

## **I Have So Little Money, with No Improvement in Sight.**

Example: "My friend called wanting me to go get something to eat and go to a movie, but I couldn't afford to do it. It isn't just that I don't think I should spend the money; I really *have* no money. I get paid in two more days, but for now I'm broke. I have enough to eat in my apartment - not anything very good, but I have several cans of soup, cereal, some granola bars, and peanut butter and crackers - so I won't starve.

"But I'm so tired of having no money. Some of my friends have more money than I do, and they don't even have jobs - their family send them money. How sweet that is! I want to go back to school so I can get a better job, but that takes a long time before it makes any difference; and meanwhile, I can't see how I'd be able to work and go to school at the same time. I wish someone would give *me* some money."

Whenever you are in the middle of some very vivid life experience, it is hard not to notice it. It is logical that you would have a keen awareness of how much money you have right now, because your financial situation affects so much of your life experience - many things that are important to you are tied to your financial state. But while we understand that it is not likely that you could just stop noticing the fact that you currently have no money, we do want you to begin to understand that you have options about how you *feel* about your situation. In other words, you could have no money and feel terrified or angry, or you can have no money and find it amusing. Most discover that the way they feel depends upon the circumstances: *If I have no money right now but I will be paid soon, I would feel much better than if I have no money right now and no way of knowing when any will come.*

Most people feel the way they do at any point in time because of their own awareness of how things are. When things are going well, they feel good; when things are going poorly, they feel bad - and that is the reason why so many people feel a need to control the conditions around them.

We understand how enticing it is to attempt to control conditions, because through action and effort, you *can* control some conditions, to a certain extent - but when you begin to see your world and your life from the standpoint of *vibration*, and you put more of your effort toward *vibrational alignment* and less toward physical action, you will discover the leverage and power of thought. You will discover what the wealthy and influential people of your world have known and applied throughout history.

Some very good things are happening to you while you are writhing in the discomfort of not having enough money... for, from that uncomfortable place of knowing what you do *not* want, you are launching rockets of desire for what you *do* want: You want a greater feeling of security, and you want more money. You want to discover enjoyable activities that can produce revenue for you. You want to be able to afford things and experiences that are

pleasant to you. In other words your current situation is the basis from which you are asking for many things and those things, because of your asking are lining up for you even while you are writhing in a state of discomfort.

However, as long as you are feeling the discomfort, you do not have access to what you have asked for. Your discomfort means that you are pointed *upstream*, while the things you are asking for are all *downstream*. You have to find some *downstream* thoughts regarding you and money, and until you do, nothing will change for you. And so, try to find a thought big issue a slight sensation of relief:

*I'll get paid on Friday, and then I'll have some money.*

There is a sense of relief in that thought, but it may be short lived because you are so aware of your usual pattern: You get paid and have money for a few days, you spend the money quickly, and then you end up in that uncomfortable place again. And your discomfort is not only about not having enough money right now; it is also about not having a month enough money to last, or enough money to really live the way you want to live. You may feel unhappy with yourself that you did not apply yourself more diligently earlier in your life, having no college degree yet and no career choice yet, even though friends your age have these things. You may feel resentment that your parents did not provide more support for you once you reached college age, or that your family had no business to include you in, or that you had no inheritance to look forward to...

*Often the subject of money has many deep-rooted ties that you must find relief from or you will not allow yourself to turn and flow in the direction of the desires that your life has helped you to identify.* In other words, it really is worth spending the time to find relief whenever you are keenly aware of negative emotions, because every time you make the effort, you release a bit more resistance. In time, you can actually become resistance free, even on subjects like money that has so many connections to resistant thoughts and feelings.

*Remind yourself that you are where you are - and that is fine. Just plunge into the process from right where you are, making your statements, what ever they may be; and then work to find more relief in your statements in an effort to turn downstream.*

*I do get paid on Friday, but I'll probably be broke again by Monday.*

*I don't make enough money to live very well at all.*

So, you are where you are. And this is how things are, but you can feel better than this if you will make an effort.

*I do have a job.*

*I don't like it very much.*

*I didn't have a hard time getting this job, however.*

*It came to me relatively easily.*

*I did have, and still do have, other job options.*

*I do think I could get a better job if I really wanted to.*

Here you have a very slight improvement. But that is a very good thing, because even that much improvement opens a door to another level of improved ideas.

*This job seemed like a good fit at the time.*

*Although I wanted to a better job, this was, at the time, about all I could really see myself doing.*

*My ideas of what I would like to do have changed.*

*I could do better if I wanted to.*

Your words in this way a sentence or about the same as the last sentence in the earlier grouping however this time, you are *feeling* them more. Your *relief* is obvious now.

*There are good paying jobs that I'm capable of getting.*

*If that guy can earn more money, I can, too.*

*Everyone has to start from where they are.*

*There are lots of self-made millionaires.*

*Look at me, going from no money at all to thinking about self-made millionaires.*

Now, nothing has changed today in the amount of money that you have in your possession, the wonderful things have changed vibrational he in the last few minutes. We want you to understand that the difference in the way you felt and the way you now feel is the difference between no money and millions. But it will take more than one exercise to cause a consistent enough change that you will see results. In other words, what you did just now is enough if you could maintain this freer, more secure, even humorous feeling that you have about money right now - but it is likely that the circumstances of your life will get your attention, and you will revert back to your more usual feelings about money.

If you will sit with this improved feeling for awhile and make a decision that you're going to use it as a *downstream* touchstone, and you will make a consistent effort to turn toward the thoughts of relief that are *downstream*, in a very short time you will train your vibration into alignment with the desires that you have. And then, not only will you begin to consistently *feel* more financially secure, but your actual financial picture will begin to reflect those vibrational changes. There will be a time, not far from now, when you will experience money flowing to you so abundantly and easily that you will find it humorous that you held it away

for so long.

Continue reaching for the better feeling thoughts.

*I always have enough money for whatever I want.*

*I want many expensive and wonderful things.*

*I now understand that whatever I want is easily available to me.*

*I have only to identify it and it comes to me.*

*I now understand the ease that I have seen in the financial situations of others.*

*I can now remove money from the equation.*

*When my life helps me to understand that I desire something, the perfect some circumstances to achieve it appear before me.*

*I can always feel which paths for achievement will please me most.*

*It is interesting to me how many different paths are offered to me now.*

*There is so much variety, each path nice in a different way, but all leading to the financial success I seek.*

So, if you've been following this, by taking your time and trying to find some of the feelings that we were projecting in these foregoing statements, you have come a long way - from a position of no money to financial independence.

*You are where you are. It doesn't matter how much or how little money you have in relationship to others - there are no limitations for you. Your own life is helping you to define your current goals; and when you find relieving downstream thoughts, you will achieve them. Universal Laws support you in this; the Law of Attraction will continue to show you the path of least resistance - and the ways in which your life will improve are unlimited.*

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