

Begin the journey from where you are to where you want to be

• **LI-LING OOI**

A YEAR OF MONEY AND ABUNDANCE

60 Mantras to Supercharge Your Year

Weekly Inspirational Mantras

TO UPLIFT, INSPIRE AND CHANGE YOU FROM THE INSIDE OUT

A YEAR OF MONEY AND ABUNDANCE



LI-LING OOI



BAILBROOK LANE

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FOREWORD

It has been said that we create for ourselves the things that we need the most.

This is certainly true of the Money Mantras that you are now reading. In creating and writing the mantras we have helped ourselves in more ways that we can even begin to imagine.

The change from simple little statements that have initially felt so bizarrely weird and untrue, now help us revel in our own worthiness and value.

It is our wish for you that each mantra helps you reach for *that* place – that place of understanding, believing and knowing that you are so, so worthy.

Worthy of every good thing, dream, wish and desire that you may be able to imagine and so many more that you may not yet.

HOW TO USE THIS BOOK



Each and every one of us...we are the sum of all our thoughts. When you realise how much of what you think, defines who you are, you begin to understand that at every moment in time, you have the power to choose – choose what you say, choose how you react, choose what you think.

These mantras were originally written as a weekly guide to help us focus on the wealth, abundance and beauty in the world around us.

They were meant to serve as a grounding point; a place to return to, to remind ourselves that our thoughts and emotions colour all of our perceptions, including and especially those relating to wealth and abundance.

As we began to share the mantras with the world, they came to grow in their reach and their ability to help the people they touched, grow more in to themselves and learn to believe in their own inherent worthiness and goodness.

You may read this book in the order in which the mantras have been arranged or if you wish, simply open it up to any page that you feel called to; either way works.

Each mantra has been written to be focussed upon, one week at a time.

One mantra, one week allows you to focus and eventually placate

and internalise the thoughts, messages and emotions that the mantra aims to raise you up to.

That said, do allow yourself to move on, or move forward either through the book or by simply picking another mantra at random to define your week, if the one you are on, simply does not work for you.

There really is no right or wrong way to do this.

There is simply the way that feels best to you and for you.

Trust in your instincts; trust in yourself.

HOW TO USE THE MANTRAS



Each mantra serves as a grounding point; a place to return to, to remind ourselves that our thoughts and emotions, colour all of our perceptions, including and especially those relating to wealth and abundance.

Each mantra has been written to remind you, and help you to remember your own inherent worthiness and value.

Each introduction aims to begin by meeting you where you are, in your current state of mind.

From there, the narrative serves to help you understand that a shift of perspective, no matter how tiny, is possible.

It takes you on a journey and guides you through the thought process to a different view, a different perspective, and ultimately a different you.

Use each of the introductions to help you understand, where you are, how you feel, and to help you understand and accept that the beliefs and experiences that have coloured your life have made you, all of who you are.

Read each introduction with an **open heart**, and an **open mind**.

Each one of these introductions has been written specifically in order to meet you, and your state of mind, exactly where you are.

Beginning with a typical thought, perception or belief and then moving on from there to an alternative, different perspective.

Each introduction gently guides you to a new awareness that there is a different, better way of looking at and dealing with the typical thoughts, ideas and beliefs that currently fill your mind and your being.

As you say each mantra for the first time, perhaps you might feel a little peculiar; a little strange as it gives voice to a new perspective of Truth.

These mantras may be far removed from the typical thoughts and beliefs that currently hold your attention, but reading, saying and repeating them will give you a new perspective in to what will be true, after all, remember...

We choose ALL of our own beliefs.

Persist.

Gradually as you repeat the mantra and feel more accustomed to it, feel wholly and completely devoted to the Truth that is verbalised within those little lines.

Feel the gratitude and appreciation of the Universe and all that surrounds you for the person that YOU are.

Throughout the week, every time you feel a thought that is 'less than', or find yourself on the verge of telling the version of a story that is focused on an unwanted or undesired story or experience, remind yourself of the mantra and repeat it; silently or verbally - whichever suits best, until you find yourself fully immersed in the emotions of your true **worth** and **value**

More than you know, greater than you can ever imagine.

A PERSONAL NOTE AND A GIFT



*W*e have thoroughly enjoyed writing and creating this book for you, all the more so because it has been a very personal journey.

With each and every one of these mantras, we are sending out the very best of ourselves; our thoughts, hopes and wishes to you, embracing you as only the very best friends can, and wishing you a life filled with magic, joy and infinite abundance.

With love and joy,
Li-ling and Sam

*T*o help you on your Year of Money and Abundance, we have created an accompanying workbook to help you get the most out of this book.

To download your free companion PDF workbook, please sign up at www.lilingooi.com/ayma

MANTRA 1



*Money flows to me quickly, easily and abundantly; and I know that I am
deserving and open to receiving it all.*

MANTRA 1: INTRODUCTION



Money flows to me quickly, easily and abundantly; and I know that I am deserving and open to receiving it all.

With the mantra ‘Money flows to me quickly, easily and abundantly; and I know that I am deserving and open to receiving it all’ we focus on the abundance of money in and around the world.

As we contemplate the cyclic role that money plays in the world economy and our individual circumstances, we begin to understand that it flows as streams do, continuously and abundantly.

And slowly as we begin to accept and embrace the understanding that we are ultimately solely responsible for everything and anything that comes in to our experience and as such we are ready and deserving of all the abundance that comes our way.

As you say the first part of this mantra: money flows to me quickly, easily and abundantly – feel how this could be true. See the abundance of money and wealth in all its different forms filling your life, filling your wallets, filling your pockets, feel excited and happy in

the knowing that wealth and abundance is continuously flowing to you.

As you sit and embrace this feeling of abundance that surrounds you, say the second part of the mantra: and I know that I am deserving and open to receiving it all.

As you say this, imagine the visual image of abundance however you imagine that to be whether a stream of gold light, or white light, a waterfall of wealth and money, surrounding and enveloping you. Feel its warmth and its blanket-like security surrounding you, protecting you and accept how deserving and worthy you are to receiving it all.

Money flows to me quickly, easily and abundantly; and I know that I am deserving and open to receiving it all.