

# Manifesting Instant Abundance

*Using the Law of Attraction to Instantly Manifest*

## BACKGROUND

The key to abundance, as well as any other thing we wish to manifest in our lives, is the realization that we never look for physical things. We are looking for a feeling.

Think about it, what would having a million dollars in your bank account, right now, mean to you? Imagine that you now have that amount. You can log in to your online account and view the number. What actual effect would that have on your life, in this very moment?

The answer is zero. It would have no effect. Now imagine how it would feel, to know you have that amount? Would you feel happiness? Secure? Would you feel free to do what you want?

As humans, our motivation is to move towards pleasure and away from pain. We equate having a lot of money with the ability to experience pleasure and avoid pain.

## The Key is In The Feeling

The law of attraction says that likes attracts like. If you are joyous, you will attract joy. If you are angry, you will most likely experience more anger, either yours or others. So if you are looking to experience abundance, you must understand what kind of feelings and emotions are associated with being abundant.

Here are a couple of examples of feelings people say are related to being wealthy and abundant -

- 1) Freedom
- 2) Security
- 3) Joy
- 4) Excitement

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## What Does Having A Lot of Money Mean to You?

So this is the point where you start imagining your life, with so much money in your bank account, that you can buy anything that you could possibly want. What do you do? Take a long vacation? Open up a business that you're passionate about? Think about your daily life, what do you hope to feel by having and using all this money?

Now, make a list of these feelings.

No, really, make an actual list, write it down. Write now!

Do you have your list with you?

Now go over each feeling on that list, and try to remember a time that you felt it. If you can't remember such a time, simply imagine it happening now, with all the money that you are now attracting into your life.

For each feeling, you must really get into the state where you are really feeling it, right now. If you can't experience it, you won't be able to attract it into your life, no matter how much money you have.

Go over your entire list this way.

Are you done? Were some feelings harder to feel, compared to others? That's ok, there are various reasons why this happens and once you are aware of the reasons (which I won't get into right now) it's usually quite easy to fix it.

## Manifesting Instant Abundance

So, what did you just do? Did you experience what it actually feels like to be abundant? Did you feel happy, self fulfilled, secure, content? Whatever it is, you instantly manifested it. Yeah, you might be saying "yeah well.... but my balance remains the same, so it's just a mind trick, nothing more!"

Truth is, it is going to be so much easier to increase your balance, if you are unattached to having an increased balance. And the way to do this, is to instantly experience the feelings we hope to feel once we achieve what we want - RIGHT NOW!

Once you have that great feeling, you don't need the money in order to have this great feeling. So you won't have a lot of heavy, negative emotions preventing you from

actually getting that balance.

If you are still not convinced, that's ok. This is only a workbook, the ideas and concepts behind that help form this exercise is covered much more thoroughly in [my blog](#).

## REMEMBER

No matter how much money you end up having in your bank account, it is the positive associations and feelings that you attach to that money that are what you are actually looking for. So look for the feeling first, as the law of attraction will work to get you the money you need to maintain that feeling!