



*Unleash  
Your  
Abundance!*

A Companion Journal to the  
40/Day Prosperity Plan

*By Brynde' Lambert*

This journal was created by Brynde' Lambert to support your successful completion of the "40-Day Prosperity Plan," written by John Randolph Price. Excerpts have been reprinted from "The Abundance Book", published by Hay House, Inc, July 1996, with express permission from the author.  
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## 1 FOREWORD

*"Prosperity is a way of living and thinking, and not just money or things. Poverty is a way of living and thinking, and not just a lack of money or things."* Eric Butterworth

Congratulations on drawing this book into your experience. The very fact that you have indicates your strong intention to up the level of your prosperity consciousness. It also sends a very clear signal to the universe that you are ready, open, receptive and willing to do your part in claiming abundance. And your part is as simple as consistently observing the spiritual practices outlined here while you follow the 40-Day Prosperity Plan. Even without the Plan applying these practices will radically increase your experience of abundance.

In this book you will learn about spiritual practices you can immediately apply to realize overflowing abundance. Abundance is not just physical, material wealth – dollars, property, furnishings, etc. – abundance also shows up as health in mind and body, as family and friends, as influence and trust, as creativity and courage, and food and water so freely supplied in this country that it's easy to take for granted.

You see, abundance is not something you get; rather it is your divine nature and a natural part of your physical world. You may fail to recognize all its forms and other times you may lose temporary sight of it, distracted by challenging experiences like the loss of a job, the ending of a relationship, or a threat to your health. Yet, it is always present and to the degree you can recognize it you will experience peace, joy, and freedom.

It is natural to want to experience financial, emotional, and spiritual abundance; to desire to live a life filled with joy, satisfaction, delight and fulfillment. And you should because it's yours.

Understand you don't have to struggle to create it or earn it. There's no thing you have to do, *or ever could do*, to earn it - it's a free gift from the universe. You are worthy of it, you deserve it, and it's your divine inheritance. Think of it like when you play the game of Monopoly and every time you pass "GO," you get a windfall of free money. Just because you are in the game, you are entitled to that money. As a citizen of planet Earth you are automatically entitled to this divine inheritance.

I use the word divine, because your desire, your inheritance is of a spiritual quality. It is that which is invisible to the naked eye; that cannot be measured through the physical senses. And as you learn to accept this you become more aware of your truly abundant life. Spiritual practices help.

Spiritual practices help you remember that you are a spiritual being, living in a spiritual universe, governed by spiritual law. They are acts you perform consistently, to stay aware of whom you are, all you are, your connection to the Creator, and the unity of all life. They will help you create new beliefs, transcend former experiences, and transform your life.

These practices work well whether you are just beginning to explore your spirituality or if you've been on the spiritual path for some time. Know that your process is forever evolving and the goal of spiritual practices is not to help you reach a point of completion, but to help you stay aware and present to the goodness, sweetness and richness of life. Mastery only leads into another level of understanding, another level of practice. Take time to enjoy each experience and release the belief that you will cross an imaginary finish line and attain something outside yourself. Abundance is an aspect of what you are and all you are. You will never find the joy and satisfaction abundance promises while looking anywhere else. Use these tools to practice looking inside yourself and there you will discover how truly miraculous, remarkable, and amazing you truly are.

You've probably heard other people talk about these simple practices because they work. They work for anyone, every time, and everywhere. They work because they harmonize with the universal principles or laws of the universe. You can use them at home, on the job, in your relationships, with your finances, even toward your body. They point the way to greater freedom and expand your awareness of the abundance expressing in, through, and all around you.

The principles and practices you will perform during this 40-day program will help you attain an expectant attitude of increase. You will begin to rely more on the God within as your source, and less on persons, places, situations and conditions. Trust the process and stick with the program.

At the end of each chapter I have prescribed a specific practice. Think of these practices like sit-ups. Just doing a sit-up once in a while is not going to change your body in any way. Yet, when you do then repetitively and consistently, your body will respond. And to the degree you work-out, there will be a corresponding change in the body. That's how these spiritual practices will work. They will work, over time, developing and increasing your awareness of abundance in, through, and all around you. You will open to new ways of being and become more joyful, peaceful, and loving. Just by doing the practices you will connect more deeply with your own abundant nature and all the good around you.

If you are feeling limited right now like I have many times, you can find a way to let your spirit rise up through the condition. The truth is the condition was never meant to limit you, you have just accepted it as limiting.

You can achieve your goals, overcome adversity, and realize your fullest potential as the presence of love and joy. I know the secret power lying dormant within you and that through right action you can accomplish the seemingly impossible. With this creative, dynamic power, presence and principle operating through you all things are possible.

You can have a richer, fuller life. Things can change. You can learn and accomplish self mastery and manifest the life you desire. As you continually apply these practices to your life you will reveal their hidden powers to transform your life and your world.

## **The 40-Day Prosperity Plan**

This is a program for realizing abundant prosperity in your life and affairs. It takes 40 days for consciousness to realize a truth. A break during the 40 day period releases the energy being built up around the idea. Therefore, there must be a definite commitment to faithfully follow this program each and every day for 40 days. If you miss even one day, to start over again and continue until you can go the full period with perfect continuity.

Establish a specific date to start your program, such as the beginning of a particular week. Count out 40 days on your calendar and mark the completion date.

There are ten statements of Principle. Read *one* statement each day. This means that you will go through the entire list *four* times during the 40-day period.

Following each meditation period, write down in your Journal the thoughts that come to you. *Be sure to do this daily.*



Date: \_\_\_\_\_

***Principle One:*** God is lavish, unyielding Abundance, the rich omnipresent substance of the Universe. This all-providing Source of infinite prosperity is individualized as me—the Reality of me.

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***Principle Two:*** I lift up my mind and heart to be aware, to understand, and to know that the Divine Presence, I AM is the Source and Substance of all my good.

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**Principle Three:** I am conscious of the Inner Presence *as* my lavish Abundance. I am conscious of the constant activity of this Mind of infinite Prosperity. Therefore, my consciousness is filled with the Light of Truth.

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**Principle Five:** Money is not my supply. No person, place or condition is my supply. My awareness, understanding, and knowledge of the all-providing activity of the Divine Mind within me is my supply. My consciousness of this Truth is unlimited; therefore, my supply is unlimited.

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**Principle Seven:** The Divine Consciousness that I am is forever expressing its true nature of Abundance. This is its responsibility, not mine. My only responsibility is to be aware of this Truth. Therefore, I am totally confident in letting go and letting God appear as the abundant all-sufficiency in my life and affairs.

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**Principle Eight:** My consciousness of the Spirit within me *as* my unlimited Source is the Divine Power to restore the years the locusts have eaten, to make all things new, to lift me up to the High Road of abundant prosperity. This awareness, understanding and knowledge of Spirit appears as every visible form and experience that I could possibly desire.

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**Principle Nine:** When I am aware of the God-Self within me as my total fulfillment, I am totally fulfilled. I am now aware of this Truth. I have found the secret of life, and I relax in the knowledge that the Activity of Divine Abundance is eternally operating in my life. I simply have to be aware of the flow, the radiation, of that Creative Energy, which is continuously, easily, and effortlessly pouring forth from my Divine Consciousness. I am now aware. I am now in the flow.

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**Principle Two:** I lift up my mind and heart to be aware, to understand, and to know that the Divine Presence, I AM is the Source and Substance of all my good.

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**Principle Three:** I am conscious of the Inner Presence *as* my lavish Abundance. I am conscious of the constant activity of this Mind of infinite Prosperity. Therefore, my consciousness is filled with the Light of Truth.

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***Principle Four:*** Through my consciousness of my God-Self, the Christ within, as my Source, I draw into my mind and feeling nature the very substance of Spirit. This substance is my supply; thus my consciousness of the Presence of God within me *is* my supply.

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**Principle Six:** My inner supply instantly and constantly takes on form and experience according to my needs and desires, and as the Principle of Supply in action, it is impossible for me to have any needs or unfulfilled desires.

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**Principle Ten:** I keep my mind and thoughts off “this world,” and I place my entire focus on God within as the only Cause of my prosperity. I acknowledge the Inner Presence as the only activity in my financial affairs, as the substance of all things visible. I place my faith in the Principle of Abundance in action within me.

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