

40 DAY ABUNDANCE WORKSHEET

THESE ARE THE 10 STATEMENTS OF PRINCIPLES BY JOHN RANDOLPH PRICE FROM HIS BOOK, THE ABUNDANCE BOOK.

INSTRUCTIONS FOR USE:

1. CHOOSE A DAY 40 DAYS FROM THE DAY YOU WILL START, AS YOUR COMPLETION DATE, AND PUT IT ON YOUR CALENDAR.

2. DAY ONE – WRITE THIS STATEMENT AS A PROMISE TO YOURSELF: *THIS DAY (SHOWN ACTUAL DAY) I CEASE BELIEVING IN VISIBLE MONEY AS MY SUPPLY AND MY SUPPORT, AND I VIEW THE WORLD IN EFFECT AS IT TRULY IS...SIMPLY AN OUTPICTURING OF MY FORMER BELIEFS. I BELIEVE IN THE POWER OF MONEY, THEREFORE I SURRENDER MY GOD-GIVEN POWER AND AUTHORITY TO AN OBJECTIFIED BELIEF. I BELIEVE IN THE POSSIBILITY OF LACK, THUS CAUSING A SEPARATION IN CONSCIOUSNESS FROM THE SOURCE OF MY SUPPLY. I BELIEVE IN THE MORTAL MAN AND CARNAL CONDITIONS, AND THROUGH THIS FAITH GAVE MAN AND CONDITIONS POWER OVER ME. I BELIEVE IN THE MORTAL ILLUSION CREATED BY MY COLLECTIVE CONSCIOUSNESS OF ERROR THOUGHTS AND IN DOING SO, I HAVE LIMITED THE UNLIMITED. NO MORE! THIS DAY I RENOUNCE MY SO-CALLED HUMANHOOD AND CLAIM MY DIVINE INHERITANCE AS A BE-ING OF GOD. THIS DAY I ACKNOWLEDGE GOD AND ONLY GOD AS MY SUBSTANCE, MY SUPPLY AND MY SUPPORT.*

3. READ ONE STATEMENT EACH DAY. MEANING YOU WILL GO THROUGH THE ENTIRE LIST OF 10 STATEMENTS 4 TIMES.

4. AFTER READING THE STATEMENTS (RECOMMENDED TO DO SO, IN THE MORNING UPON WAKING OR BEFORE BED) MEDITATE ON THE STATEMENT FOR 15 MINUTES. FOCUSING ON THE EACH IDEA IN THE STATEMENT WITH GREAT THOUGHT AND FEELING – LETTING IT FILL YOUR CONSCIOUSNESS.
5. AFTER THE 15 MINUTES OF MEDITATION, WRITE DOWN ANY OF THE THOUGHTS THAT COME TO YOU DURING YOUR MEDITATION IN YOUR, “ABUNDANCE JOURNAL” – THIS IS WHERE THE MAGIC HAPPENS!

WARNING: IF YOU MISS ONE SINGLE DAY OF THIS PROCESS YOU WILL NEED TO START ALL OVER FROM THE BEGINNING AND COMPLETE ANOTHER 40 DAYS.

HE ALSO ENCOURAGES GIVING TO OTHER’S SUCH AS TITHING, BUT WARNS AGAINST DOING SO IF IT IS NOT FROM YOUR UTMOST PLACE OF JOY AND ABUNDANCE TO DO SO.

THE 10 STATEMENTS OF PRINCIPLE

THE ABUNDANCE CHALLENGE: MEDITATE ON JUST ONE OF THESE STATEMENTS IN SUCCESSION EVERYDAY FOR 40 DAYS.

1. GOD IS LAVISH, UNFAILING ABUNDANCE, THE RICH OMNIPRESENT SUBSTANCE OF THE UNIVERSE. THIS ALL-PROVIDING SOURCE OF INFINITE PROSPERITY IS INDIVIDUALIZED AS ME – THE REALITY OF ME.
2. I LIFT UP MY MIND AND HEART TO BE AWARE, TO UNDERSTAND, AND TO KNOW THAT THE DIVINE PRESENCE I AM IS THE SOURCE AND SUBSTANCE OF ALL MY GOOD.
3. I AM CONSCIOUS OF THE INNER PRESENCE AS MY LAVISH ABUNDANCE. I AM CONSCIOUS OF THE CONSTANT ACTIVITY OF THIS MIND OF INFINITE PROSPERITY. THEREFORE, MY CONSCIOUSNESS IS FILLED WITH THE LIGHT OF TRUTH.
4. THROUGH MY CONSCIOUSNESS OF MY GOD-SELF, THE CHRIST WITHIN, AS MY SOURCE, I DRAW INTO MY MIND AND FEELING NATURE THE VERY SUBSTANCE OF SPIRIT. THIS SUBSTANCE IS MY SUPPLY, THUS MY CONSCIOUSNESS OF THE PRESENCE OF GOD WITHIN ME IS MY SUPPLY.
5. MONEY IS NOT MY SUPPLY. NO PERSON, PLACE OR CONDITION IS MY SUPPLY. MY AWARENESS, UNDERSTANDING AND KNOWLEDGE OF THE ALL-PROVIDING ACTIVITY OF THE DIVINE MIND WITHIN ME IS MY SUPPLY. MY CONSCIOUSNESS OF THIS TRUTH IS UNLIMITED, THEREFORE, MY SUPPLY IS UNLIMITED.

6. MY INNER SUPPLY INSTANTLY AND CONSTANTLY TAKES ON FORM AND EXPERIENCE ACCORDING TO MY NEEDS AND DESIRES, AND AS THE PRINCIPLES OF SUPPLY IN ACTION, IT IS IMPOSSIBLE FOR ME TO HAVE ANY NEEDS OR UNFULFILLED DESIRES.
7. THE DIVINE CONSCIOUSNESS THAT I AM IS FOREVER EXPRESSING ITS TRUE NATURE OF ABUNDANCE, THIS IS ITS RESPONSIBILITY, NOT MINE. MY ONLY RESPONSIBILITY IS TO BE AWARE OF THE TRUTH. THEREFORE, I AM TOTALLY CONFIDENT IN LETTING GO AND LETTING GOD APPEAR AS THE ABUNDANT ALL-SUFFICIENCY IN THE MY LIFE AND AFFAIRS.
8. MY CONSCIOUSNESS OF THE SPIRIT WITHIN ME AS MY UNLIMITED SOURCE IS THE DIVINE POWER TO RESTORE THE YEARS THE LOCUSTS HAVE EATEN, TO MAKE ALL THINGS NEW, TO LIFT ME UP TO THE HIGH ROAD OF ABUNDANT PROSPERITY. THIS AWARENESS, UNDERSTANDING AND KNOWLEDGE OF SPIRIT APPEARS AS EVERY VISIBLE FROM AND EXPERIENCE THAT I COULD POSSIBLY DESIRE.
9. WHEN I AM AWARE OF THE GOD-SELF WITHIN ME AS MY TOTAL FULFILLMENT, I AM TOTALLY FULFILLED. I AM NOW AWARE OF THIS TRUTH. I HAVE FOUND THE SECRET OF LIFE, AND I RELAX IN THE KNOWLEDGE THAT THE ACTIVITY OF DIVINE ABUNDANCE IS ETERNALLY OPERATING IN MY LIFE. I SIMPLY HAVE TO BE AWARE OF THE FLOW, THE RADIATION, OF THE CREATIVE ENERGY, WHICH IS CONTINUOUSLY, EASILY AND EFFORTLESSLY POURING FORTH FROM MY DIVINE CONSCIOUSNESS. I AM NOW AWARE. I AM NOW IN THE FLOW.

10. I KEEP MY MIND AND THOUGHTS OFF "THIS WORLD"
AND I PLACE MY ENTIRE FOCUS ON GOD WITHIN AS THE
CAUSE OF MY PROSPERITY. I ACKNOWLEDGE THE INNER
PRESENCE AS THE ONLY ACTIVITY IN MY FINANCIAL
AFFAIRS, AS THE SUBSTANCE OF ALL THINGS VISIBLE. I
PLACE MY FAITH IN THE PRINCIPLE OF ABUNDANCE IN
ACTION WITHIN ME.

MAY THESE STATEMENTS AND YOUR WORK BRING YOU PEACE
AND ABUNDANCE,

Heather Hunt