

# Abundantly Overflowing: Ways to Manifest



By Karen K Harrison

**A**bundantly overflowing is my life. Here is a confession: My bookkeeper, who will remain unnamed, rubbed my checkbook over all her chakras when she came to work on my business bookkeeping to manifest more abundance in her life. We certainly had a good laugh over that. While it might work, I wanted to write this article to share what has worked for me to manifest abundance in my life.

Abundance can mean many things in addition to money. I think of it as having and being everything good in life: fulfilling work, loving relationships, time with family, fun trips, a love-filled home, great health, uplifting spiritual practices and time for self. Out of all these things, often flows enough money. In my own life, I have abundance in most all these areas and am working on more time for myself. My counseling practice and Reiki classes are often full, sometimes with a wait list. I love my work counseling and teaching Reiki, tantra, and essential oils. My home is a sanctuary where many people feel wonderful energy and they don't want to leave. Five years ago, I met my beloved on Match.com and even though the term is overused, I feel he is my soul mate. It is so rewarding to have a partner with whom I enjoy working, living and doing anything. Actually, I attracted someone even better than what I asked for. Thank you, God! And my health is great and so much better than it used to be.

So, you might be wondering, how I did it and how you can too. Here are some of the abundance practices that I have acquired from many sources over the years:

- ◆ When manifesting anything, state what you want to God, Creator, in specific terms and add the phrase on the end, "For the highest good of all concerned." Release how the outcome looks and be open to it appearing somewhat different from what you may have expected. For example, one time a Reiki class didn't have enough students and I cancelled it. Instead, I was able to take a tantra workshop in the lineage for which I am now teaching.
- ◆ Enlist the support of others for your desires. I have two prayer partners with whom I pray weekly for anything and everything in our lives.
- ◆ Additionally I have a number of Reiki tools to manifest healing and abundance. Reiki, natural healing energy, is like having a longer prayer session and it can be used to manifest anything. During the recession, I have had my most profitable years and I have helped the most people. I got creative on pay-

ment plans and trades for my Reiki students. My intention is to be of the greatest service to others while taking great care of myself. Whenever a Reiki class was low on participants, I had a talk with God and said I am willing to teach this class if you want me to and to be a good steward of my time and resources. I need X amount of students (depending on whether it was in KC or another city.) The classes almost always manifested the number of students I needed and more.

- ◆ Meditate on what is yours to do. Listen for Guidance and act on it. Be persistent and patient over the long haul. Over the years I have coached a number of therapists on how to build a successful private practice. One wanted to see results right away. I told him to be patient and persistent, which he adopted as his mantra when he was frustrated. Within a year and a half he developed a successful private practice and is thriving today. In all your work, give your best so that others will refer to you.
- ◆ Say "Thank you God" often for anything and everything. Being grateful tells the Universe you appreciate what you have and opens the energy channel to bring you more. Whenever something good happens for which you could take credit, give thanks to God for it so your ego doesn't get aligned or attached to it. This might sound contradictory, however, manifesting without attachment helps you to manifest more than if things have to look a certain way. And remembering that God is Source — and not you, — keeps things in perspective. If our ego gets big, it shuts down the energy highway for God to bring you things. Thank God for each incoming check, cash, PayPal receipt, and remember to bless the giver. When I endorse each check, I say, "Thank you God, bless this person."
- ◆ Affirm abundance with simple affirmations such as "I am abundant." Look for abundance all the time and be grateful for it. Expect increasing abundance in the form of clients, students and money coming from many sources. I had my carpet cleaned and a favorite vase from my grandmother was broken by the cleaner. I was sad until I got a check for \$2500, which I used during a vacation in Hawaii. I thought the vase was worth about \$250. Recently my mother gave me two similar vases which are replacing the broken one.

- ◆ Here is a simple way to keep prosperity into your subconscious. Use prosperity words for passwords and on your cell phone greeting where you see and use them multiple times per day.
- ◆ Neale Donald Walsch is an expert on instructing us how to manifest anything in his series of *Conversation with God* books. Simply find ways to help others have what you want. So if you desire abundance, find ways to help others be abundant. Trust that in the Universe there is plenty for all. Believe competition is an illusion. I help my Reiki students with teaching by giving them the opportunity to come and assist me so they can see what I do from the perspective of teaching a class. I host a Reiki share group and have invited my so-called competition to come and speak several times. In my counseling business, I recently spoke to a group of mental health therapists about how to use basic sex therapy practices in their own businesses to help clients.
- ◆ Advertise in the right places so the people you want to reach can find you. Who I am brings me the kind of clients I want. In the past, I thought that being more of a typical therapist would bring me more clients. I consider myself a metaphysical person and prefer metaphysically-oriented clients. What I have found is that by being authentic and open about who I am and what I believe in, I attract more people even though it is from a smaller population. It is like sending out a laser beam rather than a broad light. Have a great website that really reflects who you are. More and more people are shopping on the internet for everything, so this is vital.
- ◆ Finally, have a healthy relationship with money. It is simply a tool. My job is to be a good steward of my resources. I conserve where it makes sense to me to conserve and spend in ways that bring joy to myself and my loved ones. As one person told me, money is a renewable resource. Even when I had to pay a large sum of money to a person and a lawyer in a frivolous lawsuit, I released it and let it bless the receivers. Now that wasn't very easy, but it was a great lesson. Paying my bills on time is important to me in many ways. It relates to being a good steward by not incurring late fees. Also, I treat creditors the way I want my clients and students to treat me regarding their bills.

I hope these ideas will bless and prosper you to become abundant in all areas of your life! The ideas work best when they become a way of life, so incorporate the ones that speak to you into your daily life. Many blessings!

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