Bless your Bills, and Open to the Flow!

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Imagine this… you are about to sit down at your desk to pay your bills.
What is your state of mind and being right now?
Are you in the flow of divine good, at ease and with a feeling of eager anticipation? Or is it more like a burden, a chore, or worse … is there a feeling of dread, resistance and fear coming over you?

As students and practitioners of metaphysics we know the fundamental principle, that 'where attention goes, energy flows' 'what we think about, comes about', and that the inner beliefs and attitudes around money or anything else in life are reflected in our outer experience.

Many of my clients and associates (including me!) are cultivating the consciousness of abundance, weeding out limiting beliefs and affirming our good in our time of spirit-centered practice.

But does all of this come to a screeching halt when there is a stack of bills in front of us? When the 'rubber hits the road', are you running thoughts of scarcity and lack, or even resentment about the mounting demands on a suddenly very limited resource – your checking account?

If this sounds at all familiar to you, I want to share a profound practice that is truly transformative. Blessing your bills!

Now I realize that this is not a new idea. I recently scanned through a stack of current books on the topics of abundance, money and metaphysics and most made some reference to uplifting our experience around bill paying.

Why don't we do it?

Because there is a pervasive undercurrent in the social collective – and perhaps in our personal conditioning, that runs on programs of scarcity, competition, lack and fear around money.

There is a gap between <u>what we know</u> and <u>what we do</u>.

Until it changes.

And <u>now</u> is a good time to change it!

Everyone pays bills –whether you do it yourself, or have your bookkeeper handle it – whether you write checks or pay on-line – if you are participating in society, you are contributing to the flow of money in circulation.

So why not open wide the portals of your consciousness – let in the Divine and allow your highest truth to have dominion as you sit down to those lovely bills!

Here are some suggestions for elevating bill paying to spiritual practice:

Breathe deeply and slowly
Clear off your desk
Create an environment of order and peace
Light a candle
Center and affirm truth
If you are writing checks – select a nice pen
Open one bill – as you look at it, contemplate what it represents to you, feel gratitude for the service, person, place that is connected to it
Write in the higher purpose on the line at the bottom of the check –
Joy, Flow, Expansion, Health, Creativity, Love

Give yourself the blessing of conscious presence while you circulate money, and have fun participating in the flow!

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Janet Carol Ryan, RScP www.janetcarolryan.com is a licensed Religious Science Practitioner based in Northern California, with clients all over the world. The purpose of her work as a spiritual counselor, teacher and guide is to inspire and assist people to connect with the wisdom within and to create their lives consciously.

Her creation, *Abundant Blessings* © is a CD with a meditation and affirmations for Conscious Money circulation. The meditation guides you within to a place of centered calm. Affirmations of abundance and gratitude play in the background while you pay your bills or any time that you would like to be uplifted. Play this CD and transform the mundane into the miraculous as you pay bills with gratitude and JOY!

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