

A Five Week
DISCUSSION
Group Guide

Based on the book
The Art of Abundance
Ten Rules for a Prosperous Life

"An engaging exploration of energy
and intention and how to use them."

~ Gary Zukav, bestselling author of *The Seat of the Soul*



The Art of Abundance

Ten Rules for a Prosperous Life

Dennis Merritt Jones
author of *The Art of Uncertainty*

We all essentially want the same thing: freedom, inner peace, and a life filled with purpose and meaning. The problem is that most people don't know where to look for such a life. This book will help readers open their eyes to the limitless abundance that lies waiting just beyond their current belief system.

Created By

Dennis Merritt Jones



A five week Discussion Group Guide based on

The Art of Abundance

Ten Rules *for a* Prosperous Life

By Dennis Merritt Jones

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The Art of Abundance is available through most major book
retailers and wholesalers. Published by Tarcher Perigee, an imprint
of Penguin Random House Publishing - ISBN # 978-0-399-18393-5

A Note to the Group Facilitator

First, allow me to thank you for your interest in facilitating a Discussion Group based on *The Art of Abundance - Ten Rules for a Prosperous Life*. I will assume that you have chosen to lead this Discussion Group because you have already read the book and found that the concepts resonate with



you. As the group leader you will have the opportunity to open that same portal of awareness for those in your group. In the process, you will actually discover yourself deepening your own understanding of the role an abundance consciousness plays in creating a life worth living. Powerful things happen for everyone in the dynamics of a shared group experience--including the facilitator! The theme of the book and, therefore, the theme that will be consistent throughout this Discussion Guide is that the gift of abundance has *already* been given to each of us; it's a matter of awakening to this truth and then claiming it as our own. The "Ten Rules" serve as guideposts that, when sequentially followed, will lead the dedicated student directly to this conclusion.

Because of the manner in which *The Art of Abundance* is formatted, you will discover that the book actually does much of the teaching for you. As the facilitator, your job is to create a safe space for the sharing that evolves from each week's reading assignments. I honor and support you in your willingness to provide a safe and open environment wherein each participant will discover the value and meaning of living a life of abundance--a life of their own making--based on ten universal principles and practices as ancient as time itself.

Think of Yourself as a Guide

As the Discussion Group Leader, I encourage you to see yourself as a “guide” rather than as a teacher or an authority on the subject matter. Be mindful to create openings for each person to participate in the dialogue and self-discovery. Let it be your job to guide or facilitate the conversations, keeping them on point and moving forward, but never dominating the conversation. Be mindful to give each person the space to have their own opinions and experience of the journey you travel together.

How it Works

- ◆ This course of study is spread over five-weeks for approximately two-and-a half hours per session. Each of the five sessions will offer a guideline for discussion based on specific chapters. **NOTE:** It is recommended that each participant be advised to come to the first week’s study group having ALREADY read the first three chapters because they will be the basis of the discussion for the first session.
- ◆ A book, once written in, becomes a very personal record. It is recommended that each person have their own copy of *The Art of Abundance* so they can write in it and/or underline or **highlight** certain passages that are meaningful to them. Encourage them to read and consider the concepts presented as it will enhance your discussion time together.
- ◆ At the end of each week’s Guide you will find “Work to Do During the Week” (aka, Homework). The suggested homework will be included as part of the discussion

during your next meeting. It will consist of a list of the chapters to be read *during* the following week as well as some additional recommended work. It is important the participants be encouraged to give extra attention to the *Power Points to Personalize* at the end of chapters, two through eleven. I also recommend implementing the *Mindfulness Practices* found throughout the book. It's only through the application of the concepts that ideas become reality. The *Power Points to Personalize* help summarize the salient points in a manner that allows the reader to personalize them. The *Mindfulness Practices* help to energetically activate specific ideas, taking them from the intellect to the heart.

- ◆ This Guide provides structure and discussion questions for each group meeting. However, don't feel like you have to adhere strictly to the Guide. You will discover there is far more material offered than your group will find time to use every week, or that only one or two questions dominate the discussion during a particular week. Try to be sensitive to the rhythm of the group and let the process flow organically. As is sometimes the case, it may be that your group will want to extend their time together beyond the five weeks to cover some material in more depth.

- ◆ To begin the discussion each week, I have provided a series of quotes from *The Art of Abundance* (with the page numbers for easy reference) followed by specific questions you can ask as written or reframe in language that is more your style. My hope is that the discussion will also prime the pump for the *Optional Group Process* experiential processes, or workshops I

have inserted in the Guide. Again, there are probably more processes than you'll have time for, so pick and choose what works best for your group.

- ◆ Keep in mind that the reason for the group is to create a space where common experiences can be shared. My hope is that each person hears something that deepens their own experience of the general reading, *Power Points to Personalize*, *Mindfulness Practices*, and the ensuing discussion.

Thank you for joining me on this journey exploring the *Art of Abundance*. If you have questions about this Discussion Guide, my other books, study guides, workshops, mentoring services, or keynote speaking, please feel free to contact me through my website at: www.DennisMerrittJones.com

Peace, *Dennis*



WEEK ONE:

- Chapter One - A Life Worth Living
- Chapter Two - RULE 1: Be One With Life
- Chapter Three - RULE 2: Be Aware You Live in an Expanding Universe

WEEK TWO:

- Chapter Four - RULE 3: Be Accountable for Your Consciousness
- Chapter Five - RULE 4: Be Focused

WEEK THREE:

- Chapter Six - RULE 5: Be in the Flow
- Chapter Seven - RULE 6: Be Passionate

WEEK FOUR:

- Chapter Eight - RULE 7: Be Blessed
- Chapter Nine - RULE 8: Be of Service

WEEK FIVE:

- Chapter Ten - RULE 9: Be Courageous
- Chapter Eleven - RULE 10: Be a Catalyst for Good
- Chapter 12 - The Conclusion



DISCUSSION GUIDE: Week One

Welcome all participants and begin with a quick ice-breaker by asking them to introduce themselves and *briefly* share what it was that caused them to join *The Art of Abundance* Discussion Group.

Discussion Points for Chapter One

A Life Worth Living

1) QUOTE: *What the world needs is a new perspective regarding what gives meaning and value to life; the desire for freedom, inner peace, and a life filled with purpose.* (Pg. 1-2)

- In the parable of the fish in the lagoon do you consider yourself to be more like Angel, who followed the mysterious call of the deep Infinite Ocean? Or are you more like the other fish who remained in the confines and presumed safety of the lagoon for their entire lives?

- Does the notion that beyond every “thing” you may think you want, lies the hidden desire for the freedom those things represent resonate with you?

Discussion Points for Chapter Two

Rule 1: Be One With Life

2) QUOTE: *As the awareness of your oneness with the Universe deepens, you will begin to see through new eyes; everywhere you look you will find the principle of abundance operating.* (Pg.13)

- How has the belief in scarcity--the belief in “not enough”--shown up in your life? Name a few areas where, at times, there appears to be an abundance of “not enough.”
- “Man was born to be rich, or grow rich by use of his faculties, by the [conscious] union of thought with nature.”-- Ralph Waldo Emerson

What does Emerson’s statement mean to you?

3) QUOTE: *It is the illusion that you are separate from the source of your abundance that gives birth to a belief in not enough.* (Pg. 15)

- Have you ever fallen victim to the metaphoric “virus” (the false belief in not enough) endemic within the collective mind of humanity?
- Can you now better discern the difference between the conduit (the various channels through which your abundance flows) and the source itself, the Universe?

4) QUOTE: *With practice, living in alignment with the unseen principle of abundance will become as natural to us as is water to a fish.* (Pg. 19)

- Can you imagine yourself “swimming” in the unseen essence [Energy] of the principle of abundance in the same manner a fish swims in water?
- Knowing that abundance is the causative principle of “more than enough” (of anything you can conceive of) and prosperity is the exquisite effect, can you share an example of this principle in action in your own life?

5) QUOTE: *As a universal principle, abundance is omnipresent and therefore available to us every moment of the day; the challenge is that we are not always present and available to abundance.* (Pg. 24)

- How do mindfulness and emotional awareness work together when it comes to accessing and activating the principle of abundance? Describe the importance and role of each.
- After *experiencing* the mindfulness exercise on page 26, can you describe why conscious breathing must become a way of life if you wish to access the principle of abundance and remain in its flow?

6) QUOTE: *Living a prosperous life means being established in a belief that affirms there is more than enough of whatever creates a sense of freedom in your life.* (Pg. 29)

- ☑ How would Raymond Charles Barker's definition of prosperity, "Having the ability to do what you want to do when you want to do it", set you free today? Share a few examples.
- ☑ What is *your vision* of a life worth living and how will the principle of abundance help set you free to make it so?

Discussion Points for Chapter Three

Rule 2: Be Aware You Live in an Expanding Universe

7) QUOTE: *The Universe is perpetually pushing out...its mandate is to create impersonally through you at the level you are able to personalize this principle.* (Pg. 33)

- ☑ Why is it that "Awareness, Awareness, Awareness" plays such a vital role in developing a healthy relationship with a Universe expanding at the speed of light?
- ☑ What is the difference between mindfulness and awareness.

8) QUOTE: *Too often the focus of our attention is misplaced, glued to what we believe is missing—which, in turn, directs the unbiased law of expansion to create an abundance of more of the same.* (Pg. 43)

- Did the “hypothetical experiment” with planting the kernels of corn capture your attention, highlighting the importance of understanding and using the impartial and exponential law of expansion wisely?

- Can you discern a time when you were excessively focused on what was missing from your life and, thus, using the impartial law of expansion in a less than rewarding manner?

9) QUOTE: *Taking time to mindfully align with the law of expansion affirms that you are aware of the infinite possibilities inherent within and that they are fully available for you to use.* (Pg. 48)

- “The more you lose yourself in something bigger than yourself, the more energy you will have.”—Norman Vincent Peale

Does this statement encourage you to explore your infinite potential when you embrace your oneness with the Universe?

- Explain how becoming the silent observer of Nature—tirelessly converting one form of energy into another form of energy—can

help you deepen your faith in the principle of abundance.

10) QUOTE: *The Universe is continually conspiring for your good when you are available to consciously participate in the process.* (Pg. 51)

- Can you see the role your consciousness plays in personalizing the unseen principle of expansion as it moves through you—morphing from formless energy into specific forms ($E = mc^2$), only to ultimately return back to formless energy once again? If so, share some examples.

- Do you believe the statement, “If the unseen principles of abundance and expansion are available to even one person on the planet they must be available to every person [including you] on the planet”?

Optional Group Process

There is great power in hearing yourself declare to another person your intentions to practice the *Art of Abundance* in your daily life. As an experiential process divide the group into dyads (groups of two)--preferably a spouse should work with someone other than his or her life partner--and facilitate the following dialogue within the dyads.

Discuss the following with your partner:

1. Until now, have you been living your life as if you were one of the many fish in the lagoon?
2. Share with your partner three actions you will take this coming week to venture out beyond the lagoon of limitation. One example is practicing mindfulness and emotional awareness throughout the day, with a willingness to challenge thoughts and feelings which keep you fearfully stuck in the legacy of “not enough” and write them down. Awareness is the first step to moving forward.
3. Make a commitment with your partner to visualize one another this week, doing whatever it is you are called to do to venture beyond the comfort zone of the known. There is great power in shared agreement.

Homework for Next Group Meeting

1. Read the following chapters and be prepared to discuss:
 - **Chapter Four**, Rule 3: *Be Accountable for Your Consciousness*.
 - **Chapter Five**, Rule 4: *Be Focused*.
2. As you read, be sure to **highlight in your book**, underline, or otherwise notate passages that grab your attention. This is your heart is telling your mind that these concepts need to be examined and embraced, or challenged and perhaps changed.
3. As you go through the week make an effort to be mindful *and* aware, aware, aware, of how you see the principle of expansion operating in your life. And make note of these observations for discussion next week.
4. Pay particular attention to the *Power Points to Personalize* because they will help “seal the deal” in your mind, allowing you to retain the consolidated essence of the chapters.
5. Take time daily to sit in silence and enjoy the feeling of opulence that comes with the simple awareness of your oneness with Life. Can you accept and embrace that much good?



DISCUSSION GUIDE: Week Two

Welcome all participants and invite them to share how reading *The Art of Abundance* may have affected their lives the past week. The question “How did you experience the principle of abundance revealing itself to you this week?” creates an effective opening that allows participants to connect, share, and learn from one another. This time spent before you jump into the discussion questions can be very helpful in creating the social bond and learning environment necessary for the group dynamic.

Discussion Points for Chapter Four

Rule 3: Be Accountable for Your Consciousness

1) QUOTE: *Depending on your consciousness, you will create an abundance of more than enough or an abundance of not enough in every area of your life.* (Pg. 56)

- Do you find it empowering or frightening to know that your consciousness is essentially bottomless and holds the imprint of all your beliefs about yourself and your life, all of the things you’ve accepted as truths?

- In the parable of The Two Travelers, with which traveler did you most identify—the one who saw only scarcity and lack or the one who saw an abundance of “more than

enough”? Be honest with yourself because it will reveal where your current consciousness lies.

2) QUOTE: *...humankind has been immersed in a unified belief system which is essentially the combined conscious and unconscious beliefs of every human being on the planet. At its core is a belief in lack.* (Pg. 60)

- Can you locate the belief in scarcity—that there is not enough to go around—lingering in the conscious or unconscious recesses of your mind?
- Can you see how the actions and words of your parents (and other primary caretakers or people of influence) either knowingly or unknowingly helped shape your beliefs about abundance in your formative years?

3) QUOTE: *Your consciousness determines the degree of abundance that is yours to claim. With awareness you can deduce where every condition (effect) originates first as a belief (cause).* (Pg. 70)

- The law of correspondence describes the manner through which cause becomes effect by means of our consciousness. What mental equivalents of abundance can you hold in your consciousness today? Name three.
- In the visualization from the book, how big was the bucket you lowered into the bottomless well of abundance? Is it clear that the size of your bucket

can be no larger than the current expanse of your consciousness?

4) QUOTE: *When it comes to creating and sustaining an abundance consciousness, slow and steady wins the race...you can't change in one day what took a lifetime to create...(Pg. 73)*

- Do you remember the acronym, “ABC” (**A**wareness **B**uilds **C**onsciousness)? Explain what it means to you.
- What practice can you do daily to more fully, slowly, and steadily develop your “ABC’s”?

5) QUOTE: *When you change your consciousness, everything changes for you. The world may not change, but how you perceive it—and yourself—will change. (Pg. 77)*

- Why is being accountable for your own individual consciousness crucial to the world’s ability to break the cycle of passing down the legend of “not enough” from generation to generation?
- “Awareness, awareness, awareness” is the launching pad for higher consciousness. What can you do today to become more aware of what *currently* lies within your consciousness that is no longer serving you?

Discussion Points for Chapter Five

Rule 4: Be Focused

6) QUOTE: *Your mind is the most powerful ally you could possibly have in creating a life of abundance, purpose, and meaning—but it needs direction. You are an energy director...*(Pg. 81)

- Does the assertion that your mind is a terrific servant but a terrible master get your attention? If your mind is your servant who, then, is its master?
- Are you clear on the difference between your *intention* and your *attention*? Do you have more difficulty with setting your intention (the course of your life) or paying attention to it (staying on course)?

7) QUOTE: *(Intention + Attention) x Belief = Manifestation. Energy follows the path of least resistance. What you train your mind to obediently focus upon establishes that path.* (Pg. 87)

- Can you discern how you have knowingly or unknowingly used the law of attraction and how it has contributed to your life? If so, please share a few examples.
- Knowing what you now know about the law of attraction, how might you use it differently from this day forward? (Remember ABC!)

8) QUOTE: *Because the belief in not enough is inculcated in the collective unconscious, training your mind to focus on the principle of abundance...and keeping it there is the practice of a lifetime. (Pg. 94)*

- What does the fact that your mind is essentially “monophonic” mean to you and how can you use this truth to your advantage in building an abundance consciousness?
- Through the practice of conscious and intentional self-inquiry you train your mind to look into itself and observe what is happening. What is the benefit of doing so?

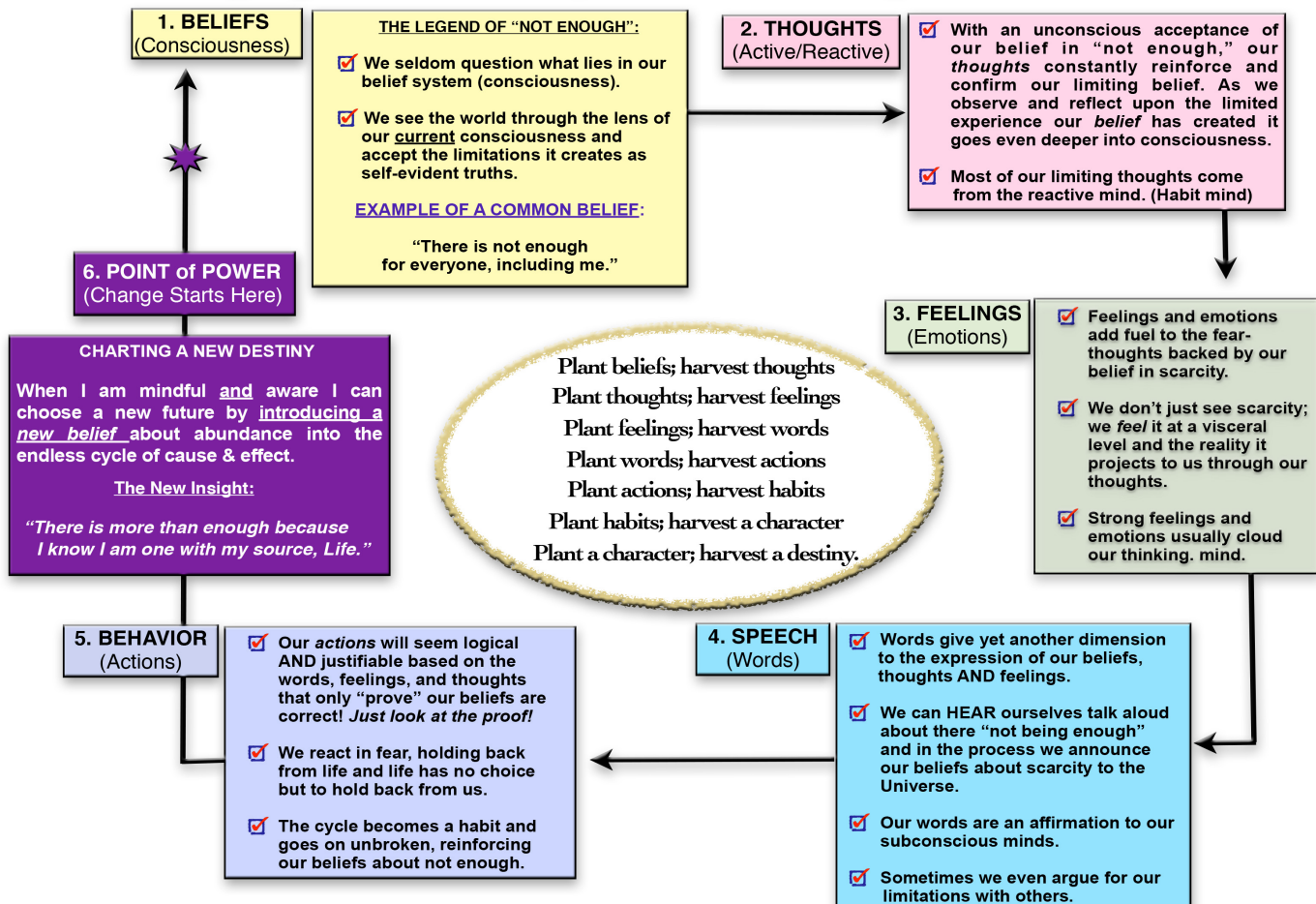
9) QUOTE: *Arriving at your chosen destination of an abundant life is a given when you establish and maintain a disciplined, focused mind; it will take you where you truly want to go.*

- Until now, has your “mind focus power” been more like an incandescent light bulb or a laser light? What disciplines can you initiate to help you become more laser-like in focusing your intention?
- Are you concentrating more on where you *want to go* or where you have *already been*? Are you focusing on a life of “more than enough” or a life of “not enough”? Remember, where your focus goes, your life flows!

Optional Group Process

Becoming accountable for ones consciousness is a process that begins with the willingness to observe the cycle of how ones beliefs become thoughts which then trigger feelings, speech and, ultimately, behavior. The chart below is a mind map that outlines the cycle of cause and effect, from the inner belief in not enough to its outer expression (behavior). By “consciously” observing your thoughts, feelings, words and, especially, your behavior, you can then become accountable for changing the consciousness that sponsors the belief in not enough. As a group activity discuss the “Inner Map to a Consciousness of More Than Enough” below. Another blank chart is provided in the homework section to be printed and provided to the group for completion before the next group meeting. Introducing a new belief about abundance into one’s consciousness requires work but the results will be worth the effort. NOTE: *Full size copies of both charts are included at the end of this week’s guide. They may be printed and handed out to group.*

Changing the Inner Map of a *Not Enough* Consciousness



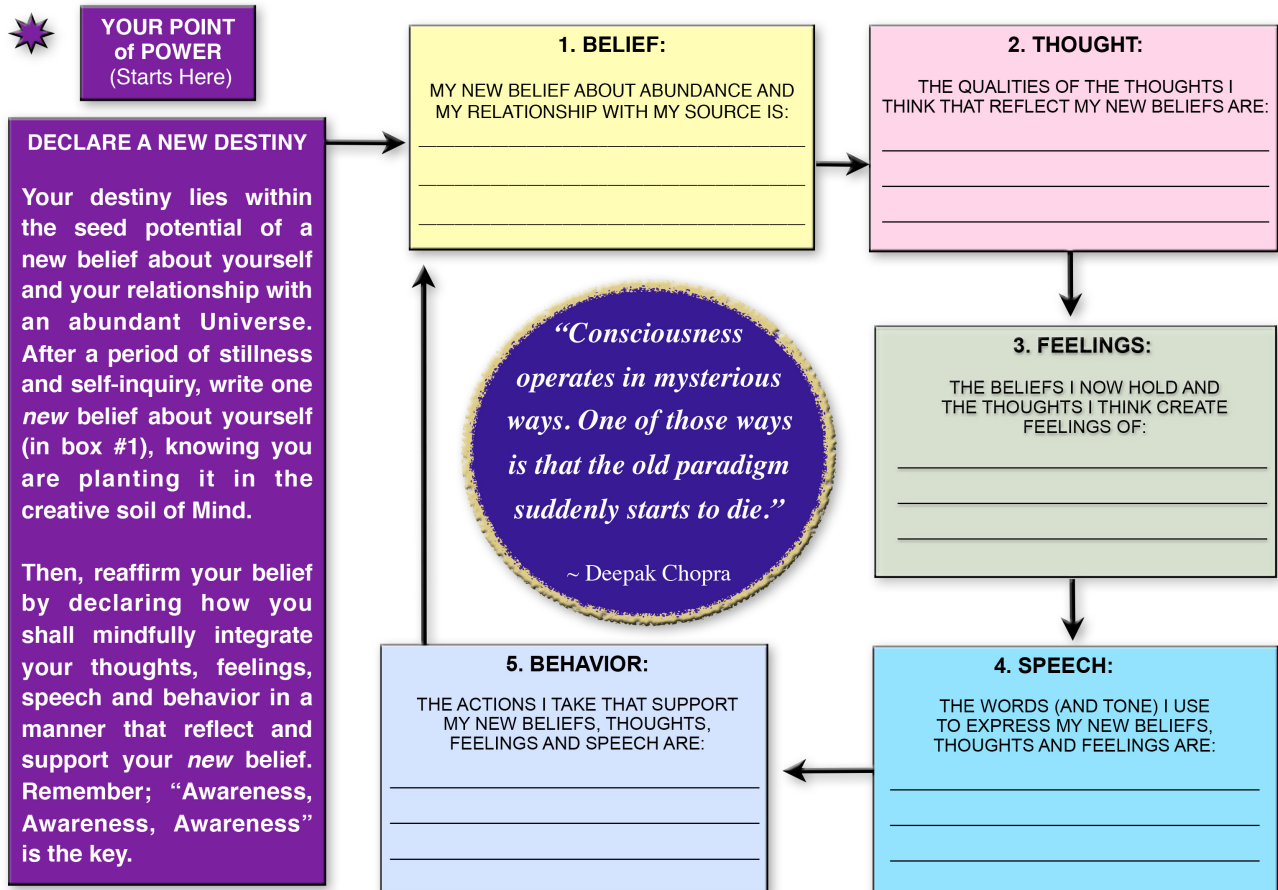
Homework for Next Group Meeting

1. Read the following chapters and be prepared to discuss:

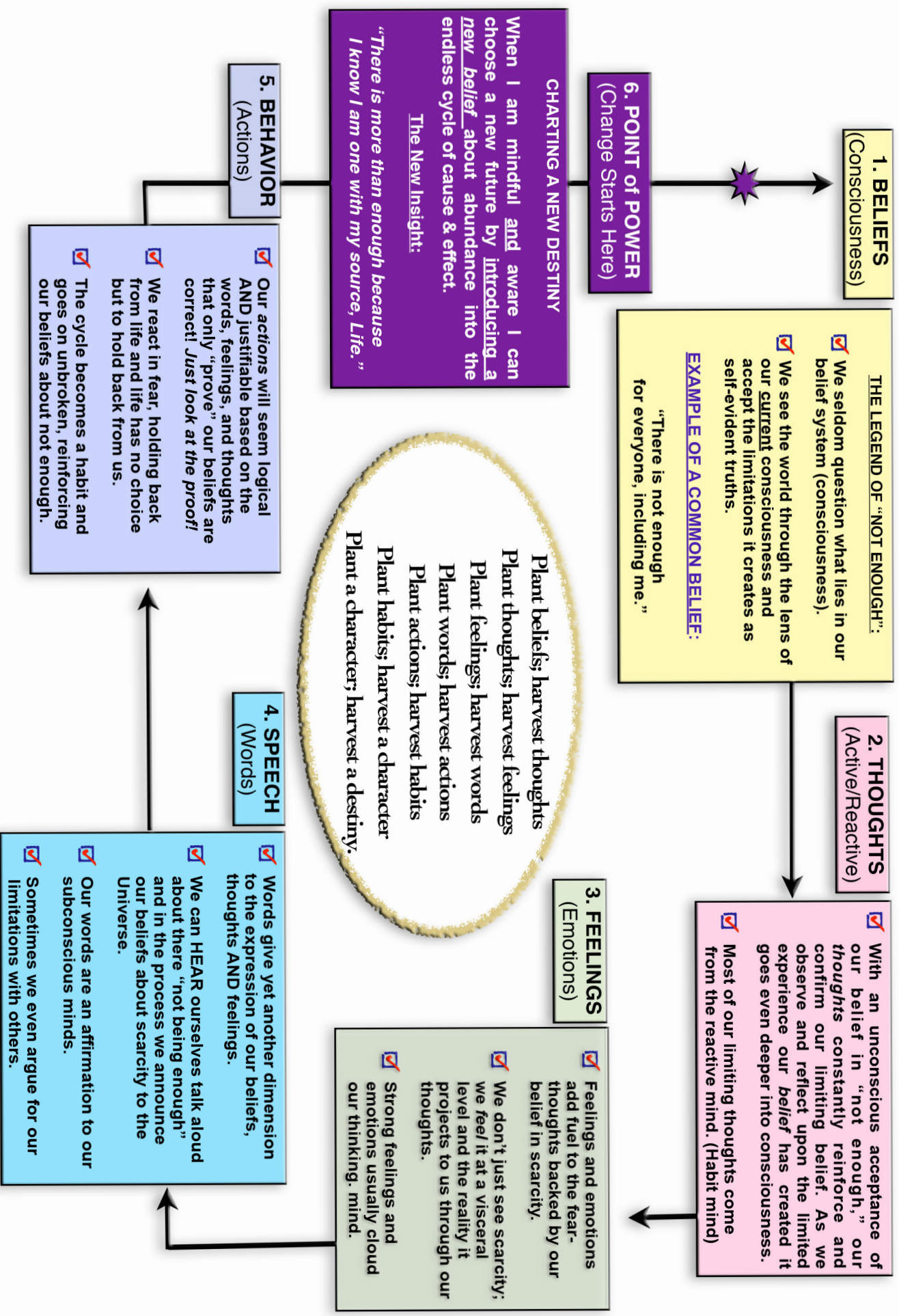
- **Chapter Six Rule 5: *Be In the Flow.***
- **Chapter Seven, Rule 6: *Be Passionate.***

2. Complete the “Inner Map to Your Destiny” chart and bring to the next group meeting. Be prepared to share and discuss what you have learned about your ability to become accountable for your consciousness. What NEW beliefs about abundance will you introduce into your consciousness?

The Inner Map of a Consciousness of *More Than Enough*



Changing the Inner Map of a Not Enough Consciousness



The Inner Map of a Consciousness of *More Than Enough*

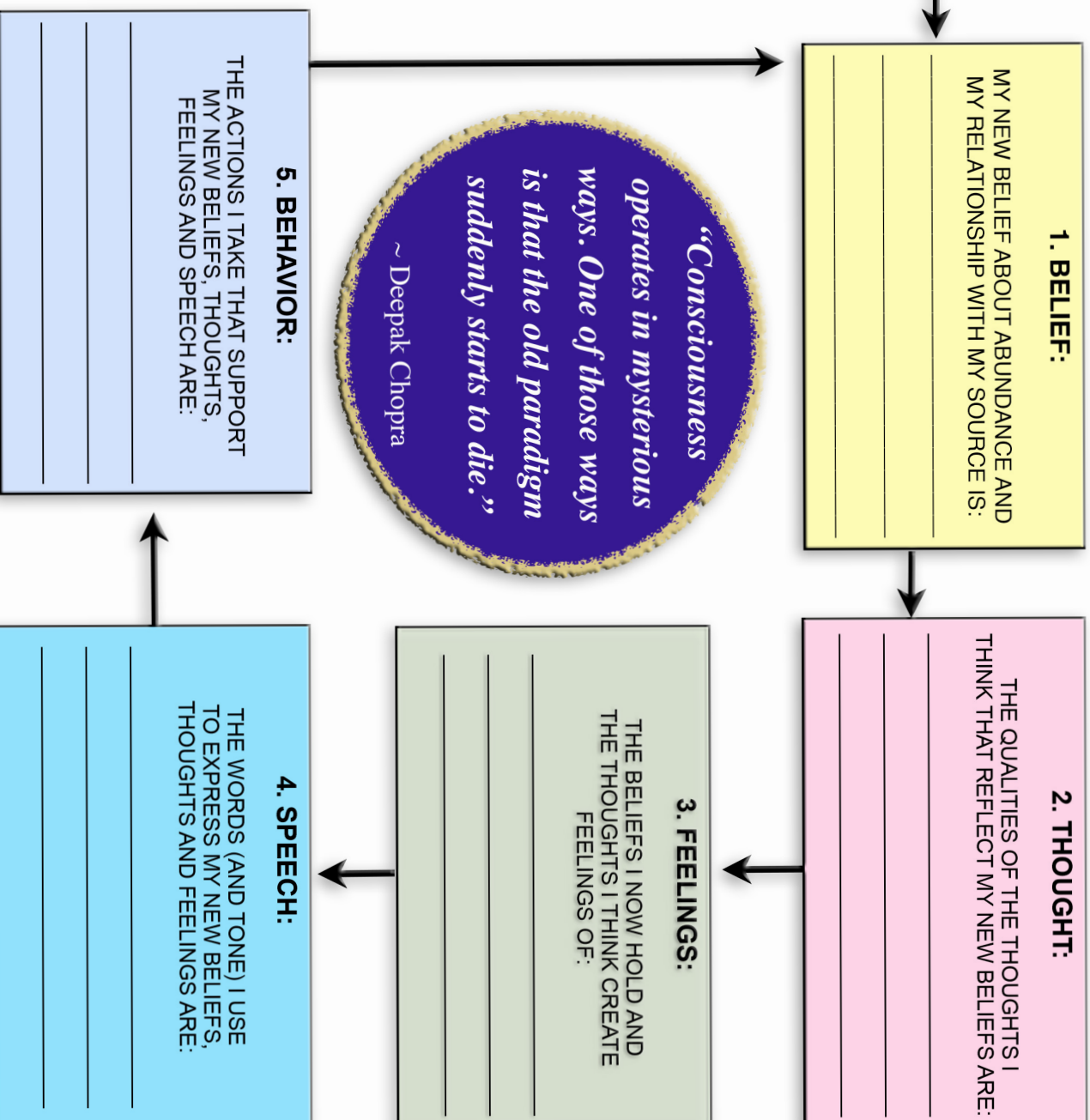


**YOUR POINT
of POWER**
(Starts Here)

DECLARE A NEW DESTINY

Your destiny lies within the seed potential of a new belief about yourself and your relationship with an abundant Universe. After a period of stillness and self-inquiry, write one *new* belief about yourself (in box #1), knowing you are planting it in the creative soil of Mind.

Then, reaffirm your belief by declaring how you shall mindfully integrate your thoughts, feelings, speech and behavior in a manner that reflect and support your *new* belief. Remember; “Awareness, Awareness, Awareness” is the key.





DISCUSSION GUIDE: Week Three

1. Allow a few minutes of sharing about how applying the abundance rules learned so far may have affected them as well as the lives of those around them--family, friends, work associates, etc.
2. Discuss any insights that arose from this past week's homework, regarding processing the "Inner Map to a Consciousness of More Than Enough."

Discussion Points for Chapter Six

Rule 5: Be In the Flow

1) QUOTE: *Being in the flow denotes the degree to which we consciously allow energy to pass through our lives. An affluent life is one that is operating within the law of circulation...* (Pg. 106)

- Does the paradox that states, "Letting go of what you have is a prerequisite to receiving more of what you desire" rest easily in your mind and heart? Or does the thought of letting go cause anxiety?
- If creating a vacuum in your experience means letting go of something (or someone) in order to create an opening to receive, where might you

begin? Remember, it's important to think beyond just material items.

2) QUOTE: *What keeps us from enjoying greater affluence in our lives is fear that causes constriction; fear crimps the conduit of consciousness through which abundance flows.* (Pg. 111)

- Can you easily discern where, when, and how the energy of fear has “crimped” the flow of abundance (good in any form) in your personal life? Can you offer examples?
- Are you a better giver or receiver? Share why you think that is so, then describe three ways you can train yourself to become more skilled at both giving and receiving.

3) QUOTE: *Creating an abundant lifestyle means consistently participating in the dynamic exchange of energy. One of the primary ways we impede the flow is by not using what we have.* (Pg. 116)

- Knowing that manifesting an abundant life is a three-step process, rather than a two-step process, can you see how *not* utilizing what you have symbolizes resisting the flow of abundance?
- “Money is congealed energy and releasing it releases life possibilities.” –Joseph Campbell

Does this quote help you understand that money is of no use unless it is “utilized”?

4) QUOTE: *The law of circulation is an omnipresent principle. To mindfully witness and personalize the flow in every area of our lives is a powerful way to deepen our trust in this law. (Pg. 123)*

- Where in your life have you become more aware that “clutter” has been gathering? Share some personal examples.
- Can you discern where in your life understanding the difference between wisdom and fear will serve you, especially when it comes to knowing what to let go of and what to hold on to? Share an example.

5) QUOTE: *The law of circulation is manifesting in your life today as either a cornucopia of more than enough or a vortex of not enough; you are the gatekeeper who directs the flow. (Pg. 132)*

- Knowing that energy needs to flow in order to manifest what is formless, can you share a few examples?
- Does knowing you are the *only* person who determines how abundance shall flow in, through, and out of your experience evoke a sense of freedom or fear within you?

Discussion Points for Chapter Seven

Rule 6: Be Passionate

6) QUOTE: *When you are happy doing what you love you are inspired, and passion ascends naturally from within and does the heavy lifting, opening the portal to the principle of abundance. (Pg. 137)*

- Does the idea that passion is neither good nor bad make sense to you? Can you see your passion as a neutral energy force until *you* give it direction, driven by either love or fear?

- “Do what you love. Know your own bone; gnaw at it, bury it, unearth it, and gnaw it still.” — Henry David Thoreau

Do you relate to Thoreau’s quote? If so, share a time in your life when you were so completely consumed with doing what you loved that you just couldn’t get enough of it. Describe the feelings that accompanied the action.

7) QUOTE: *Just blindly following your bliss is not wisdom; it is naïveté. Intentionally merging your passion with your purpose is a mindfulness practice that has to be balanced with a plan. (Pg. 141)*

- Do you believe you are *currently* fully equipped to do that which is yours to do? Or do you need to sharpen your skillset through practice, education, or working with a mentor?

- Have you ever found yourself pursuing someone else's dream or idea of what you "should" be doing with your life? If so, share your insights regarding knowing that your passion may have been missing in action.

8) QUOTE: *Energy in any form will follow the path of least resistance...when you are doing that thing you love to do you are not pushing energy—you are being pulled by it.* (Pg. 150)

- Until now, have you been more like the river or the rock when it comes to doing what you love and loving what you do?
- Do you see the difference between "hard work and "working hard"? Until now, which have you been more inclined to do?

9) QUOTE: *When you are engaged in the moment, doing whatever generates a feeling of joy and happiness...you may discover that thing that is "yours to do" hiding there awaiting your recognition.* (Pg. 153)

- Can you discern the importance of mindfulness in the quote above? If so, share your insights regarding the relationship between emotional awareness, the present moment, and discovering that which is yours to do.
- Which of the four points (on page 157) regarding the discovery of knowing when you are doing "that which is yours to do" best describes your experience?

1. Time passes quickly.
2. You are tireless and have boundless energy.
3. You will be guided to use your natural talents.
4. You would do it even if you didn't get paid.

Share how you may have experienced these telltale signs firsthand.

10) QUOTE: *...your passion will set you free from the tyranny of a joyless and unhappy life. You will unearth and bring the gift of your authentic self to the party called life. (Pg. 158)*

- Did you encounter resistance (or disapproval) from other people when you announced your intention to follow your own path, doing what you love? If so, how did you manage the situation?
- Have you begun to discern when passion is trying to gain your attention? If so, share.

Optional Group Process

Offer a brief guided meditation to the group, leading them into a silent self-inquiry process. After several moments of sitting in silence invite them to invoke their own inner wisdom and feel it surrounding them as if they are being bathed in white light. Remind them that contained within their own consciousness lies the answers they seek; they only need be willing and available to hear and receive guidance. After sitting in silence for several minutes invite them to explore the following questions:

1. Am I currently doing what I love and loving what I do? If not, why; what is holding me back? If the answer is fear, then what is it I fear? Remembering all fear is attached to concern of loss of some sort, what is it I fear losing? Where in my belief system does the fear of “not enough” draw its life force?
2. Am I willing to let go of that which is *not* mine to do—and may never have been—and embrace that which *is* mine to do? If not, is it fear that keeps me holding on...or merely lethargy? In other words, am I doing what I do today out of the need to please or gain approval from others? Or is it simply that I don't know (or care) or am afraid to pursue another pathway that gives me joy?

After allowing the group a few minutes to explore each of the two questions, invite them to journal for several minutes about what wisdom or inner guidance they received. Then invite them to share any insights or “aha” moments with the group.

* NOTE: Revisiting the discussion about knowing the difference between wisdom and fear (page 120) may help the group examine these questions more fully.

Homework for Next Group Meeting

1. Read the following chapters and be prepared to discuss:

- **Chapter Eight**, Rule 7: *Be Blessed*.
- **Chapter Nine**, Rule 8: *Be of Service*

2. The best way to anchor the primary points found in the ten rules is to practice them. The primary point of Rule 5, *Be In the Flow*, is the necessity of understanding the universal law of circulation and our relationship with it, observing how it is operating in our own lives. As a mindfulness practice consider the following as your “homework” for the week.

- a. Make a commitment to go through your home; this means every room, every closet, every drawer, and especially your garage. Take a pen and paper and notate everything you see that is either creating clutter or something you have not used in the past year or so.
- b. Understanding that the law of circulation operates as energy in every form ($E=mc^2$) and must flow in order to serve us in creating a life of abundance, determine what needs to be released and let go.
- c. If you choose to “hold on to” something (this doesn’t include memorabilia such as photographs) be sure you are committed to utilizing it in a manner that doesn’t contribute to blocking the free flow of energy in your home. (Be honest with yourself.)
- d. Take all that you have placed on your list and find a way to circulate it: Hold a yard sale, consign it, donate it to a worthy charity, or give it away. Come to the next group meeting prepared to share how you practiced “being in the flow” by letting go!



DISCUSSION GUIDE: Week Four

1. Allow for a few minutes of “free-form” sharing. Invite the group to discuss how the abundance rules have become more apparent in their normal, everyday lives. You can pose a question about which of the rules studied thus far, seem to be the most applicable in their lives, etc.
2. Discuss how the group handled the homework assignment of clearing their home of clutter. Did anyone experience anxiety when it came time to actually let go of whatever might have been crimping the flow of energy? Any insights worth sharing, etc.

Discussion Points for Chapter Eight

Rule 7: Be Blessed

1) QUOTE: *Knowing you are blessed originates in your heart, with an awareness that you are blessed with the gift of life. Counting your blessings happens exponentially as you awaken to your oneness. (Pg. 162)*

- Can you name a few of the blessings in your life that, until now, you may have been taking for granted? Does awakening to your oneness with life help you see how expansively ubiquitous those blessings truly are?
- Does the idea of taking time daily to intentionally bless your own life *and the lives of others* awaken within you a deeper sense of connection to the source of your abundance?

2) QUOTE: *...you already are abundantly blessed. The challenge is that those blessings will never be actualized as long as you are obsessing over what appears to be missing or wrong with your life. (Pg. 166)*

- Do you ever focus on what's wrong with your life or what's missing rather than what is right and good? If so, can you see the belief in "not enough" lying subliminally between the cracks and crevices of your mind?
- Can you relate with the metaphor of being stuck on the "hedonic treadmill", endlessly pursuing the next "thing" that will temporarily fill the empty hole in the soul? If so, can you share an example from your own experience?

3) QUOTE: *The practice of a lifetime is to make blessing your life a daily ritual, knowing that you are accessing and directing the principle of abundance in a very proactive manner. (Pg. 169)*

- Understanding the principle of expansion, have you taken time to evaluate your core values to determine if they align with what you are blessing, or focusing the energy of your attention on?
- Knowing that with awareness comes the ability to observe your own thinking process, are you willing to examine, challenge, and change underlying beliefs that separate you from the source?

4) QUOTE: *When we begin to look beyond our obvious blessings—we begin to see with new eyes that are able to perceive infinite grace and the principle of abundance operating in subtle ways. (Pg. 174)*

- “The more often we see the things around us—even the beautiful and wonderful things—the more they become invisible to us.”—Joseph B. Wirthlin

Is Wirthlin’s statement meaningful to you? Can you cite in your own life where you see things so often, you see them less and less?

- Which of the three mindfulness practices offered on pages 176-178 most caught your attention as a reminder of how many blessings you may have been taking for granted? Share with the group.

5) QUOTE: *To be blessed and know you are blessed is to affirm that you are a whole person...This is when you become a blessing to your world, and an opening for abundance becomes the norm in your life. (Pg. 182)*

- Knowing how blessed you are, what action can you take today that will initiate a flow of your abundance, spilling over into the lives of others, blessing them?
- After completing this chapter in the *Art of Abundance* can you relate with Walt Whitman’s sentiment that you are “larger, better than you thought” and that you hold an inordinate amount of “goodness”?

Discussion Points for Chapter Nine

Rule 8: Be of Service

6) QUOTE: *To serve is to extend your essence to others in a manner that enriches and makes their lives better. Your intention in serving others sets the precedent for how that energy shall return to you.* (Pg. 186)

- In the parable of the “long spoons” (pg. 187 - 188), at which of the two tables would you have been more inclined to be seated--with the people focused more on “me thinking” or “we thinking”?
- Has your awareness of what serving others can look like changed since reading *The Art of Abundance* and why is it important to be clear on your intention behind serving other people?

7) QUOTE: *When we approach life believing there is not enough for everyone, the human tendency is to focus on serving ourselves first...and the cycle goes unbroken.* (Pg. 192)

- Can you discern where in your own life you may have been affected by humankind’s belief in “not enough”, leading you to “me thinking” rather than “we thinking”?
- Knowing the same act of service can be perceived in different ways, in the mind of the one serving, what determines the difference between generic service and selfless service?

8) QUOTE: *...giving with no strings attached puts us directly in the flow of abundance. Likewise, being of service, when extended unconditionally, places us directly into the flow of the abundance.* (Pg. 196)

- Being willing to *be* served is as important to an abundance consciousness as is our willingness to serve others. Are you better at rendering or receiving service and why?
- After reading this chapter can you discern more clearly how you served others in the past? What was the basis for your motivation? Was it more “me-thinking” or “we-thinking”? With this insight, share how serving others in the future may look for you personally.

9) QUOTE: *To be of service is to be a conscious, open, and willing conduit through which good flows—and it doesn't happen just between the hours of nine a.m. and five p.m.* (Pg. 199)

- By mindfully and selflessly serving others at the work place you are not just making a living, you are making a difference. Does this resonate with you?
- Out of the eight examples given in the “Find a Need and Fill It” list (on pages 200-201), which ones might you have never thought of as an act of service before? Can you add other ideas to that list? Discuss with the group.

10) QUOTE: *When we serve others selflessly, we are recognizing them for their essential value. When someone knows that they matter, they are guided to demonstrate it...and the circle is complete.* (Pg. 203)

- When you serve others or receive service *from* others with sincere gratitude, you are acknowledging that who they are and what they do matters. Do you believe that *you* matter as well? If so, can you see how the “circle” is then complete?

- Knowing that mindfully serving others affirms your oneness with an abundant Universe, can you discern the importance of having the privilege of doing so? In other words, can you see how selfless service places you directly in the flow of a more prosperous life?

Optional Group Process

The two abundance rules discussed in this session, *Be Blessed*, and *Be of Service*, may not normally be thought of as basic practices in a dialogue about “prosperity.” At this point in the book it hopefully has become evident that the focus and intention of *The Art of Abundance* isn’t primarily about manifesting “stuff” at the material level; it’s about creating a life *abundant* with purpose and meaning. We now know that contained within a life worth living is an abundance of *whatever* is required to make it so. The practices of “being blessed” (and being a blessing to others) and “being of service” contribute to the manifestation of a life worth living but, even more so, they can be thought of as acts that make the world a better place for everyone.

It can be very empowering in a group dynamic to invite each participant to share what they personally believe are the attributes of the essential self that contributes to creating a better world for *all* people. Some examples might be, Compassion, Generosity, Reverence, Respect, Humility, Acceptance, Tolerance, and so on. The underlying question for discussion is, “Can you discern the principle of abundance running through these various attributes?” You could consider this process an exercise to deepen our awareness of our oneness with life:

1. As each individual shares, have someone keep a list of every attribute mentioned by the collective group.
2. When the list is complete and everyone has added their personal attributes, have one person read them all out loud.
3. Invite a discussion by the group to see how many of the attributes spoken might equally apply to accessing the principle of abundance. The point being, in the process of making the world a better place for all, the principle of abundance is right there waiting to bless and serve you.

Homework for next week's final group meeting

1. Read the following chapters and be prepared to discuss:
 - **Chapter Ten** - RULE 9: *Be Courageous*
 - **Chapter Eleven** - RULE 10: *Be a Catalyst for Good*
 - **Chapter 12** - *The Conclusion*
2. As you read *The Art of Abundance* this week be aware, aware, aware, of your thoughts and feelings. Carry a journal with you; if something “clicks” and you experience an “aha moment” about what you have been studying for the past four weeks, log it in your journal and bring it to the last discussion group session.
3. As a mindfulness practice put a rubber-band on your wrist and wear it all week. Throughout the day, anytime you focus on the rubber band—pause, breathe, gently snap the rubber band, and offer a silent affirmation such as, “I am one with life, I am one with my source, and I am grateful it is so, now!” (You’ll be amazed at how quickly this affirmation will become a mantra which begins to embed itself deeply in your consciousness.)
4. Take time this week to savor the new “awareness of being” that is beginning to rise in your mind and heart: “Being” in the flow, one with life, confident, and grateful for the gift of consciousness.
5. Be sure to read chapter 12, *The Conclusion*, as it will be a significant part of the final week’s discussion.



DISCUSSION GUIDE: Week Five

1. This being the fifth and final week for the Discussion Group, allow extra time for sharing. Invite the group to explore if or how reading the book has helped them understand what creating an abundant life requires: What were their biggest aha moments or challenges with the ten rules? Have they seen a shift in their awareness regarding the Universe in which they live (their source), how it operates and their oneness with it?
2. As a part of your discussion consider revisiting the parable of the fish in the lagoon at the end of chapter one (pages 7-12) before covering the material in this final meeting. The story ties in significantly with the final three chapters. They summarize the call to action for the entire book.

Discussion Points for Chapter Ten

Rule 9: Be Courageous

1) QUOTE: *The principle of abundance awaits those who are willing to come to the edge of their own perceived boundaries and courageously venture beyond them...wherein anything is possible. (Pg. 208)*

- Until now, have you been more like the person who *makes* things happen (a path maker), the person who *watches* from the sidelines (and then follows the path maker), or the person who is metaphorically *asleep* (unaware that the path even exists)?

- At this point in our journey through *The Art of Abundance* can you discern the role that your consciousness—manifesting as either courage or fear—has played in determining which of the three aforementioned categories you most relate to?

2) QUOTE: *Inherent in every human is the desire to expand their horizon but most people ignore or repress that impulse. What they fail to realize is that it is the Universe calling them to higher ground...* (Pg. 213)

- When contemplating a more abundant life, do you allow that vision to call you forward and take the appropriate action to get there? Or does the risk (fear) involved keep you immobilized?
- When you realize how many risks you are *already* taking every day of your life, does that awareness encourage you to move forward on the path?

3) QUOTE: *Anytime you step into the role of path maker, you are telling the Universe you have faith in something larger than yourself...an affirmation that you know you are one with that “something.”* (Pg. 219)

- After reviewing the list of past “path makers” (on pages 221-222), do you see them as risk takers and can you see yourself as one of them? If so, which person on the list most inspires the path maker in you to take action and why? Discuss with the group.
- Do you believe in your oneness with the Universe enough to trust it and to be guided by your innate wisdom within, to know what an appropriate risk may or may not be for you personally?

4) QUOTE: *Courage and the willingness to risk is always a matter of the lesser giving way to the greater. The question we must ask is, “What’s to be lost and what’s to be gained, and is it worth the risk?”* (Pg. 225)

- Are you willing to challenge any beliefs that stand between yourself and the abundant life you desire? Explore the question, “What do I have to lose (release) and what do I have to gain by allowing the lesser to give way to the greater?”
- In what area of your life are you least willing to take a risk by letting go of the lesser for the greater: In your relationships, career, or keeping a healthy balance between spirit, mind and body? Discuss with the group.

5) QUOTE: *Whoever said the sky is the limit must not have realized that it’s not the sky that limits you; it’s your perception of the sky that determines the span of the horizon...* (Pg. 232)

- What is your current perception of “the sky”? In other words, can you see the potential for the life you desire as *a crystal clear reality* or does it lie beyond the field of possibilities, beyond your vision of a life worth living.
- Are you willing to “trespass” and go beyond the boundaries you (or others) have set that, until now, have kept you on the sidelines of an abundant life? Are you ready to be a path maker? If so, what specific risks might you have to take and do you have the courage to do so? Discuss with the group.

Discussion Points for Chapter Eleven

Rule 10: Be a Catalyst for Good

6) QUOTE: *When we are conscious of our oneness with an abundant Universe and with each other, we are compelled to become change agents for good. (Pg. 237)*

- Being a “change agent for good” requires shifting from a “It’s all about me” consciousness to a “It’s all about we” consciousness. Have you made that shift in consciousness yet?
- Are you able to discern the difference between a “spirit of generosity” and a “generosity of spirit”? One is about sharing your abundance with the world, the other is about abundantly sharing your deepest self with the world. Which calls to you the most?

7) QUOTE: *Being a change agent for good in the world doesn’t require anything but right intention and a willingness to see yourself and the unique gift you bring as more than good enough... (Pg. 241)*

- Are you able to embrace the idea that the unique person you are is the greatest gift you can bring to the world--and that the gift of you is more than good enough?

- ☑ Can you relate with the “WIIFM” principle? Until now, has your focus been more on what you can *get from* the world (What’s In It FOR Me), or what you can *bring to* the world (What’s In It FROM Me)?

8) QUOTE: *As with initiating any change, the best place to start is the mirror...begin by changing yourself for the better and you’ll also see that the ripple effect of you truly matters to the world.* (Pg. 244)

- ☑ Does the idea that what you do creates a ripple effect make you feel a sense of responsibility, to bring the best of yourself to life each day?
- ☑ Knowing that making changes within yourself for the better, in and of itself, makes the world a better place, what changes could you initiate in your life beginning today? Discuss with the group.

9) QUOTE: *Just as you can’t give what you don’t have, you cannot expect others to give, be, or do something you are not willing to give, be, or do... doing the right thing is what defines you.* (Pg. 249)

- ☑ After reading Emerson’s quote on the meaning of “Success” (on page 251) can you see yourself doing any of those things in the future--knowing, in so doing, you are being a catalyst for good in your world?

- ☑ In the suggested mindfulness practices (on pages 253 - 255) regarding your ability to be a “light bearer” regardless of where you are or what you are doing, which practice calls to you the most and why?

10) QUOTE: *Being a catalyst for good in the world connects you directly to the secret of creating an abundant life: your oneness with the Universe...you benefit greatly from being alive. (Pg 258)*

- ☑ How do you feel about benefiting in personal ways because you are being a catalyst for good? In other words, does it make sense that you can be a positive change agent in the world and still prosper personally? Discuss why.
- ☑ Having now read *The Art of Abundance* can you discern the significance of the role oneness plays between creating an abundant life for *yourself* and making the world a better place for *everyone*?

Discussion Points for Chapter Twelve

The Conclusion

11) QUOTE: *We buy into the fallacy that to create a prosperous life requires great sacrifice. The only thing that has to be sacrificed is our belief in scarcity, in not enough. Challenging and changing this massive belief has to begin with someone. Why not us? (Pg. 263 & 265)*

- ☑ Are you willing to confront the belief in scarcity when it shows up in your experience? Whether the belief is held by you or someone else, are you willing to “hold the high watch” of oneness and scale the invisible wall called “the fear of not enough” (which holds that belief in place), and challenge it?

12) QUOTE: *Angel understood that knowing the secret to life was insufficient; she was being called to action...she knew that all she had learned would be of no value unless she was able to use her awareness of abundance in a manner that gave life meaning and fulfillment. (Pg. 266)*

- ☑ Can you relate with (the fish) Angel’s call to action? Understanding that you are one with your source is not the end of the story; it’s only the beginning! What is YOUR call to action? Share with the group one action step you will take to leave the comfort zone of your “lagoon” to create a more expansive life, a life worth living.

Optional Group Process

It is wise to bring a sense of closure to the Discussion Group and encourage everyone's voice to be heard. Circling back around and briefly touching on each of the ten abundance rules is an appropriate way to come to a point of completion; it helps set up the "take-away" for each individual. The answers to these questions can also initiate a "call to action" conversation from individuals in the group. Hearing how others respond to the questions can be very inspiring. Inviting group members to share how they intend to apply the *ten rules* in their lives will help open the door for self-inquiry for everyone else in the group.

THE SET UP: This is the time for sharing "take-aways." If possible, form a circle that allows each participant to see everyone else's face. After a few moments of silent contemplation in which each person mentally collects their "takeaway" points, ask the group the following questions (allowing for a free flow of dialogue as it arises):

1. In the past five weeks have you become more *aligned with your oneness* with life, with the source of your good? Do you feel part of something larger than you?
2. How does it feel to be *aware, aware, aware* that the *Universe is expanding* in, through, and around you? Are you mindful of the miracle of life creating more of itself from within itself?
3. Do you feel more empowered to create your own future abundance knowing that you, and you alone, are one-hundred percent *accountable for your own consciousness*?

4. As an energy director (and a conduit of energy), are you now more *aware of how, when, and where, you focus your attention*; is it now more laser-like?

5. Knowing it is a three-part process of receiving, utilizing, and releasing energy in *all forms*, have you been able to witness the law of circulation *flowing* in demonstrable ways?

6. Are you now more able to sense your *passion and harness it*? Has reading *The Art of Abundance* helped ignite a fire in your belly and put wheels on your dream?

7. Do you rise each morning recognizing how *blessed* you already are...And are you mindful of what a blessing and gift you can be to the world?

8. Has *being of service to others* and being open to being served *by others*, helped you feel more connected to a shared abundance on the planet?

9. Has having the *courage* to step outside the box of the known and onto your own unique path helped bring your vision of a life worth living closer to you as a reality?

10. Has being a conscious *catalyst for good* in the world helped you see that there is only “one of us here” and that you can’t help but be part of the ripple effect?

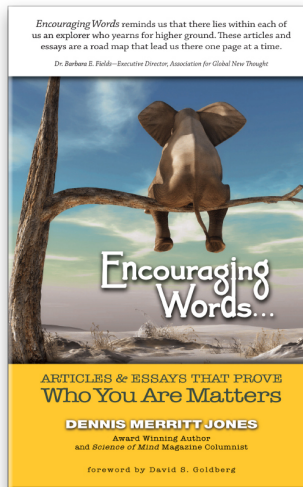
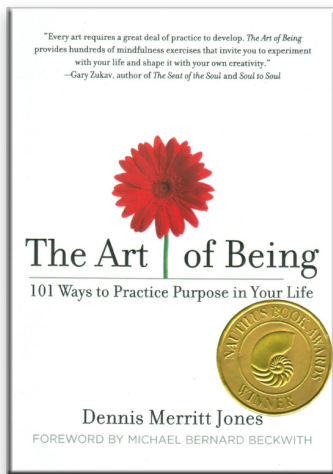
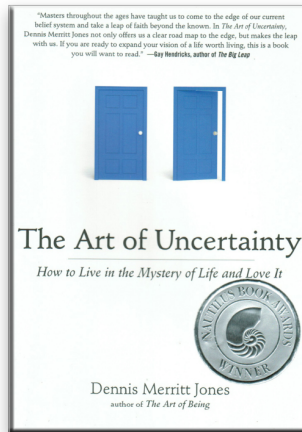
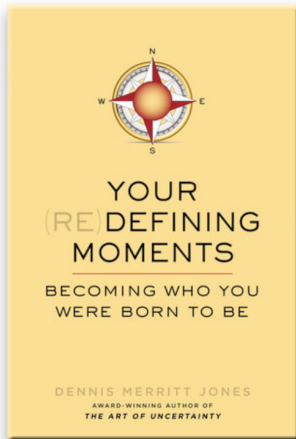
It has been an honor to share this five-week journey with you! If you have questions or comments about this discussion guide, any of my other books, or my availability for seminars, mentoring, or keynote presentations, please feel free to contact me through my website: www.DennisMerrittJones.com

Peace & *Abundant* Blessings to you!

Dennis Merritt Jones

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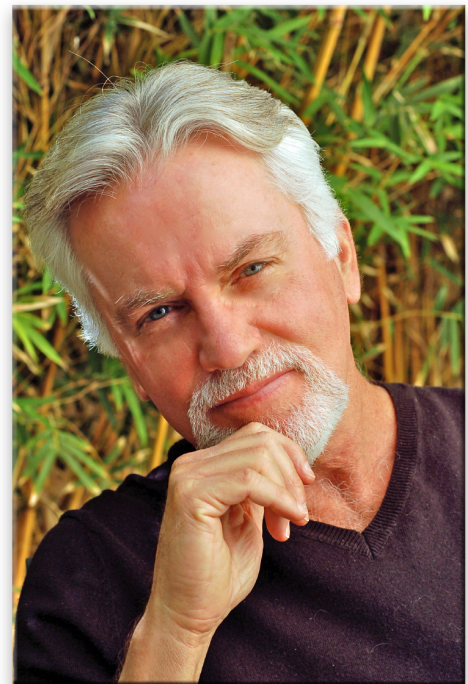


Your ReDefining Moments
Becoming Who You Were Born to Be

The Art of Uncertainty
*How to Live in the Mystery
of Life and Love It*

The Art of Being
*101 Ways to Practice
Purpose in Your Life*

Encouraging Words
*Articles and Essays That
Prove Who You Are Matters*



Dennis Merritt Jones brings his vision of “Guiding People to Purpose” to the world through his books, keynote speaking, tele-seminars, retreats, and mentoring.

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