

The Abundant Mystic: 21-Days to TRUE Prosperity

www.abundantmystic.com

Marc Allen - Takeaways

Definition of Abundance: Having plenty of resources to do what I want to do with my life, having plenty of resources to live the life that I want to live, to do the kind of work I want, to have plenty of time for my own creativity and plenty of resources to do whatever I dream of doing.

“Within every problem is an opportunity.” We all get the problems. I started asking myself “What opportunities are there in that problem, what benefit, what gifts?” I found an amazing thing -- we ask ourselves those kinds of questions and we start getting answers. I got all kinds of answers that completely changed my life and my business. **[Key takeaway: Now reflect on a current problem and look for the hidden benefit.]**

You reach a point where you realize every moment of your past was perfect and it all gave you exactly what you need to move ahead. **[Key takeaway: Think about a “problem” you’ve faced in the past. What lesson did you learn from it? How did it help you get to where you are now?]**

We are all visionaries and we are all using these powers all the time, but most of us use our power to visualize and create far more in our lives thinking about what we want for lunch and creating lunch; rather than thinking what we want to do with the rest of our lives and creating the life of our dreams. Literally, we spend a lot more time visualizing lunch and dinner. **[Key takeaway: Do you spend more time planning meals than you do your long term goals? How can you shift that?]**

Let’s imagine 5 years have passed and things have gone as well as can be imagined what would your life look like? **[Key takeaway: What will your life look in 5 years? Write it down.]**

It takes that kind of persistence. You can find a way – there’s always some way to do what you love to do. There is time, there’s plenty of time – even if you have a full-time job and a family. There is time, there’s some time in the evening, there’s some time in the weekend. There are holidays. We usually get a holiday each month. We can find the time to do what we love and then somehow start getting supported doing what we love. **[Key takeaway: Are you working towards your dreams and goals? What can you do in 5 minutes every day towards what you love?]**

You’ve got to love and serve yourself before you have the capability to serve someone else or something else. **[Key takeaway: How can you do to start loving & serving yourself?]**

I wrote a book about that, it’s called The Ten Percent Solution where I really encourage people to save at least 10% for themselves. Again, to me, loving and serving yourself and others means save for yourself too and build for yourself. Save at least 10% a year income for yourself and then give away at least 10% of your income for others. That means living on 80% of your income or less. If you can’t save and give 10% then start saving 5% for yourself and give away 5%. If you can’t do that, save 2%. If you can’t do that. You can save a dollar for every 100 dollars that goes through

your hands. You can save 1% and give away 1%. **[Key takeaway: Do you save for yourself and give away to others now? If not, can you start at 1% and work up to 10%?]**

Looking back I realized the power of those affirmations. I never had to believe in them or come to believe anything. I just tried it and I saw that it worked. I'm absolutely convinced now – you can sum it up simply “the universe says yes to every thought.” So when we say “I'm now, in an easy and relaxed manner, going to create the life of my dreams,” the universe says “Yes” and starts showing us exactly how. We have this quiet voice in us that will absolutely guide us, I have no doubt. **[Key takeaway: What are you affirming in your life?]**

With every thought we either support our dream or undermine it and eventually destroy it. I think that is the whole process: it is becoming aware of every thought and every word. Words are easier to become aware of. If you're saying, “Oh this is hard” I literally stop people. I've had people say to me “My job is killing me!” I say, “Cancel that.” **[Key takeaway: What limiting thoughts words and phrases do you use on a regular basis? Become aware of those and start replacing them with empowering thoughts, words and phrases.]**