

A Practice in Abundance Awareness

An Empowerment Workbook
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WOMEN'S EMPOWERMENT CIRCLE™

Hey Superstar.

Thank you so much for reaching out to receive my first free goodie. I am honored to provide you with this practice towards an abundance orientation - it is one that I use myself when I feel stuck in lack. I am so grateful to share my tools and knowledge with you and I am grateful for your faith and support in me!

Feel free to come back to this practice whenever you want. This is your tool for accessing the abundance in your life. If you have any comments, insights, or difficulties with this, definitely reach out! I am here to help you in any way I can. As you show others how you use this tool, tag us @wempowermentc so we can spread the joy! And may you always be empowered.

Now on to the goods!





Abundance is...

Lets first think about what abundance is. Abundance is “*plentifulness of the good things of life.*” This definition alone lets us become aware of two things: 1. abundance = good things and 2. abundance is not limited to time or space. Abundance could be joy, love, money, pillows on your bed, or special cups in your cabinet. Abundance can be two things or it can be a million. Abundance can only be definite by what we feel when we are aware of the “good things of life.”

Have you ever had a time when you were looking for something but couldn't find it, and someone comes up right after you and finds it almost in an instant? My mom would magically find things I was looking for in the places I was looking for them all the time (I think its a mom thing). But why was this? *What's the secret?*

The secret is that only when we are accustomed to looking for something, and open to receiving it, is when we can actually find it. This is why the abundance orientation is *not* something you either have or don't, its a practice of being aware and acknowledging the “plentifulness of the good things of life.” **You have to be looking for it, open to it, and aligned to see it.** You also have to make an effort to practicing, the more aware we are of that abundance, the more abundance we attract instead of its backstabbing homie **lack!**

We're usually more aware of what we don't have or what we struggle with because it throws us off our groove and into the problem-solving mode. *So we're going to start here.* For all of these prompts I will provide my own answers as examples that you can use if you get stuck. **Read them only after attempting to answer the prompt yourself.**



Your Turn

Write about the last time that you felt like you **didn't have enough** of something or we're **struggling** with the idea of receiving something in you life.

Now, **circle** the central person, place, or thing that this moment surrounds and **underline** the feeling it brings you (if there). If it is a person or a place, think about what you want from it, for example affection or security, this will be your subject.

If you had to ask your subject **one question** what would it be?

Now, write down **three times** that your subject can prove you wrong, saying "but wait... I did/was that here, here, and here."

1.

2.

3.

Now & Later

Write down **three more times** when your subject can say they appeared in your life in the way you wanted to, but maybe in a different form than usual.

1.

2.

3.

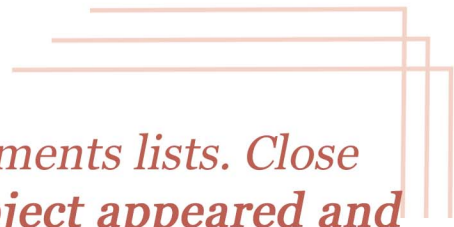
Next, write down **three future moments** where you would like to see your subject appear. Write it down as if it is guaranteed and has already happened.

1.

2.

3.





Finally, go back over the past and future moments lists. Close your eyes and fully imagine when your subject appeared and how you felt - fully imagine how you will feel in future appearances of your subject (random smiling may occur).

Write down one word for how you feel now:

Say thank you three times to your subject for appearing in your life as you wish it to.

Say thank you to yourself for being aware of its abundance every time it appears.

Now every time your subject proves you wrong, say thank you to it for appearing in your life in the manner you desire. Bask in the abundance of that thing having appeared in your life in the past and how it continues to appear in the future. By looking at the appearances of your subject you will focus on its abundance, which will magically make it appear more. Remember, abundance is an orientation, it's always surrounding you, you just have to look for it!



Rinse and Repeat as Needed



My Example

Write about the last time that you felt like you didn't have enough of something or we're struggling with the idea of having something in your life.

I got an alert on my phone that my bank account was at a low balance. I immediately felt constricted and sad, why hadn't I been more strict with my money? Why did this happen to me every month? When will I stop getting these alerts?

Now, circle the central person, place, or thing that this moment surrounded and underline the feeling it brings you. If it is a person or a place, think about what you want from it, for example affection or security, this will be your subject.

Money, constricted and sad.

If you had to ask your subject a question what would it be?

Why don't you show up in my life?

Now, write down three times that your subject can prove you wrong, saying "but wait... I did/was that here, here, and here."

- 1. Money shows up into my bank account every month no matter what.*
- 2. I always have access to money when an emergency occurs like a vet visit or a trip to see my family.*
- 3. Money was there when I booked the space for my empowerment circle.*

Write down three more times when your subject can say they appeared in your life in the way you wanted to.

- 1. Money appeared as a random rise in my credit limit.*
- 2. Money appeared as random cash I found in my home.*
- 3. Money has always been there for me during a big move.*

Next, write down three places where you would like to see your subject appear. Write it as if it already has.

- 1. Money appeared when I needed money for all of my bills so I can pay them in full every month.*
- 2. Money appeared when I went to buy something for the WEC.*
- 3. Money appeared when I went exploring in a new country this summer.*