



Unity of the Valley
"Igniting a Spiritual Awakening"

The Seven Rays of Abundant Living



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This booklet is provided as a spiritual companion for you on your personal journey through this 49- day experience. Use it in ways that work for you and bring inspiration and energy to the manifestations of abundance that are sure to come. Welcome to the Seven Rays of Abundant Living. May each shine upon and through you and bless you in surprising ways. Love always, Ed

Week 1:

Prayer as a Prescription for Fear

Sept. 25 (Day 1) - "God as All Light, All Love, All Wisdom, and All Supply is rooted in me and my world. Fear has no dwelling place." Return attention to your spiritual homing instinct. Remember you originate from the eternal and limitless. Be still and know.

Sept. 26 - "I care enough for others and myself to release all tendencies to participate in fear mongering in any way."

Placing both of your hands over your heart. Stand tall and bend over at the waist. This is your willingness to acknowledge that your heart and mind embrace the real presence of fearlessness. This Presence is with you always.

Sept 27 - "I live and move and have my being in the consciousness of the One Presence and Power of Mother-Father God."

As you walk, talk, eat, sleep, and pray, accept that you are the abundance of Spirit made visible. This is your indestructible identity. Let each deep breath breathe this into every part of your being.

Sept 28 - "I open this day to all things in my midst that nurture and sustain a greater experience of well being."

Picture a beautiful outdoor fire in a fire pit. See yourself placing all your fearful patterns and habits into the midst of this fire, then turning into flame, then ash, then smoke and the Great Spirit in and around you releasing them. Feel the freedom. Give thanks.

Sept 29 - "Great Spirit of Love, come to me with the power of the North. Make me courageous when the cold winds of life fall upon me." - An Omaha Prayer

Take this prayer with you today. Touch the courage that grows in you through the blessing of these words.

Sept 30 - "Today I connect with life as it is and open to the power of my God Self to carry me through this day."

In ancient and recent times, on long journeys one would carry with them a staff or sacred walking stick that reminds the pilgrim that the Spirit of God goes with them with every step. Take this staff of knowing in your heart with you today.

Oct 1 - "We are all meant to be mothers of God." - Meister Eckhart

The Mother of all that is alive enfolds you this day because Her Presence is always with you strengthening your resolve and filling you with loving-kindness even when fear is present. She is near.

Week 2:

Resetting Your Alignment with All-Sufficiency

Oct 2 (Day 8) - "There is an abundant All- Sufficiency everywhere present in my life and the universe."

Be willing to take a stand now as a spiritual being and allow the Spirit of God once and for all to be your abundant All-Sufficiency. Make this choice. Relax, let go, and repeat the affirmation above with a sense of ease. Meditate on it for at least 5 minutes.

Oct 3 - "The all-providing Divine Source of infinite prosperity is individualized as me - the Reality of me."

Now is the time, and today is the day. This day do not count your money and cease looking to any person or situation for your supply. Put your full inner attention on Spirit-God-All Sufficiency as your one and only True Source. This inner realization is your birthright.

Oct 4 - "Spirit, come to me with the power of the rising sun. Let there be light in my word, let there be light on my path that I walk, and let me remember always that you give the gift of abundant life on this new day." ~ traditional Native American prayer

Envision a rising sun or full moon, whichever speaks to your heart. This is a powerful symbol of infinite possibilities shining upon you and radiating through you. Take this image with you this day as you deepen your roots of the truth of Spirit's All- Sufficiency.

Oct 5 - "The All came from me, and the All has returned to me. Split wood, and I am there. Raise a stone, and you will find me." - Jesus of Nazareth from The Gospel of Thomas

You live in a universe of oneness. The wisdom and spiritual presence of those who have gone before you is powerful and ever present calling you into a life of faith and awakened understanding of life's plenty. Take with you this day a small stone or sacred item that continually reminds you of your bond with the great wisdom teachers.

Oct 6 - "Become a living tuning fork."

Ed Conrad Listen today to the sounds of the eternal Spirit - your heartbeat, the wind, your favorite inspirational song, etc. Attune to the vibration of God within you. Have several "slow" intervals today. Close your eyes and listen to the music of abundance within and all around you.

Oct 7 - "Nothing is enough if fed by scarcity." - Anonymous

Practice breathing today with conscious awareness. Notice when you are holding your breath. Each moment of such awareness see it as a reminder that you are holding on. There is plenty of air. Breathe with fluid freedom this day. There is plenty in all things....plenty...plenty.

Oct 8 - "To find one's own fountain is to learn the secret of heaven and earth." - Lao-tzu

Life only asks that you flow with it. Let this day be like a fountain flowing fully and freely. Let this be your prayer this day: "I am the fountain, and God is the Source."

Week 3:

The Art of Allowing and Being a Vibrational Match

Oct 9 (Day 15) - "I am a finely-tuned vibrational match with the All-Providing Spirit of Creation."

You are a vibrational being broadcasting a signal to others and the universe. You make this contribution every day. So, contribute what you desire to others to share with you...vibrations of blessing and harmony. Match up with the affirmation. This is your offering to the world today.

Oct 10 - "In this very moment I am creating my world."

Notice today what, if anything, you feel or believe you lack....love, the right car, a healthy body, etc. Take this feeling you associate with this perceived lack, and give it a name. Example: Fear. Then identify what feeling you would like to replace it with, a feeling that supports freedom from this focus on lack. Example: Confidence. Move up the feeling scale today thus lowering your resistance to abundance.

Oct 11 - "When it's over, I want to say: all my life I was a bride married to amazement. I was the bridegroom taking the world into my arms." - Mary Oliver

Give this day to amazement. Become as a little child. Soften your vision and see the wonders of life all around you. Experience everything today within this field of vibration. You can choose.

Oct 12 - "We are gods in training." - Anonymous

Your training today is first thing to align your whole self with your highest intention for today. Keep it simple. State it clearly and repeatedly allowing the feeling to wash over you and alter your vibrational experience of yourself. Do this throughout the day.

Oct 13 - "The kingdom of heaven is within you." - Jesus of Nazareth

The universe helps bring to you those persons, circumstances, and conditions that match your vibration. These results provide a measure of your progress in attending to your inner world of thoughts, feelings, and projections. This inner world is sacred as Jesus foretold. Therefore, take this prayer with you: "Within me is sacred ground. I lend it my best intentions and visions now. And so it is."

Oct 14 - "Spirit of the Living God, fall afresh on me." - from a traditional hymn

Let today be about "finding the feeling-place" (Esther Hicks) of already having what you desire. It is feeling of fulfillment, the deep acceptance of "I am in need of nothing for the Spirit of the Living God falls afresh on me." Nestle into this feeling today. It awaits.

Oct 15 - "Firmly grounded in Spirit and the vibration of pure potentiality, I serve the circle of life through giving simple gifts of blessing and kindness today."

Say something kind to someone, if not everyone you meet today. Small things are game-changers in daily life. Give that which you would like to receive. Go to this link and view this video as a primer:

<http://www.karmatube.org/videos.php?id=2579>

Week 4:

Do no Harm: The Forgiveness Process

Oct 16 (Day 22) - "Beginning today, all tendencies in me, large and small, to attack and act harmfully, shall cease."

Do no harm. As you put your clothes on for the day, put on the intention of harmlessness. This includes any harm you may habitually direct at yourself. You are the bearer of this redemptive presence today. Rejoice and be glad in it!

Oct 17 - "Only time can heal your broken heart, just as only time can heal his broken arms and legs." - Miss Piggy

A bit of levity helps to release the urge you feel to seek revenge in your heart - revenge you hold toward someone, the world, government officials, God, or yourself. Reflect on this for a moment. Lighten up, and you lighten your load. Time is on your side freeing you from any brokenness. Be still, and open to levity.

Oct 18 - “Never forget that to forgive yourself is to release trapped energy that could be doing good in the world.” - D. Patrick Miller

Make amends with yourself. Inform yourself imposed unforgiveness that your heart is opening to greater things. See yourself in a locked cage with a key in your hand, and you are now unlocking the lock and walking out into a new world in which you feel much greater peace being inside your own skin. Breathe in that newfound peace.

Oct 19 - “The practice of forgiveness is the most important contribution to the soul of humanity and to the abundance in our world.” - Ed Conrad

Every inclination to hold resentment and harsh judgment adds to the consciousness that subverts the spirit of generosity and sharing of your wealth in kindness, creativity, inspiration, and money. Make a list of any resentments and harsh judgments you are currently keeping. If that’s too much, start with one. Give this list to God, or to your higher self, or Divine Love. Ask that these things be taken from you so that you may serve and live with a free and abundant spirit. Do a ceremonial burning of this list.

Oct 20 - “How many times shall I forgive my brother or sister who sins against me? Up to seven times?” Jesus answered, ‘I tell you, not seven times, but seventy times seven.’” Matthew 18: 21-22

Forgiveness is not a once and for all act as much as it is a constant willingness to notice how you tend toward binding yourself in knots large and small in response to life events. You have a say so regarding your response. Untie those knots as they happen. “I allow all knots of unforgiveness within me this day to be untied. There is a Spirit within me that is greater than any ego driven madness to do harm to myself and others. Thanks be to God.”

Oct 21 - “We are called to be architects of our lives, not its victims.” - Buckminster Fuller

Harm and harsh judgment breed victim consciousness. The aim is to be so complete in your own life that you have no desire to react and bring harm or hurt. Take this with you today: “I am preparing for and creating a life abundant. All things I am, can do, and be, come to pass through the free Spirit that enriches me.”

Oct 22 - “I dreamed of rain and the rains came soft and easy, sweet and clear. I dreamed of rain and the rains came and peace spread over the land.”

J.D. Martin Dream a dream of release from the chains that bind you to the unresolved emotions linked to the past. Envision all things flowing to you and through you soft and easy, sweet and clear, and the peace that arises from this blessing. Meditate on this. We all deserve to realize the freedom of forgiveness and the abundance and flow that are sure to follow.

Week 5:

Transforming Your Relationship with Money

Oct 23 (Day 29) - "The All-Providing Activity and Energy of Love, manifests as unlimited supply and flows into my visions and my everyday life."

Consider this. Often, there is a gap between what you feel when you are living a soul-connected life (what the affirmation expresses) and what comes over you when money enters the conversation. Changing your relationship with money changes your life and closes this unnecessary yet all too common gap. Put some money in your hands. Be present with it, and state today's affirmation with heartfelt conviction. Do this at least 7 times, pausing each time to feel the power of these words as you caress the money in both hands. Notice what you are feeling and thinking about the money.

Oct 24 - "Money itself isn't the problem. Money itself isn't bad or good. Money itself doesn't have power or not have power. It is our interpretation of money, our interaction with it, where the real mischief is and where we find the real opportunity for self-discovery and personal transformation." - Lynne Twist

You are the conduit through which all of your life experiences are interpreted including your experience with money. It is the visible symbol of energy. So, pray in this way: "Gracious Spirit, I feel your presence in this moment growing in me and a wealth of abundant energy as love, faith, spiritual food, and money is arriving in my life wherever needed. I take this to heart and open to cocreate the lasting feeling of abundance no matter what life brings. And so it is."

Oct 25 - "Let your capital be simplicity and contentment." - from *Wealth 101*

Money or representations of money allow you to make numerous exchanges and receive necessities that you do not produce thus greatly simplifying your daily life. The flow of possibilities are endless thanks to the energy of money moving through your life. Thus, decide that money is your friend and certainly not your enemy. Exchange any money worries for gratitude for what you do have. Imagine that your right hand is giving money and your left hand is receiving it...appreciate the Divine Source and the contentment that flows forth from it.

Oct 26 - "Money is like water. It can be a conduit for commitment, a currency of love." - Lynne Twist

Give your money/energy to websites, people and organizations that reflect your true values and your visions for the world. Money presents the daily opportunity to align with who you have come here to be. Give this some notice and allow money to clarify where you are out of integrity.

Oct 27 - "Money is manifesting now in surprising ways for I am open to letting the energy of the Divine Presence be my True Source of Supply."

The Universal Source of all life and abundance is forever creating and expanding. The money in your purses, pockets, bank accounts, and investments is True Source reminding you there is more than enough. Pray on this truth. Let yourself be turned inside out to see rightly.

Oct 28 - "Be thoroughly convinced you will always let go." - Michael Singer

It's time to let go of the drama and your programming about money. You decide. Is it working for you to hang on to the depreciating ways your life is affected by these old dramas and stories? If that is a "no," then get a mentor to support your release in consciousness and heart from the money dark ages and into the light of the conscious knowing that money is what you make of it. Will you choose feast or famine in thought, word, and deed? It's up to you.

Oct 29 - "My belief about money is transforming, and I feel it, know it, and truly give thanks that this is taking place." Listen to John Randolph Price.... "Money is not my supply. No person, place, or condition is my supply. My awareness, understanding, and knowledge of the all-providing activity of the Divine Presence within me is my supply. My consciousness of this Truth is unlimited; therefore, my supply is unlimited." Meditate on this. Journal on the inner transformation turning in you now.

Week 6:

The Heart of Generosity

Oct 30 (Day 36) - "All that I receive flows through me and back out into my world enriching and blessing the lives of many."

We are in a matrix of oneness and flow. You could describe it as the indestructible Universal Spirit of generosity. In all this, there is truly very little "me" and "mine" and when living with strong respect for this oneness, generosity naturally expresses through you enriching and blessing. Receive this: "You are the Universal Spirit of generosity in miniature. This is your most natural and enjoyable state of being." Walk with this truth throughout your day. Namasté!

Oct 31 - "Generosity of spirit to me is the upstream movement against all the logic of economics and institutional life and power relationships. It's this upstream movement that simply says 'I'll give it away and I don't need anything in return'...And what I'll give away is sometimes material, but often it's time, energy, personal presence, or some sort of blessing to another person." - Parker Palmer

Generosity is its own reward and those rewards are many and varied. It's like blindly sticking your hand in a treasure chest and feeling the excited anticipation of not knowing what you will pull out that you will be able to give away to someone else. Focus today on not needing or expecting anything in return. Let that ride and see what happens.

Nov 1 - “We are called to give away our hearts. But first we must have our hearts in our own possession.” - An adaptation of a quote from Thomas Merton

In some ways, do you feel alienated from yourself? Consider the ways this is taking place. Take one action step today that will help you recover part of your heart that you have given away. Feel free to keep going in this recovery process.

Nov 2 - “Put your hand on your heart and ask, ‘How many beats do I have left?’”

Life is precious. The heart of generosity arises in you when you are willing to explore and be involved in those activities, relationships, and livelihoods that are a right fit, a soulful alignment. Be honest with yourself. Are these alignments largely missing? If so, enter into this prayer: “Generous Spirit, I now open myself to being led into a life that authentically expresses and supports my essence. My lifetime of waiting is coming to a close. I trust that all things in my life are now conspiring to bless me in abundant ways!”

Nov 3 - “Give, and it will be given you, good measure, pressed down, shaken together and running over, will be poured into your lap. For the measure you give, will be the measure you get back.” Luke 6:38

The measure with which you give can be outer oriented and personal and ego driven or it can be inner centered and focused “on the inner source of love and substance from which it is given...the clear awareness of what you give *from* (not about to whom or how much you give)...*giving way* to the flow...” (Eric Butterworth) Become a participant in the spontaneous generosity of flow. This is the fulfillment of the law of giving and receiving.

Nov 4 - “Pray until your heart melts and flows down as tears. It is said that the water of the Ganges purifies whoever takes a dip in it. The tears which fill the eyes while one is remembering God have tremendous power to purify one’s mind. These tears are more powerful than meditation. Such tears are verily the Ganges.” - Ammachi

The heart and spirit of generosity powerfully emerges from one connected to and remembering God, the Mother-Father of All, the Heart of our amazing universe. Pray that this Presence touches you and transforms you at your core. All else will follow. The trappings of scarcity disappear into this Great Heart in which you live, move, and have your being. Love is the answer, and God is just that - Love.

Nov 5 - “I live for the benefit and blessing of all beings.”

Say a prayer this day for all beings, creatures, and our beloved Planet Earth. Hold this prayer in your heart. The heart of generosity within you holds the web of life as sacred. Spread love. Spread blessings. Spread compassion. Spread abundance.

Week 7:

Rooted in Gratitude and Enjoyment

Nov 6 (Day 43) - "Deeply rooted in gratitude, I am filled with the life-transforming Spirit of appreciation and enjoyment."

"The medieval Christian mystic Meister Eckhart suggests that if the only prayer we say in our lifetime is 'thank you,' that would suffice....Yes, and why not every day! Let's put a song of praise on our lips in the early morning hours. For the breath that fills our lungs and for our unique bodies. For loved ones, family, and our circle of friends. For the bountiful little blessings which arrive in our lives unheralded." From *Spiritual Literacy*

Nov 7 - "A good and grateful time is a taste of God."

Repeat this mantra today. Let this feeling grow in you. Gratitude draws us much closer to the God Presence. This Presence becomes "nearer than hands and feet." Also, extend thanks to someone today who may least expect it from you.

Nov 8 - "Gratitude rejoices with her sister joy and is always ready to light the candles and have a party." - Frederic and Mary Ann Brussat

Do your own ceremony today with yourself or better yet, ask a friend or loved one to join you. Light a candle for someone in your life that has blessed and supported you in this life. Say a prayer of gratitude. Feel the gratitude. Take this powerful change agent with you throughout your day, and notice how joy is also arising.

Nov 9 - "So while I think of it, let me paint a thank you on my palm for this God, this laughter of the morning, lest it go unspoken. The joy that isn't shared, I've heard, dies young." - Anne Sexton

Bless and give thanks for your home and shelter today. Gratitude clearly accents the simple and so called small things of everyday life and reminds you to notice what may have disappeared into apathy. Do as Anne suggests: paint or draw a thank you on your palm. Every time you see it today, look around you wherever you are and give thanks for what is provided in your life-the small things. Enjoy being in gratitude. Let there be no taking for granted today.

Nov 10 - "Let me describe my grateful center to you." - Richard J Foster

A grateful center is an internal awareness and feeling you choose to enter into. It is often stimulated by a present moment experience of having all things slow down and noticing, maybe for the first time, how extraordinary something may be, something that seemed ordinary before. So, today set aside a time to slow everything way down. Breathe into the moment. A past memory of a time and place in which you loved life may come to you. This time is about being fully in the moment and watching your "grateful center" emerge. It is truly your sacred place inside in which the experience of abundance overtakes you.

Nov 11 - "If you think I am having more fun than anyone else on this planet, you are absolutely correct." - Hafiz

A Chinese proverb reminds us that "One joy scatters a hundred grief's." The things in life to enjoy are in front of us and within us. Don't postpone enjoyment. The time is now. Enjoying what you have now - no matter how much or how little - is what makes you wealthy. This isn't a platitude. It's the truth. The truth shall set you free.

Nov 12 (Day 49) - "So they sat down in groups of hundreds and fifties...he looked to heaven and gave thanks...They all ate and were satisfied." Mark 6:40-42

This biblical tale of hundreds if not thousands being fed from a few loaves and fishes provides a truly life changing secret. Giving thanks generates a vibration with exponential possibilities. This is not child's play. When truly in the heart of gratitude (heaven), the human being that you are is married with the Spirit unlimited in ways that cannot be explained by any rational inquiry. Abundant living is suffocated without gratitude and I'm speaking of the kind of gratitude in which you lend your spirit and life to the presence of God. True abundance is this - surrendering yourself and your life to the All-in-all. In some way, the rest is all commentary.

May God Bless You!