



## **5 PRACTICAL STEPS TO CHANNEL YOUR ABUNDANT ENERGY RIGHT NOW**

1. ***Add a quiet moment of silence twice a day.*** It is important for one to become still, quiet the mind and experience an inner calm of silence. It is in this place where creativity resides and limitless potentiality is born. Accept the divinity that is within you and spend time quietly receiving all the answers that you will ever need. “Be still and know that I am God,” – Psalm 46:10.
2. ***Catch yourself being judgmental.*** “Today I will judge nothing that occurs,” – A Course in Miracles. Tell yourself periodically throughout the day, “For the next hour I will not judge anything.” Judgment resides in the Ego, which does not serve us in any way. As we judge anything, the Ego is simply asserting that we are somehow “better” than the situation we are observing. The simple act of judging is rooted in discomfort or inadequacy with self. Focus on your divine connection to everything. If you attract someone or something that could use your help, “Be the change that you want to see in the world,” – Mahatma Gandhi.

3. ***Practice giving daily.*** One of the world's best teachers on healthy abundance, Deepak Chopra wrote, "In our willingness to give that which we seek, we keep the abundance of the Universe circulating in our lives." There are many ways to give daily from a loving place. Remember...never give begrudgingly because that will serve no one, especially not you. Recognize that every relationship is one of give and take. Giving engages receiving and vice versa. If you stop the flow of either, you simply stop the flow of universal energy from circulating in your own life. Giving or tithing does not have to be huge, it's as easy as bringing a small gift to everyone that you encounter, i.e., a single flower, a compliment, laughter or even a prayer. Become a loving source of joy circulating in the lives of others and the joy that returns to you will be unimaginable. Also, allow yourself to receive from others, to increase the flow in their lives too.
4. ***Practice acceptance and accept responsibility.*** Stop wasting energy today seeking to control others or needing their approval. This behavior is again driven by the Ego. Energy is held together by love. When your actions are motivated by love for yourself and others, energy will multiply and accumulate. When it is freed up, energy can be redirected to create the positive changes you want in your life. Accept people, situations and circumstances as they are. Know that every moment is as it should be...a culmination of all your past experiences. When you "struggle against The Now," you are struggling against the whole Universe. Any problems that you perceive in the moment, is a 'seed of opportunity' to create something beautiful and your torment will become your teacher. Every situation has a hidden message which is serving your evolution. Whatever situation that you attract, is precisely what you need.

5. ***Develop an unshakeable serenity.*** When you let go of the past and focus on the present, your future is boundless. Using negative past experiences as complete reference for The Now, becomes fertile ground for ‘seeds of fear’ to grow. More than 90% of perceived obstacles are imagined and rooted in negative past experiences. Establish your goals and intentions and remain committed to them with intense passion, no matter the fear. Eleanor Roosevelt once said, “Do one thing every day that scares you.” Stop visualizing your desires through the ‘eyes of the world,’ nor be influenced by opinions and negative criticism. Keep your desires to yourself, unless you are closely bonded and fully supported by someone else. Relinquish attachment to the outcome and let the Universe orchestrate the details.

Dr. Susan Flowers is an international Trainer, Speaker and Writer. Your group will be captivated and entertained by her high energy workshops and seminars. Susan is an experienced speaker and trainer on a wide variety of subjects, such as Personal Growth, Organizational Diversity and Business Development, to name a few. Susan impacts hundreds of people each year with messages that instruct, inspire, entertain and motivate. She is available to any size organization for business training, corporate conferences, conventions, etc., both nationally and abroad, [www.speakerandtrainer.com](http://www.speakerandtrainer.com).