

The Seven "Cs" Formula for Accessing Your Abundance

by
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Wouldn't it be great if you could have a formula that you could use again and again as you travel your [Journey of Abundance?](#)

Well, after traveling this Journey myself for the nearly a decade, with its many ups and downs, peaks and valleys, expansion and growth, I've discovered a "formula" for *accessing* abundance that I keep using again and again - for the simple reason that it empowers me and my results!

In truth, the Seven "Cs" of Abundance combine to provide a "formula" you can use BOTH to prevent scarcity and to cultivate abundance in your life. I know this from first-hand experience because when I have consistently applied this formula in my life, followed all areas of my life (including my finances) have been more and more abundant.

At the same time, when I've forgotten this formula, e.g., when I've thought I had things "handled" and didn't need to use it any more, scarcity began barking at my door (and bank account) almost immediately!

That being said, the Seven Cs are as follows:

1. Clarity
2. Creativity
3. Confidence
4. Courage
5. Completion
6. Celebration
7. Consistency

It all begins with the first C - CLARITY. The moment you lose clarity about a situation or aspect of importance in your life, you have opened the door for scarcity to overtake and/or overwhelm you. If you are in denial, overwhelmed, procrastinating, or engaged in any other pattern of scarcity, there's a good chance there are things pertaining to the situation about which you lack clarity.

For example, if you have not balanced your checkbook for the past few months, it is clear (no pun intended!) that you do not have clarity about the condition of your financial life. Scarcity patterns that often result from this lack of clarity are procrastination, fear about bouncing checks or not having enough money, beating yourself up, late payments of bills, calling the bank daily to determine your balance, NSF fees when checks do bounce, etc.

As a second example, if you are overwhelmed by and procrastinating on a big project or by everything you need to do today, it may be due to the fact that there's something about which you are not clear. Perhaps you haven't stopped to get clear on a plan for accomplishing what needs to be done.

Let me be more specific by sharing with you a recent example from my own life. On this particular day, it seemed as if I woke up *already overwhelmed!*

Just out of curiosity, have you ever had a day like that?

On that particular day, I had at least three HUGE projects with due dates that week. It seemed like there wasn't enough time to finish ONE of these projects, let alone *all three*. And it wasn't like finishing these three projects was all I had to do. Even the day-to-day activities of cooking, eating, exercising, bathing, and laundry seemed overwhelming. Of course, there were also the usual things that needed to be done - phone calls, emails, paying bills, etc.

I realized that I didn't have clarity about exactly what needed to be done. I also realized I wasn't clear about how much time each project would take. I began to write everything down on paper so that I could see it clearly. For some things pertaining to the projects, I realized I wasn't clear about how to do certain things so I called people to get the clarity I needed.

Clarity is about telling the truth to yourself about what's happening, about your finances, your current situation, your plans or lack of plans, and your results. To do so, you must be willing to look at yourself and your current situation *objectively*... without judgment or blame.

As some famous TV detective or lawyer (I can't remember who) was fond of saying - "just the facts, ma'am". That's what I mean by clarity.

For example, what are your expenses? What is your income? How much debt do you have?

What do you know? What don't you know?

What is important to you? What's not really important to you?

What WILL you do? What WON'T you do? What would you be WILLING to do if needed? (NOTE: there's no such "truth" as TRYING to do something - you either do it or don't!)

You need to tell the truth and get clarity by writing it down, telling someone and/or both. It's important to release the energy that is being blocked or drained by resisting or denying or hiding the truth, judging the truth, rationalizing or justifying the truth, making excuses, etc.

To do this, it's essential that you get it OUT from inside of you and your head. When you do so, you may be amazed to discover that, telling the truth and getting clarity *releases* energy and gives you back your power. You'll feel this energy release whenever it happens and you'll be able to breathe again.

At this point, you (and your thoughts and energy) will naturally move to the second C of abundance, i.e., - CREATIVITY.

ONE QUICK NOTE FROM MY OWN PERSONAL EXPERIENCE - Sometimes the process of getting clarity begins my getting clear about all the things for which I don't currently have clarity. Once you have even that degree of clarity, your energy will begin to flow again and you'll be able to act more powerfully and creatively.

So - once you have clarity about a situation, creativity can begin to flow. In fact, creativity naturally flows forth from clarity.

Once you have clarity about a situation, you can begin to be creative about finding ways to respond to the situation that empower you to *access* abundance rather than perpetuate scarcity.

Even if it is not the clarity you wanted, e.g., you have \$200 in your checkbook today and have a \$500 bill due next week, the fact that you have clarity will empower you to creatively find ways to come up with \$300 in a week's time. You might get creative and decide to sell something, run a promotion or special in your business, work for someone on a short-term basis, shift or reduce expenses, ask someone who owes you money to repay you, etc. In contrast, lack of clarity in such a situation usually results in paralysis and lack of action until the last possible moment. Needless to say, then you will not have the money you need and scarcity, not abundance, will be the result.

Remember my overwhelming day?

Once I started to gain clarity, I began to get creative. I thought of people I could ask to support me. I thought of ways I could make sure some of the less important tasks got done without me personally having to do them. I thought of ways I could get the projects finished more efficiently. I thought of some appointments I could reschedule.

As your creativity illumines possibilities for you to *access* abundance, you will begin to feel an increased sense of CONFIDENCE (the third C) about the situation. This renewed confidence will give you the COURAGE (the fourth C) to act on one or several of the possibilities you create and discover. This confidence and courage to take action leads to COMPLETION (the fifth C) of one or more of those actions. Completion of our actions (large and, especially, small ones) is essential to abundance. This is real progress!

That's what happened for me. My creative ideas gave me confidence and courage to act. I asked an associate to do the 20 percent that remained on one of the projects because I realized I didn't need to do it myself. I asked my husband to fix lunch and dinner and do the dishes afterward. I turned off the ringer on my phone and gave myself two uninterrupted hours to work on one of the projects and completed more than half of it!

At this point, it's important for you to realize that our scarcity patterns often create a sense of *overwhelm* or *paralysis* that prevents us from taking the necessary actions for abundance. At other times, our scarcity patterns lead to a *frenzy* of action and activity that is never brought to completion - also leading to scarcity. By using The Seven Cs of Abundance, I was able to move through my feeling of overwhelm without going to the other extreme of frenzied and exhausting activity.

The sixth C - CELEBRATION - is equally important and far too frequently omitted. Celebration of a completed action is a vital component of abundance. Whether it is by acknowledgment, dancing a jig, having a special treat like a glass of wine or fresh flowers, having dinner out or taking a getaway weekend or vacation, celebration is essential. Unfortunately, we often leave this one out. It is our failure to celebrate our accomplishments (large and small!) along the path of abundance that dilutes our effectiveness, our energy, and our ability to experience the seventh C - consistency.

One way to think of CELEBRATION is to think of it as the equivalent of putting gas in your car's gas tank. If you tried to drive some place on an empty tank of gas, what are your chances of arriving at your destination?

When it comes to the process of *accessing* abundance, your "gas" is your energy. You burn fuel and energy in the process of getting clarity, being creative and completing your actions. Celebration is a way you can refill your "gas tank" and replenish your energy BEFORE you move on to your next action.

Here's another way to look at celebration. Imagine that you wake up and you have ten actions to take that day. Every action requires ten percent of your energy. You complete the first action. You have just exerted ten percent of your energy. Then, as so many of us do, you move on to the next action and complete that. You have just spent another ten percent of your energy. Then you go on to the next action and spend another ten percent of your energy. Already you are operating at a seventy-percent energy level for the next task. And because you have less energy flowing for that task, it will be more difficult, complicated, will take longer or will not be as effective.

Now let's go back to my example of my "overwhelming" day. Every time I completed an action, I took a few minutes to celebrate. I got up and went outside for five minutes. I made myself a cup of tea. I rode my bike downtown to the post office. I called a friend to celebrate with me. By using the first six Cs in this manner, I was consistent (not frantic!) in my actions all day and all week. Not only were the three major projects completed on time - I also enjoyed life and took care of myself in the process! In other words, I *accessed* abundance!

The first six Cs offer you a simple formula for strengthening your ability to *access* abundance in all areas of life including money, time, and energy. It is the seventh C - CONSISTENCY - that allows abundance to continue to flow and increase over time.

Whatever abundance you experience in your life is a direct reflection of your energy and action. Thus, if your energy and action for abundance is sporadic, the abundance you receive back will be equally sporadic. It's important that you consistently act upon and use the first six Cs into your daily life. As I mentioned when I began, I've learned the hard way that it's only by being CONSISTENT with this formula that I can expect to experience consistent abundance in my life. The same is true for you.

Abundance begins with *clarity* and ends in *celebration*. Add *creativity*, *confidence*, and *courage*, and your abundance will be *consistently complete!*

The Seven "Cs" of Abundance is just one of the abundance "tools" you will discover in Teresa Romain's "Access Your Abundance!" tape & guidebook collection. To learn about this powerful educational and support package, visit our website at www.accessabundance.com/education/ayacollection.html