

The Abundance Project

Can Young Living's Abundance™ Oil coupled with some conscious language tools really create a wave of abundance consciousness? Can it manifest in greater confidence and creativity, and in turn a greater income?

We are happy to report a very successful outcome from our research program. An average increase of 34% growth in sales revenue in less than 60 days!

Please join us and get ready for a shift in your mood, vitality, creativity, and checkbook balance! Read on and let's raise the Abundance Consciousness on the planet!

About the Author



For the past 30 years, Sue Pelechaty, BS, Chemical Engineering, Nationally Certified Clinical Aroma Therapist, and Young Living Platinum, has dedicated her life to helping others. After recovering from her own bout of severe disability, she left her career in the petroleum industry to pursue holistic healing. Her education includes post-graduate studies in Pre-Med, Therapeutic Kinesiology, and Clinical Aromatherapy.

Sue was co-founder of Holistic Alliance International, a non-profit organization promoting holistic healing; and co-directed the ALOHA Clinic, NJ's oldest and largest holistic health clinic for 15 years. Most recently, she co-founded Old King Farm Healing & Retreat Center in Benson, VT. Visit OldKingFarm.org

She has co-authored *The Secrets of a Powerful Woman*, a workbook on muscle testing and Therapeutic Kinesiology. You can learn more about Sue's varied projects and offerings at: about.me/SuePelechaty.



Manifesting Abundance!

*Using aromatherapy and
conscious language for
creating the life you want.*

*By Sue Pelechaty, BS, CCA
Certified Clinical Aroma Therapist*

Support Your Growth Publishing
Springfield, New Jersey

All rights reserved. No part of this book may be reproduced in any form or by any means without permission in writing by the author.

First edition. Copyright ©2010 Susan Pelechaty
Second edition: Copyright 2014 Susan Pelechaty

No therapeutic, medical, or financial claims are either implied or made. Contact your health care provider, spiritual advisor, financial advisor, and/or tax advisor for advice.

Susan Pelechaty, CCA
About.me/SuePelechaty

You can order Abundance™ Oil from
www.YoungLivingAbundance.com or from
the following Young Living distributor.

Other Essential Oil Blends for Manifestation

Dr. Young has formulated many other beautiful and powerful blends to support personal and professional growth. Some of my favorites include:

- **Magnify Your Purpose**—“stimulates the endocrine system and creates energy flow to the right hemisphere of the brain, activating creativity, motivation, and focus. This helps bring about commitment to purpose, magnifying your desire, and pure intentions until they become reality.”
- **Highest Potential** — helps you gather your possibilities and achieve your highest potential. The blend harmonizes several grounding, calming, inspiring and empowering oils into one easy-to-use blend. It contains the oil of ylang ylang known to “soothe anger born of frustration” and opens new vistas, as well as jasmine that spurs creativity. It also clears the thought processes.

References

Essential Oils Desk Reference—4th Edition, Compiled by Essential Science Publishing.

Urban Shaman, A Handbook for Personal and Planetary Transformation based on the Hawaiian Way of the Adventurer by Serge Kahili King, PhD, available from www.AlohaInternational.org.

The Chemistry of Essential Oils Made Simple by David Stewart, PhD, D.N.M.

Secrets of a Powerful Woman—Level II Training in Therapeutic Kinesiology by Sibylle Preuschat and Susan Pelechaty.

The Science Behind the Abundance™ Oil Blend

Nature has created a cornucopia of molecules in essential oils! The most common types of molecules in essential oils include: Phenylpropanoids, Monoterpenes, and Sesquiterpenes (P,M,S). The Abundance™ Oil Blend contains these PMS molecules in a beautiful smelling combination! One scientific hypothesis is that this combination offers the following actions:

1. Cleanse Receptor Sites: The Phenylpropanoids found in the Cinnamon oil and Clove oil act to clean receptor sites on the surfaces of cells. This allows for the proper communication of hormones, peptides, neurotransmitters, and other intracellular messengers which help us think more clearly and helps our bodies function better.

2. Deprogram Bad Information: Sesquiterpenes found in the Patchouli oil and Frankincense oil seem to work at the sub-cellular level by affecting membrane fluidity and facilitating oxygen transfer. Sesquiterpenes may also affect transport of material inside the cell. This allows for access to DNA and RNA which offers a plausible physical basis for "deprogramming or erasing the incorrect information from cellular memory".

3. Reprogram Correct Information: Monoterpenes found in the Orange and Spruce oils, are working at both sub-cellular and intracellular levels; they work within the cells to protect and produce properly programmed strands of RNA and DNA. This helps insure proper cell-to-cell communication. Many refer to this as "reprogramming the cells".

These three classes of chemical components may be why essential oils sometimes affect a healing that is nearly instant and also permanent. What they simply do is to restore the body back to its natural state of balance and health and our consciousness back to a state of harmony and abundance!

Contents

Acknowledgements	1
Introduction	2
Abundance™ Oil—What it is and how it works!	3
The Abundance™ Oil Research Project	5
A Few Words on the Spoken Word	7
Creating an Enlightened Affirmation	8
Manifestation Principles from Hawaii	9
Abundance Manifests in Many Ways	10
You Know It's Working when....	10
The Science behind the Essential Oils	11
Other Essential Oil Blends for Manifestation	12
References	12

Acknowledgements

I would like to acknowledge D. Gary Young, the formulator of this incredible Abundance™ Oil blend and founder of Young Living Essential Oils. His contribution to my life and to the lives of many is beyond words.

Special thanks to all who participated in the Abundance Oil Research Project. You have been a joy to work with.
May Abundance always be yours!

A special Mahalo (thank you) to Serge Kahili King of Aloha International for sharing his magical Kahuna wisdom on happiness and manifestation. Please visit his website at www.AlohaInternational.com

A note of gratitude to Linda Smith, our teacher in Clinical Aromatherapy and Founder of the wonderful Institute of Spiritual Healing and Aromatherapy (www.ISHAHealing.com).

Her required research assignment triggered this project!

Finally, a warm hug and thanks to Sibylle Preuschat, who helped create the *Conscious* Language section of this book.

Abundance Manifests in Many Ways

Participants in the research project found some unusual forms of abundance bestowed upon them:

- One woman found that her husband was doing household chores without being asked.
- Another Abundance™ Oil user noticed an abundance of space after she and her husband did a massive clean-up in their home.
- Another participant was introduced to a new business venture that creates wealth with far less work involved than her current venture.

Be on the lookout for new ways to manifest abundance. “Look outside the box!” Ask for help and tune into your intuition and you will find your way to true abundance.

You know its working when your unconscious limiting beliefs come bursting into Awareness.

Some participants in the Abundance Research Project noticed strong limiting beliefs coming into their awareness. Examples included:

- “It is impossible to get ahead!”
- “Money has always been an issue in our marriage. I just can’t take it any more!”

This is a sign that the Abundance oil affirmation and the oil itself is permeating the cellular memories in your body. **Keep up the affirmations. With full intention, say I cancel these beliefs!** If you feel you need more assistance, use Young Living’s Feelings Kit or contact a counselor, Therapeutic Kinesiologist, or other energy worker.

Manifestation Principles from Hawaii

“Energy flows where attention goes.” is one of the principles of manifestation from the Hawaiian Huna tradition. I resonate with the Huna tradition because it is based not on blind faith rather on the principle **“Effectiveness in the measure of truth.”** For students of manifestation, get a copy of ***Urban Shaman—A Handbook for Personal and Planetary Transformation based on the Hawaiian Way of the Adventurer*** by Serge Kahili King, Ph D. You’ll really enjoy it!

How do we keep our attention on abundance?

- **Keep an Abundance Journal.** Several participants in the Research Project kept an Abundance Journal throughout the 40 days. They were amazed at the consistent abundance manifestations!
- **Consistency is key. Use the Abundance™ Oil along with the affirmation 2 to 3 times daily.** Participants found their consciousness lapse back into “recession mode” when skipping just a day or two!
- **Invite others to do the Abundance™ Oil Exercise with you.** Your sharing of Abundance manifestations and expressing joy and gratitude strengthens your focus and keeps all of you in the energy flow!



Introduction

My wonderful mother watches a lot of news on TV and comes into my office daily to tell me of the latest bankruptcy or unemployment rate. I attend networking events where concerned entrepreneurs are complaining of the economic recession, while the unemployed seem desperate in requesting leads for jobs.

I said to myself “Enough already! We need a solution and it begins with raising our Abundance Consciousness.” As part of my certification in Aromatherapy, I needed to conduct a research project. While there were many possibilities, this abundance question roamed large in my mind.

Can Young Living’s Abundance™ Oil coupled with some conscious language tools really create a wave of abundance consciousness? Can it manifest in greater confidence and creativity, and in turn a greater income?

I am happy to report a very successful outcome. Read on and learn about this powerful essential oil blend, why it works so well, and how to incorporate it into your everyday life.

I wish you greater abundance...

To Your Success!

Congratulations on your recent purchase. Here are a few testimonials from Abundance Oil users:

"I started using the Abundance Oil 3 times daily while saying the affirmation (in this book). I am an artist and had not sold a painting in a while. In less than a week, there were two interested art collectors bidding on one of my creations!" Sharon, NJ, SharonLigorner.com

"I diffused Young Living's Abundance™ Oil along with Highest Potential™ in our home. I was recently interviewed on a local TV show about my medical intuitive work. We had a major snow storm when the program aired. Due to the snow storm, the show was rebroadcast all weekend! I had 500 inquires for my work! These oils are amazing!"

Nancy Weber, NJ (NancyOrlenWeber.com)



Abundance™ Oil, contains 7 oils historically known to enhance abundance!

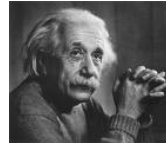
"The oil of Cinnamon bark was thought to have a frequency that attracted wealth and abundance. Frankincense was valued more than gold during ancient times and only those with great wealth and abundance possessed it. Patchouli represented money; those who possessed it were considered to be wealthy. Clove was associated with great abundance while Spruce was believed to possess the frequency of prosperity. Myrrh possesses the frequency of wealth."

The aromatic influence of the essential oils also supports our release of old patterns around prosperity. "Spruce helps to open and release emotional blocks, bringing about a feeling of balance and grounding, while Orange was believed to bring joy, peace, and happiness to those who possessed it. Orange is elevating to the mind and body and brings joy and peace."

Creating an Enlightened Affirmation and Intention

There are many books written on affirmations and manifestation. The best sellers, *The Secret* DVD and book enticed us with grand hopes and dreams of a new home, car, and material wealth beyond measure. While this may be of great interest to many, I offer a new intention that focuses on creating benefit for all beings.

Albert Einstein offers an enlightened way of thinking:



"A human being is a part of the whole, called by us universe, a part limited in time and space. He experiences himself, his thoughts, and feelings as something separated from the rest — a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

In creating your affirmation, I suggest you begin with:

"With deep gratitude and for the benefit of all beings,"

Gratitude is a feeling of thankfulness and appreciation for all that you have and all that is manifesting. Gratitude is a very powerful emotion. Gratitude and fear do not reside together in your consciousness.

"For the benefit of all beings" helps us bypass feelings of unworthiness and selfishness. It also reminds us that we are all connected as so beautifully described by Albert Einstein. You will find as you say the words each day, your intuition will bring many ideas that will help bring you abundance while benefiting others!

A few more words on the spoken word...

Every word we speak or think triggers a creative manifestation. I suggest you consciously select your words when going about your day. Here are some tips to further enhance your wellbeing and abundance:

- “I am”... Choose to finish this statement with only positive or uplifting words. Every cell in your body listens to what you say after “I am...”!
- “I am feeling”... Use this phrase with difficult or challenging emotions, e.g.. “I am feeling angry.” You are not your feelings. Feelings are just energy and can be easily transformed.
- Avoid symptoms and sickness-related metaphors, e.g.. “It’s a pain in the neck.” or “I am just dying to get that job.” If you do use these phrases, simply say Cancel!
- Use “yang or outgoing” words such as:
 “I choose to... I intend to... I manifest... I create...”
- Use “yin or inward directive” words such as:
 “I receive... I allow... I attract... I welcome...”
- Use words to instantly change your outlook about a project, duty, or responsibility:
 “I get to... I choose to...” instead of I must, I should or I have to..., I am supposed to...
- Align speech and action. Choose your commitments carefully and do your best to keep them. Say no when it is appropriate so you have time to follow and manifest your dreams!
- Right after waking and right before sleeping. Choose inspiring words, images and thoughts. These are GREAT TIMES to apply ABUNDANCE OIL and do the chakra affirmations!

Taken from the book, *Secrets of a Powerful Woman*, Preuschat and Pelechaty, 2006.

How to Use Your Abundance Oil

Some folks wear this totally natural essential oil blend as a perfume or cologne. Others apply it to their check book and wallets. Others apply a dab of oil on their marketing materials and presentation packages with much success!

You can also diffuse the oil in your home or office with an essential oil diffuser (also available from Young Living) or by putting some oil on a tissue and putting it near an air vent.

The most important thing to do is to focus on your heart’s desire. As you focus on the positive outcome, breathe in the aroma!

How Abundance™ Oil Works

According to D. Gary Young, founder of Young Living Essential Oils, the essential oil molecules carry thought forms into our cell’s DNA. Within just a few minutes after inhalation or topical application, the oil molecules enter the cells in your body.

Oil molecules affect the RNA template in your body’s cells. Your new thought form may actually convert information from the RNA template into your DNA! So make sure these thought forms remain positive!

The Power of the Spoken Word

You can further support your abundance goals by tracking what you say. Every word we speak or think triggers a creative manifestation. What we say when we are using oils seems to be magically magnified! We recommend the following affirmations to accompany each oil application:

**“In deep gratitude and for the benefit of all beings,
infinite riches flow freely into my life now.”**

or

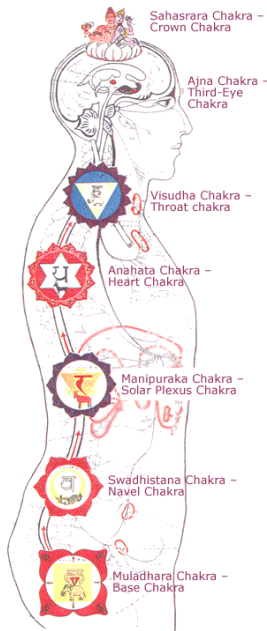
**“In deep gratitude and for the benefit of all beings,
infinite riches, perfect health, and harmony flow
freely into my life now.”**

The Abundance Oil Research Project

I conducted a small research project on the effectiveness of the Abundance™ Oil when combined with the shorter affirmation shown on the previous page. My goal was to create a strong antidote to the poverty consciousness that was permeating our community as a result of the current economic recession.

All participants in the study performed the following:

- They applied a drop or two of Young Living's Abundance™ Oil in their hands, inhaled the oil deeply, and held their hands in the front and back of their 7 primary chakras and the 8th Transpersonal Chakra overhead.
- While holding the hands at each chakra, the affirmation was repeated (once for each chakra for a total of 8 times).
- This exercise was conducted 2 to 3 times daily for 40 days.
- They recorded their observations with regard to mood, creativity, increased income or business, and any other forms of abundance that they acknowledged.



Chakras are well known in the Eastern traditions. They are defined in the West as psycho-bio-generators, translated as “mind creates life”.

The seven main Chakras are depicted here. The 8th transpersonal chakra is above the crown. Place palms facing upward 6 to 12 inches above your head (Be comfortable!) while doing the affirmation for the 8th chakra.

The chakra exercise feels fabulous!

Abundance™ Oil Research Project Results

Five participants completed the pilot study. Most participants have done over the exercise for 60 days with an occasional skipped day. The following observations were recorded:

- 100 % noticed an immediate sense of joy, peace, confidence or physical invigoration from performing the chakra exercise with the Abundance oil.
- 40% noticed that their confidence level dropped when they missed a day or two of the program.
- 80% noticed a significant influx of creative ideas to enhance the growth of their businesses and projects.
- 40% noted that old limiting beliefs about money came to their conscious awareness
- 90% noticed they felt more grateful for events in their lives that they may not have originally considered as abundance manifestations (such as being gifted a grand suite in a hotel or being offered to hold a new born baby).
- 100% experienced unexpected and unsolicited sales of their merchandise or services.
- **100% noticed growth in their businesses ranging from 8 % to 100% with the average of 34 % in sales growth.**
- 100% were grateful for participating in the research project and plan to continue using the Abundance™ Oil daily along with the affirmation.
- 0% of the participants felt no change to their mood, creativity, or business activity level.

In conclusion, Abundance™ Oil combined with a positive affirmation program consistently enhances abundance consciousness and income.