

Think of joy like sunlight streaming through a window. It does not ask for permission; it does not need an invitation. It simply shines, filling every corner it touches with warmth and light. But here is where it gets interesting: just as plants turn towards the sun, thriving in its warmth, we too can turn towards joy, allowing it to nourish us, invigorate our spirits, and illuminate our path to prosperity.

Let us get real for a moment and talk about something we have all faced at one point or another: those pesky little gremlins that seem to sneak into our minds and hearts, throwing up walls between us and our joy. I am talking about the trio of trouble: Our version of Scarcity Sam, Doubting Doris, and the ever-dreaded Fearful Fred.

- **Scarcity Sam** is likely to say, "*I can never afford the nice things I see others enjoying. "Or "I can't be generous right now; I need to ensure I have enough for myself first."* That is scarcity mindset – the belief that there is not enough to go around, whether it is love, success, or, yes, even cake. This mindset tricks us into constantly fearing not having enough, keeping our joy locked up tighter than a drum.
- Then there's **Doubting Doris**. Her voice inside us whispers, "*Am I really good enough?" "I will never be successful." "I am not creative."* She follows us around like a shadow, making us doubt our value and worth. It is like trying to plant flowers in concrete – nothing joyful can take root because we have convinced ourselves we do not deserve it.
- And who can forget about **Fearful Fred**? Fred might say, "*What if I try and it doesn't work out?" "I don't think I could handle failing." "I can't stop thinking about all the things that could go wrong." Or "I'd rather stay in my comfort zone than risk being disappointed again."*

These giant, scary monsters under the bed make us so terrified of making a mistake that we do not dare to reach for our dreams. It paralyzes us, leaving us stuck in a 'what ifs' loop, robbing us of the chance to experience growth, learning, and joy from taking risks and embracing life's adventures.

In what area of your life would you like to have more abundance? Would it be better health, peace, creativity, love, joy or inspiration? Please write the answer to this question.

Here are Five Key Strategies to Open to Joy and Experience Prosperity and Happiness.

1. **Create a Gratitude Practice:** Let us kick things off with gratitude. Why? Because gratitude is like sunshine for the soul—it brightens everything it touches. Start or end each day by naming three things for which you are thankful. It could be as simple as the aroma of your morning coffee or as profound as the love of a good friend. This practice tunes your heart to the frequency of abundance, allowing even more blessings to pour in.
2. **Repeat Prosperity Affirmations Daily:** Words have power, my friends. The words we speak to ourselves can either build us up or tear us down. So, let us build! Each day, affirm your journey to prosperity with statements like, "*I am a magnet for joy, and prosperity flows freely in my life.*" Say it, feel it, believe it.
3. **Visualize Your Abundant Life:** Close your eyes and picture your life filled with all the joy, love, and success you desire. Imagine it in vivid detail—the places you will go, the people you will meet, the dreams you will achieve. This visualization is not just daydreaming; it is setting the GPS for your soul, guiding you toward your abundant destination.
4. **Take Inspired Action:** None of this means a hill of beans if we do not act on our dreams. An inspired action is that sweet spot where our inner guidance meets our outer movement. It is about taking steps, big or small, toward our dreams with a heart full of faith. Whether making that phone call, starting that project, or simply saying yes to new opportunities. Remember, the universe loves a mover and a shaker.
5. **Share Your Joy with the Universe:** You are doing something magical by choosing to give back to the universe. You are weaving yourself into the fabric of abundance that envelops our world. You see when you give in appreciation for the abundance you have received, you are not just closing a loop; you are starting a ripple. A ripple that extends outwards, touching lives, lifting spirits, and opening hearts. You are demonstrating that abundance is not a lake to hoard but a river that flows, enriches, and transforms. Think of Unity on Maui as a part of the universe. I encourage you to share your joy with Unity on Maui. You can also share your joy with another institution that spiritually feeds you. We appreciate the universe, Spirit, Life, and the teachings we practice that have contributed to the joy, prosperity, and happiness that we feel in the moment. This is not just a gesture; it is a powerful statement of gratitude and reaffirming our belief in the flow of abundance. By sharing a portion of our "*Expected Prosperity*," we honor the source of our blessings and amplify our capacity to receive and give.

Affirmation: I act in inspired ways that lead me to joy, prosperity, and enjoyment.

2024 Expected Abundance Program

Welcome to the Expected Abundance Program! This 7-week journey, running from March 17, 2024, to May 4, 2024, is designed to help you cultivate a mindset of abundance, gratitude, and joy. Throughout the program, be mindful of the abundance you receive in your life. Each week, record any instances of "Expected Abundance" in the provided tracking sheet. This could include healing, monetary gifts, items received, creative inspiration, and spiritual realizations.

Week 1 March 17th – March 23rd

Areas where I have received Expected Abundance and Health

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Week 2 March 24th – March 30th

Areas where I have received Expected Abundance and Health

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Week 3 March 31st – April 6th

Areas where I have received Expected Abundance and Health

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Week 4 April 7th – April 13th

Areas where I have received Expected Abundance and Health

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Week 5 April 14th – April 20th

Areas where I have received Expected Abundance and Health

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Week 6 April 21st – April 27th

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Week 7 April 28th – May 4th

Areas where I have received Expected Abundance and Health

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Abundance Affirmations

Abundance is my birthright, and I receive it with gratitude.

I am surrounded by abundant opportunities for growth and success.

The more I give, the more I receive. The cycle of prosperity is endless.

My life is filled with joy, abundance, and health.