

ULTIMATE 3-STEP ABUNDANCE

Guide



ART OF ABUNDANCE

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INTRODUCTION

Abundance is the key to being affluent, successful, and happy. Some may see it as something only the wealthy will have. A life full of luxury and conveniences at the edge of our fingertips. However, this is the most common myth of all. Abundance is simply a state of contentment. It is through this state that you will open yourself to the blessings of the world, and in turn, achieve your goals and aspirations. On the other hand, what you want may be different at the end of this guide, as you gain new perspectives towards abundance and learn more on the dynamics behind it.

Through this step-by-step guide you will learn to identify what abundance means to you, and how to achieve it for a more fulfilled life. Many have tried, and many have succeeded. It is only a matter of time. The journey to this state is through habits and simplicities. Read with an open mind, and let us get started on our path.

STEP 1 - CULTIVATE ABUNDANCE // MASLOW'S EIGHT BASIC NEEDS



Being abundant is to have plentiful in spirit, in mind, and in body. It is to be aware that we have plentiful beyond what our mere eyes can see. But before we can even begin, let us first understand the essentials of thriving. Each and every individual of humanity is motivated by a standard set of needs. Everything, from the way we behave to the reason we love, is due to these needs. According to Abraham Maslow's 'Motivation and Personality', to lack, any one of these needs, will result in either an emptiness, or a lack of growth in our lives.

“Abundance is not something we acquire, it is something we tune in to”. - Wayne Dyer

Deficit Needs

The most essential type of needs. Without these the average human is not able to function properly, let alone seek abundance.

1. **Physiological needs:** The basis motivation of every living thing such as food, warmth, shelter, sex, water and air. The key ingredients that we need to survive at the most basic level. Without these, we cannot focus on anything else. Our bodies shut down and our mind is only focused towards remedying these deficiencies. Fulfilling biological needs first is the only way we can be comfortable and thrive in our environment.
2. **Safety needs:** Once our physical needs are satisfied, it is our primal instinct to seek safety. We need to be somewhere away from imminent danger, a comfortable environment where there is at least a certain sense of order and familiarity. Without these, we will constantly be paranoid and anxious.
3. **Belonging needs:** Human beings are social creatures. Put anyone alone on a deserted island, and within days or even hours, the restlessness will start kicking in. We were created to seek emotion-based relationships, such as friendship, sexual intimacy and familial bonds. From educational institutions, to businesses, to our very neighbourhoods, being social is the foundation of the very world we live in. A lack of this need may cause negative social emotions and low extraversion values.

4. **Self-esteem needs:** Respect is valued by all. To give respect, to everyone (including ourselves), and to receive it, is the fourth basic need. As we have made social interactions and relationships, we now constantly seek alignment with the world around us. As more agree with our behaviour, the more we accept it ourselves. This allows us to feel righteousness and a sense of contribution in our actions.

Growth Needs



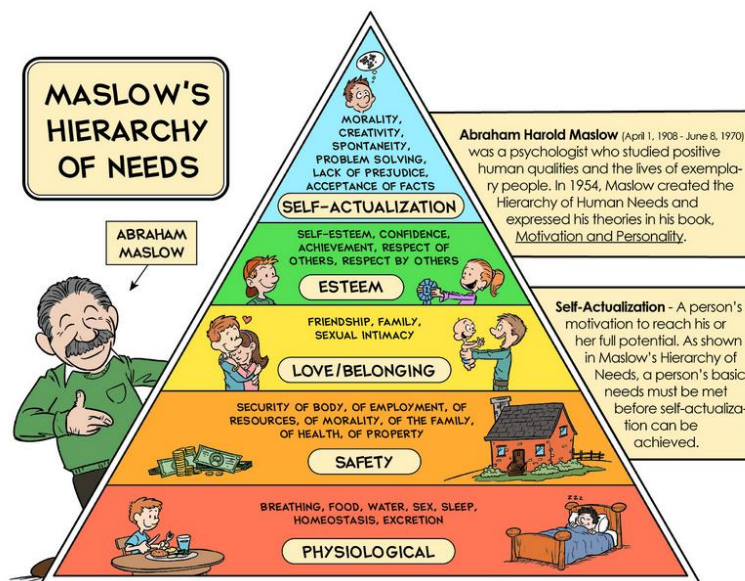
When the basic needs are fulfilled, we can start to focus on the following four needs; Cognitive, Aesthetic, Self-actualisation, and Self-transcendence. These factors are what we constantly build upon over time. The more they are fulfilled, the more complete we become.

5. **Cognitive need:** Since young, we have desired for stimulation. We want to explore, to learn, and understand the world around us. This is how we grow intellectually, and make sense of our natural surroundings. If not, we will be lost and confused. This will also hinder the self-actualization process later on, possibly leading to an identity crisis.
6. **Aesthetic need:** Maslow believed that humans needed to see beauty and experience aesthetically pleasing environments to refresh themselves. This allows us to have a feeling of intimacy with nature, and everything that surrounds us.

7. **Self-Actualization:** This derives from our need to be the best versions of ourselves. It motivates us to strive for our passions. As we improve ourselves, we see more positivity in the future, and feel better in being able to guide the generations to come.

8. **Self-Transcendence:** Also known as the spiritual need, this motivation is slightly different from the others. Self-transcendence is actually accessible from many levels. Upon fulfillment, we will develop feelings of integrity and better realization of ourselves. It is taking comfort in knowing that there are some things that we will never understand, and accepting the world for what it is.

Developing Abundance through Maslow's Needs



With Abraham Maslow's eight basic needs in mind, we can look within ourselves to see which aspects we can work on. Remember, to be abundant is to be able to fulfil the final need of self-transcendence.

Just take a moment. Ask yourself these questions:

- Do I have food, water, and air?
 - If yes, you are physiologically abundant.

- Will I have a roof over my head tonight?
 - If yes, you are abundant in safety.

- Do I have loved ones who cherish me?
 - If yes, you are socially abundant.

- Do I live in a place with human rights?
 - If yes, you are abundant in self-esteem.

As you can see, we are already abundant enough. We have everything we need to survive on the most basic level. With these preliminary needs fulfilled, the remaining four are simple in the mind. As you observe at what you already have through gratitude, you allow yourself to shift your motivations in life towards your passions and self-improvement. This fulfills your cognitive and self-actualization needs.

Sounds confusing? Don't think of it as a checklist or pyramid. Instead look at it as a circle. With the basic needs fulfilled, you have all aspects to thrive. All you have to do is keep looking within yourself. Realize that all you need is already with you. You will achieve self-transcendence.

Try this exercise now (5-minutes exercise):

1. Close your eyes.
2. Breathe in deeply, all the way into your stomach.
3. Think about how you are abundant in physiology, safety, socially, and self-esteem. How blessed you are to have food in the fridge, shelter above your head, air in your lungs and that you have the freedom and time to just reflect.
4. Let the feelings of gratitude fill you and breathe out.
5. Repeat nine times.

PS: If you catch yourself smiling even slightly, you are in good focus. Keep it up!

Now, think about what you have achieved today that makes you feel content and note it down somewhere. It can be anything. Even if reading the first chapter of this book makes you content, note it down! If you do this more often, positivity will keep growing on to you. This is incredibly important as a first step. By gathering your positive thoughts and feelings, you are cultivating abundance into your life.

STEP 2 - DEVELOPING ABUNDANCE // LAW OF ATTRACTION



Picture this. A man named Ryan is lying on his bed. It's 3am. Ryan shuts his eyes close, hoping to get as much rest as he can. Work is at 8am the next day. 'I'm going to be so tired tomorrow'.

His last thought for the night. His eyes open

again and immediately glances at the clock. 8.30am. 'I'm late. My day is ruined'. His first thought in the morning. After turning his drawers upside-down, he finally decides to leave in mismatched socks. Hastily, he tries to rush to work. It starts to rain heavily. All the traffic lights seem to turn red just as he gets near. Finally, he finds a parking spot. The boss is calling non-stop as he parks. Distracted and in a rush, he accidentally scratches his car on a nearby lamp post. Why are all these bad things happening to him?

Answer: The Law of Attraction.

Law of Attraction

Everyone has been through a similar situation in their lives before. Things just do not go our way, at the worst of timings. It is however, highly probable that we are the ones that had set ourselves up in these series of unfortunate events.

According to the Law of Attraction, everything that happens to us, whether intended or not, occurs because of us. Negativity attracts unfortunate events, and positivity brings in opportunities. Referring to the story mentioned above, there were so many gloom-ridden thoughts and actions that led to the overall outcome. Instead of looking forward to the opportunities a new day would bring, Ryan subconsciously set himself up for misery. With the expectation of waking up tired, he unknowingly tries to compensate by oversleeping. He reacts to this with a foreboding thought that his day is ruined. As such, his perspective of everything changes. His mind becomes unfocused with the notion of unfortunate events, and simple tasks like looking for socks becomes difficult for him. He does not see that the roads are clearer because it is rather late and most of the morning commute has already arrived to work. The traffic lights are not against him, he is just speeding through, and each second having to stop, feels like minutes. In his uneasy state, a simple phone vibration distracts him from properly parking, even though he has been parking there for the past few years.

As put by organizational psychologists, Howard M. Weiss and Russell Cropanzano, any outcome is a result of the mixture of the event itself, and our reaction towards it. It also said that our reaction especially, contributes to the majority of the final outcome. The Law of Attraction propagates this, as event and outcome is a never-ending cycle.

How you attract with the Law of Attraction

Your words affect your thoughts 

 Your thoughts affect your feelings

Your feelings affect your vibration 

Your vibration is what attracts things to you

Fill your cycle with positive reactions, and you will always have a positive outcome.

“The pleasantest things in the world are pleasant thoughts, and the great art of life is to have as many of them as possible.” - Michel De Montaigne

Developing Abundance through Law Of Attraction



Positive Planning

In goal-setting, many of us usually look forward to our dream lives in the future. We plan what house we want to have in the next decade. The country to visit during the next summer vacation. Retiring and how to spend our golden years. This is not wrong. However, as said in the previous chapter, to cultivate abundance is to seek what we already have. While it is definitely encouraged to plan for the future, the majority of our energy should be focused on the present, or as close to the present as possible, to live an abundant life. In short, be gracious of the best that has happened today, and be hopeful of the best that may happen tomorrow.

Positive Action

Through positive actions, we reaffirm our thoughts and allow ourselves to attract good things. Smile throughout the day. Do daily activities to the highest standard possible. If you are making

yourself coffee, put effort in making it the best one in your life. Eventually, you will. And if it works for something as simple as coffee, it is amazing what can happen when applied to work ethic.

Positive Reaction

Sometimes life puts us in difficult situations. People may try to be rude to us throughout the day. However, it is always important to have a clear mind. Fire does not fight fire, it builds unto it. When put in heated situations, always remain calm and cool. Remember, everyone has their own reasons for the way they behave and unfortunate events rarely happen on purpose. If we react graciously, it only reflects our character, and in time, others around us will react graciously back. This creates a positive environment around us and enables the cycle of positivity to continue flowing.

Positive Reflection

As the day comes to a close, we are back to the first step. We look back on everything good that has happened, and bask in the blessings of the present. We cultivate abundance once again and ready ourselves to develop it again the next day.

1-Week Exercise

With this in mind, try this:

1. Think about all the elements in your current life that make you happy, and fill yourself with the positivity.
2. Cultivate your abundance. (As in Chapter 1)
3. If you can have the perfect day, how would it go about? Think about it and how it could possibly lead up to the desired outcome.
4. Take things as they are, and let the events around you slowly unfold.
5. Be open-minded and opportunity will come your way. It may or may not be the opportunity you expected, but make the best of it and trust that the law of attraction is on your side.
6. At the end of today, write down what you expected, and which parts of what truly happened was better.
7. Repeat for a week and be amazed at how much your life becomes!

“Every single second is an opportunity to change your life, because in any moment you can change the way you feel.” – Rhonda Byrne

STEP 3 - MAINTAINING ABUNDANCE //

REDESIGN ENVIRONMENT



Abundance is a funny thing. Naturally, everyone is blessed with abundance. Look at a toddlers and see how they are always so jovial, carefree and most of all. happy. But observe adults, and it seems that this joyfulness has faded through age. It is even said that children laugh

more than 88 times a day, while adults about only 18 times. As time passes, we are more exposed to factors that limit our ability to attract abundance. We are forced to follow orders from bosses. To adhere to society's image and peer pressure, instead of following our natural calling.

Here is an interesting anecdote that has been told to many generations in the Brazilian culture.

The Tycoon and The Fisherman

There once was a wealthy business tycoon who was on a hiking trip through Brazil. His businesses were doing incredibly well. He had his collection of luxury cars, employees who would do anything to be recognised by him, and enough money to retire anytime he wants. Alas, even with all the riches, he felt a certain emptiness deep in his heart. He had spent his entire life

working on his business empire, but still could not find happiness. It was then he decided to take a break from work and go on journey of soul-searching through the unfamiliar lands of Brazil. He desperately wanted to learn how the villagers can be so happy even living in poverty.

After a few days of travel, he ended up in Icaraizinho, a tiny fishing village in North Brazil. He was observing a local fisherman rowing back to shore after catching a few large fish. The tycoon was impressed. Even then, his business-centric mind was crafting new ways to earn money.



Tycoon: *How long does it take you to catch so many fish?*

Fisherman: *Oh, just a short while.*

Tycoon: Then, why don't you stay longer at sea and catch even more?

Fisherman: This is enough to feed my whole family.

Tycoon: So, what do you do for the rest of the day?

Fisherman: Well, everyday, I wake up early in the morning, go out to sea and catch a few fish, then go back and play with my kids. In the afternoon, I take a nap with my wife, and when evening comes, I join my buddies in the village for a drink - we play guitar, sing and dance throughout the night.

The tycoon was astonished. The fisherman had so much opportunity to change his lifestyle and be rich like him. He felt that fate had brought him there and then, to achieve his calling, to help this fisherman achieve more. Perhaps. this was his way to happiness.

Tycoon: I am a PhD in business management. I could help you to become a more successful person. From now on, you should spend more time at sea and try to catch as many fish as possible. When you have saved enough money, you could buy a bigger boat and catch even more fish. Soon you will be able to afford to buy more boats, set up your own company, your own production plant for canned food and distribution network. By then, you will have moved out of this village and to Sao Paulo, where you can set up HQ to manage your other branches.

Fisherman: And after that?

The tycoon laughed heartily at the fisherman's naivety.

Tycoon: After that, you can live like a king in your own house, and when the time is right, you can go public and float your shares in the Stock Exchange, and you will be rich.

Fisherman: And after that?

Tycoon: After that, you can finally retire, you can move to a house by the fishing village, wake up early in the morning, catch a few fish, then return home to play with kids, have a nice afternoon nap with your wife, and when evening comes, you can join your buddies for a drink, play the guitar, sing and dance throughout the night!

Fisherman: Isn't that what I'm doing now?

That was when the tycoon realised how much of a fool he has been.

The Lesson

Similar, to the tycoon, we often have everything we would need in life, but in our quest for more, we become less abundant. The fisherman, on the other hand, stays true to his calling and sees through the illusion of more. He knows what he loves, and he knows that he has everything he has ever needed in life. Maintaining abundance is simple. It is time to redesign our lives and make it simple, as well.

“True abundance isn’t based on our net worth, it’s based on our self-worth. “

- Gabrielle Bernstein

Remove Excess

More is not always better. In a survey conducted by the American Psychological Association, it was found that 32% of working adults report extreme stress. Nearly one in five reach their highest stress level 15 each month, and almost half claim that their stress level has risen over the last five years. The participants even said that they were experiencing physical pain and health problems due to the stress.

The main cause? Work and health.

With an average work week of 47 hours among full-time working adults, it is no wonder we are stressed. Most of us are overloaded with work. Ironically, this tension makes us less productive than we would be if we worked less and actually left work on time. An extra hour every day does miracles. That's an extra 30 mins of exercise, another 5 mins to meditate, and about half an hour to just catch up on life. The simplest way of removing excess: leave work on time.



Mind Your Friends



Ever had that moment where you hang out with a friend so much, you start to become so similar?

Following the Mathematical Law of Averages, we are what we repeatedly consume. We are the average of our closest friends, the books we read most, and the media we take in everyday.

Consumption Check

1. List out the top 10 attributes that you see in yourself as of now. This could be in terms of behavioural traits or personality. The first descriptions that comes into your mind should be the ones reflected in this list. It can be either positive or negative This will be called the Attributes List.
 - a. Subsequently, write down a list of things that make you feel abundant. Be specific. This could be from being cognitively stimulated like learning new skills to being more positive. This is your Abundance List.
 - b. Put the Abundance List side by side with your Attributes List. Do your traits help you in achieving these goals?
 - c. Note down the traits that will improve your chances of achieving your goals.

2. In a 24-hour period, list down the top three people you interacted with the most. This is measured by how often you talked to them, texted them, or any form of communication
 - a. Create an Attributes List for them and compare it with your Abundance List.
 - b. Note down their traits that will improve or deprove your chances of achieving your goals
 - c. If their traits are negatively affecting you, then they are taking abundance away from you. This does not mean that you cut all ties with them. Just try to interact less and find someone more worthwhile to spend time with.

3. Next, note down the the top three sources of information that you have taken in today. This could vary from newspapers, to online articles, and even books. Similarly, determine whether they align to building, or maintaining your abundance. Does it help you to learn that new skill you wanted to learn? Or enable you to have a more positive way of thinking?

4. Finally, you are now conscious of what you consume. Remove or minimize the activities or people that do not help you build or maintain abundance, and take in more good habits. Read better books. Make time for better people. Simultaneously, you will find yourself living better.

CONCLUSION

With this, you now have all the knowledge you need to cultivate, develop and maintain abundance. When practiced constantly, these 3-steps will open you up to a world of abundance. An ever-feeling of warmth and gratefulness, that will build up to your overall happiness. Wealth, health, or love. Anything and everything is possible if you learn to look within and around. There is definitely so much more you can do to achieve abundance, but realize that it is rather simple to live a life of contentment.

Happiness does not depend on what you have or who you are. It solely relies on what you think. -

Buddha

PERSONAL NOTE

These steps are what I have come across to be the simplest ways to understand and achieve abundance during my research. Scientific and factual evidence had been gathered and referenced in this guide for easier comprehension. Feel free to look more into them and learn more about it if you wish. There is so much on this topic that it is impossible to squeeze it into such a short guide. Hopefully, this concise 3-step guide will help you in your journey to abundance.

Most of all, thank you for reading! It brings great joy and abundance to me, that I am put in a position to share my knowledge with you. I hope that you may live the desired life you have dreamed of. It is definitely possible, and I believe in you!

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