

7 Keys

To Intentionally Creating
True Abundance in
Relationships, Business,
and Health

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Congratulations on downloading this guide! This says, “*I am ready to move forward into the abundance I deserve!*” Everything you do matters and speaks volumes to the creative source of abundance within the Universe.

In this guide, you’ll gain some tools that can directly impact the abundance you seek in any area of your life.

There are a lot of changes happening, and some can seem scary. But it’s really part of a big shake up and wake up for everyone! Each one of you have always had access to an incredible amount of abundance. However, your thoughts, beliefs and experiences brought you out of alignment, or off track in many ways.

The Universe is asking everyone – “Are you finished playing small, and giving away your real power?” If your answer is yes, then keep reading!

Abundance naturally comes to those who are aligned with their Soul-Centered Purpose. Let me explain...

1st Key: Purpose – What is purpose? According to the Merriam-Webster Dictionary, it means “something set up as an object or end to be attained, or an subject under discussion or an action in course of execution.

What I have learned through working with hundreds of clients, is that your purpose can be influenced by the world you live in. This means the thoughts and actions towards your purpose could be off track with what you are here to obtain. This is what happens when you are not living from your deeper, and divine truth.

Soul-Centered Purpose is on target as the Co-Creator you were born to be.

When you embrace this amazing truth of who you are, and your capacity to shape your world, the Universe or God walks by your side, opening the doors that will bring you to your ultimate goals! This is because you are in-tune, or in-Flow with the Universe and the benevolence that is your birthright.

Simple Right?

2nd Key: Connection – Where are you plugging into for your information, guidance, and energy? It makes a BIG difference!

Unconsciously, like the rest of us, you were probably taught to direct your questions, assurances, security, sense of belonging, health, and well-being outward. This is like connecting to the internet for your most personal, important, and influential advice and direction.

Now, don't get me wrong, everyone needs to access information and resources. However, when the outer worlds beliefs (internet) are placed

ahead of your Soul's divine resources, connection, energy, information, and guidance..... ALERT, ALERT! Or did you also ignore your intuitive senses saying, "***what are you doing?!?!'***"

Plug into..... YOU! The core of your Being!

This inward connection is where everything changes for you. This is where you feel the direction that's right for you. You may also sense in other ways what is best for you, including how to access the abundance you seek!

3rd Key: Faith – You must have faith in yourself, your goals, and that the Universe has your back. You may have heard this catchy phrase, "faith it until you make it." This is absolutely true! Your Soul knows that before you can manifest or change your reality, you must *believe it before you see it*.

However, if you are still hooked into what the outer world is telling you, you may believe this catchy phrase, "*I'll believe it when I see it.*" This is A TRAP!!! This belief stops you from manifesting your dreams!

When you are ready to make major changes in your life, you must have faith that the dreams in your heart are already yours. You must have faith that you are not alone – the Universe or God is walking with you, waiting for an invitation.

You must have faith in the fact that you are part of Gods heart that beats in-tune with Creation. Therefore, you must have faith in yourself to be in-Flow with Your Gifts.

Can I get a YES to having your gifts inside and out?!?!

4th Key: Gratitude – You must be able to recognize the abundance that is already in your life. In truth, abundance surrounds you, and is your birthright. Appreciation for what you have tells the Universe, “*Yes, I accept the abundant flow of gifts given.*” When you say “yes,” the Universe says “yes.” When you say, “*thank you,*” the Universe says “**THANK YOU**” as you find more abundance coming to you, through your ability to accept it.

Gratitude for our loved ones says, “I see you, and I value and appreciate who you are.” Gratitude in business says, “my employees, my suppliers, my clients, and all that my business provides are gifts that I treasure.”

The Universe in turn showers you with more ABUNDANCE in all forms because you are in-tune with the never-ending source of love from where abundance is born.

5th Key: Forgiveness – Everyone makes mistakes. Recognize that we are here having an experience to help us grow, and heal in many ways. Long ago, you said “*yes, I will help you with these lessons, for when you grow, I grow. And when you heal, I heal.*”

When you don't let go of your grievances, you tie yourself to the past, and everything that prevented your forward movement. When you are still connected to the negative energy of resentment, anger, and hatred, others feel it, because it is in your energy field. This repels the positive experiences, people, and fortune you seek.

When you grow, I grow. When you heal, I heal!

Forgiveness sets you free, and transforms the energy of the present, past, and future. When you forgive others, forgive yourself too.

6th Key: Vulnerability – This might surprise you! Soul-Centered vulnerability brings your guard down so can receive the fullness life has to offer.

When you shroud your heart with a wall that Wells Fargo would be proud of, you stop deep love or joy from penetrating your life.

Vulnerability is one of the hardest things for my clients to achieve, but when they return to their Soul-Centered alignment, it just happens. To open yourself, is to open your arms, heart, and mind to the vastness, wonder and joy that is ready to be yours.

Be brave enough to open your heart fully. This is the only way you can experience the depth of abundance, that never stops growing.

When you are Aligned with your Soul-Centered Purpose, you are SAFE!

7th Key: Strength – You are here to achieve great things! You have chosen obstacles that would push you, people who would teach you, and goals that beseech you. You are here to grow your strength of character, strength of will, strength of heart, strength of purpose, and strength of desire to keep growing, and pushes you to BE MORE!

Strength is what you need to never give up, and always rise above.

Endurance is a sign of greatness, and power. Hence, your strength will always be challenged – Why? Because you are capable of more! More love, greater health, wealth, and the financial freedom to create and expand! This brings better realities into manifestation.

When your challenges are met with Soul-Centered purpose, connection, faith, gratitude, forgiveness, and the willingness to be vulnerable, you will receive the bounty that is already yours.

No Problem!

“Carolyn is a lifesaver. The results from working with her are outstanding. She understands relationships between families. She is so empathetic, compassionate, and authentic. My whole family loves working with her!”
Tami G. from Chicago



“Carolyn showed me how to bring more cash flow into my business, while falling love with what I do all over again, but better! My life is amazing now!”
Georgia T. from L.A.

Carolyn helps business owners and professionals frustrated with a lack of purpose in their lives, despite their success. By working with her, they create more joyful relationships, more abundance in the business and uplevel their energy by discovering their true Soul-Centered Purpose.