

attracting *freedom*

# 7 Abundance Tips

## Creating the life you want!



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## Tip 1 : Law of Attraction

Something a lot of us don't realise is that our world operates by Universal Law. For example...we all understand the Law of Gravity and don't really question gravities existence; it is just something that we accept. What we must come to understand is that there are in fact several Universal Laws, which when understood and used correctly will help us to live richer, happier lives.

Which brings me to the Law of Attraction; this is possibly one of the most powerful Universal Laws and probably one of the most misunderstood. Everything in our world transmits a vibration.....even thoughts hold vibrational current....but....just because we cannot see these vibrations does not mean they do not exist....much like gravity.....we cannot see how it works but we know it to be true. Whatever we have in our lives we are attracting to us by virtue of the vibrational current we are transmitting from. Much like a radio, we can tune into certain stations by finding the current they are transmitting from.....we tune into people and circumstance by our vibration. The lower our vibration the lower our results.....so.....how do we raise our vibration? I'll answer this question in Tip 2.

## Tip 2 : What are you THINKING?

Our vibrational point or transmitting point begins with a couple of things. Firstly our conditioning.....everything we have been told that we accept as truth becomes part of our conditioning.....this conditioning is what keeps us where we currently are. For example.....many people are told by their parents....grandparents....society that you are stupid if you make a mistake.....we are often punished when we do stupid things or people laugh at us and make us feel silly. This sets off thoughts in our head about how we "always get things wrong, we never get anything right" and sets our vibration.....when we start to think these harmful thoughts we literally start to attract things into our reality to validate this thinking. This is why it is very important to start to understand what our dominate thoughts are because these thoughts are what are creating our current reality.....so....how do these thoughts create your reality? I'll answer this question in Tip 3.

### **Tip 3 : The Subconscious Mind**

Our mind is made up of two parts.....the conscious and the subconscious mind.....our conscious mind is the part that we operate in almost all of the time i.e. this is where we originate thoughts; thoughts which are often given to us from outside sources like the media, parents, grandparents, society....thoughts that we don't even question. What we don't realise is that these thoughts are impressed upon the subconscious mind which create our feelings, the key to understand here is that these feelings are what set our vibration point.....this is how we attract circumstances and people to us that validate our beliefs.....our subconscious mind listens to what we are thinking and creates the feeling vibration which causes us to attract the people and circumstances to us which gives us our current results.

### **Tip 4 : You have the Power!**

The amazing thing about this sequence of events in the mind is that you have the power to control your reality by controlling your thoughts. When we become conscious of the thoughts that run through our mind all the time we become conscious that we can change these thoughts so that we can change our level of vibration....when we change our level of vibration we can begin to change our circumstances for the better! By becoming conscious of some of the crazy thoughts that run through our head we can become aware of our feelings because it is our feelings that are what create our vibration.....when we concentrate on feeling good we raise our vibration and attract what we need into our lives.

### **Tip 5 : Changing Thought Patterns**

Understand that 90% of what you have been told is totally untrue.....money does grow on trees....however the trees are just different trees! There are internet trees, network marketing trees, property trees, business trees.....you are an amazing individual with unique talents special to you.....the mistake we all make is that we hardly ever achieve our dreams or do what we want to do because we can't see how we can make money from the thing we want to do and we have been told by society to stop dreaming and get real! Talk about sad.....90% of us are being 'real' living lives we hate doing things that don't inspire and excite us!

You have to start becoming conscious of the thoughts that run through your head all the time and start to challenge them. Challenging these thoughts will help you to take back the control and make you responsible for these thoughts. You need to analyse if these thoughts are really true and decide whether they are worth keeping or letting go. Ask yourself all the time 'does this thought help me or harm me?'

## Tip 6 : Affirmations

You must start using affirmations. We don't realise it but we use affirmations all the time.....but they are usually the wrong affirmations.....'I never get anything right'....'I can't get a job'....'the market is bad, my business is going to take a downturn'.....'I'm a hopeless parent'.....'my kids are a pain'.....'my kids are always getting into trouble'.....blaa.....blaaa.....blaa.....I call this rubbish chatter because that's all it is.....rubbish!

I want you to start **LISTENING** to what comes out of your mouth because I know what is coming out of your mouth is what you are thinking all the time. This exercise will help you become conscious of your thoughts. Look through my affirmation list and pick out affirmations that resonate with you.....and start saying them. Say them again and again and again. Say them to yourself in the morning and say them to yourself whenever you think of them or have a bad thought i.e. 'I'm a rotten mother' immediately replace this with 'I'm a wonderful mother and I have great kids'. Start using them all the time!

When you start using affirmations in the beginning it will seem like you are lying but keep on going.....you need to build new neuro pathways in your brain and this will take 30 days.....keep at it.....these new thoughts will slowly start to replace your old thoughts which will change your feelings and actions.....**and you will start to see your results transform.**

## Tip 7 : Action

My favourite Universal Law is the Law of Action. If you want change....when do you want it, next year, in 5 years time, in 10 years time.....or.....do you want it now? You can have whatever you want in your life.....absolutely everything and anything.....it just takes learning how to master your thoughts and feelings so that you can attract whatever you dream about.....but.....it takes **ACTION**.....nothing will change in your life unless you start taking the steps to make sure it will.

Don't wait for tomorrow.....don't waste another minute.....life is a miracle, it's wonderful and exciting and you know what.....you are going to live it anyway.....whether it's a 'sad' life with results you don't want i.e. unhappy relationships, no money, always struggling, hating your job, hating your body, hating your life or even if you think you have an okay life.....you struggle a bit but you get by.....the point is.....you are going to live it anyway....so.....why not take action to change your life and start to live the life you've always dreamt about and start to love your life, love your relationships, live abundantly and love YOU?

Change comes with action.....now the rest is up to you.