



Conscious Pathways to Abundance and Success

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We hope that you enjoy reading this special eBook presentation and that it will help to lighten your path in life to truly creating abundance, happiness and joy. Please feel free to pass it on to others as long as it is not altered and not sold for Profit.

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"Do not let your fire go out, spark by irreplaceable spark, in the hopeless swamps of the approximate, the not quite, the not at all. Do not let the hero in your soul perish in lonely frustration for the life you deserved, but have never been able to reach. Check your road and the nature of your battle. The world you desired can be won. It exists, it is real, it is possible, it is yours"
- Ayn Rand

In Seeking You Shall Find

Dear reader I once compiled this ebook to help me make some senses of the inner struggles I continued to experience whenever any new challenge appears on my doorstep.

Throughout my entire life, I have faced many challenges and changes which have all helped in instilling into my soul, deep conscious, inner awareness, strength and deep appreciation for the ever constant Laws in Creation.

In time, I have come to recognise that sufferings, fear and anxiety are illusions of our own mind, keeping us captive in our soul. When we are able to release these prisoners of our mind, we become masters of our destiny and are able to stir the course of our life.

I believe there has never been a more conscious, more prosperous epoch as today. This is a time of great harvesting of the rewards of all our previous journeys on earth. Each one of us is back here to reap what he or she has sown in many previous times and make amendment. This is also a time of real recognition. A time of understanding the connections and recognizing the correlations of our thoughts, deeds and words with the eternal divine laws governing the whole of creation.

As more people recognize the importance of living within the divine Laws to attain peace, prosperity and happiness, fear, greed and poverty will diminish. For people will realise that whatever their heart desires, they can have it when they align their inner being with the divine laws.

Our inner core is spirit. This entity is responsible for the inner urge to continue seeking and searching for bliss and not yielding to outer circumstances. You cannot halt this urge for it is an ability of your spirit. The same goes for the law of Attraction, the law of Return or the law of Gravity and many other divine laws. These are simply the abilities which the spirit bears within it and which will always manifest whether you are conscious of them or not.

The ability of the spirit is to follow its inner guidance even in moments of doubts. The power of Love is the key element which guides and evens up this inner surging.

My sincere wish for you dear reader, is to find your true inner power to create a life of boundless joy, happiness and success. It is my innermost conviction that when you seek, you shall surely find. I thereby present this ebook to you as a help in chartering your course to finding your own glory!

To your brilliant and boundless life!

Kunbi Korostensky ND

Life Changer Coach™ & Inner Flame Rekindler



****Abundance Is for Everyone****

Abundance is for everyone, not just the limited few that life appears to have smiled on.

We are surrounded by abundance. Nature is lavish, even wasteful in its abundance. Anyone caring to look will find an abundance of love, joy, money, and health is readily available to everyone willing to accept them. If there is any lack in our lives it's not because there is not enough, but rather, because we are limiting our intake. What we receive in life is controlled by the limits we place on our emotions, behaviors, thoughts and actions.

There are many factors involved in why it is so hard for us to open the valve controlling the flow of abundance in our lives. By the time we become aware of the fact that we create our own limits, the beliefs and habits we've developed that produce these limits are so ingrained they are very difficult to change.

Society also has its role to play. Since most of the world's governments have become capitalistic societies, it's in their best interest to promote conditions and belief systems that produce large numbers of have-nots. Simple economics tells us that in order for capitalism to thrive, there must be a large supply meeting a large demand and you must have people who are in debt to create a large enough demand to consume that large supply.

The simple reality is that the governments of the world make their money from our poor health, debt, and our struggle to "just get by." Their abundance is dependant on our lack.

But this does not mean we have to accept these limits. While it's true that most people will never take advantage of it, information about attracting wealth and prosperity is freely available to anyone caring to look. And the law of attraction says that the more you look, the more information you will attract. What fills your life is what you focus on.

Learning to create abundance in your life is about much more than simply creating material wealth; it is about enriching your Self as a whole. When you begin to understand the principles and laws that govern Abundance, you begin to understand that you are not constrained by the conditions of the economy or the amount of your present income.

Your ability to increase your wealth, live in abundance, and have financial freedom is all based on your understanding of the universal laws that govern the flow of energy controlling your ability to turn potential into reality.

Yet there is more to creating abundance than simply placing an order and then sitting back to wait for its delivery. You have to be giving something of value, adding to the flow, in order to make this work. When this is the case people are more than willing to pay for your contribution.

Wealth, money, success, love, and health are all forms of energy. Being part of the flow means that you are a participating member. Once you understand how to operate in the flow of that energy, you learn to work with the Source of energy and actively create your reality instead of simply letting random thoughts create a chaotic existence for you.

Abundance is about living a healthy, vibrant life with a purpose and experiencing the joy that comes from possessing a strong sense of self.



**** Achieving Success ****

Life gives us many opportunities to improve, but whether we do or not depends on our effort. Once a week a person should sit down and examine the progress he/she has made towards achieving a set goal. If goals have not been reached then honest examination must be undertaken to discover the reasons why. This must be followed by extra determination that these goals will be met next time.

Do not worry or become stressed if you do not always achieve your goals, remember you're only human. However it is imperative that you dissect why you failed, were they genuine reasons beyond your control or simply excuses? If the answer turns out to be excuses then double your resolve and effort that they will not stand in your way the next time.

Always remember that the harder the goal you set yourself the greater the reward, not just in reaching the goal but in personal development and inner belief, making the next goal you set yourself that little bit easier. Do not be afraid of hard goals as these will bring you more reward than half a dozen smaller triumphs.

Too many people who fail when trying to achieve a goal become defeated and believe they just do not have what it takes. Nothing could be further from the truth. What they do not understand, or have not fully grasped, is that all they need is to instill within themselves a little extra determination, an honesty with themselves why they failed, and then to have another go.

The secret to success is to always try to improve yourself - no matter what life may throw in your path. Sure, there will be obstacles, however, do not view them as insurmountable, be gritty and work around or over them. Everyone really wants to do something, but there are few that will put forward the needed effort to make the necessary sacrifice to secure it. There is only one way to accomplish anything and that is to go ahead and do it. A person may accomplish almost anything if they just set their hearts on doing it and let nothing interfere with progress. The "bigger" the person the

smaller the obstacle appears. The "smaller" the man the greater the obstacle appears. Always look at the advantages you gain by overcoming obstacles, and it will give you the needed courage for their conquest. Look back at obstacles you have overcome and realize that the present obstacle will soon be added to the list.

Winston Churchill summed up all the above in two sentences:

"Never give in ~ never, never, never, never, in nothing great or small, large or petty, never give in except to convictions of honour and good sense. Never yield to force; never yield to the apparently overwhelming might of the enemy."



**** Live Consciously By Your
Thoughts ****

A car can only go in two directions, either forward or backward, and like a car, we can move forward or backward in our lives. Our every thought either takes us toward our goals and desires or away, and has a positive or negative effect on the direction of our lives.

Compare your brain to a computer. If a new PC is loaded up with virus contaminated programs would you expect it to run smoothly? Of course not, because you get out of the computer exactly what you put in - your brain is exactly the same.

Your every thought determines the direction of your life. If you are moving backward then take time to analyze your thoughts. Make a determined effort to recognize negative thoughts and treat them as your worst enemy. Try not to dwell on them. Putty can be moulded into any shape or form and so too, your life can be shaped and your destiny set by your thoughts.

Remember, the potential for change is the same for everyone. It only takes acceptance of the idea that change is possible coupled with the determination to follow-through. It's not always easy to control our thoughts, but certainly not impossible, and the rewards can last a lifetime.

There are many books on the subject of self-help, but remember, you must take action to succeed. Your thoughts will not change simple by reading an article or book. You must apply what you learn to your everyday affairs. Allow what you read to awaken the possibility of change within you, then take action.

One of the most beneficial practices for positive thinking is to look for the "good" in everyone and everything. Remember to

encourage others everyday by a kind word or deed and be ready to offer (or receive) compliments.

Find opportunities to put the power of your positive thinking to work. For example, you might be standing in a long line at the supermarket checkout. Rather than get upset, do your utmost to help-out and encourage others with a kind word or compliment. You will be surprised at the positive reaction and at how many people will bless you with a wonderful smile in-return.

Taking the time to notice others and look for the "good" in every situation will not only lift your spirits, but will brighten the day for everyone around you - it's a win-win situation for sure. There are a 1001 ways to look for the good in others, begin with your family, friends or those you may only meet once. Get the lead out, get rid of those negative thoughts and become a winner.

Begin today to change your thought patterns one step at a time. Set yourself a goal for the week or month and devote full attention to controlling your thoughts. Start with at least one hour each day and increase the time as your confidence and thinking improve. It is a habit that needs nurturing and a habit you'll come to cherish.



**** You Must be a 'Hedgehog' to Accomplish Great Things!****

Yuck! A hedgehog...

Not the most glamorous of all the beasts to compare yourself with, for sure. So how did the lowly hedgehog become the mammalian mentor for us all?

After all (and no offense to all you hedgehogs out there), it appears to be nature's accidental cross between an armadillo and a porcupine ~ slow moving, methodical, prickly and not all that bright.

The fox, on the other hand, is...well...FOXY! A quick-witted, sleek, fast and agile predator, the fox seems to have the attributes that we can easily imagine we share? (And even if we don't, we pretend.)

Why compare a hedgehog to a fox anyway? It all started with ancient lines of poetry that were found from a fragment of verse by Greek poet Archilochus which says:

"The fox knows MANY things, but the hedgehog knows ONE big thing."

One thing! And that's a good thing?

What about Renaissance men like Leonardo Da Vinci? He's one of the exceptions to a very perplexing rule according to Jim Collins, author of the classic business best-seller "Good to Great". He picked up on the ancient hedgehog vs. fox comparison in his book. All top level CEOs he says are very hedgehog-ish.

He tells this story:

"Day in and day out, the fox circles around the hedgehog's den, waiting for

the perfect moment to pounce... (The emerging hedgehog) waddles along, going about his simple day, searching for lunch and taking care of his home."

While minding his own business, focusing on vittles, the hedgehog wanders right into the path of the fox. Sensing danger, he rolls up into a perfect little ball, becoming "...a sphere of sharp spikes, pointing outward in all directions. The fox, bounding toward his prey, sees the hedgehog defense and calls off the attack...Each day, some version of this battle between the hedgehog and the fox takes place, and despite the greater cunning of the fox, the hedgehog always wins."

The hedgehog ALWAYS wins!

Think about this: Are you a hedgehog, or a fox?

Your answer holds the key to whether you'll be successful in business or life!

Nobody wants to be a hedgehog. Admit it. How boring is that?

He doesn't see much of the world. He's too focused for that. He doesn't learn all the latest hunting tools and tricks because his world view is boiled down to just what he needs.

In "Good to Great," a terrific book by the way, Collins says the hedgehog "reduces all challenges and dilemmas to simple ~ indeed almost simplistic ~ hedgehog ideas."

"For a hedgehog, anything that does not somehow relate to the hedgehog idea holds no relevance."

Ever known anyone so focused that they could only pursue a single goal?
Ever known anyone so focused on that goal that nothing else mattered?

Think about Olympians. Even though the Winter Olympics may be a distant event to us, there's a 10-year old girl somewhere who gets up at 3:30 every morning to practice figure skating compulsories for four hours before

school. The Winter Olympics is all she thinks about.

And NOTHING else matters!

Foxes on the other hand, "pursue many ends at the same time and see the world in all its complexity. They are 'scattered or diffused, moving on many levels.'"

Multi-tasking with too many balls in the air at once already, we're asked to do more and be more. Our bosses want us to be busy, working hard, doing as much as possible.

Yet the fox "who pursues many ends at the same time" NEVER wins!

And the guy who gets the promotion or has the very successful business is the one who focused on fewer tasks and did them well.

That was one of Collins' points ~ instead of demanding too much from employees and executives; we should demand one BIG thing.

Think this doesn't apply to you? Would you like to bet? You're an employee or an executive ~ or both ~ if you're self-employed. And just because you may wear many hats doesn't get you off the hook either. Focusing on the hedgehog ideas even when you're doing the grunt work is the key to your success.

Okay, so it's good to be a hedgehog.

How do we become one if we're a fox by nature?

It's simple. You act as if...

What would the hedgehog do? He'd focus on hedgehog ideas. Don't know what your hedgehog ideas are? Sure you do. You're just not focusing on them. This will help:

1) what six things are vital to the success of your business this year?

- 2) Narrow it down to three ~ two's better
- 3) Make them BIG

- 4) Focus on those only

- 5) Nothing else matters

Make this part of your soul. Eliminate everything that is not helping you focus on your goals.

Keep working at it and some day you'll be a hedgehog too



**** Understanding the Link Between
Thoughts and Actions ****

The way you feel about yourself, your self-esteem, drives your thoughts. These thoughts transform into actions. The actions that you take are the key factors in getting what you want out of life. If you are not achieving your goals, take some time and evaluate how you feel about yourself.

Achieving your goals takes repeated action and you can't give up too early. High self-esteem can give you the drive, determination, and personal power necessary to take these actions and be persistent until you achieve success.

However, if you are constantly critical of yourself, then these feelings will lower your self-esteem. If you have low self-esteem, then it will be more difficult to take the right actions to enable you to achieve your goals. This link between thoughts and actions is what keeps you from getting started or what cause you to give up.

So what can you do to conquer self-doubt and energize your actions? It all starts with positive thinking.

1. Begin by spending some time congratulating yourself for what you have already accomplished in your life.
2. Everyone has had their share of wins. Make a list of these accomplishments and what actions you took to make them happen. Think about the obstacles which you overcame or what special actions you took to reach each goal. This is a great way to acknowledge your successes and give your self-confidence a boost. Your list of wins will be the foundation to build on for your future successes.

Remember that there is a link between thoughts and actions. It's time to take control of your thoughts. Whenever you start having doubts, pull out your list and read through it with glee.

Negative thoughts are the greatest dream killer known to man! Telling yourself "I can't" will lower your self-esteem, reduce the effectiveness of any actions that you take, and prevent you from achieving your goals. Your list of wins is something that can reassure you whenever negative thinking tries to take over your mind.

Instead, tell yourself "I can". Positive thoughts bring confidence, optimism, and focused action which give you a much better chance of achieving your goals. "I can" is a great way to plant seeds in your mind for positive thoughts. The resulting high self-esteem will provide the extra edge that you need to drive away your fears and eliminate any doubt that keeps you from accomplishing your goals.



**** The Importance of Money ****

A great philosopher once said "Money is a barrier against all possible evils." Let's explore and expand on this thought.

Money can prevent the sufferings that come with poverty like cold and hunger. While sickness can not be totally obliterated by money, it can be considerably relieved by it. Giving away money to charity can also provide us with the satisfaction of relieving others from suffering.

With money, we can obtain an advanced education that may aid us in the development of genius and extraordinary achievements. It gives us the leisure to devote a part of our time to culture and art. Money can provide a powerful diversion for all or our troubles by permitting distraction from the anxieties that assail us.

So we must try to get a thorough understanding of all that we may possibly do, in an honorable and legitimate way, to conserve wealth. Even to those who have inherited wealth, idleness can be a certain cause of ruin. A great fortune needs genuine labor for efficient administration. Those who leave this duty to strangers may pay a penalty for their negligence. This is why a rich man, who wants to preserve and increase his fortune, should be his own business manager.

Even artists must know the price that their work is worth. It is necessary for the artist to be a businessman in order to have the right to be a genius. History is full of example of this. The great Shakespeare labored as a theatre manager to obtain the necessary leisure to produce his dramatic masterpieces. Edison worked as a telegraph operator to pay the bills while he "moonlighted" as an inventor.

From the bottom to the top of the ladder, it is necessary to amass money in order to apply it to some great cause. Money is the means by which we may fulfil our purpose in a larger and better way.

Everyone should, in his own way, make an effort to amass some money. Some will apply money to their daily wants. Others seek to swell the fortune that they desire to leave to their children. Some only desire money so they can devote it to some noble enterprise or charity. Finally, a large number see money chiefly as a means of immediate gratification.

Whatever the reason, everyone capable of earning money should learn how to manage it properly in order to ensure that they will have enough of it to apply to the causes that they choose.

Wherever you may find yourself right now,
NEVER, NEVER NEGATE MONEY!!!



ABOUT ABUNDANCE

Abundance is not something we acquire. It is something we tune into.
Wayne Dyer

Reflect upon your blessings, of which every man has plenty, not on your past misfortunes, of which all men have some
Charles Dickens.

Life is a field of unlimited possibilities
Deepak Chopra

He who is plenteously provided for from within, needs but little from without.
Johann Wolfgang von Goethe

Wealth consciousness implies absence of money worries. Truly wealthy people never worry about losing their money because they know that wherever money comes from there is an inexhaustible supply of it."

Deepak Chopra