



The **KEY** to your *Abundant Flow*

I will give you the keys to the kingdom of heaven, and whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven.

Matt. 16.19

Watch your thoughts when you are handling your money, because your money is attached through your mind to the one source of all substance. When you think of your money, which is visible, as something directly attached to an invisible source that is *giving or withholding according to your thought*, you have the key to all riches and the reason for all lack.

Charles Fillmore – *Keep a True Lent*

Binding or Loosing your

Abundant Flow

Accepting	LOOSING	Preference	LOOSING
Resistance	BINDING	Cynical	BINDING
Love	LOOSING	Worthy	LOOSING
Anger/Fear	BINDING	Unworthy	BINDING
God/Good	LOOSING	Allow	LOOSING
Problems	BINDING	Control	BINDING
Gratitude	LOOSING	Generous	LOOSING
Blame/Guilt	BINDING	Withholding	BINDING
Possibility	LOOSING	Open-minded	LOOSING
Complain	BINDING	Negative	BINDING

Your life experience is continually helping you identify what you want. Even as you are keenly aware of what you don't want, in that moment you are becoming clear about what you do want. Do not give thought to that which you do not want – for your attention to it attracts it. The key is to think about something else – something you do want. With practice you will be able to tell by the way you feel if you are thinking about something wanted or unwanted.

Esther Hicks – *The Law of Attraction*

**Whatever you ask for in prayer, believe that
you *have received it* and it will be yours.**

Mark 11.24

**You will decide on a matter and
it will be established for you,
and light will shine on your ways.**

Job 22.28

All you have to do is decide what it is you would like to experience and then allow it in order to achieve it. Before you can experience something in your physical life, you must first give thought to it. Your thought is the invitation, and without it, it will not come. **We are encouraging an intentional deciding of what is wanted.** Set time aside every day to intentionally bring your thoughts together into a sort of vision of what you want to experience in your life.

Esther Hicks – *The Law of Attraction*

How to Change my Focus

What's the problem?

What do I prefer instead?

Why do I want it that way?

How would my life improve?

How would I behave differently?

What will I be able to stop doing?

What Divine Quality would help transform this?

How would I feel if this were resolved?

Notice how I'm talking about it...

...the PROBLEM or the PREFERENCE?

Speak Words of Truth

I allow good to flow.

**The Universe is working for
my highest good today.**

**If I'm not happy about this,
what would I prefer instead?**



I create my life experience
through my thoughts,
feelings and beliefs.



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