

# 18 Ways to Attract Abundance

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## 18 Ways to Attract Abundance

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# 18 Ways to Attract Abundance

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# 18 Ways to Attract Abundance

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## Introduction

The Law of Attraction has become a hot mainstream topic over the past couple of years, and now more than ever people are realizing that they have control over their physical environment through the use of deliberate thought, positive emotion and conscious intention.

As empowering and thrilling as this new awakening is, the information itself is not new. For centuries spiritual teachers and authors have been sharing profound insights about the power we have to mold and shape our physical surroundings, but this information was not widely available to the majority of "average" people like it is today. Thanks to the internet and greater availability of books and other media for nearly everyone, we can share information much more quickly and easily than in years past.

Even better, scientific advances over the past century are beginning to provide tentative proof that these concepts work. Quantum exploration is revealing some startling insights into the way our universe operates and we are becoming keenly aware that we are NOT just passive observers but rather powerful participants in our reality, both collective and individual - with the power to exert our will upon our environment and alter the course of our lives.

These studies are helping us to understand exactly how to use the Law of Attraction purposefully to create better, richer, more fulfilling lives. More than ever before, we understand the actions, thoughts and emotional states will help us to emit the right "frequency" to attract specific experiences into our lives.

The majority of this e-book focuses on money and abundance, but the concepts could just as easily be applied to any other subject too. When it comes right down to it, "abundance" is simply our natural state of well-being that includes a constant flow of money, happiness, love, peace, vibrant health and all forms of goodness.

In the following pages you will discover 17 simple things you can do to begin attracting greater abundance into your life. They are presented in no particular order, so read them in any fashion you desire. You can skip around or read the whole book straight through - it's up to you.

Some of these techniques may not be new to you, but consider them seriously

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anyway. If they are included in this e-book, it's for one simple reason: they WORK!

One of the most important insights you will gain from this book is that attracting greater abundance into your life isn't only about what you DO but who you ARE; the way you think and feel and believe in every moment of every day. Of course, physical action has its place too, and we'll be discussing that later in the book.

In the meantime, most of the strategies in this book will show you how to shift effortlessly into the mental and emotional state of a person who NATURALLY attracts abundance. In fact, you'll probably experience what many people who practice these techniques do; that money can flow into your life from endless sources - both expected and unexpected! Even better, you won't have to struggle and strain to make it happen. It will be a natural by-product of improving the quality of your mental and emotional "frequency."

The length of time it takes to see results will vary greatly from person to person. It all depends on your current "default frequency" and how completely you are able to move into a higher frequency. It is very possible to see results immediately when using these techniques but even if it takes a bit longer, do not make the mistake of thinking that they aren't working! Some people may experience an apparent lull for a few days to a few weeks - and then BOOM! - everything changes in a heartbeat.

Whether it takes a few minutes or a few months to see results, remember that the more focus you can give these techniques on a daily basis, the more powerful your results will be. Having fun with the whole process will also go a long way in creating rapid results.

All right, are you ready to begin attracting abundance? Let's go!

[Sharon Reid](#)

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## #1 - Switch Your Focus

One of the most important (and usually most challenging) things you can do to attract abundance is get into the habit of purposely switching your focus away from lack and scarcity. This can be difficult to do because most people who are heavily focused on lack don't even know it!

What do I mean by "focused" on lack? I mean thinking about it almost constantly. Worrying about how the bills will be paid. Worrying about whether there will be "enough" money for the things you need. Noticing with envy and bitterness how others seem to have so much more than you do. Agonizing and railing against the fact that you have so little. Feeling fearful, insecure and frustrated about financial issues . . . and it goes on and on. Every one of these examples paints a clear picture of focusing on lack and scarcity.

If this describes your current situation, you may feel like arguing, "Well of COURSE I'm focused on those things - they are my reality right now!"

I know how difficult this suggestion is going to sound, but the fact remains that you will not be able to attract abundance into your life until you firmly turn your focus AWAY from lack and scarcity.

You have to begin focusing on SOME facet of abundance in order to draw more of it to you. There are many ways to do this, and we'll be covering many of them in the following pages of this book. But in a general sense, begin to develop an awareness of your focus from day to day. Start paying closer attention to the general direction of your thoughts and emotions regarding money.

How often do you catch yourself worrying, or feeling frustrated or fearful about money and bills? How often do you feel jealous, angry or resentful toward people who have a lot of money?

Once you start noticing these emotional responses within yourself, begin to turn them around deliberately.

For example, let's say you just caught yourself worrying whether you will have enough money to pay your monthly bills that are due next week. In the moment you become aware of this focus, you can CHOOSE to turn it around. Say to yourself, "I no longer need to worry about money. I always have more

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than enough money to cover everything I need."

At first you probably won't believe such a statement. In fact, I can practically guarantee you won't believe it immediately, because if you did your outer reality would reflect it. Even if you don't believe what you are saying, firmly set your doubt aside and keep saying the statement over and over again, day after day, and it will begin to sink into your subconscious mind.

Why is this important?

Because your subconscious beliefs trigger corresponding thoughts and feelings - which alter the frequency you emit to the universe, which attracts corresponding results back to you!

Another challenge with this strategy is that results may not show up immediately, leading you to believe that it's not working. Most of us tend to try something for a few days, maybe a week or two, then look at our outer environment to see if anything has changed. If not, we conclude it didn't work and give up. But I must stress that even if you don't see immediate results from this technique, keep doing it anyway! In fact, the long-term results you can achieve with this are far more profound than you can imagine. After a certain amount of time has passed (which will vary for everyone), you'll notice abundance in all forms showing up in greater amounts and frequencies in all areas of your life.

Do yourself a huge favor and decide to make this technique a life-long habit rather than a short-term trial. Vow to keep up with it every day, day after day, for the rest of your life. Eventually you WILL see the results.

Finally, understand that you don't have to be perfect at this exercise for it to work. Don't make the mistake of thinking that a day or two of slipping back into scarcity thoughts will "undo" all of the work you've done. It doesn't work like that. In fact, if you can get yourself to the place of focusing on abundance more often than you focus on scarcity, you are ahead of the game! Granted, you want to do this as much as you possibly can, but even a good majority of the time will help a lot.

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## #2 - Let Joy Be Your Co-Pilot

Have you ever had one of those days where you just feel good for no particular reason? You woke up in a good mood and just felt lighthearted and cheerful all day long? If you think back to the last day you had like that, you'll probably remember that everything seemed to flow easily for you. Even if an obstacle or two happened to pop up, you didn't let them get you down and probably found a way to skate right past them.

There's an important reason why days like this are so great - because JOY is your navigator! I'm not talking about just "happiness" here. Joy is a few notches above happiness on the emotional scale. When you feel happy, you are feeling good. When you feel joyful, you are feeling GREAT! Your mood is high and resilient. Nothing can get you down. You feel good about everyone and everything.

There are two reasons why you should try to get yourself into a joyful state of mind as often as possible: first, the emotion of joy emits a strong, high, positive frequency that can attract great things into your experience; and secondly, the emotion of joy keeps you highly RECEPTIVE to the good things flowing your way. You are open to receive, in other words. The longer you can stay in a joyful state of mind each day, the more miracles you will see happening around you.

But how do you get into this state purposely, let alone STAY in it?

There are endless ways to do it. Basically, consider for a moment the types of things that make you feel great. Maybe you love listening to great music. Or jogging. Or looking back through your childhood photo albums. Maybe reading inspiring books or watching emotionally stirring films works for you.

It doesn't matter how you get yourself into a joyful state, but the biggest challenge is CHOOSING to do so. As great as those random joyful days are, they don't happen often enough on their own. It's up to you to make them happen.

Start each day by thinking about, listening to, watching or reading material that will get your positive emotions flowing. Keep going until you feel ready to burst with joy and enthusiasm, and then let those feelings direct everything you do all day long.

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Do what you love and love what you do! You can either spend time doing things that will keep your positive emotions going strong, or even if you have to do things you'd rather not, give your best effort into doing them joyfully. It's amazing how even the most unpleasant chores can be fun when we adopt the right mind-set!

Again, this is something you want to try to do virtually daily, if you can. And again, don't worry about it if you have an off day here and there. You don't have to be perfect with this, just make an effort to be joyful as much as you can, and watch as your surroundings transform - including your financial state!

In fact, you can apply this strategy specifically to your financial situation and reap even greater rewards. Try getting into a joyful state just before you pay your bills. Feel great about the money you are sending out, and affirm confidently that more will be flowing in soon. Another thing you can do is write a check to yourself for a large amount of money, and spend time holding it and looking at it each day. Imagine that you really DID receive a large check, and the money is already yours. Allow yourself to get into a state of awe, joy and gratitude for your good fortune.

(Don't laugh - have you ever heard how superstar actor Jim Carrey wrote himself a check for \$10 million several years ago? He now commands much more than that for every film he makes!)

There are many more ways to bring an element of joy into your financial situation and beyond; just get creative and have fun with it! The more positive emotion you can direct toward your financial situation overall, the quicker you will see positive changes taking place.

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## #3 - Stir Your Passion

Just like joy, passion has the power to really get your juices flowing, so to speak - and that can also translate into a stronger and more powerful frequency. Think about the last time you did something you truly loved and how it made you feel. Didn't time seem to stop? Weren't you so immersed in the present that you forgot all about your troubles for awhile?

This is why hobbies are so wonderful; they move us away from worry and stress into a more pleasant, peaceful state where we are totally connected to our inner selves. We so enjoy what we're doing that we forget about everything else. Worry, stress, fear, frustration - they all fade away and cease to exist for a period of time.

But how does this translate into increased abundance? Easy, when you're "in the flow" like that, ALL good things can come flowing to you more easily, and you are more receptive to allowing them into your life, just like we covered in the section on joy. In fact, joy and passion often go hand in hand: when you're joyful you're passionate and vice versa.

The problem is, who has time for hobbies? Most of us are extremely busy these days, rushing from the moment we wake up to the moment we fall into bed exhausted at night. You may not feel that you can afford the "luxury" of a hobby, but it's truly important to MAKE time for it. And it does not have to be long periods of time, either. Could you afford an hour or two a week? If even that short amount of time still seems doubtful, take a closer look at your weekly schedule and ask yourself if you really must do all the things you normally do. Can you carve out even a little time to indulge your passions?

If you truly can't manage a full hour, try 15 minutes and gradually increase to more.

(It's interesting to note that many people discover that when they start making time for their hobbies and interests, they begin to feel like the pace of their lives slows down so it seems like they have MORE time, not less. Try it yourself and see if you don't experience the same.)

The next question is what you should do with that time. You may already have a list of interests and hobbies to choose from, in which case go for it! But if you don't know what your true passions and interests are, take some time to

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find out. Think about subjects and activities you've always wanted to learn more about and begin exploring them. Visit a craft supply store or even the library and browse around until you start to get some ideas.

Once you've decided on some activities, the final challenge will be pushing yourself to honor your commitment to spend time doing them. If you're like most people, you'll probably find yourself tempted to put it aside when you get busy or stressed - but try to avoid doing so because it is at times like that that you really NEED to do it. You need to get that passion stirred up and ignited as often as possible, so take your "me time" very seriously. Make a promise to yourself and stick to it except in extreme emergencies.

What can you expect as you begin making your passions a priority?

You may be surprised! First of all, you'll feel happier. Those happy, passionate feelings will seep into your overall frequency and begin attracting great things back to you. For one, more time to indulge your passions! Like mentioned before, you'll probably find that time seems to slow down and you have more opportunity to spend time doing things you love. You may also find yourself enjoying your other normal activities more than you used to. You may attract new friends or romantic interests into your life. And yes, more money!

In fact, don't be surprised if wonderful things happen WHILE you are immersed in your passions, and the results can also linger for days afterward. Anything is possible. So pick up that paint brush, fire up the piano, grab your camera (or whatever your chosen medium may be) and get those passionate feelings flowing.

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## #4 - Gratitude Unlocks the Goodness

I'm sure you've heard it many times before, but the simple truth is that gratitude is one of the most powerful tools you have at your disposal. The reason why some people don't experience great results from a gratitude practice is usually because they aren't putting their full attention into it. Think of gratitude like a mirror that reflects back the same intensity that you put forth. Put a lot of emotion and power into it, get that same intensity of results back.

Feel a little grateful, get a little bit to be grateful for. Feel profoundly grateful . . . and watch in awe as one miracle after another comes zooming into your life.

The greatest thing about gratitude is that it usually does not take a long time to see results. If you can spend one whole day flowing strong, genuine feelings of gratitude toward everyone and everything in your life, that one day will change your entire life. You just won't believe all the great things you'll pull to yourself immediately.

In fact, that's one of the simplest ways to get started with a gratitude practice - just try it for one day! When you wake up in the morning, make a promise to yourself that you are going to be deeply grateful for all of the blessings in your life.

Start by thinking about the obvious things like your family, friends, job, vehicle, home, pets, and so on. However, don't just "think about" these things, but instead really focus your full attention on them and affirm how much they contribute to your life. Imagine how you would feel if they were taken away and allow yourself to feel waves of knee-weakening gratitude and appreciation for them being in your life.

As you move through your day, make it a point to give thanks for everything you see, touch, and experience. Even the "bad" stuff! Find one thing about every situation that you can be truly grateful for, and focus on that. Give thanks for your legs while you walk down the street. Give thanks for your lungs as you breathe. Give thanks for the food you eat and the beautiful world surrounding you, the people you meet, the experiences you have - everything!

Can you also see many ways to apply this technique to your financial situation?

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Give heartfelt thanks for every penny you receive, every penny you give, and everything related to your abundance.

Once you give this technique an honest try, you'll probably make it a daily habit because you'll quickly realize how powerful it is. The key is to really FEEL the feelings of gratitude, not just think about them mentally. It may take some practice to fully master it but once you do, it will change your life.

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## #5 - Visualize What You Want

Visualization is yet another powerful tool you can use each day to help attract the things you want into your life. And it's so easy to do! The trick to making visualization work for you is to have FUN with it. Really allow yourself to get into the images you are seeing. Imagine how you will feel as you buy your dream home or a brand-new car. Imagine having pocketfuls of money to spend on whatever you like, and the sense of freedom that will come along with it. Imagine being able to give your close family and friends cash gifts, as well as beautiful things you would like to buy for them. Imagine taking fun vacations to exotic locations. Imagine paying your bills easily and on time. Imagine seeing a much larger balance in your bank account.

The great thing about visualizing is that you can really focus on any aspect of your new future that you like. For example, you can visualize money actually coming into your life by imagining that you are receiving checks in the mail, or by imagining yourself getting a great new job with a big salary. Or, you can imagine what your life will be like after you are already consistently receiving large sums of money on a regular basis and focus more on the lifestyle you will be living. Imagine yourself walking through the rooms of your beautiful new home, or relaxing on your gorgeous patio with gourmet outdoor kitchen.

You can visualize your dream career, home life, social activities, or anything else you want to experience. You can zoom in on one particular aspect of a situation, or step back and see the big picture.

Visualization is like having your own private movie theatre in your mind! You can create and play as many movies as you like, and place yourself in the starring role.

Have fun with it. Don't treat it like a chore or requirement to getting what you want. In fact, going into it with a negative attitude is one way to be sure it won't work for you. On the other hand, if you can devote a strong level of positive emotion and lightheartedness to the process, you will be amazed at how well it works - and how good it makes you feel even before your chosen experiences show up in your physical surroundings!

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## #6 - That's Affirmative

Affirmations are another powerful tool that can help shift your mind-set to one of greater abundance and joy. The trick to using affirmations effectively is twofold: constant repetition and strong, positive emotion!

Affirmations work directly on your subconscious mind and help change old, ingrained beliefs. However, remember that a belief is simply a thought you have repeated to yourself over and over again, so it becomes your "truth". Consequently, it may take a little time to change those old limiting beliefs to something better.

For example, let's say you begin reciting the affirmation, "I attract abundance easily." If you have spent much of your lifetime focused on lack and scarcity, your subconscious mind will resist this new thought because it feels like a lie. Your subconscious mind is constantly repeating the beliefs, "I do not have enough money. I can't get ahead. I always pay my bills late. My credit cards are maxed out," and so on.

And indeed, this may be the reality you see as you look at your outer life. But it's important to understand that your outer circumstances are the direct RESULT of your inner beliefs. Whether these beliefs were given to you by other people (for example, your parents) or whether you created them yourself, you'll need to overwrite those old beliefs with new ones. And doing that may take some time.

The good news is that if you keep repeating thoughts like, "I attract abundance easily. I always have more than enough money. Money comes to me from many different sources," and so on, your subconscious mind will begin to believe them, and your outer circumstances will begin to shift to support your new beliefs.

Even more importantly, infusing the process with strong, positive emotion will give your affirmations that much more power. For example, reciting the words, "I always have more than enough money for everything I need" while also feeling happy and peaceful inside delivers the "truth" of this statement directly to your subconscious mind. Why? Because your subconscious mind CANNOT tell the difference between something you are really experiencing, and something you are imagining. When you feel strong emotion and think repetitive thoughts, your subconscious mind absorbs the messages.

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Ironically, this is exactly how lack and scarcity beliefs are formed too! You think thoughts like these: "I never have enough money. Making enough money to get by is really hard. I always have to struggle for the things I want..." - and at the same time you are flowing tons of negative emotions. Consequently, your subconscious mind says, "This must be true."

The good news is that you do have conscious control over what you think and feel. You may be in the habit of thinking and feeling negatively, but you can change it at any time! Just remember that it is a process, so be sure to give it time.

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## #7 - Putting on a New Persona

As I said earlier, you may feel like you are lying to yourself at the beginning. When you first begin using affirmations or visualizations (or any other tool), you may feel a twinge of discomfort, like you are wearing someone else's clothing. It just doesn't seem to feel right. You may feel minor discomfort or stronger emotions like disbelief, restlessness, feeling foolish or embarrassed, or even impatient.

That's because you are challenging your existing beliefs! That's your subconscious mind saying, "Hey wait a minute, this isn't the reality I know. This puzzle piece doesn't fit with all the rest."

Some people will stop using the technique at this point because they think it's not working. Don't do that! When you start feeling that strangeness, it's a good sign that you are pushing some hot buttons in your subconscious mind. You are challenging long-standing beliefs that do not serve you, and you can override them if you keep going.

To help this process along, you may want to practice putting on your new persona each day for a few minutes (or longer if you can). Take a moment to think about who you are right now. You have a mental image of yourself that matches the way you look, the things you do, and your circumstances in life.

Now think about the things you want to attract into your life, like more money, better job or booming business, better relationships, new residence, and so on. Are you currently the type of person who would slide seamlessly into that type of setting? Can you really see yourself living in a huge house, driving fancy cars or having the type of career you want?

You may have some difficulty fitting your current self-image into the new circumstances you desire, and that is normal. Most people will experience this simply because they haven't yet developed into the person who would comfortably fit with the reality they desire. They are more comfortable with their current reality because they've been living it for years.

However, you can easily "try on" your new reality by mentally stepping into the shoes of the person you will be in your new circumstances. For example, if you are trying to attract a larger sum of money to have in the bank, periodically throughout the day imagine what it feels like to have that size

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bank account. You might say to yourself, "Wow, that's right, I have \$50,000.00 in my bank account right now." And then allow yourself to FEEL as if you really do. Does that thought change your perception of yourself at all? Does it make your step a little lighter, your shoulders pull back a little bit more? Do you feel a little less stressed?

The first several times you do this, don't be surprised if you feel weird about it. Your subconscious mind will be screaming, "Oh you are such a liar! You know you don't have that kind of money, who do you think you're fooling?" Don't listen to it. Either ignore that little voice, or have fun with it. You might reply mentally, "Ah, but I WILL have a lot more money one day very soon. I know it's coming and I'm just trying it on for size."

The greatest thing about this technique is that it works even if you know you are "lying." It does not prevent you from pretending or "acting as if" you already have what you want. And as you emit the thoughts and feelings of someone who already has what they want, you begin to draw it to you!

Even if you feel strange doing this, make it a point to do it anyway, at least once a day. It does get easier the more you do it, and it can actually be a lot of fun!

Here are a few more ideas to help you make it seem like a fun game:

- After driving somewhere, get out of your car while pretending it's a chauffeured limousine. Imagine you are stepping out onto a red carpet, wearing designer clothing and smiling for cameras. Even if you have no desire to be famous, have fun playing with the idea and I guarantee you'll be laughing in no time.

- As you are shopping in stores, pretend that you have enough money to buy anything you desire. Walk up and down the aisles thinking to yourself, "Wow, I could buy everything they have on the shelves and STILL not run out of money!" Pretend you are shopping for expensive gifts for your friends and family. Or pretend you are buying a whole new wardrobe for yourself, or stocking your kitchen with the best gourmet foods and culinary gadgets.

- When you go to sleep at night, imagine that you are lying in your dream bed in your dream house. Mentally think about what your dream bedroom looks like and pretend that you are there now. (This is so easy to do if you close your eyes!) Then allow your mind to travel out of your bedroom and into the hall, and move throughout the rest of your dream home, taking note of what it

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all looks like. How does it feel to be there? Enjoy it! The more "real" you can make it, the more power you lend to the actual creation of it.

The more you "put on" this new persona and step into your new life circumstances, the more easily your subconscious mind will begin to accept a new reality - and the more easily you'll be able to attract it.

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## #8 - Transform Your Core Beliefs

We touched on beliefs briefly in the section on affirmations, but there are other beliefs that will make it nearly impossible for you to achieve any lasting level of change in your life if you don't also address them, and those are your "core beliefs".

Your core beliefs are the ones that shape your entire view of reality. Most of these beliefs began forming when you were very young, and you have continued to reinforce them throughout your life.

Let's look at an example core belief regarding money.

If you grew up in a household where your parents worked very hard and earned just enough money to survive, you would probably hold strong beliefs that it's hard to make money and you don't need very much to get by. For a person with this type of belief, scarcity and frugality would seem normal, and the concept of "wealth" (having much more than you actually need for basic survival) would be foreign and perhaps even uncomfortable.

I chose this belief as our example purposely because it's so common. Most of the people reading this book likely come from hard-working, low-to-middle class families. How do I know that? Easy. Someone who comes from a wealth-conscious environment probably wouldn't be reading this book at all. Attracting abundance would be completely natural to them because they would have the beliefs that support such a reality.

With a core belief based on scarcity such as this one, affirmations and visualization may not be effective enough to see any change. It's like trying to convince yourself that you are tall when you are actually short, or that you are a woman when you are actually a man, and so on. A core belief is such a deep part of who you are that changing it will take a bit more effort.

There are different ways to transform your core beliefs, and not all of them will work for everyone. You may need to try several approaches before you find one that works for you - but most likely all of them will take some time to see results so be sure to stay with a practice for a month or two before determining whether it is working or not.

Here some options for addressing your core beliefs:

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## - **Hypnosis.**

Hypnosis is so effective because it works with your subconscious mind directly. The hypnotherapist is able to get you to relax completely so your natural defenses are down, and then help you record new beliefs that will override the old ones. Some people may need only one session for a new belief to take root, while others may need several visits. You can also try self-hypnosis if you don't want to work with a therapist. There are many audio programs that address different kinds of core beliefs, including financial ones. Again, you may need to use the audio program multiple times before it begins to work.

## - **EFT or other "clearing" process.**

Many people report good results using EFT (Emotional Freedom Techniques) to clear limiting beliefs. EFT works on the pressure points of your body's energy lines (called meridians). You simply recite key phrases while tapping firmly on specific points on your body and clear blockages in your energy field. Some practitioners report immediate improvement, while others report the need for consistent usage over time. You could also try other clearing processes like acupuncture, acupressure, chakra balancing, and so on.

## - **Sheer repetition.**

As I said earlier, most of your core beliefs were formed years ago, but they were formed in the same way all your other beliefs were formed: by thinking specific kinds of thoughts over and over again until they became cemented in your subconscious as "truth".

To change those beliefs, you simply need to get into the habit of thinking better thoughts. Use the same process described in the section on affirmations: recite empowering phrases that you want to be true, while also feeling strong, positive emotions about them.

Here's a good way to tell whether you are having an effect on your core beliefs:

Write a list of statements that you believe to be true. For example, "Everything always goes wrong for me. I have a hard time making money. I can't seem to get ahead financially." Then carefully pay attention to how you

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feel when you say these statements to yourself. Do they feel true to you? When you first get started, they probably will. That means you do believe them. As you work on changing your core beliefs, you'll begin to notice that reciting those statements triggers a feeling of doubt or resistance. They no longer seem to be completely true anymore.

Now you can write more empowering beliefs like these: "I'm really lucky. Money comes to me easily. I receive money from many different sources". As you work on changing your core beliefs, these positive statements will begin to "feel" more real to you. Saying them will resonate with you and they will feel like truth. That means you are creating core beliefs that these new things are true - and that means you will have a much easier time attracting experiences that support them!

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## #9 - Check Your Expectations

Have you ever caught yourself expecting the worst? Maybe before a job interview you got caught up in thoughts like, "What if I screw up the interview? They probably won't hire me anyway; there must be better candidates for the job."

Or when you set a big goal and begin moving toward it, you may yourself thinking things like, "This doesn't seem to be working, I'm not getting the results I want. This is probably a waste of time, like everything else I try to do."

Expectations hold a lot of power! In fact, they are equally as powerful as your beliefs. In general, what you expect, you get. The question is, what do you usually expect?

Do you expect to have trouble paying your bills each month? Do you expect things to go wrong for you? Do you expect to be left out, ridiculed or rejected?

If you take a moment to think back through your memorable life experiences, you can probably come up with plenty of examples of when your expectations hopped into the driver's seat and brought about exactly the outcome you were expecting.

The good news is that you can use this same power to deliberately choose something better.

With every situation you face, ask yourself which outcome you would like to experience. Then EXPECT it to happen that way.

For example, while working toward a goal keep repeating, "I just know this is going to work out perfectly." Or when you feel nervous about an interview, affirm several times, "This is going to be great, I'm going to give it my best shot and get the job easily."

Obviously you want to do the same thing with your finances. Expect to be wealthy. Expect to be abundant in all areas. Expect money and great opportunities to come to you easily. Expect to be able to pay your bills easily. Expect to be able to buy the things you want.

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The more you get into the habit of expecting the best, the more you'll find yourself receiving it!

At the same time, you can also use this strategy when you find yourself overcome with negative expectations. When you notice that you are adopting a pessimistic mind-set, immediately stop yourself and turn around your thoughts. Example: If you just caught yourself thinking, "I don't know why I keep trying to improve my financial situation, it's just not working!" Stop and say, "I may not have seen big results yet, but I know that all this effort is going to pay off soon. Any time now I expect to receive clear confirmation that things are turning around in my favor."

Again, this may take time to work completely, but the more you do it the more quickly you'll see results.

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## #10 - Giving from Joy

You've probably heard that giving is another powerful way to attract more abundance into your life - but there are certain ways to do it that work better than others.

First, you don't want to give for the purpose of receiving, or with an expectation that you will receive within a certain timeframe. The purpose of your giving should be that it makes you feel good. The better it makes you feel to give, the more of a return you will receive.

Giving from joy accomplishes two things:

First, it makes you feel really good when you give in a way that is meaningful to you. Giving to a cause that matters to you, helping someone who desperately needs it, or even giving anonymously are all great ways to get those good vibes flowing and trigger a return response from the universe.

Secondly, when you give like this you are sending a clear message of abundance to the universe. You are saying, "I have plenty of money, so I joyfully share it with others." The universe hears, "I have plenty of money and I love sharing it, so please send me more to enjoy and share" - and begins to shift your physical circumstances so that you DO have plenty of money to enjoy and share!

However, note that this process also can take time to grow and develop in your life, especially if you have spent years thinking about giving to others but holding back because you didn't feel you had enough.

If it makes you more comfortable, start giving small amounts but imagine that they are bigger and allow yourself to feel like you would if you were giving a sizeable donation. When you write a check for \$5.00, imagine that it's \$500.00. If you drop a dollar into a tip jar, pretend it's a \$100 bill, and imagine the look of surprise and delight on the face of the person who receives it.

You can also do this in other ways besides financially. Be generous with your time and energy, with your support and encouragement, and with your love. As you share these qualities with others each day, affirm and know that the universe is sending more of the same right back to you.

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## #11 - Peace in Abundance

Your emotional state on a day to day basis has a powerful effect on your overall financial picture. When you think about the way the Law of Attraction really works, you know that your thoughts, feelings and beliefs all contribute to your energy "frequency" that is sent to the universe. The universe then responds by sending corresponding situations and events that match your frequency.

What is your emotional state like most of the time? Do you constantly feel stressed about money? Do you spend much of each day worried and anxious about paying your bills? Do you focus obsessively on your empty bank account or wallet? These emotional reactions will keep perpetuating the cycle of lack in your life, because your frequency is "asking" for much of the same!

On the other hand, consider how you would feel day to day if you had plenty of money in the bank. Would you be anxious or fearful? Would you be worrying about how to pay your bills at the end of the month? No. You'd feel just the opposite. You'd feel peaceful about money. Your whole financial attitude would be calm and positive.

In fact, money would be a non-issue for you and you'd hardly think about money at all! You'd focus on your day to day activities with the inner knowing that all is well in your financial world. In other words, you'd move through each day with a core of inner peace.

You can do the same thing NOW. When you begin altering your emotional state like this purposely, you alter the frequency you send to the universe. The universe then alters your physical surroundings to match!

One of the quickest and easiest ways to attract great abundance into your life is to think, feel and act as if you already have what you want.

Beginning right now, spend a few minutes each day feeling the way you would feel if you already had plenty of money. Imagine the figure you want to have in your bank account, and get into the feeling place of such a reality. If you like you can use some positive self-talk to help you along. For example, say something like, "It feels so good to be financially secure. I love knowing that I have plenty of money to cover my needs. All is well in my world, and I'm so grateful for that."

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This will take practice at the beginning, but eventually you'll start to notice a different feeling take over your body. Your muscles will loosen, you'll feel yourself calming down and feeling more relaxed and peaceful. Before long you will reach a point where you know that you DO have plenty of money at your disposal, even though it hasn't yet shown up in your physical world. You'll know it's coming soon, though. It will feel natural to imagine more money in your bank account and wallet. And of course, if you master this technique, it probably won't be long before you really DO have the money you desire.

Even better, you can use this technique in other areas of your life besides money, and it will still have a positive effect on your financial situation too! For example, if you usually feel stressed at work, make it a point to purposely let go of stressful thoughts and feelings and pretend that you are calm and peaceful. Do the same with your relationships, health, social activities and more.

Become a vessel for peace and well-being, and that feeling will transform all areas of your life.

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## #12 - Reinforce the Positive

It's frightening how easy it is to get into a lack-focused state of mind - and end up attracting more of the same!

How many times have you done something like this? You get an unexpected bill that you don't have the money to pay immediately, and it sends you into a tailspin of worry and fear. First you start worrying that you won't be able to pay the unexpected bill, but before you know it you are worrying about other things that might break down or go wrong, or you may even start worrying about the security of your job and the general state of your financial well-being - all because you received one unexpected bill.

This can be a frightening situation to be in for sure, but moving into a state of worry and fear will only make things worse. In fact, you can probably remember plenty of times when you began worrying about one thing and before long found that more and more things started going wrong.

The good news is that it works in reverse too!

Rather than worrying when something seems to go wrong, turn it into something positive! Remember that your thoughts and emotions can pull all kinds of miracles into your life - if you will just stay open to receiving them. There are many ways to do this, but here are a few simple ways you can begin reinforcing the positive starting today:

- **Get excited.**

When you receive an unexpected bill that you can't pay right away, or even if you are struggling to pay your regular expenses each month, get into a state of excitement and happiness about it and use it as an opportunity to attract more money. Rather than worrying, "how am I going to pay this bill?" affirm and know that you will receive the money to pay it easily. Say to yourself, "Cool! I've got a bill here for \$498.00, so that means I will soon be receiving that sum or more! My bills are always paid easily and on time, and this one will be also. Thank you!" Allow yourself to FEEL exactly as you would if you knew you always had plenty of money to cover your expenses and more. Then put it out of your mind and act as if it was already a done deal; the bill is already paid in full. When you do this consistently, you will be telling the universe, "I always have more than enough money for everything I need" - and the universe will mirror exactly

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that reality, over and over again.

- **Focus on what you receive.**

Most of us focus obsessively on the "negatives" - like bills that must be paid, but we rarely focus on the "positives" - like the money we receive from various sources. For example, when you receive your paycheck, how do you feel about it? Do you focus on whether it will be enough? Do you resent the fact that much of it will be sent to creditors? Do you feel that you are underpaid or underappreciated for what you do? How about when you receive some unexpected money, do you feel grateful and blessed, or do you focus on what you still don't have? Get into the habit of emitting strong, positive emotion about every penny you receive - and watch in amazement as more and more begins to flow into your life.

- **Open to opportunities.**

Another way many of us focus on the negative is by holding a very narrow view of the possibilities for more abundance. We think that there are only a few limited ways that we can receive money, like through a job or business - and consequently we block out all other possibilities! A great way to turn this around is by affirming each day that you have unlimited opportunities to receive greater abundance. Say out loud or mentally, "Wow, I can receive money and other forms of abundance in so many ways. The universe is going to surprise me with some great opportunities today!" Or you can say, "I am always in the right place at the right time to receive abundance." Any affirmation along these lines will work great to help you expand your focus so you will indeed be more open to opportunities.

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## **#13 - Laugh all the way to the bank.**

Laughter is one of the most powerful tools you have for attracting abundance into your life. That may sound ridiculous, but it is so powerful once you understand why it works. As you know, your thoughts and emotions are what the Law of Attraction is responding to. In other words, your thoughts and emotions are "asking" for specific types of experiences, whether you know it or not. How do you feel when you are laughing and having a good time? You feel lighthearted, joyful, free and . . . well, just plain GOOD! That mental and emotional state begins immediately pulling corresponding situations into your life, including greater abundance.

Likewise, when you feel down, sad, irritable, stressed and other "negative" emotions, your mental and emotional state is pulling similar situations back to you.

The greatest thing about laughter is that you don't have to focus on any particular thing in order to attract goodness in ALL forms. You can be laughing at a silly movie or television show, and you're subconsciously sending a signal to the universe that says, "I feel good, send me more good things."

However, you can drastically improve your results in attracting more abundance by focusing on your financial situation while you are feeling joyful and happy. Here's an easy way to do it:

Set aside time to laugh at least once each day, but more often is better. To do this you'll need to watch or read something funny, spend time having fun with friends or family, or even just think about something funny if you have a creative imagination. You want to spend at least 10-15 minutes laughing and feeling really good. While you are doing so, send out a few strong, positive thoughts about your financial situation.

For example, while you're laughing, think to yourself, "Wow, I'm feeling really optimistic about all areas of my life, especially money. I know things are going to turn around for me. More money is flowing to me right now. I am pulling unlimited abundance into my life right now!" Or you can call up a mental image of your bank account balance being bigger, or see yourself paying your bills easily and having plenty of money in your savings account, and so on. The exact thoughts do not matter, except that they are positive, optimistic and related directly to your financial situation.

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Even better, you don't have to worry about "how" you will make all this stuff happen. Much of the time it will happen spontaneously. Either you'll receive money from unexpected sources, or great opportunities will seem to drop right into your lap. You may also meet new people that will lead to you greater abundance opportunities - the possibilities are truly endless.

But they ALL start by shifting into a more positive, joyful state of mind, and laughter is a big key to doing that.

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## #14 - Talk yourself up.

Throughout the pages of this book, I've mentioned several examples of positive self-talk but self-talk can be so powerful that it deserves a section of its own. In fact, you may be surprised to discover that much of your outer circumstances are the direct result of the things you say to yourself on a regular basis!

We all talk to ourselves, sometimes mentally and sometimes verbally. We talk ourselves through problems ("What can I do to turn this around"), remind ourselves about chores and tasks we need to do ("Don't forget to buy milk on the way home"), and even more importantly, we use self-talk to shape our perception of reality.

Self-talk is powerful because it automatically triggers corresponding emotional states and sets you up with specific expectations.

Have you ever caught yourself saying things like, "It figures that something had to go wrong, that always happens to me!" Or, "I don't know why I bother to keep trying to improve my life, I'm never going to be successful."

Statements like those are extremely illuminating if you pay attention to them because they usually reveal deep-seated beliefs about yourself, your life in general, and your day to day expectations.

If you have gotten into the habit of engaging in regular negative self-talk, you are actually drawing more similar circumstances to yourself - in other words, ASKING for them!

But just like negative self-talk can become a mindless habit, so can positive self-talk! That's right - you can actually set yourself up to automatically attract great things into your life, including more money and abundance in all forms.

The way to do it is incredibly simple: start talking more positively to and about yourself!

You're probably not even aware of it, but you have an ongoing mental conversation running every minute of every day. For the majority of people, it probably sounds something like this: "My life is so challenging. Nothing ever works out for me. I don't have enough money. I struggle to pay my bills on

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time. I'm sick of struggling for everything. I'm sick of working so hard and getting no where. Other people have it so easy and I have it so hard. It's not fair. Life isn't fair..." I could go on, but you get the picture.

What do you think would happen if these people were able to change their mental conversation to sound something more like this: "Wow, I am so blessed! Life is so great. I've got so much to be grateful for. Good things happen to me constantly. I've got so many wonderful opportunities available to me. I trust my instincts and I'm always led to the best possible outcomes. I've got so much abundance in every area of my life. I deserve all of the good things I want. Life is good. I love my life!"

Does this sound too "Pollyanna-ish" to you? Does it seem like a person who thinks thoughts like these must be living in a fantasy world? Believe it or not, there are plenty of people who not only think this way but live their entire lives with such a positive, powerful attitude. And even more importantly - the circumstances of their lives reflect it! They are indeed blessed, or what many of us would call "lucky". They have plenty of money, great friends, rewarding careers, abundant health, and much more. They constantly attract great experiences by default. They don't even have to think much about it; their mental and emotional state acts like a magnet for joy.

And you can do the same thing for yourself. Even better, you don't have to turn into a "Pollyanna" for this to work. In fact, if you can be positive just a little bit more than you are negative, you'll still see some improvements in your life! Make it your mission to simply attempt to be more positive with your self-talk every day, and then gradually increase your effort so that you will eventually be almost fully positive, and you'll still be able to make great progress.

The simplest way to start is by setting aside a few minutes first thing in the morning to think and speak positively and get yourself into a good state of mind for the day. Very often, the whole theme of your day will be based on the thoughts you think first thing in the morning. If you wake up grumpy and irritable, chances are the whole day will go that way. Likewise when you wake up happy and lighthearted.

When you first wake up in the morning, go into the bathroom and look at yourself in the mirror. Greet yourself like you would a good friend. You can grin and say, "Hi there! How are you today?" Then continue by saying positive things to and about yourself and your life. For example, "You're looking good today. You are a good person, you know that? You deserve everything good

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you desire, and you are going to attract it all easily and quickly, starting today! In fact, today is going to be a fantastic day. Everything is going to go your way today, just wait and see. Go get em, and remember - you are loved!"

Don't laugh - it really does work! At first you may feel pretty silly saying these things to yourself, but within a few days you should be feeling lighthearted and humorous about the whole thing. (On second thought, go ahead and laugh all you want because you'll just be adding more positive vibes to your frequency!)

Before you go to sleep at night, say a few positive things about yourself. For example, "You know, (name), I am really proud of the way you handled that situation at work today. You could have freaked out but you kept your cool and it all came out fine. You rock!"

Or during the course of your day you can build yourself up by saying things like, "I'm really good at my job, and I love the feeling of satisfaction I get when I complete a project." Or, "I'm learning and growing more each day and I know that each day from here on out is going to be even better!"

Finally, you can also use this same process to think more positively about your life circumstances. Try saying things like this as often as you can: "I really love my life. Life is so good. I am so lucky! I've got so much to be grateful for..." and so on.

In short, positive self-talk works on two important levels: first, it sets you up with positive expectations for your life experiences, and secondly, it gets those positive emotions flowing! The two of those combined are a sure recipe for abundance and success in all areas of your life.

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## **#15 - Take one step forward each day.**

Have you noticed that the majority of the tips in this book are geared toward altering your mental and emotional state? There's an important reason for that: your mind and emotions are where all creation starts! If you don't first get your mind and feelings in line with what you want, all the action in the world won't do much to help you. You can probably think of plenty of people who work ridiculously hard and still have very little to show for it. Maybe you are even one of those people. I used to be, so I know what a frustrating place that is to be.

However, action is not such a bad thing either, and in fact it can be a great help in getting things moving in a better direction.

So - while you are focusing on improving your thoughts and choosing more positive emotions and expectations, you may also want to begin taking action on just one thing each day that will help you to improve your financial situation. It does not have to be a BIG action - just something to begin moving you in the direction you want to go.

Right now, take a few minutes to jot down a list of 10 things you could do to help improve your financial situation right now. Ideas might include: selling something you no longer need, applying for a better job, starting a savings plan, investing money for long-term growth, going back to school for more career training, getting a part time job to pay down debt, starting your own business, having a yard sale, and so on.

The whole point of action steps like these is NOT to try to change everything yourself, but rather to make you feel more empowered as you begin moving toward what you want. As you begin taking at least one step in that direction every day, you'll usually find that each consecutive step seems easier and easier - and before long momentum takes over. Before you know it, you're making huge changes in your life and feeling great about it.

Another kind of action you'll definitely want to take is inspired action - that is when you feel you are being nudged to do something specific by the universe. For example, you might suddenly feel inspired to call a friend you haven't spoken to in a while, or take a different route home from work one day, or send away for information on a particular career option - and it will be exactly the right move to open up a new world of possibility for you.

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It's hard to give examples of inspired actions because the actions themselves might seem inconsequential - but you'll always know because you'll just "feel" that you should do something specific. When you get that feeling, definitely follow through with it! More often than not it will lead you to something great.

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## **#16 - Be okay with money flowing OUT.**

Not only should you focus on attracting more money to flow IN, it's also just as important to alter your thoughts and feelings about the money you spend. Think for a moment about how you view spending right now. Do you avoid spending money because you're afraid you won't have enough to cover your bills each month? Do you spend TOO MUCH to pacify an emotional need? Do you feel resentful about the money you send to your landlord or mortgage company, creditors and service suppliers?

The way you view spending can have a dramatic impact on your overall level of abundance. If you have unhealthy spending habits (whether excessive spending or excessive scrimping), you are effectively blocking more money from coming into your life.

Think about that for a moment. If you resent sending money to people and companies that have loaned you money or provided services to you, you are attracting more opportunities to resent sending money out! If you spend recklessly in order to fill an emotional need, you are attracting more emotional emptiness that you'll have to try to fill! If you are afraid to spend money because you are afraid you won't have enough money to cover your basic expenses, you will simply attract more situations where you don't have enough!

It sounds overly simple, but it really does work that way where the Law of Attraction is concerned.

So what IS a healthy spending attitude?

Quite simply, you want to strike a healthy balance between spending confidently yet responsibly, while always knowing that you have more than enough money coming in. You don't want to spend excessively, but you don't want to restrict your spending unnecessarily either.

This does take practice to master and it can seem overwhelming at times - especially if you have had unhealthy spending habits for any length of time.

However, turning them around is fairly simple with a little conscious awareness. Here's how to start:

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- **Begin appreciating the people and companies you send money to each month**

Flow deep feelings of appreciation to your mortgage company or landlord when you write out your monthly check to them. In your heart thank them for helping to put a stable roof over your head, and affirm that you are glad to send money to them for that gift. Do the same when you write checks to service suppliers like the electric company, gas company, oil company, cable television, internet provider, and so on. Take a moment to reflect on how grateful you are to enjoy the luxury of these services (for they are indeed luxuries that many people don't have), and affirm that you are grateful for the opportunity to pay for these luxuries each month. Do this same thing when you pay for repairs and maintenance on your home and vehicle too!

- **Share money with others.**

Even if you are in severe financial shortage right now, begin giving some money to charitable organizations - even if it's only \$1.00 per month! When you give that money, feel grateful and happy that you have more than enough to share with others. This may seem like it would be depressing - but it is depressing ONLY if you focus on the fact that you can't afford to give more. If you instead focus on the positive and affirm that your money is going to a worthwhile cause, you can't help but feel GOOD about that, and end up attracting back more money.

- **Spend money confidently when necessary.**

Have you ever avoided buying something that you really needed because you were trying to restrict your spending? It's one thing to restrict unnecessary spending, but quite another to avoid buying things you really need! The message you send to the universe when you do this is one that you do NOT want to be mirrored back in your life: that you don't have enough money for everything you need. It's no big surprise why you don't have enough money for everything you need if you regularly avoid spending with this mind-set! To turn this around, simply spend your money when you need to, and affirm confidently that the universe will make it all come out okay. This takes a big leap of faith sometimes, but true miracles can happen when you do it.

In short, you want to gradually get yourself into the state of mind where spending is okay because you know you will always have more money flowing in. That doesn't mean you should max out your credit cards and buy a bunch of things you don't really need - that just creates more problems down the road. But little by little convince yourself that you don't have to pinch pennies because more money is coming to you soon - and you'll be surprised to see

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that the more you believe this, the more often it ends up being absolutely true!

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## **#17 - Create a space for abundance.**

What kind of shape is your financial situation in? I don't mean whether you have enough money coming in, but whether it is ordered or chaotic. When was the last time you balanced your checkbook? Do you have a lot of expenses that are no longer necessary? Is your filing system up to date, or do you have stacks of unpaid bills and/or unfiled paperwork strewn about? Do you know exactly how much debt you have? Do you have a solid savings and investment plan in place?

I have mentioned several times throughout this book that focusing on lack is a bad thing - but that does not mean you should stick your head in the sand and refuse to acknowledge your current reality. In fact, I think you'll be pleased to discover that getting your financial affairs organized will create a big space into which abundance can flow!

There are three major steps to this process:

- **Clear out stagnation.**

The first step is to clear away anything that could create a blockage for the abundance you wish to attract into your life. This includes throwing away paperwork that is no longer needed, clearing off your desk or the area in which you pay bills, and eliminating money drains like old subscriptions and memberships you no longer use.

- **Organize what's left.**

Then, get organized in every area of your financial life. File away old paperwork that needs to be kept. Balance your checkbook and reconcile all of your financial accounts. Figure out exactly how much debt you have and set up a plan for paying it down, create a savings and investment plan if you don't already have one, and so on. There are two reasons why getting organized is so important: first, it helps you to see clearly where you are now, and compare it to where you want to be; and secondly, it makes you feel more empowered and in control. They say "ignorance is bliss" but not when it comes to financial issues! Rather than fearing how much debt you have, figure it out so you know for sure and you can take steps to reduce it. Likewise with how much money you have in the bank, and how much you would like to have.

- **Organize the rest of your life.**

Since this book is about attracting abundance I started with that area, but

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once that's done you will also want to carry these same actions into other areas of your life too. Clear out any material possessions you no longer need. Organize what you want to keep. Get rid of drains on your time and energy the same way, like canceling old commitments you no longer wish to keep, and so on.

Once again, this helps you feel more in control of your circumstances, which will trigger a more peaceful state of mind - and attract more experiences that support your intentions.

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## **#18 - Start small!**

I have to include one more tip for you, simply because it may save you a lot of frustration and wasted energy.

When many people first learn about the Law of Attraction and try attracting more money into their lives, they usually go right for the big money. They set an intention to win \$10 million in the lottery, or otherwise receive an exceedingly large amount of money.

It's not that attracting these things is impossible. They are definitely possible. But the problem arises when people try to take a massive leap from where they are to where they want to be, rather than learning how to crawl before they walk!

If you have been struggling financially for years, it's unrealistic to try to attract millions of dollars right out of the gate. You are likely to have MUCH more success if you take GRADUAL steps to where you want to be. And the best way to do that is to start small.

Take a moment to consider how much money you typically earn in a month right now, and then set a goal to attract that sum or only slightly more. If you want to really challenge yourself, set a goal to attract double or triple the amount of money you typically have. But avoid going much higher than that, simply because it will seem too unbelievable to you.

Once you are successful attracting modest sums of money, you can simply keep raising the bar and attracting bigger and bigger amounts. And eventually, attracting a few million will seem like a piece of cake.

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## Conclusion

As you can see from the tips shared in this e-book, attracting abundance is more a process of inner mastery and growth than anything else. The more abundant and empowered you feel on the inside, the more abundance you'll see in your outer reality - and it will be a very natural process; no struggle or strain involved.

The most challenging part for most people will be remembering to change the direction of their thoughts and gain control over their emotional responses. But like all habits, consistent effort will go a long way in creating long-term progress.

Be patient with yourself throughout your journey to abundance. Relax and have fun with it, and before you know it you'll realize that you are surrounded by goodness in all forms.

Sharon  
<http://personal-development-for-abundance.com>