

# Abundance Now

## Introduction

A clear and concise road map to self-improvement and self-empowerment.

There is nothing new under the sun except for our interpretations. Much of what is written here was learned and explained in different venues over the millennia. This present interpretation is enhanced with new knowledge gained by scientists and physicists exploring the makeup and workings of the cosmos. We now understand, for example, in Quantum Physics, that all existence is made up of quanta or energy with potential. We are also stretching our minds around the concept that it is by and through the observations of life, that causes the physical world to manifest.

We now realize that there are great new horizons to explore when we consider that Spiritual Power may very well be the controlling power over all the other powers of energy like electro magnetism, nuclear and gravity. This ebook was compiled from works available in the public domain and rendered with current perspectives.

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On a personal note, it is the thought of your compiler and narrator that countries around the globe face monumental shifts in economic and political realignment going forward as the decline of US empire creates its sinking wake. In addition to adopting new and more synergistic social models to live by, many people will come to realize that the next great frontier will be the exploration of inner-space, the wondrous powers of the human mind.

**Henry Ramsey**

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Presented by: [www.HappyThoughtLifestyles.com](http://www.HappyThoughtLifestyles.com)

**W**e have arrived at a point in our evolution where we know that everything in this universe is made of energy. Through repeatable scientific experimentation we know, for example, that the only difference between an atom of lead and an atom of gold is that the core essence of each element is vibrating at a different frequency.

Building upon this knowledge we are now in a position where we can consciously attract anything we want to ourselves efficiently and effortlessly. The only thing we need to do is to send out appropriate thoughts in sufficient concentration to correspond with the frequency of the things we want to manifest. We now realize that we can manifest constructively by correctly utilizing the laws of creation. We have also seen that haphazard, wrong or misguided thinking creates loss, chaos, suffering, and destruction.

Once you adequately articulate a thought, the rest will be taken care of and brought into being by the immutable law of attraction.

Your thoughts create resonance which attracts duplication. A vibrating tuning fork will cause an adjacent tuning fork to also vibrate or harmonize in unison. To achieve abundance you need but focus your thoughts on having abundance.

Furthermore, you are what you think. Our lives range from random and confused, to some degree of focused, thereby

resulting in our circumstance. To obtain what you desire it is necessary to form a mental picture of this desire. Hold it in your thoughts and visualize it often. To influence creative intelligence, you must feel with certainty that you already have what you want, which in fact, is true, as you will soon see.

According to quantum physics, sub-atomic particles are analogous to packets of energy everywhere present and in motion. All substance including your body is comprised of these multitudes of energy fields. Mentally and physically you are energy that is constantly changing and transforming.

Of great significance is the fact that we have come to the inescapable conclusion that there is a divine or intelligent force that is in and passes through everything that is, including us. It is our subconscious that has a direct link to this Creative Intelligence.

Throughout recorded history seekers of truth have been in communication with this intelligence. The technique used by many sages and authentically successful people, to get in touch with this intelligence, is through meditation. Meditation is the gateway to spirituality which we are coming to realize is the power behind all the other powers, like electro magnetism, gravity, and nuclear that we have learned to utilize.

Consider the words "Energy... Transformation and... Intelligence" for these make up the potential and substance of spirituality. It is possible to communicate with this intelligence, and relate your desires to it through daily meditation. By its very nature it will respond and act.

First and foremost you need to take action by making meditation part of your daily routine. Clearly visualize your desire and hold fast thus allowing the creative intelligence to

harmonize with you and once it understands it can diligently go about its creative works.

The universe we live in is a field of all possibilities, and all of what exists is a function of the principle of observation.

Again, in quantum physics, it is now realized that every material thing only comes into existence when it is observed. When not observed, this quanta exists only as potential. Once you withdraw your observation, it reverts to being only a possibility. Consider this... without life with eyes to see, there is only potential.

Since particles only have substance when we observe them, that is, by giving them our attention, which in turn is fused with our expectation, they magically appear as a space time event.

Furthermore, if we can imagine it, it is possible. We can only imagine what is possible. This universe is indeed a field of all possibility.

In the same vein, everything we desire is also a possibility. No matter what it is, its potential already exists. You can bring about any thing into physical reality through the power of your focused attention. Anything that can possibly Be exists now, in either material fact, or as possibility. Living a life of abundance and experiencing unlimited prosperity awaits you in this field of all possibilities.

If you haven't yet experienced it, it is because of a lack of specific or focused attention. At the moment you start to focus your attention on specific wants, the universe will begin to bring it into your reality. The universe moves in response to your thoughts. This is an immutable natural law. It follows your instruction exactly, therefore, you must be careful about what you say. The only way the universe can receive your instruction is through resonance of your

thoughts.

For development, it is imperative for you to be aware and sensitive to your vibrations. Your resonance or aura is determined by your attention at any given moment. As soon as you notice your vibration is not in harmony with what you desire, it is time to shift your attention. Remember, the universe follows your instruction exactly, no matter for good or ill, so always be aware of your vibes.

From this day onwards, begin to train your mind to see things differently... as they actually are. Realize that whatever you see isn't in fact solid objects. Remind yourself that it is a space time event brought into existence by your observation.

By monitoring your attention moment by moment, and keeping your attention on your desires, you can rest assured the universe is working as it should to bring them about.

By choosing to have or be something, and placing yourself in that specific inner state of being, you will quicken the realization of whatever it is you want. Your inner state of being determines what you think about and subsequently the way you look at things.

The axiom goes: Change the way you look at things, and the things you look at change.

Once you are in the inner state of being rich, for example, you start to look at things from a rich perspective, and as a result, your thoughts will shift in that direction.

As we have learned from quantum physics, subatomic particles appear and fulfill the expectation of our observation. This is true from the microscopic to the macroscopic. We need but train ourselves to observe in our

thoughts as well as externally.

Change the way you observe things, the things you observe will change. Changing your state of inner being will change the way you look at things, and will change the things you look at.

You need to understand that how you view the outer world is a reflection of your inner state of being. Consciously affirm and declare "I am wealthy". Declare it with certainty, and allow yourself the emotional feeling of a life of abundance. Choose the inner state of being wealthy NOW!

Affirm I am healthy, wealthy and wise and filled with joy. Remind yourself of the truth that at the quantum level, you are already where you want to be. Repeated affirmations will help you form the desired belief structures in your mind.

Example affirmations could include..."I choose to feel supremely confident as I attract unlimited abundance into my life NOW!"

Again..."I choose to feel supremely confident as I attract unlimited abundance into my life NOW!"

Einstein declared that "No matter how persistent the illusion of time, the illusion of past and future is still an illusion."

Giving it a moments thought, you easily realize that in fact, the only moment that does really exist, is NOW! There is no past, no future, only NOW! The past and future are only perceptions that give dates to memories in the human mind. Everything happens NOW!

By concentrating on the present NOW, right responses invariably come to every situation as they occur. This is what is referred to as timeless awareness. In timeless awareness you are in flow. You are one with the source of

all energy, the Creative Intelligence.

One way to experience timeless awareness is to live as much as possible in the present now. Watch your mind, observe it. Your untrained mind tries to find associations and therefore tries to escape the present moment because all sensory input that it can relate to has already happened and is now a memory. The only reference point it has is the past. Once you realize your mind is escaping the present moment, gently bring it back to the present moment.

Depending on your clarity, the Universal Mind, or Creative Intelligence, brings to you what it has interpreted to be your will. Your most recent dominant thoughts have instructed the Universe as to your self-talk and has subsequently brought its interpretation into being. This is exactly what you are experiencing now.

It is important to know that Creative Intelligence takes all your instructions, good or otherwise, and works on them equally. Like the subconscious mind of which it is a part, it does not make choices. It takes you at your word so to speak. You have to make your own choice and express it with certainty and clarity.

Once you make your choice, however, its marvelous power needs no further assistance from you, other than for you to maintain your vision. You can know in confidence that your desires are being attended to, so just let the universe handle the details.

To assure consistency of your thoughts and desires, monitor your mind. This requires effort through training just like any other mental or physical accomplishment.

By concentrating on the present moment and practicing daily meditation, you are making yourself available to experience timeless awareness.

Once you come to the awesome realization that you and the Creative Intelligence are in fact one, that you are an extension of this power, you begin to realize that you are the architect and creator of your life.

Seek and you will find, ask and it shall be given is a parable based on another natural law. This is the law of cause and effect. It states that everything is a cause that will induce an effect after it, and everything that is an effect is a result of a cause before it. This is a universal law that is unbreakable, just like the law of gravity. Once you understand it and live by it you will be able to literally design your own destiny.

Your outer conditions are the effects that you have caused. Many people make the mistake of letting the outer world, which is the effect, influence their inner world, which is the cause.

By focusing on misguided outside effects caused by ignorance or corruption, you perpetuate a dissipating cause within yourself by giving undue attention to it, thereby attracting more disagreeable effects. This is why you experience the same situation again and again.

Don't let outer conditions fool or sidetrack you. They are just effects, the sum of all others' thoughts and actions, some awe inspiring and beautiful, most humdrum or dross, most all beyond your control.

You can simply change your outlook by changing your focus, which causes your inner thoughts and feelings to change, resulting in a different perspective and perception of the effect.

If you look around and see discord, don't let this temporal condition influence you. Instead simply remind yourself that it is only an effect, beyond your control, and then focus your

mind on prosperity. Your situation will quickly change to match your inner focus. What you focus on expands. Your consistent thoughts create your reality.

As we have seen, since your thoughts cause everything you experience, you must be very careful about what you think. Constantly ask yourself "What is the effect of my present thinking." The key to self-directed accomplishment and fulfillment is to keep your thoughts aligned with your desires.

When your thoughts are not aligned, by disruption or intrusion, your body will tell you by giving you a negative emotion. Listen to this warning, gently acknowledge it, but reject its bid for attention.

Monitor your emotion. You have the ability to switch into a positive emotional state at any given moment, as long as you are willing to do so. Replace unproductive or negative thoughts with pleasant and constructive ones. By so doing you give positive affirmations the energy of your attention.

Our only necessary job in life, when all is said and done, is to bring up our level of awareness through the experience of learning, working and seeking right living. For any soul to advance from gross and inflicted, to reunion with the godhead, or enlightenment, requires knowledge and effort.

The way to bring anything from the unseen world to the physical world is by giving attention to it. To personally advance, and thus add to the betterment of existence, we need to study until we make sense of our experience through an understanding of spiritual laws. We then must relate them to our daily thinking and make them a part of us. This is the path to enlightenment, our ultimate destiny.

Once you live by these immutable laws, struggle in your life diminishes and your life becomes an easy and stress free

process of creation. You simply ask, and you are given, you simply give and you receive more.

It is imperative that you define your major goals clearly. State clearly and specifically what it is you desire. Use words like "I choose" and "I am" to begin your affirmations.

By using the word Now, you further trigger your power of creation, Now being the only time that manifestation can occur. By saying "NOW", you are stating the truth.

Create your own simple affirmations by clearly defining and setting forth your goals in straight forward declarative sentences, being particular to avoid negative terms or ambiguities. Program these affirmations into your subconscious mind. Once your subconscious mind accepts your statements as truth, creation happens automatically.

Affirmation is one of the most powerful ways to make something you desire become a reality for you. To make your subconscious mind quickly accept your affirmation as a truth, you have to patiently convince it by reinforcing techniques. Repetition tells the Creative Intelligence you are serious and mean business. One such technique is to utilize technical aids to enhance and speed up the process.

Subliminal messaging in conjunction with binaural beats or hypnotic suggestion can bypass the comfort zone guard at the periphery of your consciousness gaining a direct access to the subconscious.

A good affirmation could be... I choose to be harmonious with the highest intelligence in the universe, creator of everything in the physical world. I have the power to create any and everything I desire at anytime. I am one with the source of all that is. Now I choose to see my desires

manifested in my world.

Keep in mind that every time you have a negative emotion and dwell on it, you are miss-creating. You must train yourself to be aware of negative emotions and correct them immediately; don't let them grow or accumulate.

You may acknowledge your negative emotion, but deny it undue attention, and gently replace it with a positive one. Think of your goals or repeat your affirmations. Think about anything you feel grateful for. Expressing gratitude is a very powerful signal to the Creative Intelligence that you are paying attention.

Monitor your thoughts moment by moment, and keep mindful of your chosen inner state of being. Feel that your desires have already come true, that you already have possession and it is on its way to you in substance. You need to be patient then for an appropriate circumstance to come about by which the Creative Intelligence can deliver your desire to you.

Although your higher self is part and parcel of the Creative Intelligence that manifests your thoughts, you also need to give it a chance to speak to you. You need to be receptive. The spark of invention, creative ideas and inspiration come in this fashion.

Receptivity to messages from the Creative Intelligence is heightened during meditation. Whatever message you get from your higher self, act upon it immediately. This is the most powerful assistance you can get, the real answer always comes from within.

Surrender too. At the end of each day surrender to the universe by putting your full faith in its wondrous powers. Allow the universe to work on your desires even when you are asleep. Another affirmation might be...I let the universe

in its wisdom, handle all the details of bringing me what I ask for. I am grateful for this powerful assistance. I trust it implicitly.

Implement this through practice and consistent attention and you will have your desire. You will truly experience the joy of manifestation.

The real you, the one in and of the Creative Intelligence, has another potential asset. It is that self-talk voice inside you that guards the periphery of your consciousness. It is that familiar entity that reinforces your prejudices and rejects the unknown. It can be trained and enlisted to work as an assistant in developing your personal power.

How much success and how much fulfillment you get in your life is directly proportional to the quality of your inner dialog. Your inner self-talk is constantly doing judgment and evaluation. Whatever you see, hear or sense, your inner dialog forthwith pronounces a judgment of good or bad, right or wrong, like or don't like, based on your past experiences. Its primary role is that of guardian, acting on evolutionary and primitive instinct, protecting you from perceived dangers by associating only with the familiar while excluding all else.

This inner dialog, under ordinary conditions is less than helpful when it comes to developing your personal power, however, it can be won over to higher understanding. At present it is confined by your paradigm which is the totality of your past experiences. Your paradigm encompasses the perceptions you have of yourself and of the external world.

For many people this paradigm and its vocal guardian maintain a normalcy which is both confining and of limited power or influence. One method to train your assistant and to circumvent your intransigent paradigm, is to adopt and

maintain a can do attitude. Remember, all possibilities are open to you, and having and utilizing a confirming second opinion greatly reinforces this truth.

In order to grow, you must induce your self-talk partner to consider possibilities 'outside the box'. Enlist it as an ally in your desire for betterment. This means being open to accepting new challenges, learning to do new things. Suppose you want to make a million dollars but you never did this before. You search your entire database of past experiences and find no way to proceed.

Your inner dialog would ordinarily conclude that it is not really possible, a no can do negative. It will try hard to convince you that what it says is true, because it does not want you to step out of your secure zone into potential danger.

However, the fact is, in reality you must develop new interests and learn new skills to progress. In this case, adopt the mind set of a millionaire, visualize the new experience of having a million dollars. It is all but impossible to find the wherewithal within your old database.

Replace negative inner dialog with can do positive. Don't take for granted whatever your untrained inner dialog tells you. Think things through one step further and then present this new logic to your new associate . Once your inner voice joins you in your new adventure your life will never be the same. This is all you have to do to gain an ally in achieving a successful and more fulfilled life.

The majority of people are bewildered and don't know what is good for them and what is not. They follow the path of least resistance and accept what is handed to them by

perceived authority figures. When times are troubled, they seek external guidance and salvation often from unsavory sources. Only when they realize that the solution to their miasma is not outside of themselves, but inside, will they start to address their problems. To break out of a vicious cycle requires a change of approach. Develop some confidence in your ability to learn and then listen to your true inner self and the insights presented there.

Do not allow the negativity or absurdity of others' actions to adversely affect you. By seeking truth you will eventually realize the futility of 'fighting city hall' and replace your negative inner happenstance, with self-fulfilling positive aspirations. You don't have to work hard on this, it happens automatically once you get into the habit of skillfully communicating with the Creative Intelligence and then listening to the answers.

In conclusion, you must first be aware of and then develop the knowledge of your power; second, you must have the courage to dare beyond your paradigm, and third, you need to summon the faith to do." If you concentrate upon these thoughts, if you give them your full attention, you will find a world of meaning in each, and you will then attract other thoughts in harmony with them, and soon enough you will grasp the full significance of this awe inspiring vital knowledge.

Remember to affirm: "I choose to feel supremely confident as I attract unlimited abundance into my life NOW!"

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