21 Days Abundance challenge

**Take your mind off the world and back to Spirit!**

**This is an adaptation of the 21 days of abundance challenge by Deepak Chopra. It has been adapted for those of most faiths. Each day read that topic, it’s your challenge to Pray, ponder, or Meditate on what it means and how it applies to you. Keep a journal and each day write down your thoughts on each subject or how to put it into practice!**

#### Day 1: Today, I behold all of the abundance that surrounds me.

Take some time and look around you what do you see that others would consider you are abundant in? Write down at least 3 things that you behold as abundance around you.

#### Day 2: The Source of All Abundance

What or who do you consider is your source of abundance? Why?

#### Day 3: Mind, Matter, and Spirit

Another way of saying that is Mind, Body and Spirit. How does that fit into our Abundance challenge? What do they mean to you and how does it fit together.

#### Day 4: Pure Consciousness

I am thankful that the Pure Consciousness, a.k.a. Christ or Universal Consciousness it within me. I take time each day to appreciate and be in one with it for through this consciousness all my abundance is brought forth. What do you think of when you read the words *pure consciousness*?

#### Day 5: The Field of All Possibilities .

I am thankful that the Abundance of the Universe is brought forth and all possibilities are within my reach. When you think of a field do you see possibilities or lots of work? Shifting or perspective of how we look at anything can open up a field of possibility to you. Write in your journal how you look at fields and how you can shift how you look at it.

#### Day 6: The Seeds of Success

Planting seeds takes time. You need good soil and just the right amount of water for success. I used affirmations daily, my favorite is “I live confidently each day knowing that the source of my prosperity is God working through me and directing me.” What do you do daily to plant seeds of success in your life?

#### Day 7: The Spontaneous Fulfillment of Desire

Each day you should be taking time to reflect on the day’s challenge. This 7th day reflection is related to coincidence, Miracle, and Good luck. What is a coincidence? Take as an example when you think about someone and suddenly a few minutes later they call or text you. Think of “Coincidences as cues about particular facets of our lives that require our attention. Take time to be more aware of coincidences and their meaning and you will begin to connect more and more with this field of infinite possibilities.

Day 8: Abundance and the Law of Pure Potentiality

Words have power! Little things are very important. They help our mind to build clues, hold on to the thought, accept it as our own and integrate it into reality. Commit to spending some time alone or in nature to invest in you connecting to pure source.

[.](https://open.spotify.com/album/5MrmwtYoFaB3nQVj4jTbmL)

#### Day 9: Abundance and the Law of Giving

**The law of giving is as old as the sunrise. Give and you shall receive. How are you giving this coming holiday season or do you keep this law all year? Does your faith or belief have a similar worded Law of Giving?**

#### Day 10: Abundance and the Law of Karma .

Cause and effect, consciousness choice making, good stewardship, every action we take generates a force of energy which returns to us in kind, as we sow so shall we reap. As we make good choices more is given to us. Have you ever thought about the Law of Karma and how it relates to your abundance?

#### Day 11: Abundance and the Law of Least Effort

Today we will look at the Law of Least Effort and how it can help us free our desires and intentions, directing them to the spiritual realm to create more abundance in our lives. When your actions are motivated by love, your energy is multiplied and accumulated. Release of this energy allows you to redirect it towards the creation of everything that you want. When the spirit is your inner point of reference all of the immense power of universe is at your disposal. You can then use this energy creatively, moving toward abundance and self-evolution.

#### Day 12: Abundance and the Law of Intention and Desire

Today let’s look at this concept; whatever you want or need in your life there is a way to get it. Some people use visualization some will use prayer, it’s the same as ask and you will receive. We all use different modalities. When you clearly articulate the desire and plant the seeds of intention in the field of possibilities there is no failure.

.Day 13: Abundance and the Law of Detachment

There is a mathematical Law of detachment it says If a conditional is true and its hypothesis is true, then its conclusion is true.  Abundance is a state of mind in which you believe you are naturally creative, you recognize the universe is abundant, and you are and expression of the universe, therefore you are abundant. You could say this come down to “let go, let God.” Do you practice getting out of your own way so the Creator can make plan your path and bring all things to you?

#### Day 14: Abundance and the Law of Dharma

Starting with your Pure Potentiality and ending today with the **Law of Dharma**. When your life is full of true (what your passionate about) purpose, your **dharma** or **abundance** rushes towards you easily and effortlessly. Dharma is compassion, (light is the Sun, compassion is the fire). As the saying goes: “Do what you love and the money will come.” This is akin to “Ask and believe and you will receive.”Take some time today to connect with your higher power, approach with a spirit of thankfulness. .

**Day 15: Living in Synch**

Living in synch is knowing there is no coincidence, everything happens for a reason, even when things seem destructive; all is by divine order or an orderly process in the consciousness that is God. Seize that moment of unpredictability, ask yourself, instead of asking what’s the problem, ask what’s the opportunity? Look at the meanings, the context in the stories you’re telling yourself and re write the story.

#### Day 16: Living Gratefully

We are closing in on the final days of our 21 days of abundance and this is perfect timing for recognizing “living gratefully”. From being grateful in the morning in waking up in a warm environment with the people you care about. What are you grateful for today and look for at least one thing each day to be grateful for!

Day 17: Living Carefree

Today when a lot of us are working hard at cleaning, cooking, etc. take some time to remember your Creator wants you to enjoy your life and live it carefree. Let go, Let God!

#### Day 18: Living Unity

Not many more days of our 21 days of Abundance. Today we focus on Living Unity. When we live in unity with our Creator we walk in step with all the universe, nature, etc. We are in the flow and that flow included abundance. What do you do to keep yourself in unity?

#### Day 19: Living Love

There are many different ways in which we can live in Love and living in love is living in abundance! How do you live in love?

#### Day 20: Living Luxury

Today, we look at the concept of luxury, adding to your life something that is much more significant than just necessities. This goes far beyond just material luxury and should encompass everything that nurtures you.

When you feel that you are worthy of receiving all the blessings that the universe can offer you, your needs are satisfied easily and beyond expectation. As soon as you learn to accept the grace that has been sent to you, you will give the sign to the universe that you deserve only the best and are ready to receive it.

And affirmation for today is “Today, I treat myself to moments of luxury” (that can be a special cup of Cocoa or maybe a bubble bath! Enjoy your day)

#### Day 21: Living Abundantly.

Today is the last day of your journey, I am grateful for having the opportunity to share this challenge and to have you taking the journey with me! Thank you for the effort in carrying out everyday’s tasks and for contributing to the abundance energy flow. Congratulations on reaching the end of your journey! We hope that you have found something valuable for yourself in it. As we enter into our season of giving I hope you remember to give some time each day to your continued growth of appreciating all the abundance around you.