

Hello and welcome to
Radical Reiki – Radical Wealth

Unfortunately, things being what they are
today, we have to start with the
necessary legalese.

Please don't take it personally. We know **you**
are a really nice person.

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We're sorry to have had to start the book in such a way, but now we can
get on to the good stuff

Please enjoy

Radical Reiki



Radical Wealth

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Introduction

You are an **exceptional** person...

We want you to know that - we want to make that perfectly clear to you, right now, right from the word go.

You really, really are a quite exceptional, wonderful, marvellous, beautiful person and there is no-one else quite like you anywhere else in the entire known and unknown universe.

It's true...!

So, take a moment or two – right now - to let that really sink in...



Okay then, how did thinking of yourself as being this unique and exceptional person make you feel? Were you able to accept it?

Was it something you felt comfortable thinking? Or -

Did you find yourself saying, 'Yeah, yeah, well that's a nice idea, and it's something I'd like to believe, but me, exceptional'?

'I don't think so'!

Well, if you did find yourself thinking that, or something similar, you're not alone...

It's the way, the majority of people think about themselves, and it's very unfortunate, because exceptional you **truly** are.

Now, you may be wondering what any of this has to do with Reiki and wealth creation.

Well, it has **everything** to do with it!

You see, the way you feel about yourself on the inside is the most effective indicator of what is and will be happening on the outside...

In other words, what you feel about yourself and your life on the inside - and by using the word inside we mean what goes on in your mind (what you think about) - is **absolutely** what will take place in your outside world.

For it's the way you **think** and **feel** about things which are the most powerful creators of all your realities...

Be it one of Reiki or be it one of wealth.

So, this is where we are going to start our journey into a life filled with both - by talking a little about what reality is and how to make yours work for you.

Reality Creation

Okay then...

So what is reality? What, to you, is really real?

Now, **really** think about it, what is real? What is **your** definition of real?

We'll leave you for a few moments to give it some thought.



So, what did you come up with?

Do you now have a fully functioning, whip it out at a moment's notice, works for all occasions, definition of **reality**?

Yes?

Marvellous - well done you. But just a minute, what's that you say?

You're not **really** sure.

Well maybe we can help out here by listing a few examples of the more commonly accepted notions.

- We call the wall of a building real don't we?
- The land that we walk on that's real too, isn't it?
- Our planet?
- Our universe?

Yes, we classify all these things as being real.

So we could say that anything that has solid, tangible form is real.

Not bad, that would work for most things, but then what about relationships between people? Some people refer to love as being real...

Some say that hate is **very** real.

And then there are dreams. Nightmares can be terribly real when you're having one.

So, maybe reality is one of those kinda elusive, ethereal type things, which is somewhat hard to actually pin down.

What is real?

Let's take the example of the wall to illustrate this point.

On the one hand it's very real isn't it? We can see it, we can feel it, we can smell it, even taste it.

It's there, it's solid!

If we tried to ignore it and run through it, crash, bang, wallop...

We can't get through.

It's hard, it has mass, it has substance, it's absolutely there, therefore it's real.

No question then, that's reality, got the answer in one go.

If it's solid, has mass and has substance, it's real. No problem, cracked it!

Next question please.

But hold on a minute, what would happen if you were suddenly the size of a sub atomic particle? To you now, the wall would not appear to be so solid...

In fact you wouldn't be able to see a wall at all; its mass and substance would be that of whirling electrons and atomic particles in motion.

There would still be a coherent pattern to this energy, of course, but this pattern would not be discernible to you because of your small size. To you, there would be enormous pathways through this 'solid' wall as big as the pathways that exist between the stars and planets in our universe.

You as a sub atomic particle could pass through the wall as easily as the 'real' you could pass through our galaxy.

But does this make the wall any less real?

To you as a full size human, the wall is solid, 'real' and it exists. To you as a sub atomic particle the wall is intangible, not 'real' and, therefore, doesn't exist at all...

Or would it be more accurate just to say that it doesn't exist in **your** reality?

Does size matter..?

So can reality be explained as simply being a matter of size, then?

Well size might certainly be said to have a bearing on our present, external, physical reality, but can it be used as successfully to explain our emotional realities?

Can size be used as an accurate measure of whether love is real?

We certainly have sayings for the size of our love, don't we?

My love for you is greater than all the oceans in the world, for example. But size, in this case, doesn't really fit the bill so neatly.

Something is definitely missing.

How about quantity then?

I love you millions. I love you more than all the grains of sand on the beach. Does quantity confirm reality?

Not really.

Then of course there are the realities that we experience when we are dreaming.

Are they real?

Well, when you are in the midst of a dream, a nightmare perhaps, even a spider the size of a house appears real doesn't it?

And for a little while even when you've woken up from the dream - it can continue to feel real, and then, fortunately, '**real**' reality kicks in and you calm back down again.

Phew, it's over!

Not so easy to define then, this thing called reality, is it?

And when you try to understand personal relationships from the 'is it real' perspective, definitions can become even more complicated.

But the second line in the ninth paragraph of this page gave us a word offering the biggest clue yet...

Did you spot it?

Yes, that's it, that's the one. That extremely innocuous and very insignificant looking small word - **feel**. That's the clue.

Yes, **really**.

Feelings are the only reality

You see, what you **FEEL** to be real - **is** real.

Now we know some of you may be saying "Oh come on, what are you trying to pull here?"

But just think about it; just allow the possibility, for a moment.

What is the common thread, which links all of the above examples together?

Go back and re-read them if you have to.

If the wall feels real, then to you at that time, it **is** real. If the land we are walking on feels real it is real. Same with our planet and our universe...

If your love feels real it **is**; if your dreams feel real, then to all intents and purposes they **are**. If the relationship you are in feels like a real relationship it **is** a real relationship.

Yes, we are aware of the semantic differences in the word feel, as in the physical feel and the emotional feel, but they actually amount to fairly much the same thing – in reality!

Play around with this concept of feelings being the real part of reality.

Feel it out.

Try it out in all the situations you can possibly think of because it's very, very important you get to know it well.

In fact it's the vital ingredient of all your future success!

Right, we're going to leave feelings there for a few minutes and take a quick look at...

How to get what you really want

Now, getting what you want is actually very, very simple...

You can have anything that you want.

Absolutely **anything** at all...

All you have to do – and this is just the first step - is **know** exactly what it is you actually want.

Now does that sound simple, or what?

And it really is that simple but, unfortunately, it doesn't seem to be all that **easy**.

When we've spoken to people about getting what it is they want in life - and we've talked with very many people on this topic - our first questions always have to be...

"Have you actually defined your wants? Have you **really** sat down, thought about them in **depth**, and committed them to **paper**"?

And, absolutely incredible as it may seem, the answer is almost always a resounding **no**.

Oh sure, they have a vast array of very reasonable excuses for **why** they haven't actually written them down yet, and yes, we believe that they really are genuine and sincere.

But the bottom line amounts, all the same, to a – "No we haven't committed to anything on paper, yet".

Now, we know what you're thinking. You're thinking, 'Oh no, they're going to talk about that old chestnut, goal setting'.

And **yes**, you're quite right, we are!

Goal Setting

Goals...

What does this word mean to you?

Does it conjure up images of soccer balls hitting the back of the net? Or does it make you cringe, and think, rather negatively, about making a list of the things you would **like** to accomplish?

It should, of course, make you think of the latter, but with these exceptions...

Your thoughts should be completely cringe and negativity free.

People the world over have heard about goal setting and list making. There has been book after book written on the subject.

There are seminars being run on a **daily** basis.

There are audio and videotape presentations virtually falling off the shelves about it.

And why is there all this information on goal setting and list making..?

Because... it **works!**

But for some absolutely incredible reason, the majority of people just will not, absolutely will **not**, commit to making one.

It's as if, deep inside of **everyone**, there's a little computer programme that kicks in **every** time you think of writing out your goals on paper.

It whirrs into action bringing up all kinds of terribly reasonable reasons for why you should put off actually sitting down and writing.

It's phenomenal but **true**.

The vast majority of people just **don't** seem capable of doing it.

And it is an incredible shame, because it really **is** one of the **major keys** to getting **all** that you desire.

Will you make any Goals?

Now, having said all of that...

Will **you** sit down and make out a list of your goals – your wants and desires - if you haven't already done so?

Will you?

Or are you already thinking of ways of putting it off?

Things like:

Yes of course I'll make a list, but first, I'll just finish reading this section. Then I'll just make a nice cup of coffee, and ponder a few moments.

And then I suppose, that really, I'll have to really, **really** think about what it is I really, really want first, and then I'll have to get a really, really nice book to write them in, and then I'll have to talk to... etc, etc, etc.

And before you know it....

But seriously though (well, as seriously as we can ever take anything to be).

Please, **please**, **please** determine to sit down and write out your goals...

Today!

Don't put it off any longer.

Define all of your hearts desires and put them on paper.
Please don't just think that by having them floating about in
your head, it's enough.

It isn't.

They **have** to be committed to paper. That, to us, is what the
word goal stands for...

**Generation
Of
A
List.**

Or even...

**Generation
Of
Aspirational
ListS,**

...if you feel better with the plural version.
(We claim artistic licence with the word aspirational - it flows
better than aspire).

How to write your goals

So, how do you write them, these wonderful goals of yours?

Any way that **feels comfortable** for you.

You can write them out just like a shopping list, such as:

New car, new house, overseas holiday.

You can be more specific:

1. Brand new, dark blue, Mercedes SLK 55 with cream leather interior and air conditioning.
2. Luxurious, six bed-roomed, detached house with swimming pool, sauna and gym, set in the country with twelve acres of manicured gardens.
3. Three-week family holiday in St Lucia, staying in five star luxury accommodation.

You can write them in present tense: I have etc, or you can write them in future tense: I will have etc.

It doesn't really matter which way you choose, they **both** work.

You can set yourself a time schedule: I will have a new car by Christmas. Or you can set no time limit at all: I will have a new car.

Again **both** methods work. You can write them out very quickly on the back of a scruffy envelope with a tatty old pencil or you can buy a special book and write them out in your best hand writing with a top notch fountain pen.

It doesn't really matter, just write them out – that's the bit that begins the process.

A few pointers

Just a few pointers before you start.

If you don't like working to deadlines don't set yourself a time limit.

The stress and tension you can put yourself under, as you see the deadline approaching - and with no apparent signs of your goal realising itself - can be enormous and, consequently, counter productive.

Don't do it to yourself.

If it **really** isn't that important to you when you realise your goal... allow the universe to deliver in its own good time.

It's totally stress free and it absolutely works.

Also when you first begin setting out your goals, start by giving yourself quite small and easily achievable targets.

You wouldn't expect to be able to go down to the gym for the very first time and begin lifting massive weights straight away, would you..?

You'd have to build up to it slowly and progressively, or you'd end up hurting yourself.

Well it's exactly the same with your goal setting and reality creation exercises.

Begin by writing out a goal for something that is only just beyond your reach.

Something that you would really like, but something you think and believe is quite easily attainable.

Maybe a good but quite expensive book you have earmarked for some future time. Maybe something as simple as visiting a friend or relative you haven't seen for a while.

Do you get the idea?

In other words, start by writing things down that you already know you can **easily** achieve. As you attain them you build and strengthen your belief system.

Then, as your belief system builds, you can begin adding items that stretch you further and further until, ultimately, **anything** which goes on your list becomes an assured reality.

Yes, of course, you **can** write something extraordinarily big onto your list straight away, there's nothing stopping you...

But can you really **believe** you can achieve it?

If you can, then go for it. If you doubt it, in any way, then don't put it on the list yet. There's plenty of time to build up to the biggest things...

Just enjoy going for the smaller things first.

All we would say to you to bear in mind when writing out your goals, is this.

The more specific you are about what it is you want, the better. And by that we mean the better it will be for **you**.

When you write things down and tell the universe you want them, these things will be delivered. If you really wouldn't be happy 'making do' with any old car, don't be vague in your description.

Tell the universe **exactly** what type of car it is you want.

An example of reality creation

A little example might be helpful here.

It's not actually about goal setting per se, but it does illustrate, quite nicely, the power **everyone** has to create his or her own reality.

We know some people, lovely people, who had a rather large and wonderful manor house set in the countryside.

It was surrounded with many acres of beautiful gardens, had its own woods, stables and a cottage. It nestled right in the middle of farmland, which they also owned, and it really was a quite idyllic place to live.

To all intents and purposes they were living the kind of lifestyle that many of us aspire to live ourselves...

In fact, they '**had it all**'.

There was, however, something that they really enjoyed doing on a daily basis.

They liked to dabble with antiques and took great pleasure in seeking out undiscovered bargains at 'house clearance' events and such like.

Actually they enjoyed it so much that they continuously told us, and many others, that if the manor house and farm were taken away tomorrow, as long as they could do the house clearance and work with antiques they'd be blissfully happy.

You can almost hear it coming can't you?

Yes, they lost the lot and they lost it all virtually overnight.

The beautiful manor house, the farm, the land, the marvellous lifestyle, everything.

It all went!

They ended up living in a run-down flat over a friend's antique shop and had to work in the shop and do 'house clearance' to earn enough to pay the rent.

Now we know that these people hadn't made a goals list for what happened to them - but they were using, on an almost daily basis, the three foundation stones of reality creation...

Thought, word and deed (think, speak, do).

They thought about doing 'house clearance' and working with antiques on a daily basis; they talked about it, to themselves and others, and they carried out the deed.

They also **thought** about losing the manor house etc, **spoke** to others about losing it and **acted** as if they didn't care about it too.

So, you see, they got exactly what they wanted.

The universe is quite impartial.

It doesn't see 'good' or 'bad', positive or negative. It just sends you what you think, feel, say, and act like you want.

The universe is a giant superstore

We hope you are beginning to understand this.

You see, the universe is just like a massive mail order superstore.

It has absolutely **everything** that you can ever imagine wanting or needing. It has them in stock all the time, and it never runs out.

So, how do you order the products?

Easy, you write them out on your order pad. (Your goals list!)

How do you send in your order? Even easier, you think about the products you want on a daily basis. (Read your list). You talk about them. (Read your list out loud). You act like the goods are already on the way.

Now as you have seen in the example we have just related above, you can still get what you want even if you don't write your wants down on a list.

What list making does, however, is to keep you focused and consistent in your desires.

It dissuades you from constantly changing your mind.

Why Does Goal Setting Work?

Well firstly and quite obviously it clarifies your thought processes.

By this we mean, it makes you really think about what it is you actually want, and perhaps this is the major stumbling block to getting people to carry out the procedure.

Perhaps people intrinsically know, deep down, that by committing to the act of list making they are about to take their wants out of the somewhat safe and cosy realm of **fantasy** - where they would prefer them to stay - and place them into the relatively real realm of **actuality**.

Maybe this idea just makes it all become a little **too** real and, therefore, a little too scary.

Secondly, as already mentioned, it brings into play that potent triad of reality creation - thought, word and deed.

And thirdly it causes you to imbue your want with **intention**, a most powerful ally.

How to use feeling

So, how does what we have just covered relate to what we were previously discussing... our **feelings**?

Well, if you can go with the possibility of feelings being the only **real** part of reality, (so work on it, because it's one of those simple truths) you will be able to understand the most important element of goal setting - and, indeed, life.

That of injecting your **feelings** into the process!

When you take out your goals to read them, conjure up your **feelings** too.

Feel what it would be like to have whatever it is you're desiring.

Feel what it would be like to be in the situation you are aiming to be in, on your goals list.

Feel what it would be like to be in that job, that relationship.

Feel what it would be like to be on that holiday, be in that house, that car etc.

As you are going about your normal daytime activities and you suddenly think about your goal, allow the **feelings** associated with the accomplishment of the goal to kick in too.

If you're not sure what we mean by this, think back to a time when you absolutely knew you were going to do something, which you really wanted to do.

Going on holiday for example!

Do you remember such a time?

The holiday was booked and the money paid. You were definitely going on holiday, it was **real**.

Now, every time thoughts about this holiday surfaced in your mind a little burst of excitement accompanied it, didn't it?

A warm feeling of anticipation and happiness, a kind of – not long to go now – sort of **feeling**.

Or think back to the time you were going on your first date. Do you remember the mixture of excitement and nervousness you felt?

The mere mention of the persons name was enough to bring you almost to the point of collapse.

The same thing occurred whenever the persons face came into your minds eye. The eager **anticipation** was almost too much to bear.

Being as a child

If these examples have not been sufficient to rekindle the **feelings** you experienced, try remembering what it was like leading up to Christmas or your birthday, as a child.

You knew what you were getting and the excitement, the anticipation was so incredible you couldn't sleep.

Sometimes you didn't even know what it was you were going to get at all - it was a surprise.

You just knew you were going to get **something** wonderful, and even then the excitement was overwhelming.

Do you remember?

We hope you do, for these are the kind of feelings you are looking for.

Perhaps not to the same level of intensity as in these examples of course. You probably won't want to be feeling sick and overwhelmed with the excitement and emotion of it all...

But it's the **feeling** you **felt** from the absolute certainty of getting what you want that you're looking for.

That warm, intensely exciting, inner glow that this knowing produced inside of you!

That's why we have said to you that it's not so important how you write down your goals. Whether they are in present or future tense; whether they are written with reverence on beautiful gilt-edged card or on the back of that tatty envelope etc.

These things are just the focus.

The important things are:

1. Write them down, write them down and **write them down**.
2. Read them on a daily basis, preferably out loud.
3. **Feel** the **feeling** of **certainty**, in getting what you want.

Oh, and did we mention that you should write them down, too?

Bringing in Reiki

Now, the following paragraphs will only make sense to you if you're already involved with Reiki...

And if you're not but would like to be, you can find out all you need to know – including how to **attune yourself to Reiki Master** – from our previous book: Radical Reiki – Radical Life which you can find here:-

<http://www.chikara-reiki-do.com/master.html>

Okay then... for those who're already attuned to Reiki.

To energise the goals that you have written down, (you have written them down haven't you?) with Reiki is to add a fourth powerful and exciting step.

Use the following ritual, which will empower and quicken the accomplishment of **any** goal in an incredibly exponential way.

So, first take your goals and sit quietly...

Open yourself up by invoking the Tibetan Master symbol above your head and allow it to sink slowly down through your crown into your heart, like butter being absorbed into hot toast.

This will have the effect of clearing any negativity you hold about the goal, whether it is conscious, unconscious or subconscious.

Then invoke the Usui Master symbol above your head and allow this also to sink down into your heart in the same way.

This will bring you more powerfully into the here and now.

Now invoke the Mental/Emotional symbol over your head and allow this to sink slowly down into your heart. This will balance and harmonise the emotional feelings you hold about the goal.

Finally draw the Power Symbol over your goals, then the distance symbol and follow it with the Power Symbol again.

Now let the energy run and **feel** the **feelings** of certainty in getting what you want.

Another powerful addition to this ritual is to write out each goal you have separately onto credit card size pieces of card.

Draw the same symbols you have just used onto the back of these cards and put them into a small book type credit card holder. (You can normally buy these book type credit card holders in luggage departments or sometimes get them free from your bank).

Carry this little book around with you and whenever the fancy takes you, run the Reiki whilst reading them through...

Always remembering to **feel** the **feelings** of certainty!

Of course, if you're not already attuned to Reiki - if that exciting step is yet to come...

You can still use the credit card technique whilst you are waiting.

Obviously the technique will be without the power and focus of Reiki, but it is still an excellent method, which works very nicely even so.



Back to feelings

Okay then, are you are still struggling with the idea of **feelings** being the only **real** things in your reality?

Or have you seen the light?

If not, then try this for size. When you die, and if you can accept the possibility of life after death, what will you really be able to take with you when you go?

You're not going to be able to take any of your physical possessions that's for sure, and most people can probably accept that...

Unless, of course, you consider yourself to be an Egyptian Pharaoh!

You can take your knowledge, and the things you have 'learned' about, but what part of these things are real?

Much of what you have stored in your head and considered as vital information whilst here on earth may not be so important elsewhere.

In other words it may not be so **realistic**.

We're referring here to the 'facts and figures' kind of knowledge of course...

Which, to our way of thinking - much venerated as it is here on planet earth - is knowledge of not much use in the greater scheme of things!

What are memories?

You can take your memories, but what are memories?

Think back to a distant memory, a **significant** distant memory, and what comes up for you?

First of all, perhaps, comes the picture, in your minds eye.

Then, if the memory is particularly strong, there comes a little rush of emotion, and you can actually **feel** as you **felt** at the time.

Is that how it happens for you?

So, what is the **real** bit? Is it the **feeling**?

Some people don't get the minds eye picture; they just get the feeling direct, or the emotion which rekindles the feeling.

Could it be that memories are just stored **feelings**?

Don't confuse emotions with being your feelings by the way...

An emotion is just energy in motion, e-motion. Looks a bit like it should belong to the e-mail family, doesn't it?

And the similarity is quite striking because they are both carriers of information.

E-mail carries information electronically through the digital/communication/network systems leaving permanent imprints in alphanumeric form.

E-motion carries information energetically through the body's nervous/endocrine/chakra systems leaving permanent imprints in the form of **feelings**.

So, as we hope you are now beginning to see more clearly...

Feelings are the only **real** part of our reality.

But don't worry if you still can't accept this because, when all said and done, this is **your** reality and if this concept doesn't fit, then that really is just fine.

But just remember this...

If you **really** want your goals – your wants, dreams and desires – to manifest in your life...

Feeling the **feeling** is **the** key to unlocking the prize!



So, let's get back to our goals again...

What do you mean, you can't?

We hope that's not because you still haven't gotten around to writing them out, and you're hoping we won't notice.

No, no of course not, how silly of us to suggest such a thing...

That's not it at all, is it? You've written out all your goals by now haven't you?

Seriously though, did you find it difficult to allocate the time to do this simple exercise?

Did you?

You probably either got straight down to it (**very unusual**) or you discovered a whole raft of things you had to do first (**very normal**).

Or perhaps you started the project with enthusiasm and did a partial brain storming session, writing out, in rough, what you thought you really wanted.

And now the paper still lies unfinished but you feel okay about it because at least you've started, and you know everything will become clearer in your mind if you just leave it alone for the moment.

You're thinking...

I'll get back to it and finish it soon, very soon, honest.

Yes, we've been there too

It really is quite incredible isn't it?

Who would have thought such a simple task was so difficult to carry out. Could it be why so many people are having difficulty in getting what they think it is they want?

And yes, as you've probably noticed, we know all the excuses so well because we've used them all too...

We've been there, done that and have a whole wardrobe full of T-shirts to prove it.

So now that you've had your memory so engagingly jogged, you will recall that we talked about getting what you want through this wonderful concept of goal setting, calling it the basics.

And we called it the basics for a very fundamental reason.

Because if you cannot actually **clarify** what it is you really want out of life, there is little chance of you manifesting it into your reality.

It is the base on which you can build all of your glorious futures.

Yes we have used the word futures, as in the plural, intentionally here, it is not a mistake. You don't just have one potential future you have as many as there are stars in the night sky.

You see, **nothing** is written in stone.

If you have written something on your goals list that is no longer required, **change it**.

You can **always** edit your list and it will **always** edit your future. You have as many futures as you can conceive of and they're all there waiting for you to experience them.

So, let's go into that in a little more depth.

Multiple futures

Consider it like this.

See yourself, in your minds eye, as being at the center of the universe, which, indeed, is where you are.

You are **always** at the center of **your** universe.

So here you are, at the center of the universe, looking out at all the celestial bodies that exist all around you. Can you see them in your minds eye?

If you're having trouble just try and recall what it is like looking up into the night sky on a clear evening.

As you look up you can see just a few pinpoints of light shining there. But as your eyes adjust and accommodate, more points of light begin showing up. The longer you look the more appear until, almost like magic, the whole sky is absolutely cram packed full.

As many futures as planets in the universe

Can you see this now? Good, hold that image.

Every one of those billions of shining points of light that now lie all around you can be thought of as being the amount of futures you have before you.

You see, **all** your futures **already** exist.

That's right, every conceivable future in every conceivable combination that you could possibly imagine, even in your wildest dreams, **already** exists.

Yes, it's just like looking into the night sky.

There's billions upon billions of celestial bodies, and they already exist right now.

Trouble is, you can't actually see all of them with the naked eye. In fact you can't see them all even with a giant observatory type radio telescope.

And the thing is this...

If you began to move out into this universe of ours, even at the speed of light, you would still be surrounded by and continue to be discovering more and more celestial bodies.

The number is just so fantastic it is beyond our comprehension.

Have you got into this visualisation now; can you see the **immensity** of the universe in your minds eye?

It really is incredible isn't it?

Now hold on to that image and we'll attempt to marry it all up to allow you to get a glimpse of how your individual futures look.

Surrounded by potential futures

So here you are surrounded by all these celestial bodies.

Now just think of every planet, every star as a **potential** future of yours.

If you wanted to travel to one of these nearby bodies you would simply aim yourself at it and go. (Imagine you're Superman or Superwoman, okay).

When you got there you could immerse yourself completely in the planets goings on and experience all that the planet could offer.

If you liked the environment you would probably stay a while.

But if you found you didn't like it you could very quickly move on.

Okay so far?

Beginning to appreciate the analogy? Excellent, we'll move on then.

Now as we've said, all of these planets and stars can be taken as being representative of your incredibly numerous and varied futures.

And you're standing, or maybe we should say floating, right in the middle of them.

Everywhere you look you can see an endless panorama of these celestial bodies, which, you can now take - using this analogy - as being your **potential** futures.

You're absolutely surrounded by them.

Of course you won't actually be going out hurtling about the universe landing on these different futures, but what you will be doing is **pulling** these futures unerringly towards you.

You can imagine, though, that you are being pulled towards the planet/future you desire - much like a space traveller heading for a planet - if that's what works best for you.

You see, each time you decide what you want out of life you align yourself with a future that already exists and begin attracting it into your reality.

You don't have to create this future; it's already there (just as the planets are already there).

So when we say you create your own reality, what we really mean is that you **pull to you** a reality that **already** exists.

Now, we hope this is not becoming too confusing.

Don't start thinking that if the future already exists it takes away your power, for it does not. After all, it was **you**, who created all your futures in the first place!

How it works

What is happening is this...

You have a **thought** about what it is you would like to have or experience in your life.

This rotates and aligns you until you are facing - are in perfect mental alignment with - the particular future reality exactly matching your **dominant** thoughts and desires.

Now, visualise yourself as an enormous, extremely powerful magnet if you will.

For - when you're imbuing your thoughts with the power of your feelings - it's actually what you're being...

And you're activating the **Law of Attraction**.



You see, **everything** is constructed from **thought**.

Even looking at things from a non-metaphysical perspective you can see this to be so. Everything that appears in our present reality had its origin as a **thought** in the mind of the producer.

Don't just take our word for it though, look about you.

Look at your home. It began its existence as a **thought** in the mind of the architect. Your clothes began in the mind of the clothes designer...

Same as your car, your television, your hi-fi, your computer, your... well, we're sure you get the message.

Everything that exists in our reality started out as a thought.

Metaphysically speaking (incidentally metaphysical simply means: that which lies beyond the physical senses. Don't get caught up in the overly complicated meanings as given in dictionaries) this is also true.

In fact you could quite accurately say, and you can always quote us on this:

'Thoughts R Us'

Because thoughts are indeed what we are!

We all began our existence out of pure thought. Divine sparks of **divine thought** from the mind of **God**.

Yes, in our present realities it's a matter of:

'Thoughts Rule, Okay'

The sparkler analogy

Another analogy you might like to use which may allow it to become a little clearer, is to see a sparkler firework in your minds eye.

Have you got it?

Yes, that's the one, the firework that children love to hold and try to write their names in the air with.

Now try to see yourself in the center of the sparkles. You are floating in the air and all the sparkles are emanating right out from your body. All around you, wherever you look, you are completely surrounded.

Okay, do a **freeze frame** routine for a moment.

So, here you are suspended in the air with millions of these sparkles frozen in time all around you...

Can you see them?

Okay now, within this freeze frame routine imagine yourself able to move around quite freely. You can move around within the centre of the sparkles but the sparkles aren't going anywhere.

Have you got the picture?

Right, now just take the time to look all around you. Look up, look left, look right and look down.

All those beautiful sparkles completely enveloping you are representative of all the distinct and separate futures that have the **potential** of manifesting into your present reality **right now**.

How do you manifest them into your reality..?

By using desire, expectancy and feeling the feelings of accomplishment.

Every time you think a thought it generates energy - thought energy. Now if you look again at all those sparkles, you will see that, at the moment, they all seem to have a similar intensity.

They all seem to have the same amount of brightness.

The power of thought

But when you direct the energy of your thought in the form of feelings, desire and expectancy towards a particular one, it begins to glow more and more brightly.

This particular individual spark of future then becomes a **possibility** for manifesting into your present reality.

As you continue to focus on this future - this future which you **desire** - as you send it more and more thought energy it becomes brighter still and it becomes more than a possibility it becomes a **probability**.

A probable future that **may** become manifest as your reality...

If you continue to remain focussed, if you can refrain from becoming side tracked into thinking about some other future, this probability will become an **actuality**.

This, of course, is where your goals list becomes **imperative**.

It allows you to remain focussed and **consistent** in your desires.

It enables you to keep sending your magnetic energy of **thought/feeling** into the very future you **desire**, to pull it unerringly into your present...

You are able, several times per day, to read out and think about the exact same goal or goals.

There is an incredible consistency about this approach and it really does pay splendid dividends.

You see, if you don't have your wants and needs written down on paper, you run the considerable risk of becoming too inconsistent in your desires.

You can go off on splendid but somewhat disempowering tangents, continually **changing your mind** about what it is you think you want, as new thoughts and influences make themselves known to you.

The media

And this is what the media's counting on.

They'll constantly bombard you with all those glorious images of what, in their expert opinion, it is you **should** be desiring now.

They won't allow you to be **content** with what you already have.

They'll bang on and on about the newest most highly desirable, innovative product to have come off the latest production line.

And how you really, **really** must be seen as having one in your life if you are going to be considered as being a someone. And how you won't be considered as being an **anybody** until you have purchased one.

Yawn, yawn, boring, boring...

But it goes on day after day and millions of people buy into it.

They live their lives governed by the hype, whims and opinions of others.

What these other people **think** and what these people **say** becomes more important to them than their **own** opinions. They begin to lose the focus of what it is **they** really, really want.

They become lost in the maze of smoke and mirrors these highly paid advertising executives are trained to create.

Empty-headed realities for empty-headed people...

But we digress...

We were talking about goal setting and how setting these goals can be taken as being the basics of reality creation.

So what we'll do now is continue on with this theme and introduce the more advanced stages of understanding how to create, or more properly, how to bring **to** you, the kinds of realities you **really** want to experience.

We covered **some** of the intermediate stuff when we went off on that protracted tangent just now. But if you didn't spot it, it was the part discussing how your future realities already exist, and how to attract them to you.

So you're **now** clear on what you want.

The list is written out in a way that feels good to you. You know that each and every one of these goals is part of a future, or futures, which **already** exist, and you're about to start pulling 'em in.

You get yourself ready, relax, get out the list, use the appropriate Reiki symbols with the appropriate Reiki techniques, pour forth your intention and wait...

You're not sure how long it is you're going to have to wait, of course, but you're certainly not going to give up now, are you?

And this is how it starts for many who begin the conscious process of getting what they want.

They have armed themselves with this knowledge of the basic and intermediate techniques for reality creation and they trust that it will work.

And for some it does, which is marvellous, but for many, many more it does not.

Why is this so?

Well to answer that question we'll have to deepen our understanding.

The universal superstore

As we have said before, think of the universe, as being a giant warehouse full of **all** the things your heart could ever desire. But, also know that it contains all the things you might not want as well.

Now caring, considerate people who have your best interests at heart do not staff this universal warehouse...

It is an entirely automatic despatch service.

It will just parcel up and deliver anything that you order.

It will **not** think to itself, oh dear this person has just asked for a whole container load of hardship and pain, now obviously they don't really want this, so let's not bother sending it.

It simply gets on with the job.

It's your reality, no one else's

And why, you may be wondering, does it not have this filtering system?

Because (be - cause) **you** are the sovereign power in your universe.

Nothing can override that. You have total **free will**.

To allow the universe to make a choice for you, even out of supreme benevolence, would be to over rule and thus **disempower** you.

This is **not** the way that it works.

It **cannot** be.

If you order hardship and pain, hardship and pain is what you'll get.

You have to receive it and it'll come by the bucket load.

Are you perfectly clear on this point?

Life, fate, destiny, **God** the universe, call it whatever you will, has **nothing** to do with running your reality.

You, and **only** you, run it. You – just **you** - create and run it all.

Your dominant thought is all

If what you're thinking about all the time is hardship and pain there is no one else to over rule you.

There is no one who is going to force compassion upon you.

You are free to experience **exactly** what you **choose**. So please choose wisely.

When you are **thinking**, you are also **creating** your reality.

And you are doing so by using the power of your thought alone.

Sure, you might spice it up using the various facets of belief, choice, desire, attitude, imagination and expectancy but thought is still first cause.

No external God runs your life

Now many people - including some who **say** they know they create their own reality - labor under the mistaken belief that some external **God** or supreme power is continually looking out for them.

Some even think that an outside God or some other supreme power is actually **doing** it all for them or, in some cases, doing it **to** them.

They look upon themselves as being some sort of puppet being controlled, from behind the scenes, by some form of **divine** puppet master.

It is their belief that if they get themselves into any kind of mess some big hand, will magically appear in the nick of time...

That this friendly hand will descend into their lives, brush aside the danger, and then scoop them up in a loving embrace and ultimately make everything all right again.

The great hand of God

This big hand of God may leave it right up to the last minute before appearing on the scene, giving them quite a scare, but come to the rescue it will.

It may well be invisible but its arrival, they think, is inevitable.

For the people who have this belief - and for a great many it is a very strong belief - it may well indeed happen.

But it won't really be the intervening hand of God as they understand it to be. The help will come from **within** themselves - from their own divine consciousness - from the application of their own thought processes.

And it will be weighted towards the balance of the dominant thoughts they have been thinking.

The master key

It is this balance of **dominant thought** which is crucial to the success, or failure, of anything you wish to have show up and become manifest in your present reality.

It is the key, and it is the master key.

Okay we're just going to back up a little, and gather all the strands together.

We want to present you with a complete and cogent workable, formula for faultlessly manifesting positive and ever expanding realities you will enjoy experiencing.

To help us to do this we'll back track to the sparkler analogy and take it from there.

So summon up the sparkler picture in your minds eye once again. Remember, you're floating in the middle of all the sparks, which are emanating out from you as the center...

And you have freeze framed the picture.

You are sending out your thought energy, in the form of desire etc, towards the one brightly twinkling spark of a future you have fallen in love with.

As your **desire** etc increases and becomes stronger, the spark becomes brighter and brighter and may even begin to change color a little. Your intention to **realise** this future activates the laws of attraction and this immutable law is set in motion.

You begin to pull this particular future towards you as certainly as a magnet will pull iron filings towards it.

Psychics

Incidentally, this is how psychics are able to predict what is about to take place in your future.

Their attention is drawn to this most brightly twinkling sparkle...

They are able to see within this beautiful spark of probability you are generating and tell you what they see.

But we digress, yet again.

The A to Z of reality creation

So let's take it right from the beginning - so that there can be no mistakes.

You have sat down and really worked out what it is you want both **in** and **from** life. You have written these wants onto a piece of paper and you are referring to them and reading them out loud three times on a daily or, better yet, twice daily schedule.

You are aware of the tremendous power of being **consistent** in your wanting and you're not being side tracked by any of the current advertising media - exhorting you to be or buy something you don't really want to be or buy.

You have decided to aim slightly low for the first few items on your wants list, **knowing**, deeply within yourself, that they are definitely attainable...

This gently increases the growth rate of your **believing** muscles allowing them to fully develop to the point where they become massively strong. This **gradual** developmental exercise routine makes it far easier to maintain the patterns of belief necessary to allow you to bring in the bigger and better things you desire.

Knowing that absolutely **all** the possible futures are already in existence, patiently waiting there in front of you, you don't put yourself under any undue pressure to make them manifest.

You know that, just by thinking about having them, they will turn up in your reality sooner or later. And if it's later, even a lot later, then that's just fine.

You understand **everything** has to be consistent with your wanting...

That by actually **feeling** the **feelings** of how it will be to have whatever it is you desire, reinforces this consistency and accelerates the procurement of your desires.

Bringing in the Reiki

Reiki has now been brought into the equation.

The appropriate Reiki symbols have been drawn on the paper and you are also drawing them out in the air over them when you do your Reiki meditations.

All these things you now fully understand and you confidently **expect** the objects of your desire to become a firm reality.

Only sometimes they don't.

What's gone wrong?

You're doing **everything** correctly. You're being persistent and consistent. You're following the instructions to the letter and only the small stuff's coming.

There **must** be something missing from the recipe.

It's always the same, you think. No matter whose instructions you follow you can **never** get the big stuff to come.

You begin to doubt

How many times have I tried now, you say?

Every time I try to make my life work as successfully as I want it to be, I get so far, and then it just doesn't seem to get any better.

Help me.

Will somebody just help me? **Please.**

The frustration builds and builds until finally you cast aside all belief in metaphysics and universal laws actually working.

It's just a load of old rubbish you say to yourself.

You may even sink back into thinking that you have absolutely no control over your life at all, never mind the ridiculous notion that you can actually create your own future.

You begin to think that whoever wrote 'Life's a bitch and then you die' must have been right...

It's only the lucky ones who make it to the top. Life deals you your hand and you have **no option** other than to play it out to the grim and bitter end.

Have you been there already - have you?

Can you identify with these last few paragraphs?

If you're fairly young and totally new to metaphysics, maybe you can't. But if you've been at this game of life for a while, and things haven't panned out the way you've wanted them to, you probably know exactly what we mean.

So what's the problem?

Why is it that creating the small stuff is relatively easy and bringing in the big stuff is so very hard?

Well to answer this question properly, we will have to take a look at...

The duality of everything

You see, we live in a relative universe, and by that we simply mean - in order to understand the experience of anything at all, we have to be able to **relate** or compare it to something else...

If you want to experience the sensation of being **here**, then the notion of a being **there** has to exist too.

If you want to know what it's like to be tall, short has to exist.

There has to be a duality - an up and a down, a light and dark, a positive and negative...

Or you wouldn't be able to appreciate one from the other.

This concept of duality is **essential** for you to be able to know and appreciate the experience of anything. If the opposite did not exist, whatever it is you wanted to experience would not exist either.

Do you understand this..?

For **anything** to exist, its **opposite** has to exist as well.

How duality affects money

Okay, so how does this affect our ability to attract the realities we want to experience?

Well, let's take the subject of money.

We know it's dear to the hearts of many and, after all, it's probably why you bought this book. But instead of calling it money let's refer to it as prosperity and abundance.

For abundance to exist, then scarcity has to exist also.

For wealth to exist poverty has to exist too.

If a future of prosperity and abundance is to exist for you, a future of penury and paucity has to exist as well.

Both these futures are possibilities, which exist around you at all times. You **cannot** have the existence of one without the other.

So when you are writing down your goals to align yourself with an already existing future of prosperity and abundance, the glowing sparkle you are attracting to you also pulls the opposite with it as well.

It **has** to do this because it could not exist without its other half.

And you know what?

It is part of the human condition that it always seems to be easier to think about the **negative** than it does the **positive**.

The balance of your thought

This means for the greatest part of **any** twenty-four hour period the balance of most peoples thought is weighted towards the negative spectrum...

Their dominant thought processes seem to revolve around lack, hardship and pain.

And this is never more so than with the subject of **money**.

Yes, we're sorry but money really is the right word after all. Abundance and prosperity is not definite enough is it?

We **all** want more money and we want it **now**.

Discovering the balance of your thought

So how do we discover our innermost thoughts and feelings about money? How do we know what the balance of our thought processes regarding money really are?

Try this.

When you sit down to write out the cheques to pay your bills, how do you **feel**?

Do you feel generous and giving, **knowing** that there is plenty more where that came from? Do you feel that you are so prosperous and abundant that these bills are no problem at all?

So much so that you are even tempted to add in another couple of hundred dollars or so just as a gratuity ;-)

Is this how **you** approach your bill paying?

Or do you gather your bills around you at the end of the month in some sort of depressed sense of doom and gloom?

Do you always count up the totals and try hard to suppress the sense of rising panic because there always seems to be too much month at the end of your money?

Do you find yourself actually resenting the fact that these bills have to be paid at all?

If you identify more with the last few paragraphs, then it's quite probable that **lack** is your dominant balance of feelings towards money.

How do you shop?

When you go shopping for necessities do you just put what you want into your shopping cart or do you carefully look at the price and consider if you can afford it?

How about eating out?

Do you just get out there and enter the very best restaurants, ordering everything you fancy?

Or do you carefully think about how much you should be spending and quickly pass by these more up market establishments with an "I can't afford those prices" kind of feeling?

What is **uppermost** in your mind when you go looking for presents for either yourself or your loved ones?

In fact do you **ever** go looking for presents for yourself?

Do you shop with a strict budget or an - I don't care about the cost attitude?

You see, all these things give you an indication of how you feel about money. They all indicate the balance of thought you are holding about it.

As ever it is your thoughts and feelings

And it is the thoughts and **feelings** that you hold for the **majority** of the time that will decide which reality you draw to yourself.

It will be either the positive expansive reality where you receive everything on the nicer side of life...

Or it will be the negative contractive one, where everything is not quite good enough.

This understanding is **imperative** for producing the positive realities you want to experience.

It's a simple understanding but it's not an easy one...

Knowing it is simple - acting upon it is not!

So, try this

Try to monitor your thoughts and **feelings** about money for approximately seven days.

We won't ask you to actually write them down on paper ;-)
but if you find that you **can** do so, more the better.

When you are considering a purchase **feel** what's going on inside you – usually in the pit of your stomach. Is there a slight contraction of the energy there, when you think about letting go of the money?

Does it feel like the expansive feelings you may have been experiencing when entering the store, begin to pull in a little?

Let's try and put this into more concrete terms.

Imagine that you have invited some of your family out for a meal. Not a big fancy slap up deal, just a simple get together at a middle of the road café or restaurant.

If you haven't got enough members in your family invite some friends as well. You need to have six or more people with you to let this work successfully.

Now don't panic too much at this point it's only **imaginary** at the moment, remember...

Although the way you're **already feeling** about the prospect of paying for a few meals may right now be nicely indicating your balance of thought in this area.

Okay now, let's go treat some friends and family.

So, you're entering the eatery and a waitress shows you to a table...

As you're all sitting down she says, "Would you like me to get you some drinks before choosing your meals?" She pulls out her pad, and everyone starts giving their drinks order.

This takes you completely by surprise, you hadn't bargained for this.

How are you **feeling**? Is that tightness there again?

You enhance your calm and pick up the menu. Bloody hell, the prices are a bit steep, and an involuntary gasp escapes your tightened lips like a high-pitched fart.

You quickly cover your embarrassment with a hearty cough.

Is it getting warmer in here?

The fact that there are fifteen different types of meal on offer doesn't interest you in the least. You're too busy trying to calculate seven main courses at an average of what seems to be almost \$19.99 a shot, **plus the drinks**.

And then you hear your partner's voice "What's everyone having for starters then?"

Oh God, they're all about \$10 a piece!

Are you getting an idea of how you **really** feel about abundance?

Do you find yourself choosing the least expensive meal on the menu?

Even though it's not quite what you'd like to have.

Saying, “No, no I don’t fancy a starter, never really eat them”, whilst mentally deducting the cost from the total bill...

Hoping beyond hope that everyone else follows your lead.

Have we slipped from imagining to **actuality** here? Is this maybe how it happens for you?

And we haven’t even mentioned the possibility of sweets and a cheese board with coffee to follow!

But perhaps this is not how you think it occurs in your reality when you go out on the town. Perhaps you are thinking that when you push the boat out, you really push it out, with no restrictive feelings at all. And this is good to hear...

Because the next thing is to take it from **imagining** to **actuality**!

We are encouraging you to do it for **real**.

Yes, that’s it, go and book a table for seven people right now...

Right this minute - whilst the idea’s fresh in your mind.

Just leave the screen as it is, and go do it.

How do you feel now?

Whoa there, did that make you blanch a little?

Did millions of really, **really** genuine excuses of how this wouldn’t be possible, crowd into your mind just then?

What’s the balance of your thoughts right now? Did the idea of spending some money make you feel good, or did it make you feel a little shaky?

If you feel that taking out six other people is perhaps a bridge too far, what about just taking out your loved one. But book

at a real top notch place and let them choose **whatever** they like off the menu, and **you** do the same.

Don't try influencing them to pick out the cheaper dishes.

If they don't know what to have and ask your advice on a couple of dishes, don't let price be your guide...

Even if the difference is quite large!

Watch your thoughts

What you're trying to unearth here, is your genuine feeling about money, or rather the letting go of it. If the thought of spending makes everything **contract** within you, then this is your dominant attitude when it comes to issues of abundance.

You are probably afraid of letting it go in case there is no more. And it's this feeling of lack that you have to work on releasing.

The universe truly is an abundant place, and you **have** to **believe** that with an absolute cast iron conviction.

It is totally unnecessary to hoard anything at all and this includes money. If you think otherwise, you have bought into the man made belief system of there always being '**not enough**'.

The natural state is one of bounty

Does nature have to hoard its bounty?

No.

Do you ever see the branches of a fruit tree sweeping down to thwack the hand of anyone trying to take its fruit?

No.

Does a farmer have to ponder about whether or not to leave his crops in the soil because he fears the land will fail to produce a harvest next time?

No, of course not! If he did that they would just rot.

You see there's always enough, there always **has** been and there always **will** be.

The concept of lack has to exist however, or there couldn't be a concept of abundance, as we've already mentioned. And there also **has** to be this **possibility** so that people, who want to experience it, can do so.

All you have to realise is that it is not inevitable, and you certainly don't have to buy into it.

Always watch how you are thinking

You **have** to watch the way in which you are thinking, at all times.

And being in a physical reality helps you to do this in relative safety. When you think a thought in the physical realm it takes '**time**' to manifest, which is a very helpful thing indeed.

If we didn't have this cushion of 'density' and 'time' to slow things down, certain thoughts may lead to events we bitterly regret.

Could you imagine committing a faux pas in public, and **wishing** that the ground would just open up and swallow you whole, only to find that that's **exactly** what would happen?

What about thinking how grand it would be if a loved one, who had just offended you, has a heart attack and die, and it **instantly** occurs? Or in a fit of peek wishing everyone to disappear - and they did?

Wishes are thoughts and thoughts are very powerful, especially when laced with emotion.

Everything you are experiencing today has come about because of thoughts you had in the past.

It was the way in which you were thinking **then**, that brought your present (remember pre-sent) reality to you now.

Change your mind, change your now

So if you don't like your now, then change your mind. Change the way you are thinking **today**.

The past only has influence on your now if you use it as a template for your thinking today. Your power for change exists totally in the now.

It is the way in which you are thinking right now, right now **this** moment, which will determine your future.

If you are thinking in terms of financial hardship, then that is the reality you will pull to you.

It is inevitable.

It is universal law.

Think only of prosperity and abundance at **all** times.

You don't get up in the morning and worry about whether there is enough oxygen in the air to keep you alive. You don't deliberately slow your breathing, holding onto every breath for as long as you can, just in case it runs out.

You just get on with your day and never give it a second thought, nor even a first one for that matter.

So think about money in the very same way.

When you let some out, just know that there is **always** some more where that came from to take its place. It's just like the air in the atmosphere.

So go book that meal. Keep the balance of your thinking in the positive, and enjoy yourself.

We'll see you again after you get back, and continue with this same theme.

It's the foundation of all the other laws of the universe.

And it can bring you **everything** your heart desires.

'Bye for now.



Hi there, nice to see you again. How did the meal go? We hope it went well.

Did you take out the six people and give them a real good time, without worrying about the expense? If you couldn't raise yourself to that challenge, did you just take out your partner, or, your significant other, to use today's modern idiom?

Or did you just not bother at all?

Now we don't know what went on for you, but the most important thing is that you remember, and continually recall, the balance of your thinking when you came to whatever decision you came to.

Now again, only **you** know what was going on in your head, so be scrupulously honest with yourself.

Don't cheat here because it really is only **yourself** who you are cheating.

Watch your mind chatter

We cannot hear your mental reasoning, if reasoning and not **fear**, was used.

We cannot hear the background mental chatter, which continually goes on within your particular mind. But what we can do is run through some of the most common scenarios people experience.

Our hope is for you to recognise yourself within these scenes so that you can begin to get a handle on where you are coming from.

Of course, if you actually **did** take out all your buddies or family and had a brilliant time, with not a care for the expense, then just bear with us for the next few paragraphs.

You can sit back; give yourself a well-deserved pat on the back and feel not a little smug...

For you're obviously beginning to 'grok' the fullness.

Right then, for those who are still not fully tuned in to the notion of divine abundance through balanced thinking, we offer the following more detailed version of the eating out example, from before.



You read to the end of the previous section and thought to yourself, "Yes, I think I see what they're getting at here and I'll damn well do it. Hang the expense I'll go book the table right now".

And off you headed towards the 'phone.

Your mind cuts in

On the way, of course, a few million other thoughts come to the surface.

Who should I invite?

What restaurant should I book?

What day should we go?

What time should I make it?

What if Great Aunt Floss can't come?

Should I really invite six other people?

It surely won't matter if I only invite three will it?

After all it's probably easier to arrange a get together for four of us rather than seven.

Even so I'd better check with them first.

Yes, that's what I'll do, I'll check with them first. Now is it convenient to do it now?

No, probably not, I'll do it later...

And what's actually happened is that you've fallen at the first hurdle, because later hardly ever comes, does it?

There's always something else that has to be done beforehand.

You've, quite conveniently, managed to talk yourself out of taking immediate action. And if you don't take **immediate** action, the balance of your thought tends to slip over into the more negative way of thinking.

Some people, of course, try to dress up these negative thought processes...

They convince themselves that they are only being **rational**.

They are then more able to forgive themselves for not carrying the action out.

Look beyond the rational

The rational mind is **very** clever; it can make almost anything appear reasonable. But we have to practice getting behind the rational mind to the deeper levels of our being.

Behind this oh so very reasonably sounding rational mind, penetrating below the surface and behind the smile.

And when we start to look into these deeper levels we find that underpinning almost all our conscious thought processes is the emotion of **fear**.

Sometimes this fear is nameless, sometimes it's not.

But it's there nonetheless, like a living brooding thing, which colors the outcome of everything we try to create.

We'll return to the subject of fear again in a few moments, but for now let's get back to our original theme.

The second step

So you **haven't** fallen at the first hurdle.

You've decided who you're taking out for the meal, you've got in touch with them, arranged a mutually convenient day and booked the table.

Well done you. How are you feeling now?

Are you **still** comfortable with it, bathing in that glow of excitement and accomplishment? Or are you beginning to have regrets?

Notice your thoughts and **feelings**; don't let them slip by you.

The day for the meal arrives. How are you **feeling** now? Keep a check on your internal dialogue - those conversations you have with yourself in your mind.

Are you expanding or contracting?

You arrive at the restaurant door. How are you feeling?

Are you feeling open and expansive, or are you closed and contractive. Do you hope that everyone, including yourself, has a wonderful time and really enjoys spending your money?

Or are you hoping that **everyone** is going to be reasonable and restrict themselves to all the cheaper items on the menu.

Keep monitoring these thoughts, they **continually** show you your positive/negative balance.

Are your thoughts negative or positive?

In you go. Now **watch** what is happening within you.

Are you looking at the décor to see how expensive it's going to be?

Is this from a positive or negative position?

Are you eyeing how the other diners are dressed in a similar attempt to elicit the probable cost?

Are these thoughts positive or negative?

You are taken to your table and given a copy of the menu. Is your first reaction to scan down the prices before looking at the dishes?

Is this from a positive or negative outlook?

Is there a knot of discomfort building within you as your guests choose their meals? Are you mentally adding up the cost and regretting the fact that you agreed to pay for everything?

Well okay, we won't belabour the point too much more.

With what we said in the previous section along with the above, we're sure you must be getting the message by now.

Every event that takes place in your life, **every** event - not just the ones connected to finances - has the potential to provide you with either a positive or negative influence on your thought processes.

And by continually monitoring the polarity of these thoughts you begin to understand the predominant balance of them.

You can even go as far as to label them with a plus or a minus if you like.

Plus or minus?

For example if you are considering something new in your life, perhaps a move to a bigger house, write down your thoughts and feelings in list form.

Then look at the list you have produced with a dispassionate eye marking each entry with a + or a - and add up the scores.

If there are more negatives the balance of your thinking is in the negative camp.

If there are more plusses...!

It only takes a few goes at doing this little exercise to become familiar with the way you think. In fact you will probably already know which camp your dominant thoughts live in, without having to do the exercise at all.

Shall we hazard a guess at them being, ever so slightly, in the negative camp.

Yes we thought so; it would be rather unusual if they were not.

It's part of our mental conditioning

You see it's fairly well ingrained within all of us. And the process starts the moment we leave the womb.

Our parents have been led to believe that we live in a world of finite possibilities. They have been brought up in an atmosphere of constant lack, hardship and pain and they dutifully pass these beliefs on to us.

There are not many families who have gone against this trend and shown us a world of **infinite** possibilities.

It is not the fault of our parents, of course, they obviously did their best for us, all of us. But they believed in all the sayings that have been passed down from generation to generation.

All the:

- Money doesn't grow on trees
- If you want to get anywhere in life you have to work hard for a living
- Life's a bitch and then you die...

Kind of thing.

Yes, you know them all don't you? And you can probably recite many, many more.

We all seem to live in a world where 'negativity rules ok', and anyone who comes from a different mindset is, too often, ridiculed to distraction.

Our parents were wrong

But we're here to tell you that your parents were wrong. That society is wrong.

The world is a breathtakingly abundant place and you are fully entitled to a share in its glorious bounty. Life is not, and never was, meant to be a struggle.

How could it be?

To think any differently is to deny your origin.

Always remember, and try never, **ever** to forget. You originate from God, you **are** God, and you can live the life of your choice.

We'll say that again for more emphasis. You can live; in fact you do live, the life of **YOUR CHOICE**.

And it is the balance of your thought, whether negative or positive, which determines the flavor of it. It can be as glorious as you would like or it can be as dismal as you would like.

But it is all of your own making.

Okay then, let's pull together a few of the threads on abundance and reality creation for greater clarity.

Everything comes from thought

You now know that everything is created from thought. And that means absolutely **everything**...

From the existence of the universe - right through to the existence of **you** - and your world!

By using the word world here we do not actually mean the planet Earth. Everyone inhabits a world of their choice and

there is a world of difference between the world **you** inhabit and the worlds of others. You have probably heard it said...

“They live in a different world”. It is not really derogatory, it’s true.

You also know that every thought that you think has impact.

It creates the reality that you are presently experiencing, and it can be either positive or negative.

You understand the importance of clarifying your wants and needs and writing them out on paper. These are your thoughts in physical form.

Consistency

You understand the importance of becoming **consistent** with your desires and know that the act of constantly changing your mind, will severely limit any successes you are likely to have in this area.

You understand that all your futures are already surrounding you and that you don’t really have to ‘create’ anything at all.

You just have to **attract** the future you want to experience to you.

This you do with the magnetic energy of your thought.

These thoughts can be dressed up in the guise of your attitudes and beliefs, your choices and decisions, your imaginings, desires and your expectancies but they all originate as, and are underpinned by, your thoughts.

All these processes cause the movement of energy within you and this movement can be felt.

They become your **feelings**.

And when your **feelings** and the balance of your thinking are in positive harmony - when you are feeling good about everything - the positive reality you want **will** manifest.

We hope this is becoming clear to you.

We have repeated much of what we have said before and this is no mistake.

The more you hear it the more it will sink in, and this brings us nicely on to the subject of...

Affirmations

What are affirmations?

Well let's look at the first part of the word itself. To affirm is to assert strongly or state as a fact. And it is the second meaning, which is the most **important** to note.

When you think something and then continuously say it out loud, as fact, your **subconscious** mind will take heed and act on it.

Your subconscious mind holds **all** the information of what has happened to you since you came into being in your present life...

And all your belief systems too!

Where did our beliefs come from?

So, how did these belief systems, get into our subconscious minds?

Well some of the basics we programmed in before we manifested into the physical realm. We made various choices and decisions, based on our understanding of life - at that moment - and incorporated them into what we would like to experience whilst in physical form.

These general trends, these broad strokes if you will, of what we wanted to experience were impressed onto our subconscious minds.

And these are the beliefs, which are generating the trends influencing our lives today.

Added to these beliefs, which can be considered as being your **core beliefs**, are all the other various influences you have been exposed to since exiting the womb.

In fact we are actually operating from influences, which were stored in our subconscious minds before we even left the womb. All the thoughts, feelings and emotions of our mothers as well as all the conversations she had with others, are recorded too.

Yes everything.

Every single sound, every thought, every emotion, every feeling, every influence your mother experienced... **you** experienced as well!

If your mother and father had disagreements about whether or not they should be having you...

If they argued about

- Society
- Health
- Politics
- Crime
- Food etc.

If there were any misgivings at all, you registered them and stored them in **your** subconscious mind.

So it's highly likely that you came into the world with some mighty strong opinions of how life ought to be.

If your parents were always struggling with money...

If they had very set ideas about how it **could** or could **not** manifest in their lives, you now had them as well...

These were now **your** core beliefs about how monetary life worked.

There are no accidents

Now remember, you wanted all these influences in your life.

You chose them.

There were no accidents in the programming...

You knew what parents you wanted to come to. You already knew what you wanted to experience, before you decided to be their child.

There can be no blame apportioned to anyone here.

Your parents did exactly what you **wanted** them to do, and so did you.

Isn't it marvellous how everything works?

If you have been blaming your parents for all the things that have happened, or not happened, in your life, you now know the truth.

You now know it was all as it **should** have been.

How glorious.

Forgiveness for all

With this understanding, you can now forgive them completely for any problems they may have caused you. They were only doing what they did from the best of intentions...

Your intentions!

So if you had a hard time of it when you were growing up. If your parents didn't have much money and you lived from hand to mouth, it's **okay**.

If your friends seemed to have it all, and you were constantly jealous, it's **okay**.

If your parents had loads of money but didn't have the time for you, it's **okay**.

It's all totally okay, no matter what has transpired in your life to date. Because it has all happened exactly how **you wanted** it to happen.

You make what happens happen. You **always** have and you **always** will.

More belief patterns

The other way we get our beliefs is from the '**teachings**' of our mothers and fathers, friends, religious leaders, schools, colleges, advertising, universities, peers, media, bosses, the guy at the bus stop etc. and all the other influences that bombard our senses on a day-to-day basis.

As we get older we are able – at least most of the time - to determine whether there is any 'truth' or 'substance' to these influences and decide either to accept or reject them.

Unfortunately, however, as children we didn't have this ability, or much of a critical faculty at all, so we tended to accept and believe **everything** we were told.

Forgiveness for you

And again, this is all okay.

Even in our most tender years all was as it should have been. There were no accidents then either.

Everything, which happened to us as we were growing up, happened because we **wanted** it to happen.

So if you've been carrying any guilt around with you because you did some things, which you now regard as being evil, bad or embarrassing, don't worry.

It's okay. It **really** is totally okay.

Nothing that has happened in your life has happened out of chance.

You wanted it to happen for your own experience.

If everyone around you abhors what you did. If society condemned and continues to condemn you, it's okay.

You may now, of course, think you were misguided in your original desire to experience whatever it was you came to experience, and, equally, you may not...

But there's no problem either way.

Remember there is no right and wrong in the eyes of God, and there can be no right and wrong in your own eyes either, because your eyes **are** the eyes of God.

A reason for everything

You can, therefore, forgive yourself and anyone and **everyone** else for whatever it is they have done, or not done.

For nothing happens in this universe without a reason, and the reasons come from you and everyone else who is involved in the action.

A murderer cannot be a murderer without having a murder victim.

A robber cannot be a robber without a robbery victim.

A rapist cannot be a rapist without a rape victim.

There cannot be one without the other. And **everyone** involved in the action has **agreed** to be a part of that action.

The murder victim has already agreed to be a murder victim. They have already said yes to being murdered. It is something that they wished to experience.

No one has forced them into it, it is absolutely of their own choosing.

And it's the same with every other occurrence in life.

All the rapes, the muggings, the robberies, the beatings etc...

They all happen with the full consent of everyone involved. So don't be afraid of any of these things just 'happening' to you 'out of the blue'.

It **categorically** doesn't work that way.

Nothing happens in life without the individual and wholehearted consent of **everyone** taking part.

Life is like a movie

It's exactly the same as in a film that you'd go to see at the cinema.

Before **any** action can take place the script has to be written.

The scriptwriter has to find a film producer and the film producer has to agree to take on the project. If the producer is not also a film director a movie director has to be found too.

One of the next things is to find the cast, so someone is appointed as casting director and given the task of finding the actors and actresses.

And this is no mean feat.

The people chosen have to be absolutely right for the parts they are being brought in to play...

They have to **want** to be in the film and they have to have the ability to be totally convincing in their roles.

A few of the many other requirements, which have to be met before production of the film can commence, are:

- Film sets and props have to be produced,
- Costumes made,
- Locations found along with...
- Choreographers,
- Stunt men,
- Extras
- Film crews etc. etc. etc.

It's a very big undertaking.

And our lives in the physical realm are exactly the same.

We arrange it all

We are the scriptwriters of the life/film we want to be in. **We** choose all the other actors and actresses who will appear.

The ones who will have **major** roles in our lives and also the ones who will only have bit parts.

We choose the time in which it will be set, the costumes which will be worn, the location or locations that will be necessary and the events that will take place.

We choose and decide on the **all** of it.

There is nothing that is outside of our control, **nothing**.

And because of this, we have a much greater amount of freedom than any of the actors or actresses who are

appearing in the glossy, celluloid, big budget blockbuster movies we see on the cinema screens.

You see, as soon as you become conscious of the fact that you are the star of your very own film and that you are also the whole production team, you can begin - if you want - to change it.

You can begin to make conscious changes to both the **direction** and **outcome** of your 'movie'.

- You can change the locations.
- You can change the other actors and actresses who appear.
- You can change the dialogue.
- You can change the plot.
- You can change almost all of it.

The one thing that has to remain constant is the 'time' frame, which you have chosen to inhabit.

To change this aspect of your life usually requires a massive re-write that, although not impossible, is not entirely practical.

Nothing is inevitable

This means that although you may have **originally** agreed to be, say a murderer, you can in fact change your mind.

You are not under contract to anyone.

Sure the murder victim, the one who has chosen to be murdered, now has to find someone else to be murdered by, but hey, that's his or her problem.

It's not yours!

If you decide to pass - on the experience of killing - then that's totally okay.

Are you beginning to see how freeing and empowering this can actually be?

At **all** times, in **all** situations, under **all** circumstances you have the power of **choice**...

You can act in the way you originally chose to act or you can say 'No, I am not going to do this' and walk away.

There is always choice

People become very wrapped up in the trials and tribulations of the life 'film scripts' that they have written for themselves.

They allow the 'script' to become much too serious.

They think that it is impossible to have a choice or make changes. And the most common scenario, brought up to counter the notion of there always being a choice, is the one about staring down the muzzle of a gun held by someone fully intent on killing you.

"There is no choice under these circumstances", they will tell you.

And to a certain extent they are **almost** correct.

But what these people do not take into account, of course, is the time **preceding** the event.

They ignore the fact that the person has already made the countless choices necessary to be in front of the gun in the first place.

Throughout the entire life of the person standing in front of the gun, there were **choices** to be made.

There will have been incalculable choices and decisions that were made to bring the person to that very small space in front of the gun.

How could the person get in front of a gun?

Can you understand the depth of choreography necessary to bring these two people together?

It is quite incredible.

Have you ever tried to manipulate events to cause something to happen, maybe a big surprise event for a loved one?

It's not that easy is it?

Everything seems to conspire against you. The weather may be wrong. People find that they're double booked and leave you in the lurch. Key guests become ill or get lost, etc. etc.

But still you persevere trying to control every event to create the surprise you want. And then at the very last minute your loved one becomes suspicious. Despite all your meticulous planning they seem to have got wind of what's happening.

They don't know the precise details but they sure do **know** something's up.

And this is how it is in the course of everyone's life.

Even the ones who now find themselves standing in front of a loaded gun?

Yes, very much so.

Many chances to be elsewhere

That person will have had to be very definite about getting to where they are.

It will have been necessary to have ignored very strong internal feelings of unease and foreboding. They will have to have gone against some very powerful 'gut feelings' to be somewhere else, to be in that exact place, at that exact 'time'.

They will have had **all** the inklings your loved one will have had when **sensing** something was going on during your surprise.

To arrive at that place of imminent death is no chance encounter.

The possibilities to have been elsewhere will have been endless. And even when ultimately standing there, facing the gun, there still will have been opportunities to choose.

The person could choose to meekly accept what they now considered to be inevitable or choose to fight to the death.

They could choose to die as a blubbering idiot or choose to die with dignity.

It would possibly be the last choice they could make in that particular incarnation, but **choice** it would be.



Okay so let's get back to affirmations.

How can the simple act of making daily affirmations possibly change the course of your life?

Back to where our beliefs come from

Well we will have to look at the original programming that you are operating from, once again.

As we have already seen, many of your most cherished beliefs came to you from your parents, teachers, religious leaders, peers and friends etc.

You readily accepted them because you didn't have, at that time, a fully developed critical faculty and also you actually **wanted** to work with the influences gained from those encounters.

Now, what was actually happening when they were giving you their ideas about life, the universe and everything?

They were bypassing your developing **conscious** mind, the guardian of your present reality, and talking directly to your **subconscious** mind.

And they will not have stopped at telling you these things on only one occasion.

No, no my friend...

They will have resorted to a process of constant repetition.

Not out of any evil intention, of course, but simply because it was what **they** believed and they wanted **you** to believe the same things too.

They wanted you to grow up with a 'realistic' view of the world around you.

They didn't want you to get hurt.

This continual drip feed of other people's opinions slowly became your own opinions. And they became your opinions because of them being constantly repeated.

Affirmations emulate this same process.

Repetition really can be good for you

By the act of continually repeating phrases, which you now wish to accept as being true, you slowly reprogram your subconscious mind.

This constant repetition of your **new** values eventually overwrites the existing programs, or beliefs, and replaces them with your more up to date beliefs.

So, if you perceive that it is now 'time' to change your mind about some of these beliefs...

If you are of the opinion that some of your present beliefs no longer serve you and are long overdue for an overhaul, let's get to it.

Talking about money

We are going to structure the following sections around the subject of money.

Yes, we know it's not the be all and end all of existence, but we also recognise that it is at the heart of many people's problems and as such needs to be dealt with in a comprehensive way.

Of course, the basics that we will be laying down can be applied to almost all other areas of life as well.

So read on and enjoy.

Your present thoughts about money

What are your present (remember pre-sent) ideas about money?

Now let's be brutally frank with each other here...

Let's not beat about the bush!

Do you have enough money in your life right **now**, enough to never **ever** have to worry about it again?

No?

Well then, we need to look at your beliefs regarding it.

Is money the root of all evil?

Do you believe that money is the root of all evil? Now really think about this one.

Do you remember ever hearing your parents or religious leaders use this phrase? It is a very common saying and it is supposed to appear in the Bible.

Or, at least, this more updated version does.

The **love** of money is the root of all evil. Do you believe in that one?

If you **do** believe in that saying, we'll just recall what we've already said about religions in our first book...

Religions are all man made and they were usually brought into existence out of a desire to control...

A very real and calculating desire of a few people - to control the many.

The Bible

The Bible itself was controlled and influenced by some of these same men, and it is absolutely **not** the word of God.

This book has been changed and rewritten so many times to suit the rulers of those long past times that it really shouldn't be taken too seriously by any thinking person today.

It is now, unfortunately, a book of fiction and fabrication.

Most of the profound truths once held within its original pages, have long been edited out.

Still think money is the root of all evil?

Do yourself a real favor and dispel any credence you may be giving to the biblical sayings about money and it being the root of all evil...

Or even the love of money being the root of all evil.

Money is simply an energy, an energy of exchange. It is neither 'good' nor 'bad'.

As with all things it is what the person **does** with this energy that is important.

If you use money to bring happiness and love into your life and the lives of others, how can it **ever** be considered as being evil?

It can't.

These sayings exist for one reason and one reason only...

To keep you without money!

And why do some people want to keep you without money?

Because they want to control you!

It has never been in the interests of those who desire to rule to allow people to become rich and powerful.

Rich and powerful people don't take kindly to being pushed around.

But we digress; these kinds of discussions belong to the darker side of life, which - we have decided - have no place in these pages.

So we'll get back to the subject of affirmations again...

And how they can help you to over ride any negative programming you may be working from.

Okay then, now that we have ascertained that the love of money does **not** go against **God** or **Universal Law**, perhaps the following affirmation might find favor with you:

I love money and money loves me.

No, it doesn't really matter that you do not know your core beliefs about money before starting. Just know that the above affirmation will eventually over write your current beliefs and pay huge dividends if used consistently.

If you would rather have a different affirmation, try this:

Money flows effortlessly into my life in ever increasing amounts, for my highest good and the highest good of all concerned.

Both of them work extremely well but if you want to make up one of your own, so much the better.

Just make it as positive and unambiguous as you can.

Try to incorporate the last little bit of the second affirmation in any one you make up yourself. The 'for my highest good and the highest good of all concerned', bit.

Why?

How not to do it

Well, you have probably heard the tale of the man who wanted \$50,000.

He wasn't overly concerned how the money came to him, just as long as it came. So he didn't really put too much thought into the affirmation he was putting out to the universe.

Now remember, the universe isn't a big company with compassionate, thinking beings monitoring the delivery processes as we have already discussed.

The universe just delivers what you say you want in the most expeditious way possible.

Are you beginning to pre-empt the ending of this tale?

Yes, he got the money all right, but it wasn't under the best of circumstances.

You see, whilst he was at work he had an accident which cost him his leg. Not a very nice thing to happen, as we're sure you'd agree.

But the compensation he was awarded for this injury and the loss of his limb was, yes you guessed it, \$50,000.

Was he a happy bunny about receiving the money he wanted?

You tell us.

We think it's distinctly possible he was most unlikely to have seen the funny side of it.

For my highest good

So be positive, unambiguous and always attach the phrase 'for my highest good and the highest good of all concerned', to any of the affirmations you make in which you ask for some material object.

By this we mean a material object like money, a car, a house etc.

The first affirmation we gave to you was not about any specific item.

It was a general change to the way you want to think...

I love money and money loves me is not asking for anything specific to fall in your lap, is it? But it **is** asking for a general sea change in the way that you **think** about the subject of money.

Sure you could attach the phrase for my highest good and the highest good of all concerned to the end of it.

It surely wouldn't do any harm.

But we think you can probably see the difference between the two phrases and what we're trying to get at.

In one you're asking for changes to your core thinking, the balance of your thoughts, about money, the other is actually asking for the money.

How many times?

How many times do you have to make the affirmation?

Until you begin to see the changes you are looking for.

How and when do you say them?

Quietly or out loud as many times as you remember to do them.

We say our affirmations both out loud and quietly to ourselves whenever we think about them.

We usually repeat each actual affirmation itself three times.

Three is the number of creation, and if you say your affirmations three times, in groups of three they work very powerfully to create the reality you desire.

Umm, we've just looked back over that last sentence and it appears to be a tad confusing.

The power of three

What we mean is take each affirmation that you are working with, lets say one of them is 'I love money and money loves me' and you say it three times.

Then you repeat them again three times, and then again three times.

Does that make more sense?

We know, you're probably thinking to yourself, 'It might have been easier to say repeat them all nine times wouldn't it'?

And yes you could be right, but what we are trying to convey is the power of the number three.

Saying the affirmation three times, waiting for a few moments before saying them again three times, waiting for another few moments and then saying them again three times for the third time brings in the distinct energy vibration of the number three – **twice!**

You may also like to invoke the power of three for the third time by saying your affirmations morning, noon and night.

Now without getting overly complicated again, suffice to say it now compounds to become three, times three, times three.

Goals and affirmations together

Affirmations, as you have probably already noticed, are also very similar in quality to your goals.

In fact when you look at your goals on a daily basis, reading them out loud, they actually become affirmations. They are your affirmations and confirmations to the universe that these are the things you really **want** in your life.

However if you would prefer to have some form of delineation between your goals and affirmations perhaps you could use

your goals list for material items whilst using affirmations purely for character improvement.

It's totally up to you, just don't get too caught up in the semantics of it all.

If there's something you want, whether physical, mental or emotional, write it down and continually tell the universe you want it.

It'll work, you'll get it, of that there is absolutely **no** doubt.

Okay we think you must have got the hang of affirmations by now, so we'll have a look at some other powerful things you can be doing to bring in the money.

Other ways to generate money energy

We'll take a light-hearted - kinda tongue in cheek, glance first - just to lighten the atmosphere surrounding the subject of money.

It's not really that serious you know, this money-gathering thing.

Just remember life really **is** just a game - and you haven't had to pay to get in.

So just lighten up and enjoy it, all of it...

It really is a blast.

Now here's an interesting fact that may help you to see how incredibly daft this whole money thing really is...

Most of the money in use today, approximately 96% of it, doesn't actually exist. Only 4% is in the 'real' form of coins and notes. The rest is just computer generated loans.

It's true!

It's all make believe, imaginary money - created entirely by banks and financial institutions - and it's being transferred around the globe from computer to computer in a virtual form.

Now before the advent of fibre optic cables nearly all this money transference was taking place through the ethers.

In fact much of it still does.

It's a bit like our television and radio transmissions. They're all around us and actually passing clean through us all the time, only we're just not aware of them.

So along with these radio and television waves are what we can call **money** waves.

You're constantly filled with money

The various money transactions taking place around the globe are **also** passing through your body, and they're doing so right this very minute...

Who knows, billions of dollars may literally have passed through your very hands in the few seconds it's taken you to read this paragraph.

Wow, you could be so full of money it's coming out your ears!

And here's you thinking you haven't got two pennies to rub together.

But on a more practical note, you can use this knowledge to empower yourself.

You can allow yourself to **feel** immensely wealthy, because you now know that at **all** times you have more money within you than you could possibly spend.

Isn't that a wonderful feeling?

And it is this very thing that you need to encourage. The **feeling** of richness and wealth.

You have to **think** and **feel** rich at all times.

Generating wealth consciousness

To help take this theme of generating the thoughts and feelings of wealth further, you may like to try the following little exercises.

Put \$100 in your pocket, and go shopping.

Go window-shopping and store browsing. Look at all the items on sale, look at the price tags and say to yourself, 'I **could** buy that', and **know** that it's true.

Now we're not encouraging you to actually buy anything, here.

No, the object of this game is to generate the **feelings** of wealth, not spend it.

Look at the items and just know you could buy them if you wanted to. Say to yourself, and **know** it to be true, 'I could buy this, but I'm **choosing** not to'.

Yes, we know that \$100 is not a lot of money these days, but the fact is that there are many, many items out there, which cost less...

And you are not going to be spending it on any of them after all.

But it does mean that - at the end of an hour or so - you may have come across literally hundreds of items you **could** have bought.

This means that the one hundred dollars in your pocket has given you the **feeling** of having been able to spend perhaps one hundred times that amount.

That's ten thousand smackers my friend.

'Poor? What, me? No way...' you can say. 'I've just spent ten grand and I didn't bat an eye'.

Go where rich people go

You can then go into the swankiest hotel in town, treat yourself to a cup of their delightfully expensive coffee, and just sit there feeling ever so stinky pooh rich.

Let the atmosphere really sink into you.

Breathe in the ambience. Rich people don't go to burger bars, they come in here.

Sit there with a contented smile on your face, feeling affluent, and just watch the other wealthy people going about their business.

Just watch and see that they're not much different to you.

Feel that you're part of this world of opulence; **know** this is your birthright.

If the waiter comes hassling you to buy more coffee or whatever, just smile confidently, say you're waiting for some friends and you'll maybe order something more when they arrive.

Then politely resume your people watching.

Be rich in your mind

You don't have to have, or spend, a lot of money to be rich.

You only have to be rich in your **mind**.

If you think you are rich, if you **feel** you are rich – deep down within you, on the inside - then your external reality will begin to reflect this internal reality.

The outer always reflects the inner.

It is the **inner** reality, which creates and governs the outer one.

So develop this inner richness, actually carry out these exercises, don't just read about them and leave it at that.

You are here to **experience** not just theorise.

Watch how you feel

How do you feel about giving money away?

When you are out and about and come across someone begging for money, what do you do?

What do you **think**? What do you **feel**?

Do you automatically think that these people should clean up their acts and get a proper job?

Do you find yourself crossing the street to avoid them?

If you do, it's time to change your mind.

These people are in your reality purely to remind you of how you don't want to live your life - and to give you the chance to express one of the golden laws of the universe...

The law of:

Giving to Receive

If you want anything, anything at all in life, you first have to practice the art of giving.

You have to first **give** what you want - to **receive** what you want.

Now before you completely dismiss this statement out of hand as being nonsensical, just give it a bit of thought.

It is not a conundrum!

It implies that you have to have a little of what you want first.

You cannot grow a field of corn without first having some of the same grain to work with.

Seeing this law in action

On a purely non-metaphysical level you can see this law in action every day.

If you go around in a foul temper, stumping up to people and being generally not nice, how do you think these people will react to you?

No prizes for guessing that they'll probably not be especially nice back to you.

You cannot give out **hate** and hope to get **love** back.

It just doesn't work that way. And the obverse is also quite true too.

You cannot get anything back without **giving** some of the same thing away first.

If you approach people in a loving and caring manner, what are the chances of them reciprocating in kind? Quite high, we would say.

Yes, we know that this is only common decency but it really does give you a quite graphic illustration of the law in action.

And just consider...

Why we have so many similar sayings

- Treat others, as you would like them to treat you.
- You get back what you put out.
- You scratch my back and I'll scratch yours.
- What goes around comes around.
- You have to speculate to accumulate
- You reap what you sow.
- You have to give to receive.

All these sayings are stating the same thing aren't they? And why are they doing so?

Because it is a universal law!

A universal law that many, many people have discovered working in their lives over the years...

A law which operates infallibly and one they have sought to share with others.

You have to **give** to **receive**.

If you want more love in your life, you first have to start giving out love.

If you are being hateful to everyone you meet what are the chances of finding someone to even like you, let alone love you?

If you want more friends in your life, wouldn't it be sensible to go around being open and friendly?

Of course it would, and it's the same with money.

If you want more money in your life, you have first got to begin by giving some of it away.

Tithing

You have probably heard of tithing haven't you?

Tithing is about giving away a percentage, usually ten percent - as tithing actually means a tenth part - of your income.

It used to be compulsory in yesteryear and was given to the church authorities. It wasn't a very welcome practice back then as you can imagine, but it is now more a matter of choice.

In fact, many of the wealthiest people in the world understand this concept of tithing and continually donate part of their income to good causes, and not just ten percent either.

They understand, on some level, that if they give, they also receive. (There are also tax advantages to this action too, of course, but we'll ignore that for now).

You can tithe too

And the thing is this...

You could do exactly the same. You could begin to donate part of your salary, right now, today.

Oooooohh, how does that make you feel?

Does it bring up negative feelings? Are you thinking you couldn't possibly afford to do that? What is the balance of your thought, right now this second?

Now be honest with yourself here, it will indicate where you are coming from...

It will allow you to establish whether you are coming from a position of **abundance** or a position of **lack**.

You see, if your automatic reaction to giving away money is one of 'I can't do that, I haven't got enough to give'...

You are still coming out of the energy of lack.

You haven't yet completely accepted that the universe is an extremely abundant place, which can truly supply **all** of your needs, wants and desires, and that it will **fully** support you.

Now don't beat yourself up over this revelation, it's quite okay.

Most of the people in the world think like this, it's part and parcel of the way we have been brought up to think.

But the marvellous thing is, you can change.

You can change your mind and change your life.

Give, but not just to big charities

If you don't have lots of excess money washing around in your life at the moment, just know that it's on the way to you.

What little you do have to spare - and everyone can always spare **something** - give a part of it to someone else...

You don't have to give it to some big charity, much of the money donated to them is swallowed up in 'expenses' anyway.

But think about giving to people who have less than you.

We don't actually give to charities either, but we **always** give directly to homeless people living on the streets.

We then **know** that the money is going to be used by the person for who it was intended. No, we aren't concerned with what the homeless person does with the money.

We realise that the person has wants and needs of their own.

If their wants, needs and desires encompass drugs and alcohol, then so be it.

To make any judgements on what that person should or should not be doing with their money and their lives is not up to us.

It is solely up to them.

We just **give**, and give with a generous and open **heart**.

If you really can't bring yourself to give to the homeless on the streets, then find someone who you **can** give to.

But whoever it is you decide to give to, don't be superior, don't be patronising, don't be condescending. Just give with an open heart, knowing that what you are giving will come back to you multiplied.

It is universal law.



Okay now, we're getting close to the end of this little book but before we go let's take a look at how you should be aiming to start your day...

You wake up **feeling** happy and confident and reach out for your goals list.

Quietly lying in bed you read off the items, either aloud or silently, and allow the **feelings** of ownership to spread deliciously around your body.

The absolute knowing that all these things belong in your life is wonderful - and you can't help but smile.

Getting out of bed you breathe deeply and ready yourself for the inevitable onslaught of negative images which try pushing

their way into your mind... it's a game you've come to enjoy playing...

You watch them come in and delete them one by one.

How do you delete them? This little story just might help.



What Are You Feeding The Wolves?

An elderly Cherokee Indian was teaching his grandchildren about life.

He said to them, "A fight is going on inside of me. It is a terrible fight, and it is between two wolves..."

One wolf represents fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, loneliness, resentment, inferiority, lies, false pride, superiority, and ego.

The other wolf stands for joy, peace, love, hope, sharing, serenity, humility, kindness, benevolence, friendship, empathy, generosity, truth, compassion, and faith.

This same fight is going on inside you, and inside every other person."

The grandchildren thought about it for a minute and then one child asked his grandfather, "Which wolf will win?"

The old Cherokee simply replied... "The one you feed."



So, don't feed your negative wolves... don't give them anything to eat at all. Starve them out – delete them - by not giving them any attention... any energy (food) whatsoever.

Now, where were we? Oh yes...

You've reaffirmed your goals on awakening, luxuriated in the wonderful **feelings** ownership of these things gives you, denied your negative wolves any food...

And now you let these thoughts go and get on with your day.

Your goals are being fulfilled by the universe and you know not to interfere... you get out of the way and just let it happen.

After all, when you've planted seeds in a garden, you simply have to water them occasionally... you don't keep digging them up to check that they're growing...

You trust in the wonder of nature.

During the day, if any wolves come sniffing, you acknowledge their presence, thank them for dropping by and quickly send them on their way.

For you know that the biggest wolf, the biggest block to bringing any positive changes into your reality is

FEAR

And you don't want this fella setting up a permanent lair in your mind.

Fear stultifies at every turn.

It's the one thing, which can consistently sabotage every idea and plan you may ever have. And it's the most prevalent use of the **one** energy on the face of this planet.

The feelings you experienced when we asked you to consider giving away a part of your income just now, was most probably fear.

No, you may well not want to recognise it as such, but fear, we suspect, is what it probably was.

We would estimate that the vast majority of the population of our beautiful Planet Earth, somewhere in the region of 99%, operate almost entirely through the energy of **fear**.

If you doubt this, just look at the following list and then add all the other fears, which you see within yourself and others.

- Fear of poverty
- Fear of homelessness
- Fear of hunger
- Fear of dying
- Fear of not having enough
- Fear of having too much
- Fear of failing
- Fear of success
- Fear of loving
- Fear of hating
- Fear of breaking the law
- Fear of ridicule
- Fear of falling
- Fear of flying
- Fear of being left behind
- Fear of appearing stupid
- Fear of being alone
- Fear, fear, fear

How many more could you list?

We bet the list could run into the thousands. Now think of all the things you love to do.

No, not the things you **would** love to do, but the things you actually **do**, do out of love.

Er..., we're waiting. Have you got any yet?

It's not that easy is it? Certainly not as easy as listing the things involving fear, huh?

Want a few more minutes?

What do you love to do?

Okay, so what have you come up with?

We had a little question and answer session with a few people and most of the things they came up with were also tinged with a soupcon of fear as well.

What do we mean by that?

Well, many of the ladies said they loved to go shopping, but were afraid they may spend too much. They were also afraid that their partners might chastise them for spending anything at all.

Some said they loved to pamper themselves but acknowledged that it was possibly out of a fear of aging or being rejected by others.

One said that she loved to commune in nature, but had to be aware of her safety when being on her own in remote areas.

Some of the guys said that they really loved going out drinking but were afraid of getting into trouble if they drank too much.

Some loved soccer (this is in the UK) but hated and feared the violence at matches so had stopped going.

A few liked motor sports but were afraid of being hurt.

Still, we're sure you must have been able to come up with some things that you love to do that weren't tinged in any way with fear...

A handful at least, or maybe you could only reach half a handful.

A half handful would be good.

But we're also quite sure that it was much easier to come up with things you fear than the things you love.

Is that not so?

As you can probably now see, fear is a very big wolf indeed...

But the wolf of love is much bigger and stronger. Fear can't live in its presence; it cowers, shrivels up and dies...

So, let's help it on its way with some...

Reiki rituals for receiving

We like the number three – after all, it is the number of creation - so here are three Reiki rituals that may be practiced individually or melded together as one.

Reiki Ritual 1 ... Clearing the negative

This is for asserting control over your thoughts, especially when they are **very** negative and...

Surface in the middle of the night!

Okay then, to start...

Charge a glass of water with the mental/emotional symbol, by standing the glass on a gold colored piece of paper - with the symbol drawn on it – for at least **30 minutes**.

Also on the paper write out some positive words which are the opposite of that which you fear.

For example...

- If you fear poverty put wealth.
- If you lack cash put abundance and prosperity.
- If you despair put celebration.

Use whichever words feel uplifting and positive to **you**.

Cover the glass and go to bed as usual.

Now, if you wake up in a cold sweat in the middle of the night worrying about your debts or lack of money etc – **GET UP IMMEDIATELY** - do not just lie there fretting...

A panic attack is simply a surge of energy... so use it.

Go with the flow and move. Get up and move to wherever it is you have put your charged water.

Pick it up and take it with you to the nearest mirror. Look into the mirror and smile.

Go on, smile... force yourself if you have to, but smile your broadest smile!

Drink some of your water, a largish mouthful.

As you feel it hit the pit of your stomach, **imagine** it as the explosion of a grenade...

Feel this explosion releasing all the powerful energy it has been charged with...

Feel it flooding your body with 'wealth', 'abundance', 'prosperity' a 'time of celebration' or whatever uplifting words you have written on your paper.

Allow it to explode a feeling of lightness into the darkness...

Know that **God** is the source of your financial supply...

And all is well - for **you** and **God** are **one**.

Repeat this as often as you wish until all the negative feelings have been washed away.

Now, look in the mirror again and smile... you are back in control.

But if there is still a feeling of restless energy within you, pace up and down, or actually go for a walk – if the weather is good – for there may be something you need to discover.

There may be an unthought-of answer to your problems...

So get out there and move. Allow **you** and **God** to co-create...

Just let your thoughts flow... walk and talk them into your reality.

But don't forget to catch them all on a note pad or Dictaphone so you can examine them later.

Many an insight can be gained from doing this exercise and, don't worry; you'll know intuitively when it's time to go back to bed.

This Reiki ritual can also be adapted for use during the day too.

Take a bottle - preferably glass - of water to work with you...

Stand it on your home made gold coaster and any time you feel a rush of panic about to push you out of control - drink some water and explode that grenade of positivity inside of you.

Repeat your positive words (abundance etc), at least three times.

Smile broadly and know that the universe supports you.

If you've got one of those drinks holder things in your car you could use this space as a venue for your ritual...

Just line the bottom of the drinks holder with your gold coaster and leave your bottle standing there.

You can use your rear view mirror for smiling into...

Speak your words of abundance out loud or maybe even sing them...

It's brilliant, it works and nobody'll know what you're doing but you.

Reiki Ritual 2... Creating Balance.

In the first ritual we tipped the scales back to being positive, now we need to create a healthy balance.

Write out your "I want/will have" list on gold paper or on white paper with a gold pen...

Gold is nice simply because most of us associate it with wealth.

Start with the easy things first and finish with some outrageous stuff if you want...

But don't put any more than **ten** things on your list.

As you achieve each item you can always cross it off and insert another one.

Now, create a sacred space somewhere.

Have room for a candle and space for incense. Treat yourself to a good quality whisky size glass or a tumbler with a gold pattern on it...

Anything that makes you **feel** it is expensive and lavish looking.

Now, fill the glass with water and place it on your 'I want/will have' list.

Cover and let it stand for at least **30** minutes.

Okay, let's put all that together and perform the Reiki Ritual.

Come quietly to your sacred space...

Draw out the **Power Symbol** over each palm and say its name three times.

Call on the Reiki energy to be with you. Feel the energy move into your hands.

Hold the candle for a moment, then draw out the **Power Symbol** over it, saying its name three times.

Light your candle and as you do so, say out loud, but softly "I light this candle for the world, for where there is light there is love".

Place the candle down in your sacred space.

Now light your incense stick from the candle. As you gently blow it out, so it smokes, say softly "I give thanks for all that I have and all that I will have".

Draw out the **Distance Symbol** over your sacred space using the smoke of the incense stick, then place the stick in its tray or holder.

Take up your 'I want/will have list'.

Hold the list in one hand and the glass of charged water in the other.

Read each item off the list **three** times.

After each statement, take a sip of water, and feel your body being infused with your desires.

When you have finished the list put it back down in your sacred space and stand the glass on top of it again.

Now pick up the incense stick, and whilst drawing out the **Power Symbol** over your sacred space say its name three times, then softly say "I now seal this process with divine love and wisdom".

Put the incense stick back down in its tray.

Put your hands in the prayer position and say 'thank you'.

Now, just make sure your candle and incense stick can safely burn down - without taking your house down with it - and leave your sacred space.

This ritual may sound quite long winded, but with practice will only take a few minutes to perform...

Or you could go the whole hog, chill out and make it into a lovely long, slow meditation - really dreaming and feeling your wish list into reality.

What is so beautiful about this ritual is that we give thanks and show gratitude for what we **do** have, as well as being grateful and thankful for what we **will** have.

It is a simple and yet very powerful ritual.

Reiki Ritual 3... Allowing

When you have done all you can do, then you simply have to **allow** the rest to follow.

So, how do you become a money magnet? - read on...

In the first two Reiki rituals we have started the ball, or coins, rolling.

Our abundance is on its way, and we have given thanks.

Now, we must **act as if** it is real, that it is here already - and we must prepare ourselves for its arrival...

Winning a million overnight can be devastating if you are not prepared to handle that amount of incoming energy.

So, do your best to get ready now.

Wear only your best clothes, so you feel good and look good.

Stitch that seam and sew on that button if necessary.

Wash and groom yourself...

Soap and water is cheap enough, and you will feel fresh and ready.

Polish your shoes, wash your trainers, or better still – chuck the trainers away.

Go through your home and remove all items that are no longer necessary – all those old clothes, books, videos, furniture, nick-nacks etc...

Make room for the new.

Clean and polish up what remains. Rich people don't live in dirty homes.

When you are out, smile at people...

Be generous with your thank-you's. Be helpful to others whenever you can, for as you give, so you will receive - multiplied.

Give a tip, even if it is only a small one. Give to a charity or good cause or homeless person.

Start letting the **energy** of money **flow**.

Walk with confidence, eyes looking forward to an abundant future. Not checking the cracks in the pavement.

Treat yourself to something which makes you feel special...

It may only be a quality coffee once a week or it may be a body massage...

Just do **something** that makes you feel like a million dollars.

On pay day, go shopping. Go around all the expensive shops. Look at all the things you **could** have if you chose to buy.

- Try on the clothes
- Look at all the gadgets.
- Try on the jewels
- Sit in that leather car seat.
- Go for a test drive.

You have the money, you feel abundant but at the moment you are **choosing** to spend it on something else...

Like the gas bill and some food.

In fact, even if you are on benefits you would have enough on pay day to put a small deposit down on something expensive...

But you are **choosing** not to.

Don't think of yourself as being poor, just as having other priorities this week.

Don't go around saying "I can't afford this and I can't afford that".

Just **know** you are simply **choosing** to spend it on the gas this week instead.

And now **you** are in control... **you** make the choice.

That makes you **feel** differently.

So, in your lovely, spacious, clean living quarters now make a sacred space.

You will need some:-

- Gold wrapping paper
- Candle and holder
- Incense and holder
- Gold colored paper coaster with all the Reiki Symbols drawn on it
- One plain glass filled with water

- One magnet
- 21 coins – same or different value
- One notebook and pen

Lay your space out as in this picture.



Spread out the gold paper, as above (we've pinned ours to a cork-backed notice board).

Place the candle, incense and glass to make a triangle...

Candle bottom left, incense bottom right and the glass of water at the apex.

Fill in the sides of the triangle with seven coins each.

Fill your glass with good water and add the magnet... this can be by way of a magnetic coaster underneath or a swizzle stick type magnet inside, as shown in the photo.

Stand your glass of water on your paper coaster which has **all** the Reiki Symbols drawn out on it...

Or do as we have done below and draw the Symbols on the glass using non toxic gold craft paint.



In the **back** of your notebook, jot down up to **10** things you would like to achieve...

Small things first, getting more adventurous up the list.

At the **front** of the notebook list your commitments.

Your commitments are the things you can do, right now, to steer a course towards your first goal.

This could be something as simple as 'I don't waste money on things which are not necessary'.

No, this is not being poor it's being prudent.

Sure, we all waste money sometimes but right now you are **choosing** to spend it specifically, with the purpose of moving towards your goal.

Your intention is to focus on what you **want** and move towards it.

As **you** make that commitment, so will the **universe**.

You want more money?

As you make the commitment to spend wisely and prudently, you see your bank account steady.

It grows towards the black again.

Each pound or dollar in your hand at the end of the week increases your **feelings** of wealth.

- Give up smoking, for smoking is just burning your money
- Cut down on your alcohol consumption
- Walk to work
- Create a car pool

There is a lot that you can do.

What you save put in a pot, piggy bank, under the bed or actually in your savings account.

Even the smallest amount of money saved, for example your bus fare if you choose to walk to work, will mount up if truly put to one side and not just frittered on some meaningless frippery.

Soon you will be cash rich and that feels very good.

That feels as if you're back in control, back in the driving seat of your life.

Well done you.

Okay, so you have laid everything out and written in your book.

Let's do the Reiki ritual number 3.

Be still for a moment and gather your thoughts.

You are doing this to create more money, to let it flow more easily.

To be cash rich and debt free...

Draw the **Power Symbol** over your palms, and chant its name three times. Then draw the **Power Symbol** over your candle and say its name three times.

Light the candle.

Incant... "I offer this candle to the world for where there is light, there is love. Thank you".

Light the incense stick from your candle, and incant... "I give thanks for all that I have and all that I will have. Thank you".

Blow out the stick and let the smoke rise.

Using the smoking stick draw over your sacred space the **Distance Symbol** and say its name three times.

Put the stick in its tray.

Open your notebook and draw the **Mental/Emotional Symbol** over it saying its name three times.

Read out each of your intentions/commitments three times...

Now take up the Reiki charged water and drink some. See your new life style flooding through you...

Feel the **feelings** of wealth and abundance.

- The Power Symbol will fire your desire...
- The Mental/Emotional Symbol will bring about a balance between your head and your heart – your conscious and subconscious...
- The Distance Symbol opens you up to all the possible ways of fulfilling your wants...
- The Tibetan Master Symbol allows you to want with love not fear...
- The Usui Master Symbol helps you understand your wants...
- The Raku Symbol helps to pull things from the non-physical plane, elegantly, without struggle...

Finish by closing your book, and putting it back in its place.

Draw a large **Power Symbol** over your sacred space and incant "I now seal this process with divine love and wisdom, God bless".

Remember **God** is the source of your financial supply.

You must do all that **you** can do - that is what you have written in your notebook.

Now, trust **God** to do the rest.

You dig the ditch, **God** will bring the rain. There is only one energy, you are it and it is you.

Trust that part of **you** which is **God**...

It will be raining pennies from heaven before you know it.



Okay then, it's time to conclude. So, we'll finish by reminding you to...

Continue working with tipping the balance of your thoughts into the positive arena and keeping them there.

Keep a tight rein on the negative mind chatter, the black dogs as Churchill called them, taking place within your head. Try to keep your thinking in the positive arena for the majority of your waking day.

If you find yourself beginning to think about the negative side of things, just simply say to yourself, 'I delete these negative thoughts', and then replace them with positive affirmations...

And the absolute best affirmation you can start with, the foundation on which everything else will be built, is:

I LOVE MYSELF

Say it to yourself over and over and over and over...

Until it becomes part of your deepest psyche.

Thank you for reading through to the end of this little book.
We hope it will help you to **real**ize your fondest dreams.