

How to Guide to Using the Ask Believe Receive Prosperity Spin Ring & Pendant

Morning:

1. Put the ring on and turn the middle band so you see the word **ASK** on your finger. Then ask for what it is that you want to come in to your life. When you ask always state "this and something better now manifests it's self for the highest and best of all concerned" after you make your request.
2. Turn the ring so the word **BELIEVE** is facing you and close your eyes and put yourself in a feeling state where you feel and know, believe in your heart you already have what it is you are asking for. How does it feel when you have what it is that you want? *Feel it!*
3. Turn the ring again so you see the word **RECEIVE** and feel as if you know in your heart you are worthy, deserving and open to receive. Visualize it is on its way. When you feel doubt it will push it away from you.

Ask, Believe, Receive are steps to create your best life. Action is also a key step to manifesting anything into your life. By spinning the ring or pendant clockwise you are taking action and drawing to you all that you desire.

Option: *You could let the universe show you what to work on for the day by placing the ring on your finger and asking "What do I need to work on today?" and then spin the middle band of the ring and see what word it lands on. Then consciously focus on that step for the day. For the pendant it's the same process just spin the pendant.*

Throughout the day mindfully focus on the 3 steps on the ring or pendant and spin the ring or pendant so you are physically connecting to your intentions. You can use it as a calming focusing tool in stressful situations such as sitting in traffic, giving a presentation at work, or a stressful family or health situation. Use it as a tool for meditation on the go, you have this beautiful solid sterling silver grounding piece to bring you back to center where ever you are, whomever you are with.

Night: Before you remove the ring or pendant mindfully reflect on the day and give thanks for all that you are grateful for. Focus on only the positive aspects of the day. Always trust that there are lessons and blessings in order to create a better tomorrow. If you are unable to see the lessons, blessings ask for guidance it will come. Know it will come to you at the perfect time and place but always see it as having happened declare it as now it has occurred.

Caring for your ABR Prosperity Jewelry

This jewelry is special, and belongs in its own box to protect its energy when not in use. Who knows what abundance & prosperity it will bring into your life, so don't just throw it into the bottom of your jewelry box. This jewelry will empower you by physically connecting you to your intentions and engage your divine nature with your life's desires. It has the power to connect you to your true purpose and create your best life.

Clean the jewelry with a silver cleaning cloth. Do not dip in silver cleaning solution it may remove the black oxidized finish. Please note the patina of the finish will change over time as its loving being used.

How to Guide to Using the Ask Believe Receive Prosperity Bangles

Morning:

1. Mindfully take the **ASK** bangle place it between your hands then ask for what it is that you want to come in to your life. When you ask always state "this or something better for the higher greater good" after you make your request. Then place it on your wrist. It can face you or turn them out so others can read the words and benefit from them.
2. Mindfully take the **BELIEVE** bangle place it between your hands Believe is facing you and close your eyes and put yourself in a feeling state where you feel and know, believe in your heart you already have what it is you are asking for. How does it feel when you have what it is that you want? *Feel it!* Then place it on your wrist in the same manner as above.
3. Mindfully take the **RECEIVE** bangle place it between your hands Receive is facing you and close your eyes and put yourself in a feeling state and feel as if you know in your heart you are worthy, deserving and open to receive. Visualize it is on its way then let it go. Then place it on your wrist in the same manner as above. When you feel doubt it will push it away from you. So don't get caught up in the worry of how it is going to happen trust that it will and know it will come in the time it is supposed to.

Option: *You could let the universe show you what to work on for the day by placing the bangles in your hand, close your eyes, mix them up then ask "What do I need to work on today?" Then chose one bangle and place that one bangle with the word facing you on the wrist of your dominant hand. Place the other 2 on the opposite wrist then consciously focus on that step for the day. You will still hear the other 2 bangles clinging throughout the day as your aural cue to focus, but that one word on the bangle on your dominant hand will be unavoidable.*

Throughout the day mindfully focus on the 3 steps on the bangles as they are an aural cue to physically connect you to your intentions. You can use it as a calming focusing tool in stressful situations such as sitting in traffic, giving a presentation at work, or a stressful family or health situation. Use it as a tool for meditation on the go, you have this beautiful solid sterling silver grounding piece to bring you back to center where ever you are, whomever you are with.

Night: Before you remove the bangles mindfully reflect on the day and give thanks for all that you are grateful for. Focus on only the positive aspects of the day. Always trust that there are lessons and blessings in order to create a better tomorrow. If you are unable to see the lessons, blessings ask for guidance it will come. Know it will come to you at the perfect time and place but always see it as having happened declare it as now it has occurred.

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How to Guide to Using the Ask Believe Receive Prosperity Carved Words

Morning:

Mindfully look at the word **ASK** then ask for what it is that you want to come in to your life. When you ask always state “this or something better for the higher greater good” after you make your request. Then mindfully look at the word **BELIEVE** and put yourself in a feeling state where you feel and know, believe in your heart you already have what it is you are asking for. How does it feel when you have what it is that you want? *Feel it!* Then mindfully look at the word **RECEIVE** and put yourself in a feeling state and feel as if you know in your heart you are worthy, deserving and open to receive. Visualize it is on its way then let it go. When you feel doubt it will push it away from you. So don't get caught up in the worry of how it is going to happen trust that it will and know it will come in the time it is supposed to.

Throughout the day mindfully focus on the 3 steps to connect you to your intentions. You can use the carved words as a calming focusing tool for meditation to bring you back to center.

Night: Look at each word mindfully and reflect on the day and give thanks for all that you are grateful for. Focus on only the positive aspects of the day. Always trust that there are lessons and blessings in order to create a better tomorrow. If you are unable to see the lessons, blessings ask for guidance it will come. Know it will come to you at the perfect time and place but always see it as having happened declare it as now it has occurred.

Where Do I put the Carved Words?

You can place the set of 3 carved words on a mantle, bookshelves, any type of table with candle sticks between the words. You can place them above the door they are narrow enough to fit on top of most doorway trim. You can place them in any room in the home and or office. Put them somewhere where you will see them at least once a day if not more so they can help focus your positive thoughts and intentions. You can even put each word in a different room, have fun with them and be creative!