

# The Abundant Mystic: 21-Days to TRUE Prosperity

www.abundantmystic.com

## Marc Allen – Take Action Guide

Here is an outline of the Core Belief process Marc spoke of and an example of how you can begin practicing it today!

### 1. Practice the Core Belief Process:

While you get the most benefit from this when you use it on something that has a strong emotional charge, it is helpful to practice it when you are not in a charged situation. So, today, take ten-minutes to work through the Core Belief Process around a limiting belief in your life. Best to write it down. See the example below:

#### 1. What is the problem?

I never seem to have quite enough money to pay all of my bills each month.

#### 2. What emotions are you feeling?

Frustrated, angry, desperate.

#### 3. What physical sensations are you feeling?

Tightness in my chest and solar plexus. Tension in my shoulders.

#### 4. What are you thinking about?

Why can't I get over this and get this money thing handled?

#### 5. What is the worst that could happen in this situation?

I won't be able to pay all of my bills.

#### 5a. What is REALLY the worst that could happen?

I could get kicked out of my apartment and end up living on the street.

#### 6. What is the best thing that could happen?

A lot of money could start flowing into my life and I could start paying all my bills on time.

#### 7. What fear or limiting belief is keeping you from creating what you want? State your fear in as simple words as possible: Words a 5 year old could understand because then our subconscious mind really grabs hold of it.

Life is a struggle.

#### 8. What affirmation completely contradicts that negative or limiting belief and counteracts it?

My life is filled with ease, grace, joy and abundance. Or, expand this to include Marc's affirmation phrasing: In an easy and relaxed manner, in a healthy and positive way I am creating a life of grace, joy and abundance. This or something better is now manifesting in totally satisfying and harmonious ways for the highest good of all.