A close-up photograph of a hand cupped together, holding a small amount of water. The water is clear and glistening, with many small bubbles and droplets visible. The hand is positioned in the lower half of the frame. The background is a soft, out-of-focus sunset or sunrise scene, with warm orange and yellow light filtering through a dark, textured surface that looks like water or a rocky shore. The overall mood is serene and contemplative.

EMBODIED ABUNDANCE

REWRITING THE STORY
OF ABUNDANCE



EMBODIED ABUNDANCE

The stories that weave our current fabric of understanding of Abundance are entwined and held at the deeper cellular level of our beings. They are the mythology of our ancestors—the cultural weaving of a story that has, over time, been distorted and altered from its original meaning, which not only disempowers but separates and divides us from the truth of who we are and the abundance that we are.

Language creates culture, and culture dictates behavior, so we only need to look at the stories we tell, the words we use, and the meaning we imbue into them to see the current narrative that weaves a culture into a systemic program of scarcity and fear-oriented, survival-based behavior.

In acts of defiance and clarity, we can push against a suppressive, oppressive state of consciousness to find ourselves more deeply entwined than before—like a fly that gets caught in the web of a spider, whose attempts to escape become more and more stuck.

When we reflect on our personal and collective choices, we can begin to ask ourselves: where was this choice made from—fear or trust? When we follow the thread to its root, we will begin to see a pattern emerging.

All decisions based in fear find their root in a parasitical, non-life-giving loop of pain and despair. All choices made from trust as their root link back into a web of life-enhancing, nourishing, feeding, and inspiring energy.

We cannot create a new story for humanity and ourselves by trying to rewrite a story upon a foundation of fear or an old narrative. It is futile, as the opposing forces of shadow-based energy will envelop any life-enhancing energy.

We only need to look at how we, as a species, devour our planet's natural resources to see the larger picture of this energy. As Einstein says, we can never self-solve something from the same level of consciousness that we created it.



EMBODIED ABUNDANCE

This is true also for our mythology, and I believe we are in times that are asking us not to necessarily write upon the old story but to begin afresh—to redirect our attention to seeding a whole new story, a new vision for humanity.

And thus, not opposing or fighting or going into conflict with that which was, but merely redirecting the energy to a self-sustaining source, an inspiring thread, a path for others to follow.

The beginning of any new behavior is to write a new story.

Once the story becomes anchored in our words, it travels into our emotional bodies and settles into our form. From here, our actions become infused with this new story and its life-enhancing qualities. This is the story of Abundance.

Abundance is a vibrational resonance. It is the fabric of all interconnected life. It is who we naturally are. There is nothing we need to add to become abundant. It is not outside of ourselves, or in a destination, or coming from a reward.

Abundance is our birthright, and together we can begin to write a new story for ourselves, and thus for humanity.

Abundance is alive, not dead—in energetic frequency. It is the life force that overflows from a sovereign state of being into the interconnected, animistic world of sacred reciprocity and creational impulses.

Abundance is alive in the natural world, and it is the flow through which the nervous system of our planet interconnects us into a web of intelligence that connects all of life. When we remember our abundance, we become whole enough, full, and naturally find ourselves aligning and attuning to self-regenerative, sustaining, and enriching enhanced beings who orient to generosity, kindness, and creativity.

So let us write a new story built on the foundations of a life-enhancing narrative.

THE FOUR PILLARS OF ABUNDANCE

- **Acknowledge** that which holds us, serves us, and provides for us.
- **Affirm** our interconnected, inherited birth right to belong. Appreciate the gift of life, living in sacred reciprocity, overflowing from a resourced state.
- **Appreciate:** I recognize what needs to be seen in order to receive life.
- **Align** our actions with co-creative energy to protect, provide, and nurture all of life.

ABUNDANCE IS WHO WE ARE.



ACKNOWLEDGE

Acknowledge that which holds us, serves us, and provides for us.

What needs acknowledging in your life?

By acknowledging, we activate a recognition toward that which holds us, serves us, and guides us—be it ourselves or something else. As we find ourselves noticing what we are acknowledging, we are directing our energy to that which needs attention, and thus we bring it from the abstract into the known. This helps shift our consciousness toward abundance and gives us a different perspective.

This is a mental exercise asking us to open our minds to a new story. Take a moment to notice what needs acknowledging in your or another's life. Acknowledgments are often practical—something we can observe that is happening.

What are you acknowledging that needs to be acknowledged?

For example: I acknowledge that I have been gentler with myself recently. I acknowledge that I completed my project on time and with little stress. I acknowledge that life has been challenging recently since I lost my friend.

AFFIRM

Affirm our interconnected, inherited birth right to belong. Appreciate the gift of life, living in sacred reciprocity, overflowing from a resourced state.

By affirming, I give energy to reclaiming that which seeks to materialize through me.

Affirmations allow that which has been acknowledged to be claimed, and for the process of manifestation to begin. It is powerful to affirm that which is already true by recognizing what needs affirming from what I am acknowledging.

This is a practice that asks us to repeat these statements daily, anchoring in a new story.

What affirmation do you choose to claim?

For example: I am kindness. I am focused. I allow life to flow through me.

A large, empty rectangular box with rounded corners, intended for the user to write their chosen affirmation. It is positioned below the example text and above the footer.

APPRECIATE

Appreciate: I recognize what needs to be seen in order to receive life.

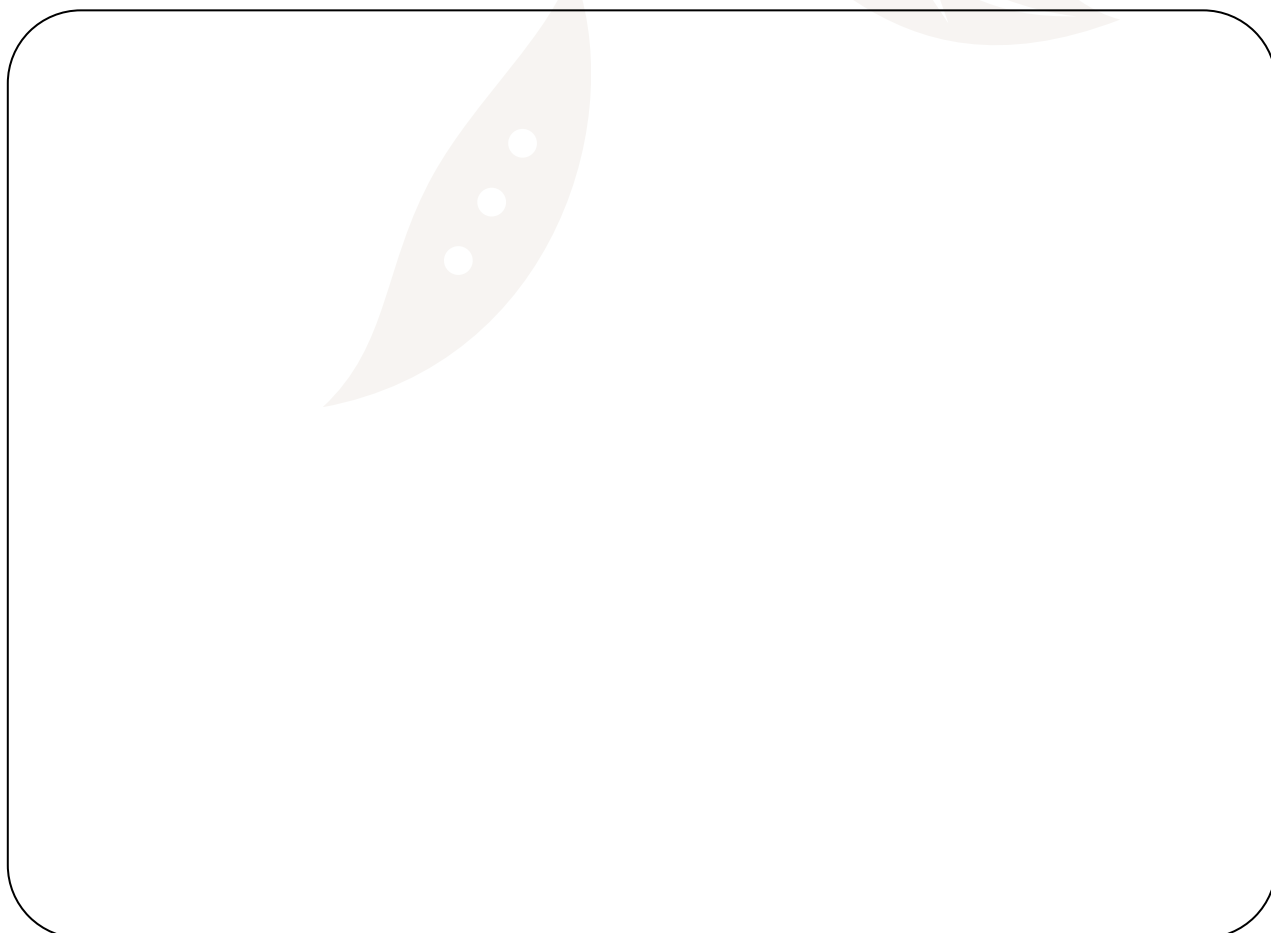
To appreciate: whatever we appreciate enhances its value.

Appreciation is the act of nurturing and nourishing that which you are affirming into form. This phase anchors thought into embodiment. For your affirmation, what do you notice and feel? Spend time in your body, feeling this state of consciousness. It feels like gratitude.

**What do you appreciate in yourself or another? How does it make you feel?
What do you notice?**

For example: I see in you, we, life, etc. I value [xyz] and I notice that makes me feel...

Take time to really sit and feel how this makes your body feel. Where does that appreciation live? Get still and really savor. Allow your cells to drink up this appreciation, telling your nervous system it's safe to feel.

A large, empty rounded rectangle with a thin black border, intended for journaling or writing notes.

ALIGN

Align our actions with co-creative energy to protect, provide, and nurture all of life.

Aligned action: from a new state of being that is infused with abundance, we move into the doing. From here, every decision that is made is destined for greatness.

We build our systems, structures, and life from a resourced, connected, and full state of being, infusing our actions with love.

Go over what you acknowledged, affirmed, and appreciated before you do this stage. Action without the previous stages can often come from a need to fix, a fear, or some reactive response. We live in a world that takes action from all the wrong states of consciousness and hasn't figured out how to create from aligned action—which naturally is and leads to more abundance.

It's not what you do, it's the energy from which you do it.

What aligned action can you commit to in order to create a shift in your relationship to abundance?

Consider alignment as also a physical practice of holding your body in alignment. Take time to move your body into what feels like alignment for you.

A large, empty rounded rectangle with a thin black border, intended for a user to write their response to the question above.

PRAYER TO THE SPIRIT OF SACRED ABUNDANCE

*Calling upon the Spirit of Sacred Abundance,
the golden current of life that pulses beneath all creation.*

*We call in the ancestral rivers of nourishment,
the encoded wisdom of the Earth,
and the benevolent forces that remind us: we are not meant to struggle.*

*We call upon Lakshmi, the river mothers, and the ancient codes of plenty
to awaken our remembrance of divine provision.*

*We invoke the presence of the Great Mother,
who whispers through trees, tides, and time—
reminding us that receiving is our birthright.*

*We call upon the celestial architects of wealth in all forms—
not for hoarding, but for flowing,
not for domination, but for devotion.*

*Activate in us the remembrance of being both vessel and source,
of moving energy with reverence, clarity, and truth.*

*May our nervous systems soften into trust.
May our hands open to hold more.
May our bodies become temples of gratitude,
where life circulates freely.*



PRAYER TO THE SPIRIT OF SACRED ABUNDANCE

*May we be resourced beyond survival,
that we may serve from overflow.*

*May abundance flow through us like song,
like prayer,
like golden light.*

*We are ready to receive.
We are ready to remember.
We are ready to be held.*

*As above, so below.
As within, so without.
And so it is.
AWEN.*



ABUNDANCE IS WHO WE ARE



CACAO OF THE GODS RECEIPE

A recipe for the Goddess in us all. A high-vibrational, spiritually enhancing, decadent, and abundant cacao. I make this cacao with a lighter dose to truly taste the subtle flavors of the flowers and vanilla. This is an ideal recipe for any celebration — especially if made fresh in May/June to include the elderflowers.



Serves 2

- 70g raw cacao
- 1 vanilla pod
- 1 head of a fragrant garden rose (or 1 tablespoon organic dried rose)
- 3 heads elderflower or 1 tablespoon dried elderflower
- 2 heads dried blue lotus
- Pinch of sea salt
- Spring or filtered water
- 3 tablespoons maple syrup (optional)

INSTRUCTIONS

- Cut the vanilla pod lengthways and scrape out the seeds for the cacao. Use the remaining pod in the tea.
- Make a tea for two using a diffuser with rose, blue lotus, elderflower, and vanilla pods. Let steep for 5 minutes.
- Place the cacao, maple syrup, pinch of salt, and vanilla seeds into a blender with the steeped tea and blend until frothy.
- Pour into cups and decorate.

PLANT ALLIES & BENEFITS

- **Rose:** Antioxidant; supports beauty, digestion, and overall health. Rose is medicine for the heart and blends synergistically with cacao.
- **Elderflower:** Immune-boosting and anti-inflammatory. Supports protection, purification, and enhanced spiritual connection.
- **Blue Lotus:** Natural aphrodisiac, sleep aid, and anxiety relief. A spiritual awakener.
- **Vanilla:** Anti-aging, supports heart health and overall well-being. A powerful ally for healing, comfort, and love.

