

We yearn for better. We crave love. We desire wealth. We wish we could feel good about ourselves. Many of us embark on paths that include seeking new relationships, new jobs, going on a diet, or working out more often. All these things are productive ways to move energy. The critical step most people skip is in adjusting their inner perspective and narrative. Without that step life will not flow. In order for manifestation itself to become accessible we must practice and master two critical skills:

1. Release the programming that has been put upon us over the course of our lives – beliefs, ideas and responses that cause us to feel fearful and incapable, i.e. lies. We are divine creative beings with dignity, purpose and intention. That is who we are. Programming smalls us down and tells us we are not powerful, and that fear is a viable response.
2. Learn to recognize vibrations themselves – understand everything is energy. Energy is the gas that makes life go. The quality of the energy we use to create life will determine the quality of our manifestations. We must become responsible to ourselves for the energy we digest and choose to use in our daily lives. Too often we succumb to outside pressure that wants to tell us who we are and control us. We fall for it. Stop falling for it.

Even 20 years ago, these two “must-do’s” were left for psychics, energy readers and healers. It was considered unusual to possess these skill sets. We are evolutionary beings. We have now evolved to the point that in order to thrive we all must embrace these skills. Certainly, if manifestation of wellness, abundance or love is on your mind, you want and need these skills. They are the gateway to everything else you desire. Without them you will not become abundant.

I wrote the *Energy of Abundance* five years ago. I had no idea that the content of that work would be so relevant in today’s world. It is not only relevant but timely to the collective about the actual steps we must take to expand our lives. As a culture we have been stumbling around with the Law of Attraction for years. Now the route is clearly defined and accessible to everyone who is willing to expand their awareness and accept responsibility for their creations. That is the price of entry. It requires intentional practice of releasing programming and recognizing vibrations themselves. You don’t have to be psychic to do it. You simply have to pay attention to how you feel. Then respond consciously to your feelings from your higher awareness. That part of you which knows the limitlessness of your true nature. We must bridge the divide between the physical and the intangible. It begins and ends internally.

Energy and vibrations work on a spectrum. On one end of the spectrum we have apathy, boredom, depression, violence, etc. Those frequencies are very dense. They move slowly. There is very little space in these vibrations. When we want to manifest, we need space to

expand. Just like an expanding store leases a larger space. We must create inner space to realize external space. Space connotes abundance.

On the other side of the spectrum we have enthusiasm, love, generosity, patience, etc. Those vibrations are fast moving, spacious and light. There are mid-level vibrations in between these two extremes. Most mid-level vibrations keep us in the status quo. In the status quo we settle for the comfortable “known” experience rather than lean into the uncomfortable “unknown.”

As soon as we recognize the nature of the energy we are using to create our life we become empowered to expel or embrace vibrations. We can choose to think poorly of ourselves, or not. We can choose to feel powerful or not. We decide to be a loving force in the world, or not. We can choose to be courageous or live in fear. No matter what topic we look at in life, every moment the energy we choose to digest will determine the quality and quantity of our manifestations.

On the road to abundance there is no way around learning to recognize the energy we digest moment to moment. It is in our moments we have the power to redirect and create the life we desire. This is exactly where manifestation begins. When we take care of this step, our only job in manifestation becomes to set intention and release it. We do not have to think about anything else. We recognize that abundance and manifestation is about balancing our inner world, not our outer world. In that awareness we put ourselves in the stream of abundant consciousness. When we surrender to this awareness our needs will always be met beyond our wildest expectations.