

# MODULE 5:

## NEVILLIZING ABUNDANCE FOR EVERYONE



# Nevillizing Abundance for Everyone

## Introduction

This module will help you to better understand the amazing power of gratitude and how you can Nevillize it to attract what you desire—faster than you thought possible! It will also help you to better understand the role and importance of following your *inner promptings*—the hunches or nudges that you receive.

## Objectives

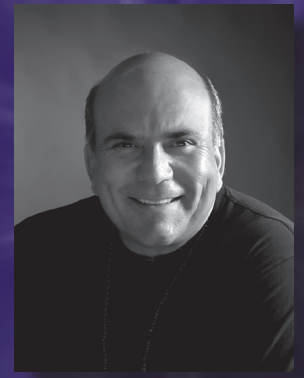
After studying this module, you should be able to accomplish the following:

- › Explain how your *attitudes of gratitude* affects your abundance—and how to Nevillize it for yourself and others.
- › Express gratitude for even the smallest blessings, experiences, benefits, etc.
- › Overcome limiting beliefs that you learned as a child.
- › Monitor and change your *thought habits* (as needed).
- › Avoid the *I'll be grateful when...* syndrome.
- › No matter what your past was like, attract abundance now and in the future!
- › Nevillize, to add additional power to your gratitude.

## Pre-Assessment

To assess your current level of understanding about the topics in this module, please answer the following questions. (A Success Journal is available for you to write in, at the end of module 16.)

1. Have you ever listened to a friend tell you about a dream, but found yourself hoping that his or her dream didn't come true? Write about how you felt and why.
2. Regarding question one, have you ever considered where your feelings came from or why you have them? Write about them.



Joe Vitale's

**MIRACLES**  
COACHING

*"Each one of us must remember that it isn't what we're born with or without that determines who we will become."*

— Joe Vitale

"I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble."

– Helen Keller

## How Your Mind Works

You've probably heard many *authorities* talk about our conscious and subconscious minds. This is because they both play a critical role in why we do what we do, and they also determine how easily and quickly we change.

Simply put, the conscious mind is where you receive all the input and experiences from your world. As you are faced with new events and ideas, your conscious mind has the ability to accept or reject any idea that you choose. When thoughts come to you from your surroundings, the conscious mind is the *filter* that allows you to choose only those ideas and events of which you want to be emotionally involved. The conscious mind is also where you create dreams and goals.

Throughout your daily life, you're constantly choosing what your mind will process and is exposed to; however, like most people, you probably don't realize that it's a choice. This is one of the reasons why the people and circumstances you associate with are so important. A negative environment can be very difficult to overcome, while a positive environment gives you an immediate lift and enhances your emotional states.

If you're constantly inundated with negative messages, you're likely choosing negative thoughts and ideas, which are stored in your subconscious mind. This can cause you to become a negative person, with negative ideas and opinions. The same is true of positive messages. This is because the subconscious accepts what you give it. It doesn't evaluate or calculate; it just accepts.

The subconscious mind is the *emotional mind* or the *feeling mind*. The ancient Greeks called the subconscious mind *The Heart of Hearts*. As discussed earlier, our emotions invoke the Law of Attraction and brings to us that on which we focus. For example, if you worry about negative things, then your subconscious will move you in that negative direction. Likewise, if you have positive thoughts, then the subconscious mind can produce positive results.

Worrying and focusing on what you don't want takes just as much energy and time, if not more, than focusing on what you do want—it works! You will always attract more of the same energy that you're in harmony with; and if that's negative, then that's what you will receive.

The encouraging message, from understanding how the subconscious mind works, is that you can monitor your conscious mind; and more importantly, you can teach yourself to increase your positive results. By repeating positive thoughts, **THEY** will become real to you!



## Thought Habits

One way to change negative beliefs is by changing your *thought habits*. I refer to thought habits as the *self-talk* that we repeatedly engage in. Negative self-talk can be something like, “I’m not management type, so I couldn’t own my own business,” or “I’m big-boned, so I’ll never be slim,” or “My folks weren’t good with money either, so what can I expect?” Positive self-talk can be like, “I love myself for who I am,” or “Good things will come to me, as I expect miracles every day,” or “The Universe loves me!” Do you have a thought habit that confirms a belief about yourself? Is that habit serving you well, or is it confirming beliefs about yourself that you wish were different?

Results speak louder than words. By choosing and committing to new habits, such as thought habits, you will eventually change your beliefs about yourself. And as you do so, you will see the proof that is manifested in your life.

Many people that I talk with think that ingrained beliefs must have come from a big, traumatic experience in their lives. Actually, the opposite is usually true. Most people develop their beliefs, about what they can or cannot accomplish, from the smallest events in their lives. This is because, usually as children or young adults, these events took on a *larger-than-life* reality for them.

For example, have you ever revisited a house that you lived in as a child? Were you surprised at how small it now seems—what you remembered probably seemed much larger. Now, think about an incident that may have occurred (on the playground or in the classroom) when you were embarrassed or made to feel less than intelligent. In reality, the event may have been quite minor; but, to you, it was probably incredibly traumatic.

Words spoken by a parent or a loved one can affect your beliefs about your potential and your ability to change for the rest of your life—if you allow it. You may have family or friends who constantly tell you to quit dreaming and focus on reality. Only you can decide if you will let them limit your life.

You must remember that it isn’t what you’re born with, or without, that determines who you will become. By the same token, you can’t blame others for your successes or your failures, as that’s the road to irresponsibility and helplessness. You can only change yourself and the way you relate to other people—this is the path to true happiness and success. Knowing that you’re in complete and total control of your own destiny, no matter what happens or what others say, gives you the freedom to find your true self and who you will become.

*“The unexamined life is not worth living.”*

– Socrates



*"He who is not contented with what he has would not be contented with what he would like to have."*

– Socrates

Dwelling on circumstances that aren't going your way builds negative energy. It adds toxins to your mind, heart, and body. The obstacle that stops you from becoming the person you want to be, and having what you want, grows from negativity. Learn to be thankful in all things. You don't have to remain stuck in your discomfort or pain. Begin by being grateful for the little things.

If you find yourself in a thought pattern that keeps pulling you down, think of one small thing that you're glad to have. It might start with "I'm thankful for a cup of coffee this morning," or "I'm glad the sun came up again." Then, say out loud to yourself anything that comes to your mind, for which you are grateful. For instance, if you don't like your boss, then be thankful for your job and for the future possibilities of a better job. Talk about your future with your mentor, friends, and family. Visualize yourself taking an interview and being hired for the job you truly want.

## Gratitude Helps You Feel Good for Others

I spoke in the last module on how human-group-mentalities focus on preserving the *status quo*. People often don't want others to succeed above and beyond what is expected for them because that would change the group's status quo. And this is why gratitude can play such an important role in inviting abundance.

Gratitude is the recognition of what is given to you—your gifts. Gratitude is a verb and requires action; and the seed of your action begins with your thoughts. Therefore, with gratitude, you can ask for and attract good things into your life.

I hear individuals constantly say, "It's easy for you to be grateful, you have everything, and I have nothing!" All I can say is that it didn't start that way; and if I hadn't learned to be grateful when I had very little, then I'd have no idea how to be truly grateful now. I call this the *I'll be grateful when...* syndrome.

Many people think that when their life turns around and goes well, then they'll be grateful. They don't realize that being ungrateful is inhibiting their ability to gain what they really want right now. This is because they're missing the positive emotional energy that gratitude brings; therefore, they miss out on what they could be attracting.

I tell everyone to find something, anything, to be grateful for. When I was first introduced to the idea of this type of gratitude, I really had nothing: I was a struggling writer with more creditors than friends, and I couldn't quite seem to ever get even, let alone ahead.



One day, I was writing down some thoughts on this idea of gratitude and trying my hardest to find something to be really grateful for. I thought about it awhile, then I stared out the window and thought some more; still nothing. Trying to think, I twirled a pencil in my hand. I stared at the company logo on the pencil and the #2 imprinted on the side, and it finally hit me: I'm thankful for my pencil! I realize it may sound a little silly, but I focused on the idea that my pencil gave me the ability to capture my thoughts on paper. It also had an eraser, in case I wanted to refine those thoughts into something better. While it wasn't much; it was something. You have to find something in your life to be grateful for. Perhaps it's your pet or a close friend. There's always something.

And one of the biggest challenges, in being thankful, is the energy we carry in the our old internal dialogues, which we carry with us. We forget that all the experiences in our past, positive and negative, make us who we are today; and we can now choose to accept them as all positive and make something good from them. One of my favorite affirmations is to say, "This is the greatest day ever, because my feet are above ground and I'm alive and well."

The more I studied gratitude, and how it could affect my future, the more I was amazed by it. I discovered that gratitude lies within all of us, and it is a choice that is NOT dependent upon one's circumstance. It can be developed by everyone. Even if you've experienced difficult times in your past, you can become a grateful person.

People who look back on their lives and sees things in a positive way will see their future as one of satisfaction and success. It all starts and ends with an attitude of gratitude. Also, gratitude is one of the quickest ways to have the Law of Attraction work in your life.

Now, the concept of gratitude doesn't mean that you have to be happy in every circumstance. It doesn't mean that you have to exist in your current situation and always find something to be glad about. Some people might think that this new attitude can make you passive and somehow content, no matter what your circumstances. That isn't what I'm saying. If your surroundings and your friends need to change for you to have a better life, then by all means do what you need to. I did, and you can, too—and with the help of others to support you.

## Gratitude Alters Your Perspective

If your attitude is one of gratitude, you are always thankful for something. That creates positive energy and helps you attract abundance now and in the future; no matter what your past has been like.

*"People who look back on their lives and see things in positive ways will see their future as one of satisfaction and success. It all starts and ends with an attitude of gratitude."*

— Joe Vitale



*"The practice of gratitude allows you to tap into the unlimited energy reserves of the Universe."*

– Joe Vitale

Or, if you depend on others or blame them for your attitudes or moods, you give up your power to create things from within your own spirit. Other people will act as they want to, but you don't have to be controlled by them. You can decide to have a grateful attitude about things, no matter what.

Over the years, I've learned that life is partly what happens to me but mostly how I react to what happens. Instead of it making me feel bad or angry, I can react to it any way I choose. I can look into any experience and find the blessing (or lesson) and still be thankful.

Each and every day, you are in charge of your attitude. Your attitude is not anyone else's fault. Don't let other people tell you how to feel or how to act. Develop an attitude of gratitude, and it will be a blessing for you. If you do, you will have a more abundant life.

## Gratitude and The Law of Attraction

The most powerful way to use the Law of Attraction is to be grateful because gratitude is the best way to change your *levels of vibration*. Gratitude should be expressed in every aspect of your life. Don't take life for granted. An ungrateful life will deplete you of energy; and, in the end, you'll have sabotaged only yourself. Additionally, expecting miracles without gratitude may cause anger and resentment. Remember, the practice of gratitude allows you to tap into the unlimited energy reserves of the Universe.

As a child, you should have been taught to say thank you: thank you for a drink, a piece of chocolate, a gift, etc. Also, one's gratitude is often focused on one's present circumstance and material possessions. However, most of us have been conditioned for, what I call, *ineffective gratitude* since childhood: to automatically say thank you before one realizes what he or she really has. True, it's better to be grateful than not, but this form of gratitude is ineffective in activating the Law of Attraction. More often than not, when you practice this form of gratitude, you're looking at a glass being half empty instead of it being half full. You're just going through the motions of accepting your circumstances and making statements like the following:

- › At least I have a place to live.
- › I'm just grateful to have a job.
- › It's not much, but it will do.





And this practice of gratitude usually stays with us as an adult. But as an adult, your gratitude should be for more than just accepting your circumstances or your material possessions; it should include things like the following:

- › Your home
- › Your family
- › Your friends
- › Your job
- › Your life
- › The beauty of the world around you
- › Etcetera

In other words, you should be grateful just to exist. Your circumstances don't matter; all that matters is that you exist and that you're here for a reason.

Focus on the deeper side of gratitude. And the more grateful you are, the more prosperity you will experience, thereby attracting more abundance into your life. For this reason, the practice of gratitude goes hand-in-hand with the Law of Attraction.

To experience *effective gratitude*, you must rid your mind of *ineffective gratitude*. And once you have mastered effective gratitude, you will shift to a state of grateful existence. At this level of gratitude, you can better activate the Law of Attraction because your gratitude will *vibrate* throughout the Universe. It's impossible to separate yourself from gratitude; and as a result, you begin to attract the circumstances that resonate with who you are and what you desire.

Now, gratitude isn't automatic. It's not something that you were born with. You have to teach yourself to acknowledge prosperity in your life; no matter how small or large it is. Your thought process has to be transformed from expectations to gratefulness. Despite any negative circumstances around you, always be grateful.

Give back to the Universe on a daily basis. For instance, you don't have to write a large check to a charity; instead, offer to carry someone's groceries to their car for them, pick up a piece of litter and throw it away, or let someone into your lane of traffic. The vibrational energy is the same for any *size* of gratitude.

Turn your attitude of gratitude into a daily ritual by developing your own personal rituals for giving thanks. Count your blessings each day. Say thank you for the beautiful nature around you. Say a small word of thanks before a meal. This will help the prosperity to flow into your life without limits.

*"Happiness depends more on the inward disposition of mind than on outward circumstances."*

Benjamin Franklin



*"Whatever you can do or  
dream you can, begin it!  
Boldness has genius, power,  
and magic in it."*

– Johann Wolfgang  
von Goethe

Also, write down all of your abundance. This allows you to acknowledge the positives in your life and remove any negative thoughts or feelings. Write everything down, no matter how small you think it is. For example, say "I'm thankful my car started this morning," or "I'm thankful that I'm able to work with such nice people," or "I'm thankful that I'm able to enjoy the beautiful park next to my office." Your life is a gift, and you should be grateful for every moment of it.

## You Are Here

One day I shared a powerful concept with my staff. Upon the whiteboard on the wall, I drew a dot and circled it.

"You are here," I said, pointing to the dot. I told them the whiteboard was like the map at shopping mall, where all the stores are listed and a little box says *You are Here*.

"Where do you want to go from here?" I asked.

"Up," someone said.

"Up off the whiteboard itself," someone else said.

"This is all good," I went on. "You all want to move up. You want more sales, more results, and more wealth. Right?" They all agreed.

At the top of the whiteboard, I drew another dot and circled it.

"That represents where you want to go," I said.

I then asked the key question: "How do you go from where you are to where you want to be?"

They were quiet for a moment, but then began saying things like "Take a straight line," and "Do one thing at a time," and "Make more sales calls," and so on.

"That's all good," I said. "Those are all practical answers. But I want you to think in terms of the movie, *The Secret*, and my book, *The Attractor Factor*."

I added, "I'm going to tell you what I think is the greatest secret to manifesting whatever it is you want." They were quiet, not sure where I was going with all this.

"Does anyone want to know what the secret is?" I asked.

They all burst out laughing. They definitely wanted to know.



I pointed at the first “You are Here” dot and said, “The secret to getting what you want is to totally appreciate this moment. When you are grateful for this moment, then whatever is next for you will bubble up out of this moment. You’ll be inspired to take action of some sort. That will lead you up. But the only way to get to the upper dot is to live in this dot with gratitude.”

This clearing method is all about being here, now, with gratitude. When you are, you begin to attract even more to be grateful for. This is a powerful secret for using *The Key* to attract more of what you prefer. It all begins with gratitude.

## Nevillizing Gratitude

We are taught from the crib to pay attention to reality, to obey the laws of man, and to follow our leaders. While these things can help our society to run smoother (actually, it hasn’t worked too well, but that’s another book), it limits us. In other words, beliefs in leaders, rulers, outside authorities, etc. can limit us from creating the lives we really want. For instance, I once told a friend that a belief in a *guru* could limit her own power to manifest what she really wanted.

When you give your power away to anyone, you spend your own energy in their direction. If you want to attract wealth, and anything else, you need to own your own power and energy—you need to Nevillize it. You can ask everyone what they think about any of your goals; but in the end, you have to decide. You are the best authority on you!

## A Powerful Energy

Gratitude can also be very powerful. One of the most powerful energies you can ever experience is gratitude. Be grateful, and you shift your entire outlook on life. Feel thankful for your life, your lungs, your home, this coaching program; it doesn’t matter. Once you feel grateful, you are in an energy that can create miracles.

## Imagine the Outcome

Another energy you want to experience is the energy that comes from *imagining* what it will feel like to have, be, or do the things you want (this can be fun). Imagining can manifest it for you. Somehow, those feelings lead you, guide you, direct you to do the things that will make the events happen.

*“The secret to getting what you want is to totally appreciate this moment. When you are grateful for this moment, then whatever is next for you will bubble up out of this moment.”*

— Joe Vitale



*"If you want to attract wealth and anything else, you need to own your own power. You need to own your own energy."*

Joe Vitale

The great German thinker, Goethe, may have said it best when he wrote the following inspirational message:

Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative there is one elementary truth, the ignorance of which kills countless ideas and endless plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would come his way. Whatever you can do or dream you can, begin it! Boldness has genius, power, and magic in it.

## The Camera

I was in Seattle once to visit some friends. One night I turned on the TV, and I caught the end of a fascinating Larry King interview with the famous actor and singer, Andy Griffith. Andy was talking about one of his first motion pictures, and he said, "The camera is just a machine. It picks up what you give it. All you have to do is think something, and feel it, and the camera will record it."

The Universe is like the movie camera. Think something, and feel something, and the Universe will pick it up and project it. The advice Andy gave is advice I want to give to you: when you know what you want, all you really have to do is think it and feel it. That's it. The Universe—the spirit of all that exists—will pick up your signal and project it.

## Post-Assessment

Use the following questions to evaluate what you have learned from this module. (A Success Journal is available for you to write in, at the end of module 16.)

1. As you've reviewed this module, and considered that you may have actually wished for others to NOT achieve their dreams, what might you do to help others to achieve their dreams.
2. What will you do now to find gratitude and to Nevillize it in your life?



## Assignments

- Review this module and write down any questions you may have for your coach.
- Complete these exercises (on the pages that follow):
  - Abundance:** List and describe all of your abundance.
  - Grateful Activities:** Use relaxing activities to identify your feelings of gratitude.
  - Gratitude Reminders:** Establish reminders to be grateful and describe how you can use them to awaken your attitude of gratitude.
  - Nevillize Abundance:** Nevillize your own abundance and capture the experience in writing.
  - Nevillize for Others:** Nevillize another's dreams and capture this experience in writing.

*“Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved.”*

– Winston Churchill

























