



**Adventures
In Prosperity
2023**

Joyful Abundance



Table of Contents

● Small Group Guidelines	3
● Week One: Getting To Know Each Other	4
● Week Two: Does God Love Abundance?	6
● Week Three: New Revelations About the Good Life	9
● Week Four: Making Abundance Fun!	11
● Week Five: Celebrating Joyful Abundance	13

Committee Members

Stacy Butters
Jackie Harris
Kent Rautenstrauss
Sarah Shin
Dennise Simone

Adventures in Prosperity
Joyful Abundance
Five-Week Small Group

Small Group Guidelines



FACILITATORS

This book is a facilitators guide. It is designed for facilitators and you are at choice to encourage your group members to download it from milehichurch.org.

Group Times and Members

Groups should be at least one hour, but no more than an hour and a half. Ideally, each group should have no more than ten participants, including the facilitators.

Opening and Closing Blessings

A brief blessing should start and end each group session. Ideally, a facilitator will do an opening blessing, as trust grows in the group, it might be beneficial to invite a participant to say a closing blessing.

Key points

These key points sum up what we intend the participant to understand in each week's session. You can choose to share these points with the group, or use them as your own guide for how to use the curriculum effectively.

Discussion Questions

These questions are designed to create meaningful sharing in your group. You can choose which, if any to ask.

Processes

These meditations, worksheets, and experientials are designed to assist the participants inner exploration of the weekly topic. In some cases, more than one process may be available. Choose the one that you feel will be most resonant with your group.

For Next Week

At the end of each session an idea to contemplate or suggested practice leading into next week's theme is suggested.

Sharing Guidelines

It is recommended that you review these guidelines in your first session and refer back to them as needed.

Sacred Listening – When someone is sharing I do not just listen, but do so with the intention of not judging or trying to solve and with a loving heart.

Sharing from Personal Experience – When I share, I do so from my own personal experience, recognizing that what may be true for me, may not be true for others. I do not speak to other's experiences outside of how they resonate in my own.

Confidentiality – What someone shares in class I will not share about outside of class unless it is with the consent of the person who shared it.

Authenticity – I will be sincere with my sharing by holding myself to the present and not the past, not to someone else's, but my own vision of myself, not the role's I play but who I really am.

Week One

Getting To Know Each Other



Welcome to Joyful Abundance!

We can approach our life of abundance and the abundance of any resource with joy and fun. The more fun it is, the more we are a magnet for good!

Abundance describes having more of something than you need.

Co Manifesting, an online blog, says: “The spiritual meaning of abundance is that your highest self (what you really are) is intricately connected to the abundant universe which is the Source of everything you may desire.”

How wonderful that we have the chance to pause and look at our own experiences of abundance, scarcity, patterns, manifesting, and the spiritual support that is always available to us while adding some laughter and positivity along the way.

Knowing that your abundance experience is deep and joyful, here’s a little something to get you started on the path to a more joyful abundant life.

What do you call a large group of dancing rolls?
Abun-dance!

I taught my son the meaning of abundance. He said, “Thanks dad. That really means a lot.”

QUOTES FOR THE JOURNEY

The fastest way to bring more wonderful examples of abundance into your personal experience is to take constant notice of the wonderful things that are already there.

–Esther Hicks



Free yourself forever from the thought that God may be pleased by a life of sacrifice, that the world is any better because of your misery, or that righteousness is more perfectly expressed through poverty than abundance. Know that the greater abundance of every good thing which you are bringing out in your life, the more perfectly you are satisfying the Divine Urge within you.

–Ernest Holmes, SOM 288.2



If someone told you that he had placed a thousand dollars to your credit in a certain bank, but you did not believe it, it would do you no good even though you were in great need. The money could lie there, idle and useless, even though you starved to death. Even if you did believe it, but did nothing to make use of it, it still would do you no good. It would be sensible for you to go to the bank, prove your identity, get a checkbook, and begin to draw on that account. So it is with this principle we desire to use. Not even your intelligent understanding of the accessibility and the limitless nature of infinite Creativity will be of any advantage to you unless you make proper use of it.

–Ernest Holmes





DISCUSSION QUESTIONS

Ice Breaker:

1. What is the scariest thing you have ever done for fun?
2. What brought you to Mile Hi in the first place?
3. What is the most abundant thing in your life at this time, e.g., time, fun, problems?

In this first session, we encourage you to get a baseline sense of where you are with the concept of abundance. Therefore, our intention for this week's session is to be a discussion or journaling about the following key questions.

1. What are your first memories about there being enough or not enough?
2. Where in your life are you happy about abundance?
3. Where in your life are you dissatisfied and would like to improve your abundance?

WEEKLY AFFIRMATION

God is my Source!

FOR NEXT WEEK

Have a journal or paper available through this five-week process to take notes and refer to during your daily spiritual practice. With a focus on abundance, think about a pattern of thinking or behaving that is contributing to lack or abundance in your life now.

Download the popular meditation app, Insight Timer, follow Mile Hi Church, and practice *Energizing Abundance Affirmations*.

- For iPhone Users, go to the Apple Store. For Android Users, go to Google Play
- Search for Insight Timer
- Install the app
- Choose preferences or skip
- Choose to receive notifications or not
- The home page will show a timer to set if you want to meditate on your own
- Click the magnifying glass at the bottom of the home page and search for Mile Hi Church
- Click 'Follow'

- View the 'Tracks' page and scroll down to find the [Energizing Abundance Affirmations](https://insighttimer.com/milehichurch/guided-meditations/energizing-abundance-affirmations) (<https://insighttimer.com/milehichurch/guided-meditations/energizing-abundance-affirmations>) and practice them throughout the week.

Week Two

Does God Love Abundance?



Our family of origin, spiritual upbringing, or society itself has underscored these often-repeated phrases:

Money doesn't grow on trees.

Waste not, want not.

Money is the root of all evil.

The full Bible quote from the last statement is, *“For the love of money is the root of all evil: which, while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows.”*

(1 Timothy 6:10)

If we're honest, we all have moments of scarcity thinking. But an unhealthy focus on the lack of money can cause uncomfortable emotions. How often are you tempted to think you don't have enough? In these moments, we can broaden our perspective and consider all the opulent examples of abundance in nature or reflect on the many ways that we express our talents, gifts, divinity, and diversity.

Consider pausing to remember how we share an abundance of kindness and generosity by baking a cake for a neighbor, sending a card to someone in need of cheer, or smiling at someone while being at peace during rush-hour traffic—that's true reciprocal and abundant living—giving and receiving, flowing with life.

This week, let's consider rewiring our limited views on abundance with these affirmative verses from the Bible:

Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into our lap. For with the measure you use, it will be measured to you.
—Luke 6:38

I came that they may have life and have it abundantly.
—John 10:10

KEY POINTS

- If we honestly believe we are unique manifestations of God, how can we not believe God loves abundance? There are limitless resources in the Universe and because we accept all is God, which means we have access to those limitless resources.
- Since God is love and we have access to limitless resources, then of course, God loves abundance!

QUOTES FOR THE JOURNEY

Too much of a good thing is...wonderful!

—Mae West



The universal Mind of Creation is in constant state of supplying. It never shuts down, it takes no vacations, there are no days off, and it's perpetually giving forth. Allowing this all-giving Source into your life means becoming aware of the resistance that you may be placing in the way of the abundance that's always being supplied.

—Wayne Dyer



God wills us to have everything. As we express life, we fulfill God's law of abundance, but we do this only as realize that there is good enough to go around—only as we know that all of God's gifts are given as freely and fully as the air and the sunshine...alike to all.

—SOM 459.2



DISCUSSION QUESTIONS

1. Are those who have more favored by the Creator? Are those who have less not favored by the Creator? If God is abundance, why don't we have everything we need all the time? Why doesn't everyone, all-the-time, express abundance?
2. Abundance is joyful, does that mean lack is miserable? Or is lack just a wayshower for where our work lies?

3. What is an intention you wish to set around your personal abundance? What are you hoping to gain from the five-week Adventures in Prosperity series?

PROCESS

Guided Imagery



What Is an Inner Advisor?

An inner Advisor often appears as the classic ‘wise old man or woman,’ but the inner advisor may come in many other forms as well. Maybe it’s a person you know, a friend or relative who advised you in real life. Your advisor may be a living person or deceased. Whatever shape, welcome the inner advisor as a figure from your own mind that is wise and kind and has appeared in response to your request for assistance.

*(Guided Imagery for Self-Healing,
Martin Rossman, MD)*

You will connect with your inner advisor for guidance around your personal abundance and prosperity to help reveal an insight or a message that may bring clarity for a plan of action or to plant a seed for nurturance on your abundance journey. Please be open to the process, and if nothing is revealed to you, that is totally okay. You can always try again another time to connect with your inner advisor.

We are now going to go within to take this inner journey.

Get comfortable in your chair. Close your eyes, or if you prefer, gaze downward and with unfocused eyes. Feel your feet on the ground and take a

deep breath in and then let it out fully. Releasing as much negative energy as you can.

Continue to breathe and use the breath to bring yourself back to center if your mind begins to wander. If it wanders, just gently bring it back without judgment.

Visualize the perfect place where you feel the most relaxed and energized at the same time. Choose a place that gives you great joy. Look at all the parts of this place...the colors, the items surrounding you, what is there making up this space? Continue to sit quietly enjoying this perfect place. Continue to breathe.

Now, open yourself up and see your inner advisor with you in your perfect place. It can be anyone you trust or makes you happy, or maybe it is someone you don’t know. This inner advisor is here to listen to your worries if you wish to express them and to provide you with support. If someone or something shows up that makes you uncomfortable, thank them and wait for a trusted being to appear to you.

Once your inner advisor is with you, ask them to reveal any information and messages about your personal abundance and the intention you set. Ask your advisor what you need to know that may help you move forward with more clarity. Listen patiently for the answer. It may come as words, thoughts, or feelings. Listen intently.

When you’ve heard an answer, consider it. If you need more clarity, ask a clarifying question from your inner advisor. Once you understand the answer, thank your inner advisor for being available to you. Say goodbye and begin your journey back to the physical space. Begin to feel your body, move your feet and hands, and slowly open your eyes or raise your gaze.

Know that you can come back to visit your inner advisor at any time without needing clarification on a challenge. Your advisor serves as a constant support to you whenever you feel the need for guidance.

Take a few moments to write down what your inner guide shared with you.

Look over the intention you set for this week and tweak it if necessary.



What are your thoughts? Do you feel any resistance to the messages your guide gave you? Creating prosperity has to do with real actions, but more importantly, how you think. We have control over our thoughts and how we think. When we put our thoughts in a position where those thoughts focus on the kinds of things we want to see in our lives, those are the things that are likely to occur.

Believe! The real shift in your reality begins to happen only after you truly 100% believe in what you're saying. Put your newfound insights into action and pay attention to any changes, even the most subtle ones like finding a penny on the ground or seeing a dollar sign in an advertisement.

OPTIONAL PROCESS

Abundance and Scarcity

The nature of the Divine is abundance. The nature of the Divine is creativity. When we approach the nature of the Divine, we come closer to abundance.

Scarcity is a function of trauma; it's not a function of creation, and trauma is part of creation. When we see we are operating from a place of scarcity, when there are more massive changes in the structure of society, the first thing that will come up is existential fear.

*The reason why we do so much inner work is to find a way **to be**. We cannot prevent the fear that comes up in us; if it's there, it will come up. We have many tools and community to be with the fear so that it won't rule us.*

Fear is a wave of emotion, and when it comes up, we can stay present to it and it will not keep us hostage, and that is how we transcend it. If presence is bigger than fear, fear won't drive our lives. But it will be a part of our lives, and that's okay. We're human beings.

–Thomas Hübl, PhD, Teacher,
Author, and International Facilitator

What are your initial thoughts and feelings about Huebl's statement?

Do you believe the nature of the Divine is abundance and creation?

What are ways you can come closer to abundance?

What do you think about scarcity being a function of trauma?

A family motto is an often-used statement that summarizes a desired family behavior. Using the motto is a way to set it as a standard of behavior. Similar to any other kind of motto, it is a short statement that captures the values, focus or primary guiding principle of a family. For example, "Life is unfair. Make do with what you're given." "Money doesn't grow on trees, so you have to work hard." What was your family motto? Does it still ring true today? What will be your new family motto?

With so much change in our world politically, environmentally, financially, systemically, what does existential fear mean to you? Do you have tools and feel supported by your community to not allow fear to rule you?

Pay attention and catch yourself if you go into scarcity-mode. Apply your new family motto and see if it has any impact on your daily experiences.

WEEKLY AFFIRMATION

God and I are One and I know the abundance of God is mine now.

FOR NEXT WEEK

We will look at *New Revelations About the Good Life* next week.

How do you describe the Good Life in terms of abundance? Remember, abundance is not just monetary.

Try messaging the Universe about perceived abundance. Regularly send a message of financial stability to yourself and beyond. It opens you further to abundant possibilities and begins to wire it into your brain. This practice creates neural pathways helping you feel abundant and hopeful, just like the co-creator you are!



Week Three

New Revelations About the Good Life



Let's play mechanic!

What's under the *hood* of our own lives with our abundance-self-talk? Too many of us tend to compare ourselves to others and wonder why we are not as successful, happy, or financially well-off as we perceive they are. We wish we were more popular, more beautiful, wealthier, more *everything!*

According to therapists, most financial problems are rooted in self-esteem or scarcity mindset issues. "*There is never enough,*" the little voice says in our heads. Or we slump slightly as we repeat the self-defeating thought, "*I'm not worthy of that much good.*" Whether we learned scarcity from parents, partners, friends or colleagues, an abundance mindset can help reverse stinking thinking and offer a perspective and potential on what is plentiful and possible.

Ganesha, the elephant-headed God, is one of the most worshipped deities in the Hindu faith. It is known as a remover of obstacles and the elephant is a symbol of this Adventures in Prosperity series. This week, open to the Infinite guidance of Ganesha to remove that which no longer serves you.

And just like engine oil lubricates moving parts, we can use metaphoric "*oil*" to embrace gratitude and abundant thought. Author Brian Tracy says,

"Develop an attitude of gratitude and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation."


We embody the Biblical phrase, "*It is the Father's good pleasure to give us the kingdom!*" Said in more gender-inclusive language, "*We are inheritors of every good.*"


So, start your engines!


KEY POINTS


Most of us have learned patterns about what we can and cannot have that might be impacting our decisions every day. Yet, we can set those patterns down, let them go, and be refreshed by the deeper truth of who we are and what we can have.

QUOTES FOR THE JOURNEY

The universe operates through dynamic exchange...giving and receiving are different aspects of the flow of energy in the universe...and in our willingness to give that which we seek, we keep the abundance of the universe circulating in our lives.
—Deepak Chopra 

The cause of poverty is not scarcity. It is fear and small thinking.
—Alan Cohen 

Abundance is an expansion of energy. Abundance is a form of gratitude, a generosity, a modesty, a bow toward others what we can give, what we can share, rather than what we can take.
—Terry Tempest Williams 

Abundance is about being rich, with or without money.
—Suze Orman 



DISCUSSION QUESTIONS

1. Can you identify a pattern of thinking or behaving that is contributing to lack in your life? Can you identify a pattern of thinking or behaving that is contributing to abundance in your life?
2. What have you learned about what it takes for you to change a habit or a pattern? Think about what is taught in Science of Mind.
3. How would you reframe a negative thought pattern into a positive thought pattern?

PROCESS AND HANDOUT

Expanding Your Life

(chopra.com)

Deepak Chopra says the greatest enemy of abundance is contraction. When you find yourself in a tight situation, feeling that there is no way out, drawing a blank when you think of fresh solutions, or carrying around a heavy burden, these are signs of contraction—in mind, body, and spirit.

Look at the list Chopra created and mark the areas you believe you already practice regularly. Share within the group.

- Remain open to as much input as possible.
- Don't shut down the feedback loop with judgment, rigid beliefs, and prejudices.
- Don't censor incoming data through denial.
- Examine other points of view as if they were your own.
- Take possession of everything in your life. Be self-sufficient.
- Work on psychological blocks like shame and guilt—they falsely color your reality.
- Free yourself emotionally—to be emotionally resilient is the best defense against growing rigid.
- Harbor no secrets—they create dark places in the psyche.
- Be willing to redefine yourself every day.
- Don't regret the past or fear the future. Both bring misery through self-doubt.

OPTIONAL PROCESS AND HANDOUT

Examining Your Beliefs

People manifest prosperity in direct proportion to the degree they believe they are worthy of it. Look at your own beliefs of prosperity and self-worth. Check your thoughts. Expect good things. Dream out loud. Don't buy into negativity.

—Randy Gage, *Accept Your Abundance*

Do you believe how much you have, whether it's money or nice things, define who you are as a person? Why or why not?

Do you tend to expect the best or the worst in any given situation? What about specifically related to abundance?

Establish one or two ways you can increase your awareness of your perspective when you are feeling overwhelmed or stressed.

WEEKLY AFFIRMATION

I claim my highest and best, right here, right now. I live a life of abundance.

FOR NEXT WEEK

From the process you completed this week, look at the things you could improve upon to expand your life. Then practice them this week along with those areas you are doing well.

Is abundance fun to you or does it feel like something that doesn't come easily for you? Consider ways you might make it fun and bring it to next week's meeting.

What if you practiced not spending any money on anything nonessential for the month? What if you utilized the time you would have spent shopping or researching a product and practiced yoga, or breathing mindfully for five minutes, or knocking on a neighbor's door to say hello and check in? What if instead you gave the \$5 you were going to spend on a fancy coffee to an organization in need?

Week Four

Making Abundance Fun!



Be honest.

Is life outrageously fun? Or has it lost some of its spark? What if we turned the letters of *fun* into Flowing Unitedly, Now?! This could be an enhanced acronym of joyful abundance, not to mention joyful acceptance!

Take time this week to think about all areas of life, e.g., relationships, career, health, abundance. Grab your journal and make lists of ways to express more F.U.N. in each area of life. Some ideas can include gifts of abundance, some gifts of heart; some gifts for others, and some gifts for us.

Plan a joyful walk in a park or take an elder on a much-appreciated errand. Splurge on a small luxury like a favorite deli take-out item or a special writing pen or lean into planning that vacation you've always dreamed about but never thought was the right timing or financing.

Think deeply upon this powerful statement by pioneer metaphysician Emma Curtis Hopkins, "*There is good for me, and I ought to have it!*"

Sounds like the Universe is on our side! Mae West, the film actor, knew this, and is quoted as saying, "*Too much of a good thing is...wonderful!*"

Final affirmative thoughts from author, Raymond Charles Barker. "*I am saturated with a Divine Intelligence and a responding Life that created me*

out of Itself. I draw in expansive new ideas of a flowing world that conspires for me if I accept that notion."

Contrary to the lyrics of the Hokey Pokey song, isn't a flowing world what life is all about: Joyful Abundance In, Through, and As Us!

Have fun!

KEY POINTS

Think of the ocean as it draws back to get more strength (ebb) then crashes to the shoreline (flow). We have most fun at the beach with the crashes, the flow. That's how we should look at abundance. The flow is where we find joy.

We can approach our life with an abundance of any resource, including money. Coming to life from a place of fun, and the more fun the better, creates a magnet for good. Look at all the places where fun abounds in your life and consider increasing the fun.

QUOTES FOR THE JOURNEY

True abundance isn't based on our net worth,
it's based on our self-worth.

–Gabrielle Bernstein



Any self-prompt that reminds you to focus on flow not
ebb, contributes to your greater sense of abundance.

–Sarah Breathnach



Prosperity, I claim it.
Abundance, is mine.
Love, flows through me.
I feel joy, all the time.
Peace, fills my heart.
I surrender, everything.
Health, is my birthright.
Passion, helps me sing.
I release, and let go.
I accept, what is mine.
I can have, what I want.
And let spirit, direct the flow.

–Karen Drucker





DISCUSSION QUESTIONS

1. The Mile Hi Church community are the most generous givers—the Giving Tree, the canned food drives, the toilet paper drive. Do you recognize this is a way of sharing your own abundance and creating a flow of abundance, both to you as well as from you? Think about times you have shared from your abundance. Maybe it's sharing your gift of service. How did it make you feel? Was it fun for you?
2. Does your abundance come to you easily and effortlessly when you are too serious about it? If you tend to be serious about many things in life, what does it feel like to be too serious? Share what it means to be too serious.
3. If you struggle with abundance, can you think of ways to make it more fun and joy-filled?

PROCESS

Let's Play Some Games!

Game #1:

The alphabet appreciation game is a great way to have some fun giving thanks. The basic game is played by having someone name something they are thankful for beginning with the letter A, then the letter B, and so on. For example, player one says, "I am thankful for Aunt Maggie!" Player two says, "I am thankful for my bike!" Have everyone take turns moving through the entire alphabet.

Game #2:

Name as many things you can think of to be grateful for in a particular category or theme like foods or people. No need to be alphabetical, see how fast you can go!

WEEKLY AFFIRMATION

I am open to the joy of the abundant life!

FOR NEXT WEEK

Light a candle when you do your abundance meditations or prayers to set the mood for your soul to respond. Pick one that has a nice fragrance that you can associate with the scent of success.

Have you considered creating a beautiful abundance altar? It could be your own sacred space to focus on abundance. Think of what would be on the altar and get it started. You can always add to it later.

Think of all the ways you can make abundance fun in your life. Be ready to share them with the group. If your group meets in person, bring a tasty snack and party noisemaker! Online groups can do this too with some alternative! Get ready for some fun!

OPTIONAL HANDOUT

Create a Feng Shui Wealth Corner

In Feng Shui, wealth and abundance rest in a very specific place in the home or a room: the farthest left corner when looking in from the doorway. With that location in mind, you can apply this to your desk or a sacred space you create within a room.

Having located this spot, you can activate the abundance energy by building a feng shui wealth corner. This process creates an abundance ritual and an energetic zone to attract wealth.

One of the most important parts of a wealth corner is some sort of money bowl. You can find many different takes on a money bowl. In a simple form, a bowl of rice—rice being a symbol of abundance—can serve as a money bowl in which you place whatever coins you have on you inside whenever you come near it.

A more intricate and personalized money bowl includes items that represent abundance to you, which is often money in a wealth corner. You place tumbled crystals for abundance at the base of the bowl, and then layer things that help you think of wealth and prosperity over that. Then, place a Laughing Buddha icon or a Tree of Life on top.

It's important that your wealth corner stays visible—don't try to hide it behind a curtain or let things clutter the space. Lighting candles in this area periodically is a great idea too as fire energy inspires action.



Week Five

Celebrating Joyful Abundance



During this Adventure in Prosperity series, we have uniquely seasoned our container of abundance with **immense joy** as the special leavening agent of expansion. We now embody the phrase *joyful abundance* knowing that it is a joy to give and a joy to receive.

Maya Angelou, beloved author, says it this way, *“When we give cheerfully and accept gratefully, everyone is blessed.”*

We anchor in the oft-repeated phrase from the Bible, *“It is the Father’s good pleasure to give you the kingdom!”* How joyous and generous it is to live in the overflow of Divine Good! (Luke 12:32)

QUOTES FOR THE JOURNEY

Choose joyful abundance in your heart and be unbound, free, and relaxed. Be relentless with your choice and you’ll make your mark.
–Amy Leigh Mercree



Passion is the key that opens the door to joy and abundance.
–David Cuschieri



If you want love and abundance in your life, give it away.
–Mark Twain



DISCUSSION QUESTIONS

1. Did you joyfully receive unexpected abundance during this series? Did you feel more in flow with the Divine and its abundance? If so, how?
2. Do you feel the intention you set and the reason you joined this small group came to fruition or at least brought some new insights you may not have expected?
3. What action steps, affirmations, and plans will take you forward on the path of continued joyful abundance?

WEEKLY AFFIRMATION

Life treats me well. I am rich in love, joy, happiness, and prosperity.

KEEP CELEBRATING!

For the next month, read aloud with enthusiasm this Abundance Declaration, based on a quote from Rachel Sazon-Reyes:

I am filled with love, peace, joy, and abundance—thinking, believing, feeling, accepting, receiving, manifesting, sharing, and sending out to the world happy, positive, and healthy vibes!

And so it is!