



THE  
**Abundance**  
**PARADIGM**

**WORKBOOK**

**Dr. Joe Vitale**

# **The Abundance Paradigm:**

Moving from the Law of Attraction to the Law of Creation

## **WORKBOOK**

Dr. Joe Vitale

Nightingale-Conant

# **IMPORTANT**

To begin — Please save this workbook to your desktop or in another location.

How can you get the most out of this writeable workbook? Research has shown that the more ways you interact with learning material, the deeper your learning will be. Nightingale-Conant has created a cutting-edge learning system that involves listening to the audio, reading the ideas in the workbook, and writing your ideas and thoughts down. In fact, this workbook is designed so that you can fill in your answers right inside this document.

For each session, we recommend the following:

- Preview the section of the workbook that corresponds with the audio session, paying particular attention to the exercises.
- Listen to the audio session at least once.
- Read the text of the workbook and complete the exercises.

In addition to the exercises and questions, we've created an "ijournal" to make this an even more interactive experience for you. At the end of each CD session, you can write down any additional thoughts, ideas, or insights to further personalize the material. Remember, the more you apply this information, the more you'll get out of it.

# Table of Contents

Page No.

**CD1**

**Defining the Abundance Paradigm and the Law of Creation.....5**

**CD2**

**Tapping into the Essence of the Abundance Paradigm .....12**

**CD3**

**Beyond Ho'Oponopono to the Abundance Paradigm.....17**

**CD4**

**Sanskrit Clearing Methods .....21**

**CD5**

**Applying the Abundance Paradigm in Your Life .....25**

**CD6**

**Eliminating Limiting Beliefs about Money .....33**

## CD1

# Defining the Abundance Paradigm and the Law of Creation

In this introductory session, Joe defines what exactly the Abundance Paradigm is. He then takes you beyond the Law of Attraction and into the Law of Creation. He shares insights and information on how action is the key element in turning mere attraction into creation. He emphasizes how trust is imperative and provides you with some practical methodologies you can use to lead you into an Abundance Paradigm shift.

1. In previous books and programs, Joe introduced the three stages of awakening. In this program, he reveals a fourth stage that he recently discovered. Here is a recap of the stages, including the fourth:

- 1) Victimhood
- 2) Empowerment
- 3) Surrender
- 4) Awakening

2. During the fourth stage, that of awakening, your ego dissolves and you learn that you have God within yourself. You realize that you are the very thing you want to attract. You are actually living the Abundance Paradigm. Your state of being is “divinely” based, as opposed to “ego” based. On a scale from 1 to 10, rate how much you feel you are holding onto an ego-based paradigm (1 being that you do not live a very ego-based life, and 10 being that you are living a very ego-based life). Click on the box in front of the appropriate number.

1    2    3    4    5    6    7    8    9    10

3. Joe discusses how you may harbor unconscious beliefs and counter-intentions to what you want to attract to you. The trick is that they are unconscious. Do you currently have any beliefs or counter-intentions that you are aware of or conscious of? If so, list them.

4. One of the traits that Joe is best known for is “taking action.” He constantly and quickly moves on any impulses that he receives, whether in marketing, writing books, or further communicating the law of attraction principles. Do you move quickly on the business or personal impulses that you receive? List at least three things you have moved on in the past, and write about the ultimate outcome of your efforts.

5. The more you listen to your higher-self, the better your life will be. Do you meditate or do anything that encourages listening to your inner guidance? If so, what do you do? If not, what can you begin to do to bring further inner listening into your life?

6. Listed below are aspects of the scarcity paradigm. Go through the list and click on the red boxes for those thoughts you currently struggle with:

- I don't have enough money.
- I don't have enough time.
- I can't get what I want.
- Because of my parents, government, friends, etc., my life is different than it could be.
- There just plain isn't enough to go around, let alone for me to have what I want.
- I personally can't have what I want; I am broken in some way.

7. You need to realize that any of the things you have checked off on the list in number 6 are merely thoughts. They are not facts. Go through the list again, and click on the black boxes for those you see as facts. Meditate on that belief, and write about where that focus takes you.

8. The “What If Up” Process helps you to choose to think positively. With this process, you ask yourself questions that raise your energy and thoughts. When an idea comes to you, ask yourself what you do with it. Most people talk themselves out of it. Choose an idea that you are currently considering in your life, and try the “What If Up” Process on that idea. Write about your experience.

9. Blessings come to you when you take action on your ideas. If you are the first to move on that action, you will reap abundant rewards. Now that you are exposed to this truth, you will likely have some new ideas. When the next idea comes to you, write it down and take action on it. Write about your experience in doing so.

- 10 Joe asserts the more you act on your ideas, the more you will receive ideas. Practice moving on your ideas and chart your progress. Note if you starting receiving more ideas as you take action.

11. Joe refers to Dr. David Hawkins’ Map of Consciousness as a means to assess where you are in your own consciousness journey. Take a moment to consider what level you may find yourself in. Write about your findings.

12. Author Arnold Patent said, “The sole purpose of money is to express appreciation.” Joe suggests you focus on feeling appreciation with every transaction you do concerning money. For at least one day, write out all that you are feeling appreciation for in relation to money.

13. Joe references the rollercoaster of life. He suggests that you need to trust in order to live the Abundance Paradigm, whatever may be going on around you. “Life is just a rollercoaster. If you can buckle your seatbelt, then you can enjoy the ride.” What steps can you take toward “buckling” your “abundance” seatbelt in your life?

14. Your internal power is immune to external turbulence in your life. Do you believe this? Explain.

15. Commit to doing the following exercises throughout the next 30 days. Then at the end of each day, write about anything you experience in relation to taking these actions:

- Write a list of those things you have or experience in your life that you are grateful for.

- Do the smile exercise throughout the next 24 hours. Write about the effects that this exercise had on your energy.

- Spend time during the next week laughing. Watch comic movies or comedians.

- Turn around and ask “What if...” questions to yourself.

- Turn off the news.

- Read inspiring books, whether biographies or motivational in nature.

- Listen to self-help audio programs.

16. What is a paradigm?

17. What is a scarcity mindset?

18. What is an Abundance Paradigm?

19. What paradigm are you living from right now?

20. Can you predict your next thought?

21. What can you do to change thoughts that arise that you don't care for?

22. What is the best way to create something new?

23. What is the Law of Attraction as Joe taught it?

24. What is the Law of Creation as Joe explained it?

25. When you are in this moment, what occurs for you?

26. What is the sole purpose of money?

27. What is your favorite way to raise your vibration?

28. Describe the difference between the Law of Attraction and the Law of Creation.

**ijournal** - Use this space for recording your thoughts, insights, or experiences.

A large, empty rectangular box with a thin black border, occupying most of the page below the header. It is intended for the user to record their thoughts, insights, or experiences.

## CD2

### Tapping into the Essence of the Abundance Paradigm

In this session, Joe introduces you to the White Board Exercise. He instructs you on how to separate your thoughts and feelings from the part of you that is the witness. He takes you through the process, and then shares how you can best use this exercise. He then takes you through a hypnotic storytelling experience and ends the session with several introspective questions to assist you in further discerning the difference between separation and inspiration.

1. Joe introduces the White Board Exercise in this session. The white board he references is the white board behind your consciousness. Before starting the exercise, reflect on the following questions:

- As you are observing your feelings, what is the background that is doing that observing?

- As you are observing your body, what is the background that is doing that observing?

2. Separating yourself from your thoughts and feelings leaves you as a clear, clean white board. You are not those thoughts and feelings. For a moment reflect on any thoughts or feelings you currently have. Write about them. As you list them, do you imagine your white board clearing?

3. Consider the following and write anything that comes into your mind:

- If there were no limitations at the white board, what would you do?

- If there were no rules or ceilings of possibilities at the white board, who would you be?

- If, at the white board, you are the divine itself, what does the divine inspire you to do next?

- Note any feelings or insights you have while doing the White Board Exercise, and always remember the white board as a trigger image to help bring you back to the Abundance Paradigm.

4. Joe takes you through a meditation on journeying through your paradise home and garden. In this visualization, you meet several of your guides who provide you with key messages. Write the messages you receive as clearly as you can and in as few words as you can:

- To open, Joe describes the home you've always wanted to live in. What does that home look and feel like? Describe it in as much detail as possible.

- On the second floor of the house you are greeted by one of your guides who provides you with a message about abundance. What is the message that you receive?

- The next guide provides you with a message about relationships. What is the message you receive?

- The following message is about prosperity. What is it, and how can you integrate that message into your life at this time?

- You then receive a message about your health. What is that message, and what can you immediately do to respond to it?

- The next message concerns your life's mission. What is that message, and how "on track" are you in manifesting that mission?

- What is your response to the note on the altar asking, "If you could have, do, or be anything, what do you want?"

- What is the final guided message you receive as you exit the house?

5. All that you experienced in this meditation is real. Make note of how the messages you receive come into reality.

6. At the white board is the totality of all possibility; no limitations. If, at the white board, there were no limitations, what would you do?

7. If, at the white board, there were no rules or ceilings of possibilities, who would you be?

8. If, at the white board, you were the divine itself, what would the divine inspire you to do next? Make note of any insights you receive after doing this exercise.

9. Joe takes you on a hypnotic storytelling experience to cleanse and clear you on a very unconscious level. In this exercise you are taken to your paradise. Describe what paradise would look like for you.

10. Joe advises you to listen to this hypnosis every day. Keep a diary of anything that you experience in response to going through it.

11. At the end of this session, Joe suggests you ask yourself the following questions:

- Once I am cleared of major blocks, does inspiration naturally flow to my consciousness, or are there other steps that are necessary?

- What is the difference between inspiration and regular thoughts?

- How can I foster further inspiration once I have received it?

- Why do blocks keep inspiration from happening?

- When I follow inspiration, will I still get resistance?

- Can we be inspired to do something that may not be best for us or that can even hurt us?

- Once I am inspired to do something, how can I keep myself from getting in the way or sabotaging my own success?

**ijournal** - Use this space for recording your thoughts, insights, or experiences.

A large, empty rectangular box with a thin black border, intended for recording thoughts, insights, or experiences. The box occupies most of the page below the header.

## CD3

### Beyond Ho'Oponopono to the Abundance Paradigm

The Ho'Oponopono Process is discussed in this session. To start, Joe provides you with the history of Dr. Hew Len and the process, and then instructs you on the basic premise of the process. He then introduces you to the Advanced Ho'Oponopono Process, and ends the session providing you with a perspective of this process in relation to the Law of Creation.

1. Joe opens this session describing Dr. Hew Len and the specifics of the Ho'Oponopono Process. Are you familiar with this technique? If not, take some time to research and learn more about it. If you are familiar with it, revisit it and find ways to further integrate it into your life. Write about your findings.

2. The four steps to the Ho'Oponopono Process are as follows:

- I. Please forgive me (because I have been unaware, and did not know what the unconscious programming was inside me).
- II. I'm sorry (that I was asleep, unconscious, and unaware of the programming in me).
- III. Thank you (to divinity, to God for handling this issue for me, for erasing the white board within me).
- IV. I love you (moving into the direction of being one with God).

Think of something you would like to clear in your life at this moment. Practice the phrases listed above on the issue, and make note of how your energy shifts in response to doing this exercise.

3. In the Ho'Oponopono Process, you take 100% responsibility for everything that shows up in your life, and need to clear it if it is at all detrimental. Write a list of events, people, or experiences that are troubling you in your life. Do the Ho'Oponopono Process on each of the items you listed, and make note of any shifts in response to doing it.

4. In the Advanced Ho'Oponopono Process you visualize the difficult situation, and then slice up the energy of that situation with your business card. Reflect on something that you are struggling with and would like to heal in your life.
  - I. Note that it is your perception of the situation that makes it a problem.
  - II. If you had to guess what the lesson is in having the particular problem in front of you, what would you guess it to be?
  - III. Practice this advanced technique with the issue, and write about your experience.

5. Joe also introduces you to another tool that allows you to stay focused on the moment by watching your breathing as you go throughout your day. You can do this by touching a physical object, watching your thoughts (realizing you're not your thoughts), watching your feelings (realizing you're not your feelings), and recognizing you're in a body but you are not your body. Try each of these techniques on issues that you are struggling with. Write about your experience.

● Issue #1: Watching your breathing:

● Issue #2: Touching a physical object:

● Issue #3: Watching your thoughts:

● Issue #4: Watching your feelings:

● Issue #5: Recognizing your body:

**ijournal** - Use this space for recording your thoughts, insights, or experiences.

A large, empty rectangular box with a thin black border, occupying most of the page below the header. It is intended for the user to record their thoughts, insights, or experiences.

## CD4 Sanskrit Clearing Methods

In this session Joe takes you through two powerful clearing methods, The Vitale Clearing Method and an ancient Sanskrit chant.

1. Joe takes you through The Vitale Clearing Method in cleaning and clearing negativity from your life. This exercise is especially valuable when dealing with individuals or situations you may have had a longstanding struggle with. Go through this exercise with Joe, and note any insights you gain in doing so.

2. Next, there is a powerful Sanskrit chant that Joe takes you through. It too helps clear any hidden beliefs that you are not aware of. Listen to this powerful chant each day for the next 30 days, and write about your experience each day.

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

Day 8:

Day 9:

Day 10:

Day 11:

Day 12:

Day 13:

Day 14:

Day 15:

Day 16:

Day 17:

Day 18:

Day 19:

Day 20:

Day 21:

Day 22:

Day 23:

Day 24:

Day 25:

Day 26:

Day 27:

Day 28:

Day 29:

Day 30:

**ijournal** - Use this space for recording your thoughts, insights, or experiences.

A large, empty rectangular box with a thin black border, occupying most of the page below the header. It is intended for the user to record their thoughts, insights, or experiences.

## CD5 Applying the Abundance Paradigm in Your Life

It is important that you are able to discern the difference between inspiration and your own programmed thoughts and beliefs. In this session, Joe responds to several questions that had been raised by clients of his Miracle Coaching program.

1. There are two choices in life. You can come from inspiration or from programming. How can you further install more “inspiration” and less “programming” into your life?

2. How you feel when having different thoughts is key in discerning when you are being inspired, as opposed to coming from programming. When you feel energized and enthusiastic in response to a thought within the next week, write that thought down and make note of how inspiration manifests in your body and energy center.

3. When you take inspired action, you accelerate manifesting what you want in your life. What new insights have you gained on the Law of Attraction in relation to taking inspired action?

4. Joe discusses victim mentality in one of the letter responses. He shares an example of a client who claims he followed inspiration and had a poor outcome. How are you currently holding onto feeling like a victim in your life?

5. What are you gaining as you hold onto being a victim?

6. What steps can you now take to rid yourself of feeling like a victim?

7. Faith plays a key role in manifesting your desires and living the life you truly want. What encourages your faith to grow in your life? Is there anything you can further do to increase your faith?

Joe encourages you to quiet your mind and meditate each day. Commit to taking at least five minutes daily to meditate. Try this for at least 30 days, and write about any ideas, feelings, or insights you gain.

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

Day 8:

Day 9:

Day 10:

Day 11:

Day 12:

Day 13:

Day 14:

Day 15:

Day 16:

Day 17:

Day 18:

Day 19:

Day 20:

Day 21:

Day 22:

Day 23:

Day 24:

Day 25:

Day 26:

Day 27:

Day 28:

Day 29:

Day 30:

9. Expressing gratitude raises your energy and invites more things to feel gratitude about in your life. Write a list of everything you are grateful for in your life.

10. Joe shares an example of following his inspiration to an Italian deli one day. Following that inspiration created a lifelong friendship and ultimately shifted Joe's life. Reflect on your life and write about a situation in which you followed inspiration. What was the outcome?

11. Joe describes several exercises as a means to keeping calm in the face of anxiety. Try each of these exercises, and note which work best for you. Start by thinking about something you are anxious about, and then follow through with the exercise. Write about your experiences with each.

- Tapping Exercise:

--

- Focus on the Present Moment (by touching something):

--

- Deep Breathing:

--

- What If Up Thinking:

--

12. Joe emphasizes that when you are critical of others, you need to look in the mirror and see how you are self-critical. Write a list of any and all criticisms you currently have about others.

13. Once you have your list of criticisms, focus on yourself as you reflect on the topic of each critique. With each, write about how it is a reflection of your own self-judgment. Then with each, make a comment to clear your judgment and be kinder to yourself.

--	--

14. Joe encourages you to have a good support system. You gain support through engaging with other people (such as through coaching), reading, and listening to inspirational material. What support systems do you currently have in place? What additional support systems can you add to your life to enhance your sense of support and security?

--

15. One of the questions asked of Joe was “At what point do we sever relationships to avoid negativity?” Joe responded that as he focused on his own growth, those who did not match his positive energy just naturally left his life. He suggests that the negativity you see in others lies within you. You are attracting and creating it all. As you clean and clear, your relationships will shift. Have you noted any such natural shifts with relationships leaving your life? Write about them.

16. Joe encourages you to take action on any inspiration you have to further foster more inspiration. Are there any inspirations you have received that you haven't yet taken action on? List them, and then make the commitment to take action. Write about any shifts doing so brings to your life.

17. Your blocks are your fears. Make a list of all that you currently find yourself feeling fearful about.

18. You may suffer from the fear of failure or the fear of success. Which do you believe you find yourself struggling with?

19. If you fear success, you may be afraid of being forced out of your comfort zone, of your life changing. What changes can you imagine that would encourage and enforce the good that will come from success?

20. What resistances do you see arising as you focus on manifesting your life's dreams? List them, and make a commitment to releasing them through the several processes Joe shares in this program. Write about any shifts you note after doing the clearings.

21. Remaining focused on the inspiration you receive will assist you in beating self-sabotage. You are encouraged to follow inspiration NO MATTER WHAT. Make note of any self-sabotaging behavior, and note how you shift from sabotage to inspiration.

22. Acting on inspiration is really powerful. The next time you find yourself inspired, take some immediate action on that inspiration, and note how you feel in doing so.

**ijournal** - Use this space for recording your thoughts, insights, or experiences.

A large, empty rectangular box with a thin black border, occupying most of the page below the header. It is intended for the user to record their thoughts, insights, or experiences.

## CD6

### Eliminating Limiting Beliefs About Money

Joe continues to respond to a myriad of questions that had been posed by several of his Miracle Coaching clients in this session. As this session comes to an end, he lists the five ways in which you can shift into the Abundance Paradigm.

1. One of Joe's clients asked about apparent limitations on paper money being created. Joe asserts that there is no shortage of money and that money is simply an invisible energy system that we agree on as a means of exchange. Do you have any limiting thoughts about acquiring money? If so, what are they?

2. Find a way to bring a symbol of money into your life, whether you write a check for your desired wealth to yourself or find play money totaling your desired assets. Find something that represents your desired financial manifestations and keep it somewhere that is visible to you so that you can frequently see it. What symbol do you plan to use?

3. Joe asserts that the best way to attract money to you is to forgive others and drop any resistance you have to receiving. Attracting it from an Abundance Paradigm (as opposed to pursuing a lawsuit), forgiving, letting go, allowing, and trusting that money will come in another way is more powerful. Is there anyone or any situation that you need to forgive concerning money? If so, what is it and what steps can you take toward forgiveness? Write about your experience.

4. Bankruptcy will not create negativity in your life, unless you believe it will. It can be a useful means of clearing your negative energy around lack. What are your beliefs about bankruptcy?

5. While you are financially broke, ideally you want to feel good about other things in your life. When you feel abundance and appreciate your life right now, you attract abundance to you. Spend at least 5 minutes each day focusing on what you appreciate in your life. List those appreciations each day, and write about any shifts you note in your energy.

6. You need not focus on “how” abundance comes to you. You can trust that the universe will bring abundance to you in ways you never dreamed of. Reflect on your life and focus on a situation in which you had a wish or dream fulfilled in a very surprising way.

7. Joe asserts that money isn’t always what you actually need. Write a list of the abundances you desire that are not monetary.

8. Joe suggests you freeze your credit card if you tend to overuse it. Do you have challenges with your credit card? If so, do this exercise and note any challenges and changes you experience after doing so.

9. Monitor your feelings when using your credit card. When using it, are your feelings “Yes, no, or maybe?” If you experience a “no” or a “maybe” when using it, there is doubt. Don’t use it. Journal on your experiences and feelings about using or not using your credit card.

10. When you find yourself feeling fearful yet energized about taking a major step in your life (like quitting your job), you still have some victim mentality remaining in your psyche. Is there some new venture you are interested in pursuing in your life? If so, can you give time to it while maintaining your more secure income source? Write about any ideas you have and how you can start taking action on them.

11. Joe asserts that money will come to you when you are ready to receive it. If you have an unconscious belief that money will not come to you for a long time, the Law of Attraction will match that belief. List all of your thoughts and feelings about money and how you think it will come to you. Then reflect on the list and clear anything that does not resonate with manifesting your desires.

12. If you don't have belief in yourself, take baby steps toward the success you want. Doing so will assist you in beginning to believe in yourself. You could start with affirmations like, "I am going to have success. I do have belief in myself." Doing this and taking other small steps toward your goals will help you change your thoughts. What small step can you take toward your goal? Write down your goal and break it into small steps. Then take the first step, and in time you will build the new you.

13. How does the statement, "You can't truly love others until you love yourself" pertain to your life?

14. At your core is a witness (zero, God, the white board). This witness is love. The more you can go to this inner essence of you, the more you can love others. Pay attention to your inner witness, and write about your experience.

15. You can love yourself as a work in progress. Note that you can change your body if you desire to do so. The trick is to love yourself just as you are. When you do, you move into acceptance and can start to change those aspects of yourself that you would like to shift. Are there any physical changes you would like to make in your life? What are they?

16. What do you really appreciate about your body? List every aspect of your body that you are grateful for. Read through these appreciations each and every day. Note any changes in your body or mind as you continue to do so.

17. What messages about yourself did you receive from your parents when you were young?

18. Do you believe your parents did the best that they could with you, given the information they had?

19. Write a list of all of the things you appreciate about your parents. If you have difficulty doing this exercise, then write a list of things you are struggling to forgive them for. Use one of the many clearing exercises you've learned to shift the resentments you feel. Then write about any insights or emotional shifts that you note after doing so.

20. Do you need to forgive yourself for any judgments or other feelings you have toward your parents (or others in your life)? If so, clear the energy around forgiveness, be compassionate with yourself, and allow yourself to move forward. Write about any findings you gain in relation to doing this exercise.

21. Retell the story of your parents, including the benefits you received in your life having them as your parents. If they were difficult, perhaps you now have an extraordinary ability to handle difficult people at work or in your personal life. In other words, turn what you perceived as challenges into strengths that you have acquired in dealing with them.

22. The best thing you can do to help others who are struggling with their self-esteem is to model inspiration to them. Reflect on those whose lives you touch. Are you trying to change them? If so, do a clearing, and commit to only being a model for them.

23. List any ways in which you believe you are acting or thinking in ways that do not support your highest good. Then, with each item on the list, ask yourself, "Is this a life-affirming thought or action? Is this a thought or action I will regret?" If the latter, make every effort to stop that thought or action. Ideally, do one of the clearing processes on it until it shifts.

24. Joe states that the best thing you can do for your children is to have confidence in them and see them in their best light. List the ways in which you worry about your child(ren). Then take some time to clear each worry you have. Write about any shifts or insights you gain in response to doing this exercise.

25. If you are concerned about what to do with yourself as you wait for your life to change concerning a particular issue, then Joe suggests that you simply do more clearing and practice more gratitude in your life. Write out the concerns you currently have. Then do clearing with it and write a gratitude statement to match up with each concern. Each time that concern arises, say your accompanying gratitude statement aloud. Make note of any shifts you discover in doing so.

26. Make a list of any areas in your life that you find yourself experiencing a sense of desperation. Then work on uncovering and clearing any unconscious beliefs you have in relation to the desperation.

27. Do you find yourself attached to the outcome of your efforts? If so, Joe suggests you practice the Walking Meditation in which you detach and focus on trusting that all will work out for your best, as there is a divine hand in it. Practice doing this meditation and note any shifts you have in your thoughts, actions, and reactions.

28. Joe suggests that you simply note any negative thoughts as they arise, and then let them go. Do not worry that they will manifest negativity immediately in your life. The bottom line is to give juice and energy to the positive, note the negative and move on. Try this next time you witness a negative thought arising. Write about your experience.

29. In dealing with family and negativity, Joe suggests that you focus your energy on clearing any of your own negativity or skepticism. Do you struggle with suspicion or negativity from those around you? If so, do one of the clearing processes on your own skepticism, and note any changes you find in response to doing the exercise.

30. Do you have any limiting beliefs about your age in conjunction with manifesting your desires? If so, list them, and then do some clearing on those beliefs. Age should have no power over achieving your desires.

31. Joe gives an account of how Dr. Hew Len responded to negative callers on a radio show. He de-personalized the experiencing, stating, "It's not them. It's the program in them." When you find yourself taking the words and actions of others personally, you need to clear on your beliefs about the issue and remember the programming that is being acted upon. Write your insights and ideas about your tendency to take personally the thoughts and actions of others.

## 32. Five Ways to Shift into an Abundance Paradigm:

**1. How are you being?** Are you feeling fearful, empowered, surrendered? Are you letting go into the now? Do you feel like all is well, or do you feel you are still concerned about things? If not, clear any feelings that are not aligned with feeling good. The more you can move into security, divine protection, opulence, and abundance, the more you can shift into the Abundance Paradigm.

**2. What are you seeing?** When you look around, what do you note? Do you see things that perpetuate fear within you, or do you see abundance opportunities everywhere? If you don't see abundance right now, just fake it until you make it. You will start to see it when you choose to.

**3. How are you acting?** Based on the Law of Creation, are you making movements from fear or from trust? Are you coming from ego or from spirit? How are you acting in the world? If you take action on your desires, you are co-creating that which you want. When you act, come from the place of faith, from spirit. Each time you have a moment of choice, take a deep breath and ask yourself, "What would ego do? What would divinity do?" Doing this will help you discern your motivations and consequent actions.

**4. What are you thinking?** Are you thinking fear-based or power-based thoughts? In the place of awareness, you barely have thoughts. You learn to ignore thoughts and come from a place of "no thoughts" and "no thinking." Pay attention to your thinking, noting what kinds of thoughts you are having. Are they down or up thoughts? Up your thoughts and turn them into something magnificent.

**5. What is behind your thoughts, feelings, body, and mind?** The observer that is at the core of your being is the divine. It is alive and breathing through you. The more you can move into that spirit, the more you are in the Abundance Paradigm. Pause and ask yourself, as you are listening, thinking, feeling, or being in your body, what is the thing in you that is the observer or witness?

If you would like to contact Joe Vitale,  
or would like more information on the services that he provides,  
you may contact him at: [www.MrFire.com](http://www.MrFire.com)

**ijournal** - Use this space for recording your thoughts, insights, or experiences.

A large, empty rectangular box with a thin black border, intended for recording thoughts, insights, or experiences. The box is currently blank.

**Empower yourself with these inspiring programs  
from Nightingale-Conant!**

*The Missing Secret:  
How to Use the Law of Attraction to Easily Attract  
What You Want... Every Time*  
By Dr. Joe Vitale  
25450CDD

*The Secret to Attracting Money:  
A Practical Spiritual System for Abundance and Prosperity*  
By Dr. Joe Vitale  
25870CDD

*Forgive and Be Free to Create Your Ideal Life*  
By Michael Wickett  
22071CD

*The Power of Outrageous Marketing! :  
Using the 10 Time-Tested Secrets of Tycoons, Titans, and Billionaires  
to Get Rich in Your Own Business*  
By Dr. Joe Vitale  
19981CD

*Lessons from the Richest Man Who Ever Lived:  
Incomparable Insights and Breakthrough Strategies for Success,  
Happiness, and Wealth*  
By Steven Scott  
23201CD

**All available from Nightingale-Conant —**

**Phone: 1-800-525-9000  
or visit our website at [www.nightingale.com](http://www.nightingale.com)**

**or for our UK clients  
Phone: 01803 666100 • [nightingaleconant.co.uk](http://nightingaleconant.co.uk).**