



December 02, 2006

ATTRACTING FINANCIAL ABUNDANCE INTO YOUR LIFE

Last month I introduced you to the law of attraction and I hope that you now understand that if you think in a negative way - guess what - **more negative stuff** will keep turning up in your life.

In October of this year I spent a fantastic week-end in London at the first ever United Kingdom EFT Master Class. There I attended workshops led by Carol Look, an American EFT Master. One of Carol's speciality workshops is on attracting financial abundance into your life and I thought I would share with you a couple of exercises she suggests.



As you will see, the old NLP adage – “**act as if**” - is particularly important when it comes to attracting the financial abundance that you desire.

Here are the two exercises:

(1) THE GUESS WHAT LETTER

Write a letter to a team of supporters, a friend, a mentor, or someone very important in your life who would be **extremely** excited about your success.

Dear Aileen,

Guess what? You won't believe it. I was asked by a huge multi-national company to conduct their in- house coaching with EFT for stress management! They are willing to pay me more money a week than I usually make in a month! I am so excited it is hard to sleep at night. They want me to start immediately and are flying me first class to their headquarters for an introductory meeting with their staff.

I just wanted you to be the first to know. Thank you for all your support this year. It has meant the world to me.

Lots of love.

Sheena

(2) TELEPHONE TECHNIQUE

You may prefer to imagine that you are phoning a close friend who is not available. Out loud, pretend you are leaving a message on the friend's telephone answering machine.

"Hi, it's Sheena speaking. I just wanted to let you know that I am overwhelmed with business and I now have a waiting list a mile long! No more wondering if clients are going to show up. Call me soon. I need to refer you lots of clients."

Find time to practice these exercises at least once a day, and then notice how quickly you start attracting financial abundance into your life.

Another great tip I regularly suggest to clients is to start an **"attitude of gratitude"** diary. It does not have to be a fancy journal, a small notebook is just fine. Every night (without fail) list ten things that have happened to you that day that you are really grateful for. Look for the gifts that may have come in an unusual packaging that day, and which, on reflection, you are really grateful for; for instance missing that bus in the pouring rain this morning meant that you were offered a lift by that gorgeous hunk you have fancied for ages. By expressing your gratitude for all the great things that are happening in your life, and for all the wonderful gifts you are receiving, you will simply be attracting more.

Remember, in life you get what you focus on, so focus on what you want.

All previous newsletters can be accessed via our website.

Wishing you all a very happy Christmas and an abundantly prosperous 2007.

Thank for your interest, we hope you have found this newsletter interesting.

Sincerely,

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