

Conncting to Abundance

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(Revised: 08. August 2012 by Nicola Neumann-Mangoldt)

FORMAT:

Individual or group process
Duration: 30 minutes

PURPOSE:

Reconnect to abundance, which is the birthright of every human being.

SETUP:

Client sits in the chair or is laying on the mattress. Bucket and tissues are available.

INTRO / BACKGROUND:

Abundance is everywhere. The universe is made of abundance. It is actually our birthright. However, we oftentimes cut ourselves off from this source. Maybe we experience a shock situation or were constantly exposed to a destructive environment and allowed it to shape our being (e. g. parents telling you that you can't do certain things that it won't work anyway, etc.)

INSTRUCTIONS / PROCEDURE:

Take a deep breath and close your eyes.

Now take a look where in your body the scarcity, the lack of abundance it situated. Go there and let this lack be there. Feel it. Let the feeling come that is connected to this lack. Now take a closer look at this part in your body. What does the scarcity and emptiness look like? (e. g. it might be just a grey hole) Which shape has it? Which color has it?

The flow of abundance never goes away. It is always there, like a tube plugged into you. We cut off from this tube ourselves. Keep your eyes closed and look around, outside of your body. Somewhere there is kind of a thick connection cable hanging around. It is like a flexible tube. You recognize it immediately. The word ABUNDANCE is written on it. It comes directly from the universal source and ist he channel through which abundance flows directly to you. Just look around where this tube is, because right now it is not connected to your body. It is somewhat hanging free in the air.

Do you have it? Which color has it? How big in diameter is it (show with hands). Feel it with your hands. Can you feel the warmth and incredible energy running through it? Now take it with both hands and bring it to the part of your body, where you located the scarcity before. Can you see that the abundance cable fits exactly into this

scarcity hole? Now take it and slowly screw it in. Slowly, step by step. There will be feelings coming up. Let them all be there. You have missed this abundance for so long. Keep going until the cable is anchored in your body.

Now let the abundance flow through and expand in your body. It fills the little toes, the knees, the stomach, every cell is nourished by abundance. Don't forget the brain. Your brain can now think in abundance. Just enjoy the stream of abundance running through you, the warmth, the light. This is your new reference point, from now till the rest of your life. How does it feel?

DEBRIEF: