

Attract Abundant

Want to welcome abundance into your life?
Valuing yourself draws wealth, health and
happiness to you. By Caroline Robertson

Count your blessings
Do you say YES to abundance? Though living in the 'lucky country', many are blind to their blessings. Focusing on our fortune sends smiles to a universe that beams back. So you want more in your life? Well, before shopping for 'more', take an inventory of what you have. This is your way of saying thank you, I love it, I'm looking after it, keep it coming! It encourages energy to flow from

and to us. Ingratitude gives the message 'I don't want it.' Imagine you gave a gift and the person dismissed it with disdain or indifference. Would you be inspired to offer more presents to this person? When you're grateful, the universe recognises a ready recipient of the world's wealth. Wealth includes rich relationships, health, happiness and an overflowing bank balance.

Energy goes where attention flows.

Honour everything you receive with respect – your mind, body, people, possessions and environment. All is a sacred gift in your conscious care. Nurturing and sharing grace makes it multiply to benefit everyone.

Smile to yourself now. Your heart's beating, you're breathing, you're alive. It's a good day above ground. What do you love about yourself? Write a list of all your incredible qualities. What brings

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you joy in life? Jot it down and recite them whenever you're feeling down for an instant pick-me-up. Count your blessings and they increase. Positivity attracts more prosperity to you. Sense your spirit as the source of all abundance. Celebrate the simple luxuries of life, the specialness of everyday events. Nothing is more important than feeling good and grateful. Say, "I have everything I need and want now and always. The universe is



infinitely rich and generous." Then hold out your hands – abundance awaits.

Make space for grace

Abundance is ready to flow into your life like a rich river. But there's a dam stopping floodgates from releasing a dam of debt, a backload of unfinished business and a block of beliefs that can be cleared. If you suffer stress from debt, you know it overshadows the pleasure of spending. There are three surefire ways to reduce debt. Enjoy making and saving money more than spending it; avoid the 'enjoy now, pay later' trap by destroying that plastic promise immediately. I mean it, get up now and cut them up. Replace them with a debit card so you're accountable for spending what you have. Devise a plan to pay off your debt and stick to it. Write down two ways you'll start making money this week. For example – asking for a raise, selling items on eBay, getting a higher paid job, starting a new lucrative business – now you know what to do, do what you know. Reduce expenditure by only purchasing essential items until debt free. Save by preparing your own food and enjoying free pleasures. Savour simple delights; as Plato said, "The greatest wealth is to live content with little."

Paying attention to money management will make money grow. Pay bills with gratitude for the item, balance your cheque book, assess your accounts daily, keep money tidy in your wallet with a hundred dollar note, always there for a rich rush. When you value money you value yourself, your right to abundance, security and a life of luxury. With the pressure of debt released, you can clear abundance blocks in your environment. These are like cosmic glue that keep you stuck in the past so new healthy patterns

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can't progress. Neglected jobs feed low energy and low self-esteem. Tackling them gives you confidence to conquer higher mountains.

Start with your house, car and office space. See what you need doing, close your eyes and breathe white light into the area, visualising amazing end results, with a satisfied smile.

Chi flows in clean, uncluttered, uplifting spaces. Clear mess and clean your house, car and office. Repair plumbing, cracks or leaking radiators, as they drain prosperity. Hang mirrors in small hallways and chimes in breezy halls. Have a luxurious-looking item in every room with plenty of flowers, fruit, fabrics, pleasant music and colourful art.

Rich thoughts

Your mind manifests either prosperity or poverty in your life. There is a common misnomer that money is negative, though everyone wants it! Money is a neutral tool of exchange. It can be used to harm or help. Problems arise when we prioritise money over people, the environment, health and happiness. We should use money and love people. Not use people and love money. Superficial wealth can also undermine inner wealth when we



have more dollars than good sense. Using bucks to boost our ego, control others, cover emotional issues and feed greed. However, would you rather be poor with problems or wealthy with problems? Exactly! Money doesn't cause issues, it just magnifies them.

Income shouldn't cost us our health or happiness. What are some of your limiting money mantras? Examples are, 'I never have enough', 'It takes hard work', 'If I'm rich, people will use me', 'The filthy-rich are greedy', 'It's unspiritual to want money'. Familiar? Subconscious thoughts sabotage your financial success and this, in turn, affects your relationships, health, lifestyle and spiritual development. As souls, we're having a material experience and money is the sacred medium that supports us. Poverty can keep us from being spiritual; as Gandhi stated, "There are people in the world so hungry that God cannot appear to them except in the form of bread." Write down your bad beliefs now and counter them with empowering phrases like – "Money causes problems", – "Money gives me freedom." Words carry power so guard how you talk about it. Catch yourself and rephrase any negative, offhand comments such as "I never earn enough" with "I am abundant!" Treat finances as a fun game you're winning. If you continue to dismiss or misuse money, address the deep feelings it triggers. Abundance mirrors our self-esteem, so clear your mirror to see your bountiful birthright.

Write wishes

It's Christmas Eve and you can ask for unlimited presents. What do you want? Write them down now in a

positive present tense. Include health, fitness, home, car, career, relationships, possessions, hobbies, travel, mental and spiritual state. Go now. Still here? Don't be like Gertude Stein, who admitted, "I do want to get rich but I never want to do what there is to do to get rich." This only works if you do it! Go! The energy you give is what you get back. Done? Ok, now read your life list out three times with enthusiasm. Next, close your eyes and see your life movie with everything manifesting. Smile with excitement and contentment. The more you can see, smell, hear, taste and feel every detail, the clearer the outcome. Now make a collage or computer vision of your wishes. Print photos, collect pictures or see www.pinterest.com to compile a virtual chart. Add personal photos and inspiring phrases to move your emotions. Place this where you'll see it first thing in the morning and last thing at night. Record your list, deeply relax and listen to it daily. Plant your seed desires with patience and perseverance. They'll grow as you grow, they'll go dormant if you stagnate. What you want also wants you, so create irresistible magnetism by welcoming it with joy and thanks. Feel an ocean of abundance bathing you in bliss as you connect with blessings. Staying on your purposeful path, expect to open presents soon.

Celebrate and share success

Continue your affirmations and visualisations daily. Remember that striving comes before success, even in the dictionary. So have faith that your efforts will be rewarded, seeing the diamond light at the end of the tunnel. Don't envy,

but emulate rich role models. Talk and act as if you're already abundant (on a budget)! It's a drag making money if you don't enjoy your job. Pursue your purpose – follow your heart's calling and the world will reciprocate richly. The more you're aware of abundance all around, the more it appears. Be alert to any signs of savings, such as getting an essential item on sale and unexpected income. Always say thank you and expect more to come.

Break any blaming or complaining habits that cloud you in negative energy. Instead, think of yourself as a lucky, powerful co-creator in your life – a master manifestor. Give whatever you can and you will get back. It's not the gift but the giving intention that matters. You can give time, advice, compliments, small change, experiences; share your blessings and you'll always receive more. As abundance expands, continue to care for it. Many millionaires go broke due to negligence. As your dreams manifest, remember, money isn't the main measure of success – contentment and connection is the real benchmark of abundance. Now you've plugged into prosperity, it seeps through your pores, transforming all with your Midas touch. Treasure your golden life! **NH**

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