an airline pilot through their training, would you? No, you'd want them to learn what they needed to know thoroughly and methodically, because if they didn't, lots of things could go dangerously wrong.

Just like brain surgery or the ability to land an airplane skilfully in a snowstorm, your ability to manifest abundance can take a dire situation and turn it into a victory—but only if you have the training to think, feel, act, and react appropriately when the situation arises.

Remember that any skill worth learning takes time to develop. There is a cadence and flow to inner growth, too. Try to make self-love a priority on this journey—and above all else, enjoy the process.

## A TRUE STORY OF CONSCIOUSLY CREATING ABUNDANCE

*Two years ago, I was an absolute wreck. I was a depressed alcoholic in a volatile marriage. I was also carrying so much debt that I never thought I could dig out from under the mountain. After hitting bottom (hard) and going through rehab, I began searching for ways to transform my life of hopeless desperation into something worth living.*

*After separating from my husband of twenty years, I spent six months without a home, living with coworkers and in a motel. During that time, I purchased The Map and began a gradual but consistent shift in how I was creating my life.*

*I developed a new mantra, “I am a brilliant, powerful spark of the Divine!” and I repeated it over and over. I even painted the phrase on a board that I intended to hang over the bed in the new home I hoped to create.*

*I started with the intention of creating a beautiful sanctuary in which to live. I found a foreclosure home and began mentally renovating it. I picked up little treasures here and there, waiting for the day when I would be able to move in. I bought that home, and it’s absolutely darling!*

*I began affirming my abundance. I made a good living, but I’d had my head in the sand about finances during my entire marriage, and our spending habits had left us with almost an insurmountable amount of debt. I took a long, hard look at my list of debts, and came up with a plan to become debt-free.*

*I began paying off my bills with ease and pleasure. Since I started this process, I have gone from about twenty revolving credit accounts to none. Even while paying off all this debt, I have put away tens of thousands in savings, and that amount increases every month.*



*Once my money situation was under control, I made a list of what I wanted in a love relationship, and began to become the best version of myself in order to attract my life partner. I affirmed my value and worth every day. I made room in my new home for him before he was even in my life; there was a closet, drawers, and a night stand just waiting for my mate.*

*Within a year, I met an incredible man who treasures and adores me. He proposed to me at Christmas, and we are building a truly high-quality relationship together. I have transformed myself from a righteous and resentful wife to a warm, generous partner who constantly strives to “fill my own tank” so I can give my highest and best to others. I am even finally at my perfect weight (eighty pounds lighter than my heaviest weight). My man tells me that I have inspired true and meaningful changes for him, too.*

*My prosperity is overflowing! I now own two homes. I have traveled to four countries in the last year, and am saving thousands of dollars every month. Even though I am only in my forties, I am already planning my retirement vacation! My fiancé is equally financially secure, and our prospects seem bright.*

*Although I don't always see how much I am growing every day, and it oftentimes feels like I'm taking two steps forward and then a step back, when I look back on the last two years, I am barely recognizable.*

*Two years ago, I was at rock bottom. Today, I am absolutely rich beyond measure. I am truly living a life I love—and I created it all!*

*- Angela S.*

## ABUNDANCE - ALTERING TAKEAWAYS

- It is possible to become so good at creating money and other abundances that you no longer have to worry, ever
- Ultimately, it's your feelings that create. Your thoughts are important because emotions flow from thoughts. And your beliefs are important because they are thoughts and feelings that are always with you.
- Money is simply energy—like a chair, or a flower, or air. You think of money differently than air because you believe what people have said about money—not because it's inherently different.
- Thoughts with strong emotions accompanying them are powerful. Those with weak or no emotion accompanying them are less powerful. The number of times you think a thought increases its power.
- You live in a society where a lot of energy has been expended to make money, keep money, steal money, hide money, manage money, understand money, and judge money. Unless you've been brought up without societal interaction, our world's attitude toward money has affected you.
- Money is different from other things in life because our perception of it is different. When you're seeking to consciously create more money, that difference needs to be understood and addressed.

- We've been particularly challenged when it comes to consciously creating money because of the weight of it. We hold subconscious beliefs that it's evil, that it's uber-powerful, and that we require it to survive. That last belief leaves us with a "time is of the essence" feeling that makes the concept of money more weighty than ever.
- There are reasons money has been problematic in your life. No matter the monetary heartache you've endured—the anxiety, the terror, the sadness and the pain—there is a reason. And in conscious creation, if there is a reason, there is a remedy.
- Impatience won't speed things up. It will slow things down.
- Like any skill, conscious creation takes time and practice. There is a cadence and flow to inner growth, too. Try to make self-love a priority on this journey, and be patient with yourself.
- Above all else, enjoy the process!

## YOUR NEXT STEPS

- In a notebook, journal, or a page in your word processor, write your answers to the following questions. (If you don't like to write, you can speak them into a voice recorder.)
  - What was your childhood like regarding money? What did your parents or other authority figures say and do when it came to money?
  - What are your earliest memories of money (or lack of it)?
  - How easy has it been for you to create money and other abundances in your life as an adult?
  - What is the pattern of money flowing in (and out) of your life?
  - Have you ever felt you had to sacrifice anything for money? What was it?
  - How easy is it for you to accept the fact that you are creating 100% of your wealth and other abundances (or lack thereof)?
- Use the applied kinesiology techniques in Appendix B to test for constricting beliefs. Document the beliefs that need to be changed, and set them aside. (You'll learn more about beliefs and how to change them later in this book.)

