



Scaling Up Your Abundance

The following is a summary of a board session with our spiritual guide, Khaled, where he shared spirit's perspective on manifesting and creating one's reality. He laid out, point by point, how the ego¹ limits us, how to overcome this limitation to actively manifest more in our lives, and described what he calls the "yes! and more ..." method. We have included some examples from our lives for further understanding.

We hope you read this, reflect on it, follow the prompts to answer how it applies to your life, and begin to manifest whatever your heart desires!

xo Elena & Erya

¹ Ego is that portion of the human personality which is experienced as the "self" or "I" and is in contact with the external world through perception.

A General Understanding

Our ability to experience synchronicities/abundance at different amplitudes is related to the **allowance** with which we surround them.

Example: One would see a stark difference between the person who finds a 10 dollar bill on the street and the individual who wins 126 million dollars in the lottery or the one who manifests the business which grows exponentially. Not so. From the perspective of the universe, these are all equal, only defined by the **scale of our allowance**.

To further understand this, Khaled uses the metaphor: "Energetically and consciously, you are each like goldfish. This means...that your size relative to your reality is largely dictated by how big or small the tank of your energetic consciousness² is. When the small goldfish finds itself in a larger tank, it grows to fill the available space."

The mechanisms of synchronicity and abundance are always at work within and around us, it is only a question of scale. So the work connected to manifesting is to **continually stretch** and **expand the parameter (size) of our energetic consciousness**.

Will you feel safe to be dropped into an aquarium when all you have only known is a small goldfish bowl?

Breaking It Down

1. *The universe is in a constant state of expansion.* This means, that there is not only **enough** but there is always more **available**. The essential consciousness of the universe and its love for all means that conscious love wants more for you.
2. *The microcosmic journey of our soul is one of seeking, exploration and acquisition.* Our journey to expand our soul will naturally include the expansion of our reality.

Our reality is merely a reflection of our beliefs and imaginings.

² Consciousness in terms of awareness – and in its active energetic aspect - our life-energy.

3. *Our minds are put in place as a limiting force for our soul to existentially strain against, strengthen and grow.* Take yoga, for example. The practice of yoga is one of pushing through physical binds/tests, and in so doing, the body is made stronger, more flexible and expanded in its being. Our soul chooses to incarnate into a physical life—with our brain and its attached ego (aka, physical binds/tests)—to define the scope by which it will bring the most expansion (to expand our soul's experience). The greatest expansion and manifestation cannot be received in the ego but rather through the alchemic transformation of its field into the great nothingness of *pure allowance*.

4. *To seek to create (manifest) through the ego is to seek out further limitation.*

Example: I was noticing “little synchronicities” happening around me. It is not that I am suddenly activating “small magics” but rather that my ego is currently comfortable **receiving** small magics. In a sense, I've been in an 8 inch fishbowl and now I am seeing it grow into a 10 inch fishbowl (my ego perception), neglecting to see that both bowls are in the ocean!

5. *Seeking “more” must be done through the lens of gratitude, love and connection to all that is.* If not, we are manifesting through the ego and it will only manifest limitation of another kind.

6. *Seek more using the “yes! and ...” method:* (1) You receive a synchronicity. (2) Acknowledge it. Truly feel the magic. (3) Then, activate the feeling: strip it of its physical trappings and ask “what is it saying beneath?” Receive this in its nondescript form. (4) Let it grow large and nonspecific. Let universal love penetrate its energetic envelope. (5) Grow the feeling as large as you will allow yourself to feel it, then say “...yes, and more!”

Example in practice: Recently, I've been experiencing synchronicities where some people (out of nowhere) are reaching out to me; they are seeking me out for a phone call, a dinner meeting, etc. This is a new experience for me because for a very long time, I'm the one who usually does the seeking. In my conversations, they've said in one way or another that they want to support me in growing my coaching practice. Rather than minimize these synchronicities by looking at the details, gauging tangible outcomes etc., I strip down the meaning to a nonspecific message, which to me is “...the universe is sending me support and encouragement for my coaching.” I notice the magic...how the universe is supporting me and acknowledging that I'm on my soul's path. I take in how this feels, be in the energy of that emotion, allow it to grow as much as I can...then say “yes!...and more!”

Example in practice: I look at abundance of other people or people in loving relationships and there is a part of me that thinks “this is not going to be my experience in this lifetime.” After all, I haven’t truly experienced this yet, and I’m in my 60s. Recently, I met a man who has shown interest in me and has been very kind, attentive, and supportive. While I am not romantically interested, it feels good. This is something I have not experienced in a long time. So, I strip this experience from specifics and ask “what is it saying beneath?” To me, it’s saying (or the universe is showing me) that there is the possibility of meeting someone who is available, who cares, is attentive, kind and supportive. I acknowledge how good this feels, be in the energy of that emotion, let it in, allow it to grow...then say “yes!...and more!

7. *Magic (aka synchronicity) has no size, only the limitation with which you feel safe to experience it.* And this is equally true for abundance.
8. *Our soul and higher self are parts of ‘us’ that has no such limitations.* Knowing the undertaking ahead, our soul constantly seeds our reality with resources to balance the limitation of the ego. Taking an inventory of your experiences, often in childhood, will often reveal the *antidote* to the ego’s limitation.

Example: As a child, I was a huge dreamer. But I was told by my parents to get my head ‘out of the clouds,’ get my feet on the ground and be realistic. So in this regard, the resource for me to get out of my “ego’s limitation” is to allow myself to be that big dreamer, use my imagination and thinking that ‘anything is possible’ again.

9. *Where you are inhabiting the **undefined allowance**, great manifestings of limitless scale are possible.* And the more your consciousness enters this field, the more you are inhabiting the essence of your soul.
10. *The work to receive more expands the journey of the soul, feeding into the cosmic expansion of the universe.* Our quest for more, expands the allowance for more for the collective consciousness of which we are each an integral part. There is nothing...no love, no magic, no abundance, no safety, no joy that we receive that is not given to our neighbor. The more we create and expand in this way, the more we feed the “water table” (reserves, storage etc.) that nourishes all that we experience. When spirit says that we are each a gift, each a gift unto each other—this is their full meaning. This is the greatest act of love: to create and to share that with which we create in this reality and in all realities.

Prompts

- Think about your life... the unique set of circumstances to which you were born, your parents and upbringing, and experiences you've had along the way. How did this inform and influence your beliefs? If 'reality' is a reflection of your beliefs and imaginings, what beliefs are limiting you or your ability to manifest what you desire?
- Think about experiences in your life (often in your childhood) that defied those beliefs. How can those experiences become resources for you to balance the limitation of "the ego"?
- **Practice the "yes! and ..." method.** Think about a recent synchronicity or a positive experience that feels new to you. Take away or strip it of the specific details (who, how etc.) Ask "what is it saying beneath?" Receive this meaning in its nondescript form. Let it grow large and nonspecific. Embrace it with self love and gratitude. Grow the feeling as large as you will allow yourself to feel it, then say "...yes, and more!"