



Experience More Joy in Your Life
Discovering the Simple Secret to Abundance

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Many years ago I discovered “the secret” to abundance without knowing it. At the time, I owned a due diligence company with clients in the U.S. and Puerto Rico. We reviewed loans being sold to Wall Street and major institutional investors for mortgage backed securities. One of the blessings of my work was my time in Puerto Rico, where I learned to scuba dive.

After I got over the fear during the first few dives, I became obsessed. I dived a dozen islands in two years, and to this day, I still do not have words for the peace, wonder and joy I felt while diving.

There was an entirely different universe under water, a co-operating system of reefs, fish, and many tiny creatures – all dancing in a symphony of unbelievable harmony. I learned underwater photography so I could remember the peace once I got back on land by viewing the photos.

When we’d return to the dive boat, I would just stand at the railing, tears in my eyes of such gratitude and say over and over, “Thank You God, Thank You.” I had never felt such joy or thankfulness in my life.

I absorbed the beauty and the incredible Intelligence I felt under water, and every day I had tears of gratitude. After the dives were over, we would all gather for great food, wine, and non-stop laughter. From morning till night I was having never ending fun, feeling a wonder I couldn’t remember ever knowing, and experiencing a depth of gratitude so great, that had it been fireworks would have lighted up the sky.

While I was away scuba diving, my associate was taking care of my company and during these trips I simply didn't think about any of it. I didn't think about the clients, or the travel, or the cash flow. I just "dived" into the experience of joy, wonder and gratitude. The vibration of pure joy that I was feeling and sending out into the Universe was extraordinary.

Then a magical thing happened. Every time I would return home from a trip, there would be a new contract waiting for me that was even bigger than the last one. My cash flow tripled during those two years I was diving, but at the time I didn't really understand why. I just thought I was doing a great job for my clients.

I have studied quantum physics, metaphysics, and teachings from the Bible, continuing to research who we are, why we are here, and how do we create the magic of our dreams. Then a few years ago, the movie "The Secret" covered the globe and everyone started thinking that they could "manifest" anything by using the formula from the Secret.

Now a few years later, many folks have found that formula might be missing a few ingredients. Yes, our minds are capable of putting a visualization into the "movie camera" of the Universe, and yes, if sustained enough, often times that picture will become "real," but it doesn't always, so why not?

Because what "creates" isn't just a projected movie. It's bigger than that. I know from my experiences in the islands that these four elements are definite contributors:

- Gratitude. Gratitude is a vibration that connects with "the Universe," and brings more good into your life. But you don't have to play the mind game that you are grateful for the money you're trying to manifest, or that new job, or your soul mate. *You only need to stay in gratitude in every moment for every thing.*
- Joy. Joy is a very high vibration, and just as I was experiencing great joy in the Caribbean, those vibrations went out into the Universe and brought me back the unexpected results of explosive business increases. *Like gratitude, you need to find joy in everything, every moment, every day.* When you re-program yourself to start seeing and FEELING joy throughout your day, your world will change.
- Wonder. Awe. That feeling that you have when you know there is a Vast Intelligence that has created all of this and you allow yourself to stop and be aware of it.
- Love. The greatest vibration of all. I often say that people in love, or parents with a new child are sending into the quantum pool the greatest vibration of all. They don't know it, but they are doing high soul work because their love, which is comprised of gratitude, joy and wonder, is changing critical mass for all of us.

We need to re-program ourselves to return to that wonderful magical state we had naturally as children. To be in awe of a flower for an hour, to feel great glee at the simplest thing, to love purely and simply.

We are thinking inside out, I believe. We think we have to “go get” something and then we can be happy, joyful, grateful, filled with wonder and love. Wrong.

We need only remember the truth of who we are – which is love – from love – connected with All That Is – and then live in the now –moment to moment - in these fabulous states of high spiritual awareness.

We need to tune in to our Inner Selves, and tune out the chaos of the world. Turn off the TV's, electronics, phones, and begin to really listen. When we hear the whisper of the wind through the trees, or the ocean's waves, or the bubbling mountain stream – that is God talking to us. That is the Intelligence behind all of this that is from love and responds to our vibrations when they come from the same place.

I used to be amazed when I lived in Colorado and I would roller blade or bike or just take nature walks and people would be listening to music on their walkmans or talking on their cell phones. In the midst of all they could be learning from the Universe – in the midst of all that wonder – they were numbing out.

We do not get abundance by seeking it. We experience abundance by BECOMING IT.

Yes, we can still use our visualizations, and our images, and our written affirmations, but unless we combine them with enough of the gratitude, joy, wonder and love I spoke of, we won't manifest a thing. Or we'll manifest some of it and then not be able to hold on to it, because our vibrations can't support it.

Here's another tiny example.

You have heard it said that what you bless expands. A few years ago, I needed to sell my home. I was doing it For Sale By Owner because the equity was low and I needed every bit of it. I knew the power of blessings, so I took a walk through my townhouse and I out loud thanked it for being the envelope of all the lessons I'd learned there, including the great financial blessings I'd known. I thanked my plant Albert, the philodendron, for being the one who would listen to me when I sat on the landing and talked to him about everything from my broken loves to my challenging business. I just went into every room, and remembered everything I was grateful for. It was like making a blessing list for the 9 years I'd been there. And I stated my gratitude out loud as though talking to a friend.

Less than 3 days later a man appeared at my door and wanted to see the home. He walked through, made a few comments, then walked out to his car, and came back with his checkbook. He wrote me a check for \$1000 on the spot, we signed a real estate contract two days later and the loan closed and funded in less than 19 days. I sold it for full price in a fairly slow market! Because I put the energy of blessing and gratitude and love into it.

I also spoke that blessing exercise out loud. Our words are a command on the universe and when spoken aloud and with authority have much more power than a thought. Just as when I was in the islands scuba diving, and would say “Thank You God, Thank You” out loud.

Our world is changing. We are bombarded with fear based information and negativity. Our minds are being numbed to the Greater Reality from which we came.

We need to remember to “dance the dance of life.” To BE the joy and wonder and love – not seek it. And to shut out the noise of the world so we can hear the voice of our souls.

That is joy. That is love. That is the real abundance. And from that well spring will come the physical abundance and much more than we can ever imagine.

Oh soul,
you worry too much.
You have seen your own strength.
You have seen your own beauty.
You have seen your golden wings.
Of anything less,
why do you worry?
You are in truth
the soul, of the soul, of the soul.” Rumi

Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.” Rumi

“This is love: to fly toward a secret sky, to cause a hundred veils to fall each moment. First to let go of life. Finally, to take a step without feet.” Rumi

As I review my lessons from my island experiences, I can see that I was pouring huge amounts of gratitude, joy, love and wonder into the quantum pool without trying to. Because I was in the moment, JUST BEING.

I wasn't TRYING to be in joy. I WAS JOY. I wasn't trying to be in gratitude. I WAS gratitude. *I wasn't trying to be anything!* I also wasn't trying to GET anything. I was simply in the flow of the grandeur of life.

Nature has always been a great teacher for me. When I am in nature I can feel the "hum" that I call God and I can hear the symphony of co-operation of all life. I can feel the underlying serenity and love and the fullness of life. I simply AM.

So, when we want to "go get" something, and we've decided that we'll be happy WHEN we get it, we've got the equation backwards.

FIRST we feel the JOY, GRATITUDE, WONDER, LOVE, and then the things which we seek will be drawn to us. But they won't be creating the happiness. They will simply be nice decorations that add to it.

My bamboo prosperity plant graces my little desk and I can feel her smiling. She can feel the vibrations of this message and she approves. My kitty Ninja sleeps peacefully on the bed, a creature of God that just naturally knows how to BE. The palms swaying on the palm trees on the patio are doing their morning dance, as the gray pigeons float down to the ground to see what they can find to eat. The sounds of the ocean's waves coming through the window remind me of the renewal of life and the vastness of it all.

When I pay attention to messages from the Universe, I don't have to TRY to be anything. I just AM.

And I say again, "Thank You God, Thank You."

Montana Gray is the author of the forthcoming book, *"Hope = Healthy Opportunities Personally Engineered – A Guide to Creating Abundance and Joy When All Seems Lost."* A self-proclaimed "Guru of Change," Montana's mission is to help others who want to make a difference find and live their passion. A speaker, workshop trainer, and intuitive and marketing consultant, Montana helps you develop and market your BIG IDEA.

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