

Day 10: The Law Of Supply and Abundance

Quote today

"There is a supply for every demand."

Florence Scovel Shinn

Recap of the Law

Basically the Law of Supply boils down to the belief in abundance. You live in a universe of abundance. The universe will never run out of anything you desire and there is enough for everyone. It will always supply you with what you want, when you want it. You just have to ask.

Today I am grateful for....

Write at least three things that you are grateful for on this magnificent day. Connect to the feeling of gratitude.

Meditate (at least 15 min.)

Feel free to meditate on this law or choose a meditation of your choice.

Exercise

Be aware of the abundance of oxygen around you. Connect to your breath as you are exercising, because that never runs out until you take your last one!

Hydrate

Drink ½ ounce of pure water per pound of body weight (or 30 ml per kg). 2 glasses upon rising, 2 glasses between breakfast and lunch, 2 glasses between lunch and dinner and 2 after dinner.

Your Life Insight

Make a commitment to keep wealth circulating in your life by giving and receiving life's most precious gifts: the gifts of caring, understanding, affection, appreciation, and love. With each encounter today, silently wish each person happiness, health, love and laughter..

Your Mindful Practice

Take a moment, breathe and just be in the present. Commit to spending some time in nature today. Whether you choose to be active or simply take in the bounty around you, express your heartfelt gratitude for all that nature offers you and for your place in this beautiful planet.

Day 12: The Law Of Supply, Continued

Your Success Strategy Read *Chapter 3: Is Opportunity Monopolized?* from *The Science of Getting Rich* by Wallace D. Wattles. (If you feel you really want to study this chapter in greater depth, then find a buddy and read it aloud for 30 days. If you miss a day, then start all over again until you do 30 days in a row.)

Your reading meditation This is your reading meditation time—time you have devoted to expanding your thoughts and understanding more about these laws.

Take a nice deep breath in through your nose and let it out through your mouth. You are going to let all the tension leave your body and as you exhale repeat in your mind the word, relax.

You are in the right place at the right time. Your body and mind are in a highly creative vibration right now. Your mind and your heart are ready to receive, completely wide open. Ready to receive whatever it is that you need to know right now. You now have the best possible guidance to allow you to experience the teachings of this Law, and to gather all the important information in any way that it appears.

You live in a universe of abundance. It is endless; it will never run out of anything you desire and there is enough for everyone. It will always supply you with what you want, when you want it. You just have to ask, and allow, without getting in the way. You have within yourself everything required to make your earthly incarnation a paradise if you choose to accept that which is your divine birthright. Basically the Law of Supply boils down to the belief in abundance.

Masters throughout time have told us that when we align with Divine Consciousness, we are able to continually manifest both internal abundance and the material expression of that abundance. They have also said that abundance is not something that is reserved for a special few, though it might often seem that way. All that is required is a change of awareness in consciousness.

The Law of Supply allows you to evolve, to create, to accomplish, to move forward; in other words to succeed. This spiritual Law of Supply is based on the concept that everything you need is already available to you; all you need to do is be open to it the vibration of it.

Just observe nature and you will see the Law of Supply working all the time. Simply know that abundance is all around you, align yourself with it by practicing the other Laws of Flow, and watch how abundance shows up for you.

Now, to finish your reading, take three deep cleansing breaths, knowing that with each breath you integrate the information you have received. Trust that this is so, and it will be.
