

The Teachings Of *Joshua*

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THE
ABUNDANCE
OF *Money*
PROJECT

ABUNDANCE



THE ABUNDANCE OF MONEY PROJECT

Money is attracted to you based on the vibration you are emitting. Your current vibration is perfectly aligned with the amount of money that currently flows into your life. Your current vibration is set by the mix of your feelings

and beliefs. Adjust your beliefs and you tune your vibration so that it attracts more money.

Remember, it is never the money you want, it's the feeling you think money will bring.

We are going to give you a series of statements that, if you read and believe, will allow you to turn on the flow of money into your physical experience. Read these statements over and over until you believe each one. Take note of the emotions you feel after reading each statement. Write down how you feel and analyze your beliefs about each statement.

ALLOW



FEEL

If you take the time to write each statement in your own hand and analyze your beliefs about each statement, you will shape your belief system so that it will allow money to flow into your life. If you don't believe in writing down your analysis of your beliefs about each statement, then this is the first belief you must alter.

GRAB A NOTEBOOK AND WRITE DOWN EACH OF THE FOLLOWING STATEMENTS, THEN DESCRIBE, IN WRITING, HOW YOU FEEL EMOTIONALLY ABOUT EACH STATEMENT.

I believe I am more than just the flesh and bones that are represented by my physical body.

I believe I am the creator of my life experience and the creation is me.

I believe I can have, be, and do anything I truly desire as long as I follow the Creation Process.

I understand that my beliefs shape my reality.

I know I am in control of my beliefs and I can raise or lower the intensity of any belief.

I am able to analyze, through introspection, the benefits or detriments of any particular belief.

I now know that as I allow my beliefs to be altered, I allow my life to change, my perspective to be modified, and my dreams to manifest into my physical experience.

EXPERIENCE



CONTINUED...

OPPORTUNITY



I believe I am a worthy being, as worthy as any who have ever existed.

I believe money is good.

I believe I am now worthy of receiving more money than ever to flow into my physical experience.

I understand that my thoughts control the flow of all desires into my life and I know that my emotions indicate whether the thoughts are leading me toward or away from my desires.

I know I have total control of the thoughts I attract by the way I decide to feel.

I know that action does not bring great abundance unless it is inspired action.

I have faith that the universe has the power to bring money into my life.

I do not need to plan how the money will come, for I am aware that I cannot see the path to more money from my current perspective.

I know that when the time is right, I'll be inspired to take the action that will bring more money into my life.

CONTINUED...

I know that the universe will bring money into my life as a constant flow and that it is not necessary or even practical for me to hoard money.

I know that money is not a physical, tangible thing but a flow of energy.

I can feel for the feeling of abundance and I practice that feeling around things that are currently abundant in my life.

I write down lists of general ideas of abundance that are in my current life experience and write words and think thoughts of appreciation on a daily basis.

I meditate for a few minutes every day and I start my day off feeling good and at ease.

I release the tension around money by knowing that the universe will bring me as much as I allow it to.

I pay attention to the manifestation events that occur, understanding the lessons in each one, and I allow the events to mold my vibrational pattern through the shaping of my beliefs.

I am patient and allow the flow of money to come at its own pace.

I am not hurried because I understand that time is an illusion and I will be ready for the money as it comes.

As the money starts to flow, I notice it immediately and appreciate it. I am not worried that the flow will shut off; instead, I know the universe always provides more of whatever I put my attention to. I see the flow as just the beginning of something much larger.

I anticipate that the flow will grow larger and larger. I modify and expand my beliefs every step of the way.

I expand as the money flows more and more, and I am grateful for the expansion the money creates in my life.

I never tire of the expansion of money into my life and as it comes, I am ready.

I know I can limit the flow if I want, but even if at times I feel overwhelmed, I understand that this is simply tension caused by the gap of vibration and I will close the gap.

After reading these statements and analyzing your beliefs, you have now come to the place where you are able to allow the free flow of money into your life without resistance.

ENERGY



You have been changed by the words you have just read and the analysis you have completed. Your vibration has been permanently altered and you have come to a new understanding of the power of abundance.

WOTF



BUT WAIT, THERE'S MORE...

Abundance Question and Answer with Joshua

Dear Joshua,

How can we change our set of beliefs to be similar to those of a person who is wealthy and abundant? I ask you this question because you talk about that in the chapter entitled: Free Your Mind and Your Body Will Follow in The Joshua Diet Book about embracing, for example, the beliefs of a lean person versus a person who is obese.

Do we go to the people we think are rich and prosperous and ask them what are their beliefs about that? For it can take a lot of people to find the beliefs we are ready to really embrace?

Should we read books about these people?

I know it's more complex than simply finding a new set of beliefs and following through (because fear or resistance could appear), but is there a blueprint somehow about that subject of prosperity and abundance? (Here I mean the abundance ... more than enough).

Even though there are a lots of book on the market about that. I have read so much of them, but I didn't have the same perspective on my life as now, during that time (the old approach to life).

Your perspective on this subject would be appreciated, with your new approach to life.

Thanks a lot!

With Love,

Audrey

Q & A CONTINUED...

Dear Audrey,

To be compatible with wealth, you must emit a vibration that matches the vibration of wealth. That seems simple enough. Since your vibration is the culmination of your feelings, your thoughts, beliefs, opinions, attitudes, expectations, desires and fears, all you would have to do to become wealthy is to adjust your vibration to match that of a wealthy person. Let's see if we can dissect this a bit.

It seems to us that people become wealthy in really only two ways. They inherit or "win" their wealth or they earn it or produce it in some way. Now, would it be easier to adopt the beliefs of the person who inherited their wealth or one who earned their wealth? It would probably be easier to adopt the beliefs of the one who earned their wealth, because like you, that person once believed in lack. Somehow, their vibration moved from somewhat lack-based to more abundant. If they could do that, then so could you.

Now, of those who earned their wealth, there are basically two categories: Those who created wealth in order to change the conditions to feel something (i.e. security, worthiness, admiration, respect, etc.) and those who pursued a passion and the side effect was wealth. Of those two choices, both are equally attainable, but one is certainly more desirable than the other. If you create wealth just to get some feeling from it, that feeling will never come because the outside conditions cannot alter how you already feel. You will never feel secure, worthy, respected, or admired just because you became wealthy. In fact, you would most likely feel the opposite.

Therefore, the key is to adopt the beliefs of the person who found their passion as a side effect, created wealth. What does that really mean? It means that money was never the issue. The money came so that the person could pursue their passions. They were not attached to the money. They did not think the money meant anything in particular. They did not feel lack. They always felt abundant, not in the sense of more than enough, but in the sense that everything they needed to do that which they needed to do came at the right time.

Q & A CONTINUED...

The first belief you must alter is your definition of abundance. There is no need for more than enough. There is only the requirement that you receive what you need when you need it to do what you need to do. As long as you are doing what you need to do to explore reality as you intended, then what could be better than that? Having too much is a form of control and it's based in fear. Nothing that is based in fear will ever be for your highest good. Start thinking about what you truly want, not about those things you think you want.

It's unlikely that you came here to explore the fascinating aspect of extreme wealth. That is not a very interesting exploration, given that in the nonphysical there is no lack. All you have ever experienced in the nonphysical is complete abundance. What you came to explore in physical reality is lack. It's not something you can explore in the nonphysical. Have you explored lack enough for this life? If so, give it up. The flip side of lack is not wealth, it's abundance. Start practicing abundance by spending, doing, exploring, believing, and having faith that what you need will be provided to you. If you don't need anything, it cannot come. Push the envelope of what you need by focusing on what you love. Believe it can come and that will be the start of allowing more to enter.

Belief number one: you do not need more than enough. More than enough has no value.
Belief number two: abundance is having enough of what you need when you need it.
Belief number three: If you do not need something to do what you need to do, it cannot come. If you live within your means, you do not need anything more.
Belief number four: If you believe it will not come, it cannot come. That is resistance. If you believe it must come, then it will come. That is allowing.

What do you need to explore life as you intended? You do not need much if you are not exploring much. If you are out there climbing the mountain, you will need a lot of equipment and a lot of support. If you're stuck at base camp, because you fear climbing the mountain, then you need very little.

With our love,
We are Joshua

**MONEY IS ENERGY.
ABUNDANCE IS THE BASIS
OF THE UNIVERSE. YOU
WERE BORN INTO
AN ABUNDANT WORLD.
ABUNDANCE IS YOUR
BIRTHRIGHT. YOU ARE
WORTHY OF ALL THE
MONEY YOU DESIRE. NOW
GET READY BECAUSE HERE
IT COMES.**

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WE ARE JOSHUA