

Journey to
ABUNDANCE

Your Journey
Workbook



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WORDS HAVE LIFE
PRESS

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a•bun•dance

1. A great or plentiful amount.
2. Fullness to overflowing: "My thoughts... are from the abundance of my heart" (Thomas De Quincey).
3. Affluence; wealth

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3. What feelings are present?

Bring your thoughts back to the present, to what's in front of you. If you are feeling overwhelmed right now, just breathe. Be kind to yourself, don't use unkind words or call yourself names. You did the best you could, given the information you had at the time. So, be kind. Later, I'll give you more tips on where to place your thoughts. For now, please read on.



4. Are you open to forgiving God, yourself or another?

I encourage you now, for your own healing, to go to the exercise in Appendix A. Even if you're not quite ready to do it, go and familiarize yourself with it. When you're done, return here and write down your thoughts and experiences from spending time with this exercise.

Wherever you are is absolutely okay. What someone else did may be so horrific to you that you aren't ready or able (at this time) to forgive them. If that's the case, just be gentle with yourself. Be compassionate with yourself and find ways to love yourself more.



CONFESSIONS OF A SELF-HELP ADDICT

Your Journey

I've mentioned in this chapter several books and tapes that you can use for your journey. I've included in Appendix B numerous other resources that I've used along the way. Before you go out and purchase them, however, my recommendation is to first check them out of the library. Also, most, if not all, libraries have their own bookstore where they sell used books for as little as \$.50. I've built much of my self-help collection this way, which has saved me a lot of money. As I was coming out of debt, I also asked for gift certificates to bookstores for birthdays and Christmas. That provided me with hours of fun research at the bookstore that furthered me on my journey.

1. Choose at least one affirmation or verse that resonated with you the most from this chapter:

2. If that affirmation is too large a stretch for you to really believe, reword it here so that it is a smaller leap of faith. For example, if "I give thanks that every day in every way I am growing richer and richer" feels unrealistic right now, try, "I give thanks that every day in every way riches are making their way to me":

3. Write out your affirmation on a 3x5 card or print out on the computer. Place it in several locations in your home. I have mine on the wall across from my bed so I see it every morning and night. I also have one on my bathroom mirror (I move it to the inside of my medicine cabinet before guests arrive) and sometimes I'll have one at my front door so I have a reminder just as I'm leaving for the day.

4. What type of learning resonates with you best? Are you more visual, auditory or kinesthetic? Do you prefer Books - DVD - Lectures? Really take time here to think about how you learn best and choose avenues that will support that.

I encourage you to start using the "wealth" mantra exercise mentioned in this chapter. What would it feel like to have enough? What can you believe for right now? Start with whatever is present for you at this point. We will revisit this exercise throughout the book. Just be willing to start activating the feeling of wealth within you today.



DO OVER

Your Journey

1. If you could improve any three areas of your life (e.g. finances, weight, home, career, relationships, spirituality, health) over the next year, which improvements would make your heart sing?
2. Now prioritize those three. Which area is the most important, urgent or pressing for you at this time? Reorder your priorities here:
3. Are there any action steps that you immediately think of as you review your prioritized list? Capture them here. Don't worry. No actions are required at this time. You will have an opportunity to commit to your next steps later but right now just write them down.

One of the challenges I had as I began taking steps to improve my situation was continuing to be gentle and kind with myself when I thought of what got me into the situation. Are you being judgmental and critical of yourself for being in this situation?

As you begin to see your life as a do over, try an exercise I used to encourage myself to move forward:

If a close friend came to you wanting to improve one or all three of the above problems, what might you tell him/her? Is that the same way you're thinking about your own situation? Can you be as loving, kind and forgiving with yourself as you would be with them?

4. Write yourself a sweet note of encouragement now:

Being kind to yourself may be new for you, but I encourage you to start where you are. You are a good person and you deserve a new friend - you.



3. In what ways could you be a blessing to someone else tomorrow? Write it down so you activate the action within you. It could be sending silent blessings, calling a friend or writing a thank you note. What are you willing to do?

I encourage you to open up to the possibilities of giving and receiving, sowing and reaping. If it is difficult for you, start with sending silent blessings to everyone you meet. It can take some time to get the giving and receiving cycle moving, but once it does, blessings will find you and begin to overtake you.



3. If you got a check in the mail tomorrow for that exact amount, what would you do?

I encourage you to start a daily gratitude journal to take note of the blessings you already have in your life. If you are already keeping a gratitude journal, add 2-3 additional items to be grateful for each day. As you increase your awareness of what you are grateful for, more will flow to you.



3. If you are not sure what your life's purpose is, let me ask you this: When you were 6 or 7 years old, what did you want to be? What were you good at?

4. What do people say that you are a natural at? When do you lose track of all time and space? What would you be doing with your time if you had all the money in the world? What would you do if you knew you couldn't fail? What is your heart's greatest desire?

For me, I was always helping people solve their problems. I seemed to have come into this world with a knowing that helped me see possibilities in others that they couldn't see for themselves. Of course, it was easier to see for them than for myself. And, now I am taking steps in my life to live more fully in helping others.

5. What is stopping you from moving in the direction of your wildest dream? Fear, lack of money, lack of time, competing commitments, lack of clarity as to what to do next, lack of faith that you could do it, lack of support, someone told you that you couldn't or shouldn't, or something else? Write down any and all of these fears or situations. By writing them down and getting them out of your head, their energy will begin to dissipate. You will have more power over them than they will have over you.

11. Describe the quality of your family relationships or how you spend your time. Add more of these details below. Remember to be as descriptive as possible, using all of your senses to describe the life of your dreams.

12. What will your new possessions feel like to touch?

13. How does the air outside of your new home smell?

14. What do you hear outside of your window?

18. What could you do in the next couple of days that could move you in the direction of your life's purpose? Remember that you are not committing to anything just yet; let's just start brainstorming.

Here are some possibilities:

- ✓ Research the Internet or visit your public library;
- ✓ Make a call to find out more information;
- ✓ Call a friend for support or brainstorming;
- ✓ Write a letter to yourself of what it would be like a year from now if you were living your dream;
- ✓ Interview someone who is already doing what you would like to do;

Okay, now it's time to make a commitment. Review your answers from the exercises throughout the book, especially your priorities and action steps from the "Do Over" chapter on pages 40-41.

19. What can you commit to over the next 24-72 hours? Is it one of the actions you brainstormed above? Or will you start how I did, simply by saying word "wealth" over and over again for a few minutes first thing in the morning and/or before you go to bed. Saying "wealth" is a way to feel what it would be like to be at the next level in your life, whether that's an extra \$50 a week or an extra \$5,000, \$50,000 or more in your savings account. Wherever you are and whatever you choose is perfect for you. Write down what you can realistically be counted on to complete. To avoid overwhelm, write down no more than five items. No shoulds on this list! The goal is to boost your confidence, experience success, and create momentum.

20. Look at your list. Commit from your heart to what you are willing to and can be counted on to do for yourself. Above all, be kind to yourself and don't over commit. Revise your list here as necessary.

21. Next, write down WHY you want to take each of the actions listed above, and how it will make you feel to complete it. Adding the why and the feeling will help propel you toward completing each item, build momentum and move you toward the life of your dreams.

With your action steps, whys and feelings now written, how can you best support yourself in following through on your commitments? Personally, I sometimes use additional methods to ensure my success, such as a timer and rewards.

For instance, if I need to straighten up an area of my living environment, do some writing, or make a call that just needs to be made, I will set the timer for 15 minutes and do as much as I can in that timeframe. I give myself the freedom to quit when the bell sounds. However, just by getting started I usually create enough momentum to keep working and complete these necessary tasks.

I also use rewards like allowing myself to watch a television show, take a walk or call a friend once the task is complete. Set your environment up for you to win!

22. Write down a few rewards that might assist you in taking action. They don't have to cost any money, they just have to inspire you to go for your dreams.

"Do that which is before you," is a phrase I learned from Reverend Diane. When I was stuck, I would hear that phrase within me and my intuition would guide me as to

the next step to take, whether it was to make a call, pay a bill, or do some visualization and writing about what I want to manifest in my life. And, I'd follow through, one step at a time. There may be times ahead when you continue to say to yourself, "I don't know what to do." Please come back and revisit this book whenever you need to and "do that which is before you."

Take a minute to go back through this book and glance at all that you have written. If you have done even one exercise, applaud yourself. If you have completed most or all, give yourself a standing ovation ending with a high five. To be willing to do this work takes great courage.





APPENDIX A: FORGIVENESS LETTER

Dear _____ Date _____

I am writing this letter to share my feelings.

1. For ANGER

I don't like it

I feel frustrated

I am angry that

I feel annoyed

I want

2. For SADNESS

I feel disappointed

I am sad that

I feel hurt

I wanted

I want

3. For FEAR

I feel worried

I am afraid

I feel scared

I do not want

I need

I want

4. For REGRET

I feel embarrassed

I am sorry

I feel ashamed

I didn't want

I want

5. For LOVE AND FORGIVENESS

I love

I want

I understand

I forgive

I appreciate

I thank you for

I know

P.S. The response I would like to hear from you:

5 Gifts for an Abundant Life. Diane Harmony. Copyright © 2003. Used by permission of Universal Harmony House. All rights reserved.

APPENDIX B: RESOURCES

I have chosen a few of my favorite books about abundance, prosperity and success that helped me along my journey.

5 Gifts for an Abundant Life by Diane Harmony. Universal Harmony House: 2003.

21-Day Countdown to Success by Chris Witting. Career Press: 1998

Absolutely Effortless Prosperity, Revised Edition by Bijan Anjomi. Effortless Prosperity Inc.: 1997.

The Abundance Book by John Randolph Price. Hay House: 2005.

Acres of Diamonds by Russell H. Conwell. Bnpublishing.com: 2007.

The Aladdin Factor by Jack Canfield, Mark Victor Hansen. Berkley Trade: 1995.

As a Man Thinketh by James Allen. Willside Press: 2005.

As a Woman Thinketh by Dorothy Hulst. Lushena Books: 2000

Ask And It Is Given: Learning To Manifest Your Desires by Esther Hicks, Jerry Hicks, Wayne W. Dyer (Foreword). Hay House: 2004.

Attracting Perfect Customers by Stacey Hall and Jan Brogniez. Berrett-Koehler Publishers: 2001.

The Attractor Factor by Joe Vitale. John Wiley & Sons: 2001.

Awaken the Giant Within: How to Take Immediate Control of Your Mental, Emotional, Physical, and Financial by Anthony Robbins. Free Press: 1992

Building Your Field of Dreams by Mary Manin Morrissey. Bantam: 1997.

Busting Loose From the Money Game by Robert Scheinfeld. Wiley: 2006.

Change Your Thoughts - Change Your Life: Living the Wisdom of the Tao (Hardcover) by Wayne W. Dyer. Hay House: 2007.

Creating Money: Keys to Abundance (Life Mastery Series) by Sanaya Roman, Duane Packer. HJ Kramer: 1988.

Creating True Prosperity by Shakti Gawain. New World Library, Nataraj: 2000.

Divine Intuition by Lynn Robinson. DK ADULT: 2001.

The Dynamic Laws of Prosperity by Catherine Ponder. DeVorss & Company: 1985.

Expressing Your Feelings by Roger T. Crenshaw, M.D. Irvington Pub: 1981.

Finding Your True Calling by Valerie Young. Changing Course: 2002.

Get The Edge - CD by Anthony Robbins. 2000.

The Greatest Salesman in the World by Og Mandino. Bantam: 1983.

- Guilt Is the Teacher, Love Is the Lesson* by Joan Borysenko. HarperCollins Publishers Ltd: 1993.
- It Works* by R.H. Jarrett. DeVorss & Company: 1976.
- The Law of Attraction: The Basics of the Teachings of Abraham* by Esther Hicks and Jerry Hicks. Hay House: 2006.
- The Magic of Believing* by Claude M. Bristol. Pocket: 1991.
- The Magic of Thinking Big* by David Schwartz. Simon & Schuster: 1987.
- Making a Living Without a Job: Winning Ways For Creating Work That You Love* by Barbara Winter. Bantam: 1993.
- The Maui Millionaires* by Diane Kennedy and David Finkel. John Wiley & Sons: 2007.
- Money Is My Friend* by Phil Laut. Ballantine Books: 1999.
- Open Your Mind to Prosperity* by Catherine Ponder. DeVorss & Company: 1984.
- The Passion Test* by Janet Bray Attwood and Chris Attwood. Hudson Street Press: 2007.
- The Power of Intention* by Wayne W. Dyer. Hay House: 2005.
- The Power of Focus* by Jack Canfield, Mark Victor Hansen, and Les Hewitt. Vermilion: 2001.
- The Power of Your Subconscious Mind, Revised Edition* by Joseph Murphy. Bantam: 1982.
- Real Prosperity: Using the Power of Intuition to Create Financial and Spiritual Abundance* by Lynn Robinson. Andrews McMeel Publishing: 2004.
- A Return to Love* by Marianne Williamson. Harper Paperbacks: 1996.
- Richest Man in Babylon* by George S. Clason. Signet: 2004.
- The Secret* by Rhonda Byrne. Atria Books/Beyond Words: 2006.
- Secrets of the Millionaire Mind* by T. Harv Eker. Collins: 2005.
- The Seven Spiritual Laws of Success: A Practical Guide to the Fulfillment of Your Dreams (based on Creating Affluence)* by Deepak Chopra. Amber-Allen Publishing: 2007.
- Simple Abundance: A Daybook of Comfort of Joy* by Sarah Ban Breathnach. Grand Central Publishing: 1995.
- The Success Principles* by Jack Canfield and Janet Switzer. Collins: 2006.
- Think and Grow Rich* by Napoleon Hill. Aventine Press: 2004.
- Unlimited Power: The New Science Of Personal Achievement* by Anthony Robbins. Free Press: 1997.
- You'll See It When You Believe It: The Way to Your Personal Transformation* by Wayne W. Dyer. Harper Paperbacks: 2001.
- Your Heart's Desire* by Sonia Choquette. Three Rivers Press: 1997.
- You've GOT to Read this Book!* by Jack Canfield and Gay Hendricks. Collins: 2006.
- Women & Money: Owning the Power to Control Your Destiny* by Suze Orman. Spiegel & Grau: 2007.

ABOUT THE AUTHOR

Kamin Bell knows about manifesting heart's desires. She started her professional career as the U.S. Navy's first female African-American helicopter pilot. She then went on to become a Mary Kay Sales Director and consultant. Kamin's next desire was to learn the Web and has been working on the Internet in various capacities for over 10 years.

Kamin holds a Masters of Science in Computer Systems and realized a twenty-year dream when she received a Masters of Arts in Spiritual Psychology in 2005.

Kamin is passionate about helping people attract more abundance into their lives and achieve their dreams and desires. She has helped numerous people connect to their ideal life, create a plan to live their life on purpose and realize their dreams.

To learn more about Kamin Bell and her programs, please visit www.kaminbell.com.



