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Upon writing this book I would first like to thank the Universe. Without you, none of this would even be possible.

I would like to thank my amazing husband and 2 incredible teenage children who have supported me every step of the way as I was writing this book, even to go so far as to cook for me and bring me in tea whenever I ask for it.

I would also like to thank my incredible mastermind group consisting of Bob Choat, Marcus Aurelius Anderson, David Brooke and Susie Briscoe. These 4 I consider to be some of my best friends and they are always there to offer me non-stop support and have been very supportive when it comes to writing this book.

I would like to thank my parents and grandparents who have always supported me growing up and they taught me to value who I am and believe I can do anything I desire. They are my rock.

I would like to thank my higher self who is always standing by my side and directing me in whatever direction I am supposed to move.

About The Author



Jennifer Matthews

Naturopath, Law of Attraction Practitioner, Life Coach



Let me ask you... Do you sit at home worrying about how you are going to pay your bills or this month's mortgage? Are you stuck in the common belief that in order to become wealthy you need to beg, borrow or steal? Are you tired of the rich getting richer and the poor getting poorer? Are you wondering when it is your turn to become rich?

If your answer to all these questions is a resounding yes, then you wouldn't be the first. In fact, if you had of asked me a short time ago my answer would have also been yes. I thought that there were only certain people that had the luxury of being wealthy, and unfortunately that person could not possibly be me.

Well, I now know better and I know that is simply not the case. Being wealthy is our birthright and as you will see as you go through the book it is much simpler than we think. Everything that we could possibly want is found within us and all around us and all we need to do is get ourselves within the right vibration to move it from our spiritual world to our physical existence.

So before we get into my story and how I have come to be so passionate about the power of the mind, importance of trusting higher powers (i.e. god, universe, angels etc) and the field of combining all of this to manifest as much wealth as you desire, it is important to understand that although this book is predominantly based around wealth creation you can use the principles to manifest whatever it is you are wanting in life.

Although my belief in higher power was really proven when I was about 10 years old, I have always known that there is something much more powerful out there and there was always someone looking after us (now I realise it was our guardian angels working in our favour).

I will give a disclaimer right now before we go any further. This book does contain a lot of talk about spirituality, higher source, god and universal consciousness so if you are uncomfortable with any of these terms then this book may not be for you.

However, I would assume that if you were asking about universal manifestation then you would understand there would be some quantum physics and spirituality intertwined.

My Family

Before we get started, I really wanted to mention my incredible husband Vance, son Jayman and daughter Amelia. They are the absolute light of my life.

As a family we are so blessed because we have everything we could ever hope for and the universe has certainly looked after us over the years and continues to do so now.

There have been many times in my life when I have tinkered on the edge of death but something pulled me back. I believe to this day that I have angels looking over me and protecting me with all that I do. I want to give you a couple of examples of situations when I have been looked after and given further time on this earth. When we talk about manifestation, there is nothing huger than your life for which you could manifest.

My Stories

Growing up I always had a positive mindset which I believe has allowed me to get through some of the challenges I have faced in my life.

Story #1...

My earliest memory was when I was about ten years old and living on an aboriginal community. On a 40-degree Celsius day, I had decided to go swimming in the local creek with some of my friends. We had a great time but the next day I was struck down with the worst migraine I have ever had, a stiff neck which had me in tears and kept me from sleeping and serious photosensitivity which had me wearing sunglasses constantly.

There was no doctor on the community at the time, but my dad had been given permission (and had been trained) to administer injections to the aboriginals when the doctor wasn't there. He rang the doctor who told him that I had bacterial meningitis and if I didn't get some tetracycline (strongest form of penicillin) very quickly then I would not make it. Dad went to the fridge and guess what, he had 1 vial of tetracycline left. What would have happened if he didn't have any left? I would probably not be here to tell this story.

However, this is not the only time I had a brush with death and my guardian angel/higher power has saved me.

Story #2

The second time was when I gave birth to my first born – my gorgeous boy Jayman, who is 16 at the time of writing this by the way. Jay was born in Germany and although the pregnancy itself was pretty stress free, the 2 weeks before I had him were not so much. In fact, the 2 weeks before I had him, I was in and out of the hospital with pre-eclampsia and they induced me for 5 days straight (not fun at all by the way).

The labour was long, but the scariest part came when I gave birth to him. During this process I lost about 3 litres of blood and they weren't sure if I would recover. I didn't get a blood transfusion as I was young and healthy but even still, I believe my positive mindset and my ability to trust in higher powers allowed me to recover from this as quickly as possible.

I believe that the mind is so incredibly powerful that whatever you believe you can achieve. I believed and expected that in both situations I would recover, and in both situations I did.

I trusted that god and the universe were only working in my favour and that there was always a lesson to be learnt in every situation. I believe both situations made me appreciate life on an even deeper level and allowed me to tap into my spirituality on a greater level too.

1

WEALTH IS OUR BIRTHRIGHT

* * * * *

As human beings we all have the right to be wealthy. We are not put on this earth to live in lack and instead we are put here to live our most fulfilled life. This means having the ability to experience anything we desire in our life without question. It means having unlimited amounts of money in our existence to allow us to create and “live” the life of our dreams. When we live in poverty and lack, we are going against what “source” or the “universe” has intended for us. Some would even say it is a sin to live in poverty.

Some may say that it is more spiritual to be in lack. They may say that obtaining incredible material wealth will detract from your spiritual growth. However, allowing financial abundance into your life does not make you any less spiritual than someone who experiences lack. We are put on this earth as creators and as such it is our right to create the life we deserve to live. Our life when we are born and when we decide to descend into our physical body is simply a blank canvas. You can manifest anything that you desire, including incredible wealth.

Do you remember hearing the saying “the rich get richer” and the “poor get poorer”? Why do you think this is? The rich get richer because they have an abundance mindset and an extreme expectation that there is no other way except for them to be wealthy. The poor get poorer because they have the belief that there is not enough money and that they don’t deserve wealth

and abundance. Whether you are wealthy or in lack will depend on your current beliefs surrounding money and your resistance to being wealthy.

Beliefs are so powerful and unfortunately are passed down to us throughout generations from authority figures who we trust. If your parents struggled when you were a child, then it is likely that you have grown up with the belief that struggle is inevitable.

But there is some good news. Beliefs, like habits, can be changed through implementation of many different techniques. Within this book you will discover common beliefs you may have surrounding money which are interfering with your ability to become wealthy, as well as some ways that you can change those beliefs.

Have You Been to University???

Well, in fact the answer to this question doesn't really matter because I was just trying to get your attention. I know that growing up I believed that to be successful I needed to work hard at school, go to college, go to university and get a well-paid job. I believed that if I didn't go to higher education then everybody else was going to overtake me and I was going to miss out. So, did I go to university???

The answer to that question is, Yes, I did go to university but not in the traditional way. I left school in year 10 at the age of 15 due to being severely bullied by my peers. I left school and went to complete my Business Qualification at TAFE for a full year, after which time I went out to work. My parents left myself and my brother at home and moved away for a few years, with our grandparents just up the road.

I moved down to the city from the country to live near my boyfriend at the time (now my husband) and then worked for a few years until we got married. We moved to Germany where I started my own exploration of the internet and started my first online business, prior to moving back to Australia 2 years later. My son was born there so I was determined to advance my knowledge at times when my son was not requiring my attention.

After we moved back to Perth, I decided to study my bachelor's in naturopathy externally while my 2 kids were still small, so I could help others become the healthiest version of themselves. Although I loved my studies and I enjoyed working in a clinic as a naturopath I have never been so happy as I am now. But what is most interesting is that what I am doing now never required me to go to university. I realised that I could have done this years ago because I have always had a passion for manifestation, but I also realised that every one of us has a path to follow and I needed to follow the path that I did to create the experiences in my life that will get me to where I am now.

OK, so I have gone off on a tangent and you may be wondering what the point to all of this is... The point to my story is that although university is a fantastic experience and if you can go and do something you are passionate about then it is something you should consider, it is not necessary to create incredible wealth and abundance in your life.

Don't think that just because you haven't been to university that you can't become a billionaire because there are thousands of super successful wealthy people out there that have not been to college or university.

Some such examples are:

- *Ellen Degeneres* – With a net worth of 40 million dollars she failed to complete more than one semester of college.
- *Larry Ellison* – Being a billionaire worth 61.1 billion dollars he dropped out of college twice.
- *Steve Jobs* – With a net worth of 10.2 billion dollars he dropped out of university after only one semester.
- *Rachael Ray* – Although a prominent worldwide sensation as a chef with a net worth of 60 million dollars, not only did she not go to college, but she has also never been formally trained.
- *Henry Ford* – With a whopping net worth of 199 billion dollars he never had any formal qualifications at all.
- *Tony Robbins* - Being a master in personal development and having a net worth of 480 million dollars, he never completed any education beyond high school either.

So, as you can see it is not the university or college qualifications that you have which determines success, it is your desire to do so. This is still hard for many to comprehend because of the beliefs that we have been fed throughout the years regarding the constant focus on competition and lack...

In fact, it is even easier today to access as much abundance as you like because of the incredible opportunities we have available to us. Now we can reach millions of people on the other side of the world which is not something that I could have done when I was younger.

I hear people saying to me regularly that they feel sorry for kids today because jobs are getting harder to find and there is more competition for them to get those well-paid jobs. Parents are

placing extreme pressure on their kids to do well at school, so they may go to university and refrain from ending up in that minimum wage position.

Although this is sad, I don't blame the parents because they are constantly surrounded by media telling them how bad our economy is and how poor the employment is in our country. They believe what they hear because they don't know any different.

So, what do I say when they tell me this. Of course, I tell them that I believe our kids have so many opportunities today that they never have to go without. That if they are wanting to become super successful at whatever they desire then they can, whether they go to university or not. I believe that in today's day and age anything is possible...

How much wealth and abundance you attract into your life is based on how you not only perceive your own financial situation but also how you feel about that ink on paper called money. If you continue to focus on your current beliefs, then you are going to see the exact same results as you have been experiencing.

It is important to understand that it is your current thoughts, beliefs and expectations which determines your future. Your current reality is a result of previous thoughts and therefore if you are wanting to become wealthy you need to change that pattern of thinking. You need to change your mindset from one of poverty and lack to one of wealth and abundance, which is what this book is intending for you to do.

It is now time that you take responsibility for your current financial situation. I am not saying that you are to blame for where you are, because often, we are bombarded with messages

from the media and even loved ones about how hard money is to make.

We are told that the world is in economic crisis and we are destined to work in a 9-5 job for the rest of our lives and we just need to be happy with the situation we are in.

Although you are not to blame, you do still need to take responsibility and therefore utilise the techniques given in this book to change your situation. It is time to stop blaming the economy or things outside of yourself for your current financial situation.

By the end of this book you will realise that the level of wealth you desire is well within you and is able to be created at the drop of a hat if you maintain the level of desire, belief and expectation to do so.

But wait a minute!!! How can I have a wealth mindset when my mortgage is overdue, I have thousands of dollars in credit card debt and I am struggling to put food on the table...

Yes, this is a question that you may be asking yourself right now. You may be struggling to get out of that lack mindset because when you look at the figures in your bank account or you look in your wallet/purse, all you see is lack.

It is important to understand that if you trust your higher self (which will be discussed in greater depth in the next chapter) and the universe to provide you with all that is required then you will never need to experience this lack again.

We, as humans, must understand that prior to experiencing something in our physical reality we must first experience it in the non-physical. Before money flows into your life it exists in the nonphysical realm by way of your imagination, your

thoughts and your visions. What you visualise you can turn into a physical, tangible experience if you believe that you are already what you are desiring to acquire. So, if you are desiring to acquire wealth, you must be the symbol of wealth.

Let me explain this a little more. You will understand as you go through this book that what you focus on the most, you attract.

Does this mean that you are never able to think thoughts of lack ever again?

No, of course not. You may experience times when something concerns you, or you look in your wallet and see moths flying out.

But you must make sure that you stay in this place of lack for a very short period of time and you quickly convert it to thoughts of prosperity. You need to ensure that your dominant thought is that of wealth and abundance and that will therefore become your focal point which will attract the wealth you desire.

The lack of money that you are experiencing now is a result of your previous beliefs, thoughts and visions and therefore you can change your future experience by altering these set beliefs.

If you are having difficulty aligning with wealth because you are focusing on what is now instead of what you desire your reality to be then it is important that you avoid resistance to the topic by generalising your thoughts a lot more and focus on things you are grateful for other than money. This will reduce the resistance you have towards money and help you raise your vibration by focusing on other areas.

You will be given further techniques as you work throughout this book which will help you to remove this resistance...

Allow Your Money to Work for You...

Do you worship money and believe that it is the source of your happiness? Do you keep telling yourself that if you just had more money, then you would no longer be unhappy? Have you ever wondered why money is so important to you?

If so, let me explain why your worship of money may be interfering with you manifesting large sums of it.

But wait a second, without money I cannot do anything, buy anything or live the life I want, so why wouldn't I worship it?

It may be interesting to look at money in a different light. Let's say you were given a million dollars of which you could do whatever you wanted with it. You receive the money, you put it into your account and now it is all up to you.

What would you do with it? Would you just let it sit in this account and continue with your daily routine or would you go out and purchase the goods and experiences that you desire?

I would hesitate to guess that you would do the latter. You would use this money to possibly pay for a new car, a new house, some holidays and anything else that you may have been desiring. Well, if this is the case then it is not actually the money that you are desiring, it is what you are able to do with that money which is important.

Money is simply a means of exchange that you can use to design, create and experience the life of your dreams. Money in tangible form is simply a piece of paper with some ink printed on it. Prior to money existing in coins and note form, other currencies such as shells were used. In fact, very early on in civilization, bartering was a common form of exchange and livestock such as cattle and sheep, as well as grains and vegetables used to be exchanged.

The first known currency that existed was in 600BC by King Alyattes in Turkey when he created a coin with a picture of a lion on it. These coins then evolved into bank notes around 1661AD when they realised that it would be more efficient and convenient than carrying around a pocketful of change and so much easier to produce without the need for gold and silver. In 1946 they decided to take this even further and create the very first credit card.

Today we are even able to transfer money over the internet without ever seeing it and there are billions of dollars being exchanged over the internet every second throughout the world. This is just the tip of the iceberg. Therefore, this just shows that it is the energy of money which is important and not the physical presentation of it.

Money needs to be circulated. Sometimes fear of poverty and fear of lack will cause us to hold on to money in anticipation that we will not have enough. We start believing that we need to “save” in order to prepare for a rainy day and therefore not enjoy life in the process. Life is to be enjoyed and experienced and money is simply a way to allow us to do just that.

When you look at the “Money Energy Cycle” you will understand how the energy of money flows throughout the world.

Money is simply value. Yes, that is right. How much money you have will depend on how much value you place on yourself and how much value you give to others. Provide value to the world and you WILL become incredibly wealthy.

This value is transferred out into the world and then converted into money form back to you. This money will flow back into

your life and you can use it to experience all that you are destined to experience.

According to the money energy cycle, money is meant to be continuously flowing. Therefore, hoarding money because you fear that you don't have enough will not allow more money to flow to you. Money will flow to you when you believe that you will always have enough for everything that you want, no matter what.

If you believe that money is scarce then all the universe is going to bring to you is scarcity. However, if you believe there is always enough, then money is attracted to you and you will never go without.

When addressing money, it is important that you show it the love and respect that it deserves. You must be grateful for every single penny that you have. If you are in incredible debt right now and you have \$5 in your purse/wallet, then appreciate that \$5 as much as you can. Appreciation and Gratitude is essential when it comes to manifestation, so it is a chapter I would really like you to focus on.

You must also remember that money is not to be worshipped. It is merely a piece of paper and it is the money that works for you, not the other way around. Money is an energy that wants to be out circulating and wants to be put to good use and therefore it requires the assistance of man to make it happen.

Make it well known to the money that you love it very much but that it has a job to do. It is responsible for going out and providing you with the experiences that you desire and bringing back more friends to visit you.

All you need to do is learn to access the infinite supply of wealth that is available within you by aligning with the vibration of

money on a consistent basis, without any resistance. You will discover how to do this as you move through this book.

2

CELEBRITIES WHO USE THE LAW OF ATTRACTION



Let me ask you a few questions... What do actors like Jim Carrey, Arnold Schwarzenegger, Oprah Winfrey, Will Smith and Denzel Washington have in common?

If you guessed that they are all massive proponents of the law of attraction, then you would be correct.

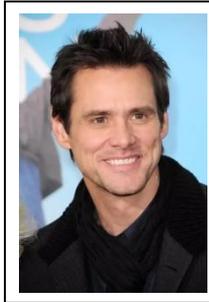
In this chapter I am going to give you some insight into how these celebrities integrate LOA into their lives and how it has helped them to accomplish the level of success they have now.

As you read through their stories you will begin to see that all of them have had a great deal of contrast in their lives which has allowed them to become the successes they are today.

Some have gone through failure, some have gone through sexual abuse, some have gone through physical abuse and others have gone through financial difficulties.

No matter what the contrast, they have proved that if you have faith in the universe then you can still be successful no matter what.

Jim Carrey



Total believer. I believe in manifestation. I believe in putting a rocket of desire out in the universe. You get it when you believe you have it. People still sit around and go “When’s it gonna come, when’s it gonna come” And that’s the wrong way. You’re facing away from it. You have to go, “It’s here, it’s here, it’s here”

Jim has been a big fan of the Law of Attraction for many years and even appeared on the Oprah show discussing the topic.

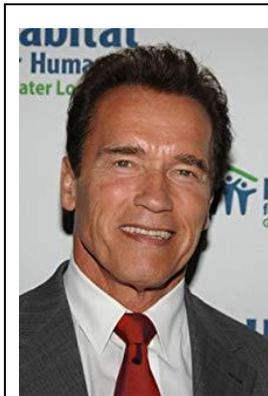
Jim started out his comedy career debuting at a comedy club which turned out to be a major flop. However, he never gave up and went from open mic nights to regular paid shows and then became hugely successful as an actor, appearing in movies like Ace Ventura, Dumb and Dumber and the Mask, amongst others.

The most famous example of him using the Law of Attraction was when he wrote himself a cheque for \$10,000,000 for acting services rendered and then placed it in his wallet with a date 3 years from then. 3 Years exactly and he received a cheque for 10 million dollars for his role on dumb and dumber.

He has several points he wants you to remember when it comes to the Law of Attraction:

- You cannot just visualise what you desire, you must act to work towards your goal.
- You are the creator of your own experience. You must decide what it is you want to create and then focus on that. Your life is a blank canvas and you can create anything you like.
- Ask the universe for what you desire, and it is yours, big or small. It is just as easy to manifest something big as it is to manifest something small, so make sure you go big...
- Once you have requested the universe supply you with your desire, you must let it go. It is not our job to know how or when something will happen. It will happen in divine timing.
- Believing is the key. Once you start believing you are going to get what you desire then it will appear in physical form.

Arnold Schwarzenegger



When I was very young, I visualized myself being and having what it was I wanted. Mentally I never had any doubts about it. The mind is so incredible. Before I won my first Mr. Universe title, I walked around the tournament like I owned it. The title was already mine. I had won it so many times in my mind that there was no doubt I would win it. Then when I moved on to the movies, the same thing. I visualized myself being a famous actor and earning big money.

We know Arnold as being in movies like terminator, twins and kindergarten cop, to name a few. However, like many successful people he has had his share of contrast in his life. He grew up in a very strict German-Austrian household where he was beaten by his father regularly, either with pulling of his hair or use of the belt.

Rather than conforming he took the punishment but kept telling himself it was not going to be much longer because he was going to move out, be rich and really become somebody. This showed that even at a young age, he had the belief that he needed to attract the success he has today. He is a proponent of the law of attraction and believes we can do anything that we believe we can do. He has used the laws of the universe to build his acting career as well as win Mr Olympia.

When Arnold finished his bodybuilding career, he was asked what he was going to do next. He said he was going to be the #1 box actor in all of Hollywood. When asked how he was going to do that he said it was simple and all you needed to do was create a vision of what you want to be and then live into that picture as though it is already true.

Arnold has several tips to give regarding manifestation:

- The body is very important, but the mind is even more important.
- Create a vision board.
- Dream big and think big.
- Create goals for yourself, both short term and long term. You must then go after it. If you do not see it and believe it then who will?
- Never listen to I can't and always believe you can.

Oprah Winfrey



Be thankful for what you have and you'll end up having more. If you concentrate on what you don't have, you will never ever have enough.

Your true passion should feel like breathing. It's that natural.

What you put out comes back all the time, no matter what.

We all know Oprah as being one of the most popular talk show hosts ever. However, did you know that she has possibly struggled and failed more than most of us in her life. Like many successful actors she has had a very troubled past, suffering through multiple rapes, running away from home at the age of 13 and then giving birth to a baby at the age of 14. Unfortunately, her baby boy died shortly after he was born.

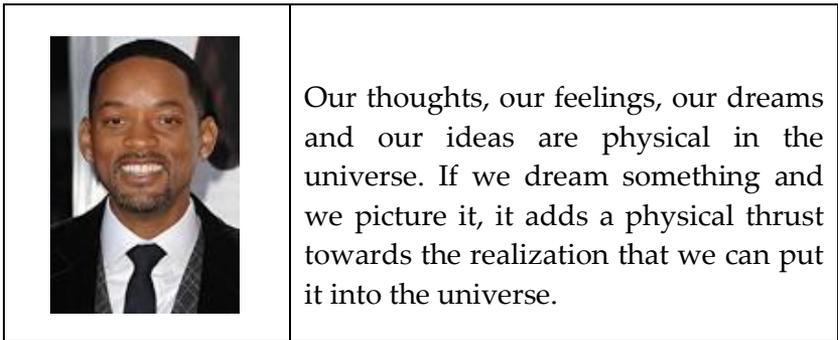
Her first initiation to the secret and the first proof that she had was when she did the movie "The Colour Purple". She became obsessed with the book and gave it to everybody she knew and could think of nothing else. Eventually, she got an audition for the part in the movie and after much waiting found she had been cast the part in the movie.

She knew from a very early age that she had attracted this opportunity into her life and she has spent years promoting the law of attraction on her show and elsewhere.

Oprah has several tips to give regarding manifestation:

- You are responsible for your own life.
- The way you think creates your reality.
- You are a spiritual being having a human experience.
- Because you are connected to the source that is, all that is possible is possible for you.
- Be the best version of you.
- You must have a vision in your life. Even if you don't have a plan make sure you have a direction for you to go. Be in the driver seat of your own life because if not then life will drive you.

Will Smith



Being named by fortune magazine as one of the wealthiest young americans with a net worth of \$250 million (as of 2014) Will Smith is truly a success icon when it comes to manifesting wealth. He is a major proponent of the law of attraction and attributes his success to the powers of the universe.

However, you would never guess that he would be this wealthy considering in the years 1988 and 1989 he suffered extreme financial difficulties after getting into trouble with the 'Internal Revenue Service' when he paid less than the stipulated tax. As a

result, he had \$2.8 million of unpaid taxes, all of his possessions were confiscated, and he almost went bankrupt. But we do like to say that when you have the right wealth mindset you are able to bounce back from financial difficulties with ease.

Will has several tips to give regarding manifestation:

- Decide who you are going to be, what you are going to do and how you are going to do it.
- We are who we choose to be.
- You can create whatever you want to create.
- Don't let anybody tell you that you can't do something.
- Greatness exists in all of us.
- Dedicate yourself to getting better every single day.
- Focus on making a difference.
- Believe that you are going to be, do and have everything you dream of.
- Do not be realistic – dream big.
- Whatever we dream, we can create as all our thoughts and ideas are physical.

Denzel Washington



I pray that you all put your shoes way under the bed at night so that you gotta get on your knees in the morning to find them, and while you're down there thank God for grace and mercy and understanding.

We have been programmed in life that in order to succeed we must graduate college and get a good JOB (just over broke). However, Denzel's story shows that this is not the case.

Denzel flunked out of college with a GPA of 1.7. He was sitting in his mother's beauty parlour and he saw this woman under the dryer. She got somebody to give her a pen as she was determined that she had a prophecy. She told Denzel that he was going to travel the world and talk in front of millions of people. Well, he has done that, and we all know how well Denzel has done in his life.

Denzel has several tips to give regarding manifestation:

- Put god first in everything that you do.
- Fail BIG. Do what you feel passionate about, take chances and don't be afraid to fail. Don't be afraid to go or think outside of the box.
- Dream BIG and set BIG Goals. Apply discipline and consistency to achieve the goals that are set to work you towards your big dream.
- Remember that just because you are doing a lot more does not mean you are getting more done.
- Use the money you manifest to do good for other people too. You can't take money with you when you leave this planet so remember to do something good with it while you are still here.
- Be grateful and say thank you. Say thank you in advance for whatever is already yours. Anything you want is already yours so claim it.
- Don't just aspire to make a living, aspire to make a difference.
- To get something you never had you need to do something you never did. If you never fail, you are not even trying.

3

SCIENTIFIC PROOF THAT THE LAW OF ATTRACTION WORKS

Now, although you will most certainly understand how it works by the end of this book, I do recognize that some of you may require some scientific “proof” prior to believing wholeheartedly how the universe works. However, let me assure you that whether you believe in the laws of the universe or not they still exist and are still working every second of every day.

But, for those of you who are interested in the science surrounding thought, belief and manifestation then this chapter is for you. There will be a lot of experiments and examples that will show you truly how powerful the mind is when it comes to quality of life and/or manifestation.

Scientific “Proof” #1 – Mirror Neurons

A very exciting and increasingly researched area is that of Mirror Neurons. Mirror Neurons are brain cells that are known to code the actions of other people with our own actions. They are a type of brain cell that responds equally when we perform an action and when we witness someone else performing that same action.

These neurons allow us to understand others by providing an inner imitation of the actions of other people. This then leads to

simulating the intentions and emotions expressed by that person.

This is a good reason why you should associate with positive people and eliminate as many negative people as you can from your life. If you are associating with people that are smiling and laughing a lot, then the vibrations you are experiencing will be those associated with smiling and laughing.

However, if you are hanging around people that are always complaining saying that they are broke then you will also associate with the vibration of poverty and complaining.

This explain why masterminds are so powerful because if you are in the right mastermind you will be associating with positive people who are either as wealthy if not wealthier than what you are. That way whenever you talk to them you will be associating with the vibration of wealth.

Scientific Proof #2 - Quantum Paradox - Wave/Particle Duality

The Quantum Paradox states that when elementary physical entities like electrons, protons, neutrons, atoms and molecules are not observed they appear in waves. However, once they are observed (i.e. through thought) then they evolve into particles. While in wave form the physical entity (your desire) will be extended into space (i.e. vortex) and then it will contract abruptly and become in physical form when an observation is made.

OK so should we get scientific then. If you have ever investigated quantum physics, you will understand that what we see as reality is in fact not real. Everything in our existence that we see, hear, taste, touch, smell and feel has been created by the data

received by these organs. All that we know of the world around us is the mental images that have been constructed from that data.

Although the world seems real, it is a phenomenon within our mind, so it stands to reason changing how we think can actually change our reality.

Scientific Proof #3 - "Experiment Number 1" – The Summer of 93 DC

In this experiment they set out to determine what effect many people meditating on a topic would have within the universe.

They decided that they would attempt to drop the crime rate in Washington DC. In the summer of 1993, 4000 meditators volunteered to meditate on peace and love for up to 4 hours every day and they found that the crime rates dropped by 25% during the month of the meditation.

This showed that the positive thinking of a group of people can affect and change the behaviour of the criminal.

What is exciting is that they have figured after considering all the variables that if there was a permanent group of 4000 participants in the transcendental and TM-Sidhi program for an extended period then there would be as much as a 48% reduction in HRA crimes in the District of Columbia.

Scientific Proof #4 - "Experiment Number 2" – Anti-Ageing Experiment

In 1979 they conducted a study on 70-80-year olds.

One of the groups talked and reminisced about their past (younger days) and the other group pretended to be young again by surrounding themselves with TV Shows, Music and Activities of when they were young.

This study was very interesting. These men were split into two groups and both groups would be spending a week at a retreat outside of Boston.

The first group would be reminiscing about their life in the 50's and the other would be in a time warp. They would be surrounded by props from the 50's and were asked to act as if they were in 1959. This group watched films, listened to music from that time and had conversations about the latest NASA Satellite Launch etc.

In order to refrain them from behaving like anything but healthy, the researcher Dr Langer made sure there were no rails or gadgets that help older people. She didn't help them with their bags or help them in any way. They were required to do everything by themselves.

What happened was remarkable. Even though they looked like they may be on their last legs, as the experiment went on, she found that the men were starting to make their own meals and make their own choices. Over the days she noticed that they were walking faster and with more confidence.

They found that those who imagined being younger, showed signs of de-aging by improving eyesight and hearing, lowering blood pressure and diminishing arthritis.

Scientific Proof #5 - "Experiment Number 3" – Dr Masaru Emoto's Water Experiment

Through the 1990's Dr Masaru Emoto conducted a few experiments which observed the physical effects of words, prayers, music and the environment on the crystalline structure of water.

For this experiment, 2 different jars were filled with distilled water and each of them were labelled with different words.

One jar was filled up with positive words/phrases like "Thank You" and "Love and Appreciation". The other jar was filled up with negative words/phrases like "You make me sick, I will kill you" and "Adolph Hitler".

They found that the jar with the positive words were more symmetrical and aesthetically pleasing than those stamped with the negative phrases. This shows the effect that negative words can have on the external environment.

If you are wanting to manifest even quicker, then you can do something that I do daily. You can fill up a bottle/glass with good quality pure water and on the outside of that glass bottle write all the positive words and phrases. Then drink from that bottle and recite positive affirmations/phrases while you are drinking the water.

Water is one of the best mediums for transmitting information and energy inside of you and the properties within that water allows the vibrations to reach every cell and subatomic particle to deliver the information.

4

UNIVERSAL LAWS EXPLAINED

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As we have laws that depict what we should do and how we should act in society, there are also laws that we must abide by when it comes to the universe. These are laws that happen whether you want them to or not, or whether you deliberately work to make them happen. These are the laws that you must abide by if you are wanting to manifest the sort of wealth that I believe you are wanting to have flow into your life.

Just because we do not understand something does not mean that it is not true.

For instance, we don't understand electricity, but we still relish in the light that it brings us every day. We don't question how it works, we just accept that it does.

The same can be said for gravity. Gravity is something that is just accepted. It may not be understood but we just know that if we were to jump off a building, the law of gravity says that we are going to hit the ground (please don't do that by the way).

Well, the universal laws are the same. We may not understand how they work and unless you are heavily into quantum physics you will probably not understand it completely. However, it is important that you just understand that these laws happen whether you like it or not.

Once you understand these laws, everything will fall into place and you will understand why the beliefs we have had throughout our lives is simply a result of poor programming. You will begin to understand that all the wealth we could ever desire or require is within us and all we need to do is activate it.

As I first learnt about manifestation and the laws of the universe, I began to create my own story within my mind as to how the universe receives the order and sends it back to me. I began to understand that like gravity these laws are unable to be ignored and whether you wish to accept them or not they are still going to make up the function of this universe.

As we get into the book further, I will explain to you how I believe the universe and higher source works to bring me everything I could possibly want. You will learn about the vortex and how everything we could ever possibly need is within that space. Everything we desire and focus upon is placed here to be accessed and turned from thought into physical manifestation once you have aligned with the right vibration.

Within the next chapter you will learn a lot more about your higher self, the nonphysical realm and your vortex and you will begin to understand how everything that you desire is able to be turned into physical form.

Now on to the different laws of the universe... Please understand that although these laws may go by different names, they are all governed by the same principles.

Law of Attraction

You attract what you think about the most...

OK, so you probably know this law. This law states that you attract what you think about most. Most of the manifestation

books you read will focus on the law of attraction and for good reason. However, for the law of attraction to work properly you need to have two factors in place – desire and expectation. If you have these two in place, then you can manifest all that you desire.

What is important to remember though is that the law of attraction is a secondary law. The law of vibration is a law which is possibly even more important because without being in harmony with your desires it is not possible for them to come into fruition.

The law of attraction states that what you focus on you attract into your life, so you need to make sure that what you are focusing on is what you do want and not what you don't want. If you want wealth quit seeing poverty. No matter how much you are struggling now you need to come up with a scenario in your mind where you are actually wealthy. This book will help you do that.

Law of Cause and Effect

For every effect there is a definite cause OR for every cause, there will be an effect...

Your thoughts, behaviours and actions all create different effects which make up the manifestation of your reality. If you are not happy with your life as it is now, then you need to change these thoughts, behaviours and actions so that they align with the result you are wanting.

No longer are you able to blame somebody else for where you are in your life. This law states that everything that happens to you has happened because of specific thoughts and actions you have undertaken.

The law of cause and effect states that success is not built on chance or luck, it is not determined outside of yourself but is created within you. Plus, it indicates that everything that happens in this world, good or bad, happens for a reason.

Sometimes it is hard to understand why something happens. Sometimes we don't know why something happens but there is always a reason for it. During times of trauma and grief we have a hard time figuring out the reason behind it, but it is important to remember that with everything that happens there is also a lesson to be learnt by it.

With this law comes three principles that you have probably heard of and possibly in the form of "karma":

- Good deeds bring good results;
- Bad deeds bring bad results;
- Your own deeds bring your own results.

If you are wanting to obtain true happiness, then you must surround yourself with good deeds. It is time to stop blaming others for what is happening and start taking responsibility.

How you react to the events, people and circumstances in your life is determined by how you feel on a daily basis. Your thoughts are incredibly powerful when it comes to cause and effect because thoughts create causes and they are independently creatively manifesting your reality, which is why visualization is so powerful.

As we all have free choice when it comes to our thoughts, we are in complete control over how we react to things, how we interpret things, the emotions we choose to experience both consciously and unconsciously at any given time and how we choose to behave in response to those thoughts. As we have free

choice it also means that we can unlearn our current thoughts, behaviours and reactions.

Have you ever met somebody that was in complete dire straits and then they turned their life around completely just by changing their way of thinking? Let me tell you, I have met many of them.

In fact, 2 of these incredible examples are within my own personal mastermind group.

One of my dear friends Marcus Aurelius Anderson was paralysed from the neck down but through the power of his mind and his determination he was able to fully recover.

Another of my dear friends David Brook found his wife passed away on the laundry floor after an overdose and he was left to raise 2 young boys.

Both guys are incredibly remarkable people. By them believing in the power of the mind they were able to overcome their adversities and really excel in this world. You can do that too.

Law of Compensation

You will always be compensated for the value and contribution you give to others...

The amount of money or good you are going to receive is in direct proportion to how much need there is for what you do, how good you are at providing those services and how difficult it is going to be to replace you.

Therefore, constantly seek to improve yourself so that you are of as much value to others as you possibly can be. Once you are so effective at what you do, people will find it hard to replace you

and therefore you will be able to charge higher rates and manifest greater wealth.

You have infinite potential. You can tap into an infinite source of supply and the universe is happy to give you whatever you ask for but remember to get back you first need to give out.

If you are really wanting to become wealthy, then make sure you provide as much value as possible, so people can't help but pay for your services. When you start worrying about whether your product or service will sell, keep reminding yourself that there are always thousands of people just waiting for you to offer your services to them. There is an infinite supply of clients and abundance in this world and if you intend for them to be there, then they will.

This law is based on the premise of "you get back what you give to others". This does not only apply to money, but it also applies to love, joy and kindness. For instance, if you would like somebody to be more joyous and kinder to you then you need to give that out as well. Make sure that you go out of your way to smile, say hello and pay people sincere compliments whenever you can.

If you want the law of compensation to work in your favour you need to give what you have, be what you want to see and then those things will come back to you. If you want to be wealthy, give selflessly to others.

Now if you don't have spare money at the this point in time then instead of money you can give away resources, time or even something so simple as a kind smile which will raise the other persons vibration throughout the day. However, as soon as you do have a little money to give then start giving it away because it will make the money manifest quicker.

Starting out I would place \$50 a fortnight into my purse and give that away wherever I could. Of course, as soon as more money starts to come in you can give greater sums of money. They say that 10% of your income is a great place to be.

When we are generous and proactive it allows for all the opportunities to pop up. When you focus on debt so much and you are stingy and afraid of losing everything then you will find yourself attracting more debt and hardship because that is where you are attracting your energy.

It is important that if you are not happy with what is happening in the world, then you need to change yourself within and your perceptions of others and the world will also change.

Law of Correspondence

Our outer world reflects what is going on inside of us. Our reality is the result of our most dominant thought.

If your life is filled with nothing but unhappiness it is because that is how you are on the inside. If you hold negative thoughts within you then you will find your life filled with unhappiness and turmoil.

However, if you hold positive thoughts then you will find your life filled with nothing but happiness and complete fulfilment.

If you are really wanting to see change in your outer world then you need to first change your inner world, by changing your thoughts, beliefs and attitudes. Your current situation is a result of the way you think.

Isn't that awesome. That means that by changing our thoughts we can change our reality.

If you really want the law of correspondence to work for you then you need to do a few things:

- 1) Take a hard look at yourself and all the different areas of your life to figure out if you are where you want to be and if not what you have to change.
- 2) Start taking responsibility for how your life is now. It is nobody else's fault that you are in the situation you are in now. Not only can you take responsibility for the good things that are in your life, but you must also take responsibility for those things that are not working. What you don't acknowledge you cannot change.
- 3) Now you need to visualise how you would really like the world to look.

Law of Divine Oneness

Everything and Everyone is connected to Everything and Everyone else.

Everything that can and cannot be seen are all part of a consciousness or life force which means that everything we think, say, do or believe does not only affect us but it affects the entire universe.

This law is incredibly powerful because it really explains the importance of connection with other people. It wasn't until recently that I began to understand the incredible power we have individually and as a group when we all work together for the better good. Nobody works in this world by themselves. If you believe that you do not need the help of others in your life you will not only be lonely, but you will not be attaining your full potential.

Think about it... When you are starting a new project, or you have a vision of what you are wanting to achieve, it is important that you get together a group of people who have different skill sets but who can all contribute to fulfilment of that project or vision.

There has been a lot of talk lately about the power of masterminds and why they are so incredibly powerful. I know after being in a mastermind myself that without my mastermind buddies I would not be at the place that I am now. They push me to want to contribute and to want to help others as much as I possibly can. I have always been a motivated, passionate person but they have just helped push me to a place that is incredible.

I have always said that nothing great is ever achieved with the work of one person. It is achieved with the work and passion of many. Think about this the next time you may be tempted to separate yourself from others or try to “work alone”.

Aside from that, as we are all one, we need to treat others as we would like to be treated. Therefore, before you react to something that has happened, how about you stop and think about how you would like to be reacted to in a similar situation. As we are one, we need to try to see the good in other people and try to be as kind and compassionate as we can. If we are truly wanting to make a change in this world, we need to be the change we want to see.

If you really want to have the universe working in your favour, you need to understand the role of connection and divine oneness.

Law of Forgiveness

Forgiving yourself and others is the key to opening infinite manifestation possibilities...

I suspect you have been through a situation where somebody has hurt you deeply and you choose revenge or unforgiveness. You may even have a hard time forgiving yourself for not being perfect. Whatever it is, not forgiving yourself or others and instead believing the adage “an eye for an eye” will keep you in a very low vibration and will therefore leave you in a state of fear and scarcity.

It is important to understand that forgiving somebody else does not condone their actions and it certainly does not lessen your power. In fact, it increases your power, releases your story of victimization and therefore allows you to attract incredible opportunities available to you. Holding onto anger and resentment does not allow space in your consciousness to attract these opportunities so it is imperative that if you are wanting to manifest you must first learn to forgive.

I have good news for you too. If you are dealing with an illness one of the first things you really need to do is dig deep inside and figure out if you are holding onto negative emotions like fear, anxiety or resentment and if so, you need to learn to let go. These emotions create toxins in your system which accumulate and lead to dis-ease. Learn to forgive and begin to heal.

Law of Sowing and Reaping

Everything has a gestational period...

All things in the universe needs time to grow, time to mature and time to sprout into being. This law states that it takes time for

our dreams, our hopes and our goals to gestate. Nothing happens instantly (although you can manifest incredible wealth in a very short period).

Like with seeds we must also tend to our goals and dreams and have faith that they will manifest when they are supposed to. If we are impatient and try to hurry the process along it will take longer and may not even happen.

We see this all the time when people give up just before they succeed. Have faith that the universe will bring your dreams and goals and success and wealth to you when the time is right. It is not up to us to know the how or the when – we only need to know the what and the why.

Law of Increase

Increasing something in your life so you may experience more, give more and live a more fulfilled life.

Everything we could possibly desire is within our grasp right now... It has been said that the law of increase is simply your higher-self seeking fuller expression of something in your life. It is wanting to increase something in your life (including wealth) so that you can experience more, give more and live a more fulfilled life.

I know myself that one of the reasons I am desiring to increase my wealth to such incredible levels is because of all the visions I have and my desire to help as many people as I can in this world live their best possible lives and to be the best versions of themselves possible. Of course, all of that takes money.

My purpose in life is to help others discover their purpose and create a reality which moves them towards that purpose. To do

that I need to look at everything I do in a way which will increase the fulfilment of others.

Whether that is giving somebody a smile in the morning which will “increase” their vibrations for the day or whether it is giving a homeless person \$5 which will “increase” their ability to purchase a drink or get something to eat.

If you are really wanting to activate the law of increase you need to learn to praise that which you are wanting to increase. If you are wanting to increase your wealth, then you need to praise your money. If you are wanting to increase your plants growing, then you need to praise your plants. If you want to increase your child’s good behaviour, then you need to praise them for that.

Gratitude is a practice that you absolutely must begin to incorporate into your daily routine if you are really wanting to manifest using the law of increase. The more grateful you are the more you are going to receive. Therefore, if you are really wanting to manifest all that you want, make sure that you praise the universe and the creator as much as you can.

You will also notice that when you are looking for a reason to praise something, whether it is praising your child for good behaviour or praising the universe for sending small signs of manifestation to you, you are always increasing your vibrations and therefore raising your manifestation potential.

Law of Non-Resistance

Whatever you resist, persists.

When you resist something then you are sending negative energy towards whatever it is you are resisting, therefore making it much harder to get the problem solved.

When you find yourself struggling with something and pushing against it, then it is an indication that you are not living in the present and you are blocking the flow of energy that should be coming to you and out of you.

For instance, a very common resistance you may have regarding money (and I have been guilty of resisting this too) is that “Money is Scarce, and I never have enough”.

Prior to me changing my own wealth consciousness my reality used to show up as living from pay check to pay check every month to the point that my own kids were wondering why we couldn’t “afford” to pay for a nice dinner out or to go to the movies. The words we used indicated scarcity and our kids picked up on it. It wasn’t until we changed how we phrased everything that money started showing up.

So, quit resisting wealth by focusing on wealth instead of scarcity. Quit saying I don’t have enough money and there is never enough money to go around. Instead, start saying **I am** wealthy (because you are, it is already in the vortex). Start following all the strategies outlined in this book and your resistance to wealth will cease and you will be able to start just going with the flow and allowing the universe to bring you what you desire.

Law of Obedience

The success and direction of your life will be affected by your obedience of all the laws of the universe.

You have been given all the materials and tools that you need to build the life that you want. However, this can only happen if you abide by the laws of the universe.

It is important that you understand that these laws are always working, and they don't require that you believe, acknowledge or are even aware of their existence for them to exist.

Do not try to rewrite the universal laws because they were never created by mankind. You are not able to change or alter them in any form because they just exist. Failing to abide by the universal laws will just render consequences in your reality but adhering to these laws will help you manifest all your greatest desires.

Law of Perpetual Transmutation of Energy

Everybody has within them the power to change the conditions of their lives and transform their desires into physical form.

Everybody and everything is pure energy. With free will you are able to change energy with your thoughts. Your thoughts come from how you see situations, people and things. It is all about your perspectives and your judgements.

Energy from the formless realm (vortex) is constantly flowing into the material world and taking on physical form. This energy is constant and limitless and able to be achieved from anybody that is willing to come into alignment with that energy.

For instance, you have unlimited wealth within this vortex and you can access it if you are willing to put in the time and strategies outlined in this book to get your vibration in alignment with wealth.

This law also states that energy is always in a state of motion and therefore needs to be constantly circulating. This energy is constantly flowing into our consciousness and it can be transformed into our deepest desires, depending on what we focus on at that point in time.

As energy is always moving, it is also always changing and therefore nothing ever stays the same. So even if you are constantly seeing the same thing manifest in your life over and over it is not because it is staying the same it is because you are constantly focusing on the same thing which means that although that energy has moved on, new energy has taken its place in the same form.

Therefore, to change your circumstance and what has manifested in physical existence you need to change what you are focusing on. Instead of focusing on the lack of money, you need to start focusing on always having enough money and knowing that money is on its way to you. By doing this you will become in vibration with that of money and you will attract wealth to you.

Law of Polarity

Everything in the universe has an opposite on its continuum.

Although we have wealthy/poor, hot/cold, dry/wet etc, you can change one thing to its opposite on this continuum by changing its vibration and energy. For instance, you can make something hot go cold by putting it in the refrigerator or you can make something that is dry become wet by adding water to it.

The same can be said for thoughts. You can turn an undesirable thought into something more desirable by thinking of something in the opposite continuum. By focusing on the positive continuum, you will find that the undesirable thought will dissipate.

When it comes to abundance you need to make sure that you focus on the thoughts of abundance instead of the thoughts of

lack. If you find yourself starting to think thoughts of lack, then you can turn those thoughts into thoughts of abundance instead.

Law of Receiving

You must willingly give and graciously receive...

Many of us go through life trying to think of what we can get instead of what we are able to give. Focusing on getting is disobeying the law of receiving. As I have mentioned previously in the other laws, energy is a force that should be circulating on a continuous basis and as money is energy, it should also be circulating. By contributing to this process and giving to others it will return to you at an even greater rate in even greater quantities.

Most of us believe that we should not give and then expect to get. However, when you give, you need to expect that you will receive something in return from the universe. Through your act of giving you have now opened the channel through which universal supply is able to send back to you. It has been said for every \$1 you give out you are going to get at least \$7 back.

There is a caveat to this law. In order to be able to receive you must let go of something. Therefore, if you are wanting to receive incredible wealth, you also need to give to others. If you are wanting to manifest a whole new wardrobe, then you need to eliminate those clothes which do not serve you to make way for those that do.

Equally, if you are wanting to manifest a group of friends who are all supportive and possess an abundance mindset then you must let go of those who are negative with a poverty mindset too.

Start to open yourself up to receiving whatever the universe sends to you, begin to relax and suddenly you will be shocked at how easily you create the life you have always dreamt of. Give the very best of what you have, and you will get the very best back...

Law of Relativity

No matter how bad our situation is deemed to be there is always somebody in a worst situation, so it is all relative.

When I talk about the law of relativity, I like to believe that we are all given challenges in our life to strengthen us and make us able to handle any problems that come up. This law allows us to compare our problems with those of others around the world which makes us see that our issues are not that serious.

I often use the law of relativity when I am talking to the kids. Kids have a knack of often looking on the negative side of things which means you may find them feeling sorry for themselves. When this happens, and they complain that they don't have the latest shoes or the latest clothes I take a moment to remind them about the homeless and people in third world countries.

I remember taking the kids on a cruise a few years back to stop in Bali where there were kids happily playing with pots and pans in tiny little shacks and eating nothing but rice for dinner. I tried to explain to them that they complain about not having the latest shoes, but these kids are having to go with no shoes at all, or I explain that these kids are in rags and you are complaining about the clothes that you have. Yet they still have smiles on their faces. It puts it into perspective for them.

Now, when we are talking about wealth it is important that you put your scarcity of money into perspective. Even if you are

living pay check to pay check, do you have enough money to buy food for your family? Do you have enough funds to be able to pay your utilities? Do you have enough money to pay for fuel to take you from A to B? Do you have a roof over your head that keeps you dry and warm at night?

If so, then you are not poor, and you need to remember the homeless that have none of that. Remember how lucky you are to have the money that you do have, and you will be able to put things into perspective.

Although living pay check to pay check is not comfortable and not ideal, it is also not necessary.

Remember that focusing on the situation you are in now is focusing on the past. Where you are now is a manifestation of something (lack of money) that you put in the vortex a while ago and kept it manifesting because of your constant focus on it. Stop focusing on it and you will start to see your financial situation change.

Law of Rhythm

Everything in this universe has a rhythm...

We know that everything has vibrations (i.e. Law of Vibration) but everything also runs to a certain rhythm. You look at the seasons, the cycles, the stages of development and even the different patterns throughout nature.

Kybalion actually states that “Everything flows out and in; everything has its tides, all things rise and fall, the pendulum swing manifests in everything and the measure of the swing to the right is the measure of the swing to the left, rhythm compensates.”

This states that everything on this earth is in flow. Everything is constantly moving. Therefore, by taking this into account you need to understand that money is merely an energy that is constantly flowing. The law of rhythm runs every single aspect of our lives, including finances, relationships, health, spirituality and much more...

What I find incredibly exciting about this law is that as everything has a rhythm or a cycle, we know that there are going to be ebbs and flows. We know that the challenges we come up against are not going to be forever and that if we are patient and believe that we are able to get past them we will move out of that state. If our health is bad, then eventually we will move out of that state to a completely different state.

As you begin to master this law and the other laws of the universe you will figure out how you can rise above the negative parts of the cycle. You will learn how to balance both positive and negative thoughts in your consciousness. Therefore, it is very important that you never allow your emotions to swing too far either way. If you find yourself moving too far towards the negative state of mind, then you need to catch yourself and use strategies to get yourself back to a positive state of mind.

If you are currently financially lacking, then you need to understand that you have the potential to be incredibly wealthy as money is consistently flowing. You just need to begin to feel like you can and then start taking action steps to make that happen.

Law of Sacrifice

You are unable to get something you want without giving something up in return.

If you are wanting to receive something of great value, you must give up something you believe is of lesser value. Giving up something not only shows your commitment to your desire, but it also promotes patience and persistence.

As Bob Proctor says, “discipline which is consciously chosen, ardently desired and patiently persisted will create incredible results”. By working on your desires and taking action to move you towards them whilst still staying in alignment will allow you to be massively successful with manifesting that desire.

Law of Success

God intended all of us to be wealthy, abundant and successful...

God intends for you to be great and live the best life you possibly can. By following the other laws of the universe everything will run to your aid and you will begin living the life of your dreams.

Law of Supply

Money is not limited and is infinite...

Have you heard the saying “the rich get richer” and the “poor get poorer”? I know I have. Do you ever wonder why that happens? Do you wonder why most of the wealth in this world seems to gravitate towards the same people? Do you wonder why you haven’t received your share of the pie yet?

After reading and listening to hundreds of wealthy experts on this topic, you will notice that they all have something in common. It is not that they are any different to us, but it is that they understand the Law of Supply and the other laws of the universe. They understand that money is not limited and is in fact infinite.

Think about it... Money is simply a piece of paper with ink on it. How much value does it really have? The value that money has is based on what a group of individuals have decided it is worth (daily currency). Money can be and is printed every day all over the world and as much can be printed as it is required, so it is in fact infinite.

Let me ask you... How would you feel if suddenly you went to your bank account and found 1 million dollars in it? Would you spend time trying to figure out where it came from or would you trust that the universe is working in your favour to help you be the best version of yourself? Would you feel unworthy of it? If so, this is going to prevent you from manifesting. Within this book you will learn how all of that can be changed.

Now what about in your business? Are you wanting more clients? Remember that there are tens of thousands of people waiting for what you have to offer but you must ask for them to come to you and trust that the universe will bring them to you. I like to tell myself that the universe is in the process of compiling them all together so that upon launch of my product, they will all be waiting to purchase it.

Start to understand that there is an infinite supply of whatever it is you want, and it is all within your grasp... Nothing is created nor destroyed. As you create the images in your mind of what it is you want you will begin to change the vibrations which will then stimulate the attractive force and you will begin to withdraw from the infinite supply of what I call the "Bank of Universal Consciousness".

Law of Thinking

Your most dominant thought will determine your manifestation and the direction of your life...

If you have ever been to one of Bob Proctors seminars or you have listened to audios from various manifestation experts out there, you would have most likely heard of the “Law of Thinking”. This law may be called by a different name by different people, but I like this term, so I am going to stick with it.

Our mind is an incredibly powerful tool that we can use to manifest our deepest desires, whether it is wealth, health, happiness or anything in between. Everything you want is within your grasp, but you need to activate your mind to work on your behalf.

Did you know that our intellectual mind is the only difference between us humans and other life forces? For instance, animals and plants do not have the intellectual capacity that we do as humans, which is why their presence and participation in this world is pretty much determined from the beginning of their existence.

Humans, on the other hand, have an innate consciousness which they can use to manifest anything they desire. As we begin to start thinking powerful thoughts, we will begin to start noticing amazing things happen. How far you go in life and the progress that you make will depend on what thought patterns you are entertaining.

In fact, your dominant mental state will determine which direction your life takes. This is not to say that you need to be positive 24 hours a day and never think a negative thought because after all we are human. However, the positive and uplifting thoughts must outweigh the negative ones to ensure that you remain in the correct vibration to begin manifesting.

Our most dominant thoughts are the ones which will manifest so if your dominant thought is one of poverty and never having enough then that is what will manifest. But on the other hand, if you tell yourself that you are already wealthy, but you just need to turn the energy of money from the spiritual real to the physical realm then you will be in a higher vibrational plane and you will see manifestation start to happen.

Law of Vibration

Anything that exists within our universe, both seen, and unseen has a frequency or vibration attached to it.

Although most of us focus on the law of attraction for manifestation, there is a law that is equally as important. This is of course the law of vibration.

Whether we are talking about something as miniscule as an atom or a cell, rainbows or even happy thoughts all the way to physical items such as rocks, diamonds and metal, they all carry a unique vibration.

With this law it is important to understand the concept of “like attracts like”. Frequencies within the universe like to come together as one so if you feel happy feelings, then more happy feelings will come to you. On the other hand, if you are constantly angry or upset then all you are going to attract is more anger and sadness. I know which side of the pendulum I would like to be on in this situation.

So, how do you maximise your vibration for ultimate manifestation. I am going to give you the magic formula.

Your thoughts + Your feelings + Your actions + Your intentions will equal your vibration. Once you have this vibration it will align with the orders you have placed within the universe (what

you are wanting to manifest) and it will use the Law of Attraction to deliver it to you.

5

YOUR THOUGHTS/FEELINGS TURN TO THINGS (ACCESS THE VORTEX)

Every being in this universe has chosen to enter physical reality to fulfil a greater purpose in life. When we decided to move from the nonphysical to the physical, we chose a path that would allow us to expand as nonphysical beings (you can call that spirit or soul if you so prefer).

One question though...

Are your desires to manifest coming from your ego or from your higher self?

This is an important question to answer because it will help determine what you manifest, when you manifest it and how it is manifested. When you are purely manifesting from the desires of your ego you will find yourself constantly wanting more and more. You will want more cars, more houses, more clothes, more holidays etc and although this is not a bad thing it is self-limiting. After all, you can only purchase so many material items.

On the other hand, if you are manifesting from the place of your higher self (sometimes called your subconscious or superconscious mind) then you are allowing experiences to

come into your life for the purpose of achieving your higher purpose.

Your higher consciousness understands that your physical, outside experience is just an illusion and is simply a method for allowing your consciousness to experience itself. It knows that any of your circumstances are simply a reflection of your inner world which is created by your thoughts.

This is exciting because by understanding this you will realise that your current reality is merely a dream and can be altered based on your thoughts, feelings and the vibrations you send out to the universe.

Your higher self can be classified as the nonphysical part of you and your lower self could be classified as that which is physical. If your ego (conscious), lower self (subconscious mind) and your higher self (superconscious/unconscious) minds are working together then you can create complete harmony and the life that you desire.

Unfortunately, due to incorrect programming this is not always the case. This programming often sends incorrect messages to our subconscious mind (which cannot ever reject by the way), therefore changing our current reality.

Our intent therefore is to alter the messages that are going into your subconscious mind by altering the messages that your conscious mind is listening to. In a few moments we will go into the three parts of the mind in much greater depth, so you can understand the purpose and function each of them plays. But first let's go a little deeper into the higher self.

When listening to your higher self instead of your ego you are no longer concerned with whether you are going to receive that

million dollars because your higher self will distribute money to you as you need it in order to get you to where you need to go.

Once you get to the place of listening to your higher-self more and listening less to your ego you will find you will move from asking and receiving to a place of being open to receiving.

I myself have a very close relationship with my higher self and I listen to the advice it gives every single day. Some may call this intuition. When you have a close relationship with your higher self then everything is within reach. Your higher self is there to choose the path of least resistance to manifest all your greatest desires. Your higher self knows exactly what these paths are and if you are clear on what your desires are it will do all it can to help you achieve them.

Do I need to keep repeating my requests to my higher self?

No, you don't. Your higher self is so trusting of the powers of the universe that once you have visualised and set your intentions for what you desire then you don't need to ask again. It is already in your vortex and as soon as you become in alignment with that vibration then it will be manifested into your physical reality.

In fact, when you are really in tune with your higher self and you learn to trust that your higher self has your back and will always look out for you then you never truly need to worry about how something is going to manifest or when it will manifest. Your higher self will always bring your desires into physical reality in divine timing, at a time that is most suitable for moving you towards your ultimate purpose.

Now that you are working from the place of your higher self you have surrendered to its divine guidance. You now realise that it is going to guide you to take the appropriate steps in the exact right time to manifest what you desire.

Let me give you an example. I said that I have a very close relationship with my higher self. I trust it completely and know that it looks out for me 100%. It wants me to succeed with everything I want to do in life. It wants me to have all the luxuries, experiences and opportunities that I desire without “hard” work or struggle.

I understand that I hold the entire life force of the universe within me and as I allow this energy to move through me rather than trying to control where it goes, I have infinite possibilities open up to me. Upon writing this book I asked my higher self (and my angels) to guide me to create a book that I can be proud of and that will give my readers all the information they need to become the best versions of themselves also.

As I sit and write this book, I have content being downloaded to me through my higher self and I don't often even feel like I am even writing it. My fingers take on a mind of their own and I just write what is downloaded to me. Because I know that source is there for me to succeed, I trust all that is downloaded to me and I know that I will be successful.

Now, as humans we often find ourselves working from the ego and wanting more and more. However, this constant wanting only signals to the universe that we believe we don't have enough, and which tells the universe to signal more feelings of want and less manifestations.

Therefore, instead of wanting we need to already believe that we are that vibration. If you are desiring to be wealthy, then you need to believe that you already are. You need to act like you are (by not worrying about money and by feeling wealthy) and you need to realise that once it is in your vortex it is on its way to you.

The awesome news is that when you start to want only that which your higher self wants (as it knows your true destiny) then instantly you align with the vibration of the universe and this is where magical manifestations take place. Once you have your desires within your vortex the higher self will decide the best path to get them to you, as well as the most appropriate timing. Trust in your higher self and I promise you that it will not let you down.

So then, what is the purpose of my conscious (ego), subconscious (lower self) and unconscious/superconscious minds (highest self)???

When we talk about the mind there are three parts we need to take into consideration. For the purpose of this book I am going to delve a little more into each of these parts of the mind so that you may gain an understanding of how powerful the mind is and how you can begin to take control of your own mind to manifest everything you could possibly desire.

You need to remember that your mind is an extremely powerful tool. It could be compared to a large computer, probably the most powerful computer ever in existence. It is responsible for storing and processing every single one of your thoughts while still working on other tasks at the same time.

If you look at a computer, we have the programs that we see in front of us. For instance, when writing my book or course I had times where I was using word or PowerPoint and I could see that. However, in the background you also have the programs working to keep the computer functioning optimally. These programs are the ones that we do not see.

The same works with the mind. Our conscious mind is something that we can see while our subconscious (RAM) and

our superconscious (Hard Drive) we can't see but they are still incredibly powerful.

Conscious Mind (Ego)

So, to start off with let's talk about the conscious mind. This part of the mind consists of everything that is inside of our awareness. Everything that we see around us, everything that we can process. This is the part of our mind that we can think and talk about in a rational way.

Within the conscious mind you will find your sensations, perceptions, memories and feelings, all within your current awareness. When you have things that your conscious mind wants to keep hidden from your awareness, it sends it to your preconscious or subconscious mind. As Freud often said, the conscious mind is just the tip of the iceberg and underneath that iceberg is all the fantastic possibilities of the subconscious mind.

Unlike the subconscious mind, the conscious mind involves everything that you are currently aware of and are thinking about. You can liken it to short term memory and it is very limited in its capacity to remember. The conscious mind is like the captain of a ship who gives out the orders. It is this captain that will shuttle orders down to the workers below deck, being the subconscious and unconscious mind.

Through speech, pictures, writing, movement and thought, the conscious mind will communicate with the outside world. However, your subconscious mind communicates very intimately with your unconscious mind.

Your conscious mind however can do two things that the subconscious and unconscious mind cannot. It can direct your focus and imagine that which is not real.

Focus

The conscious mind is responsible for relaying messages to the subconscious mind, where the subconscious mind will pick it up and obey the order. If all you ever do is focus continually on negative things your subconscious will pick up this message and deliver to you any of the feelings, emotions and memories which you have previously associated with that mindset. Because those feelings then become your reality you will end up in a nonstop loop of negativity, fear, anxiety etc and you will be constantly looking for bad experiences to happen.

However, if you instead focus on positive things in your life then your subconscious mind will obey those orders and will associate the feelings, emotions and memories associated with joy and happiness instead of fear and anxiety and you will begin to look at the positive parts of life instead.

This ability to focus is one of the most powerful aspects of the conscious mind and is incredibly important when it comes to manifesting too. Our thoughts are possibly the only true freedom we have in this world for which we can control. If you look at Nelson Mandela for example, he was trapped in inhumane conditions in the prison, but he was still able to have complete control over his thoughts and how he reacted to different situations.

Deciding how you think and what you are going to allow to enter your mind will ultimately determine your destiny so be careful what you allow in.

Visualization

As I mentioned, the second thing that the conscious mind can do which the subconscious and super-conscious cannot is visualize. Your conscious mind is so powerful that you can visualize

something that is completely new and unique, which you have never experienced before.

As you will learn shortly when we go into the subconscious mind, if you focus on your vision so intently your subconscious will see it as real which will then create the feelings and emotions associated with that vision and as we know by learning about the laws of the universe, if you attach emotions to visions then your visions become your reality.

Visualization can be used to create amazing results. There have been many studies that have shown that visualization improved sports performance almost as much as doing the practice itself.

For instance, in one study they split the participants into groups. One group was asked to practice 20 free throws in a row, one group was told to do nothing at all and the final group was asked to sit in a relaxed state and then imagine themselves performing the free throws. The third group was instructed that if they missed, they had to adjust and see themselves get it the next time.

The results from this study was truly remarkable. What they found was that those that did nothing didn't improve at all (not a surprise), the group that did the practice improved by 24% (not a surprise) but the third group that only visualized doing it improved by 23% - almost as good as actually doing it (a fantastic surprise). How cool is that – how powerful is the conscious and subconscious mind?

Subconscious Mind (Lower Self)

Now the subconscious mind is incredibly powerful and is something that we need to focus on if we are wanting to manifest everything our heart desires. Your subconscious mind is

responsible for holding your short-term memories and the programs that you are using daily and it actually makes up 88% of our brain's capacity.

The subconscious mind is always working – 24 hours a day. It is responsible for filtering out unnecessary information (information that is not going to serve us) and then deliver only what we require at that point in time. This is very important because we are bombarded with 2 million bits of data every second, so you can imagine what would happen if our conscious mind had to handle all of that. We would be so overwhelmed and bombarded that we would never be able to get anything done.

Once the subconscious mind has sorted out the important information, it will relay this back to the superconscious mind by way of feelings, emotions, sensations, images and even dreams.

One of the most powerful aspects of the subconscious mind is its ability to take orders. It is not in charge of us and therefore we are able to direct the subconscious mind in any way we want. The superconscious mind will give it direction and then the subconscious will deliver the emotions and the feelings for which you continuously think about.

The subconscious mind will act upon the predominating thought that resides within your conscious and it will use these thoughts to attract circumstances and situations which will match the images that you have focused on.

It is important to understand too that it will not discriminate, judge or censor and so it is capable of manifesting success, wealth and health just as easily as it can failure, ill health and

misfortune. It is your choice as to which direction you want your conscious to point your subconscious to.

The subconscious mind is unable to reason and therefore it is unable to reject anything that is told to it by the conscious mind. This explains why it is incredibly important to be careful of what you think about.

The subconscious mind is unable to tell the difference between reality and make believe which is why visualization of the conscious mind is so powerful when it comes to reprogramming the subconscious. I will go into visualisation in much greater depth when you get to that chapter.

Let me explain by example the subconscious mind. Have you ever learnt a new skill or technique such as driving a car and you practiced for months and months to get the technique right and then suddenly you were able to drive it without even thinking? Your foot immediately knew to go on the clutch when it needed to and then it also knew to change the gears at a certain point and it even knew how to get from A to B without you really thinking about it.

Well, that is the power of the subconscious mind. If you are driving and you are going to a place you haven't been to before you may notice every sign and every street in between. However, once you have been that route multiple times your conscious mind may redirect you to other thoughts, such as what you are having for dinner tonight or when you must pick the kids up from school and you will be completely oblivious to the street signs, traffic and buildings around you.

But in the background your subconscious mind is paying attention to all these things. It is paying attention to the streets, signs, speed limits, odometer readings, police cars, location of

the curbs and even the buildings etc that indicate you are nearing where you need to be. When you get to where you need to be your subconscious mind will redirect your conscious mind to pull into the drive and take notice.

Superconscious Mind (Higher Self)

The superconscious mind is the highest intelligence that exists. It is known as many different things, including higher self, infinite intelligence, collective unconscious, oversoul, universal mind, the divine, the source and by some, even “god”.

Everything that you could ever possibly want to know about the universe is stored in the superconscious and all the information and knowledge that is handed down can be accessed by everyone on this planet. However, accessing this information takes some practice but can be achieved by implementing many of the techniques given later on in this book.

As we are all one collective consciousness it means that we are all connected to the minds of other individuals and by using our subconscious mind we can communicate with one another. This superconscious does not have any limitations or restrictions and therefore anything that you can envision is able to be turned into reality.

It stands to reason then that the superconscious mind is the most powerful of all minds doesn't it? I guess you could say that except that all 3 parts of the mind are equally as important. Without the subconscious mind you wouldn't be able to access the superconscious and without the conscious mind you wouldn't be able to visualise what you desire.

The superconscious is responsible for sending wisdom to the subconscious mind which will then allow you to find

opportunities, people and situations that will help you succeed with your life purpose. If you have a goal that you are wanting to achieve, then learn to access your superconscious and it will begin to reveal solutions to your problems, give you the actions you need to take and then put you in contact with the people and resources you need to achieve your goal.

As mentioned previously, your higher self or super conscious will give you the tools you need when you need them to achieve your goals. It is important that you listen to your intuition and don't disregard an idea because you think it is stupid because it may just be your higher self talking to you.

So, how do I align with the vibrations of wealth???

When you are wanting to align with a certain vibration it is critical that you take note of how you feel. We will be delving into feelings and emotions a lot more later in the book but what I will say now is that positive emotions like appreciation/gratitude, joy and excitement are all very high vibrational frequencies that will attract incredible manifestations to you and which will put you within the vortex of opportunities.

However, negative emotions like anger, frustration, unforgiveness and guilt all have a low vibrational frequency which will send you a long way from the vortex and halt manifestation in its track. If you maintain low vibrational emotions like this you will just attract more of the same into your life but if you maintain the higher vibrations then you will attract more of things that bring you such feelings, including wealth.

Further on in the book I will give you some exercises you can do to help you take control of your emotions and remain in the vortex for much longer.

OK, so you talk a lot about the Vortex. What exactly is it?

In 2009 Abraham described the vortex as being a vibrational state that is a precursor of all positive motion forward of all that is. It is complete source which is encapsulated and condensed. It is pure, positive energy and is our holding tank for all our desires. It is the place where all our dreams and desires are held until we are in vibrational alignment with them.

How do you know if you are in the Vortex?

Let me start off by telling you that I absolutely adore being in the vortex. It is a feeling like no other. It is a feeling of complete and utter bliss. A feeling that you are unstoppable and that your life is moving in complete flow with the universe. You will find a level of appreciation that you never knew existed. You will start to be grateful for not only the big things around you but also the small things. You will start to have feelings like enthusiasm, inspiration, joy, passion and appreciation.

For instance, when I am in the vortex I am eternally grateful for everything I have in my life, I am so excited about not only what is to come but also the present, I am absolutely loving everything I am doing, I am present with my family and friends, I am living in the now and I am refusing to succumb to negative thoughts.

That is not to say that I don't suffer from sadness sometimes, come up against contrast or temporarily get pulled out of the vortex. I have 2 teenagers at home (a 14-year-old girl and a 16 year old boy) so of course there are going to be times when I am frustrated. However, now I do not allow myself to stay in that state for too long.

If I begin to find I am experiencing states like frustration, worry, fear, anxiety or judgement then I know I have moved outside the vortex and I am halting the manifestation of my greatest desires. I then use some of the techniques within this book to pull me back into the vortex and feeling awesome again.

Why would you want to be in the Vortex as much as you can?

Well, that is simple. Because it feels so darn good. It means you are experiencing the kind of alignment that allows miracles to happen. You will begin to get inspired answers to your questions and things will just seem to come together beautifully without you even needing to try. You will feel so on top of the world that everything just makes sense.

As I mentioned previously, when I am in the vortex, I am getting frequent downloads from my higher self and from source as to how to proceed with the book and the course. I get constant direction and inspirations which I know are moving me in the direction of my greatest desires.

How can you use your presence in the Vortex to manifest all your desires?

When you are in the vortex this is the perfect time to take action. This is the time when I write my best work, it is the time when you want to make important phone calls, it is when you want to sign agreements and contracts and it is the time you want to make your biggest decisions. This is the time when everything is in alignment.

When I am in alignment and within the Vortex unexpected things start to happen. For instance, I had just done my meditation and my mirror work (you will learn about this later

on) and so was feeling so amazing and I knew I was in the Vortex. I went to my computer and checked my messages and I had two requests to be on podcasts to speak about this book and course which hasn't even been completed yet. How good is that. Things just started working out.

Is it hard to get in the Vortex?

Absolutely Not! We all go in and out of the Vortex multiple times a day. However, the longer you can stay there, the more in flow your life is going to be.

6

DREAM BIG AND DISCOVER YOUR LIFE PURPOSE

So, hopefully by now you understand how your higher-self works, the difference between the 3 levels of the mind and how the physical reality is just an illusion based on our previous thoughts.

Hopefully you will realise that your thoughts create your reality and that absolutely everything is possible if you access and build a relationship with your higher self. You can change your present physical reality by altering the thoughts that are dominating your experience. By moving from looking at your current poverty status and believing that you are meant to be wealthy you can change that reality very quickly.

Remember that within your vortex is everything that you have ever desired and all you need to do to access it is to remain at a high vibrational level.

Now if absolutely everything is possible, and your higher self is here to help you fulfil your life purpose then wouldn't it make sense to dream big? Whether you desire to manifest \$100 or \$100,000 takes the same amount of work so why not reach for the stars.

Don't limit yourself because you believe that you are not worthy or that you don't understand how it is going to get to you. How we receive the money is not up to us.

I have heard stories of people that have found the money they need on the sidewalk or have had money magically appear in their wallets. I know that I had about \$50 magically appear into my purse one day when I needed it for a lunch that we were attending. I just said thank you to the universe and paid for the lunch gratefully.

Just believe that whatever you desire is going to come true. You cannot possibly put the desire into your vortex, get into a high vibration and then not have it appear. You would have to be having conflicting or resistant thoughts to make that happen.

So, have you figured out what your life purpose is yet? When you entered this world in the body that you are in, what did your higher-self decide was your life mission. By accessing your superconscious mind through meditation or hypnosis you will be able to discover this purpose much easier and with much more accuracy. I know that although I have tried a lot of things in my life, I discovered my purpose through doing a lot more meditation, hypnosis and self-reflection.

Remembering that our purpose in this life is to become the greatest versions of ourselves and to expand our consciousness through life experiences, which will allow us to discover our purpose for being here. Everything that happens in our life happens for a reason.

It happens to inspire and expand our evolution as a human being so no matter what the event is, we must remember that there is a purpose to it. I remember being a teenager and being quite badly bullied at high school. In fact, I was bullied so badly that I

ended up leaving and attending college instead. Now looking back, I could see it in one of two ways.

Either I could see it as a painful experience where people were out to get me and feel sorry for myself or else, I could look at it as an opportunity for me to realise my strengths and abilities. I chose to believe that I went through that hard time to help me discover my strength and my ability to forgive.

I have forgiven all of those that have ever bullied me and in fact I feel compassion for them and hope that they have now matured and altered how they behave around others. I do not feel contempt or sadness every time I think about it because I knew it was meant to be part of my life experience.

If you can take something positive out of everything that happens then you know you are expanding as a human being. I will speak a lot more about this as we move into the next chapter on contrast.

This chapter is going to be split up into 3 steps:

- 1) Discovering who you are and what your strengths are;
- 2) Discover what your ideal life looks like (remember to dream big...); and
- 3) Discover what your life purpose is...

Each of these sections will consist of answering some questions and doing some writing. It will take you taking inspired action and delving deep. Although these questions will get you started, if you are really wanting to delve deeper then the course has many more activities.

STEP #1 - DISCOVER WHO YOU ARE AND WHAT YOUR STRENGTHS ARE

To get started, get yourself a pen and paper and answer the following 3 questions to the best of your ability. Remember to reflect on them and take time as they will help you see what the traits, characteristics and strengths are that you admire in others, and in yourself.

Question #1 – List 3 positive moments in your life when time just flew by.

What you will notice is that when time flies by you are doing something which you love. It is a time when you feel extremely light and connected with your higher self. You are not focused on doing something begrudgingly or doing something out of habit.

Some examples may be while you are meditating or in a deep state of hypnosis. It may be while you are spending quality time with your kids or spouse. It might even be while you are chatting with somebody very close to you. Whatever the situation it needs to be a time where you looked at the clock and suddenly time has passed, and you don't know where it went.

Now as you list these three moments, note down the following information too:

- Where were you?
- What were you doing?
- Who were you with?
- Did this happen before an event?
- Did this happen after a previous event?
- How did you feel when you entered this zone? Did you feel light and on air or simply full of joy?

Question #2 – List 3 people you most admire and the character traits they possess.

Discovering what you like and admire about other people will often indicate which traits you would like to hone. What you admire in others reflects what you desire for yourself and will also provide some insight into who you are. Once you discover what it is you like about others then it begins to open the door to understanding how you are wired to succeed.

Examples of people you may like and admire could be a family member, an authority figure with incredible wealth or even a sports star.

As you write down these 3 names, ask yourself what it is you admire most about them, and this will give you a good indication of the characteristics you would like to most admire about yourself.

Be very clear as to the rationale for choosing these 3 people (living or dead) and use adjectives such as honest, intelligent, compassionate etc to describe them in detail. What is it about these 3 people that outshine everybody else and what is it that draws them to you?

My Story

I will give you a good example from my personal experience. When I first started working in the mindset field, I had a podcast called “Living Your Intentions” where I interviewed mindset experts from around the globe about all mindset related topics. Out of these 70 odd interviews I did (of which all of them were incredible) I found 4 individuals that I connected with on a very deep level.

At first, I didn't quite know why we had such an incredible connection but then I realised... They all contained characteristics that I admired, and I saw within myself.

Each of them were/are passionate about their area, they were inspirational, they were compassionate, they were spiritual, they were positive, they were honest, they were hard working, they were determined, and they were most definitely motivated. These were all characteristics that I admire and so I created an instant connection with all of them.

I decided to start a mastermind with these 4 people (who are now some of my closest friends) and today our mastermind is going strong and we catch up 1-2 times a week to support and motivate each other with our goals. Our similar characteristics are what draws us to each other.

Question #3 – What are 3 accomplishments you have achieved or times when you have been proud of yourself?

When you look back at times when you have been most proud of yourself you will begin to examine moments of excellence where your skills have been shining. You will start to see where your “sweet spots” are and you will start to see your strengths that you can use to achieve your ultimate purpose in life. These “sweet spots” are what is classified as your natural talents.

A good example is with your academic abilities. Why is it that one person may be exceptionally good at maths while another is outstanding when it comes to science? Why may one person be able to play basketball but really suck when it came to football? It is because this is where their natural talent lies. This is an important step to undertake because by understanding what your natural talents are you will be able to direct your life

towards that which spurs your soul and allows you to succeed, which then brings about happiness.

However, there is one caveat to this. If, for example you have a natural talent for gardening, but you don't enjoy being out in the garden, then it may not be the best idea to take up a career in gardening.

Your talents may be meant to be used elsewhere, such as a landscape designer, an author, a garden renovator or even a blogger on gardening. Don't just assume that because you are good in the garden that you must be mowing lawns and clipping roses.

Think outside the box and determine what your natural talents are, and this will move you much closer towards figuring out what your life purpose is.

STEP #2: DISCOVER WHAT YOUR IDEAL LIFE LOOKS LIKE (REMEMBER TO DREAM BIG) ...

What would it be like if you were able to live the life of your dreams? What would you do if you could click your fingers and money just appeared out of nowhere?

How would you feel if each morning you were able to get out of bed, go out onto your second story balcony overlooking the ocean, eating a nice breakfast that your chef has just brought to you, go for a beautiful swim in your pool and then progressed to your work where you were doing something you absolutely adored? How would that feel?

I bet you it would feel great. Of course, that is just part of my dream life so now it is time to consider yours. Later in this book I will be detailing scripting where you will describe in detail

exactly how you see your day, your month, your year and your life panning out. By visualising these details, you are sending it to your superconscious/higher self which will then send you all the people and resources you need to achieve your dream life.

It is important when doing this exercise that you don't hold back – I mean at all. You dream as big as you possibly can. Remember that anything is possible, and you have infinite possibilities in your vortex. Right now, you have trillions of dollars floating around so how wealthy do you truly want to be? I have every intention of accepting all that is within my vortex so, do you?

STEP #3: DISCOVER WHAT YOUR LIFE PURPOSE IS

Finally, in this step we will discuss some steps you can take to discover what your life purpose is.

Discover things that you LOVE to do...

The first thing you need to do is discover what it is that you absolutely love to do. In fact, you love it so much that you would do it even if you never got paid for it. It could even be totally not related to your business.

Maybe what you love is that one on one time with your kids or with your spouse. Maybe its cooking in the kitchen for your family. Whatever it is, make sure that what you write down are items that bring you total and complete joy.

Think back to years and years ago. What was it that you enjoyed when you were a child or even a teenager. You may not still be doing those things, but you must remember that your higher self puts you on the path to achieving your life's purpose so that activity may be in the plan.

Only focus on activities that lift you up and make you feel whole and complete. We are not talking about activities that you just seem to be good at because you have practiced them time after time. These are more skills than activities that you love.

As an adult, what is it that really makes you jump with joy and beam with excitement? What is it that gives you goose bumps?

EXAMPLE

For me, I love to speak in front of others and see the looks on their faces as they realise the changes they can make in their own lives. I love it when I meditate and carry out my trance work or even when I complete my mirror work. I love it when I come up with an idea for a new book and the content just flows to me.

These are just some of the things I love. For every item that you have on your list you need to tie it to an adjective which describes it.

For instance, I would write “speaker”, “spiritualist” and “author”. Now you can see how finally you can see some occupations which could lead you towards your most fulfilled life and your ultimate life purpose.

I also want you to add in character traits which you admire, such as “being confident” or “inspiring others”.

Now that you have written your list, no matter how long it is you need to put the list in order of preference. Revisit this list and see if there was anything you didn’t write down.

If you did miss something, then make sure you add it and then place them in order of preference.

Be honest with what you write and make sure that you don't leave anything out. Don't be embarrassed by what is on the list because remember that it is personal and nobody else will be seeing it anyway.

Discover Things You Hate to Do

On the opposite end of the spectrum are those things which you really do not enjoy. As soon as you can figure out what it is you despise then you are finally able to recognise them and let them go from your life.

For instance, if you really do not like to do the ironing then write it down. If you don't like to write blog posts but know that it is something you must do for advancement of your business, then write it down. Thankfully you are now able to outsource almost any task that you do not like so you no longer need to be unsatisfied with having to do them.

You may also dislike certain actions such as "being disrespected" or "being lied to". These also need to be written down because by acknowledging what you don't like you can also acknowledge the types of people to stay away from and the traits you don't want to appear within yourself.

What are some activities that you do regularly which you really do not enjoy? Do you find yourself catching up with friends that are negative and do not resonate with your own values? Do you find that you stand outside talking to the mothers of your kids' friends, only to spend the time disliking every negative word said?

Write down all these things that you intensely "hate" and tie them into noun or adjective form. For instance, you would use the term "ironing", "blogging" or "being around negative people".

Just as with your likes, do not hold anything back. Be honest, take your time and let everything out on the table. By acknowledging it you can change it.

How much time are you spending on these tasks? The more time you spend on the tasks that you dislike the more time you are taking off your life expectancy. If it is your work that you hate, then ask yourself if the money is worth it. Are you able to instead make money doing something you enjoy, even if it is not quite as much? Eventually your aim is to drop these activities permanently and integrate more of the activities that you truly enjoy.

Please also remember that it is very important that you start to listen to your higher self, which some refer to as intuition. Sometimes we may find ourselves ignoring those gut feelings that we are experiencing, and this leads us to go down the wrong path and instead of the one leading us to our higher purpose, it can be one that leads us to torment and misery.

Start listening to your higher self and you will not be led astray.

Start Analysing Your “Love to Do” and “Hate to Do” Lists

Now, make sure that you have both your “Love to Do” and “Hate to Do” lists on hand. You will be referring to them both as we go through this exercise.

Firstly, take a new piece of paper and start to answer the following questions for each of the items on your “Love to Do” list, starting at the top.

- Would you still do this activity if you were never to be paid for it?
- How would you feel if you were able to do this activity every day?

- Does performing this activity come naturally to you or do you have to work at it?
- Do you feel that you have a gift for this activity?
- When you are carrying out this activity do you find that time flies by?
- Would it be possible to make money from this activity?

If any of the answers to the questions is a no, then cross out that activity and move on to the next until you find an activity where you have answered yes to all. Before crossing them off, be sure to go over them several times and really think outside the box. For instance, you may love scrapbooking but fail to understand how you could make a living doing so. Do some research and you will see that there are many making a good living off scrapbooking, which means you can too.

Once you have completed all the items on your list and you have circled the ones that you have answered yes to then you need to ask yourself if performing this activity involves anything that is on your list of “Hate to Do” activities.

If you have less than 3 Yes’s on your “Hate to Do” list, then circle it to come back to. These activities are going to be your options. Be very honest about it and even if you don’t want to disqualify something from your list because you really enjoy it you must remember that continuing to do it when you dislike too many aspects of it will be sure to shorten your lifespan.

Once you have chosen 3 or fewer activities then choose the nouns or adjectives that fit them. For instance, my 3 activities were: speaking on stage on the topic of manifestation/mindset, content creation on the topic of manifestation/mindset and inspiring others to manifest their dream life.

7

THE POWER OF CONTRAST AND FORGIVENESS

Power of Contrast

Sometimes in life, events may happen that displease you. You may start to question why it is happening to you and you will likely start to believe that the Law of Attraction is not working. However, what you need to remember is that these events (contrast) happens so that you may learn a lesson which helps you to grow as a person.

As you grow and expand your consciousness, you can manifest something that is even greater than what you have now.

You may think that you are able to control everything that happens to you by utilizing the law of attraction. Although you may see yourself creating the perfect job, perfect relationship or the incredible abundance you desire, you need to understand that you do not have control over how it is manifested or when it will happen. Your higher self knows the perfect timing to make it manifest and if you put faith in your superconscious it will manifest in divine timing.

In order to get what it is you desire you may need to go through experiences that at first may seem negative and possibly even

painful. This contrast is necessary to help us grow as humans and to manifest our deepest desires.

Let's look at a couple of examples that make it as clear as possible.

EXAMPLE #1

Let's say you are working in a 9-5 job that you don't enjoy. This 9-5 job makes you miserable and therefore lowers your vibrations. You are constantly focused on "I don't like this job and I can't stand going to work every day" or "I wish I wasn't here". The universe hears this and suddenly you are sacked. You are left without a job with a family to support. You think this is the worst thing in the world.

However, the universe only gave you what you asked for. You said you wish you weren't there so now you aren't. Use this period of contrast to figure out what it is that you really want. Now that you are not in this job you are open to manifesting positions that you really want to be in.

Now you start to work on your wish list as to what it is you want in your new job or the success you want to achieve as an entrepreneur. You make it very specific and you finally have realised what your dream desires are. All of a sudden, your heightened vibrations find you your dream job.

EXAMPLE #2

What about relationships? Let's say you are in a relationship that is based on dishonesty, distrust and abuse but you are frightened to leave because you have 2 kids. You keep telling yourself that you "Wish he would just leave" or "Wish that you would get the courage to leave".

Because you are constantly focused on these thoughts the universe hears it and says OK, he is going to leave. Suddenly, he packs up his bags and walks out on you. You are petrified because you are left by yourself with 2 kids and no job. Now that he has left, you can put it out to the universe about the mate that you really do want.

Be very clear on all the attributes you are wanting to manifest and send out the positive vibrations and your ideal mate will turn up. Without this contrast the opportunity wouldn't have opened for you to really manifest your ideal mate.

Be very clear on every element of your manifestation because otherwise the universe may bring you something a little different to what you expected. If you remember back to my friend who manifested a partner but ended up manifesting one that was married, you will understand how important it is to be clear first.

So, Contrast is a good thing then???

Yes, it is. When contrast happens, it allows you to re-assess the request you sent to the universe and then allows you to alter the script as required.

It also allows you to reassess exactly what it is you do want, because you need to remember that the universe acts based on emotions, feelings and vibrations so if you are sending out the vibrations to be rich, to be in a great relationship etc then the universe will take the action steps required to make that happen. When you know what you don't want then it is much easier to know what you do want.

Use these times to appreciate the lesson and know that good is just around the corner. Focus on remaining in that positive state

so that the contrast is minimal and so that you can manifest what you desire.

Using the previous examples, the contrast made you realise that you didn't want another job like the one that you had and that you didn't want another bad romantic relationship.

Power of Forgiveness

If you have tried everything else and you are still finding that you are not manifesting the wealth you desire, then you must look at the area of forgiveness. Forgiveness is a very high vibrational frequency that will allow you to match up with the frequency of wealth.

If you are like many you may believe that forgiving somebody means accepting that what they did was OK. You may believe that it is saying that the other person deserves to be let off the hook. However, this is simply not the case.

Forgiveness is not about the other person, it is about you. It is about letting the other person know that you now refuse to hold onto the hurt and anger that you have been experiencing. It is about letting them know that although you don't condone what they have done you do understand that they are human and make mistakes just as you do. By doing so, you can let go and move on without there being any ill feelings.

Remember that the person that you are forgiving knows what they have done, and they must deal with their own emotions surrounding it. You need to focus on how you allow the situation to affect you.

You can either hold onto it for the rest of your life or you can let it go, learn from it and move on to create the best life you possibly can. Holding on to anger, resentment and other

negative emotions simply takes up so much space in your heart and leaves less room for positive emotions like joy, excitement and fulfilment. It also produces such a low vibration that it will put a halt on your manifesting potential.

Forgiveness doesn't just apply to other people. It is not just related to those that have hurt you or done wrong by you, but it also relates to how you feel about yourself. We are all human and we all make mistakes so even if you have experienced some contrast try not to be too hard on yourself for it.

Let me give you a couple of examples of where I had to learn to forgive people and myself for events that have happened in my life. I am not telling you this to ask for pity or to dwell on the past but simply to show you examples of how using my own mind and heart to forgive helped me to move forward...

EXAMPLE #1

I have a very close family member who I love dearly that hurt me a lot.

When they got married not only did I have to go to their wedding by myself because my kids weren't invited and my husband had to look after them but I was also ignored and given attitude to the entire night. Not only that but when the photo album came out and I was looking through it I realised that the only person not in the photo album was me and that even distant relatives who this family member never sees were in the album.

When this family member had kids, I was never told about them and was never invited to the christening. This hurt me deeply because I love this person very much.

Well, one day I was at a funeral for my grandmother when I ran into this family member, whom I hadn't seen for over a year. I

found it hard to be around them to start with. It was raining this day, so I had an umbrella with me as I wandered around the graveyard visiting other relatives and waiting for the funeral to start. After greeting everyone at the funeral and still struggling to talk to this person I decided I wanted to take the umbrella back to the car prior to returning to the service.

As I headed away from the crowd to my car I silently prayed to the universe and to source that when I returned to this person, I would feel no more hurt or resentment and I would actually have forgiven them. Well, source answered me.

As I turned around and headed back, I went up to this person and gave them a big hug and silently said to myself "I forgive you, I love you and it is time for me to move on". Although I haven't forgotten what happened, I have forgiven it and realised that this person is only human and as such does make mistakes sometimes.

So, if you are struggling to forgive someone that is very close to you remember to speak to source, to your angels or to anybody else that is helping you on your journey and ask for their help. Before you know it, assistance will come, and you will be able to let the hurt go.

Now I can talk to this person and look past the mistakes that they made.

EXAMPLE #2

As I mentioned previously, I was bullied quite badly at school, being ridiculed and tormented and being so upset that I decided to leave at the end of year 10. I had rumours spread about me on numerous occasions and realised that there was nobody at school that I was able to trust. For a long while I was angry at all

my friends for letting me down and hurt that many of the people who I thought were friends spread hurtful rumours about me.

However, it wasn't until after I had left school and I was in a different environment, around different people that everything changed.

As I mentioned, I have always been a pretty positive person who tried to see the good in everybody and everything and so I found that once I was out of the environment of being around these people all the time that I was able to move on and create a new life for myself.

I made a lot of new friends at college and I learnt to forgive the friends that had done wrong by me. I realised that I have always been more mature than my peers and so never quite understood the way they acted at times which was why I made so many good friends with the older people at college. I realised that the reason I didn't get along with my peers is because I was in a different vibration and so these people were taken out of my reality.

To this day I am friends on face book with a number of these people and I have realised that everybody has the potential to change and grow in their own lives, so we must not judge them for mistakes that they made as teenagers.

EXAMPLE #3

The third example I have is one which involved my best friend from high school. During high school and even up until just before I moved to Germany with my husband, we were pretty much inseparable. Although we lived over 100km from each other we still caught up whenever we could. I was there when she went into labour with her first baby and when she suffered from post-natal depression.

However, after she had the baby everything changed. I don't know if it was the depression or if we were just going down different paths, but we stopped hanging out together and although she agreed to be the bridesmaid at my wedding, she refused to be fitted for the dress which meant that I had to find somebody else.

I was devastated because she was my best friend and we had dreamt of being at each other's wedding for a long time. Anyway, I asked her if she was going to be at the wedding and she said that of course she would but she didn't show that day which was very hurtful.

About 5 years passed and I was living in Melbourne, Australia with my toddlers and husband when I had the weirdest dream. I dreamt that we had connected again, hugged and she walked away only to be met with an accident. I woke up drenched in sweat and realised that it was a sign that I needed to get back in touch with her and let her know that I forgave her for what had happened.

You will never guess what happened next. The very next day I got a phone call and it was from her. We had not spoken in 5 years, but she had called my nan to find out my number and she was ringing up to apologise for everything that had happened years previously. We stayed in touch and even caught up a few times after moving back to Perth but eventually we just lost touch. I put it down to us moving in different directions, but I still wish her well and often think about how she is going.

Learn to Forgive Yourself

Well this is not really an example but more a question... Are you a parent? Do you sometimes blame yourself for how your kids are turning out or for not being strict enough with them? Do you

feel like if you were a better 'mother' or 'father' that they would have turned out better? If so, then you wouldn't be the first.

I am incredibly blessed because I am a mother of 2 amazing teenagers who have both at times in their lives brought me both incredible joy and even occasional discomfort. They have provided serious contrast in my life while at the same time make me smile and feel grateful for all that I have.

Isn't it funny that being a parent can be so up and down, but it is certainly the one job that truly shows you how to deal with contrast. Anyway, I digress. Well if your answer to the above questions is a yes then it is likely that you are having a hard time forgiving yourself for not being perfect.

I don't know about you but when I had my kids, I was never given an instruction booklet on how to raise them. I was never told what I should and shouldn't do and what the correct discipline was to allow them to reach their full potential. I just did the best job I could and thankfully they are both pretty good kids.

It is time for you to stop blaming yourself for the success of your kids and the choices they make in their lives. Stop being so hard on yourself for being human and forgive yourself for any mistakes you have made. Forgiving yourself and loving yourself is an important step when it comes to moving on and manifesting your dream life.

So, how do you learn to forgive???

Step #1

Write down a list of people (including yourself), events and experiences that you are currently holding resentment to.

Step #2

For each of the items on your list you need to visually see yourself with that person saying, "I forgive you, I love you, I am sorry and Thank you".

I forgive you and I love you may seem self-explanatory but why would you tell somebody that you are sorry and thank you.

The reason that you would tell somebody that you are sorry, even if it was not something that you did to them was because you have held onto the hurt for so long and have not moved on sooner.

But why is it that you would say Thank You when they have hurt you. The reason you would say thank you is because the experience that you had with this person caused contrast in your life which has allowed you to grow as a person.

If you feel so inclined some people also like to speak to the person involved or write a letter to them instead. If this resonates with you then feel free to do that but remember that when you speak to them it is not about pointing the blame but is about letting them know that you forgive them for their part in the experience and that you are finally letting go.

Even if you don't have the same relationship as you once did you are now able to move on and you can be civil with them when you see them, without any hurt or resentment.

Step #3

If it is yourself that you are needing to forgive then look in the mirror and say the exact same phrases "I forgive you", "I love you", "I am sorry" and "Thank You". Remind yourself that you are not perfect and are entitled to make mistakes and that you

are not willing to hold onto these negative emotions for one more second longer.

Step #4

Now just let go and move on from the hurt and the resentment. If you need to ask for help from your higher being then I recommend you do so as they are always there to help. I then like to burn my list and say goodbye once and for all.

8

THE POWER OF GRATITUDE



If there was one tool that I believe has an incredible capacity to manifest large sums of money into your life, then it would be gratitude.

Often in life, we forget to appreciate what we do have because we are so focused on what we don't have. However, focusing on what we don't have or what we are lacking is only sending out negative vibrations to the universe and therefore bringing you even more lack.

You have probably heard the saying "Count Your Blessings" as you grew up. You may have heard it from your parents or your grandparents. I know that we used to say our "blessings" or "grace" prior to our evening meals.

Did you know that by appreciating what you already have you are sending a request to the universe to bring even more of it? Therefore, if you appreciate the money that you do have instead of focusing on the bills that have come in you are sending a request to the universe to bring even more wealth and abundance.

As appreciation becomes a dominant emotion you will begin to spend a lot less time in the lower states such as sadness, anger, resentment etc and much more time in the higher frequencies, therefore attracting even more greatness into your life.

Practicing gratitude every day can bring you a level of joy and fulfillment that most certainly will bring you closer to your manifestations.

If you were to ask the millionaires and billionaires out there what one of their secrets to success would be it would be gratitude for what they have and for the life that they are living. They spend every present moment being grateful for what they have, which in turn will bring even more reasons to be grateful.

However, what is sad is that although gratitude is recognized by many as an important emotion to harness when it comes to life quality, studies have shown that there are not as many people experiencing it as there should be.

For instance, in one study they showed that although 20% of Americans rated gratitude as a constructive and useful emotion, only 10% practiced it on a regular basis. This same study showed however that in Germany 50% rated it as an emotion we should be practicing but only 20% practiced it regularly. As far as I am concerned these numbers are extremely low and there is definite room for improvement. Could you imagine how awesome the world would be if those numbers were to increase?

As your appreciation and gratitude increases and you start to do things that you enjoy and stop complaining about things you don't enjoy you will notice that your vibrations will lift, and you will start to appreciate even the smallest things, like green traffic lights, butterflies, flowers etc.

Now not only do you need to appreciate that which is outside of yourself, but you also need to appreciate yourself for who you are. Although you may not love everything about yourself, you need to learn to love you just for being you.

Stop putting yourself down every chance you get because these beliefs will become ingrained in your mind and will impact your ability to manifest. You are amazing just the way you are so stop judging yourself for not being perfect and instead focus on all the amazing things that make you, you.

So, why is gratitude so important???

There are many benefits to incorporating gratitude into your daily routine and I am confident that by the time you have finished reading this chapter you will start practicing gratitude. I will go into some of these benefits now but will cover it in much greater depth in my full “Alter Your Money Mindset” Course.

BENEFIT #1 – IT MAKES YOU HAPPIER AND MORE OPTIMISTIC

As we know, when we are happy and experiencing positive emotions then we are getting closer to source, and therefore closer to manifesting all the wealth and desires we could ever hope to achieve. Being grateful promotes much more positive emotions and allows you to appreciate the good things you have in your life, therefore minimising dissatisfaction.

By focusing on even the small things you are grateful for, you can extract maximum satisfaction and enjoyment from your current circumstances.

Studies have shown that gratitude is strongly correlated with optimism. This optimism will of course make us happier, improve our health and even increase our lifespan by as much as a few years. It has been shown that daily journaling can raise optimism by as much as 15%, although I think the percentage can be even higher.

BENEFIT #2 – ALLOWS YOU TO DEAL WITH CONTRAST AND TRAUMA

When you are grateful for a person or an experience, then you manage to overcome contrast that may come your way. If you focus on the positive aspects of that person or that experience and appreciate them for who they are or the lesson the experience taught, then you are much more able to move through that contrast with ease.

Don't get me wrong. I understand that sometimes the contrast may seem so severe that you don't understand how you could possibly be grateful for it. There are a couple of people that come to mind when I think about using gratitude to overcome adversity.

For instance, how can you possibly be grateful when you find your partner passed away on your laundry floor from an overdose and leaving you with 2 young children. Well my good mastermind buddy David Brooke (I.e. the gratitude guy) has done just that. After finding his wife passed away on the laundry floor and having 2 very young children to raise, he realised that he had to pick himself up and start focusing on that which he was grateful for. He is one of the most positive people I know and has become one of my best friends.

But what about this. How can you be grateful when you wake up one morning unable to move your body from the neck down? You find yourself paralysed after being a healthy, fit individual. Well, one of my other mastermind buddies "Marcus Aurelius Anderson" was in that exact situation. He is an incredible person and has also become one of my dearest friends. He is so inspirational, and he makes you realise that if you really want to overcome the adversity then it is possible.

He learnt to practice gratitude even when he couldn't walk or move for over 3 months. The doctors told him that he would never walk again, and he was going to remain paralysed after

one of the discs in his back exploded prior to heading away with the army.

I, myself have certainly learnt to practice gratitude regularly. For instance, I am a mother of 2 teenagers. I am incredibly blessed to have both in my life but raising 2 independent humans is never without contrast. Writing down the positive aspects of each of my children has allowed me to focus on those points during times when they may be challenging me.

BENEFIT #3 – GRATITUDE DRAWS MORE POSITIVE PEOPLE TOWARDS YOU

When you practice gratitude, you end up being a more positive, optimistic person. As we know, the vibrations we send out will align with others who are in the same vibration and will attract those people to us. By being grateful not only will people enjoy being around you more, but you will wind up having more quality friends.

BENEFIT #4 – PROMOTES HEALTH AND WELL BEING

There have been many studies that have shown how gratitude can promote health and wellbeing, ranging from reducing physical pain through to reducing the incidence of depression.

For instance, one study labelled the “Counting Blessings Versus Burdens” showed that keeping a gratitude journal caused participants to report 18% fewer physical symptoms, 19% more-time spent exercising, 10% less physical pain, 8% more sleep and even 25% better sleep quality.

Another study called the “Positive Psychology Progress” study showed that a gratitude visit reduced depressive symptoms by as much as 35% and gratitude journaling lowered depressive

symptoms by at least 30% for as long as the practice was continued.

BENEFIT #5 – GRATITUDE PROMOTES SPIRITUALITY

This is one benefit I find to resonate with me. When you practice gratitude regularly you will find that it helps you feel closer to your superconscious and to god. This spiritual connection will then promote you feeling more emotionally connected to others, which will in turn bring people into your life that are going to help you progress on your personal life journey.

So then, how do you go about practicing gratitude?

Write in A Gratitude Journal

My absolute favourite method of practicing gratitude is to write in a journal every day. Within that journal you need to write down everything that you are grateful for, both big and small and if you like, a reason why you are grateful for it.

I like to write in my gratitude journal every morning and every night. First thing in the morning, when my subconscious mind is most open (within 30 minutes of waking up) I write what I am grateful for.

In the evening I also take advantage of a time when my subconscious mind is most open (within 30 minutes of going to sleep) and I write about all the amazing stuff that has happened during the day that I am grateful for.

Write Thank You Notes

One of the things I like to do regularly is to let all the people that I care about know how much I care for them and appreciate what

they do for me. I do it spontaneously so that they are not expecting it and so that it makes them feel amazing.

You may find when doing this that you will have some of them come back and ask if you are OK and wondering if you are dying because very few expect it to happen.

Write a Book of Positive Aspects

This is one method you can use when you are having trouble being grateful for a certain person or experience in your life. Get yourself out a notebook and write the persons name or the experience at the top and start writing all the positive aspects you can think about them/it.

When you struggle to feel grateful you can then take out that book, revise it and start to focus on the positive aspects of them instead.

This is something I do with people in my life that challenge me, and I notice that it changes my whole perception to focus on their positive aspects instead of any negative/challenging traits they possess.

9

THE POWER OF CLARITY AND FOCUS

Power of Clarity

Are you sure of what you are wanting? Do you know what direction you are wanting to take? If not, then you must really figure that out before proceeding any further. Without being clear on what you want then how are you going to know what to strive for? How are you going to figure out what it is you really want in life?

Some people know immediately what they are wanting while others may need to ponder for a while to figure out what they want for their future. If you ask a 14-year-old what they want to do with their life their level of clarity will be very minimal because they have not yet learnt all the skills and have not had all the experiences that an adult has in order to make that decision.

When talking about clarity we talk not only about what you do want but also that which you do not want. Although it is important to know what you don't want it is equally important not to focus on that fact. You use what you don't want as a building block for discovering what you do want.

However, you may find that your mind moves towards that which you don't desire or don't have, which is why you need to be clear on what you do want so you can shift it when your mindset goes to that place.

Make sure you set goals for yourself that are lined up with your vision. Be clear on why you were put on this earth and what your purpose is and then you can begin to line up goals and intentions that the universe will be able to take hold of and manifest. Without knowing what you want, the universe is unable to help you bring these visions into fruition.

If you are not yet living the life that you desire to live, then it is time to start thinking about how clear you have been with your requests. If you are not happy now, then you need to take responsibility for where you are and stop blaming others for your situation. Be clear about where you want to go and don't miss out any details.

Remember that where we are in our current situation is based on our previous thoughts and therefore the only person that can change our situation is ourselves.

Let me give you a couple of examples to demonstrate what I mean by clarity...

EXAMPLE 1

Let's say you are wanting to manifest more money into your life. There are things starting to break down in your house and you are feeling like you could really use a good holiday. You decide that you want the universe to bring some money to you, so you set about asking for that money to appear.

You might say an affirmation like "Thank you universe for bringing me increasing money on a daily basis" or "My bank

account is increasing every day” or “Wealth is coming to me from expected and unexpected sources”.

Well, I have absolutely no issues with these affirmations except for one fact. Although they are helping you to change your beliefs around money by programming your subconscious mind, they are not very clear affirmations when it comes to telling the universe what you are really wanting.

The universe may hear these affirmations and send you an extra \$10 today. It has brought you what you asked for. You asked for increased money daily and for your bank account to be increasing every day. You may have even received this \$10 from expected and unexpected sources. However, is that amount enough to pay for your holiday or to pay for things to be repaired in your house. I highly doubt it.

So, instead of being vague about what it is you want it is important to be clear. Decide on what you are wanting to spend the money on, break it down into how much it will cost you, create your manifestation list and then decide that is what you will ask the universe for.

Say this was all going to come to \$50,000, you could use an affirmation like “Thank you universe for bringing me the \$50,000 I requested and for continuing to bring me wealth from expected and unexpected sources on a daily basis.”

This affirmation is clear and concise and lets the universe know exactly what you are asking for. You have been clear about the amount and about what you expect in the future. Writing great affirmations will be covered in further details later on in the book.

EXAMPLE 2

The other example I would like to give you is one to do with relationships. Let's say you wanted to manifest a new partner. Knowing exactly what you are looking for in a partner is critical because otherwise you may end up with a person that is not suited to you.

Write down ALL the qualities you are desiring from this individual and make sure you don't leave anything out. When asking the universe, you need to visualise that person and all the qualities that they possess.

I know somebody that was wanting to manifest a new relationship. She wrote down all the qualities that she could think of when it came to the person she wanted to partner up with. Then the universe answered her prayers and sent her the person that fitted every criterion on her list.

However, although she thought she had put everything down on her list she forgot a very important criterion. She should have put on the list that he was to be unmarried. But because she was not clear as to what she was desiring, the universe sent her somebody fitting the criteria she had set but unfortunately, he was married.

If she were clearer about her ideal partner, this person wouldn't have manifested.

Power of Focus

Alongside clarity we also need to talk about focus. When you are clear on what it is you do want and what it is you don't want you need to make sure that you are focusing on the right things. If you focus on the negative things in your life, then the universe is programmed to just bring you more of the negative things. If

instead you focus on the positive things in your life (such as joy, happiness, money etc) then it is also programmed to bring that to you.

If you are wanting increased wealth you need to focus on having a lot of money. You can do this with visualisation and by acting “as if”. If you are wanting to be a successful entrepreneur, make sure that you are dressing like one, acting like one, creating an environment that a successful entrepreneur would be in and then feeling what it would feel like to be one. You want to focus on the good things that are happening in your business.

If you are wanting to become wealthy, focus on the money you have in your bank account right now. Start telling yourself that it is continuously increasing, and you are receiving money from expected and unexpected sources.

You may be saying right now “how do I do this because I am lying to myself”. Well, in fact you are not lying to yourself. Your bank account does continuously increase at some point, whether it is from salaries, online business or even interest from the bank. Also, you do receive it from expected and unexpected sources.

I mentioned in the previous section that you need to be clear on what it is you want. You need to specify an amount of money that you desire so the universe knows what to send to you. However, if you are really struggling to move past your lack mindset then you need to become much more general.

It is in this situation that you start to talk generally about money so that you don't have resistance to it coming into your life. It is in this situation that you don't talk about how much is going into your account and instead that it is steadily increasing.

This signals the universe to start sending money to you, which will increase your belief in its ability to do so, and once the

resistance is gone, then you are able to become clearer and focus on amounts.

It is important that you stop focusing on the bills that are coming in, otherwise all you are going to get is more bills and more reasons for you to worry. Remember that if you trust in the universe and in your higher self, everything will work out.

I remember a time when I found myself constantly worried about the next phone bill or the next utility bill that was due to come in. I kept worrying about where the money was going to come from and struggled with how we would be able to pay for it. So, what did that bring? You are right, it just brought more and more bills.

However, once I started trusting the universe to provide me with all I needed then suddenly, bills would be credited, unexpected money would flow into the account and less bills would arrive.

Rather than focusing on the bills being a terrible thing I started turning it around to appreciating the fact that I had the money to pay for that bill. I also knew that by paying the bill I was circulating the money as it liked to be circulated which just meant that more money was on its way to me.

Once I stopped worrying about money, I would go to the grocery store and everything I had on my list would be 50% off. On weeks when things were tighter, I would suddenly find recipes that would allow me to use the food I had in the house rather than need to buy more. Little things would happen which provided me with everything that I needed.

By changing your focus from one of worry and lack to one of prosperity and faith, the universe will start to bring everything you need into your reality.

Focusing on what you don't want will most certainly make it happen. Focusing on not being poor only causes you to be poor. Focusing on not making mistakes only causes you to make mistakes. Focusing on not eating bad food only causes you to crave bad food.

The universe does not understand the word "not" or "don't" so instead of saying "I don't want to be poor" say "I desire to be rich". The universe will only see the main word in that sentence being "poor" or "rich". Once you start turning your affirmations into "I am" statements, refrain from saying "I am not poor" to "I am now wealthy". You get the picture...

You need to remember that the mind is not actually able to tell the difference between what is real and what is not real and therefore by maintaining intense focus on that which you desire, your mind will begin to see it as real and therefore will bring that into your reality.

When it comes to manifestation your goal is to learn to focus your direction towards the outcomes that you are wanting in your life.

If you are wanting to manifest wealth it is best that you don't focus on wanting to become wealthy to pay bills and get out of debt because there is very little high vibration emotions attached to that. It is better for you to focus on getting wealthy so that you can buy a new house, help others and go on as many vacations as you want every year. It is OK to even want to be become wealthy to ensure that you have an unlimited supply of money in the bank to cover any expenses that need to be paid, without worry.

Maybe you want to become wealthy so that you have the freedom to do what you want to do when you want to do it.

Refrain from focusing on debt because debt has the complete opposite vibration to what wealth does and will only cause you to attract greater debt.

I find that creating focus statements is a great first start when it comes to beginning to manifest. A focus statement is a statement explaining the reason that you desire manifesting something. It is something that you can look at when your mind wanders in the opposite direction and you forget why you were desiring this manifestation to start with.

For instance, one of my focus statements for releasing the 20kg I had put on over the last couple of years after having hashimotos is:

Every day I am releasing stored body fat and becoming healthier. I have so much that I am doing to help me fulfil my purpose in life that I must remain healthy and I know that a slim, athletic, healthy body will allow me to do that with great success.

I am working to help others realise their potential and be confident in everything they do and I know that maintaining a healthy body weight of 62kg will allow me to exude a level of confidence that will inspire others to do the same.

As you can see, my focus statement is based on not how I will look but how I will feel. By attaching feeling to your focus statement, you are putting that into your vortex of desires and therefore setting it up to manifest.

My focus statement for manifesting \$100,000 is as follows:

Every day I am receiving money from expected and unexpected sources. I am grateful to the universe for bringing me the \$100,000 that allows me to take my family on an incredible cruise, organise my first-class

trip to the states, send my parents on an incredible holiday and purchase some electronics that we desire.

This money allows me to purchase new computers, fridge, oven and dishwasher and provides the funds to create an exceptional day for my entire family.

It allows me to create a day filled with joy, excitement, anticipation and fulfillment and is a day that my family will never forget. I know that there is infinite money out there and this is just the tip of the iceberg and I am grateful for the future funds that are sent to me.

As you can see, my focus statement is once again focusing on the emotions that this money is going to bring with it. It briefly covers what the money is going to provide to me but you will notice that everything I have mentioned does not talk anything about debt or lack.

If you are having difficulty concentrating and focusing for an extended period, then there are several exercises you can do. When your mind is cluttered with too much “stuff” then it is too cloudy to be able to truly absorb your intentions and manifest them into reality. In order to make this happen, you need to clear your thoughts and practice your focus skills.

PRACTICE LITTLE WINS

To start to train your focus you need to pick something in the present moment and try to focus on it for a certain amount of time. It may start off with a few seconds, then 15 seconds, then 30 seconds, then a minute and so forth. How long are you able to go without losing focus and distraction? This activity will train your brain to focus on one topic for a particular period of time.

Once you have become proficient in that, then you can start to pick a task you would like to complete and set a specific amount of time to direct your focus on that. Set a timer, turn off any distractions and then purely work on that task for your set period of time. How long you choose is up to you, but the intention is to increase the time as you get more proficient at it.

GAZING ON AN OBJECT

This is something that is often done during meditation or prior to a hypnosis session. It is during this time that you pick an object in your room (often a candle or light of some sort) and you focus on that object for a specific amount of time. It is good to focus on this candle for up to 5 minutes at a time.

PRACTICE MINDFULNESS

One thing that we should all be doing daily is practicing mindfulness as we move about. We need to remain in our present and focus completely on what we are doing. As you practice mindfulness you need to slow down and observe all the physical and emotional sensations that you are experiencing in that moment.

10

THE POWER OF GIVING



It seems a little counterintuitive doesn't it. Give money away and you will receive even more back. Giving is one of the most powerful principles of all time and it is something that we should all be practicing daily.

The laws of the universe specify that the more money you give to others, the more you will get back. Money is meant to be circulated and it is not meant to be hoarded. By giving to others selflessly and without resentment there is no option but for you to receive it back.

When you give money away to others you are letting the universe know that you believe you have ample supply and you are removed from the lack mindset. You are showing that you trust that the universe is going to bring you all the money you desire and that you are not concerned that it is your last dollar.

If you have ever heard the story from Tony Robbins about him giving away his money you will understand how this works.

One day he was in a restaurant after having lunch when he saw a young boy sitting there with his mother ready to enjoy a meal together. The mother got up to go to the toilet and Tony headed across to speak to him. He asked the boy if he was taking his mother out for lunch and the boy proceeded to tell him that he didn't have enough money to pay for it.

Well, without hesitation, Tony pulled all the money he had out of his pocket, gave it to the boy, told him to buy his mother lunch and then walked out of the restaurant.

This was at a time when money was tight and he had just given this boy his last few dollars until payday.

However, Tony trusted that he would be looked after and even if he had to fast for a couple of days then that would be fine. But he never needed to fast because shortly after he gave that money away, he received a call from somebody who owed him money and they paid him this money straight away.

It is important to understand that the universe always has your back and will always make sure that you are looked after if you believe that it will. Let go of “hopeful’s” and “what if’s” and just trust that when you give money out you will get more back.

In fact, many experts say that for every \$1 you give out (whether through donating or spending) you will get \$7 back.

I make sure that every month I always have at least \$50 sitting in my purse (sometimes more) that I can use to give away to others when I feel the desire.

If I see a homeless person on the street that I believe could use it then I will either buy them a meal or pass them \$10. If I want to pay for somebody’s coffee or meal, then I will do that.

I do it because I know how powerful it is when it comes to manifestation but also because it makes me feel good. I don’t need thanks or praise from people because I know that what I have done is enough to make them feel good and to help change their vibration as well.

So, taking this all into account, there are a couple of benefits associated with giving to others:

BENEFIT #1 - IT MAKES YOU FEEL HAPPY AND FULFILLED

Generosity triggers neurochemical systems that increase pleasure and reduce stress. This means that you will maintain a high frequency state, therefore moving into the frequency of money.

BENEFIT #2 - IT ATTRACTS MORE MONEY

By giving money away you are signalling to the universe that you trust it and you know that you have more than enough. This will attract more to you.

There may be several concerns you have right now about giving money away. Hopefully my answers to these concerns/questions will put your mind at rest...

“I don’t have enough money to give away because I barely have enough to pay the bills”.

Firstly, by even focusing on the belief that you don’t have enough money to pay the bills you are showing the universe that you believe your money is limited. Understand that money is infinite and once you move yourself into a mindset of abundance then you will start to see money flowing in.

You need to halt the resistance associated with money and understand that even if you only have a few dollars that you can give away comfortably then start with that.

“Can’t I just start giving once I am rich?”

This is counterproductive because giving is a wealth habit that must be practiced, and it is the giving which is going to help you get rich and not the other way around.

It is time to get out of your comfort zone and realise that giving money away is critical if you are wanting to manifest incredible wealth. The more you give, the more you get. Try to get to the point where you are giving at least 10% of your net income.

What if the person I give it to doesn’t spend it correctly?

This is possibly another question you are asking yourself. You need to understand that once you have given the money it is no longer yours and that person can do what they like with it.

Let go of that fact and give without expectation, knowing that you have just started circulating the money which means that even more is on its way back to you.

Can’t I just give my time or my talents?

Although I believe that giving your time and talents away is a great strategy to manifest abundance in your life, if you are really wanting to manifest “wealth” in particular, money is the resource you need to give. After all, what you give out is what will come back as the energies align.

However, you can also create products or services that will provide value to others (a great way to also increase your wealth) and/or volunteer your time. Decluttering your house and donating to op shops and thrift shops is another way to give too.

I would give but I don't know where to...

There are many different places you are able to give to, depending on your own spiritual beliefs or where you feel inspired to give.

To help you along, here are a few options:

1. You can support your favourite online blogger, podcaster, youtuber, author by contributing to their patreon.com or classy.com account. This also helps your favourite content creator bring further value to you and others.
2. You can donate to causes helping the homeless. There are many organisations out there that help people find homes or provide food/shelter for those without accommodation. 1 great place you can go to is "United Way.
3. Donate to "Pencils of Promise". This is an incredible organisation that builds schools, trains teachers and funds scholarships. Plus, what is so great about this organization is that you know that every single dollar you spend with them is going to go towards the children in the country that the charity works in.
4. Support entrepreneurs throughout the world by donating to "Kiva.com". This site allows you to fund people who are wanting to start their own businesses. You get to go through the site, decide who you want to support and then put \$25 towards it. The great thing about this site is that it is more an investment because you do get your money back.

5. Donate to “Books for Africa”. This is a fantastic organisation that collects, sorts, ships and distributes books to students in Africa. You can either donate money or books, depending on your preference.

STEP #1 OF MANIFESTATION - LIMITED BELIEFS/ATTITUDES

Alter Your Limited Beliefs

When we are born into this world we are born with a clean slate. It is not until we start to associate what our parents and other authority figures have told us, that we start to form our own hidden beliefs, which in most cases are not accurate at all.

The beliefs we hold will literally determine what we manifest in our lives. Growing up, we are often told by our “authority” figures what we should and shouldn’t believe. We grow up mimicking what our parents have done because we have adopted their beliefs and their value system – good or bad.

Therefore, if the beliefs we are holding are beliefs that you must work hard to achieve success, that you were just born to be fat because your whole family is fat, or that money is scarce and therefore you will never be rich, then that is exactly what you are going to attract into your reality.

Now it is time to change your belief and value system to beliefs that are actually going to help you reach your greatest desires and not hinder them. The beliefs and values that you have now is literally sculpting and shaping your reality as we speak, and this will happen on a moment by moment basis.

It is important to understand that the people you are attracting into your life and the experiences that are showing up in your reality are based on your deep-seated beliefs and values and the vibrations that you are offering up to the universe.

What you get in life is determined purely by what you believe is possible for you. If you don't believe that manifestation is possible and that you are able to achieve millions of dollars then it won't happen. However, if you understand that money is purely energy and therefore is available for the taking and that you are entitled to the money as much as anybody else then manifestation will occur.

If you are setting yourself manifestation goals, you must make sure that the goal is within your current belief system. If you don't believe that you could earn \$10,000 in the next day, then don't make that one of your goals (at least until you learn more and you change your belief system around that). You may believe that you could earn \$10,000 in the next 30 days. So how about you focus on that goal. By believing in it you are now able to start manifesting it.

By simply being part of the human race, you are entitled to be successful and you are entitled to be wealthy. You are entitled to be healthy and to be vitally happy. All you need to do now is change your beliefs to make sure that happens.

There are many ways that you can change your core beliefs to those which are going to help bring your greatest desires into your reality.

Changing your beliefs and attitudes about money is the first step of my 10-step program.

In the first part of this chapter I will be detailing some of the most common limited beliefs you may experience about money and

how you can change that belief to one that is more positive and more affirming.

The good thing about beliefs is that they are all able to be changed, managed or replaced. However, what often trips us up is the fact that we don't often even recognise that we are harbouring these limited beliefs.

Once we recognise that these beliefs are limiting, we can alter them by utilizing a variety of different strategies. You can change them by using affirmations, you can use hypnosis and you can even use subliminal recordings. These are three of my favourite strategies for changing my limited beliefs about money.

But before we get into those strategies and how you can utilize them for your own benefit, let's go into some of the most common beliefs you may have yourself ...

Belief #1 – Money is a Limited Resource

Let me ask you... If money was so limited, then why are there more and more millionaires evolving every day? I will tell you why... It is because more and more people are beginning to realise that money is not scarce and there is an infinite supply of money around us every single second.

It is unfortunately the constant barraging from the media and the government telling us that our economy is bad, that homelessness is rampant and that people simply can't survive which signals to us that there is a definite mindset of scarcity around the world.

It is our job to realise that this is simply their perception and that the more people focus on this lack mindset, the worse the economy is going to be worldwide. However, remember that economy is an individual thing that is within all of us and we are

able to change our economy by implementing the steps in this book.

We tend to believe that when we have more money that means somebody else must have less. But this is simply not the case. There is more than enough for everybody. Trillions of dollars are being exchanged every single day around the world and therefore there is an abundance of money and not a lack.

So, instead of this belief you can say:

“There is more than enough money in this world for everybody to be a millionaire, if not a billionaire. Money is unlimited and available in infinite quantities to everyone.”

Belief #2 – I have to work hard to make money/become rich

If you come from a working class family where your mum and dad work 9-5 jobs and come home at the end of the day exhausted, then it is likely you have the limited belief that in order to earn money you need to work hard, and often at a job you don't enjoy.

As you will learn throughout this book, money is simply an exchange for value. As there are unlimited ideas in this world, there is also unlimited potential for wealth and abundance.

As you start to realise that you don't have to work hard every day, but focus on inspired action, then you will also start to see your money pouring in. You will start to have moments of inspiration come into your mind which will signal you to take a particular action step. This action step will bring you the desires that you have asked for, which in this case is incredible wealth.

So, instead of this belief you can say:

“By providing incredible value to others, they are more than happy to pay whatever amount of money I ask for.”

Belief #3 - I can't control how much money I make and how wealthy I become...

You should know by now that you are in complete control of who you are and what financial situation you are in at the moment. Believing that you have no control just leaves this control up to your employer, the economy and those outside of yourself.

If you don't like how your life is going right now, then it is time to change it. Stop blaming others for your life and make the changes necessary. Start figuring out your passions and purpose and then move towards that by focusing on inspired action instead of forced action.

Start implementing the steps in this book and begin taking inspired action and you will start to see incredible changes start to happen.

So, instead of this belief you can say:

“I create my own life and therefore I can take inspired action and create as much wealth as I desire.”

Belief #4 – Money is the root of all evil

If you truly believe this then there is no way that you will become wealthy. Why would you expect the energy of money to come to you if you believe that money is evil.

Often this belief is created and instilled in you by an authority figure because they are trying to blame others for the financial situation they are in. They blame money or the lack of money as being the reason why their life is not working out for them.

Money is not evil and is in fact an incredible resource that will allow you to do all you want to do with your life.

Now, in saying that, if a greedy person just manages to become wealthy then they can certainly use the money to create instead of solve problems.

However, they will not hold onto that money for long because money likes to circulate around those that are trying to better the world, not make it worse.

So, instead of this belief you can say:

“Money is an incredible resource that will allow me to do everything I want in life and create the change I want to see in the world.”

Belief #5 – I need to work in a 9-5 job to make money and therefore have to give up what I really want to do...

This couldn't be further from the truth. In fact, pursuing your passions is going to bring money to you at a much greater pace because it will keep you within the vortex and feeling good rather than being resentful for what you are doing.

Now, I am not saying that you should go out right now and quit your day job, but what I am saying is that you should continue to work on that which excites you and makes you feel good. If that means that you work on your passion after hours then do that until you are bringing in enough money that you can quit your day job.

Once you have an abundance mindset you will start to realise that money does not actually come to you from your job but it actually comes to you through your job. Create a different avenue and money will come to you through that too.

All you need to remember is that if you create value for others and you respect money the way it deserves to be respected, then you can expect it is going to appear in your reality.

So, instead of this belief you can say:

“Pursuing my passion allows me to create incredible value for others, stay within my vortex and bring unlimited wealth into my reality.”

Belief #6 – It is not fair, the rich get richer and the poor get poorer...

Have you ever wondered why it is that the rich get richer and the poor get poorer. It is not because the rich are greedy and the poor are just down on their luck but it is because of the difference in their mindsets.

The wealthiest people in the world are wealthy because of how they view money. They know that they are born to be wealthy, they never worry about money and they are out trying to provide value to others.

However, the poor tend to have a scarcity mindset who believes that there is never enough money to go around. They are under the impression that those who are wealthy are greedy and they will often spend a lot of time outside of the vortex while feeling emotions such as jealousy, envy and discontentment.

Where do you want to stand? You have as much right to be wealthy as anybody else. Believe that you are capable of it and you will be...

So, instead of this belief you can say:

"I have as much right to be wealthy as anybody else and I refuse to allow a scarcity mindset to stop me from being as wealthy as I desire."

Belief #7 – I must save for a rainy day because I never know what the future holds

OK, so you may be worried about the economy and what your financial future holds and it may be this exact worry and this exact belief which is stopping you from creating the level of wealth you are desiring.

As money is an infinite resource and is available to all of us in unlimited quantities it stands to reason that you also never have to worry about how much you have.

You may look in your wallet or purse and use the current reality of lack to money to make you feel like money is scarce and that you must hold onto whatever you have. However, it is your previous beliefs that dictate your future reality so it stands to reason that you should change today's beliefs to alter the future of tomorrow.

Money is meant to be circulated and as such does not like to be hoarded for too long. As you would have read in the section on "Giving" you will notice that the more you give, the more you receive. If you go past a homeless person who is asking for money you may think to yourself "I can't afford it, I need to save my money in case I need it later."

However, if you were to just use that money to do something good for somebody, you would have more arrive in the most unexpected ways. If you trust in source you will never go without.

Therefore, you do not need to hoard your money away. You can spend with confidence knowing that you have more coming. Although it is always good to have some put aside as a responsible way to manage your money, when you worry about it and save feeling like you are going to be without, then it tells the universe that you believe that it is a scarce resource.

So, instead of this belief you can say:

“Money is meant to be continuously circulated and therefore I do not need to worry about spending it when I desire.”

Belief #8 – I can't have everything. I can be either rich or happy.

This is one of the most warped beliefs out there. People get this belief from the fact that they believe the rich are not happy. Yes, there are some wealthy people out there that are not happy but that is most likely because they have become wealthy in ways that do not align with their values and their lives are out of balance.

You can most definitely be both happy and wealthy. It is important that you maintain balance in all areas of your life and you will maintain a level of fulfilment and happiness that you never thought was possible.

So, instead of this belief you can say:

“I have the right to be both wealthy and happy. Money will allow me to have experiences in life which gives me both fulfilment and happiness.”

Belief #9 – I am selfish if I want more money.

There is absolutely nothing wrong with desiring for yourself to have more in your life. Having a belief such as you being selfish if you want more money is simply not true.

If it is your ego telling you that you want more money because you want the latest car, you want the latest house and you want all the possessions in the world, then this abundance may be shortlived.

However, if your reason for wanting more money is to continue providing more and more value to others then it is definitely not selfish and it is absolutely your right to ask for all the wealth you desire because of it.

So, instead of this belief you can say:

“The money I earn is attracted to me because of the value that I provide to others and I am most deserving of all that I receive.”

So, now that I have gone over 10 beliefs that you may be struggling with, it is important that you go through them and figure out which ones are in your current belief system.

Then you can use any of the following techniques to help you change these beliefs:

STRATEGY #1 - AFFIRMATIONS

Affirmations are becoming increasingly popular as a way to change limited beliefs because they are uplifting, inspiring and so simple to use. Whether we realize it or not, we use affirmations every day, even if we are not conscious that we are doing it.

Affirmations are the words, thoughts and feelings we have which relates to ourselves and our lives. We can either focus on positive affirmations or we can affirm things which are detrimental to our existence.

For instance, saying terms like “I hate my life” is only going to bring you more reasons to hate your life. But turning that around and saying “I love my life” instead will change your perception of your life and will bring more reasons to love your life.

Studies have found that most people who are unhappy do not use affirmations at all and most likely have never heard of them.

So, what is the secret to affirmations? Why are they so helpful when it comes to altering your limited beliefs? Affirmations train your brain to believe something different. However, in order for this to work you need to repeat the same affirmation over and over again. In order to alter the negative belief that you once had you need to replace it with the positive one and repeat it over and over again.

You must repeat your affirmations at least once a day, but if you say it multiple times every day then you will change your negative beliefs a lot quicker. Find different ways of placing these affirmations in front of you.

Many say that affirmations don't work because you are trying to trick yourself into believing something which you know you are not.

For instance, saying “I am a millionaire” when you know you are struggling may be a little farfetched for you and you may struggle to accept that affirmation.

Instead you need to alter it to something that is more general and more believable to you. Instead, you could say “I have unlimited money coming to me from multiple sources on a daily basis.”

When you say your affirmation, you need to feel the feelings that the words stir inside you. How does it feel to have a lot of money? How would the affirmation make you feel? Without

feeling the feelings, these affirmations are not going to be effective.

Some repetition strategies you can use include:

- 1) Write your affirmations on yellow cards and place them in your wallet/purse, car, on your desk and anywhere else that you look at frequently.
- 2) Place stickers on your mirrors with your affirmations written down and say them to yourself every time you brush your teeth, do your hair or look in the mirror.
- 3) Spend 15 minutes every morning writing your affirmations repeatedly. Writing your affirmations with a pen and paper seems to ingrain these into your brain at a quicker rate than just saying them over and over. I like to do both.

If you would like some examples of affirmations you can use for changing your money mindset, then be sure to check out my book “101 Wealth Affirmations you can use to Alter Your Money Mindset”.

STRATEGY #2 – HYPNOSIS

The second strategy that I use regularly to change my limited beliefs is hypnosis. I use self-hypnosis because I can create my own hypnosis tracks (as I am a certified hypnotherapist too).

However, there are many hypnosés tracks out there that are designed to help you move away from your limited beliefs to ones that are more positive.

It allows you to go into an alpha state which is more receptive to the affirmations that you place within it. Self-Hypnosis is a strategy that I use on a daily basis and I find it very beneficial.

STRATEGY #3 – SUBLIMINAL RECORDINGS

Like with hypnosis, subliminal recordings are used to help reprogram limited beliefs through the simple use of repetition. I like to record subliminal messages behind my favourite you tube audiobooks or seminars or behind music which I find to be particularly beneficial to my happiness and wellbeing. The power of music with manifestation is something that is covered in great depth within the AYMM mini course.

Basically, with subliminal messages, they basically take the affirmation and record it behind some audio at such a low volume that we can't consciously hear it but your subconscious mind can still hear it.

Change Your Attitude

Have you ever heard of the term "Quit Your Attitude"? I am sure you have. I know that sometimes I say that to my teens when they decide to talk back. Everybody has an attitude.

However, not all attitudes are bad. You can choose to have a good attitude, or you can choose to have a bad one, and the good news is you can turn your bad attitude into a good one very quickly.

If you do not maintain a positive attitude, then you will struggle with manifesting because you won't have the emotions necessary to align with your desired goal. You can think all day about what you are wanting your life to be like but if at the same

time you are feeling negative emotions and harnessing a negative attitude, then these manifestations will not happen.

For every idea, event, person or object we will have either a positive or negative attitude about it. We will tend to act in a certain way depending on the situation.

Now teens are very good examples when it comes to attitude. Teens may choose to have a bad attitude because they haven't got their own way or because they have chosen to look on the negative side of a situation. Your attitude is your way to respond to a situation.

If your teen throws attitude at you then you could react in one of two ways. You can either yell and curse at them (which will lower your vibes) or you can make the decision to have a positive attitude and deal with it calmly. It is all a decision as to how we react to situations.

In order to change your attitude, you need to first change your beliefs and values so that they reflect a positive attitude instead of a negative one.

So, why is it that maintaining a positive attitude is so important?

ATTITUDE WILL DETERMINE YOUR PERSPECTIVE

Attitude affects how we see things and how we interpret what is going on around us. Because we see with the brain and not the eyes, our attitude will determine our perspective. For instance, let's look at our teens. They may have the attitude that school is boring and stressful. Because they have this attitude, they will not see the fact that school can also be interesting and a time to meet new people.

ATTITUDE ATTRACTS PEOPLE WITH THE SAME ATTITUDE

This is a very important point. If you have a positive attitude, then you will naturally attract others with positive attitudes. The people we attract into our lives, whether friends or partners, are those who have similar attitudes to what we do. If you have a negative attitude, then the only people you are going to attract into your life are those that have the same negative attitude.

Because we are wanting to stay in a high vibratory state then it is important that the people you attract are those that are also in a high vibratory state, which means those that have a positive attitude.

ATTITUDE INFLUENCES REALITY

We have the choice in any situation to decide whether we are going to look at the positive side of the situation or the negative. How we interpret that situation will determine whether we are successful or not.

For instance, in Zig Ziglar's book "See You At The Top" he tells a story which illustrates this point.

Zig was invited to speak at a Real Estate conference in Detroit amid the automaker's strike. The strike was paralysing the local economy and was affecting a large proportion of the population.

During the evening meal, prior to his speech he engaged in conversation with the people at the head table. Turning first to a gentleman on his right, he asked the question 'How's business?' To which the response came back, "Well, you know about the strike."

Ziglar nodded. 'Well, business couldn't be worse. People are insecure. Money is scarce. Long term security is threatened. We

haven't sold a listing for months. If circumstances don't change, we will be closing up shop in the not too distant future.'

Ziglar was finally able to get out of this highly negative and depressing conversation and he turned his attention to the woman seated on his left and asked the same question.

'How's business?'. Now understand, this was a real estate convention. They were both in the same business, in the same town, persevering under the same circumstances. This lady replied to the question initially in the same way as the older gentleman. 'Well, you know there is a strike on now.'

Ziglar inwardly groaned. 'So, business could not be better. People have confidence that this is not going to last forever and besides that house prices are the lowest they have been for years. They will come out, look over several properties and go over them inch by inch from the attic to the cellar. We are selling tons of listing and if the strike goes on much longer, I'm probably going to be able to retire!'

So, which of these two do you think wound up being successful and which one didn't. Of course, the one with the positive attitude ended up thriving because not only did she see things differently, but she also attracted other people who also saw things the same way. The other gentleman saw things as gloomy and depressing. As a result, his attitude rubbed off on other people and they saw things the same way.

Be very careful about not only the attitude you have about circumstances (good or bad) that happen in your life but also be careful with those that you allow into your inner circle. If they have bad attitudes, then it will most definitely rain on your vibration.



For every belief that you have about money which does not serve you, answer the following questions:

1. What is the belief that you are wanting to work on?
2. Is this belief true? Do you know that it is 100% true or do you believe that it is based on past experiences?
3. What is the payoff that you are getting from holding onto this belief? For instance, the payoff that you may be getting from the belief “I have no control over my wealth” is that it now gives you the excuse to not take responsibility for your current financial situation.
4. How do you feel when you have this belief? Do you feel empowered or do you feel disempowered?
5. What images are coming to your mind when you hold onto this belief?
6. Ask yourself these questions:
 - a. How do you feel when you hold onto this belief?
 - b. What emotions arise?
 - c. How do you treat yourself/others when you think about it?
 - d. What fears does this belief bring you?
7. Does this belief bring peace or stress into your life?
8. Now, turn your current negative belief into a positive belief. I have given you 10 of the most common beliefs around money and how you can turn them into more positive beliefs. It is time to turn your negative belief into a positive one.

Now move on and complete these questions for every limited belief you have...

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STEP #2 OF MANIFESTATION - LOVE AND SELF TALK

Love is the key factor when it comes to manifestation. Whether it is love for yourself, love for your life, love for others or love for money itself, it doesn't really matter.

Love is the most powerful vibration you can possibly feel and so the more love you feel for the energy that is surrounding you then the quicker you will manifest.

Love of Money

In order to be able to attract money to you, you need to first love that money. You need to appreciate it and let it know frequently how much you adore it.

It may sound strange but as money is energy, it is attracted to that which is on the same vibration as it is. It needs to know that you appreciate what it can do for you and you don't fear it.

If you fear bills when they arrive then it is important that you first get yourself within the vortex and feeling good prior to opening them. It is important that you remember that for you to allow money to flow into your life you also need to allow it to flow out of your life too.

You need to learn to let the money go without fear, guilt or regret and to remember that when you let the money go, it has provided you with something to keep you alive, keep you comfortable and to help add to somebody else's prosperity.

When I go food shopping I don't resent having to pay for the shopping because I know that without the ability to use money to pay for it, we would be very hungry indeed.

I am grateful for whatever money we do have and even in weeks that things were tighter I always focused on smaller things that I was grateful for and reminded myself that money is always available, but I need to make sure I am in the right space for it.

I know that when things are tight one week, that the previous week I was dealing with a scarcity mindset and I need to get myself back on track.

I knew this because I know that when you expect it is going to be there, it will be. But if you worry about whether it will be there then it just will not happen. Let's face it, there is a reason why 98% of lottery winners lose all of their money within the first 12 months of having it. It is because they do not feel worthy of the wealth and abundance, so the universe finds ways to remove it from their existence.

If you love your money, then it is just universal law that more will appear. But, if you are fearful of losing it or not having enough or you are constantly thinking that there is not enough, then it will not appear in your reality.

So, how do you show your money that you love it and appreciate it?

There are many things you can do to let money know that you appreciate it. First and foremost though is to have faith that there

is an unlimited amount of it and don't doubt that it is coming to you. This faith will attract money to you very quickly.

However, here are a few tips of how you can show your money that it is loved...

1. **Talk to your money.** As money is energy and you are wanting more money to flow to you, how about you talk to it and let it know how much you appreciate it and how excited you are about its friends visiting. Remember that money is simply your servant and it is there to help you experience everything that you desire to experience in life.
2. **Respect your money.** Make sure that all the notes in your purse/wallet are crisp, uncrumpled and lined up in a row. This shows the money that you respect it and it makes you feel better knowing that you are looking after it.
3. **Have some money in your wallet/purse at all times.** The wealthiest people in the world make sure that they always carry at least \$100. Every time you open your purse/wallet you will see the money there and you will know that if you really wanted to buy something then you could. This money should always stay in your wallet/purse and if you ever need to use it then always replace it.
4. **Give as much as you can.** By giving, it lets the energy of money know that you believe it is to be circulated and that you trust it is coming back to you.

These are just 4 techniques you can use to show money how much you love it and appreciate it. How do you show your money that you love it?

Self-Love – Time to Love Yourself

If you don't love you for who you are then you are not going to get what you are desiring. If you don't believe that you deserve that for which you have asked, then the universe is not going to deliver it.

This is why it is so important that you complete step number 1 first and remove any limited beliefs you may have around money before you continue on, because they also send messages to the universe as to how you want things to be. If there is a part of you that is feeling like you don't deserve the wealth you are asking for, then it will compete with that desire, it will create resistance and you will end up struggling to manifest that money.

It is time for you to truly realise how great you are and that you are a perfect representation of source. You were put on this earth to evolve and proceed on your own journey throughout life.

You are human so not only do you have talents, skills and incredible attributes that are going to help you make a massive difference in this world, but you will most likely also have faults that you are not proud of.

But I have learnt that we need to accept those faults with compassion and love and realise that they do not dictate who we are as a representation of source. Instead, they allow us to make mistakes, experience contrast and evolve. Let's face it, if we were all perfect without faults then we would have nothing to work on, would we?

One technique I use daily to make sure that I remain in my vortex is what I call “Mirror Time”. It is my favourite part of the day and it allows me to connect with who I am as a person. I have a mirror in my office on my wall and once or twice a day I talk into the mirror and let myself know how much I love myself and how I appreciate who I am. Because you are looking into somebodies’ eyes (even if it is you) then you can connect on a deeper level and start to feel that love and appreciation that will keep you in the vortex.

When I am having mirror time, I talk to myself about how great my day is going to be and how excited I am about everything that is going on. If I am struggling with a limited belief at that point in time, then I will talk to myself about it and explain it until I suddenly have turned that belief into a positive one.

If anybody were to walk in and look at me, they would be making the first call to the hospital I am sure... I stand there with arms flailing, a massive smile on my face and a level of excitement you never thought was possible. I will talk about all the exciting stuff that is coming up for me and the incredible amount of money that is available within my vortex. If I have had a hard day with the kids, just doing mirror work will allow me to re-centre myself and get myself back into the vortex. Do not worry about how silly you look. Just give it a try and see how much more you start to appreciate who you are and how much you start to love yourself.

However, make sure that when you talk to yourself, you are remaining positive and excited. You will start to feel like you are talking to your best friend every day.

Believe me, like I said, this is one of my favourite times of the day and whenever I am feeling overwhelmed or swaying with

my own hidden beliefs then I do my mirror techniques and it all goes away.

So, what techniques do you use to show yourself how much you love and appreciate yourself?

Alter Your Self Talk

Another thing you need to make sure you do when it comes to loving yourself is to make sure that your self-talk is positive and not negative.

We, as humans, talk to ourselves every moment of every day and we have an internal conversation which will begin to reprogram the subconscious mind. This self-talk is both natural and healthy, but you need to be careful of the words that you use because it has the power to either help your manifestation or hinder it.

Some negative examples of self-talk that will hinder your ability to manifest include:

- Nothing ever works out for me. I am doomed.
- I never do anything right. Why can't I do it like everybody else?
- None of my wishes ever come true so why even try.

Words and phrases such as these will stop you from manifesting what you are desiring because it shows the universe and your higher self that you don't feel you deserve what it is you are asking for.

So, instead of having negative self-talk going through your head, how about you instead think thoughts like:

- I am a motivated, hard working person and so I know that I will get this project completed.

- There are many millionaires out there and I know that I can also be one of them.
- People are drawn to me because of my charismatic personality and therefore I know that I will have no problems finding clients.
- Things always work out for me. As long as I remain positive they will always work out.

Words and thoughts are very powerful when it comes to not only getting yourself into the vortex but also making sure that you stay there so that you can manifest your greatest desires.

In fact, words consist of vibrations mixed with sound. These vibrations are what creates the reality that surrounds us. Think about it, without words, a thought is never able to become a reality and so therefore it could be the creator of our universe.

It is the power of these words which makes affirmations so powerful.

Unfortunately, as a culture we have been programmed and conditioned to talk about all our problems and how things are not going well for us.

But when we talk about all the things that are going wrong for us, we are simply putting those words out into the universe to become a reality. Do you really want to keep telling yourself how unlucky you are, how unsuccessful you are or how poor you are?

Turn your negative words and phrases into positive ones and see the massive changes that occur in your manifestations.

It is important that you regularly affirm who you are by using the term "I am". These are possibly two of the most powerful words in the human dictionary and are words that you should

get used to using if you are going to begin manifesting what you desire...

How you end the sentence "I am" defines who you are to yourself and to those around you. Therefore, if you say "I am fat" then you are telling yourself that you are fat and you are affirming it to all those around you as well.

Accordingly, if you say "I am poor" then you are also affirming to yourself that you have no money and you affirm that to others too.

So, when creating your affirmations make sure that you start them with the words "I am" and remind yourself of who you are each day. It doesn't matter if you truly believe it right now because before long you will do.

Top 10 Word to Avoid if you are wanting to manifest:

Hate

When you use the word hate it will prompt you to seek out negative things to use as conversational pieces.

Should

Using the word should implies to somebody else the expectations that you are placing on them. For instance, you may say "You Should be more patient with the kids".

The problem with using this word is that when your expectation is not being met you will find resentment start to show up. Stop using the word should and let others be responsible for their own actions.

Yes/No

Sometimes we answer too quickly when somebody asks us to do something. It is important that we take 24-48 hours before answering and give ourselves time to figure out if it is something our heart is telling us to do.

Broke/Poor

Every time that you hear either of these words you begin to affirm to the universe that you are lacking in money and therefore it will create more lack. Instead you need to start saying "I am wealthy".

Never

Saying never will just challenge the universe to manifest in order to challenge yourself to evolve. You don't know what is in your path, so you can't say without a doubt what you are "never" going to do something.

Shame

Shame is a terrible emotion and it can stop manifestation dead in it's tracks. To manifest what you are desiring in life and to be the best version of yourself, you need to lead with love and compassion and flinging the word shame at somebody else is just simply not nice.

Can't

When you say I can't, you are signalling to the subconscious mind to search for supporting evidence as to why you can't do it. The longer you use this word, the more you will experience a sense of limitation.

Try

Have you ever heard the saying “don’t try, just do”. Well, this is because when you say “I’ll try” it is signalling to the universe that you don’t really believe you can do it. It is important that you be honest with yourself, believe in yourself and then commit one way or another.

Need

Avoid using the word need because this signifies that you don’t already have it and you are desperate to have it arrive into your reality. Desperation breeds resistance which will stop manifestation in its tracks.

Wish

This is another word which signifies that you don’t believe that you are able to get it or that you already have it.

When you put the words don’t, not and no in front of something you don’t want, the universe is unable to hear it and so instead of hearing “I don’t want to be fat”, it hears “I want to be fat” and instead of hearing “I don’t want to be poor” it hears “I want to be poor”.

Instead you could say “I desire to be slim” or even better “I am slim” or you could say “I desire to be wealthy” or even better “I am wealthy”.



In order to really clean up your self-love, self-talk and love for money, I recommend you do the following and tick of the checkbox as you go along...



Find yourself a mirror and place it in a place within your office or personal space that you can speak to every day. If you don't have a personal space, then you can use your bathroom or bedroom mirror.



Start practicing my mirror technique every morning and write down how it makes you feel. Create some affirmations that you can affirm to yourself every day and some goals that you are wanting to achieve. Focus on how wealthy you are going to be once the universe brings you everything you desire and affirm that to the person in the mirror.



Clean up your money situation. Get a nice crisp note from the bank (\$100 if you are able or a smaller amount if necessary) and put it in your purse. Sort out all the notes in your purse so that they line up and are not crumpled up. Always ensure you have some money in your purse that you can look at.



Take a real good look at your own self talk. What are some negative words you find yourself saying about yourself, either to yourself or to others. What are some phrases or words that you can replace these with? Every time you go to talk badly about yourself, think about these alternatives and use them instead.

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STEP #3 OF MANIFESTATION - RESPONSIBILITY AND DESIRES

Take Responsibility

Let me ask you... Do you take responsibility for where you are right now, in this very moment? Do you accept that where you are financially is because of your previous lack mentality, and therefore in order to change your financial situation you also need to change your mindset?

If you do then that is great because you can go on to setting your intentions, but if you are not quite there yet, then let's discuss responsibility and manifestation.

As a society we have the automatic inclination to blame others for where we are in our lives. It is the governments fault that we are getting charged so much tax, it is the employer's fault that we don't have enough money and it is the supermarkets fault for making the groceries so darn expensive.

No matter what your situation, it is always somebody else's fault. Well, that mindset stops right now. Not taking responsibility for where you are will not only limit your manifestations considerably, but it will stop you taking the necessary steps to progress in your life the way you want to.

Nobody can manifest anything for anybody else, and because of that you need to realise that the manifestation starts from within. If the manifestation is within you and nobody else can manifest for you, then doesn't it stand to reason that it is nobody else's fault for where you are right now.

Remember, you are in the driver's seat of your own life and so if you don't like the way it is turning out then it is time for you to change it.

Assess Your Current Financial Situation

I am not delusional enough to think that you are going to be able to instantly stop worrying about where you are financially when you have been worrying about it for so long. I know what it is like to have bill after bill come in and to wonder how it is going to be paid.

Most law of attraction books you come across will probably never mention this to you because our current perceived reality is due to our previous limited beliefs and so by focusing on this perceived reality, we are actually not trusting that the money is there and is going to come to us.

Well, that couldn't be further from the truth. The reason I am mentioning this to you, even though I know that there is an infinite supply and that you can create money at will, is that by assessing where you are financially right now you can get a good indication of where your mindset is firstly and also you can start to set up plans that will allow you to release any resistance while you are moving yourself from a poverty mindset to a prosperity one.

Yes, we know that the universe is always looking after us and always has our back and we know that if we trust that that we

always have all the money we could ever need, we will never have to worry about money again.

But, in the meantime, so as to lessen the resistance you have to your current perceived physical reality, I think it is a good idea to assess your current financial situation, set up payment plans for your large bills (so you can then put them aside and not worry about them), map out a timeline for paying off any outstanding debts and set yourself up a loose budget that will allow you to recognise where you stand financially at this point in time.

I know that when I did this and became responsible with my money, I no longer worried about it because I knew we had enough regular income coming in to cover it. Although I knew that I had large amounts of money coming to me, it just allowed me to ease my resistance, stop the worrying, get into the vortex and start to manifest.

So, lets get started...

Step #1 – Assess your Financial Situation

Write down the income you have coming in every single week, fortnight or month and all of the regular bills/direct debits that are paid from your bank account each pay period. Write down all the debts that you currently owe and set an intention that you are going to erase that debt within a specified amount of time.

Step #2 – Set up Payment Plans for the large bills

I know when I had utility bills that were rather large and I didn't want to stress about where the money was going to come from considering they all came at once, I rang the companies up and set up fortnightly payment plans which then allowed me to just let it go and not think about them again.

Step #3 – Map out a time and date for paying off outstanding debts

Now that you know what debts you must pay, figure out what date you intend for them to be paid off. You need to let the universe know when these debts are going to be eliminated and then the universe can get to work sorting them out. Don't think about it anymore because once you have set the intention, if you don't worry about where the money is going to come from, you will have the money by the time and date you have set. Set aside an amount to pay off it every week, fortnight or month, which will show the universe that you are starting to take action.

Step #4 – Set up the budget

The final step is to set up a loose budget where you figure out your regular income, your debits that are taken out of your account, amounts of the payment plans, the amounts of the debts you are paying and the amount that you are willing to give.

Once all of these are paid for then the rest is simply that which you can work with. Now that you know you have plenty you can quit worrying about it and just start taking inspired action to bring more wealth into your life.

If you don't have the money that you are desiring now, then remember that you need to change your mindset from one of lack to one of plenty.

Set Intentions/Desires

Now is the fun part... It is time to figure out what it is you are wanting to manifest and your reason for wanting to do so. It is time to create your manifestation list and attach as much detail as you can to it.

It doesn't matter how many items you have on your list but the more items you have then the wealthier you will be. In fact, the wealthiest people in the world are those with the most on their list. I aim to complete a list of 1000 items, but you can have one with 100 on it if you like.

This list will include anything you are wanting to manifest, not just material possessions but experiences, successes and goals. It can be expanded on as something else that you desire comes up.

Some people may call this their bucket list and it is set up to be things they want to do before they die. However, I would prefer to call it my manifestation list because it includes things that I want to have and do while I am still living.

With each item on my manifestation list, and yes it does take time, I like to write a mini script about it (covered in the next chapter) so that when I look at the item on the list I can get into the feeling and the emotion associated with receiving it. When adding something to my list, I also write it in affirmation form such as "I am a billionaire", "I have a brand-new Nissan X-Trail" and "My house is paid off in full".

When I write my script (it only needs to be a few lines) I write it as though I have already received it. Remember, you already have received it because you have sent out your request and as soon as you are in alignment with its vibration it will be created in your physical form.

I will give you an example of one of my mini scripts for my request "I am a billionaire".

I am so grateful for the never-ending supply of money that is coming into my life daily, from both expected and unexpected sources. I can't believe how simple it is to have created the billions of dollars I now have in my bank account and how awesome it feels to be able to go to my

account every day and see that money sitting there. I can buy whatever I please whenever I please without thinking about it and I know that the value I provide others is always rewarded to me by way of further wealth.

In the next chapter I will talk to you a lot more about scripting your desires and its power when it comes to manifesting all the wealth you could ever intend to manifest.



Answer the following questions regarding taking responsibility for your own financial situation.

- What do you think the reasons are for you being in the situation you are in right now?
- Who are you blaming right now for the situation?
- What beliefs can you now focus on which will allow you to start taking responsibility for your own financial situation.
- ***What is your current financial situation?*** It is time now to complete the steps given in the chapter to figure out how you can release resistance to the wealth you desire.
 - Set up the payment plans you require and set up your budget so that you no longer must worry about how you are going to pay your expenses.
 - Focus on remaining in the vortex and letting the money come to you.
- ***Create your manifestation list.*** You can create anywhere from 10-1000 items but remember the more the better. Write your list as though it is an affirmation and then in the next chapter you will be able to turn this manifestation list into an individual script.

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STEP #4 OF MANIFESTATION - SCRIPT/VISUALISE/FEEL

So, now you have your manifestation list created and you have written them down in a positive affirmation format. In this chapter we will be discussing scripting, visualisation and attaching feelings/emotions to your desires.

Scripting

This chapter is possibly one of my favourites because scripting is something that I am so passionate about and have so much fun with.

When we are young, nothing seems to phase us. We play pretend with our friends and daydream on a frequent basis. One day we are cinderella, the next day we may be a princess. If you are male, you may remember yourself being a knight in shining armour or maybe a soldier defending your country. Whatever it was that you pretended to be, it allowed you to enter the world of make believe.

When you begin to script your desires and script your future reality, this is what it feels like. It feels like the time when you were told off in class for being away with the fairies and daydreaming. If only young ones now were not told to stop daydreaming and were prompted to do so. If only they weren't

told that what they were dreaming about wasn't possible. Wouldn't it be great if our young ones were told instead that anything was possible...?

I don't know if you remember a book called "The Adventures of the Wishing Chair" or "The Adventures of the Faraway Tree"? It was written by one of my favourite authors Enid Blyton and they were my favourite books growing up. They were the sort of books that allowed you to escape from your physical perceived reality and enter the world of absolute awesomeness.

In "The Adventures of the Wishing Chair" you would go on magical adventures on a wishing chair until you landed in these amazing lands, some good and some not so good. But as you were reading it you felt like you were there.

The "Adventures of the Faraway Tree" was the same. As you read it, you felt like you entered some of the lands, including the land of goodies, where all the houses were made of chocolate. It consisted of characters like Mr Watzisname who can't remember what he is called, Dame Washalot who spends all her time washing clothes and Moon Face whose face is in the shape of a moon.

These books were incredible and to this day are some of my absolute favourites. When I think about scripting and creating your dream life, I think about the feelings I associate with these books. I associate it with the feeling of anything is possible.

I am not saying that I expect to see somebody called moon face or that there is a special wishing chair that will take me anywhere I want, but I do feel that you can create whatever reality you desire.

There are five different scripts that I like to create for myself:

1. **Manifestation Script** – For every desire or item on your manifestation list, write a 3-5 sentence script detailing how you will feel once it has already manifested.
2. **Morning Script** – At the start of every day you will script (and do mirror work with) how you intend for your day to work out.
3. **Retake That Script** – This script is used when a day hasn't exactly gone as I had planned.
4. **Short Term Script** – This script is a story about how I intend for the next year to pan out.
5. **Long Term Script** – When setting up your long term script, also called your Life Script, it will detail how you expect my life to be in the next 5+ years.

Now, lets go into this in a little more detail...

MANIFESTATION SCRIPT

When I asked you to create your manifestation list, I also specified that you should create a brief 3-5 sentence script as to how you would like that item to be manifested. Pretend that you already have that item and then attach some feeling to it.

I have already given you an example of the script I have created for "I am a Billionaire". Let me give you a couple more examples so you can get a real feel for what I mean.

Example 1

Original Desire:

20 New Course Clients Per Week

Affirmative Desire:

“I am a successful course creator with at least 20 new enrolments per week”

Manifestation Script

I am so grateful for all the amazing students that are enrolling in my “Alter Your Money Mindset” course every single week. Every week I am going to my platform and there are 20 new students who are all committed, enthusiastic and energetic and are willing to pay whatever price I put on the course because they know what value they are going to get from it.

Example 2

Original Desire:

\$100,000 Per Month Passive Income

Affirmative Desire:

“I am earning \$100,000 per month consistently”

Manifestation Script

I am so grateful that I have just gone to my bank account on the 30th of the month and realised that once again I have made a net profit of \$100,000. I love what that money allows me to do and am excited about not only that consistent income but also the extra money that is on its way to me.

Every morning I recommend that you wake up a little earlier than everyone else and start your manifestation routine. Part of this routine (along with gratitudes, meditation and visualisation) is to script how you would like your day to turn out.

In this script you will detail your business and what you are intending to create and complete that day, as well as what you intend for your personal life to look like. If you are struggling with a particular area in your life, then in your script you need to detail how you would like it to look.

The daily script will normally be a paragraph or two long and as you script, also visualise how you will feel when it turns out exactly as you planned. You need to script it as though it is the end of the day and you are writing in your journal.

Example

Today has gone exactly as I intended for it to. Today I enrolled 3 new students into my course, I received 20 new mailing list subscribers and I sold 50 new copies of my book “Alter Your Money Mindset”. I have written another chapter of my new book and I am excited about it’s launch in a months time. I had such an awesome day and I know that tomorrow is going to be just as awesome.

I am also grateful for the incredible day my kids and my husband had. Today my husband came home telling me that he received a promotion at work. He was so excited, and I am so happy for him. Both of my kids came home from school today with a smile on their face and told me that they aced their tests and they had an enjoyable day with all their friends. I am so grateful that they have such a great group of friends who all support each other and only want the best for one another.

RETAKE SCRIPT

Sometimes our daily script does not go exactly as planned. Maybe we were not in our vortex long enough or contrast happened to teach us a lesson. For some reason, our day just seemed to have issues pop up left, right and centre. So much for our daily script...

Don't think of it like that. We wrote our daily script to detail how we would like our day to go. Sometimes it doesn't go as planned but at least we can look back and see what has happened and why it happened.

Once you have figured out what went wrong, all you need to do is rewrite the script as to how you would have liked it to happen. The day may have worked out completely different, but it may just be that you need to consistently write this script and believe it until such time as the universe sends it to you.

So, to demonstrate this I am going to take the example from above but instead of that perfect situation, the following happened instead:

- I looked in my course platform and found that one person had requested a refund. They decided that it was too hard for them and they hadn't manifested what they wanted quick enough.
- My husband came home from work, angry because he was told that he was not going to have the funds to keep his Personal Assistant on for another year.
- I get a phone call from my daughter's school saying that she had started crying in class because of a girl that was teasing her.

- My son gets home from school angry because one of his so-called friends had thrown his bag into the bush and he was humiliated.

Well, that is a little different to my previous script isn't it. So, lets create a retake script for that situation.

Example

Today has gone exactly as I had planned. Today I enrolled 3 new students into my course and I now have my original 22 plus this 3 which equals 25. I am so happy that all of my students are happy, and nobody has requested refunds to date.

I received 20 new mailing list subscribers and I sold 50 new copies of my book "Alter Your Money Mindset". I have written another chapter of my new book and I am excited about its launch in a months' time. I had such an awesome day and I know that tomorrow is going to be just as awesome.

I am also grateful for the incredible day my kids and my husband had. Today my husband came home telling me that not only did he receive a promotion at work, but he also got told that the funding he asked for to keep his Personal Assistant on was approved. He was so excited, and I am so happy for him.

Both of my kids came home from school today with a smile on their face. They both aced their tests. Amelia told me that the girl that had been picking on her at school all of a sudden apologised and they are now friends.

Jay said that one of his friends was about to throw his bag into the bush as a joke but after jay asked him not to, he didn't do it and apologised for being silly.

I am so grateful that they have such a great group of friends who all support each other and only want the best for one another.

As you can see, retake scripts are often longer than the original because you need to rescript it to include the opposite of the contrasts that happened.

SHORT TERM SCRIPT

In this script you will detail everything you intend to achieve in the next 12 months. You will include all your business accomplishments, your personal accomplishments and what you intend to manifest.

Within my short-term script, I include the following:

- Your business goals being manifested;
- Your health goals being manifested;
- Your personal goals being manifested;
- The money you are going to attract in that 12 months; and
- Physical items that you desire to manifest.

Hopefully by now you will understand how to script. By looking at my first three types of scripts you should now understand how scripts are written.

When you are writing your scripts, you should use engaging words such as excited, awesome, amazing and incredible as they bring high levels of emotion to your story.

Some tips to remember when scripting include:

- Script in the present tense, as if it has already happened.

- Be very detailed in your description and make sure that you don't leave anything out. If you are not clear on the story, then the universe won't know what to manifest.
- There is no rush. Take your time to write your script. As you write the script, really feel what it feels like to be in that situation. Write it deliberately.
- Make sure you set a time limit for the manifestation. As this is a short-term script, specify the month (s) that you want the particular desire to manifest.
- Do not share your script with anyone else (which is why I won't include my short-term script in the book) as it lessens the energy of it. Keep it to yourself and only tell people once it has manifested.

LONG TERM SCRIPT

Your Long-Term Script, also known as your Life Script is written in the same way as your short term one, except that it will wind up being a lot longer because it contains the details of what you are wanting to manifest for the next 5+ years.

Some details you may find yourself including in your life script include:

- Business Opportunities;
- Amount of Money you will manifest;
- Travel you are going to do;
- Things you are desiring;
- Houses you are going to buy;
- Investments you are going to partake in;
- Partnerships you are going to participate in;
- People you are going to meet etc.

Visualisation

Now that you have scripted your day, year or life it is important that you incorporate visualisation.

Within this section, I will not only detail the importance of visualisation but will also give you the most common visualisation exercises you can do...

Visualisation is a mental technique that we can use to make our dreams and our goals come true. This technique is one that has been used by successful people all around the globe, including famous sports people and billionaires alike.

If you practice visualisation daily and you visualise your dreams and goals as already being manifested, then it can rapidly accelerate your success.

Visualisation yields a number of very important benefits:

- It activates your subconscious mind which will begin to generate creative ideas to achieve your goals;
- It activates the universal laws, which will draw the people, resources and circumstances that you require to fulfil these such goals;
- It increases your motivation to succeed with these goals; and
- It programs your mind to realise what resources and people you need to achieve your dreams.

There are several different visualisation strategies which you can use to help accelerate your manifestation potential:

SCRIPT VISUALISATION

For every script that you write, including your manifestation script, you are to sit quietly, read the script aloud and as you are reading it feel how it would feel if you were in that situation. Visualise yourself being in that moment.

For instance, if you were visualising the \$100,000 monthly income, visualise going into your bank account and seeing the balance sitting there. Sometimes, this may take a bit of practice but eventually visualisation will get a lot easier.

If for instance you are wanting to manifest \$100,000 because you have several things you are wanting to purchase, there are a couple of different ways you can visualise this scenario:

- You can either visualise the entire process of receiving the \$100,000 and then going and buying every item on your list; OR
- You can visualise each individual item you are wanting to manifest and leave it up to the universe as to how it is going to get to you. Sometimes, you don't need the money to receive the item you are looking for. Sometimes you may actually win it in a competition or some other way, so often it is a good idea to leave it up to the universe to figure it out.

VISION BOARDS

I am sure you have heard about the power of vision boards from many experts, and I am no exception. I am a massive proponent of the power of the vision board, and I love the fact that there are so many different types of vision boards you can create.

Some of the most common ones include:

- Standard Vision Board;
- Feng Shui Vision Board;
- Digital Vision Board.

Standard Vision Board

This is the most common type of vision board that is created, and it is very simple to do. All it entails is for you to find pictures of your desires, either through books or magazines.

Now you can get yourself a corkboard, a whiteboard or some painters canvas that you can paste your pictures on. Paste, clip or sticky tape all of your images to your board and then place it in an area that you look at frequently.

It is now your job to look at your vision board at least daily until the images are impressed into your subconscious mind. Some say you can then put the vision boards away and look at it a couple of years later and these items would have manifested. However, I find it motivational to frequently look at my vision board.

There is a caveat to this, however. If you are the sort of person that will obsess over whether or not you have received that item yet then it is an idea to put it away for a while and look at it again in say a year or so when you have detached from the result and have let the universe manifest it for you.

Feng Shui Vision Board

If you are wanting to take the standard vision board a step further then you can compile my favourite type of vision board, which is the feng shui vision board.

It takes a lot more effort and focus to put together but, because of the power of feng shui in balancing and boosting the energy within the home it can increase your manifestation potential considerably.

To create a feng shui vision board you get a much bigger piece of card, corkboard or canvas and you split it into 9 different sections. Each section represents a different bagua and will contain different desires within them.

When I create my feng shui vision board I go all out and incorporate the appropriate colors and energies into the vision board as well.

Although I cannot demonstrate it within this book, I will be demonstrating it in my mini course so if you are interested in learning how to do it then definitely check out the course.

Digital Vision Board

Creating a digital vision board is possibly the simplest one that you can create. However, I personally like to have something physical that I can look at.

But if a digital vision board is something that you are interested in, there are so many apps out there that you can use to create them. Just put the search term “digital vision board app” into the search bar and the best ones will appear.

Digital Vision Boards and Mind Movies are great to have on your phone so that when you are out and about you can still look at them.

So, I can hear you asking, Which Vision Board Should I Use?

The answer is quite simple really. I would use a combination of all three.

- I have my feng shui vision board as the main one in my office with all my desires and goals on them, especially my business and wealth goals.
- Throughout the house I have standard vision boards which represent one particular bagua of the house. For instance, my office which is located in the wealth bagua of the house (coincidence or what) will have a purple standard vision board that has all images relating to wealth and my money desires.
- Create a digital vision board too that you keep on your phone, which you can look at whenever you are out and about to remind you of your goals.

Another question I hear you asking is "How often should I create my vision board?"

Whether you create a new vision board every year or once you have manifested everything on it, it is entirely up to you. Adding to your vision boards as new desires come along is another great strategy.

Emotions/Feelings

After learning about scripting your desires and then turning those scripts into visualisations I thought it was important to discuss a little about attaching emotions and feelings to these visualisations.

Were you aware that emotions influence your ability to manifest and without them your desires will be very slow to manifest, if at all.

The emotion that you are feeling can either boost your manifestation or hinder it. An emotion like fear and anger will

diminish the vibratory strength but emotions like joy and gratitude will do the opposite and will boost a high vibration that will help you manifest quickly.

As you are visualising your script, it is important that you attach a powerful emotion such as excitement, joy, gratitude or love to it so that you are in the same vibration as that to which you are visualising. I also like to refer to this as staying within the vortex during visualisation.



Your exercise for this chapter is split into two parts. Firstly, you will create your short-term script and then you will turn that script into a vision board for the next 12 months.

- To start off with, take your manifestation list and look at all the desires you intend to manifest in the next 12 months. Put these manifestations onto a separate list.
- Now you take these manifestations and turn it into a short-term script which explains in detail everything that you desire in that time. Attach feeling to the script as you are writing it.
- If you feel like it, you can also record this script and listen to it as often as possible because the more you engage with the feeling of the script the quicker it will manifest.

If you would like somebody else to create this audio for you, and add some subliminal messages beneath it, then we offer that on our “Alter Your Money Mindset” website.

- Now it is time to take everything on your short-term list and find images that depict those desires. Choose the type of vision board you are wanting to create and then follow the instructions given to create that/those vision board(s).
- Look at the vision boards on a daily basis, and if you feel that you are obsessing over receiving your desires then put it away for a while until you have detached from receiving it.

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STEP #5 OF MANIFESTATION - EXPECT IT'S GOING TO HAPPEN/TRUST

The fifth step you need to take when it comes to manifesting (after deciding what you desire to bring into physical form of course) is to believe that you are going to get it and expect without hesitation or a doubt that it is going to come into fruition.

If you are desiring more money, then it is imperative that you understand that the money is already there. It is already in your vortex ready to be sent to you as soon as you are ready. Remember that your higher self is there to direct you on the right path towards your life purpose. You may be required to change directions many times over, but you will get there.

You may be sitting there right now wondering why you have not manifested that \$100,000 you have been desiring. Well, let me ask you? Have you completed steps 1 to 4 of the formula?

- Have you altered your limited beliefs around money?
- Have you altered your self-talk and self-love by adopting my mirror technique?

- Have you accepted your current financial situation by taking responsibility for where you are and set your intentions/desires?
- Have you scripted what you are desiring and attached emotions to it?

If not, then you need to go and complete these steps first.

Also, have you prepared for the money to arrive? Do you know what you are wanting the money for?

I find that asking for \$100,000 and visualising that money is not always enough. I often need to associate that \$100,000 with the items that I am going to spend it on. That way I can attach emotion to the money. The more emotion you attach to the desired goal the quicker it will come into fruition.

You may also find that if you don't receive the money by the desired date you begin to lose faith and start believing that it is not coming. If you feel like this then be sure to take special note of step #7 where you will discover how important it is to detach from the outcome and let go of the how and when...

But what are your expectations like around the money?

Do you sit there thinking "Wouldn't it be great if that money was to arrive" but at the same time wonder where it is going to come from and believing that you can't possibly understand how it is going to get to you?

If so, then all you are doing is creating doubt in your mind. You start to overthink it. Rather than overthink it, just believe that it is coming and expect that it will appear.

You need to understand that with the Law of Attraction you are always getting that which you expect, whether you like it or not.

For instance when I have expected a bill to be in the post I go to the mailbox and sure enough it is there. However, when I expect that we will be upgraded with our cruise tickets then sure enough, I go to pick up the tickets from the travel agents and we have been upgraded.

Remember that your subconscious mind does not distinguish between that which is good and that which is bad. It doesn't know the difference and so it will bring to you what you focus on the most and what you expect is going to happen.

So, let me ask you... Have you ever received something that you told yourself you deserved and expected to come to fruition and it never did. Sometimes we don't know what we expect. We think that we are expecting something to happen when actually deep down we don't think it is ever going to happen.

I know people that keep saying to themselves "I could never afford that" and guess what they are right. The universe will listen to that request and keep sending them reasons to not be able to afford that. Instead, tell yourself that you can afford that and when you are ready you will get it.

I hear you saying right now "That is all well and good, but I am living pay check to pay check right now. How do I stop myself from worrying about the lack of money and instead believe that my new wealth is coming"?

I will answer this as clearly as I possibly can. It is important that you understand that within your vortex you have unlimited amounts of money. You have an infinite supply there just waiting for you to access so when you tell yourself that you are wealthy you are telling the truth.

When you change your limited beliefs from scarcity to abundance and realise that you are already wealthy then you

will start to realise that the lack of money you have now is due to your previous scarcity mindset. Change that belief (which can be achieved by going through the beliefs/attitude chapter) and you will change your wealth.

Set Your Expectations For The Day

Every morning when you get out of bed you need to set your expectations for the day. How do you expect your day to turn out?

Remember that you create your own reality so if you desire it to go a certain way then expect that it will. It may take a little while for your energy to line up so you may not find it going exactly as you desire to start with.

However, with practice it will get easier and easier until your energy lines up and finally everything just flows for you.

When you finally have your day that goes exactly as you expected you will feel incredible. You will start to finally realise that you are in full control of your reality and manifesting will become so exciting.

When setting your intentions and your expectations remember to attach emotions to them. For instance, I have often said how I am going to have such a fun, joyous and productive day and I get more work done than I ever have. I have managed to stay in the present and enjoyed everything I was doing. On days that I set these expectations my kids seem to be particularly fun to hang around with and I seem to experience a lot less contrast. I have gotten up in the morning with the right attitude and expectation as to how my day is going to go.

Eliminate Resistance

There is one very important thing that you need to keep in mind though. In order to truly expect something and have it come into fruition, you need to make sure that you hold no resistance to it.

I had no resistance to having an awesome day because I just knew that it was possible, and I felt that it was going to happen. Most days I wake up with that expectation now. The less resistance you must something the quicker you are going to manifest it.

When it comes to wealth, we often hold ourselves back because we hold resistance to it based on what is in our current reality. We look at our current financial situation and forget that it was our past beliefs that have left us in this situation. Remember that the more we focus on something the quicker it will be manifested into physical form. Focus constantly on wealth and you will attract money into your life.

If we change our current train of thought, then we can most definitely change our future financial position.

I eliminate resistance to money by constantly telling myself how there is an infinite supply in the universe, with an incredible amount of wealthy people and there is no reason why I can't be one too.

Change your expectations, then you change your reality and you change your life. The fifth step to manifesting incredible wealth (after setting your intentions and desires) is to expect that you are going to receive it. Now it is time to move on to step number seven where we start to act as if...

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STEP #6 OF MANIFESTATION - LET GO/DETACH FROM OUTCOME

You may find that when you start working with the laws of the universe that you have a hard time letting go and detaching from the outcome that you have put into your vortex.

How could \$100,000 possibly appear in my bank account in the next 30 days when I am lucky to pay my bills this month?

So, you have created your list, you have visualised, you have asked and now you are sitting there twiddling your thumbs wondering when and how it is going to arrive. Well this is where the problem lies.

The universe does not organise to send you your desires in your time and in the way you expect it to. It does it when it believes you are ready for it. To be ready for it however you need to be in alignment with that which you desire.

It is entirely possible to manifest large sums of money in 24 hours, but you must be within the vortex and completely aligned with the vibrations of that desire. Are you in that vibration yet? Do you trust that the universe is going to bring it to you? Are you ready to let go of the How and the When and just let it come to you in divine timing?

If the answer is yes, then watch out because it is on its way to you...

You may find yourself being completely infatuated with receiving your ultimate desire. You spend hours upon hours asking and pleading with the universe to bring it to you. However, it is completely unnecessary. Once you have thought about what you want and attached emotion to it, the universe has already put the wheels in motion to start manifesting it for you.

You need to trust that the universe, your angels and your higher self are there to ensure you succeed and to make sure that by the end of your life you have fulfilled your ultimate purpose. However, if you are not listening to direction from these sources then you will miss the lessons that the universe gives you and therefore will not continue to move in the direction you need to go.

One of the most important keys to manifesting incredible wealth is detaching from your desire once you have put it out into the universe and the ball is rolling. When you “need” something to manifest then you are just causing resistance which is blocking its manifestation.

However, when you let go and trust that it is coming to you then it surely will. You need to say to yourself “gees, it would be lovely if happened but if it didn’t, I wouldn’t die.” This then removes you from resisting the money coming to you, but it also tells the universe that although you desire it the vibration and energy can flow in its own divine timing and arrive at the time when it is best for your journey.

Think about it, if you already had what you are asking for then you wouldn't worry about it or obsess over it, would you? You wouldn't need to, because it would already be true to you.

Let's think about money for a minute. If you always knew that you had plenty of money in your purse/wallet or in your bank account, then you would never worry about how you were going to pay that utility bill or how you were going to pay for your next holiday would you? You would just know that the money is there.

When you already have something then you let go of that desire and you begin to focus on other things. You need to start knowing without a doubt (as explained in step #6) that it is coming to you and then just let go. You know that it is on its way to you, so you don't need to keep asking for it.

I like to think about it as ordering something online from a catalogue. You put through your order (request), you pay for it (vibration) and then you receive it once the post has gotten it to you (manifestation). Just like you have no control over when the item you ordered online is going to get to you, you also have no control over when your manifestation is going to arrive, you just must know that it will.

If you are focused on the fact that you don't have something, and you ask the universe out of desperation, you are in a state of want. In the state of "want" you are unable to move into the state of "being", which means you are unable to manifest it into reality.

If you continue to focus on the "want" of it, the universe will not bring it to you, instead it will continue to bring you feelings of "want" because that is what you focused on. Therefore I say you

need to act as if and expect it is going to happen, because then you know it is coming so you can detach from the outcome.

Once you detach from the outcome, you are telling the universe that “you know it will deliver”. Once you have let go, you believe you have it already and so you don’t ask for it again.

Your only job is to feel good and then everything will be delivered to you in divine timing.

There are two things that we do as humans that stop us from manifesting our greatest desires:

Worry About the How

Often, we sit there wondering how we are going to get our desired object (in this case money). We are so used to thinking that in order to make money you need to have products or services to sell and you need to hustle bad. But this is simply not the case.

The universe has thousands of ways it can manifest your deepest desires. You just need to let it do its job and LET GO of how it is going to do it. Just know that it is.

Worry About the When

The other thing we often worry about is when the money or the desire is going to manifest. This is also not up to us. We can put a date on it but understand that the universe sends it to you in divine timing and if the date you have chosen is not in the line of your path then you may get it a little later.

Do not become so obsessed with the dates of manifestation and just know that it is coming to you in divine timing.

By Letting Go of both the How and the When, you will show your faith to the universe that you don't need to keep placing your order because you know that it is arriving.



So, how about we practice by trying to manifest something small.

- You need to think of something that has absolutely no resistance to you and you feel no pressure to manifest. You could be looking for a book, a flower, a car or even a particular item in the store.
- Once you have thought of something, think about how you would feel having that item and then let it go.
- Don't worry about whether it is going to show up or not and instead look forward to it popping up in your life.
- Once you have started manifesting small things it will be much easier to start manifesting much larger items.
- Remember that the when is not up to us so it could take an hour, a day, a week or even a month. It is not up to us to figure that out but just trust that as it is in your vortex, you are able to take it out whenever you like.
- Once you have manifested the small item, it is time to turn it to something much bigger. Now that you have practiced the art of just letting go and resisting the "need" for that item, it doesn't matter how big or how small your goal is, you are able to achieve it.
- What is one desire that you have (mine was \$100,000) which you would like to manifest. It is not up to you when it is going to get to you, or even how it is going to come but remember that you have control of what goes on in your mind, so make sure that it is positive and keeps you within your vortex.

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STEP #7 OF MANIFESTATION - ACT AS IF

Can you feel wealthy when you are dressed in torn, worn out clothes? Can you feel wealthy when you are living pay check to pay check? Can you feel wealthy when you haven't had a holiday in 5 years? Of course, you can, although it takes a bit of work to get there...

Because of how we, as humans are programmed to see our physical environment as reality, we tend to allow this "reality" to mould our beliefs around money. We struggle one month to pay the bills so suddenly, we start to believe that we are lacking in money, when in actual fact the money was always there – we just haven't learnt how to access it yet.

The task of this book is to show you that no matter what situation you are in right now, you can still move from a poverty mindset to a wealth mindset, knowing that accessing the wealth you are entitled to is within your grasp. Everybody on this planet has the right to be wealthy, happy and healthy but unfortunately, we get in our own way by focusing on our circumstances as opposed to what is within our vortex.

One very important step that you need to take if you are to manifest this wealth is to act as if it is already in your existence.

Act as though you are already wealthy even though your outside circumstances may not indicate that.

It is time to stop believing that just because you are currently struggling that you are always going to struggle because it is ONLY your previous money mindset which has led you to that struggle and this can be changed by following the techniques in this book.

There are many things you can do to help you feel wealthy. The first thing is to realise that within your vortex you already have an infinite amount of money and therefore any amount you request is within your reach. Realise that focusing on physical reality is focusing on your past beliefs as this reality occurred because of your previous beliefs and not your current ones.

If you are wanting to change your financial situation then you need to trust the universe and expect that it will be coming to you. However, if you are to manifest that level of wealth you first need to feel as though you are already wealthy.

It is important to remember that our subconscious mind is unable to tell the difference between reality and make believe so by acting as if you are already wealthy you are telling the subconscious mind that you are already living in that reality and it will go to work to make sure that it happens.

Some things you can do to "Act as If" in everyday life could include:

Buy yourself a nice suit or outfit that makes you feel wealthy.

If circumstances now are not allowing you to pay \$200 or more for an outfit, then you have a couple of options:

- The first option is to go to your second-hand/thrift store and find an outfit there that resonates with you. It still

needs to make you “feel” wealthy because it is this feeling that is going to make the difference. Sometimes these thrift shops have clothes that are almost new at half or quarter the price.

- The second option is to buy yourself a nice coat, a nice pair of shoes or some item that doesn't cost as much but that still makes you feel wealthy. It could be a gold handbag, stiletto shoes or even a name brand coat.

Go to your hairdresser and get a new haircut, a new hair style or even a cut and colour.

Doing this will often make you feel better which will put you in a high vibration to get you in alignment with wealth. I know that when my hair is greying (yes, I started going grey at a very young age thanks to genetics, but I am working on reversing that), just putting a colour through it and cutting the split ends can make me feel like a different person.

Now, if you find that your current circumstance does not allow for an expensive haircut then how about find a place that does \$10 haircuts and at least get a trim and then buy a hair dye and do it at home. It doesn't have to be expensive for it to make you feel different

Dress for success.

Yes, that is right. Start to dress everyday as though you are the most successful and wealthiest person you know. This will help if you have an outfit from tip number one but if not find a nice top in your drawer and some nice black pants and maybe even a nice jacket. Put on some professional shoes and if you are a female a splash of makeup. See how much wealthier you feel just doing this.

The first time I started doing this the kids admitted that it made them feel uncomfortable. They were not used to me getting dressed up to go into my home office to work. It would be completely different if I was working outside the home, but they didn't understand why I would dress up just to go into the other room. I explained to them that it made me feel successful which I knew would bring me success.

Focus on your language.

When you see something that you would really desire but you don't think you can have at this point in time then rather than say "I can't afford that" say something like "I really desire that and I will get it at another time". This indicates that you do have the money for it and you are not lacking in funds.

Go to a fancy restaurant.

Figure out what the most expensive restaurant is in town. Make it the flashiest restaurant that you must dress up to go to. I know in Perth one of the most expensive restaurants is the revolving restaurant. Put some money aside every week or every pay until you have enough funds to pay for you and your loved ones to enjoy a nice meal there.

Once you have the funds make sure you are dressed up in your best clothes, go to this restaurant and enjoy the ambience. Feel what it would be like to go to restaurants like this every week and how great it would be to have the funds to do it whenever you liked. No more \$10 takeout meals because you are far too wealthy for that.

So, these are just some examples of what you could do to help build your wealth mindset. Be creative and think of some others but the most important thing for you to do is make sure that the

feeling you are feeling daily is that “You are wealthy” because you are, no matter what the current circumstances are.

What about a couple of examples of some common situations where you may be required to “Act as If” to Manifest...

EXAMPLE #1 – YOU WANT TO MANIFEST A BRAND-NEW SPORTS CAR.

So, you have decided that now that the kids have left home and you no longer need the 7-seat station wagon you would like to own that brand new sports car. You see it every time you go past that car yard and you really desire to have one in your life. But it is worth way more than you have within your current financial circumstance and so you struggle to believe it could be yours.

This is what I would recommend you do:

- Go to that car yard and take the car for a test drive. As you are in the car make note of how the car feels, listen to the sound of the motor purring as you are driving along, open and close the top so you can drive with and without the top up and attach the emotion to it.
- Obtain a picture of your desired sports car and keep it in your wallet making sure that you look at it at least a few times a day, remembering what it feels like.
- Ask the universe for it to come into your existence and then let it go. Do not focus on it anymore because the universe will bring it to you when the time is right.
- Make sure that the car you currently have is in good condition and is being looked after. Respect the one you have now, be grateful for it and give it a good clean. Why

would you be sent something even better than the one you currently have if you don't respect the one that is currently in your existence.

- Enjoy the ride and be excited as this new car is manifested into your existence. You don't know when it will happen or how it will happen, but you just must trust that it is coming. It could be through a raffle, it could be via additional wealth coming to you to pay for the car or it could be a car being up for sale that is within your budget. Or it could be thousands of other ways the universe has to choose from to bring it to you.

EXAMPLE #2 – MANIFEST \$100,000 INTO YOUR LIFE

- The first thing you need to do to manifest a large sum of money is to eliminate the negative belief you have around money. Work on your limited beliefs as outlined in this book to turn your scarcity mindset to one of wealth.
- Stop focusing on your current circumstance as being an indicator of your future wealth. If you are struggling financially right now it is because of past beliefs but as you are changing that now it will no longer be your reality.
- Do the steps outlined in this book to start acting as if you are already wealthy and turning your current belief of "I can't afford it" to more of one where "I can afford it but I will get it later".
- Practice the techniques covered in this book which are all geared towards helping you manifest as much wealth and abundance as you require.

- Figure out why it is you want the money and break it down. Money alone is often not enough. In step 1 of the process you were asked to create your list of intentions/desires. Figure out what intentions/desires you are going to manifest upon receiving this money This will allow you to attach the required emotion to it.
- Trust that the universe will send you this money from your vortex in divine timing. You will not know how it will happen or when but just trust that it is coming to you.
- Enjoy the money as it comes to you and then use it to pay for everything on your list.

One of the most important principles of manifestation is feelings and emotions. The vibration of your emotions (energy in motion) will dictate what you manifest in your life. As the law of attraction states – whatever energy you put out is the same energy that is mirrored back to you in the form of reality.

Everything in the universe is purely energy. We are energy, our physical household items are energy, money is energy, cells are energy. Even thoughts are energy. This also means that everything in the universe has a specific energy assigned to it. Every feeling you have will resonate with a vibrational frequency and when the universe picks up these frequencies it will relay it back to you by attracting other energies that have the same frequency.

Emotions such as joy, appreciation, love, excitement, invigoration and optimism are all positive emotions and therefore they resonate a very high vibrational frequency and so will attract other energies of high vibration. However, emotions

such as hate, anger, frustration, resentment, fear and guilt are all negative emotions and therefore they resonate a very low vibrational frequency and so will attract other energies of low vibration.

A good example of maintaining high vibrational frequencies is with the use of a mastermind. I am so blessed because I have put together a mastermind of some incredible guests I had on a previous podcast of mine and we catch up a couple of times a week to discuss everything we are wanting to achieve and all the excitement we are feeling.

Catching up with them is such a positive experience because we all have similar goals, dreams and we are all very positive people. When you are a positive person and you emit high vibrational frequencies then you will attract people who also have high vibrational frequencies with opportunities that are also of high vibration.

However, if you are a person that is constantly focusing on negatives in your life then that is what you are going to attract. For instance, I know somebody that is constantly complaining about feeling sick. They are always angry, resentful and sad and so what do they attract. They attract more of the same.

If they focused on the issue a lot less, then I can guarantee that those feelings would start to dissipate. They could turn those very low vibrational frequencies into high ones simply by changing how they looked at things and see the positive in different situations instead of negatives and they would start to see some amazing stuff appearing in their lives.

Now teens and kids are perfect examples of this. Teen girls are especially prone to dealing with a lot of drama when it comes to their friends and their peers (I know, because I have one of

them). However, the more drama they display and the more upset they get about their peers then the more they are going to attract the same drama and the same dramatic people into their lives.

However, if they decided not to get involved in the drama and instead walk away from it for a period of time then they would find not only is it likely that some of their vibrations would rub off on their friends but they may also find that their circle of friends will be a group of more positive, like minded individuals. If only teens thoughts like that huh!

So, how do you change your emotions to be positive when you are in a negative state of mind?

STEP #1

Start to focus on the positive aspects of your life and start to write down all the things that you are grateful for. Having a list of positive things in your life will automatically give you access to higher frequencies, and every time you start to move down the path of feeling sorry for yourself or having a low vibration then you can look at the list and pick yourself back up again.

STEP #2

Work on forgetting what has happened in the past. How many times do you bring up the past when in conversation. Forget the negatives of your past and focus on the positive aspects of it instead. There are many ways you can train yourself to forget those parts of your past, including meditation and mindfulness.

STEP #3

Watch your self-talk. Be careful how you talk about yourself. Self-talk is incredibly powerful and if you are telling yourself that you are useless or ugly or any other type of negative self-talk then this will lower your vibrational energy. This type of chatter not only dampens our enthusiasm for life and stops us from wanting to achieve our best but will also have devastating effects on our achievements and manifestation potential.

However, if you only have positive self-talk then it is very powerful when it comes to raising your vibrations. It can open your heart and send the energy towards incredible opportunities.

STEP #4

Finally, learn to forgive because one of the blockages to receiving incredible manifestations is unforgiveness. Forgiveness is a high vibrational frequency but unforgiveness is a low one. If you don't forgive others, then others won't be able to forgive you.

Although we do want to remain in a positive vibrational state as much as possible by continuing to focus on positive emotions it is important to understand that we are human and sometimes we will experience negative emotions. Don't fight those emotions and instead go with them, acknowledge them and move past them. Remember that it is going to happen but just remember that the time you stay in that vibrational plane is important so make sure you only stay there for a short amount of time.

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STEP #8 OF MANIFESTATION - ALLOW/RECEIVE

One of the most wonderful things about the Laws of the Universe is that it is not meant to be difficult. Things are meant to flow, and you are supposed to be living a life full of energy, motivation, excitement and fulfilment.

However, as we have been programmed early on in our life to believe that in order to really succeed we have to hustle and work hard, it is difficult for us to also believe that this is not necessary and that by doing what we love we are putting ourselves into the hands of the universe and allowing it to send us the opportunities and lessons that we need to really progress in life.

You will notice that I said the “Lessons” as well. Yes, life is not going to be free of hurt, sadness, disappointment and even times when you are downright angry. After all, we are human. But, if you allow your higher self/source to send you the lessons you need to learn and move forward in your life, then what is over that hurdle will be so worth it.

One of the most important parts of really manifesting everything you want is to eliminate those negative limited beliefs and replace them with positive beliefs that will allow you to learn to trust that the universe has only good intentions for you. I have

learnt to allow the universe to send me these opportunities and lessons as necessary.

When a lesson does come along, I learn by it and move past it rather than focus on it for an extended period and try to find a solution. If you just relax and allow the universe to do its work, the answer will come to you.

Focus too much on the negative side of any situation and you are going to attract a lot more negative. How about rather than focus on what you don't like about a situation that you let it be the way it is until you are ready to make a request to the universe to change the situation.

Be open to anything the universe has to offer you and don't get so stuck in your ways that you miss out on these opportunities. You need to remain open to seeing signs from the universe as they open up or else you may miss the opportunity to manifest what it is you are desiring.

For instance, let's say that you are wanting to manifest a brand-new car. You think about how much money you are going to need for that car and you start to send those vibrations of money and the car to the universe. You are so focused on manifesting money that you miss the opportunity that was placed in front of you by the universe.

While you were focusing on the money, the universe directs you to a raffle ticket table with your exact car being given away. If you had of bought that raffle ticket you may just have won that car. However, because you weren't open to allowing the car in whatever form the universe had for you the opportunity was missed.

Allowing is an essential aspect of life's growth and the first step is to simply accept things the way they are. Once you have

allowed people, things and situations to be exactly as they are and have not judged them or tried to change them, then miraculous things start to happen.

You will start to manifest things with so much more ease because your trust, patience and faith in the process will show the universe that you “know” it is going to happen and you believe that it has your best interests at heart.

I, personally put faith in the universe and my higher self to provide me with everything that I require and everything that I desire. As a result, I have manifested incredible cruises, money, health and so much more.

I put a desire out to the universe and just trust that it is going to come to me and because I don't put a date on my requests (normally, but with exceptions) I am not stressed about how slowly or quickly it arrives. I just know it will arrive in divine timing.

EXAMPLE

One such example that demonstrates this is a cruise we took a couple of years ago. My family loves to holiday, however when we holiday, we are particularly fond of cruises. 2 years ago, when I was dabbling in manifestation, we had put the desire out there that we really wanted to go on a cruise by the end of the year.

However, at this time my husband had gone back to part time studying so his income had cut down by a third, we had two teenagers at school and my business was not bringing in the income I would like (due to me focusing on an area I was not passionate about, thankfully that has now changed). We had concluded that it would not be possible to do a cruise that year.

But, once I started working with manifestation, I put the cruise on my vision board, started visualising what I wanted, and visualised us on the cruise ship and then left it at that.

About a month after I started doing this my husband and I had gone out for a special “quality time” breakfast and we were looking through the newspaper. Out jumped at me a picture of the massive cruise ship “Ovation of the Seas”. It was the largest ship to ever port in Australia. Anyway, I looked at the prices and the adult fair was cut almost in half and the kids were at a quarter of the price, so it was something we could manage. We were able to go on our cruise.

But what is even better is that the special price was for a ‘virtual balcony’ room which meant that although you don’t have a proper balcony you do have a screen that shows you what is going on outside.

But when I went and picked up the tickets, they had upgraded us to a proper balcony room which normally costs 3 times the price we paid. How cool is that... I allowed the universe to bring us a cruise at the time it deemed fit and it did just that.



In order to really get into the habit of allowing there are a couple of practices you need to start doing daily. The more you do these the quicker you will manifest.

- Firstly, start being grateful for what you have before you have it. Even though the money may not have manifested itself yet in your reality it is still in your vortex. This means you do already have it, you just need to convert it from non-physical form to physical form by remaining in alignment with your current desire.
- Secondly, practice the art of receiving. No matter what somebody gives you, make sure that you take it and say thank you. This shows the universe that you are open to receiving anything that comes. If somebody offers to pay for your lunch then accept it graciously.

So often somebody offers to pay for lunch and we decline it thinking they will believe we are taking advantage of them. However, if you don't practice the art of receiving, why would the universe send you your desires when you request them.

- Let me ask you... If you went to your bank account and found \$1,000,000 in there would you accept it from the universe and say thank you or would you go to the bank and find out why it is there and demand that they have made a mistake. If your answer is the second one then you need to rethink your ability to allow great stuff into your life.

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STEP #9 OF MANIFESTATION - MOVE OUT OF YOUR COMFORT ZONE

Wow! You are doing so awesome with your manifestation... I just know by now you are starting to manifest some incredible desires, including some expected and unexpected money.

You have just learnt how to allow things to flow in your life and to learn to receive when you are offered something.

Now it is important that you understand the importance of moving out of your comfort zone and eliminate any fears that may be holding you back. Sometimes in life we need to push ourselves outside of our boundaries and take some risks.

When defining the comfort zone, it is merely a behavioural space where your activities and behaviours fit a routine and pattern that minimises stress and risk. Because of this low level of anxiety and reduced stress you believe that you are happy.

But I have news for you. Remaining in this comfort zone may make you temporarily happy but you will end up bored and unfulfilled. In order to evolve as a human being and a spiritual being you need to occasionally move just outside of your comfort zone.

Being in this place will improve your performance and all it requires is to maintain a state of slightly higher anxiety and stress levels, but not too much that it impedes performance.

I had somebody say to me the other day that they were happy being right where they were because they didn't have to take risks and they could stay in their comfort zone. What was my first thought?

My first thought upon hearing this was how sad it was that somebody was content to stay in the same place they have always been and that they do not expect any greater results than what they are currently getting.

The purpose of you being on this earth is to evolve your spiritual being, and to do this you need to do things that you have never done before. That will put you outside of your comfort zone but at the same time it will feel incredible once you have succeeded.

Why do you think it is that we are so uncomfortable when we try something new? The reason is because when we try something that we have never done before it shakes up our vibrational comfort zone.

So, how do you know when you need to move outside of your comfort zone? If you are completely happy and fulfilled and you wake up every morning excited to start the day and thrilled about what may be coming up, then you are in the right zone and you don't really need to do anything.

What you will find when you are in this zone is that everything flows and so when opportunities come along that is in alignment with what your higher-self has in store for you, your intuition will direct you to do it and you will do it with ease.

However, if you wake up every morning completely unfulfilled, bored and dreading the day ahead then it is likely you are in a bit of a rut. When you are in this situation and you start telling yourself that every day is exactly the same, you most definitely need to shake up your vibrations because you are in your comfort zone.

If you find that you are in a comfort zone and you need to break out of it, then there are many things you can do, including:

- Do everyday things differently. Try different foods, take a different way to work or eat at a different restaurant.
- Take your time making decisions if you are a quick decider OR make a snap decision if you are one to take a while to make the decision.

I know how scary moving outside of your comfort zone can be sometimes, but it is necessary to help you evolve. In order to help ease the fears you may be experiencing around doing this, there are some things you need to remember:

- It will never be as bad as you expect. If you visualise and expect that everything is going to be OK, then it will be. Your higher self has your back so trust that it will look after you when you are taking this leap of faith.
- Nobody is paying that much attention to you. When you are doing something new such as speaking on stage you may think everybody is critiquing every move you make, but rest assured they are not.
- Others are just as scared as you are. When you start to experience fear, just remember that others have been in the situation that you are in now and they survived just fine.

- People who have less talent than you do and are just as scared as you are can do it and succeed, so there is no reason you can't too.
- The more balanced risks you take and the more you move out of your comfort zone, the more you will evolve.
- By doing something new, you may find something else that you love to do.
- You will find your confidence increase ten-fold by trying something new.
- You will be proud of yourself for taking the leap and achieving what you set out to achieve.
- As your comfort zone expands, new opportunities will show up.
- As you move outside of your comfort zone, your resilience will increase, and you will be more prepared as new opportunities come up for you to grab hold of.

Understanding why it is important to move out of your comfort zone and eliminate the fear now prepares you to take the inspired action that your higher self is instructing you to take, which is step #10.



With this exercise you are going to answer some questions which will help you determine whether you are sitting within your comfort zone or slightly outside of it.

It will help you ascertain what changes you need to make in order to evolve in this way.

1. How do you feel when you get up first thing in the morning? Do you feel happy and inspired or do you feel unfilled and bored?
2. What are some routines in your life that you find boring and what can you do to push yourself out of your comfort zone.
3. What are some tasks that you would like to do but have feared doing? What date do you intend on completing these tasks by?

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STEP #10 OF MANIFESTATION - TAKE INSPIRED ACTION

There have been many books that have been published on the topic of Law of Attraction and other universal laws. Although I have been an avid reader of such books myself, I do feel that most of them have been missing a key ingredient.

They all discuss how thoughts become things and how you need to “act as if” and move into the vibration of that which you are wanting to desire. However, what is that key ingredient that these books seem to be missing???

The one thing that I find missing in most of the books is their lack of attention to “taking inspired action”. Most will say that you can manifest by getting into the right vibration and everything else will flow into place. Although I do agree with this, I also believe that taking inspired action is important.

So, why is it that I believe taking inspired action is the final step to my AYMM process?

Taking inspired action is critical to creating the life that you want. By following our inner guidance system (higher-self) and our intuition, we can move towards our dreams. Rather than force us to do the action that we believe we have to do, we listen to what the universe guides us to do.

I believe that the universe will deliver all that you desire as long as you also take inspired action. I don't mean going out to your 9-5 job that you don't like and waiting for your weekly cheque to come in.

I mean taking action on something that is going to move you towards your ultimate purpose in life. At the start of the book I discussed how you can figure out what your purpose in life is (or at least start to do so). Now that you know this, you are able to figure out what steps you can take that you are inspired to do.

So, what do I mean by inspired? When I talk about inspired, I mean inspiration that is sent to you from the universe to complete a task or action that will move you closer to your desired goal. It is normally something that excites you and that you love to do every day. However, remember that it may also be something that puts you outside of your comfort zone, so remember to listen carefully.

I love writing this book and I feel I was inspired to do so by not only my own higher-self and my angels but also by those that I speak to around me. I wanted to create products that are going to help many others create incredible wealth and abundance in their lives, easily and effortlessly.

Life was not meant to be hard, it is meant to be fun. In fact, life is meant to flow smoothly and effortlessly. You were put here to fulfil a purpose and to expand your own. The only time that we will struggle to enjoy life is when we take it too seriously and forget the real reason that we are here.

If you set an intention that you want to become a millionaire, then it is critical that you take steps to move you in the direction of that intention. You need to create as many avenues as you can that the universe is able to send you money through.

When the universe sends you wealth, it can send it to you in many ways. It is up to us to make sure that we guide our energy in the direction of the intention that we have set.

So, what is it that pushes the universe to manifest all your greatest desires? Yes, that is right. It is remaining in the vortex. It is ensuring that most of the emotions you are feeling are ones such as excitement, enthusiasm and joy and not ones like boredom, unfulfillment and dissatisfaction.

So, how do you know what to take the inspired action on?

What is interesting is that once you really begin to connect with your higher self and also with source you will know in your gut what you are supposed to take action on. Suddenly you may get an idea in your head to write a book or to create a new course.

You may also get the desire to go out and buy a raffle ticket or a lotto ticket, only to find yourself winning that lottery the next day or the next week.

I absolutely love this part of my process because it is so exciting once you just leave everything up to the universe and allow it to send you the signs, ideas, resources and people to create the life of your dreams.

Just remember that when you feel inspired to act you need to do it immediately. You can't second guess yourself or tell yourself that you will do it later because the inspired action may not be available later.

You may be inspired to contact that client about purchasing something new off you but because you didn't take inspired action straight away and instead waited, this person had already agreed on somebody else's offer.

Once you start to take inspired action you will find that suddenly incredible synchronicity will start to happen and divine timing will put the required steps into place.

But one very important point to remember though is that you absolutely must be willing to fail fast and to put yourself out of your comfort zone.

When you take inspired action, you are not necessarily thinking first which means sometimes you may take action that causes you to fail. When this happens, remember however, that there is always a purpose for everything so just take comfort in that.

Taking inspired action does not mean that you should be foolish with the resources that you have and your current finances. It doesn't mean to go out and quit your job today without other ideas as to what to do. It also doesn't mean that you go out and spend all your savings on lotto tickets in the hope that it will win.

It means tuning inwards and getting the green light from your gut that it is OK to try something new. I have had many inspired events that have happened in my life, including many of my business ideas.

I have failed at many online businesses, but I don't regret them because I know that every single one of them has taught me what I need to know to create the life I have now.

One of the best tips I have for taking inspired action is to shift your schedule around a bit. You need to make sure that everything you are doing throughout the day, or as much as possible, is done because you feel inspired to do it and not because you feel you must do it. When you do this, you will notice that everything will flow and come so much more easily.

For instance, if your schedule is to call your clients, write your book, pay your bills and go to the gym every day but you wake up one morning and you feel particularly excited about going to the gym then make sure that you go to the gym first and then carry out the rest of your tasks.

You will find that by doing this, everything else will run a lot smoother throughout the day. Suddenly you are just being rather than doing and it will feel like you are not doing anything except showing up and being yourself.

You will also find that by living your life through inspired action you will start to inspire others and you will begin to bring your gifts to other people as well. You will start to live your life based on the service you can offer to others and not what you can get for yourself.

Tips for Practicing Inspired Action

- Remain in the vortex and do not take any action unless you are in that place of joy. Inspired action will not come to you unless you are in the vortex.
- Complete the task that you enjoy and are most excited about on your schedule first.
- Find a different way to look at a task which you find boring and uninteresting.
- Don't be afraid to move out of your comfort zone to perform your inspired action. For instance, if you are afraid of standing on stage but you know that there is a message you have that needs to get out there, you need to understand that your higher self has your back and you will be fine.



Now it is your turn to figure out how you can take inspired action today, by taking a piece of paper and answering the following questions:

- What task/s today is/are going to bring me the greatest feelings of joy, excitement and fulfillment? Reorganise your to do list with 1 being that which puts you in the vortex and then keep moving down the list until you reach the task that you find the least appealing (which will therefore not be inspired action but forced action).
- Remind yourself of your life purpose and the desires that you have requested. Pick one of your desires and ask yourself what inspired actions you can take to help move you towards it. Doing this will excite you and motivate you to continue moving forward and take that action.
- Once you have figured out what inspired actions you will be taking to move you towards your goal, then ask yourself of the reason that you are wanting to do it. If it is ego based, your motivation will be short lived but if it is for a much greater purpose then you will continue to listen to your intuition until you reach your goal.
- Remind yourself of how you will feel once your goal is accomplished and how you will feel if it is not accomplished. Feeling how good it is going to be upon completion will push you to figure out the inspired action you need to take.

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THINGS STOPPING YOU FROM MANIFESTING

NOT FEELING ENOUGH/LOW SELF ESTEEM

Do you feel worthy of your manifestation when it arrives? If you have not yet manifested what you are desiring, then it is likely that you still don't believe that you deserve what you have requested. It is important that you complete Step #2 of my process where you will deal with self-love and self-talk.

You need to figure out if the million dollars was to magically appear in your bank account would you receive it graciously or would you question why it took so long to get there.

YOUR INTENTIONS ARE UNCLEAR

As discussed in the chapter on clarity and focus you need to be clear about what it is you are wanting. If you are continuously changing your mind about what you want, then the universe will not know what to send to you. Send a clear request, believe that it is going to arrive and receive it graciously.

When setting your intentions, you need to make sure that you set ones that are moving you towards your ultimate purpose in life and that these manifestations are not purely materialistic.

NOT ATTENDING TO YOUR VIBRATIONS

In order to manifest what you desire it is critical that you attend to your vibrations daily. It is important that you refrain from letting others crush your positive vibe and that you turn your negative thoughts into positive ones as much as you can.

If you are struggling to remember how to remain in the vortex then revisit the chapter on loving yourself which will give you more details about the mirror technique. This technique is one that I use every day to get me in the right vibration to stay within my vortex.

Remember it is when you are in this vortex that you are truly going to manifest everything you desire because it is the place where you are the most joyful, positive and optimistic and this is exactly what your higher-self desires when it sets about to manifest for you.

TALKING TO OTHERS ABOUT IT

Did you know that when you talk to others about your desires that it lessens its vibrational effect? If you are truly wanting to manifest wealth and abundance, then don't tell anybody until it has manifested.

Remember that not everybody is going to understand what you are doing and their negative approach to dealing with things or their black/white outlook on making money can put a spanner in your works and can alter your vibration. Therefore, it is best to keep it to yourself until it has manifested into reality.

If you really must talk to somebody then make sure that it is someone who is on the same page as you and is also on a journey

of manifestation so that you can both remain positive and upbeat about the process.

OBSESSING OVER HOW IT IS GOING TO MANIFEST

When you send out a request to the universe for something that you are wanting to manifest, it is important to understand that “How” it manifests is not up to you. You may request \$100,000 but it is not up to you as to how the universe sends it to you. It may send it to you via the lottery, via your current employment or even by an inheritance.

You have to remember that the universe has thousands of ways for you to manifest each of your desires and you have to trust that your higher-self will send you the manifestation through the path of least resistance.

If you are struggling to manifest your desires, you need to think long and hard about whether you are closed off as to the way your desire is to manifest. Are you constantly worried about it? Do you think to yourself “I don’t know how I could possibly manifest \$100,000 with my current line of work because I barely make that in a year or two”? Don’t stress over it. Let go of resistance and the universe will find a way.

NOT TRUSTING THE UNIVERSE/DIVINE TIMING

When you send a request out to the universe you need to realise that when it is manifested is not up to you. You can decide on the what and the why, but you must leave the how and the “when” to divine timing and to the universe.

Your higher-self is aware of the perfect time for you to manifest your desire in order to move you towards your ultimate purpose and therefore you need to trust that it will come to you but maybe not at the time that you are expecting it to.

NOT TRUSTING THE UNIVERSE/MAINTAINING RESISTANCE

Sometimes when we are really desiring something, we have a hard time being patient for it to arrive. We fail to let go and allow the universe to send it to us. How quickly you can manifest something will depend on how much resistance you have around welcoming the desires into your life.

Ask yourself right now if you are constantly obsessing over your desire and watching it like a hawk just waiting for it to happen. If so, the resistance will be too strong, and your manifested desire will not materialise. To stop this from happening you need to just trust that the universe is going to send it to you in exactly the right time, in divine timing.

BEING TOO ATTACHED TO THE OUTCOME

When you cling too tightly to something, you will push it away from yourself and you will begin to place your happiness outside of yourself, therefore beginning to put limitations on the universe. Sometimes we may ask for something and expect that to arrive, but it doesn't. Instead, the universe has sent something so much better and so much more in alignment with where you are going. If you are too attached to the outcome, then you will miss all these other opportunities that are popping up.

By exercising non-attachment, you demonstrate to the universe that you trust and have faith in the decisions it makes and that you believe your higher-self has your back. You will find

manifestation will start to happen if you just fall back, relax, settle into what is, trust and open yourself up to receiving.

FOCUSING ON PRESENT REALITY INSTEAD OF THE NON-PHYSICAL

A mistake that we often make when we are trying to manifest wealth is focusing on our present reality instead of the non-physical. What do I mean by that? Well, let's face it, when we are determining our financial status, we look at what is in our purse or in our bank account and we forget about the fact that our current financial situation is actually a result of our previous beliefs.

If you are still struggling to understand how the non-physical works, then please go back and revise chapter 5 which will explain it in detail and also read the chapter on altering your limited beliefs. It is time to understand that you can alter your future reality by changing these beliefs and remaining in the vortex as much as you can whilst reducing resistance to your wealth.

YOU ARE HOLDING ONTO ANGER AND FEAR

If you read chapter 7 you will notice how much importance I put on forgiveness and releasing negative emotions such as anger and resentment go. Emotions such as these are going to do nothing but kick you out of the vortex as they are extremely low vibrations. They will do nothing more than bring about more anger and resentment, along with a whole host of other negative emotions.

You need to learn to forgive those that have hurt you and forgive yourself for not being perfect in your behaviour. As humans we all make mistakes and therefore, we must accept that there are

going to be times when we may hurt others or hurt ourselves in the process. It is time to forgive yourself for that, apologise to the person that you have hurt and then move on to live the rest of your life in peace and tranquillity.

Fear is an emotion that can also block your success in life. Not only is it a negative emotion but it is also one which will stop you from moving outside of your comfort zone and will therefore minimize your expansion in the spiritual realm. No matter whether you have a fear of success or a fear of failure they must both be dealt with if you are going to progress on your journey of manifestation.

Our job on earth is to expand our consciousness, to learn lessons and to enjoy our life on the physical plane in the process. Fear will stop you doing that in your tracks, which will also stop you manifesting what it is you desire.

To learn how to deal with this fear and learn how to move out of your comfort zone then go to Step #9 of my process and complete the activities.

YOUR ATTENTION AND FOCUS HAS WAIVERED

An obvious reason that you may be having trouble manifesting is that your focus has been weak. For days you focus intently on your desires and your vortex, you are feeling good and then all of a sudden something happens to kick you out of this place.

You lose focus on that which you desire and on feeling good and so suddenly it puts a halt on your manifestations until such time as you begin to focus once again and get back into your vortex.

Manifestation is a process that requires intense focus and attention. Focus is also something that requires practice and so if you find that you are having difficulty focusing, go back to chapter 9 and complete the focus exercises I have included.

HIDDEN BELIEFS STILL LINGERING

You may have done some work on dealing with your limited beliefs but there may be some that are still lingering. They may be preventing you from truly believing and receiving the wealth into your life.

If you feel like you still have some limited beliefs around money or you are still having difficulty manifesting, then go back to Step #1 of the process and complete the activities again.

NOT TAKING RESPONSIBILITY FOR WHERE YOU ARE FINANCIALLY

As we go through life, we like to find reasons outside of ourselves for why we are in the position we are in. We blame the economy, we watch the news and we listen to people who have a negative view of money. We fail to realise that we are in the situation we are in because of our past limited beliefs. Because we do not take responsibility for our actions then we fail to recognize that things need to be changed and we stay in the same situation, thinking it is out of our control.

It is time for you to look at yourself and the financial situation you are in now. Go back and look at Step #3 of the process where you will learn to analyse and accept your current financial situation and set your money goals/desires.

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SIGNS YOU ARE STARTING TO MANIFEST

Once you start activating your own manifestation potential you will begin to have so much fun in life. You will start recognising little signs that show you how the universe is hearing you and bringing all your dreams into reality.

What signs you may see is completely individual and will depend on what you are looking for. However, as you start to implement my 10-step process, keep an eye out for any of the following 5 different signs:

Synchronicities

One of the first signs that I get when I know everything is falling into place is the synchronicities that appear. Some may term these synchronicities coincidences but in fact they are events that happen due to us being in alignment with the universal laws.

Let's look at some of the common synchronicities that you may experience:

People, Resources and Opportunities start to appear in your life

Suddenly, you will start to run into people that will help you on your path to abundance or come across resources and events that

will help you move forward. You will notice that new opportunities and possibilities show up that weren't there before.

It is important that when this happens that you say 'yes' because it is your higher-self directing you down the path of least resistance to your ultimate desire.

You will notice that the more you just go with the flow and accept these opportunities the more amazing miracles will show up and give you proof that manifestation really works.

Incredible people, resources and opportunities have shown up for me when I am within my vortex and moving in the direction of my goals. I have an incredible mastermind group that I compiled after interviewing them for my podcast and through my podcast I have also met 3 other amazing people who are interviewing me on theirs.

I have met incredible people who have introduced me to other people I admire and then others who are willing to help me any way they can. I am so blessed, and these are all examples of synchronicities that can happen when you remain in the vortex.

You may find that you are able to find parking spaces in car parks that are always crammed full.

As you pull into the car park a car is pulling out.

That is exactly what happened to me the other day. I had dropped my daughter and 2 of her friends off at one of the largest shopping centres in Perth. I always disliked this shopping centre because parking was so difficult to find.

Anyway, I left them there and went to do a few other things, to come back a couple of hours later in the pouring rain. As I was

entering the car park, I noticed it was full but I kept telling myself that I would find a parking spot right near the front door (it was raining and I didn't have umbrellas). As I turned the corner a car just pulled out and I grabbed the spot right next to the entrance.

People call when you think about them

I will give you a quick example of a synchronicity that happened to me today as I am writing this book. I went up to visit my parents in the country for a couple of days while my husband and the kids stayed home so I could get some writing of my book done in quiet.

As I was driving home listening to one of my incredible audiobooks, I was thinking about how I had to call the roller shutter company when I got home. I had organised to have some screens put on my children's bedroom windows so that they could leave them open and get some fresh air in. I had ordered them, but I hadn't heard from the company for weeks, so I was determined that I would call them when I got back.

Sure enough, within 5 minutes of me thinking that they happened to call me and tell me they were fitting it in a couple of days. How cool is that. This is an example of how when you are going with the flow things just start to happen for you.

Butterflies

One of my absolute favourite signs that I am evolving as a person and that manifestation is on its way to me is seeing butterflies everywhere.

Butterflies are well known in many cultures to be a symbol of change. It symbolises your evolvment as an individual and it sends the message of letting go of old behaviour and expounding into the next phase of existence.

When you look at beautiful butterflies and its ability to float and dart between nature, it represents our mind and its ability to change when required. They remind us not to take things too seriously and to go out and create as much joy as possible in our lives.

Let's think about it for a moment. A butterfly starts as a caterpillar and then moves into the most beautiful butterfly imaginable. Butterflies remind us that we need to embrace change in our lives and if we are staying in our current comfort zone then we need to move away from it and evolve as a species.

Now, personally I see butterflies everywhere. My husband and I go on at least 2 walks every day and on our paths, I see multiples of butterflies. My husband doesn't always see them, so I always wondered whether that meant that I was just a little further along the alignment path than him or whether the universe was just sending us different messages.

It is important to remember that everybody sees different signs as they manifest and so although it is a good idea to use these signs as an indication that you are progressing on your journey in some way, don't think that just because they are not happening for you that you are not on your own journey.

So, what do all the colours of butterflies mean?

- **Orange Butterflies** – Spotting an orange butterfly is normally a sign that you need to stay active and optimistic because an opportunity or change is coming, and you need to grasp it with both hands.
- **Yellow Butterflies** – These signal a sudden life change. This doesn't always have to be something bad, but it does

mean that you have to wake up and realise that there is a new life waiting for you.

- **Green Butterflies** – These are incredible, and they signal good luck, growth and abundance. If this green butterfly is flying over your head and circling, you then this is an indication that wealth and good health is on its way. It means incredible abundance and so could mean a promotion or pay rise is on the horizon.
- **Red Butterflies** – These signify life changing news and indicate that something huge is on its way and a powerful spirit is watching over you.
- **Blue Butterflies** – These are good luck butterflies and are believed to grant wishes and make dreams come true, as well as to protect you against evil.
- **Brown Butterflies** – These butterflies signal that you are going to receive some important news very shortly.
- **Purple Butterflies** – These butterflies are very rare but if they come into your presence, they indicate that a very enlightened person is going to come your way. This person may even be royalty so watch out. They also indicate divine intervention.
- **Black Butterflies** – These butterflies tell us to turn inwards and usually indicate sudden change.
- **White Butterflies** – These butterflies signify a deceased love one who is here to protect you.

Bird Feathers

Just as with butterflies, another sign you may see is the constant appearance of bird feathers. As I started manifesting more and more and I worked with my angels more I noticed that I would see feathers of all different colours appearing.

You will find that as soon as you start listening to the messages of the universe and you start to believe in all your desires manifesting, then you may begin to see more and more feathers manifest in front of your eyes.

Feathers have been known by many native cultures to represent a strong celestial connection to the heavenly realms and signifies love, truth, protection, new beginnings and even rebirth. It is often said that when a feather lands at your feet then it is a message from the universe that your prayers/requests have been answered.

Feathers are validation to the questions that you have been asking and often offer clues along the way. Spirit is incredible in that it finds a way to synergistically align the feather with wherever you are and then nudge you to take notice. I know that personally when I am out walking with my husband something will often be telling me to look to the left or the right and suddenly, I will see a feather just sitting there.

Have you ever heard of the saying: “Feathers appear when the angels are near”? This saying is true because feathers are gifts from heaven and they fall in your path as a sign from the divine. It is also often a message from a loved one that has crossed over to let you know that they are OK.

As you find a feather ask yourself what you were thinking just before finding it and what is going on in your life lately. What

do you think this sign could be telling you? Remember to thank and appreciate the presence of the divine when you find the feather.

A good experiment to do if you are wanting to try to manifest something small is to send out a desire for different coloured feathers. As they are manifested your belief in the process will begin to be cemented even more. Let the universe know what colour feather you are looking for, believe that you will see it and, in a few days, watch it manifest before your eyes.

So, what do each of the different colour bird feathers signify?

- **White** – These signify purity, peace, love, hope, heaven and protection and they are a sign from a deceased loved one that they are OK.
- **Red** – Money, Career, Good Fortune.
- **Blue** – Acceptance of Self, Speaking Your Truth. It signifies a strong connection with the spirit realm, particularly Archangel Michael.
- **Yellow** – Intelligence, playfulness, joy, cheerfulness and mental alertness.
- **Green** – Related to Archangel Raphael. Indication of nature, healing, plants and everything to do with abundance.
- **Orange** – Sexual relations, romance, feelings and attraction. Signifies desire to create and increase in positivity.
- **Pink** – Related to Archangel Chamuel and signifies friendship, caring, courage and kindness.
- **Grey** – Signifies strong protection and always tells you to have faith.
- **Purple** – Universal consciousness. Signifies heightened spiritual growth and experiences. When you see a purple

feather, it is a sign that you should listen to your gut instinct and be aligned with your truth.

- **Brown** – Signifies grounding and going strong. It signifies home, friendship and respect.
- **Black** – Strong protection and signifies mystical wisdom. When you see a black feather, it indicates that you are going through a spiritual initiation.

Number Sequences

Along with butterflies, birds, dragonflies and feathers, your angels may communicate with you in numerous ways to let you know that you are in alignment and to help you on your path to ultimate fulfilment. Another way they communicate is by using a variety of number sequences.

When you see these number sequences everywhere you look then it is a sign that things are moving in the right direction with your manifestations. You may start to see the numbers on your alarm clock, on the TV, in the newspaper, within a phone number and basically everywhere you look. These are all messages from your angels to take notice and listen to what they are trying to tell you.

When we talk about numbers there are so many combinations that the angels may use to communicate so for the purpose of this book, I am going to just give you the main triple sequences.

- **111** – There is a gate of opportunity opening up and your thoughts are manifesting into form at record speeds. When you see this sequence, it is an indication that the universe has taken your thought and is currently manifesting it. Because of this, it is critical that you make sure your thoughts are of things you do want and not things you don't want.

- **222** – Your newly planted thoughts are beginning to grow into reality. Don't give up too soon. Your manifestation is soon going to be revealed to you.
- **333** – Ascended masters are near you and offering their help, love and companionship. Call upon them often when you see the number 3.
- **444** – The angels are surrounding you right now.
- **555** – A major life change is upon you.
- **666** – Balance your thoughts between heaven and earth because at present they are too focused on the material world. A great time to start meditating.
- **777** – An extremely positive sign which indicates you should expect more miracles to occur. You are on a roll.
- **888** – A phase of your life is about to end so don't procrastinate on making your move or enjoying fruits of your labor.
- **999** – This is the end of a major phase in your personal or global life.
- **000** – You are one with god, so feel the creators love with you.

Mini Miracles start happening

When you are starting to manifest you may notice mini miracles start to happen. You may notice that you find money

everywhere you go. You may find a 5c piece on the sidewalk or as happened to me, \$40 just showing up in your purse/wallet.

Although the manifestations may not seem significant, it is important to understand that although it starts off small and miniscule, eventually it will turn into a wealth avalanche.

Just make sure that every bit of money you find that you say thank you to the universe for it and you pick it up. Remember that leaving money on the ground when you find it, no matter how small it is, signifies to the universe that you don't want money and therefore stops it from bringing it to you.

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FINAL NOTE FROM THE AUTHOR

* * * * *

Thanks so much for taking the time to read “Alter Your Money Mindset”. I hope that by now you are excited about how you can alter your own mindset and you are ready to get started (if you haven’t already). Remember that if you ever get disheartened to go back and re-read the chapter(s) you are unsure of or read the whole book again.

Because I am so passionate about using universal laws to create incredible abundance in your life, I have decided to provide you with as many opportunities to learn more as you can. Therefore, in 2019 I will be adding some more products to the “Alter Your Money Mindset” brand.

This book is a great starting block to bringing more money into your life but it really is only touching the tip of how much potential you have. If you are truly wanting to create long lasting wealth and abundance then there is so much more you can do and so much more you can learn.

My purpose is to help as many people as possible live the life of their dreams, and it all starts with you. By believing in the laws of the universe and my potential to manifest money I have had \$1000 magically show up in time for Christmas, money magically appearing in my purse (I know it sounds crazy but it did happen) and so much more.

I know that the universe and my inner being has my back and that I will always be looked after.

Therefore I don't worry about how to pay the bills because I know I will always have the money available when it is needed. By removing resistance it also allows not only money but other amazing things to appear in my life.

I am so excited about all the amazing manifestations that are going to be transmuted from the non-physical to the physical in my future and if you would like to hear about them as they come up, don't forget to sign up for my inner circle by going to <http://www.alteryourmoneymindset.com/innercircle>.

But there is definitely more to be excited about. In 2019 I will be adding the following to the "Alter Your Money Mindset" brand.

FREE

- Email Course;
- Webinar;
- Podcast;
- Youtube Channel.

BOOKS (Apart from this one)

- Various Books such as "Little Book of Wealth Affirmations", "AYMM Gratitude Journal", "Little Book of Wealth Quotes" and "Little Book of Scripting".

PREMIUM STAND ALONE/SERIES

- Webinar Series;
- Face to Face Workshops (in Australia).

MINI COURSES

- Udemy Course – Breaks down my 10-step process in very simple language;
- AYMM Mini Course which expands on the topics covered within this book.

CERTIFICATION COURSES

- AYMM Level 1 Certification Course (12 weeks) which not only discusses the topics in the book but covers many more topics like angels, crystals, hypnosis, meditation etc. Plus, it gives you a certification to become an MMTA Certified Wealth Manifestation Practitioner.
- *AYMM Level 2 Advanced Certification Course (20 weeks)* which expands on that in Level 1 and covers additional strategies that you can use to assist your clients even more, such as CBT, NLP and EFT.

It also includes all the worksheets and materials to help you succeed as an MMTA Certified Advanced Wealth Manifestation Practitioner.

- *AYMM Level 3 Certified Trainer Course (24 Weeks)* which allows you to become part of the AYMM Brand and work alongside me to build the AYMM Brand.

If you are selected to be a trainer then you will not only receive all the materials and training to do your own workshops, webinars, courses etc but you will also become an MMTA Certified Wealth Manifestation Trainer.

This level is extremely exciting as it consists of you attending a training retreat/cruise every year or two to keep your registration current and the opportunity to speak at upcoming MM Conferences.

On top of this you will have the opportunity to become involved in the upcoming MM Training Academies that will be built in different places throughout the world over the next 5-10 years.

Final Note

Now this may look like a lot to do in a year but throughout the book I have mentioned how you must dream big, put it into your vortex and then eliminate resistance to it. By doing this I know that all the resources and inspiration will come to me to get all of this done in the year 2019.

Please don't miss out on the opportunity to do the certification courses when they become available because they allow you to do as I am and inspire others to build the life of their dreams too. Plus, if I see you as a compatible fit for the AYMM and MMTA brand you may be selected to be a trainer, which will allow you to bring your voice to people throughout the world.

As my purpose in life is to bring my message to the world about unlimited possibilities and achieving what you were put on this earth to do, I will commit to creating incredible value with everything I do and always create products and services that will help you expand your consciousness and discover how you can become the best version of you...

If you would like to be notified when each of these products are brought to market, don't forget to go to <http://www.alteryourmoneymindset.com/innercircle> and I will message you when they are available, give you updates on the manifestations I have created in my life and send you my monthly newsletter.

Now finally, I would love to ask if you could do me a favour. If you purchased this book off of Amazon then I would really appreciate an honest review and if you would like to share your story of manifestation by emailing stories@alteryourmoneymindset.com then I may select to add your story to my monthly newsletter and/or have you on my podcast.

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