



ARI_ANNA DUSZYŃSKA



THE WAY TO ABUNDANCE

THE LAW OF ATTRACTION
ACCORDING TO THE NEW ERA

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Ari_ Anna Duszyńska

Dear Reader,

The book you are about to read isn't meant to be finished, agreed with, and then forgotten on a shelf. Instead, it is designed to lead you toward new insights, fresh experiences, and a deeper awareness of the world around you.

Beyond the words on these pages lies a powerful **Source of Abundance**. It reveals the truth about how our world actually works and the universal laws that govern it—including the human favourite, **the Law of Attraction**.

The Absolute Truth shared in this book is designed to **clear away illusions and half-truths**. Therefore, you might initially feel some resistance or find yourself disagreeing with what you read. It is similar to realising that a life built on a foundation of fear was never truly solid.

In today's overstimulated, information-heavy world, letting go of these old illusions is essential. By clearing out what is false, you create the internal space and energy needed to embrace new knowledge and a higher level of awareness.

In today's modern world, human consciousness often resembles a landfill. It functions much like an internet search engine: you can find things of great value, but you will also find a lot of rubbish. Everything you have been surrounded by since the beginning of your life has shaped your consciousness—whether those influences were truly valuable or not.

Because of this, your first reading of this book will likely be a confrontation. If you allow it, this process will help you begin

‘clearing the landfill’ of your mind, removing the unnecessary and false information that has been holding you back.

After doing some initial cleaning up, your consciousness will be ready to slowly begin to **accept the knowledge and truth** contained in this book. The process will be gradual and proportional to your readiness to accept the truth.

That is why I recommend returning to this book even years later, and I will not be wrong if I say that it can be your companion for the rest of your life. Proportionally to your own openness, you will discover ever deeper layers of what lies behind it. You will discover that there is much more beneath the layer of the text, and it is up to you how deep you are ready to dive in.

This journey has already started—welcome to the world of the future, where beyond verbal, sensory perception lies a powerful multilayered experience and understanding of this world. You may already feel, or perhaps not yet, that just by holding this book in your hands, you are tuning into what it has to offer.

It may seem strange or untrue today, but someday—tomorrow, in a year, or in many years—you may understand.

Dear Reader, for many years now, this has been the only way I have been gaining insight. Only by connecting with the deeper field of what lies behind the established knowledge in the form of a book or a course. The verbal layer has become unnecessary in my learning process, and what is most important, the essence is found by opening the mind and heart.

This is what I encourage you to do with this book...

We currently live in times of instant solutions. You would probably like me to sum up the main point, the holy grail of abundance, in one sentence. But that's not how it works—and trust me, no one has such a golden key, no one keeps it a secret from others.

The key to abundance in life is you

—nobody else. If you join me on this journey of deepening awareness, the path to abundance, at the end of this book you will surely find what you have been subconsciously looking for—the truth.

In this book, which is the essence of my several years of work and, above all, my deep connection with what we call the Source of Abundance, you will find not only the **key to abundance** you have been searching for. Although I cannot guarantee this, because, as I have already stated, you are the key to abundance. So it's entirely up to you, Dear Reader.

You will find practices and knowledge for an effective process of change *in the new*—that is, the key to effective personal development, deepening your awareness of the new, and consciously creating your own life.

You will also find a broad overview of global changes and what the New Era, the new paradigm, really is. Moreover, you will discover what drew you here—truth and reliable, up-to-date knowledge about the Law of Attraction.

What will you do with this knowledge, and to what extent will you accept it?

It is your call.

Know that the knowledge and energy of transformation contained in this publication will remain relevant for decades, even centuries to come. It can accompany you throughout your life, revealing new insights when you are ready to accept them.

*This is a multidimensional publication in the full
meaning of the word, changing your consciousness
as deeply as you allow it to.*

Enjoy the journey.

Ari  *Anna Duszyńska*



ABOUT THE AUTHOR

My name is Ari_Aнна Duszyńska.

The prefix is the name I have from my home—Pra Ari. In human consciousness, on a deeper layer, there is the name Source of Abundance. Because that is where I come from, that is where my Soul has its home. It is from this Source that I draw knowledge, power, and truth. It is from this Source that wisdom and power have been coming to people for millennia. It is this place that has been the cradle of humanity for billions of years—the spiritual layer closest to the Source on Earth.

The Source of Abundance is the Source of Life in the spiritual and energetic realm, not only of humans, but of the entire Universe as we know it.

My home, my place, closest to my heart. In this book, I will also mention more about the history of both this place and the Earth, so that you, Dear Reader, can understand that the Source of Abundance is not, as people often perceive it today, a magical field into which we throw our wishes to be fulfilled. It is one of the most powerful fields that keeps the Earth and the entire Universe in harmony and balance.

A field that gives us truth, quality, purity, and abundance of life.

I came from this field in this incarnation to share the wisdom of this place, the energy of change and transformation in this human dimension, and to assist Earth in one of the most important moments of its evolution—entering the New Era. A process that will allow us to return to the primordial laws, natural balance, and harmony. But more on that later in the book.

I introduced myself from a deeper, multidimensional level, from the level of my human Soul. I am an ancient Soul who has been here on Earth longer than almost any other person

alive today. It has been a long and difficult journey, but it has culminated in a beautiful ending. For here I am now in my last incarnation, in this beautiful, extraordinary, groundbreaking time.

As a human being—well, first and foremost, I am here because of a greater mission, and this is what dominates my life. My entire earthly life has been spent preparing for this role, and I will carry it out until the end of my life. My task is to bring pure knowledge, truth, and energy to human consciousness and to build the foundations of a New Era for people.

And besides this great mission?

I try to be an ordinary woman who enjoys the simplicity of life close to nature. Who tries to get the most out of every day, to enjoy life as the greatest gift. I value simplicity and balance in my life—balance between work, my mission, and my private life. However, I'm not going to talk about that today, because we're here for a completely different reason...

CHAPTER I



UNDERSTANDING THE PROCESS OF CHANGE

**The first pages of this book will help you
understand the process of change.**

To fully use the Law of Attraction to invite abundance into your life, you need to understand how strongly and directly it is connected to your personal and spiritual development and deepening awareness.

The process of change is a conscious understanding of how multidimensional the process of changing yourself is, as well as every smallest pattern or belief that separates you from abundance and the fullness of life. What I want to tell you, I hope, will help you understand that no matter what you want to change in your life—from beliefs and habits to major life choices and changes—there is one pattern that accompanies it.

**A pattern derived from the harmony
and balance of the Universe.**

Once you understand it, every change in your life, until the end of it, can be easier, with greater acceptance and appropriate attention and commitment to the process.

Why is it so important, why am I starting with this?

**Understanding and accepting
are very important factors that influence
the conscious building of one's own life.**

Lack of awareness often leads to a situation where, despite our best efforts, we remain stuck in the same place, and despite our apparent efforts, nothing in our lives changes. Acceptance, on the other hand, allows us to avoid sabotaging our own development, which very often causes us to take a step backwards in the natural mechanisms of change.

These mechanisms affect everyone, which is why people often go around in circles or repeatedly feel like they are hitting a wall. Even though they are entering the process of change for the tenth or hundredth time in their lives, they often behave as if they are experiencing it for the first time, resisting, slowing down, or completely stopping the beautiful changes they have started.

Without knowing these basics—the fundamentals of the pattern of change, no manifestations, affirmations, or abundance will happen in your life, or they will happen unconsciously and you will not be able to recreate this process.

So, I will start with the foundations of understanding yourself in change—in the process of development, in order to more consciously influence the creation of your own life. This part can already begin the process of cleansing your

consciousness of illusions and half-truths that you may have gathered, for example, through the recent years of a strong awakening movement, struggling with personal development.

It is made of beautiful energy, but it manifests itself on Earth in considerable chaos of information and energy. Also, in order to consciously build a life of abundance, you need to start from the basics—sorting out your inner self, your consciousness, and your energy. What you will receive can be considered a kind of therapeutic cycle in your field.

Allow yourself to be guided by the energy of the words and messages you receive so that you can gain a deeper understanding of yourself, your own processes, and the processes that push you in specific directions in your life.

The Process of Change

The process of change in life begins with an impulse—a thought, a flash of awareness, or an external stimulus. It can also be a powerful event, sometimes one that shakes up your life to its core, an external stimulus in the form of a confrontation with another person or a situation, even one that seems insignificant or trivial. It is this stimulus—the one that, when looked back on, may be the answer to the question: *how did it all begin?*—that is the beginning of the process of change, the beginning of the way out of a certain kind of stagnation, an deadlock.

It is an impulse that, from the automatic repetition of the same patterns over and over again, allows us to enter a process leading to a departure from automatic mode and ultimately to a mode of conscious creation and influence on our own reality.

I will stop here—I will let you recall one example from the pattern given above. I will also stop to share and change the distorted truth about this very moment. In the distorted pattern, change is the realisation of something, the understanding of something, which is often both the beginning and the end of change for a person.

Well, now I understand, now my life will look completely different,

and then two or three days later, life still looks the same, and we are surprised that we are again automatically repeating the old pattern.

That's right.

The first step in the process of change is awareness. It is the beginning, the understanding, the driving force that can give us the energy to go through the whole cycle of change and thus complete what has become important to us at a given moment.

A spark of awareness—the beginning of the process of change

What happens next?

What happens is exactly what we decide to about it.

We can quickly forget and return to our old ways. Then, if this change was important in our lives, we will periodically return to those moments of realisation *that something is wrong in our lives, that we want to change something*.

These impulses may become stronger and clearer until we finally decide to follow them fully. This path is not a good one, because in many cases, a small moment of realisation can, after months or years of ignoring and putting it on the back burner, turn into an impulse that finally allows us to stop—for example, serious illness or powerful, traumatic events. By accepting what comes, we can avoid many such situations in our lives.

As you probably know from personal experience, many things in our lives happen for a reason. Perhaps you already know or will soon realise that their intensity is often equivalent to the attention we pay to lighter, more subtle signals—the smaller they are, the stronger they often become.

For example, if the impulse of awareness that allowed you to stop and understand certain mechanisms in your life was a serious illness that put you in bed and incapacitated you, then with wise further work on yourself and growing awareness in the future, a similar signal may be given to you by, for example, a runny nose or fever. That is why mindfulness is so important in everyday life. A properly received signal will end there. But more on that in the next chapter, about the awareness of the new, i.e., a holistic, complete understanding of yourself and the world.

Moving on, if we decide to follow this impulse, we enter the second step of the cycle of change.

Letting go

This is the moment when we open our field, our readiness to go, to lead our lives in the right direction. Thus, a strong intention, a will, arises in this field—*something I no longer wish for*, which is exactly what separates us from the desired quality we are striving for in the process of change. This opens up the process of releasing all elements in our field of life that separate us from the new quality.

If we desire an abundant life, a life full of harmony with ourselves, then the process of releasing everything in our life that is based on lack and survival mode, limiting us, begins.

The process of letting go at this stage serves to reach further—to the source, the origins of what separates us from a given quality. At this stage of the cycle of change, you can get stuck for many years, or even your whole life, which is unfortunately most common in modern humans—but it doesn't have to be that way.

This usually happens if we do not accept that it is important to get to the sources of the patterns that separate us, or if we use inappropriate techniques or tools.

For example: if the source of the lack in our life lies in events from our Soul's journey, far beyond this life, we may spend our entire life in the second phase of the cycle of change if we only use tools that affect our present life. This is because your will to change gave the first, original impulse that started the cycle of releasing everything that separates you from a given quality, and so your life field is now like a glass of tea that you have stirred with a spoon.

This is what the personal development process looks like for many people who are not digging deep enough or are misguided in their own development. The most common sign that you are stuck in this phase is that you are constantly working on yourself, but it is not bringing any results. You work through one issue, and then the following ones come up. In the next chapter, I will discuss why this may be happening and what else may be influencing it.

If you feel that you are in this place, there are three basic things you can do—just stay there.

The second way—if it is too burdensome, end the cycle of change of your own free will, i.e., clearly and specifically decide that: *things are fine as they are, I don't want to change anything in my life.*

At the right moment, it will close and end your cycle of change and lead you towards a new quality.

As you probably realise now, at this stage, we can unconsciously destroy our own work when, in moments of crisis, this is exactly what we want. Our will is sufficient to end the whole cycle at the right moment and return to old patterns.

The third way is to lead your own process, as it should happen according to the laws of balance, which I will discuss further.

So how should the second stage—letting go in the cycle of change—unfold in order to be fully effective?

[...]

Thank you very much for your attention.

*I hope that even this brief introduction to the book
has brought new awareness and value to your life.*



Ari_ Anna Duszyńska

**The full publication will be released
in the second half of 2026.**

Today, I invite you to explore the same processes and knowledge included in:

The Way to Abundance®—my flagship, original, unique process that guides you through the holistic process of profound change. This process contains everything you need to start consciously building your own life in harmony with yourself, whole and abundant.

or the **workbook**

My Daily Way to Abundance®—containing knowledge, practices, and meditations for daily, independent, wise self-work.



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