

You Must Expand In The Face of Contraction/Limitation

Expanding in the face of contraction activates a powerful evolutionary force within us that uses the limited experience to make us bigger and stronger, able to carry more energy.

Spiritual Principle

You can not keep what you don't have.
You can not keep what you don't give.
You can not sustain what you don't receive.
It is one breath, one cycle that we are all participating in.

IT IS ALL IN YOUR CONSCIOUSNESS

Your thoughts, emotions or appearances have no power over you. No matter what is or has been before. Your consciousness is infinite law, infinite power, infinite supply, infinite cause, the only power over your body and your life. You don't have free will until you have expanded awareness.

Re-establish your intention for this program to wake up to your true nature, to reconnect to your true Source. To activate your awakened wealth consciousness and to radiate more wealth, abundance, power and potential into your life, more than ever before. So that you may become an ever greater instrument of good on the planet, and experience and express the life of your dreams.

Every time you adapt to appearances you are closing down your infinite potential.

Most people are determining what is possible, who they are, what they are and what they can do based on what appears, based on what has happened or what is happening. If you want to have more of your life to show up, you can't react to what is appearing. You have to respond from the higher vision. Not from where you are, but where you want to be. You have to surround yourself with people, places and things that are where you want to be, not where you are.

CONTEMPLATE ON YOUR PROGRESS

What level of engagement and commitment have you put into this work? Have you noticed any recurring patterns that prevent you doing the work? Have you discovered shadows or values conflicts?

VALUES CONFLICTS QUESTIONS:

If I succeed in this I'm afraid that I will lose...?

If I succeed I'm afraid I will have to sacrifice...?

Don't let anything stop you from taking the actions you want to take on your awakened wealth journey.

EXPANSION vs ADAPTATION

To he who has, more shall be given, but to he who has not, even that what he has will be taken away.

When we are facing contraction our natural reaction is to adapt to the situation. When we adapt to appearances we give them power and give away our power. We shrink our infinite being down to the size of the appearance, and that is where we will remain. Until something else either breaks us down, or we let something else break through from us.

Vibrationally contraction is creating conditions to have less. If you want to be a larger instrument in life you will have to expand in the face of contraction. Think of a situation in your life where you feel that you have had to adapt?

In what ways are you adapting, are you struggling or pushing hard to get what you need? How does it feel to contract?

Where are you blaming the appearances or others for your limitations?

When did it began, where does it come from?

What would it look like to expand in this situation?

ACT FROM WHERE YOU WANT TO BE

Do the Radiation Process on where you have experienced contraction in the area of your wealth and abundance. Visualize and feel the ideal outcome of the situation and contemplate on what are the qualities you are being and expressing in your vision.

Ask yourself:

If I really believed and knew that I was wealthy and abundant in this area, and if I really felt and believed this that I am feeling right now was really true about me, what would I do in this situation?

What would I do differently?

What would I do more of or less of?

Who would I be and how would I hold myself?

How would I show up?

Listen to your guidance and add the actions into your Sacred Money Plan.

21-Day Giving Challenge - GIVING TO YOURSELF

Giving to Yourself – *Becoming the source of your own good*

You cannot give what you don't have.

Your consciousness is the ultimate source of everything in your life.

Notice an area of your life where you feel that you don't have enough abundance, love, appreciation, validation, sense of security, safety or cherishing. Notice the ways that you don't give to yourself because you "don't have the energy" or you "can't afford it." What circumstances are you adapting to?

Imagine giving to yourself what you most deeply desire, instead of expecting it from someone else.

Ask yourself:

How would I treat myself?

What would I do or not do?

Who would I connect with and who would I let go of?

Where would I go and where would I not go?

Add the actions into your Sacred Money Plan.

21-Day Giving Challenge - FOR-GIVING

For-Giving – *Releasing and letting go of old limitations*

Unforgiveness is a state of contraction and our debt is a sign of our unforgiveness. How are you experiencing financial, emotional or energetic debt? Notice a situation in your life where you are contradicting – where you are no longer “for giving” to yourself or someone else, and instead of saying “I owe you” or “you owe me”.

Who do you resent because they have taken or withheld?-

Is there anyone who you feel is receiving abundantly, even though they don't deserve it? Choose someone or some aspect of yourself, that you have a charge with.

How can you expand instead of collapsing this channel?

How can you consciously forgive by praying, for, loving, blessing, giving to anonymously or supporting someone or some aspect of yourself that you are currently feeling animosity toward?

Add the actions into your Sacred Money Plan.

