

-PLAYBOOK-

# Abundance Consciousness

You deserve to give yourself the best!

Adapted by Kathy Roots  
based on an Idea by  
Abraham Hicks & The Law Of Attraction

# Welcome To Abundance

There are times when the simplicity of life and living can be overshadowed by busy-ness, complexity and often fear.

Nowhere is this more so that in the realm of money and prosperity.

So here is an opportunity to begin changing your mind set and play a game that will excite you, challenge you and provide you with fun!



Kathy 

# Introduction

The objective of the Abundance or The Prosperity Game is to expand our ability to receive and spend wealth, as we manage to direct it with our intentions.

The Law of Attraction is based on our developing our ability to raise your vibrational state and become aligned with receiving and spending money. It is also a lot of fun and will - hopefully awaken the creativity you already possess.

To get the most out of this 'game' you need to connect emotionally, and act as if everything is absolutely true - as though you are already actually receiving and spending in real life!








# How to Play

## You will need:

A note book with columns to record what you purchase each day and to keep a running total of what you have left.

Another note book to jot down your thoughts, feelings and actions as you begin receiving and spending

For the next 30 days - or more if you wish - you will follow this pattern:

-  **Day 1:** You receive \$1,000 (a currency of your choice) and can spend it exactly as you please. Have a good think about what you'd like to spend the money on, and then spend away.
-  **Day 2:** You now receive \$2,000 - double yesterdays total. If there was any left yesterday add it to the total and spend again - if possible all of it!
-  **Day 3:** You now receive \$4,000 - double yesterdays total. Again if there was any left from yesterday add it to the total and spend again - if possible all of it!
-  **Day 4:** You now receive \$8,000! Do the same and continue for a full 30 days doubling the amount each day.
-  **Day 4-30:** Repeat the process - doubling up each day!

# Fun & Challenges!

As you play you will begin to think about what you want (as opposed to need) and why you want it. At times it will be quite a challenge to think of what to buy. On the other hand you may want to save a little for that something special!

If occasionally you find it difficult to decide, go general, instead of a luxury Lexus 4x4 - why not go for something that get me through rural areas easily and comfortably.

As you play you will begin reaching for new ideas. This will give you insights into what is important for you. You will create a new vibration and will begin to 'feel' more attractive to money or abundance.

You will discover more confidence in the way you handle your finances. And you will be able to applaud yourself for the way you are competently managing your existing situation.



# Good Luck!

I played this game for 30 days many years ago when I was beset by fear of money and never having enough. I continued doing it for almost 1 year. I was a multi-millionaire by the end, with businesses, properties and charities, all over the world.

At times it was tedious to keep spending money - but the next day another huge pot fell into my vibrational account. At other times I loved being able to set things up, create jobs for people, reach out and enjoy just being.

I finally learnt what it felt like to know financial security and that I could replicate that feeling, those thoughts whenever I wanted.

There is a natural ebb and flow of physical things into life and out of life. We need to ground ourselves in the sure knowledge that we can be just as content in ebb as we can in flow.

But the main thing I learnt was that there is no scarcity in the universe. And *everything* I need will be there at the time I need it. Everything appears in the right time-space reality.

**I have never felt 'poor' since!**





# KATHY ROOTS

Therapist | Trainer | Coach

Hi there, I'm Kathy. I'm a professional and personal development trainer, therapist and coach, working in the areas of Cognitive Behavioural Hypnotherapy, Stress Management and Mindfulness.

Over the past 35+ year or so, I've seen incredible transformation in people's lives as they grab their courage and strike out for something new or to change something that has been perplexing them for years.

Today I train, coach and apply integrated therapies to support others who are going through major life changes, whether by choice or otherwise.

Whatever your situation you do not need to be alone or stuck.

Book a call with me to chat through your current situation. It costs you nothing to chat and might just be the turning point you need.

*Kathy* 