



Angels Whisper

**MANIFESTING ABUNDANCE
THROUGH
THE ART OF GRATITUDE**

Cheatsheet



WEEK 1

SUNDAY - LET GO

AND OPEN YOUR HEART

TO RECEIVE

**How to let go of fears and
worries and open your Heart
to receive abundance**

HOW TO LET GO AND OPEN YOUR HEART TO RECEIVE

"You can live your life angry, bitter, mad at somebody or even guilty, not letting go of your own mistakes, but you won't receive the good things God has in store."

—Joel Osteen

LETTING GO

Today's Guided Meditation will help you let go of fears and worries that may be stopping you from attracting and manifesting your dreams into reality. When your Heart is free of fear and open to receive all the blessings from the Universe, your reality can be transformed gracefully and effortlessly.

In order to release the tension that has been accumulating in your mind and body for years, you will first need to convince yourself that there is absolutely no harm in **letting go of self-pity and self-destructive thoughts**. Sometimes we tend to get attached to self-sabotaging feelings and obsessive thoughts - it becomes easier to cry over how pitiful we are than to get up and start doing something in order to achieve our goal.

How to let go?

We already talked about this in the previous lessons. Letting go may be one of the most difficult things to do; however, once reached, this state will help you become more grounded and present, and ready for new experiences. As soon as you notice that a thought or sensation is making you feel uncomfortable, ask yourself why it is there - **is it a warning that danger is approaching and you need to react as soon as possible in order to avoid it?**

If not, then it is something that you are being called to let go of - it is a thought or sensation that no longer serves you, and it is impeding you from reaching that state of openness which can allow you to manifest your dreams into reality. This is why, as soon as you find yourself worrying about a situation that you cannot change (or, this can also happen very often, a situation that has already been resolved!), allow yourself to release it, for the greater good.

There are many ways of letting go; however, today we are only going to explore two of the most common ones.

Breathe.

Most of the time, we tend to forget how important breathing is - it allows us to take a few moments to stop whatever we were doing, and to feel ourselves living in the present moment. *When we get caught up in the rush of everyday life, things tend to start looking too blurry and confusing - in order to avoid becoming too overwhelmed, we need to stop for a moment and allow ourselves to breathe in deeply.*

Take a break; find a comfortable place to sit in, lay down, prepare your favorite tea, light up a candle, put on your favorite music. Relax, read a book, daydream, meditate. Do whatever makes you feel happy, whatever helps you live in the present moment and feel grounded into the earth, reminded that you are alive, and that life is not happening to you - you have power over your own destiny.

Ask yourself if worrying helps.

Does worrying or thinking about it obsessively help, or hurt you? If these thoughts are affecting you negatively, then there is no reason for you to keep having them. Once you realize this, you are ready to cut the cords with these negative emotions, and to start decluttering your head.

Starting fresh and anew feels very liberating; just like throwing away a canvas that has already been used and starting your new painting by placing yourself in front of a white, fresh canvas. **When your mind is clear, you are able to find solutions more easily, to be creative, to listen to your inner guidance.**

ALLOWING YOURSELF TO RECEIVE

Once your head is less crowded with fear and negativity, you are ready to open your heart to receive the beautiful presents that the Universe has in store for you.

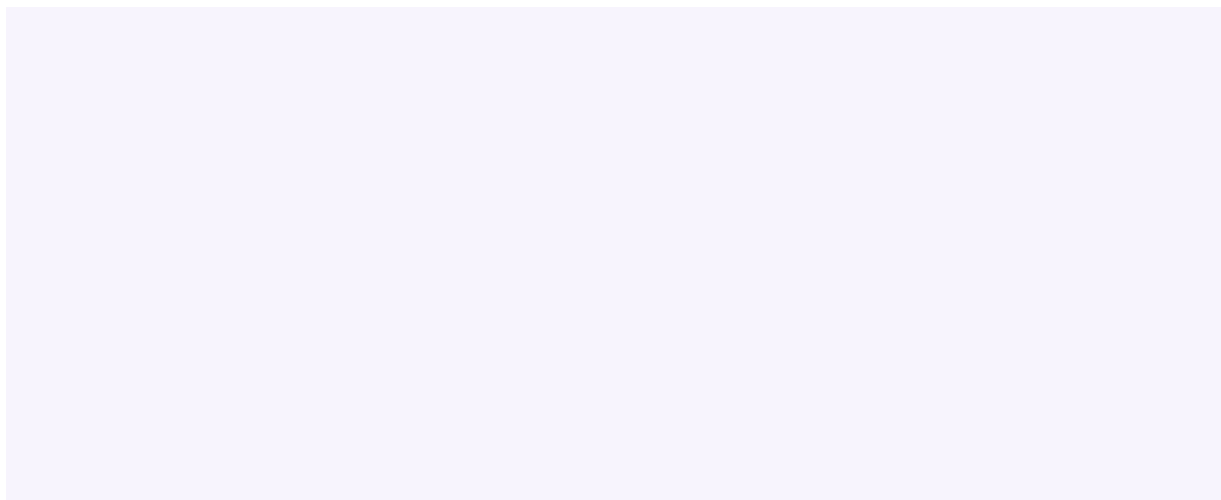
Opening your Heart Center.

When you open your Heart Center, you allow the Universe to speak to you directly and to send you more and more of the things that you need in order to create the life of your dreams. The most effective way to open your Heart Center is to **practice gratitude and allow yourself to feel the bliss and joy that your Higher Self, your Soul is filled with.** You have it all within you - just open yourself to feeling it!

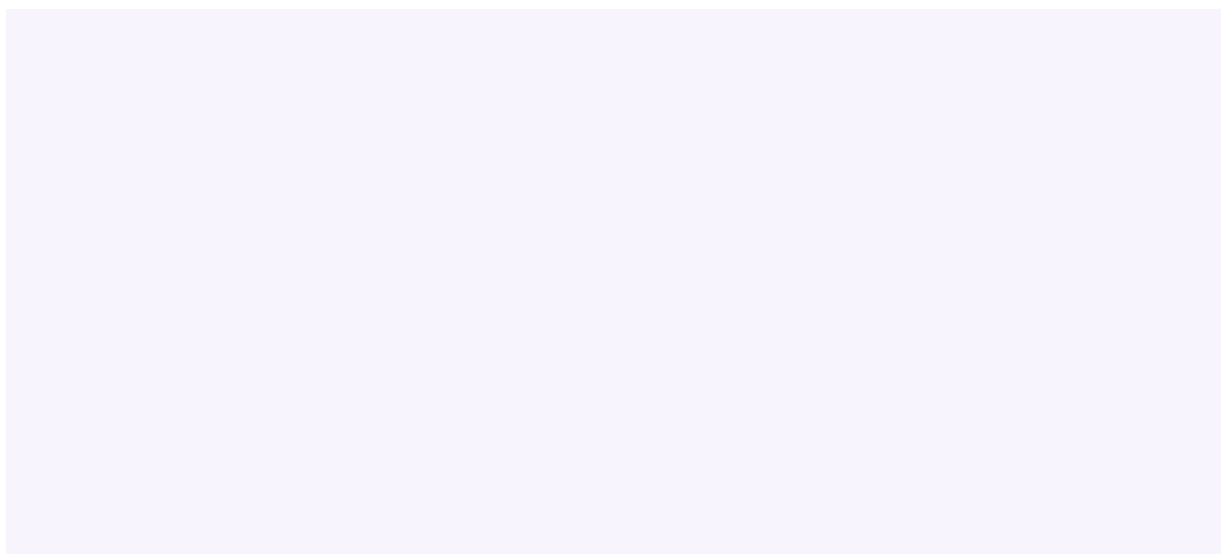
HOW TO LET GO AND OPEN YOUR HEART TO RECEIVE

Worksheets

TAKE A FEW MOMENTS TO THINK OF ALL THE THINGS THAT MAKE YOU FEEL WORRIED AND AFRAID, OR SAD - WRITE THEM DOWN.



ANALYZE EACH ONE OF THEM - ARE THESE THOUGHTS ESSENTIAL? DO THEY HELP, OR AFFECT YOU NEGATIVELY?



ENVISION BEING AT THE CENTER OF A BEAUTIFUL TEMPLE (ROOM OR GARDEN) - SURROUND YOURSELF WITH SACRED THINGS THAT CAN HELP YOU FEEL BETTER IN YOUR TIMES OF NEED. THIS IS YOUR SACRED SPACE, A REPRESENTATION OF YOUR HEART CENTER - DESCRIBE IT.

