

The background of the page is a composite image. The top half shows a bright, golden sunset with rays of light breaking through a hazy sky. The bottom half shows a lush green valley with a river flowing through it, and a waterfall on the right side. The overall color palette is warm, dominated by oranges, yellows, and greens.

# Unlock Your Abundance: ENERGY SHIFT GUIDE

**How to Use this Guide:** Any time you want to realign with abundance, you can revisit the 3 powerful energy shifts from the *Unlock Your Abundance* Meditations below. Each one takes just a few minutes and can be done daily or whenever you need a reset.

In the accompanying audios, we invite you to close your eyes for these meditations. Once you're familiar with these steps, we suggest you close your eyes for each process.

# SHIFT #1:

## *The Scarcity Surrender Practice*

**Purpose:** Let go of old imprints of scarcity and activate the energy of abundance.

**Practice:**

1. Place one hand on your heart and the other on your belly.
2. Take a deep breath in through your heart and exhale slowly.
3. Visualize a golden light high above your head that holds the energy of abundance and peace flowing down through the top of your head and filling up your body.
4. As you breathe in, imagine any energies of tension, fear or scarcity being scooped up. As you breathe out, imagine those energies being released into the earth.
5. Feel or see the golden light moving through you in a final cleanse of anything that's not in the highest alignment with your abundance.
6. Take another deep breath and shake out your hands or stretch so you can move the energy in your body.
7. Repeat this mantra 3 times: *"I surrender scarcity. I allow myself to feel and know that abundance is my true nature."*
8. Notice any shift you feel (even small) and celebrate it, because what you put your attention on grows stronger in your life.

## SHIFT #2: *The Receiving Reset*

**Purpose:** Soften resistance and open fully to receiving money, love, support, and ease.

**Practice:**

1. Sit or lie down comfortably. Take a slow, deep breath.
2. Notice how deeply supported you are in this moment by the ground underneath you or the chair you're sitting in. Let your body surrender into that support.
3. Picture yourself transported to a favorite place in nature (real or imagined). Notice what you see, smell, feel, and hear in this beautiful spot.
4. Imagine opening your arms wide and welcoming the abundance of nature to fill you up with high vibrational energy.
5. If you feel resistance or guilt about receiving arising, simply notice it. By allowing those feelings to be there, they can gently dissolve on their own.
6. Repeat this affirmation slowly, 3 times: *"I receive with gratitude and joy. I am unconditionally worthy. Life celebrates when I receive."*
7. Feel gratitude for this place in nature that has supported you in receiving.
8. Continue moving through your day with an openness to receiving.

## SHIFT #3:

# *Abundance Anchoring Ritual*

**Purpose:** Start or reset your day with a quick ritual to align with and anchor the energy of abundance.

**Practice:**

1. Breathe in deeply to your belly and exhale fully.
2. Bring your awareness to your heart. Slow down your breathing and imagine your breath going in and out of your heart.
3. Notice any sensations or feelings in your heart. Whatever it is you're feeling, welcome it with compassion.
4. Notice the deep reservoir of quiet steadiness underneath the sensations in your heart. This is the abundance that's always in your heart. As much as you're able to, rest in that space.
5. Think of 3 things you're grateful for—big or small.
6. Imagine any feeling of gratitude growing bigger and bigger. Let the feeling expand until it fills your entire chest. Imagine your heart being a magnet for anything that resonates with this feeling.
7. Say aloud or in your mind: *"Today, I choose abundance. I anchor it into my body, my thoughts, my actions, and my life."*
8. Throughout your day, carry this energy with you and remember that abundance is your true nature.

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**Tip:** Pick one of these practices that calls to you each day. Remember that even a small energetic shift can make a big difference in the flow of your day. Follow your heart with what you're drawn to.

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*“Your life is meant to be lived in the Miracle Zone—where love, joy, and abundance are your natural state.”*

—Marci Shimoff