

The Art of Expanding Abundance

Proven Secrets to
Manifest with
Greater Ease and
Grace in ALL
Aspects of Life



Christy Whitman



Congratulations on taking action to help expand the abundance in your life!

I'm really excited to show you why working hard is not the key to success anymore... and the critical shift you must make to manifest with ease and grace in the "Age of Abundance."

If you're tired of not getting ahead and struggling to manifest your dreams, the secrets you're about to learn will transform your life. In this guide, you'll discover:

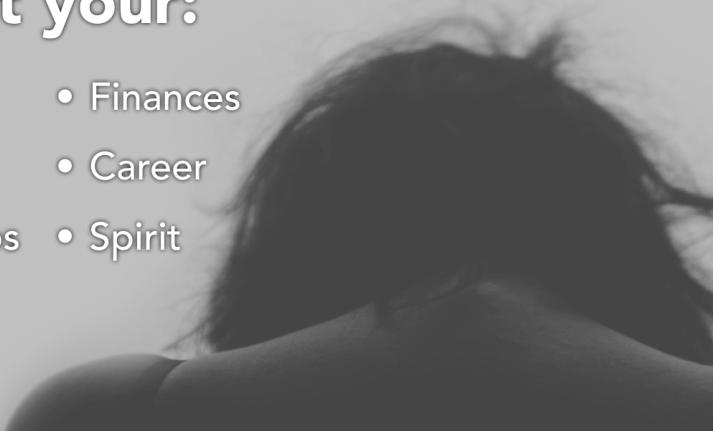
1. The key to expanding abundance exponentially... so that no matter what level of abundance you're currently experiencing, you can expand into greater abundance in all aspects of your life.
2. The difference between repelling vs. attractive thoughts (once you know this, you can break the habitual repelling thoughts that most people think all day, every day).
3. How it's about being, not doing... an important distinction to understand if you want to manifest exactly what you want in your life, easily and with grace.
4. How to make the shift from where you are to where you want to be... so that you can listen to the little voice inside of you that's telling you there is so much more to life than working hard for what you want.
5. The most important step to take next if you want to dramatically accelerate your ability to manifest with ease and grace.

Let's get started!

Just in case you don't know me, let me share a bit about who I am and why I'm teaching about the automatic ways we think negatively...

Negative thoughts will affect your:

- Weight
- Finances
- Self-esteem
- Career
- Relationships
- Spirit



I used to be a very negative person – on the inside, at least. My family or friends wouldn't ever classify me as a negative person. But I used to think negative thoughts all day long.

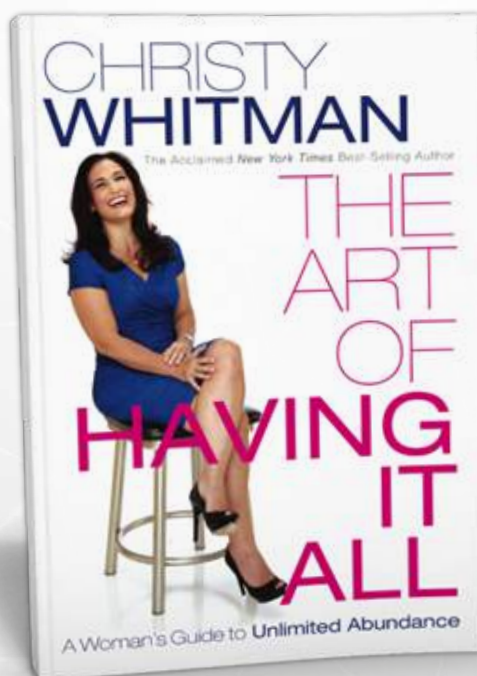
My negativity affected every area of my life. It affected my weight, my self-esteem, my relationships, my finances, my career, and my connection to myself and spirit. The more my reality didn't match the vision of what I wanted, the more negative I became. And the more negative I was, the worse life seemed to get.

I learned how to transform these lack- and scarcity-based thoughts and habits. I'm now a very abundant person, living the life of my dreams. As I like to say, ***"I live in Utopia."***

My newest book, called ***The Art of Having It All***, is the second of my books to hit the *New York Times* best-seller list. A master certified Law of Attraction coach, I'm the CEO and Founder of the Quantum Success Coaching Academy, which is a 12-month certification program for Law of Attraction Coaches.

I've worked with the Law of Attraction to attract many things in my life including money, job promotions, my own business, my ideal body, my dream home, business opportunities, and of course the loves of my life (my husband, Frederic, and my two boys, Alexander and Maxim).

My life transformed as a result of the information I'll be sharing with you here. It's transformed the lives for hundreds, if not thousands, of my coaching clients, as well. By working with these universal laws, my clients have created more money, better relationships with their partners (and sometimes new partners), their ideal bodies, more abundance and success, and of course, a sense of inner joy and peace.



Throughout this guide, I'm going to share my tips and strategies for expanding your abundance, so you can start to immediately begin creating more of what you want to experience in all areas of your life.

Many people I have helped shift into abundance are shocked by how quickly it can happen.



Latisha

Within just a couple of weeks of working with the principles that I'll teach you today - and that I expand upon in **Abundance Principle Coaching Program** - my client Latisha got a new job with a \$30,000 raise, two extra weeks of vacation and more benefits.

One month after taking the program, Latisha's husband, Alex, got a promotion at work – and an almost 30 percent raise.

Each of these clients had not only their financial lives change, but also each aspect of their lives.

If you want to experience your own "having it all" life...

Let's look at the biggest myth you must get past to unlock greater abundance...

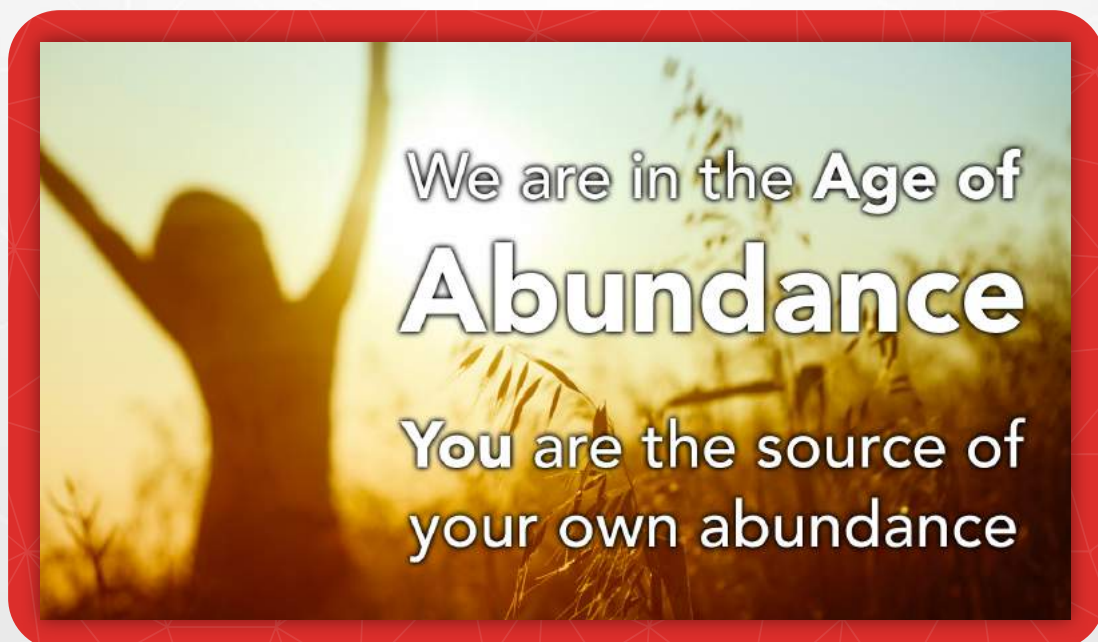
"You must work hard to get ahead financially."

I'm sure you've heard this before – and you probably agree with it. Most people were taught this belief from a young age.

The truth is that most people are working hard. In fact, they're working too hard.

So many women are overwhelmed with all the responsibilities in their lives and not getting to where they want to go. It's a feeling of "I never seem to get ahead no matter what I do."

Working hard and pushing for what we want is not the answer to create abundance in our lives. This is the old paradigm that needs to be shifted, because we are now in the **Age of Abundance**.



You *can* experience more abundance, peace, and a fulfilling life. But the answer is not to work harder. You can *create* a prosperous, abundant life... for *you* are the source of your abundance – not your job, the economy, or your investments.



Take, for example, my client Clayton.

As a banker in New York City, Clayton was already making great money (\$150,000 per year). After applying the principles you'll learn today, he was recruited by another company that paid him double what he was earning (\$300,000 per year). He didn't double the amount of work he did or his effort. But he was able to create a situation that doubled his income.

Discover the Key to Unlock Your Abundance

Would you like to expand into more in all aspects of your life – no matter what level of abundance you're currently experiencing?

Awareness is the key - and the first step to change and shift any circumstance in your life.

There are 7 essential laws that exist in the Universe, meaning they work for every single person, every single time.

The first of these universal Laws is the Law of Attraction, which is the only one we'll focus on in this guide. The Law of Attraction affects whether your experience in life is one of abundance – or of lack.

The Law of Attraction supports you in creating abundance the same way it supports you in creating everything else that you desire: ***What you focus upon expands.***



Law of attraction
supports you in
creating **your**
desires



If you're focused on what it would feel like to have abundance, on the qualities that abundance will make available to you, on the types of activities that you'll enjoy, and on the underlying "why" that is causing you to want greater abundance, you are focused on what you want. You will be creating evidence of that abundance in your life. If you focus on feeling abundance, then you will attract abundance.

However, if you're focused on the fact that you don't have something you want, you're focused on the *lack* of what you want. Therefore, you'll continue to create the same kinds of lack-based situations, people, events and circumstances that you have right now.

This applies to whatever you feel you are lacking – whether it's a lack of money, support, love, fun, or anything else you might want.

Your previous thoughts and beliefs created where you are today. Unless you deliberately change those thoughts and beliefs, you will continue to create more of the same.

This is law. It's also one of the biggest things I work on in my **Abundance Principle Coaching Program**, which is a video coaching program where I literally help you shift your mindset, energy and your reality from lack to abundance.

The biggest problem that most people face when working with the Law of Attraction is learning to shift their *point of focus* - their point of attraction

I struggled with my point of attraction when I first wanted to create a change in my life. I would focus on all the flaws in my body, the things that were going wrong, and the lack of money I had. And so I continued to create not being as lean and fit as I wanted to be... being deeply in debt (\$90,000 at one point – ouch!)... and the experience of being dissatisfied with most things in my life.

Even if I took action toward reaching my goals of making more money, of improving my career or feeling stronger in my body, I ended up sabotaging myself... and beating myself up and feeling disappointed in myself. Because my mindset was rooted in lack and scarcity, I kept creating lack and scarcity.

Don't focus on your problems

- Body flaws
- Problems in your life
- Lack of money



Sound familiar?

(It does to most of my clients)

It's not that I was being punished in any way or that the Universe was out to get me. I was focused on the lack of the things I wanted in my life. The Universe responded to the energetic vibration I was offering by giving me more of the same.

We are energetic beings. Every belief, thought, emotion, and feeling ... every word we speak and action we take – all of it carries a particular vibration. The Law of Attraction matches that vibration and gives us more of the same.

The good news is that you get to choose what vibration and energy you give out.

When you start to deliberately choose your thoughts and emotions and are mindful in what you say and do, your world starts to change -- fast. When you go from sending out waves of lack and limitation to waves of abundance, that is exactly what you attract back to you.

When I started deliberately shift my thoughts and beliefs from lack to abundance, the Universe brought me people, programs and information that allowed me to master the universal laws and create the amazing abundant life I have now.

How the Law of Attraction Works

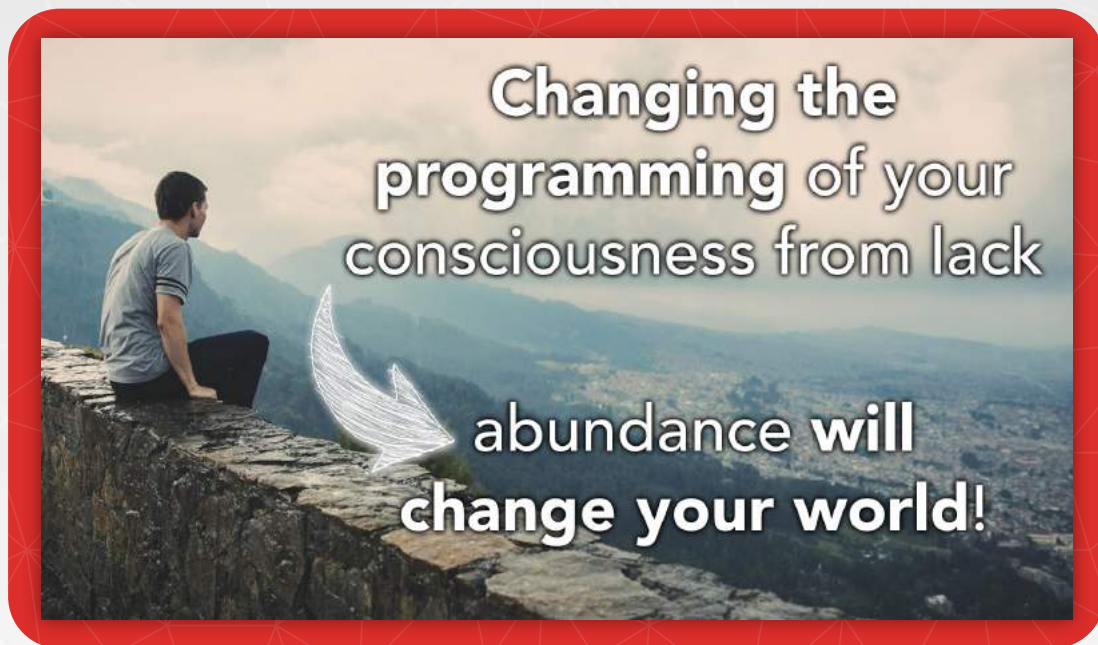
Formula for Manifestation:



Here's how the Law of Attraction works: When you observe that which you have in your life (or the lack thereof), you unconsciously offer a vibration in response.

If what you're observing is different than what you desire, you will unconsciously be in a vibration of lack. The Law of Attraction responds to that vibration, bringing you more of the same – more lack and limitation. If, however, you focus on abundance, the Law of Attraction will bring you more abundance.

The formula for manifestation goes like this: The programming you receive – from early caregivers, teachers, peers, your spouse, your children, etc. – influences your thoughts. Your thoughts then lead to feelings, your feelings lead to actions, and the actions you take lead to results.



Unless you deliberately cause a different result, you will automatically create from your limiting conditioning. If your mind is focused on lack (negativity) because of your conditioning, you will attract negative life experiences.

But if you change your programming and consciousness from lack to abundance, your whole world will change.

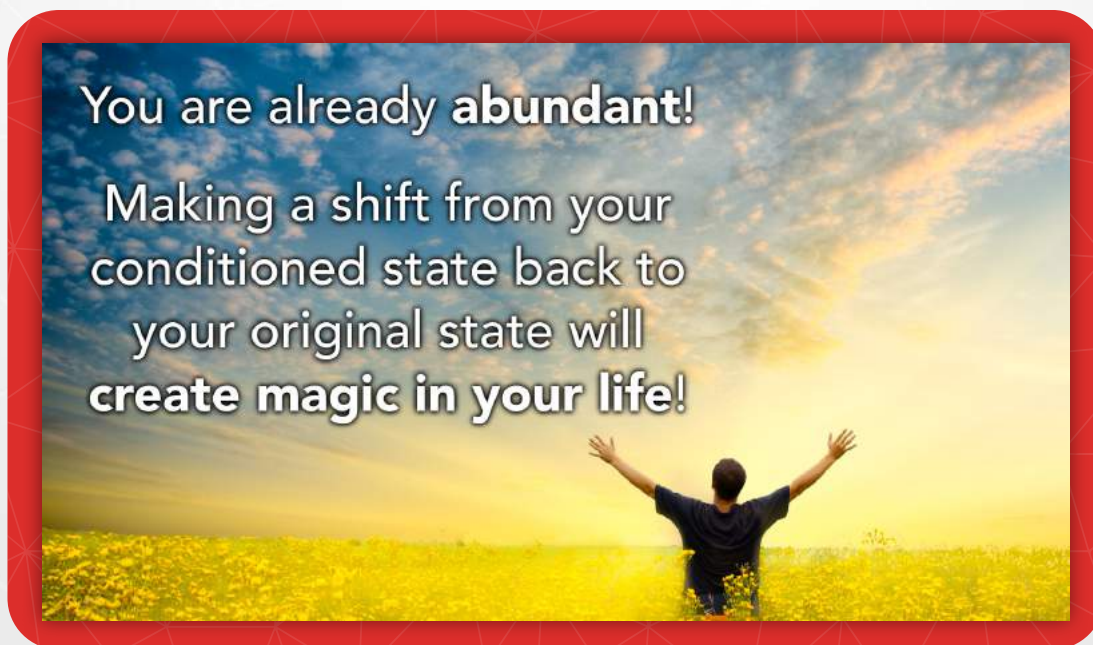
Here's the good news: Making this shift can be fast, easy and fun because...

Your Natural State Is Abundance

You were born abundant. You've just been programmed to believe in lack, which goes against your true nature and being. When you make the shift from your conditioned state of lack back to your original state of abundance, magic happens. When you change the programming, you change your whole point of attraction.

When you observe something you have in your life (or the lack of it), you unconsciously offer a vibration in response to what you're observing. When you vibrate in lack, the Law of Attraction responds to that vibration and gives you more of the same.

This is why it's really important to have positive and abundant thoughts. It's also very important to pay attention to your emotions, because your emotions are your point of attraction.





When I first started working with my client Evelyn, no aspect of her life was where she wanted it to be.

- She was struggling in her finances and was in debt.
- She was struggling in her marriage of over twenty years and was having a hard time letting go of the past hurts and pains in this marriage.
- She was having a hard time keeping her business afloat.
- And she was completely dissatisfied with her body and her weight.

Once I taught Evelyn the same principles you're learning in this guide, things started to change for her -- instantly.

She became aware of the universal laws and then started paying attention to when she felt in lack. (It was easy. When she was in lack, she felt bad... versus when she was in abundance, she felt good.)

Then she took my **Abundance Principle Coaching Program** and things really started opening up for her. She started manifesting things like crazy. She sold a horse that she was wanting to sell, which brought in more money for her and her family. She started attracting more clients to her tanning salon. And she got clear that she wanted to sell her tanning salon and become a coach herself.

She is now living the "Having It All" life:

- Her relationship with her husband, Ted, is better than it has ever been.
- She is a full-time coach making well over \$100K per year.
- She is healthy and in great shape.
- She is completely out of debt and has more money flowing into her life every day.

She is living a life of true abundance because she applied the information I share in this guide and **The Abundance Principle Coaching Program**.

Once You're Aware of the Law of Attraction, Then What?

As Evelyn learned, the next step is to become aware of the habitual thinking habits that you, like most people, have. These are automatic ways you think negatively – and they affect your point of attraction and what you attract and experience in your life.

Shifting these automatic “lack” ways of thinking will change everything in your life.

Let's start by identifying the difference between lack and abundant thoughts (also called repelling vs. attractive thoughts), so you know how to recognize and change them. Changing even a few ways of thinking will help you in so many ways. Remember...



Awareness Is the Key to Creating Lasting Change

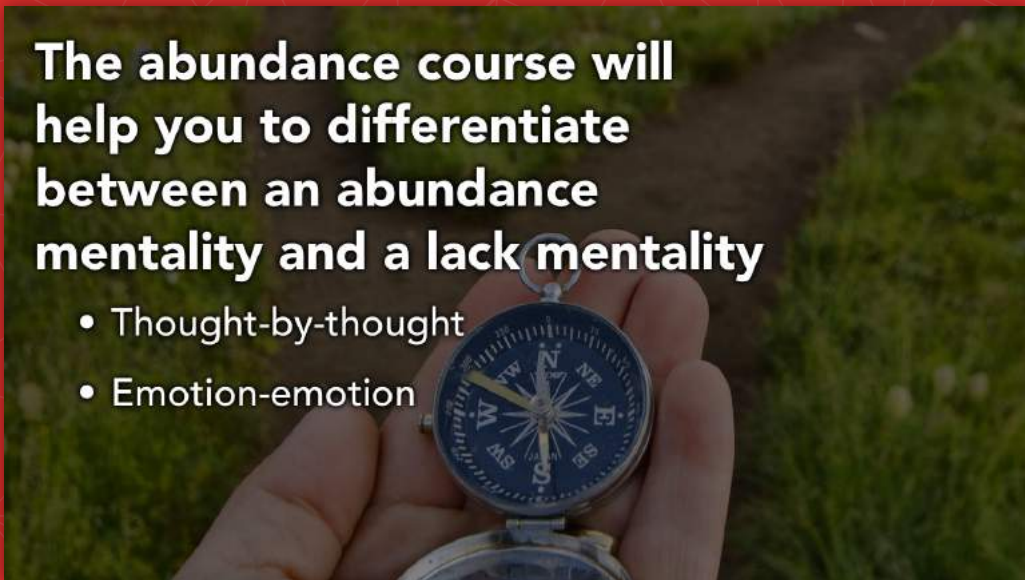
When you are aware of something, you have the option to change it. Without awareness, you're operating on autopilot.

The Abundance Principle Coaching Program includes a guide sheet that lists 26 repelling vs. attractive ways we think. I'm always amazed that the students say, "Oh my gosh, I do 20 of the 26." They're blown away that they didn't even know this was something that they were doing.

Becoming aware of your thinking habits will change your life. You'll empower yourself to choose a different thought and different emotion – and to create a different result. You can choose to cultivate an abundance mentality vs. a lack mentality.

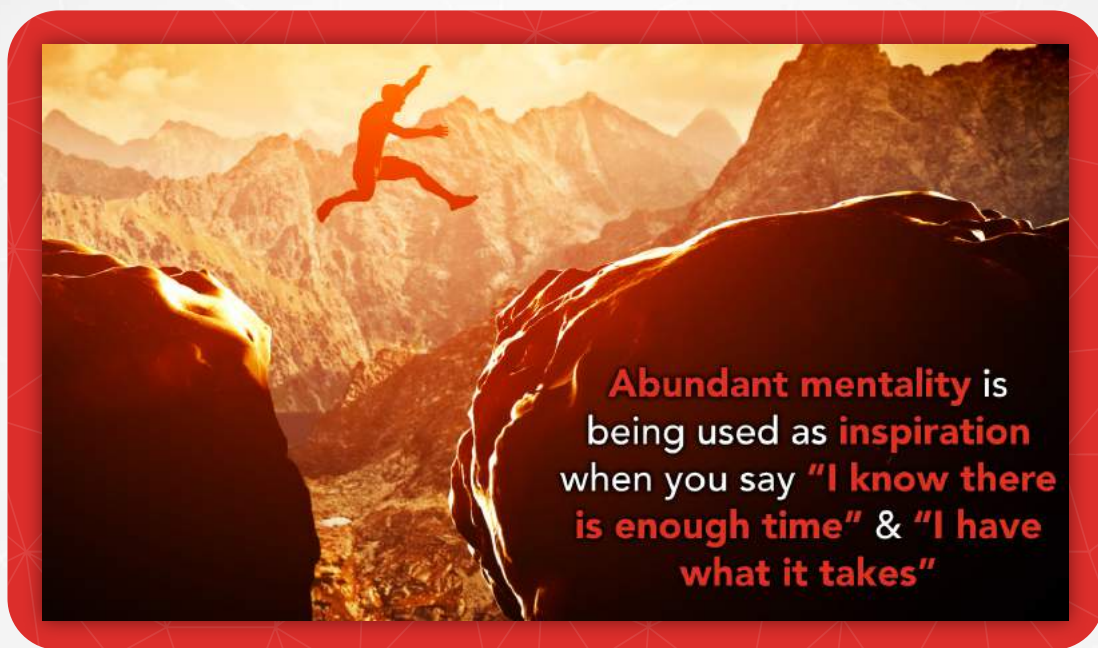
The abundance course will help you to differentiate between an abundance mentality and a lack mentality

- Thought-by-thought
- Emotion-emotion



One example of attractive vs. repelling thoughts is how you think about your results. When you take responsibility for your life and your creations, you're in an abundant mentality. When you become aware of and then make the adjustments necessary to manifest what you want, you're in abundance.

But when you don't take responsibility for your life and creations – and you blame everyone and everything, because you feel your power is outside of you – you're in lack.



Abundant mentality is being used as **inspiration** when you say **"I know there is enough time"** & **"I have what it takes"**

Another example is procrastination. When you procrastinate, you're in a lack mentality. Typically, procrastination is a form of self-punishment that comes from the belief "I don't have enough time."

People with an abundant mentality get inspired. They then take that inspired action to easily and joyfully manifest what they want. They know there is enough time and that they always have what it takes to do what they want.

Your take-away lesson: Awareness is key to transform any belief or way of thinking.

Where Did Your Programming Come From?

Your brain works like a computer. When you were a child, you received negative or lack-based input about yourself. (Everyone does.)

Unknowingly, you stored this negative input in your subconscious mind. Now, you express those messages as negative behavior or feelings. Unless you were taught how to talk back to these harmful and lack-filled messages, you believe them 100 percent. This is HUGE!!!

Do you have awareness about the thoughts you're thinking – and do you challenge the thoughts that are negative or lack-based?

Or do you do as most people do... and simply believe what your mind tells you, even if the thoughts are irrational and don't feel good?





It's important to know what you're doing, because the thoughts that are running through your head will lead to how you feel, act and then attract.

My client Bill was also a co-worker; he was on my sales team when I was a pharmaceutical rep.

Our manager, Alex, constantly picked on Bill – no one else. Because I was also a coach at that time, I offered to help Bill change his reality with Alex picking on him.

We started to talk about what belief Bill would need to have to create a harassment-free reality. What came to Bill is that when he was a young boy, his classmates picked on him for being chubby. He developed a belief that he gets picked on. This belief played out in many areas and times in his life. The situation with Alex was just the newest iteration.



Using the process I lead in the **Abundance Principle Coaching Program**, I helped Bill shift his belief. He adopted a new belief that he is supported in his life.

Within two weeks, the company had reconfigured the sales territories. Bill got a new manager, and she was really supportive and loving to Bill. He was amazed. I was not, because I knew then and I know now that situation shifted because Bill shifted his belief that people pick on him.

If Bill's story struck a chord and you recognize that you're trapped in negative, lack-based thinking, I have to tell you...

It's Not Your Fault!

No one ever teaches us to think about our thoughts or to challenge the notions that go through our heads, even though our thoughts are always with us. Most people do not understand how important thoughts are and leave the development of thought patterns to random chance rather than deliberate design.

If you would have known differently, you would have done differently. So first and foremost, forgive yourself. Right now, close your eyes and allow yourself to feel this statement:

I forgive whomever I am holding in my mind as someone who has harmed me in some way. I also forgive myself for creating this situation. I now know I can choose something different in my life. I choose: (describe what you choose in your life instead)

Warning: If you don't change these thoughts, they will continue to affect your mood. Lack- and scarcity-based thoughts can become the seeds of anxiety or depression. Become aware of your thoughts and challenge what they're saying to you; don't just accept them blindly.

Lack and scarcity based thoughts are seeds for:

- Anxiety
- Depression

Our thoughts lie to us, so
**challenge your thoughts
and regain your power!**



The 2 Biggest Ways Your Thoughts Are Lying to You (and Making Situations Out to Be Worse Than They Really Are)

To be in abundance, you need to identify when your thoughts are based in lack – and then change them. Take back the power these negative thought patterns have had over you.

Pattern #1: Blame

You are in lack and thinking negatively if you blame others. To have an abundant mentality is to take full responsibility for your life. You can ruin your life and your creations if you have a strong tendency to blame other people when things go wrong or if you refuse to take responsibility for your problems. To wield the Universal Laws effectively, you **MUST** take responsibility.



You're blaming others if you say things like:

"It wasn't my fault..."

"That wouldn't have happened if you hadn't..."

"How was I supposed to know..."

"It's your fault that..."

Remember, YOU are the creator of your own experience. You are attracting whatever is in your life; it is a reflection of what's going on inside of you. Take responsibility for your thoughts, creations and your life – and you will shift to an abundant mentality.

Pattern #2: Labeling

Whenever you attach a negative label to yourself or to someone else, you impair your ability to look clearly at the situation.

If you label yourself, you'll live into that label. For example, if you tell yourself you're lazy, it becomes a self-fulfilling prophecy. You become lazy.

#2 Labeling

Be **aware** and **careful**
of how you label
yourself and others!



When you label others (e.g., calling them jerks or idiots or saying “people are so stupid...”) it also impacts your ability to manifest. You lump the person you’re labeling in with all the other “idiots” that you’ve ever known, rendering yourself unable to deal with them in a reasonable way. You also inadvertently label yourself. What your brain hears is, “People are so stupid. I am a people, so I must be stupid.”



Beth

Let me share another example. When Beth took the **Abundance Principle Coaching Program**, she could not believe how many ways she thought in lack vs. abundance. That one part of the course completely changed her life.

As she started to change her thoughts and moved back into her natural state of abundance, she found herself really happy, joyful and so creative. She was manifesting things right and left that surprised and delighted her... from meeting new friends who were a joy to be around, to attracting more clients into her business, to making more money, and even losing weight.

So now that you have the awareness of the laws and some of the automatic ways we think in lack, it’s time to talk about how to shift your thoughts once you’re aware of them.

How to Break the Cycle of Negative Thinking



Shifting the energy in the moment of awareness breaks the cycle and creates change.

The Four Steps to Change is a process that I teach in the Abundance Principle Coaching Program

Step 1: Recognize

Take an honest look at your life, and notice where you are working against the Universal Laws – and how. Do you blame others instead of taking responsibility for your thoughts? Do you find yourself being jealous or envious of other people's success instead of celebrating them? Recognize where and when the behavior shows up.

Step 2: Acknowledge

Acknowledge who created the situation. (Hint: It's always you!)

You are the creator of your life experience. The good, the bad and the ugly was created by you and for you. Most of the time it was created out of habit, not from your aligned and Divine Self.

To get back in alignment, you have to see how you're responsible. Remember that if you blame others, you can't change the circumstances. But if you're willing to see where you created and what you created, then you have the power to create something different. I call this "being aware of the contrast to create clarity." Life is full of contrast. Learning how to shift from contrast to clarity whenever you experience something you don't want is life-changing and powerful.





Step 3: Forgive

When you first learn about the Universal Laws, it's common to feel disappointed in yourself or others because you did not learn this information earlier. You might feel like you've wasted so much time or feel frustrated that your parents didn't teach this to you earlier.

Please don't do this. Simply forgive yourself for not being ready for this information earlier. Forgive others for not educating you about these laws. The most important thing is that you now have access to this information. Your life can change immediately from here IF you don't stay stuck in the blame, shame and guilt. Instead, move to the fourth and final step...

Step 4: Change

Shift your vibration into that of your natural state of abundance. When you can go through these steps quickly and then shift into abundance, you'll be amazed at how your life totally changes. As you shift within, your entire reality will shift – bringing you more money, career opportunities, love, support, health, wealth, well-being... basically, abundance of every good thing.

During the **Abundance Course** I show you how to shift your vibration into one of your natural state of abundance.





When Mary first started the **Abundance Principle Coaching Program**, which walks you through a process to shift your vibration back to its natural state of abundance, she had some pretty big contrast. The biggest was that her husband of more than ten years, with whom she had two children, had informed her that he was leaving because he fell in love with his secretary. She was so crushed.

I took her through the four steps to change, and she realized she was not happy in the marriage. She had doubts about marrying her husband the minute he asked her. But like most women she wanted to get married and start a family.

This was her opportunity. She had to forgive herself for not listening to herself all those years ago when she knew she was making the wrong decision. She was then able to move into the state of abundance and realize that her blessings out of this were her two daughters.

But the abundance Mary experienced didn't stop with her relationship and peace of mind. She lost thirty pounds and has kept those pounds off for over six years. She found the true love of her life and married him.

Her husband leaving her for another woman was a blessing. Had she not had this information, she could have remained angry, bitter and resentful. She would never have turned her life around. Now she is more joyful and is grateful for that contrast.

Try This Quick Exercise to Feel Abundant NOW

Click The Video Below To Follow The Guided Exercise



Note: Please turn off all distractions and find a quite place for this exercise.



What I've Shared With You So Far/So Where Do You Go Next?

At the beginning of this guide, I promised that I would share:

1. The key to expanding abundance exponentially... so that no matter what level of abundance you're currently experiencing, you can expand into greater abundance in all aspects of your life.
2. The difference between repelling vs. attractive thoughts (once you know this, you can break the habitual repelling thoughts that most people think all day, every day).
3. How it's about being, not doing... an important distinction to understand if you want to manifest exactly what you want in your life, easily and with grace.
4. How to make the shift from where you are to where you want to be ... so that you can listen to the little voice inside of you that's telling you there is so much more to life than working hard for what you want.

There's only one thing left – the most important step to take next if you want to dramatically accelerate your ability to manifest with ease and grace.

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But first, let me address something important...

Knowledge Alone Won't Be Enough to Shift

A lot of people (including you, I hope!) understand that connecting the dots and having a-ha's is great, but it's never enough to actually make the changes in our life from lack to abundance.

Let me clarify why that doesn't work: Instead of insights, you have to shift the energy.

When you stay in a mindset and vibration of lack, you continue to create more of the same. All of a sudden, you end up right back in your default patterns... to lack-based fears that you don't have what it takes to create what you want, that there is not enough, that it won't work for you, that there is something wrong with you, or that it will be too hard. These are very common fears.

What I know, from working with the Law of Attraction for close to two decades and from coaching thousands of students, is that the person who is willing to devote time and energy to apply this information, the person who is willing to shift his or her energy, the person who says, "You know what? It's not just going to happen magically from information and a-ha's"...



That's the person who experiences true change.

Courageous people know that it takes accountability and practical tools to create the change needed so they can really make a difference, stop wishing, and start really having what they want.

They take action. And I think that that's probably you, because you're here.

Now, you may not feel confident right now that this could EVER be you. But guess what? I'm going to lend you my confidence to get you there!

What I know from the bottom of my heart is that ***I absolutely can help you.***

We've covered a LOT. You may be feeling a bit overwhelmed or confused (and that's OK)...

Let me help you break this down: You have two choices about where you go from here.

Choice 1: Take The Information In This Guide And Try To Go At It Alone.

Who knows – you may see some success if you understood what I shared here, and you're diligent about implementing what you've learned. It's like Vegas: There's a 50 percent chance that your willpower and good note-taking skills will land you the changes you want and the abundance you seek.



Or There's Choice 2: The Savvy Choice

Frankly, this is the smartest, quickest and easiest way to find the abundance of all good things you desire and deserve.

Why? I've done the work for you!

Why start from scratch and try to figure it out on your own, continuing to use the "piecemeal" approach, when I've laid out your exact, step-by-step blueprint for a life filled with outrageous abundance? (Yes, I have... because that's exactly what ***The Abundance Principle Coaching Program*** delivers.)



This blueprint has been tested for years. It's responsible for thousands of people who have gone from struggling in lack to thriving with abundance. They have evidence of this abundance in every aspect of their lives... from money, career opportunities, love, connection, fun, joy and freedom.

Most importantly, they have freedom to choose (at last!) the life they want to live – without being stuck in the problems and contrast that shows up, without working hard and not getting anywhere, without feeling deflated!



Here's What The Vast Majority Of Our Abundant-minded Success Stories Choose

The savvy, done-for-you option is ...

The Abundance Principle Coaching Program, an easy and fast Law of Attraction personal development program that allows you to create abundance and empower you to manifest what you want!

This radically simple program will work for you even if:

- You don't feel you have enough time.
- You don't feel you have enough money.
- You feel that this is for other people who are lucky.
- You have always been like this and feel you can't change.
- You don't feel this will work for you, because nothing ever has.
- You feel you are too tired and exhausted to do anything else.

Or even if you think you've tried everything!

The Abundance Principle Coaching Program Is The Result Of Over 18 Years Of Study, Brain Science, and Analysis of the Most Successful Case Studies on What It REALLY Takes to Create Abundance



Kelly

My client Kelly experienced the difference firsthand.

Kelly was so tired of her boss, working long hours and not having enough money to afford the dreams that she once had.

After taking ***The Abundance Principle Coaching Program***, her life started to change -- immediately. She received a promotion at work, which allowed her to work in a different department with a new boss, with less hours, and a lot more money. She is now loving what she does. And she has the money she wants to take the vacations she dreamed about.

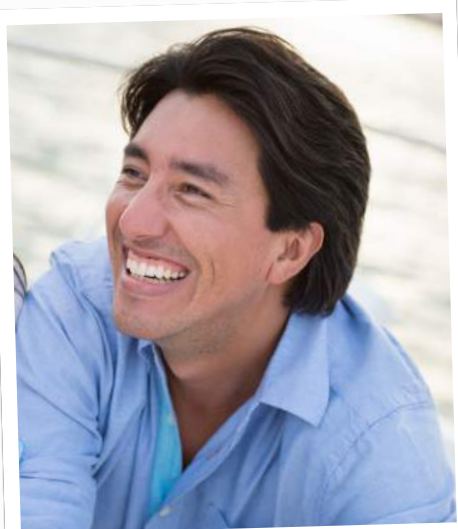


Create a new
energetic
setpoint of
abundance

The Abundance Principle Coaching Program is designed for people who want to:

- Shift from the inside out and create a new energetic setpoint of abundance
- Attract more money
- Get out of debt while also taking vacations
- Put an end to fear, anxiety and frustration
- Stop trying to use willpower to create what you want
- Stop working so hard and struggling to make ends meet
- Experience the abundance you desire without having to try harder to do it

There are so many students who experienced fast and dramatic results...



Pete

"After just 9 days into the program, I attracted three new clients to my business!"

- Pete Krane, in Texas

Pete is a consultant. Three new clients meant \$150,000 of business.

For you, abundance may not be about the material things. It may include the way you feel, like with Tamara...

"I just float through my days. I am so full of joy. I am manifesting things like magic, but for me it is more about the joy I feel all the time."

- Tamara Delz, in Texas



Tamara



Beth

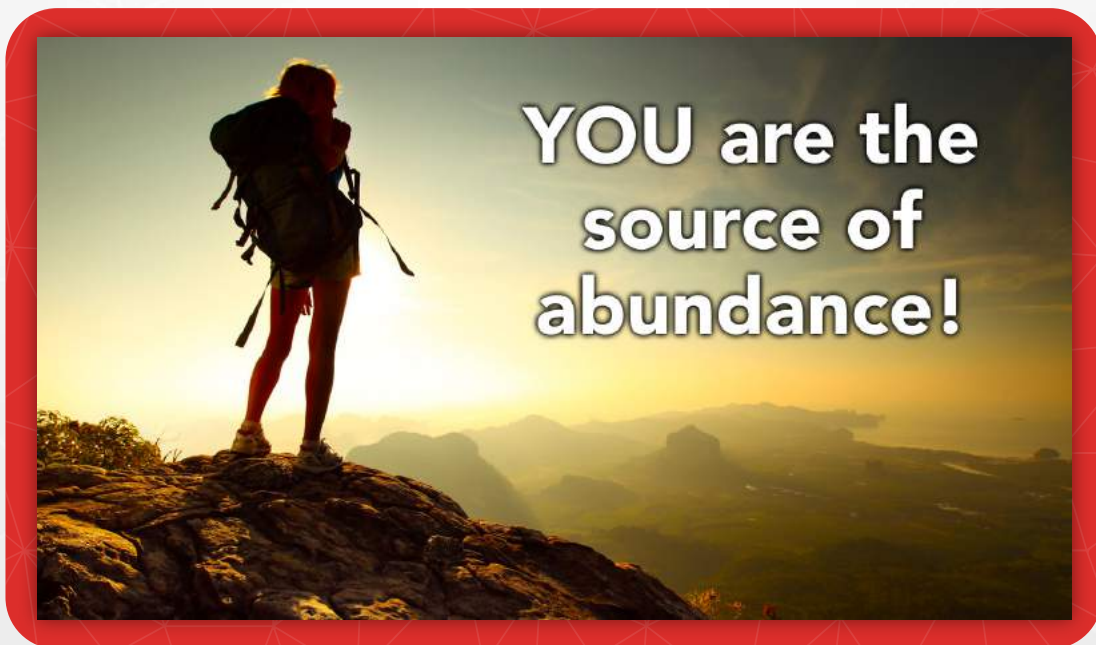
*"Christy Whitman's **Abundance Course** is an Amazing, Life-Changing Experience! I recommend this to anyone wanting more from life. Christy, many thanks to you for allowing yourself to share such knowledge with me, I am forever changed and continually expanding and creating. I now know I am enough! I now consciously and intentionally create!"*

- Beth Chrisman

Here's What You'll Receive in The Abundance Principle Coaching Program

The Abundance Principle Coaching Program is a 40-day program that:

- Creates clarity about what you really want from life
- Connects you with the feeling or essence of what you want
- Helps you understand that YOU are the source of abundance -- not other people, situations or circumstances
- Guides you through creating your own definition of "having it all"



You'll receive:

- **7 training videos**, in which I personally teach you the principles of creating abundance and help you expand your ability to manifest abundance. You'll discover how to consciously create abundance, change your beliefs, and be open to receive... so you can expand your abundance in any area of your life you choose.
- **Daily statement videos** that help you get into the vibration of abundance on a daily basis. Use these statements to shift your energy and go deeper with the principles you're learning in the training videos.
- **The Abundance Principles guidebook**, which functions as "your self-coaching tool," prompting you to reflect on specific questions that will create the release of old beliefs and patterns. You'll change organically – without having to "white knuckle" through situations that used to be the points at which you would typically default into old behavior.
- **Ceremony of Light and Abundance**... a meditation to help you claim and expand even more of your abundance exponentially. Delivered as both an audio download and online video.



You'll receive:

- **4 Steps to Expand Success**... a training video that will help you expand your trust in the universe. You'll come to believe that it IS abundant -- so you can create even more expanded success and anchor that into your vibration. In addition to the video, you'll receive an audio download and a transcript.
- **4 Steps to Change**... a training video that will show you how to shift any lower level vibration, thought, situation or circumstance in your life. In addition to the video, you'll receive an audio download and a transcript.
- **Declaration of Abundance**... a video that will walk you through a process to declare that you are ready for wealth and abundance – and that YOU are the source of your abundance. You'll have the power to create as much as you desire, whenever you want.
- **9 Automatic Ways We Think in Lack**. This handy download lists the various ways we sabotage our abundance with limited thinking. When you are aware of these ways, you have the power to shift them and align yourself with the unlimited flow of abundance into your daily life.

Sold by itself, **The Abundance Principle Coaching Program** is valued at \$797.

But because you made the smart decision to invest in this guide, I'd like to give you ...

2 Free Bonus Gifts to Create Exponential Abundance in All Aspects of Your Life Even Faster!

Bonus #1 - Guide Sheet on Attracting and Repelling Qualities (A \$97 Value)

You'll have the power to attract what you want because you can replace negative, repelling thoughts with positive, attractive thoughts. Once you have shifted these thought patterns, you'll naturally think abundance thoughts. And you won't have to work as hard or struggle to create what you want.



Bonus #2 - 7 Steps to Exponential Success (A \$297 Value)



This video, recorded live at my Creating Exponential Success in Business live seminar, teaches a 7-step process to experience more success in any area you choose. Discover the art of manifesting using advanced energy techniques, magnetism, and the spiritual laws of abundance. You will also receive the written guide sheet for this program to serve as a visual reminder of this step-by-step system.

Either of these bonuses can make a profound difference. Used together, you can become absolutely and automatically abundant. Imagine success in every area of your life, go beyond previous limits, allow yourself to have your dreams – and, even better, become the best version of yourself and create your “having it all” life.

If you were to go my main website, you’d see that **The Abundance Principle Coaching Program** and bonuses would add up to \$1,197.

(Even at that, this step-by-step training is an amazing value because just one shift can help you finally get you the results and the abundance and prosperity you’ve been looking for.)

So let’s make this a really easy decision, okay?

Clients regularly pay me \$25,000 per year to coach them on these key elements. You’ll get all this information for a small fraction of this investment when you enroll in The **Abundance Principle Coaching Program**.

And because you've invested in this guide, I have a special offer for you where you can save over \$900

You can get started today for just 3 easy payments of \$97 ... or if you want to save even more, make 1 simple payment of only \$251. (That's a total savings of \$946 off of the regular price.)

When you enroll in *The Abundance Principle Coaching Program*, you'll receive a thank-you confirmation email with instant access to all of the video training modules, handouts, and bonus gifts that I've created for you.

I believe wholeheartedly in this coaching material (I simply wouldn't offer it to you otherwise)! It's working for other people who had issues of lack or financial survival, and I expect it to work for you, too.

In fact, I guarantee you'll see the results you want... or you won't pay.

Get started expanding your abundance today.
Click or go to www.CreateMoreAbundance.com.

Your Investment Is Fully Protected by My Unconditional Triple Guarantee

Try *The Abundance Principle Coaching Program* for yourself for a full 30 days. If you do NOT shift into abundance, if you do NOT find amazing things manifesting into your life... or if you don't like something about the course (even the font I used) ...

I'll gladly refund every penny – no questions asked.



www.CreateMoreAbundance.com

Here Are The Most Common Questions I Get – And The Answers To Help You Out

Q: What are affirmations and do they work?

A: Affirmations are positive statements made over and over. As you repeat them, they go directly to your subconscious where they begin to manifest as your reality.

Always affirm what you want in present terms, such as "I have unlimited abundance." To create results, your affirmations need to feel possible to create. Repeat your positive statements frequently.

- Start by thinking of the area you want to create abundance in.
- List every reason you can think of that you may have been telling yourself why you cannot have abundance in this area. Use a separate sheet if you need to.
- Take each statement, and turn it into an affirmation.
- Write your most important affirmations of abundance from the above list on note cards. Put your note cards where you can see them.
- Say your affirmations aloud and read them often, especially when you want to feel more positive about creating abundance in this area of your life.

Ready to create more abundance in your life?
Click or go to www.CreateMoreAbundance.com.

Here Are The Most Common Questions I Get – And The Answers To Help You Out

Q: How do I know if I have a limiting belief?

A: If you feel blocked in creating the abundance or success you intend and dream of having, you most likely have a limiting belief that is sabotaging all of your efforts. Look for resistance (not feeling good), and you will find a limiting belief usually rooted in lack.

Q: How do you change a belief?

A: Beliefs are thoughts and statements you make to yourself about the nature of reality. For instance, a common belief about abundance is that if one person has abundance, they have "taken" something from someone else. Negative beliefs such as these may be standing in the way of your creating abundance, without your even being aware of them.

A: To transform a belief, you need to identify it. Here's a process to use...

Here Are The Most Common Questions I Get – And The Answers To Help You Out

- Think of the area of your life you want to transform with abundance.
- Mentally complete the following:

I believe that having abundance in this area is:

I get/don't get what I want_____.

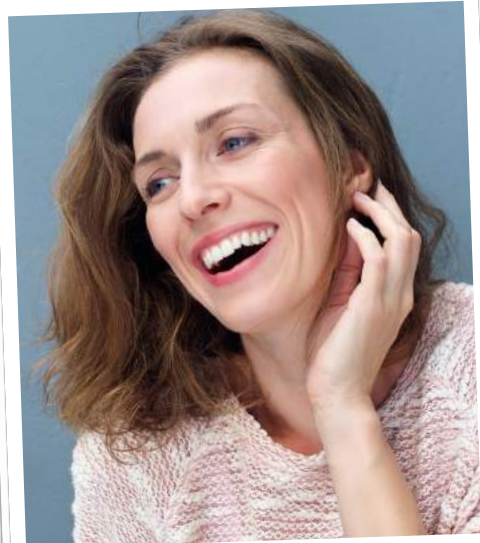
If I succeed in getting what I want, others will see me as, or feel:

If I did what I truly wanted I would:

Abundance is _____ to create.

- Sit quietly and let your higher self show you other negative beliefs that may be standing in the way of your having abundance.
- Take each negative belief you uncover, and change it into a positive one. Say these to yourself over and over. You might imagine that you are putting all negative beliefs into a fire of transformation, releasing them forever.

Why People Rave About This Program



Nicole

*"Hi Christy, After just a week of the **Abundance** class I FINALLY received a check for \$2500 I had been waiting for from a client – it was almost 90 days past due. I also got paid again for a job I did several months ago (I'm an actress and they pay you again if they want to extend the usage of the footage) it was \$1000!!!!!!"*

"After that I stopped thinking about money as a source of stress and just something I use. My attention seemed to go to something else – my relationships. I gained a lot of clarity. I realized that I really do want to meet new people and make more friends. I have spent so much time working I have really neglected my friendships. I especially want more female friends and I want to take care of the friendships I've taken for granted. I want to enjoy my life more by spending time with others and not just looking for financial and career oriented success."

- Nicole P. LA, CA

www.CreateMoreAbundance.com



Jeanie

"The Abundance Principle Coaching Program was the best money I have ever spent. I have been telling like-minded loved ones about all the tools that I will have with me forever, and all the positive changes I feel like I have made because of taking your course. People who did not know that I had taken your course have commented on how great I seem to be doing. I was a bit skeptical that your course (or any) could deliver some of the things that you promised we could expect, but I am a true believer now.

"You taught us with humor, wisdom and compassion. It was particularly effective in the way you shared your past stories and challenges with us. I felt like you were really a cheerleader for us. In addition, having the MP3's to re-listen to and the documentation at our disposal is worth its weight in gold. One of my favorite things to do is to listen to the classes again to try and grasp some of the concepts or hear things that I missed the first time.

"Thank you so much, Christy. I can't wait for another teleseminar class and I wish you the best always!"

- Jeanie Ferguson

Are You Ready for Abundance?

Imagine that you're a drop in the ocean. If you think you're separate from the ocean, you feel powerless... helpless – and unable to tap into the abundance of the ocean that is all around you.

But if you know you're a part of the ocean, you have the power of the ocean with you. By expanding your connections to the ocean -- consciousness itself -- you can tap into the unlimited power, abundance, and consciousness that is available to you.

**You'll no longer have the identity of a small, helpless drop in the ocean. Instead, your identity will be the ocean itself:
Omnipotent, omnipresent, and omniscient.**

That's the transformation you'll experience with ***The Abundance Principle Coaching Program.***



You've been struggling with changing unwanted situations in your life for far too long.

The pain of continuing in a state of inaction will lead only to more despair. More frustration. And more lack, limitation and scarcity.

Yet all of this can change the moment you begin applying the principles in ***The Abundance Principle Coaching Program***.

You'll finally have the answers you've been looking for ... and begin experiencing the energy, vitality and life-renewing results you desire and deserve.

This entire package of ***The Abundance Principle Coaching Program*** and bonus gifts is worth \$1,197. And you can get instant access right now for just \$251 or 3 easy payments of \$97.



With this life-changing program, I've helped countless people become magnetic to the amount of abundance they desire... and manifest everything in harmony with their deepest being, take advantage of this offer while you still can.

I believe you can do this, too.

Get started at www.CreateMoreAbundance.com.

Christy Whitman

The Art of Expanding Abundance



www.CreateMoreAbundance.com