# 7 steps to Manifesting Abundance

By Tori Jenae, MA/Psych

TABLE OF

# CONTENTS

Introduction

I. Setting Intentions for Manifesting

II. The Power of Clarity

III. Clearing Energy

IV. You've Got to Believe

V. Aligned Action

VI. Spiritually Surrender

VII. Receiving Abundance

INTRODUCTION

# Get Ready to Level Up

***"I have realized over time that in many ways, money spells freedom. If you learn to control your finances, you won't find yourself stuck in jobs, places, or relationships that you hate just because you can't afford to go elsewhere." — Sophia Amoruso***

I know that starting or building a business and growing your income can feel frustrating at times, but trust me, it's worth it. No matter where you've come from, or what you've gone through, you can create abundance for yourself and what you care about at a deep level, whether that is your family or causes close to your heart. Maybe, it's simply to improve your lifestyle!

Of course there are harsh realities in our world, and life isn't always fair. From discrimination in all its forms to systemic racism, sexism, and poverty, sometimes it doesn't seem possible for us all. Yet, in my experience it just takes a few of us to rise up and lift others. The more kind, hard-working, and conscious people we have making more money, the better for the world!

If you're reading this book, I believe you can shift your vibrational rate, take new action, and increase your abundance. I know you're ready for something more. I know you're tired of not creating what you truly desire and that you're working on yourself and inching closer to your big breakthrough, so keep going! Allow this little book to be one more stepping stone on your path.

I've intentionally kept this book short and sweet to teach you tips and tools quickly, but you should know a bit about my own story as I came from very humble beginnings and even spent good parts of my youth on public assistance (aka welfare). My mother struggled with addiction and there was a lot of trauma and struggle in my childhood.

While I know she did the best she could, these experiences shaped my view of the world, just as your experience has shaped you. I deeply believed that *life was hard* and *it wasn't possible to have what I wanted*. Even though I've worked hard and have experienced blessings in my adulthood through my perseverance, it took a lot to shift those core beliefs over the years.

At this point in my journey, almost all of my family have passed away and life hasn't been easy for me at any stage, and I want you to hear that because I'm personally tired of learning from people who haven't struggled in life or hide the fact that they have. I assure you, I have experienced so many challenges in life it would take up a whole book, but not this one!

However, I have also dug deep to heal my past and my trauma. I have learned how to upgrade my mindset and Psychology so I could change the financial future for myself and my family. I work for myself doing what I love on a schedule that actually allows me free time, and have a decent net worth.

I've shifted so much that I can't even believe it sometimes. If you told me I'd be able to have the experiences I have today as a child, I'd never have believed you. I'd never believe that I'd have the ability to travel the world, buy a home in California, or even shop at Nordstrom let alone Gucci to buy a handbag. If you looked at my family history and story, none of this was statistically even possible for me.

While I'm so proud of what I've created in my life, especially as a Latina woman, I want you to understand that I know deeply what it's like to go without, to struggle, to experience trauma, and what it takes to shift that at a deep level. I've had to walk the fire myself time and time again.

I've helped hundreds of people over the years find work they love, build successful businesses, and change their relationship with themselves and money. I hope this book helps you too. I hope you never again have to experience going without anything you need or even desire because you truly deserve so much more.

The tools I am sharing with you below are all a result of hard won wisdom through my life experience, multiple Psychology degrees, and twenty plus years of learning about yoga, spirituality, and energetics. I share this with you with so much hope for YOUR brighter future. Let's begin.

CHAPTER I

# Setting Intentions for Manifesting

***"Our intention creates our reality. Dr. Wayne Dyer"***

You must set your intention first. This means deciding deep down what it is you truly want and committing to it. Setting an intention goes deeper than creating goals. It's an internal commitment that you keep coming back to. It's knowing that this is what you want and you will be flexible in how you get it, but rigid with your desire.

Manifesting is an active process and if you keep changing your mind or flip flopping about what you want you'll manifest a whole lot of nothing.

This is a "yes" Universe and for example if you say you want one thing, but then think "*oh it's too much*" or "*it's not enough*" and you keep changing your mind the Universe literally doesn't know what to give you, and you may do this more than you realize!

It would be like going to your favorite restaurant and changing your order every time you see the server. How long do you think it would take to get your food? I'm guessing a while. It's not that you can't shift or expand your desires, but you must have a clear intention that you can hold to guide you in manifesting. Think of it as your deepest why.

You can use your intention to help you set goals and specific outcomes! We'll get into how to make it more specific next, but for this section focus on your overall intention. *What do you want to create?*

**Examples of intentions to work with**:
*I intend to make and keep a lot of money…*
*I intend to create financial abundance with my purpose…*
*I intend to create financial freedom with my souls work…*
*I intend to create wealth doing what I love…*
*I intend to work less and make more money…*
*I intend to build a business that makes money while I sleep…*
*I intend to make an impact and a great income…*

*So I can…now add WHAT this will give you.*

Ensure that your intention is something positive and more importantly motivating! Because a lot of the things we want, particularly around money, aren't actually motivating to the subconscious mind. The best example is "*I want to pay off debt*". This is a great thing to do, but there are three issues with setting this as an intention.

First, your intention is around debt, and what you focus on grows! Your subconscious mind is just thinking about debt, it doesn't understand that paying off debt can be a good thing that you actually want. It's like when people around you get sick and all you think is "I don't want to get sick!" It's actually better to focus on the desire to stay healthy. The mind doesn't understand "don't". If I say "don't think of a pink elephant" that's all you think of! It's simply how the mind works.

Secondly, the word debt also carries an emotional charge. You may feel guilt, shame, or embarrassment about having debt so you don't want this word to bring any of that energy to your intention. (*Side note, if you do have any of these feelings please work on self-forgiveness and use the clearing process noted later. Using your credit cards or getting loans is simply self-financing*!)

Lastly, although it does feel really good to pay off debt, it’s not exactly as motivating as focusing your intention on creating financial freedom or abundance because those are expansive feelings and words. Debt can feel restrictive and like you’re just getting out of a financial hole. You want to focus on moving forward to experience financial freedom and abundance! With each payment you'd focus on your intention...this payment is helping me become more financially free!

It’s time to set your intention for abundance. Grab your journal and write about what you really want to create.

- What do you want to experience when it comes to financial abundance?
- What do you want to create in your life?
- What will this give you?

Think about what it would feel like to have freedom of time, energy, and choice in your life because that's what money truly provides. *Create one clear sentence and intention. A sample intention is something like "I will create financial freedom doing work I love so I can travel and spend more time with my family."*

CHAPTER II

# The Power of Clarity

***"There are few things more beautiful than a life lived with passionate clarity." Erwin McManus***

You now have an intention, so it's time to get really specific about what you want to manifest. The Universe has a thousand ways to create something, so it's your job to know exactly what you want to manifest. You must have a clear vision and some specific parameters. You're giving the Universe creative direction here, so get into the details a bit!

It's best to focus on a specific outcome not a feeling! So many people say "I just want to feel more abundant" but that can mean so many things and you could just focus on gratitude for what you have and feel more abundant!

Additionally, you want to get very specific because the Universe can be so literal! I'll give you some examples of how unclear intentions can manifest undesired results.

**Intention:** I want to make more money
**Manifested Result:** More money, but no where near what you need to create more than enough. You're at "just enough". The other common scenario is that you manifest an unexpected bill or expense you need to spend the extra money on.

**Intention:** I want more free time
**Manifested result**: All your clients keep cancelling, or jobs fall through, and now you've got loads of free time but you're also stressed about money.

As you can see the intention was fulfilled. There was indeed more money and more free time, but it didn't manifest in the specific way it was intended. You didn't create what would actually give you abundance.

It's better to say specifically the amount of money you want to manifest and also create a bit of a timeframe. However, give yourself enough time to create the vibrational shift but also have a specific goal so you know you've reached that frequency or amount of income in a way that works for you.

**Instead of saying *I want to make more money*, try:**
*"I will make (X amount) every month through my business seeing (X amount) of clients each month."*

*"I will make (X amount) every month through my business selling (X amount of X) each month."*

*"I will make (X amount) every month through my career working (X amount) of hours each week."*

You could also use a combination of these intentions for multiple forms of revenue if your business is set up this way. At first, it's best to focus on the fastest way you could bring in money, often your higher ticket offer.

Also, keeping your goals in monthly terms is best! It's very specific and the smaller numbers feel more achievable subconsciously. Annual numbers can feel out of reach, or too big. Most importantly, focus on FIRST doubling your income. Maybe tripling, but it's often hard to go further than this vibrationally and hold it! A lot of people will manifest a big number and then go back down or fall into feast and famine patterns.

In setting your intentions this way you've dealt with some of the ways it could go awry. Because you could manifest the amount you desire, but have to work way harder. Also, the more specific you are, you will know what action must be taken.

If your goal is to make more money and keep the number of clients you see each week the same, then you know you need to raise your prices. You may also want to work less, so you'd need to create another stream of income. It's common to have some blocks around raising your prices or making money more easily, which will be addressed in the next chapter.

For now, write out the specific income that will help you create your intention. Think about your next level!

- What would you like to be bringing in each month?
- How many hours per week would you work in an ideal situation? How much vacation?
- Create a real list of expenses and add in the "wants" not just the "needs".

Make it what you'd really like, and then move on to the next step in this process.

CHAPTER III

# Clearing Energy

***You are responsible for the energy you create for yourself, and you're responsible for the energy that you bring to others." Oprah Winfrey***

You have to clear the way for new energy in your life. This includes in your mind, your schedule, and even your home! The Universe loves to fill space, so you've often got to LET GO before the things you truly desire can come in. This is NOT about sacrifice in any form. Sacrifice energy is any thinking that says I can have this or I can have that. *Guess what…you can have BOTH.*

Let's look first at the mind because it's most important. Doubt has killed more dreams than failure ever could. Review what you've decided you want to create. Does it feel possible? What does the ego or negative voice say? You must clear out the doubts, fears, and beliefs you have about money. I've found the fastest way to do this is with Energy Psychology, because clearing these things at an energetic level will help increase your vibrational rate mind and body.

However, here is another option for the mind to help you uncover your subconscious blocks to abundance. Everyone has subconscious blocks, even those who have had a financially secure childhood and/or adulthood.

**An exercise for finding the fears, doubts and beliefs that no longer serve you around money.** Take out your journal or a sheet of paper and write MONEY in big letters at the top of the page. Now, write everything that comes to mind when you think of money, just do a brain dump, and when you feel stuck, take a break and go back to it later. Think of all the things people have said about money, how you feel about it, anything! There are no wrong answers here.

Once it feels like you've really given it some time, look back over what you've written. Now, circle three things that you feel aren't helping you anymore. It could be something like "money doesn't grow on trees", "money is the root of all evil", "there is never enough money" or something else that is firmly planted in your mind. Look for anything you find yourself thinking or repeating often, because that's what's coming up for you.

Now, question this...where did it come from? Is it really true? Lastly, look for proof that it's actually not true!

Most money beliefs and fears are passed down from many sources like culture and parents. Plus your own experiences, so question them. Once you've done this, write out three positive affirmations that are the opposite of these and repeat them often. You need to say them often to start reprogramming your subconscious mind.

Also, make sure the affirmation is aligned for you, so when you say it you don't feel resistant or your mind responds with "that's not true"! For example, if someone is making a few thousand dollars a month it may be hard to believe an affirmation like "I'm a millionaire" because it's vibrationally too far off right now. Focus on the next level for you!

Some of my favorites are: *My income is constantly increasing, I can create financial abundance, I am worthy, I am enough, There's more where that came from (every time I spend), Money is an energy that I can attract, I love money and money loves me, Making money is easy!*

Next, you actually need to release and clear things from your daily life. When it comes to your time I want you to look at what you're doing right now that you hate, is draining you, or maybe a habit that you feel is blocking abundance. Make a commitment, even a small one, like asking for help with cleaning, watching less Netflix, or committing to saying no to things that are not aligned with your intention. Now you've created more energy and space in your life to manifest something better.

Lastly, clear your physical space! Clear out the clutter around your home and even your car and handbag! It can be as simple as cleaning a junk drawer or a closet that's been driving you crazy or purging old items you don't use anymore. It's the act of letting go of the old to allow the new in. It truly creates an energetic vacuum in your life to draw to you the abundance you desire.

I had a coach once that said every time she needed a new client, she just cleaned out a closet! Now, that's not all you need to do, but it shows how much it helps. Plus, studies show that having less clutter is good for our mental health and well-being.

What’s an area in your home that’s cluttered or full of stuff? Anywhere stuff is hard to find? What is the state of your car and your handbag? How do you treat your money? Is it all crumpled up in the bottom of your bag? Clean, organize, and let go of what you don't want or need anymore and see what blessings manifest for you. You don't have to purge everything, but bring some order and peace to your space.

And a bonus...sell or donate the stuff you don’t need anymore. You can either make money or give the items to a charity for extra manifesting energy and a tax credit.

Now you've started the process of letting go. You found your unsupportive money beliefs, doubts, and fears. So much of what blocks abundance in life is mental and emotional, and this is so important to clear!

Plus you've freed up more time and energy. Make room in your life and in your space for the upgraded versions of what you desire.

CHAPTER IV

# You Got to Believe

***"Faith is to believe what you do not see; the reward of this faith is to see what you believe ." Saint Augustine***

When it comes to manifesting...*you've got to believe it to receive it*! I know that can be hard, but I'm going to make it much easier for you to understand what is actually meant by this statement spiritually, because so many get this one wrong and beat themselves up.

What you may not realize is that most people live their life thinking "*I'll believe it when I see it*" but that doesn't work as well with the Universe. Your thoughts become things, so focus on what you DO want as often as you can. Once again, what you focus on grows.

Now, <u>this DOES NOT mean you can never have doubts or fear and need to be happy and high vibe all the time</u> which is often taught in manifesting and it's honestly very psychologically damaging and not humanly possible creating an unrealistic expectation.

Trying to be “high vibe” all the time or avoiding tough emotions is actually called “toxic positivity". Toxic positivity is a way to try to bypass difficult emotions or real life issues by putting a "positive spin" on it and that can create really big problems not only in your life, but in your energy because it denies the truth.

Further, toxic positivity leaves you and your loved ones feeling pretty awful. When you tell a friend about your struggles and she spouts “everything happens for a reason” it’s not helpful. So please feel your feelings and bring yourself back to balance through self care, real life change, supportive people, and your spiritual practice. I promise it won’t mess up your manifesting process! You can't manifest what you think about immediately, I sure wish we did, but luckily we don't! We have to do a lot more, so thinking negatively is fine when you need to get it out or deal with real life.

Your emotions can become an energetic block when you're NOT dealing with them or the negative ones become super repetitive. In Psychology we call it rumination, and it's normal, but when your emotions become too heavy or repetitive, get some support.

Because your emotions lead to how you think, and how you think leads to how you act, all subtly affecting your manifesting over time. Yet, you have more power than you know to shift the energy in the direction you want to go. You can always heal or make a new choice.

Therefore, you're human and you will have bad days or even really rough times, it's not going to affect much in the way of manifesting if you deal with it the very best you can. Challenging times are often the very thing that put many on the spiritual path. The Universe is more forgiving of not being "on" all the time than you are!

What I want you to focus on is making your faith slightly bigger than your fear! There are lots of practices to help you do that! Everything from visualization to meditation can support you. Find some practices that support you in believing that what you desire is possible and on its way to you. Ideally, find a few minutes each day to connect with your desires. Lastly, look for others who have achieved similar things as proof you can do it too!

CHAPTER V

# Aligned Action

***"Taking action in the physical world is your greatest and fastest tool for manifestation. Aligned action has the power to shift other dimensions as well." Tori Jenae***

Manifesting is an active process and your most powerful tool for manifesting is taking action in the real world! Remember, you have to keep your end of the deal with the Universe, it's going to do it's thing so you need to do yours! Taking some action is the most underutilized tool in the manifesting tool kit.

Yes, it's great to visualize and meditate to build your belief, but taking action creates results faster than anything else. Too many spiritual people feel that all they need to do is visualize their Malibu dream home and one day they'll get a call that it's theirs! Maybe that happens, but I've never met anyone who was able to do it without taking some serious action. I'm not talking about hard work, but aligned action over time.

You may not feel sure what to DO to manifest your desires, so sit with these questions:
*What action would help to manifest my desire?*
*What have I been wanting to do but felt uncertain?*
*What has helped me manifest money in the past?*
*What is a totally new action I could take, something I've never done?*
*What little intuitive nudges have I been getting?*

Your intuitive nudges are the best ones to follow. This is definitely inspired action! It can be as simple as reaching out to someone who's been on your mind, reading a book that keeps popping up, or finally building that product or course you've been thinking about. You also want to ensure your actions are aligned with your intention. The best way to do this is to make sure it's an energetic match to what you want.

If you want more freedom, does this action help you create more freedom in your life? An example would be saying yes to something simply because your mind goes into fear and says "I'd better take this" even though it's not aligned with what you want to create.

I've done this a few times! I've said yes to running youth groups and even taught at University! All wonderful experiences, but it wasn't aligned with the freedom I really wanted to create to travel more. It takes some real work on your beliefs and fears to be able to take aligned action. Do the best you can and start small!

I truly believe that when you deeply decide you want something, and listen carefully to your inner guidance, something will present itself to you. An opportunity, a referral, a class, a great idea, or even a random check to invest in yourself.

Remember you simply need to take the next step! You don't need to lay out a full plan or know exactly HOW it will all happen. This is where most people get totally stuck. The "how" is honestly up to the Universe and the key to your next lesson.

CHAPTER VI

# Spiritually Surrender

***"Choosing joy involves spiritual surrender."***
***Marianne Williamson***

This is truly the hardest part of the manifesting process and often the step that messes most people up! You actually have to let go of the HOW and the WHEN something manifests. You have to truly hand it over to the Universe. The Universe has unlimited ways to create something, things you could never even make up in your mind, so let it do it's thing!

You must TRUST that what you desire is going to come to you at the right time! I see so many people start doubting it'll ever happen and they give up 5 minutes before the miracle. I've done this too because I'm super impatient. However, if you keep going, taking action, and clearing out the internal and external blocks eventually there will be an energetic tipping point and you will manifest what you desire. Sometimes, it's even better than what you hoped for and often in a way you'd never been able to plan out.

Remember, surrender is NOT giving up or giving in. It's a deep trust in yourself, not just the Universe, and the process of manifesting and creating what you want. It's really surrendering your timelines and how things "should" be now. It's surrendering your human ego. It's also one of the greatest spiritual lessons you can learn.

My personal process for surrender during manifesting is taking time to focus on what I can be doing to take full responsibility for my part, and every time I have a doubt, I simply say to myself "thank you for this, or something even better" and I keep going.

This is helpful as well because you may get very attached to a particular way your vision manifests and the Universe may have something better for you in store. I've seen people hold on to clients that aren't aligned or even partnerships hoping the money will come through that channel and it doesn't. Give up some of the control of the how and when and allow new channels and ways for your abundance to manifest.

When it comes to money, you hold the vision of the amount and keep trusting that even though it hasn’t happened yet, it’s coming and you may not have any clue how it happens. Celebrate each milestone and be grateful for the money you do have coming in.

When doubt creeps in, because it absolutely will, keep going back through the steps of Clear, Believe, Act and I know it will manifest if you keep going!

Many people don't understand that the third dimensional world (aka Earth) is a very dense place and that things take much longer to manifest here than they do in the realm of the mind or the spiritual planes. That's why it's most important to focus on what you can do on all planes, but particularly the physical one.

Practice patience, trust yourself and the Universe, and keep doing your part. It takes time to create a vibrational shift! When you think you've surrendered, surrender some more. Now, let's get to the last step.

CHAPTER VII

# Receive Abundance

***"Abundance is not something you acquire. It's something you tune into." Dr. Wayne Dyer***

The ability to receive is the final key to manifesting many desires, but definitely money! You may not know that you don't receive well, so consider the following;

*Do you allow others to pay for you without argument?*
*Do you do work for free, even when you don't want to?*
*Do you ask for what you really want?*
*How do you feel and respond when people compliment or praise you?*
*Do you ask for help or try to do it all yourself?*

Depending on how you answered the above questions, I am sure you can see where you may have trouble receiving. Remember, you can block good things from coming to you if you're not open to receive them. I know...it shouldn't be so hard!

Yet, you have probably been taught things like “it’s better to give than receive” and to “be humble and gracious” and those can be wonderful attributes but it can also make you feel it’s bad to receive. Unfortunately, so many good people have been taught that self-sacrifice and putting themselves last is somehow noble, it's not. It's depleting and often rooted in codependency and people pleasing. You're a divine being, so you deserve more abundance and ease.

You also may have had negative experiences with receiving. Many people give with strings or expectations attached and now you may not want to owe anyone anything or feel indebted. You do have to be aware of the sources from which you receive.

I’ve seen people have generous parents but the support often came with a price, so now receiving doesn't feel safe. Remember, you don’t need to open up to receive from sources that will attempt to take control or not allow you to make choices that are in alignment for you. You get to choose what comes in and say no if it will become a problem for you.

You have to learn to receive from positive sources. If someone genuinely offers to pay for you, allow it. If someone offers to pay you for your services or time, allow it. If someone keeps taking your time without paying, ask for compensation. If someone praises or compliments you simply say thank you and allow it in.

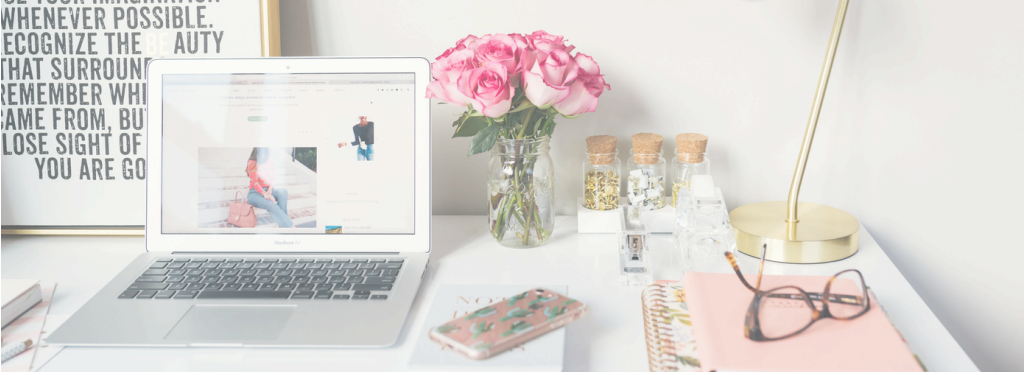
The Universe has so much good to give you as well, but you choose what feels safe to receive. And there's a lot of negative programming about receiving. You must find what blocks you from receiving internally and heal it so you can open up to more abundance in all its forms.

Where do you need to open up to receive more? Do you have an annual income you can't seem to pass? Do you have a hard time accepting or asking for payment? Is it hard to raise your prices?

Focus on the life area of money and stay aware of what comes up for you. Bonus incentive to receive... when you block money, you block love and creativity as well.

It's all governed by the same chakra, the Sacral or second chakra, so open up to ALL the abundance that you truly want. The first step to changing anything is always awareness. You can also do the clearing process around the life area of receiving.

As you come to the end of this book, you've gained so much new awareness. You've learned how to set intentions, clear energy, believe, and receive!  You now have so many tools to help you manifest more abundance in your life and I hope that is just what you do with them.




## What's Next?

Thank you so much for reading this book! I truly hope this has served you. If you'd like to learn more about the Psychology and energetics of success and money, please connect with me on Instagram or reach out to me via my website www.torijenae.com

If you're an ambitious babe ready to make more money using tools like this and so much more in your service based business, or are interested in starting one, feel free to apply for a complimentary call to see if any of my programs or services would be the right fit for you. I look forward to speaking with you.

***XO, Tori Jenae, MA/Psychology***

CONNECT WITH ME ON IG

APPLY FOR YOUR CALL HERE

***Copyright © 2021 Tori Jenae***

All rights reserved. This book or parts thereof may not be reproduced in any form, stored in any retrieval system, or transmitted in any form by any means—electronic, mechanical, photocopy, recording, or otherwise—without prior written permission of the author, except as provided by United States of America copyright law. For permission requests, contact the author at the web address below.

Every effort has been made to accurately represent the best spiritual and educational value. However, there is no guarantee that you will earn money using the techniques and ideas in these materials. Your results will be determined by a number of factors over which we have no control, such as your financial condition, experience, skills, level of effort, etc.

www.ToriJenae.com