



Attracting


Prosperity

A 'How To' Guide

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Introduction

Are your finances not quite what you imagined them to be when you were young, dreaming of what your life would be like some day?

Did the idealistic picture of you, possibly married, blissfully happy, with a lovely house, and having achieved every success, turn out as you planned? If it did, then that's fantastic and you should be thrilled with your success. If you're like most of us however, things may look a little different.

Did the dream include the credit card debt, and the bills that seem to come in faster than you can pull them out of your mailbox?

Did you picture the fact that you may have to work 2 jobs, go to night school and find a way to pay the babysitter because you're raising two kids on your own since your divorce?

Or you may even have the fabulous house, but perhaps the childhood picture didn't include the fabulous mortgage and the expensive renovations and maintenance required.

Is it possible that reality turned out a little different and you're living week to week, just keeping on top of the bills, rather than living the life of luxury, and ultimate abundance that you deserve?

Imagine a life where you make your decisions based on what you *desire* rather than what you can *afford*.

It's time to start attracting prosperity into your life... Make some important changes, and become a wealth magnet!

Yours in overflowing abundance

The Glow Team xo

Mindset: Beauty & the Beast

You may or may not have heard of the term 'lack' or 'poverty' mentality, and I'm here to tell you that right here is where the changes begin. The first thing you need to do to change your financial situation, is to change the way you *feel* about your financial situation. If you're constantly worrying about bills, bills and more bills, you're dwelling on... you guessed it... bills! This is giving a negative situation far more attention than it deserves and making your own life miserable in the process.

Wealth is not just having money, it is about being abundant in every area of your life. To have loads of money and fantastic relationships but be constantly sick and run down isn't wealth, similarly to be in amazing physical condition and spiritually in touch with the planet and still be lonely due to lack of friends is not wealth either.

"Whether you think that you can, or that you can't, you are right."

- Henry Ford

There are plenty of millionaires out there who are constantly concerned about hanging on to their money, making sure they never lose it, focusing on not spending it too much for fear they won't have it anymore. This is not a wealth mentality, it's a lack mentality and it can't possibly be enjoyable in any way. Can you think of anything worse than finally getting to a financially comfortable position and not allowing yourself to enjoy a moment of it?

Conversely, there are many families who have none of the material things many of us would now take for granted. Telephones, computers, even the opportunity to attend school, or a house with four walls and a meal every night is more than many families ever hope to see in their lives. Yet they can find peace and joy in small things, such as spending time with the ones they love, clean water, or a beautiful day. This is a wealth mentality, because wealth is so much more than money.

"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty."

- Winston Churchill

So the next time you go to tell your friends or family how many bills you have this month, or what you can't afford to do, stop for a moment and be grateful for what you *do* have instead.

Mind Your Language

There is much to be said for the power of words. Just as everything that we attract starts with our thoughts, much of what we think is relayed in the words that we speak. This can be, and usually is, so automatic that we don't even notice we're doing it. For instance, how many times lately have you heard yourself say "I can't afford it"? What about "that's too expensive" or "I have so many bills" or "I'm in so much debt"... the list could go on, but I think you get the point.

Become aware of the images you are producing in your own mind with the words that you use, it is those images along with the verbal reiteration that will guarantee you manifest exactly that. Use positive language and use words that create positive images for example "Being wealthy makes me feel light and free and I have a bounce in my step!". Compare this to "Being wealthy means I don't have to endure the drudgery of working for someone else anymore". Even though both are statements of what you want, one *feels* better than the other, this is because the mind does not process negatives like don't and can't, it simply conjures up an image of the words you've used. Remember: Always say it how you want it.

"Handle them carefully, for words have more power than atom bombs."

- Pearl Strachan

To give you an example, one of my [coaches](#), several years ago, started pulling me up on the language I was using. Every time I said "I can't afford it" he would stop me and give me other examples to use, such as "my money is otherwise allocated". Eventually it became natural to use only positive terminology, but it just required some practice at first to break the habit. I also wore a rubber band on my wrist for a month, and snapped it every time I caught myself saying something negative! This is a very effective strategy, which was inspired from the best selling (and highly recommended!) book [The One Minute Millionaire](#).

Pay close attention to the language that you're using, and you may start to notice just how often you are reiterating the very situation you don't want to be in. Don't give it that much power! Change your language to the positive; instead of saying "I can't afford it", why don't you try "I can afford it but I choose not to buy it today", or "I've chosen to give something else financial priority".

Put yourself back in control and know that if you really wanted it, you could absolutely find the money.

Consider this... If someone you love was injured and had to be rushed to hospital, and it was up to you to pay the hospital bills to keep them there or they may die... do you think you would find a way to get the money? I think so.

Remember that you *always* have a choice, and, even though the choice may not be a pleasant one to make, it is in your hands. You can *always* afford something if you need it, you just may *choose to prioritise* food this week, rather than a new pair of stilettos!

Similarly, feeling alive, healthy and energetic are magnets for prosperity, and positive outcomes. If you want to attract fantastic people, experiences, and opportunities into your life, then start putting out the right energy.

"Speech is the mirror of the soul; as a man speaks, so he is."

- Publilius Syrus

Next time someone asks you *"how are you?"* You could respond with *"actually I slept really badly last night, I've got a terrible headache, plus the kids are sick at the moment and I've got bills coming out of my ears"*. But I don't recommend it. How do you think that would make you – not to mention the poor person who, incidentally, will never ask you that again – feel in that moment? CRAPPY!

So you may have had a bad night's sleep and have a headache, but do yourself a favour and give yourself the best chance at feeling great. So when someone asks *"how are you?"* try; *"I'm sensational! How are you?"* or *"I feel phenomenal, and I'm getting better!"*. You'll probably scare the heck out of people and they won't know what to think, but you may even put a smile on their face too. Best of all, you will really start believing yourself and that's when the magic happens.

Tell it how it is... Tremendous!!!

What's Your Story?

We all have a story we've been hiding behind for years, giving us an excuse not to accomplish everything that we've dreamed of. Whether you're already consciously aware of yours or not, I don't know, but I'd bet that you have one. I'll let you in on a little secret and give you an idea of what mine was:

"I grew up with very little money in my family, we never lived in our own home and I learned terrible financial habits from my parents. I was never exposed to anyone wealthy to learn how to be a success myself."

There are really only three words to say in response to that... blah blah blah. Our history has absolutely nothing to do with our future. It is always and only what we choose to do with what we have learned that defines our future. No exceptions.

The great Oprah Winfrey, for instance, was raised in poverty and subjected to sexual assault when she was a child. She could have used that as an excuse for never making anything of her life, yet instead she not only rose above it, but used it to fuel her super success. As a result Oprah is one of the wealthiest women in the world today!

"Nothing is impossible; there are ways that lead to everything, and if we had sufficient will we should always have sufficient means. It is often merely for an excuse that we say things are impossible."

- Francois De La Rochefoucauld

We can all find a story to hide behind, to give us a reason for not achieving everything we're more than capable of, or we can choose to achieve it anyway. What's your story?

Exercise 1

Set some quality time aside for yourself, and maybe set the mood for inspiration by lighting some candles, or putting on some soothing music; whatever works best for you. Take out a pen and paper and allow yourself to be truly honest with what you write down.

Consider what has been holding you back from achieving your goals and dreams, and from living the life that you desire. Allow your story to unfold, and write it all down so you have it on paper, as stories should be.

Do you feel there is something, or someone, in your life that is holding you back?

- Was your childhood traumatic in any way?
- Do you, or have you had an illness to deal with in your life?
- Were you not given many opportunities growing up?
- Write down anything else that you consider an obstacle or a hindrance in your success.

Once you have written down your story, take a few moments to review it and decide how you really feel about it. Are you giving it more power than it deserves? Now it's time to make a decision. You need to decide if you want to continue hiding behind this story, or break free of it, take back control of your life, and choose success!

The object of this exercise is to make you aware of anything you may be hiding behind, that is stopping you from having everything your heart desires. Just being aware of it has so much impact, as awareness is the first stage of change.

Observe yourself over the coming weeks and months, and take note of the times when your story rears its head... It's difficult to hide behind an excuse that you have put the spotlight on! You may even enjoy a chuckle at yourself, as you make the decision to step up and push through whatever challenge you're faced with.

Go get 'em tiger... Grrrr!

Let it Go

Now that you have established what it is that you're lugging around with you, aren't you suddenly aware of how heavy it feels? It's as if someone attached a trailer to you when you were young, and over the years you've been piling stuff on to it without even realising. It's been subtle and happening quietly, and the trailer is dragging along behind you, so you don't even see it, yet you can definitely feel something weighing you down.

Remember the feeling as a child, of having a spring in your step and bounding around the house or the yard full of energy, like one of those bouncy rubber balls? What happened to that feeling? I'll tell you what happened... it's hard to bounce around with a trailer full of *stuff* attached to your backside!! It's time to let the *stuff* go... it's not serving you.

"We must be willing to let go of the life we have planned, so as to accept the life that is waiting for us."

- Joseph Campbell

Imagine if you woke up tomorrow in a brand new place, with complete amnesia about who you were, where you had been or what your life experiences had been like so far. Yes, it could be a little frightening because it's unknown... but imagine the possibilities! How exciting would the feeling be of beginning a brand new journey with no *stuff* to hold you back. You wouldn't know if you were an heiress to a multi-billion dollar fortune, or a beggar off the street, so you could pretty much pick which one and starting feeling like that (I know which one I'd choose!).

Exercise 2

I came across a beautiful technique recently to let go of the *stuff* that is holding you back, which is a simple, yet powerful visualisation. Sit down somewhere quiet, where you will be comfortable and uninterrupted for about 10 minutes. Close your eyes and take a few deep breaths to get into a relaxed state and then just allow a picture to come into your mind. The picture is of you, in whatever environment you choose that brings you the most peace and joy. That may be sitting on the beach, sitting by a stream in a forest, or on a cloud in the sky... wherever you are happiest, and wherever your imagination takes you.

You will notice that parked nearby is a really big truck, with a strong, heavy duty tow bar, looking like it's ready to tow something away. You know what

to do; it is now time to reach behind you, and unclip your trailer. Immediately notice how much lighter your body feels with that immense weight lifted off.

Now turn around and have a look at what you have been carrying around all of these years. These are all of the emotions, experiences, and stories that you have hung on to for way to long that no longer serve you. These may be specific and detailed experiences, or simply emotions, such as fear, guilt or shame, that it's time to let go of now.

"We must learn to let go, to give up, to make room for the things we have prayed for and desired."

- Charles Fillmore

Allow yourself to feel whatever you feel at this point, and allow your intuition to create whatever picture it needs to for you. Whether your trailer is full of Louis Vitton bags, garbage bags, boxes... or simply a pile of *stuff*, that's perfect. Whatever it is for you, is exactly how it should be. Similarly if you're having trouble getting a picture at all, but can allow yourself to feel the process, that's perfect too... there are no rules.

After looking at your trailer load of stuff, and saying your final farewells, a big, burly man comes over to you, grabs your trailer and attaches it to the back of the truck. As he drives away with all of your *stuff* pay attention to how you feel. Do you feel lighter, happier, excited, anxious, ecstatic? Take a few moments to really feel what it means to release so much negativity, and start fresh with no load. Then once you're done, take a few deep breaths and open your eyes.

Now, if you're used to doing visualisations, this may have been easy for you, but if you've never really done them before, it can be challenging to get a picture. It differs for everyone, and THAT'S OK. You may feel nothing straight away, and that's ok too. You may even find that you have some interesting dreams tonight, or over the next few days you may notice how much lighter you feel.

A positive side effect is that you may even find that you drop some unwanted weight as a result of this also. Carrying around emotional baggage can have a very strong impact on our physiology as well. How is that for a bonus!

Ahhh... how sweet it is to feel so free!

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