

The Abundance Code

Unlock the Code for
Abundance and Happiness...

With Ancient Spiritual Laws
and Modern Neuroscience.



THE ABUNDANCE CODE

UNLOCK THE CODE FOR ABUNDANCE
AND HAPPINESS... WITH ANCIENT
SPIRITUAL LAWS AND MODERN NEUROSCIENCE

WELCOME TO THE ABUNDANCE CODE

Abundance is a powerful word.

It can mean so many different things, depending on who you are (and where you are in life).

For some people, abundance means not having to worry about the bills.

For others, it means a mansion with a five-car garage.

But the idea of abundance is universal, and the path to obtaining abundance is the same for everyone.

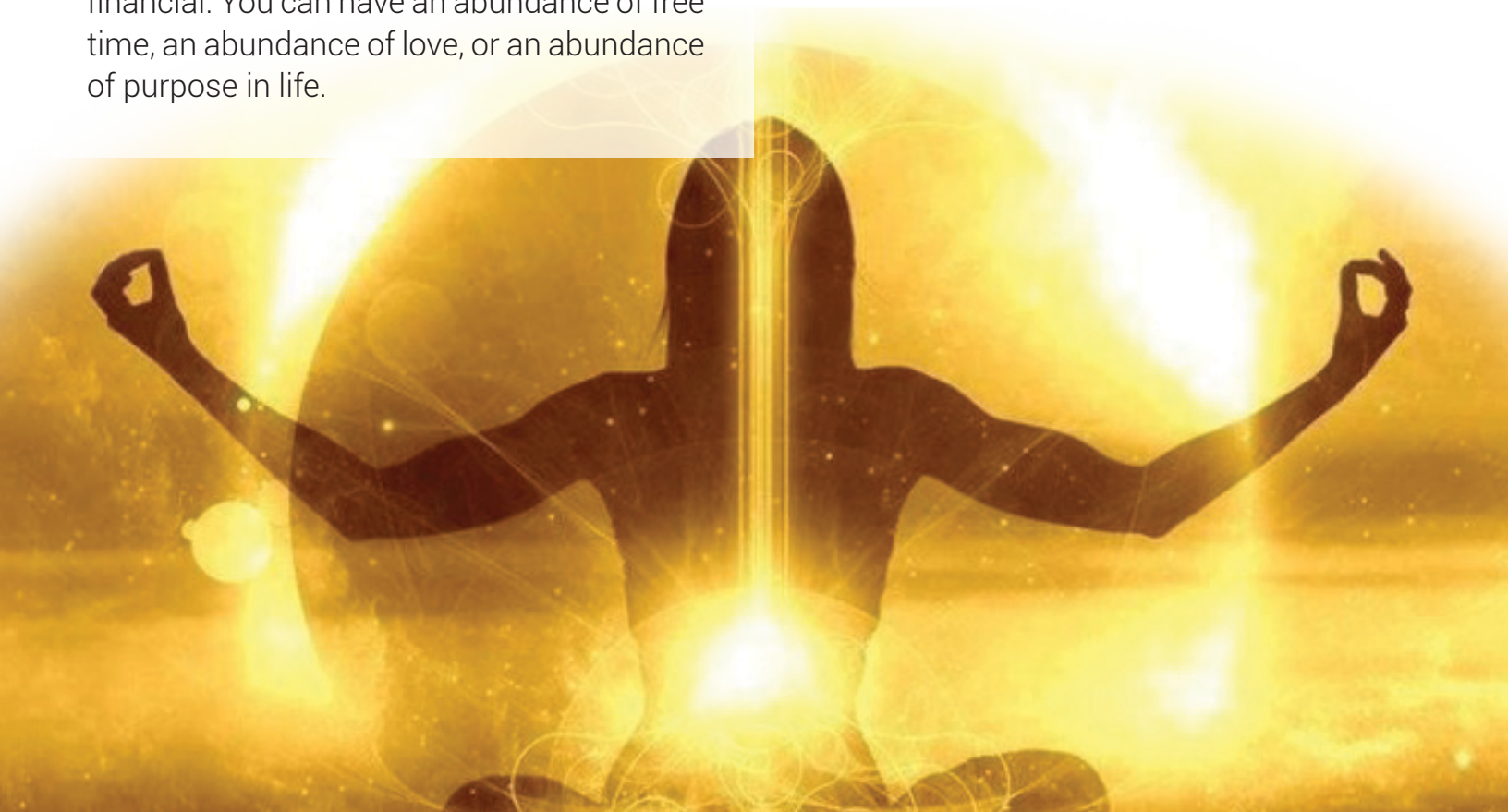
And remember: abundance is not purely financial. You can have an abundance of free time, an abundance of love, or an abundance of purpose in life.

DEFINE ABUNDANCE FOR YOURSELF.

The first step to effectively manifesting abundance in your life is to define exactly what abundance means to you.

There are a few important reasons to do this:

1. Having a clear goal makes it easier to achieve.
2. It makes it easier to plan ahead.
3. You'll know when you've succeeded.





EXERCISE #1:

WRITE DOWN YOUR IDEA OF ABUNDANCE.

It doesn't have to be a long list, nor does it have to be extravagant.

If "abundance" for you simply means having enough money and freedom to take a vacation every few months, that's great!

It helps to put a number on each item, too.

For example:

- \$5,000 in cash in the bank.
- 2 exotic vacations per year.
- 3 awards for my work.
- A \$50,000 car.

Don't be afraid to be bold!

Whatever you truly desire, feel free to put it on your list.

As you'll learn later in this book, abundance is unlimited: there's more than enough for everyone.

CHAPTER #1:

ABUNDANCE IS EVERYWHERE

Now that we know what abundance is (or what it can be), we have to ask the next logical question: where is it?

Abundance is everywhere, and it's closer than you think.

A BONUS OF \$20,000.

In the 2009 market crash that sent housing prices tumbling, I decided to sell my home.

A lot of people told me I was crazy. I wasn't dying for cash, so the idea of selling my house at that moment, instead of waiting for prices to go back up, seemed a little nuts.

But I did it, and I was able to sell it without the help of a real estate agent.

MY BUYER SHOWED UP THE NEXT DAY.

Not only did I manage to sell the house for more than I paid...

But since I saved on the real estate commission, I made an additional \$20,000 on that sale!

And by following the principles in The Abundance Code, it happened quickly and easily.

Even during the worst housing crisis of my lifetime, I was able to enjoy the rewards of the Abundance Code, and I'm excited to share these strategies with you today.

ABUNDANCE IS EVERYWHERE, AND IT IS UNLIMITED.

By definition, abundance is an unlimited "resource."

There is no physical, logical, or even economic reason that everyone on earth can't have abundance in their lives...

Because "abundance" doesn't mean "having a million dollars."

(If everyone had a million dollars, after all, then that would just be the average income!)

But for some people, abundance means having more vacation days.

For others, it means owning a particular car.

We also tend to define abundance by what we already have. For a billionaire, suddenly having only one million dollars wouldn't feel like abundance...

But for most of us, it would be amazing!

And because the economy grows to accommodate increases in productivity and changes in technology, there will always be more to go around.

So in purely economic and physical terms, abundance truly is possible for everyone.

WE ARE ALL CONNECTED TO EVERYTHING.

One of the important discoveries made by The Buddha is that everything in the universe is connected.

In fact, the idea of being "connected" is somewhat inaccurate, because there's no separation in the first place!

The division between you and other people, or between you and the abundance of the universe, is purely imagined.

On the quantum, physical, and spiritual level, everything is connected and cannot be separated.





EXERCISE #2:

AN OUTSIDE PERSPECTIVE.

It can be difficult to see the abundance around us, waiting to be embraced.

But it's much easier to see the opportunities in front of other people, and we can use that perspective to help create abundance in our own lives.

Try imagining yourself as someone else. Think of how you would describe your situation to a stranger.

Then, maintaining that third-person perspective, come up with a solution to achieving your goals.

You may be surprised at how much simpler your problems and challenges seem when they aren't immediately in front of you!

CHAPTER #2:

ABUNDANCE IS UNLIMITED, BUT YOUR TIME AND ENERGY ARE NOT!

Managing your own time and energy is a crucial part of being able to access more abundance.

After all, you can't burn yourself out trying to reach your goals.

Not only is it unhealthy, but it probably won't work.

Ironically, abundance often comes when we do less work, and there's a very good reason for that!

PARETO PRINCIPLE: DO 80% LESS WORK TO GET MORE RESULTS.

The Pareto Principle is simple:

80% of the results come from just 20% of the work.

For example, let's say you want to start your own online business.

Here are 5 things that most people think of when it comes time to start a business:

- Create a website.
- Design a logo.
- Set up accounting software.
- Make business cards.
- Find your first client.

Out of those five things, only one will actually make you money: finding your first client!

On the other hand, if you do the first four things, but don't find a client, you won't actually make any money (and will probably spend a lot of cash getting started).

It's easy to get trapped in a cycle of doing work that doesn't yield big results.

First, that kind of work is easier to do, so we feel good about it.

Second, we usually see other people doing the same kind of busy work, so it seems normal.

But if you can start to cut excess work in your life, you will be able to manifest more abundance much more easily and quickly.



EXERCISE #3:

MAKE A LIST OF 3 CHORES OR FORMS OF WORK YOU CAN CUT.

While there's always more we can do to achieve our goals, the most efficient thing you can do is find areas where you can cut out some work.

This will help you spend more time doing what you love and reaching your goals faster.

Take a minute to figure out what work you're currently doing that's not bringing you closer to your goals, write them down, and commit to eliminating or minimizing those tasks.



CHAPTER #3:

THE LAW OF SEASONS

Everything in life follows the Law of Seasons.

There is a time to sow, and a time to reap.

In other words, abundance does not come exclusively in the form of a reward: sometimes, you have an abundance of opportunities to sow!

That can mean starting new projects, networking with potential clients, making plans for the future, or simply putting a little more money into your savings account.

Preparing for the next season of harvest is just as important as the harvest itself!

FIND OPPORTUNITIES IN THE PLANTING SEASON.

If you look at an empty field, you might not be too excited.

But a farmer would see a massive opportunity to plant something new.

In the same way, we should look at the "empty" periods in our lives as opportunities to plant something new.

After all, you can't have an abundant harvest without an abundant planting season.

Remember: abundance comes in many forms.

CHAPTER #4:

GENEROSITY CREATES ABUNDANCE.

Abundance isn't made out of thin air.

Abundance is made from generosity in some form.

The Law of Reciprocity means that when you give something to the world, it echoes and reverberates until it comes back to you.

You may not see the rewards of your generosity immediately, but there's a practical reason to be generous, too:

It makes you happier and improves your relationship with the people around you.

Research shows that generous people are happier, and happiness improves the positivity in your life, allowing you to attract more abundance.

DIFFERENT FORMS OF GENEROSITY.

Generosity doesn't necessarily mean "giving away money."

You may not be in a position to do that, and that's okay.

But everyone has something to give:

- Donate your time to volunteering.
- Help bake for a fundraiser.
- Spend a weekend planting trees.

It doesn't take money to be generous: it only takes the desire!

GIVE WHAT YOU CAN EVERY DAY.

Be generous every day.

Whether that means helping a coworker with a big project, spending more time with your kids, or simply donating your unused appliances to a local Goodwill store, there's always room to be generous!



CHAPTER #5:

ABUNDANCE COMES THROUGH OPEN DOORS.

Openness brings more abundance than closed-mindedness.

There are many different reasons for that, but it comes down to two simple principles:

1. You're more likely to notice and accept abundance if you're open-minded.
2. People who shut out the world around them tend to miss out on abundance.

Aside from sending good vibes into the world, being open to new experiences and possibilities can make abundance come more easily.

BOATS, HELICOPTERS, AND GOD.

There's an old joke that illustrates this idea perfectly.

A man is drowning and he prays to God for help.

A few minutes later, someone comes by on a boat and offers to save the drowning man, but the drowning man says, "no thanks, I'm waiting for God to help me."

A little later, a helicopter comes by, but again, the drowning man turns down the help.

Eventually, the man dies and goes to Heaven.

He asks God, "why didn't you help me?"

God says, "I sent you a boat and a helicopter!"

THERE IS ABUNDANCE IN YOUR LIFE NOW, BUT YOU MIGHT NOT SEE IT.

The moral of the story is that people often reject the help, abundance, and opportunities in front of them, simply because that abundance doesn't look exactly like what they imagined.

Maybe you're waiting for more wealth to come into your life, but you still turn down new projects at work that could lead to a promotion.

Or perhaps you're patiently waiting for more love and connection in your life while you ignore the neighbor who desperately needs a friend during a difficult time.

Being open to the abundance around you will help you see the opportunities and gifts you're missing out on.

You never know where abundance will come from next!



EXERCISE #4:

FIND 3 ABUNDANCE OPPORTU- NITIES IN YOUR LIFE.

Think about a typical day in your life.

Where are the hidden opportunities for abundance?

- Is there someone in your life who you know could offer a new connection?
- Do you have a lot of free time right now that could be used for something important to you?
- Are there changes happening at work that present you with new opportunities to advance?

Everyone's life has opportunities for abundance. It's just a matter of being open and finding them!

Even someone who's recently lost their job has a world of opportunity in front of them.

It's not just about having a positive attitude: it's about practically assessing the situation and making a smart decision about how to move forward.

CHAPTER #6:

GRATITUDE MULTIPLIES ABUNDANCE.

Gratitude is one of the most powerful forces in the world.

From a neurological perspective, gratitude can literally change your brain: research shows that being thankful increases the brain's natural ability to be happy.

And happiness is certainly its own form of abundance!

But gratitude can also increase your ability to manifest abundance in your life.

GRATITUDE IS A FORM OF OPENNESS.

Just like being open to new opportunities can help you find abundance in your life, gratitude is a signal to the world around you that you enjoy receiving abundance!

Whether your positive and grateful vibes are pulling in more abundance, or you simply show people how thankful you are for the gifts you receive, gratitude is an effective way to bring more gifts into your life.

Gratitude proves that you're open to receiving more abundance.

DON'T WAIT TO BE RICH TO SHOW GRATITUDE.

You might be thinking, "of course I would be grateful if I won a million dollars!"

But you can't wait until you're finishing receiving abundance to be thankful.

First of all, if you aren't grateful for the things you already have, the Universe (and the people around you) have no reason to give you any more.

Second of all, you actually make your own life better by being grateful.

Remember. your brain is rewired for happiness when you express gratitude.



EXERCISE #5:

WRITE DOWN 3 THINGS YOU'RE GRATEFUL FOR.

This is important: do not simply think to yourself, "I'm grateful for..."

Write it down.

Writing a list of things you're grateful for is proven to increase your happiness and feelings of abundance.

It doesn't have to be huge.

You can be grateful for the weather, your new shoes, and having the weekend off work.

Whatever it is, write it down, and take a minute to really feel that gratitude.

Think about how lucky you are for the things you've been given, and more gifts will flow into your life!



CHAPTER #7:

ABUNDANCE IS A NEURO- LOGICAL PROCESS.

The title of this chapter is important:

It's not that abundance is all in your head; it's that abundance truly is a neurological process.

That means it happens as a result of your brain.

This is true in two ways:

1. Abundance can only be perceived by your brain.
2. Abundance is created by the brain.

Let's get into more detail...

ABUNDANCE IS PERCEIVED IN THE BRAIN.

This is the more obvious truth: your brain perceives abundance (or scarcity).

Two people can have identical gifts in life, but if one of them is more grateful, they will feel that their life is full of happiness, abundance, and joy.

Meanwhile, being ungrateful will make even an extremely wealthy person completely unhappy.

But creating abundance in the mind is about more than simply having a positive attitude.

YOUR BRAIN IS CAPABLE OF CREATING ABUNDANCE.

Abundance is made through generosity, gratitude, and positivity.

And of course, if you accumulate a lot of wealth, friendships, and security in your life, it's because your brain allowed you to achieve those things.

- Building a successful business requires a good head on your shoulders.
- Connecting with loved ones also begins in the brain.
- Creating a happier, more fulfilling life starts with improving your mind.

And so on.

There's no achievement in life that can be accomplished without the mind, and the stronger your mind is, the better your life can become!

WATCH THIS FREE VIDEO TO LEARN HOW TO UNLOCK ABUNDANCE IN YOUR LIFE IN JUST 10 MINUTES WITH A SIMPLE BRAIN HACK.

In this video, you'll learn how you can quickly and easily unlock your full potential to manifest a life full of happiness, purpose, and love.

It takes just 10 minutes, and this brain hack is scientifically proven to rewire your brain for success.

Click the button below to learn more!

WATCH THE VIDEO NOW!