

*Increase the flow of money  
with a simple 2-step formula...*

# Happy Money



LAINA BUENOSTAR

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# **HAPPY MONEY**

***Increase the Flow of Money with a  
Simple 2-Step Formula***

By  
Laina Buenostar



# Money and Happiness

Love, money, and health -- those are the top three things that most people seek and hope to find.

In many surveys, when respondents are asked to choose which among the three is the most important, the answer is always the same: MONEY.

Yes, money can't buy love or health, but it's still everyone's top priority because, as the old cliché goes, "Money makes the world go round".

What's interesting is that even though money is considered very important in life, there are no classes or courses given to the young that prepare them for

how to deal with money matters when they become adults.

Children are not taught about how money works, how to manage it, or how to multiply it. The only instruction they are ever given is to get a job if they want to have money.

And as young adults they are let loose into the world totally unequipped, with only the most basic of tools and skills to handle the challenges that involve money.

Through trial and error, they slowly learn the ropes about earning, spending and managing money. Then eventually, they join the rest of humanity -- people constantly worrying about money and looking for ways to make more of it.

Why are we so preoccupied with money? And how can we have more of it?

In this short ebook, I will share with you a technique that has helped me improve the flow of money in my life. I have been using it successfully for many years, and the people I've taught this method to have also been happy with the positive results they got in increasing their abundance.

I believe that after reading this book you will have a better understanding of the nature of money. It is my hope that the information contained herein will help you have a better relationship with this money thing that the world just can't do without.



You might say, “But I don’t care about improving relationships and stuff. I just want to know how to have more money”. Well, many people have unhealthy or damaged relationship with money, and that’s the reason they are having a hard time attracting it. If you’re reading this, then I assume you are one of them.

Without a good relationship with money, it’s impossible to increase the flow of money into your hands.

Just one clarification here. I cannot promise to make a wealthy man out of you, because only you can make that choice for yourself. All I’m going to do is share with you what has worked wonderfully for me, and the rest is up to

you. What you will find in this little book is a simple tool, and it's up to you whether you use it or dismiss it.

How did this book end up in your hands? I don't believe in coincidences, so my guess is that you need to know the information you are about to read. If you are reading this, it means you attracted it into your life.

But just reading this book won't change anything if you don't practice the method I will describe later, which is called the Happy Money formula. Yeah, yeah, I know it sounds like I copied the name of a children's meal from a fast food chain. Later in the book you will understand why I decided to call it Happy Money.

One thing I can say about Happy Money is that it is simple and uncomplicated, even children can do it. I don't know if that's good news for you or what. People in general get suspicious if something looks simple and easy, so I'm not sure if you're even going to try it. But hey, it's your life.

I won't be surprised if some readers of this book don't follow the steps because to them it sounds silly. People like to feel smart and practical and logical and serious and all those adult sounding things. Anything that looks simple and easy to do seems childish to them and immediately turns them off.

My advice to you is to give it a try and just see what happens. You've got

nothing to lose.

I'm not saying this method is the only one that works to increase the flow of money, nor am I saying it is the best out there. I've lived long enough to know that there is no one single path to anything.

I hope you already know that all methods work, and that no one formula is good for everybody. You have to find what works for you. As regards Happy Money, I have seen it work for people regardless of race, age, job, educational attainment, religion or social affiliations.

If only ten readers find success with Happy Money after reading this and applying the method, then I will consider that my writing this book is a huge

achievement.

And if each of those ten people shares the technique afterward with at least one other person, then I can rest assured that this method will continue to help others who want to increase their abundance.

Read on and may you be blessed with loads of Happy Money!



# Money Matters

Money is the crystallized energy of whatever it is that we do or produce that is of value to the world -- from ideas to labor to expertise to products of our creativity. It is indispensable because without it we cannot efficiently transact the exchange of goods and services among us and among nations.

Yes, time will come when we won't be using physical bills and coins anymore. But even in a cashless society that uses purely digital transactions, the concept of money and its use will continue. We need to use money for as long as we need to exchange our "value"

for the food, shelter, transportation, education, entertainment, and other things that we cannot produce ourselves.

One thing that's a constant in people's lives is the need to make more money. The majority who make a fixed amount of money from their jobs and the minority who make more through their businesses -- these two groups have one thing in common, and that is the desire to have a little more than what they have.

It seems that almost all of us feel that we never have enough money for our needs. What's interesting is that we don't have any idea how much is "enough". We don't know how much we really need, because we don't know if there is such a point when we can say "I



have enough. I've got everything I need".

Have you noticed that when your income grows your expenses also increase? This is because our needs and desires expand as our means of fulfilling them grow.

When a man gets a promotion and a salary raise, he becomes more dissatisfied with what he already has. He realizes he needs a bigger house, a better car, better toys, and better clothes. This change extends to his family and children who now need to join expensive clubs, go to expensive holiday destinations, go to better schools, dine at expensive restaurants, hang out with friends who are into expensive stuff, and so on and so forth. As a consequence,

the more their tastes become sophisticated, the more their expenses rise.

What I just described is not necessarily a bad thing. It is in our nature to want better things and better life experiences. It is in our DNA to seek expansion and to want more, better and bigger things. This drive is what propels us humans to achieve more and to seek developments and discover things that ultimately improve our collective life.

But how do we make more money in order to keep up with our expanding needs and desires?

And is there a way to do this with ease?

When we talk of making more

money, it follows that there is a need to DO more -- work harder, create additional source of income, get a second job, and spend more energy and time producing “value”. The problem with doing more is that it eats up our time and energy for enjoying life.

Is it any wonder that the subject of money brings up negative feelings in us?

When we think of money, we feel negative because we are reminded that there are things we don't have or cannot afford to do. When we think of money, we are reminded of what we lack.

And it doesn't help that we are trained to view money as something hard to come by. We went to school, obtained higher education, and then we ended up

having to work hard in order to have a comfortable life.

Unless we spend a huge chunk of our energy and time on our jobs, we can't have the ideal life we want.

Almost everything we need and want costs money. We trade our time and energy for money, then we are paid with money that goes back to paying for the stuff that we need so that we can go to work the next day. Through all of these things, at the back of our mind is the knowledge that we have to go to work in order to make money. If we want more, we have to do more. And this constant reminder makes us feel uncomfortable.

Like I said earlier, money evokes lots of negative feelings in us. To some

people talking about money is almost taboo.

We don't volunteer telling people how much we make. Our self-worth seems to be directly linked to our net worth, and so we don't want people to know how much we earn because we're afraid they might think we are worth so little.

With this short book I hope to teach you how to have more without necessarily doing more. After reading this and doing the method for some time, you will notice a substantial increase in the abundance that you attract into your life -- without having to work more or harder than you're already doing.

I know most of us would rather play

than work because, unless you are one of the lucky people who work in fun jobs, most of our work lives are full of stress and challenges.

The best thing about the method that you are about to learn is that it removes the element of struggle from attracting more money and abundance.

Here is something that I want you to remember because it's very important. When you do anything in the hope of improving something in your life, if it requires you to make too much effort or if it produces a great deal of struggle in you, time will come when you will decide to give up, simply because it doesn't make you feel good.

I admit I'm lazy and I don't go for

anything that involves struggle. So if a system looks complicated or require too much effort (mental or physical energy), I tune out. I like things simple and I like them fun, and everything else is of no use.

Why do we have to check against struggle? Struggle equals resistance, and resistance equals even more difficulty. When you do something and struggle is present, it means that you are going against something, or that what you are doing is not natural. You are going against the grain, against the flow, going upstream. And it is impossible to be fully in the process if there is so much resistance or opposition to what you want to achieve.

So our objective in this book is to attract abundance in a way that is easy to do, uncomplicated, doesn't require hard work, and the most important thing is that it must be fun. People who have done this method reported that it made them feel good and improved their outlook. There are even those who felt addicted to doing it because it gave them some sort of a 'high'.





# Happy Money and Me

Before I continue I want you to know that I am not a guru or an expert on money. I don't have any background in economics or finance or accounting or anything that deals with money and resources.

Everything that I know about money and what I am about to share with you came from personal experience.

I came into this world not with a silver spoon in my mouth or a trust fund. I am just an average person, from an average family and with an average background. But I am proud to say I now have a somewhat above average ability

when it comes to creating abundance.

The reason why I say I am different is because I have a strong relationship with money, which I think is rare.

But honestly speaking, I was not born this way. In fact, I used to be just like everyone else -- always worrying about money, always thinking about how there isn't enough, always worried about the future.

My family never experienced hunger or poverty while I was growing up, but there was always an atmosphere of austerity hanging above us. We ate meat (considered a luxury) only on weekends, the rest of the week we had vegetables and fish. We very rarely ate processed meats and canned products. Not that we

were a health conscious family or anything. My mother just didn't want to spend money on "expensive" food items.

Growing up, my siblings and I didn't have store-bought toys and gadgets to play with. We entertained ourselves by making our own toys or by playing street games with our neighbors.

Our basic needs were met -- food, clothing, shelter, education -- and we were taught to only buy what is essential. Whenever my mother talked about money, she would end her spiel with the words "Money doesn't grow on trees".

Basically, I was raised believing that money was hard to come by and that everyone has to work hard to make

money. I grew up believing that everyone had to obtain a college degree so he or she could get a proper job.

Where I came from, entrepreneurship was not encouraged. Only people with lots of money could set up their own businesses, which eventually were inherited by their children and their children's children.

Those of us who were not from wealthy families were sent to college so we could land jobs either in government or in private businesses after graduation. That, or immigrate to other countries.

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The Happy Money technique came into my life when I was in a foreign place far away from home. In my early

30's, I left my home country to try my luck in business in another country, which was said to be the fastest booming nation back then.

However, things didn't pan out as I planned and I was left with nothing. To make a long story short, I found myself with no money, no job, no home. For a while, I stayed with a friend and slept on their couch, waiting for any opportunity that could help me bounce back.

I couldn't call my family or friends back home because of pride. I couldn't let them know that my business venture failed because I trusted the wrong people. And the worst part was that I had invested all I was worth into that venture. So I had to find a way to

survive and recover from my loss without asking for reinforcement from people who knew me.

I didn't realize it back then, but now I know that losing it all was the best thing that ever happened to me.

Sometimes, life makes you go through extreme adversity to show you a better way.





# My Friends and Happy Money

It has worked for me many times. But how do I know it works for other people, too?

I first shared the Happy Money method with some friends a few years ago. I introduced the early version of this magical formula to a group of people on an online community I was a member of, asking them to try it just one time as an experiment and to report the results afterward.

Naturally, most of them were hesitant to do it. But those who did the experiment reported varying degrees of

success in the weeks that followed.

A few had instant results after just one day, and some reported success after a few days. Those who found early success were so happy that they repeated the exercise and reported even more wonderful results.

I got different stories of people receiving money (or items of value) as gifts or payment from unexpected sources.

Some reported refunds of payments (tax, medical insurance, etc.) they had made a long time ago.

Still others got payments from people who had owed them money -- debts that had already been written off.

There were also stories of people

receiving money from former employers.

But the really amazing stories were from those who won money from scratch-off cards and lottery tickets. Most of those people said they had never won anything before they did the money experiment.

One woman reported winning thousands of dollars at the slot machine. Like the others, that was a first for her.

Yes, it could all be just coincidence, but they claimed that the Happy Money method was responsible for the unexpected inflow of money into their wallets.

I've since lost touch with most of those people, and I'm not sure if they still practice the method today (there

were some who said they would keep on doing it). But there are a few whom I get to talk to once in a while, and they are still doing the fun Happy Money technique regularly. Like me they claim that they have never been without money since they started practicing it.

Now, I'm going to teach you what I think is the improved version of the Happy Money formula, and I hope it works for you as successfully as it has for my friends and me.

Why am I sharing this with people I don't know? Because this formula changed my life and I want others to have a chance to try it out themselves. Teaching it to other people doesn't diminish its effectiveness in my life, nor

does it take away anything from me. I believe that the more people practice it, the more powerful the method will become...and the better it is for all of us.



# The Happy Money Formula

It didn't have a proper name for it when I shared it with my online group. Back then we just called it the More Money Experiment. For this book I had to think of an official name. My first choice was Magic Money. However, I didn't want people to think that it has to do with doing magic of any kind, although in a way there is something magical about this process.

I wanted a name that is catchy and not very serious. I don't remember the exact moment the word Happy came to me. I'd been looking for a name and I

had asked for assistance from my invisible helpers (my guardian angels and spirit guides) to give me the right words.

I call it the Happy Money method because it makes people happy when they do it. The person who uses this technique feels happy and the person who ends up being the unwitting recipient also feels happy. In the long run, the person practicing the Happy Money technique will have more and more reasons to be happy.

Another reason is because the words “Happy” and “Money” when put together have an excellent numerological vibration.

Happy Money also implies that the



actual money itself is feeling good. Later in this book, you will understand what I mean.

There are two parts to our not so secret method. They are equal in weight and when combined, they create a strong force that stimulates the movement of energy in your life. This energy thing is also known as money.

It's very important to remember that money likes movement. It doesn't like sitting still, being stagnant or static. It wants to express itself by doing what it was meant to do -- to be used as a medium of exchange. If money is not used, then there is no exchange of values. Energy that doesn't move is merely unused potential. It has to move

for it to be of use.

In order to motivate the flow of money, we should stimulate both the inflow and the outflow of abundance in our life. We use the Happy Money method to do this.

The first part of the system is the outflow, or the movement of money from our hands to the outside world. Outflow happens when we trade our money for goods and services. Outflow can also be done by giving money away as gifts or donations.

For the Happy Money method, we do something similar to tithing and money seeding. The difference is that we do it anonymously and the recipient is also unknown. What's good about our method

is that it doesn't require a generous amount of money or ten percent of our income to do it.

We only need \$5 to start, five one-dollar bills to be exact (or the smallest bill in your country).

This is what I do:

I write a blessing on a piece of post-it paper, and then I stick the note to the money. I roll up the bill with the sticky note inside, then I go out of the house and leave this Happy Money in a public place where a lucky stranger is sure to find it.

Most of the time, I just leave the rolled up money in one of the elevators in my apartment building. I push it under the mirror that covers the upper half of

one of the elevator's wall. I leave the money sticking out a little so that it would be hard to miss. But I do this only when I'm alone in the elevator. If there's already someone inside or someone gets in before I have time to do my good deed, I go to the corner grocery instead and leave the Happy Money there.

That's it. Simple, right? Yes, very simple, but very powerful. So powerful that since I started doing it years ago, I've never been without money ever. Even during those times when I didn't have work or any source of income. Somehow, all my needs have been taken care of by the universe both in ordinary and mysterious ways.

What kind of blessing do I write on

the sticky note? I usually just write “May all your days be filled with happiness, love and wealth.”

Sometimes, I add the words “This is your lucky money.”

Other times I also write “I’ve discovered that giving away money attract more money into my life”. This serves as an explanation so the person who finds it will know my reason for giving money this way.

A few times I wrote “Share your blessing so more blessings will come to you” as encouragement to the money finder to give money as anonymous gifts.

I do this regularly, four to five times a month.

Okay, that’s the first part of our

method. Sound easy, right? Even children can do it.

I told you you'll need five one-dollar bills for this activity because I want you to do it five times. The five dollars is good for a 30-day period, which I believe is enough time for you to see positive results.

I am confident that within 30 days you will already see positive changes regarding the flow of money in your life. Remember the people who did the experiment? Some of them saw results within just a few days of doing it only one time.

If you want to do this as an experiment I suggest you do it four to five times within one month. Doing it

once can give you a positive outcome, but the wiser move is to do it more than once and to give it a little time to work its magic. However, don't be surprised if you see results right away.

Why do you have to do it five times? Can't you just do it one time with a five-dollar bill? Yes, of course that's okay. My reason for doing it several times is because it makes me feel good five times instead of just once. By doing it regularly, I can guarantee myself that the flow of money never stops. You will understand my thinking better after you finish reading this book.

If I do it just once a month, it still has positive effects, but I like doing it at least once a week so that the good

vibration that the activity generated the last time I did it will be topped up by the good vibration generated the next time I do it.

Always remember, the way we feel is very important, because our feelings tell us whether we are on the right track.

Why do it anonymously? It's easier than having to choose and decide whom to give the money to. Plus, there is magic in knowing that you will connect with a total stranger through a one-dollar bill. The universe will arrange things to make sure that the person who needs the inspiration most, will get the Happy Money. There are many places where you can hide or leave your Happy Money.



\* At a news stand, library or a bookstore. Slip the Happy Money inside a newspaper, magazine or book.

\* Inside a grocery store. Insert the Happy Money in a boxed item. I usually put mine inside a toothpaste box or an egg carton, or any fast-moving consumer product.

\* In a public restroom

\* Restaurants/cafeteria. Leave the rolled up bill on your seat or under the condiments tray.

\* Department store fitting rooms

\* Taxi, bus, plane, train, ferry

\* Hospital/clinic waiting room

\* Church

\* Playground

\* Gym. In the shower or locker room

\* Anywhere. The location does not matter. What's important is that someone will find the Happy Money.

Important: Leave as soon as you're finished. Don't wait to watch who will be the lucky recipient of the blessed money.

At first you will feel funny doing this. You might even be afraid, especially when there are people around. You don't want to look suspicious. So what I suggest you do when in a shop is to take whatever you really need to buy, then get an extra item such as a small carton of eggs.

Go around the store a little and while walking, you stealthily insert the Happy Money in the carton. When you

are ready to pay for your stuff, go back to the eggs section and put the carton back on the shelf. People won't care and will assume that you just remembered you still had lots of eggs at home.

One additional thing you can do is write something longer on the note. Or you could type something such as a short blessing or an inspirational message, print it out on a small piece of paper and stick that paper to the bill. Don't write on the bill itself because it might invalidate the money.

The more you do the Happy Money method, the more you become an expert at doing this “crime”, which people say is like reversed pick-pocketing (maybe reversed shoplifting?).

Imagine a single mother who has been looking for a job for weeks and whose funds are running low. She opens the classified ads section, hoping she will find a job in one of those pages. Can you imagine how she will feel when she finds your Happy Money and read your note about not giving up and having faith that everything will be alright?

The basic technique I just described is already powerful by itself. With the additional step I'll be describing below, you will multiply the effectiveness of the Happy Money method.

When you share your blessings through Happy Money or similar techniques, you can expect your gift to return to you ten-fold, a hundred-fold or

more.

To understand how this is so in the Happy Money technique, you have to see the money as a seed that you plant by giving it away as a gift. The seed is that part of a plant that must be planted first before it can actualize the "sleeping" potential embedded in it.

If we treat money as seed, then soon we can start harvesting like a farmer does – a field full of crops grown from a mere handful of seeds.

When you leave the Happy Money (or as soon as you can be alone to do it) mentally say: "Dear God/Universe/Source (whatever power or whoever you feel comfortable talking to), I have received \_\_\_\_\_ (say the

amount, which is ten or a hundred times the exact sum you have given away) in return, with good to all concerned. Thank you, thank you, thank you."

You can also say "Thank you for all the money I have received as a ten-fold (or hundred-fold) return of the money I gave away. Thank you, thank you, thank you."

Saying something like the above statements is important because you need to "claim" your blessing, you have to affirm it as soon as you can. And it helps a lot if you repeat saying (or writing) the statement at least once a day.

By the way, do not tell anyone about what you are doing. You can teach others the technique later, when you have

already many successes under your belt.

As a beginner you can do it with any small amount that you are comfortable with. But as you “grow” your faith in the universe’s abundance you can increase the amounts you give away.

Why is giving money a good habit? Giving money to other people or to a cause or organization is the best way I know of to stimulate the flow of money into your life. It is a good habit that shows that you are not afraid to see money go. You are able to let money go without fear because you are confident that it will be replaced by more money coming to you.

The first few times you give money using the Happy Money method may feel

uncomfortable. But soon you will feel that it's a natural thing to do. You will know that there is nothing unnatural about it, because it makes you feel wonderful before and after doing it. Anything that feels that good cannot be bad or unnatural.

The actual act of leaving the money in secret places is exciting. It's even more exciting if you imagine the surprise of the person who will receive your small blessing. The Happy Money method makes both the giver and the receiver feel good. But it is the giver who gains more because his money eventually comes back to him multiplied.

After doing this, be on the lookout for money and abundance coming to you



from unexpected sources. If you receive \$10, it means your money has returned to you ten-fold. Gifts, freebies, and discounts also count as proof that the method works. When you receive cash, I suggest you turn a portion of it back into Happy Money bills.



# Giving

You might ask “If giving money is really effective in increasing the flow of money, then why aren’t there more people doing it?”

There are many people doing it, most of them wealthy philanthropists, and their money-giving usually go unreported. Do these people give their money away just for the tax benefits? The truth is they know that outflowing money by giving it to charity and other worthy causes is a sure way to attract even more money.

Some people tithe 10 per cent of their income. Some people do money

seeding.

The Happy Money technique encourages us to give money to other people in a manner that both the giver and the receiver remain anonymous. And the best thing about it is we can start with just a small amount. No need to set aside 10 percent or even 5 percent of your money to do this exciting prosperity method.

How come only the rich or well-off people are doing it? I don't know. It's probably because only the rich know the power of giving.

There is a saying that it's better to give than to receive. We've heard it many times. But most of us give only when we have extra money, which rarely

happens because we usually are trying to make ends meet. And most of the time, we give with a heavy heart, because it is hard to part with our hard-earned money.

As regards the concept of giving money to receive more money in a slightly structured manner such as Happy Money, people are not convinced that it works until they have actually seen proof that their money came back to them multiplied.

I wish I had known about the Happy Money method when I was younger, I would have started doing it sooner. Oh well, maybe I was meant to know about its beauty only after I had hit rock bottom.

People from the lower income levels

think that only rich people should do all the giving because only the rich people have “extra money”.

Those who are not rich don't want to give money away because they fear lack. They're afraid that if they give some of their money away, they will be left with less. Their mindset is to focus on how to increase the amount of money coming to them, not increase the outflow because, seriously, giving money away when you don't even have enough just doesn't make sense.

What the givers know that the non-givers don't know is that giving away money does not result in less money, but more money.

Giving does not result in loss.

Giving results in gain.

How does giving translate to more receiving?

Giving money away lubricates the channel by which more money comes into our possession. The positive outflow of money creates space to which more abundance can flow in.

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Let's try to illustrate this with a story:

At birth every child is given a jar, and this jar contains money. The amount of money is different from one jar to the next. Some children are given more, some are given little. No one knows why this is so and no one asks why.

As the children grow up, they spend

what's in their jar. And the manner by which they use the contents of the jar is patterned after how their elders use their resources. The older folks are supposed to know more, and they teach the children about everything either by direct instruction or by showing an example through how they lead their lives.

Nobody knows about the jar's secret: the money likes to move. It does not like being held in the container. It wants to be used for what it's good for. Just like people, money wants to realize its potential.

After many years...

The children are all grown up. After years of experience and observing the



world around him, a man discovers that money is energy and it likes to move. It doesn't like staying in the container. So instead of just keeping the money safe in the jar, he decides to let go of the money, spending it wisely on things he needs and enjoys. He is surprised when more money comes back to him after a while. It is then he realizes that money that goes away is replaced by money that comes in.

He discovers another thing when he has bought everything he wants for himself. He finds out that giving away money is even better than spending it. Because when he gifts the money to other people, he makes the people happy, and he feels happy as well. So he

tells himself that he will keep on giving money as a gift because he is able to create more happiness for himself and for others.

He finds out that the more he gives freely the more money returns to him. It comes to a point when money starts to overflow from the jar.

Later he tells some people about his discovery, but they don't believe him because his idea sounds crazy. They are afraid to lose their money. They tell him he can do whatever he wants with his money, but their money is their business and they know what's good for them.

So from this time on, the man shares his secret only with people who are open to his way of thinking. All of them

who listen to him prosper.

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Why are we giving money away again? Because next to spending our money, giving money to others is the best way to outflow money. Using money this way is good because we are not exchanging it for a product or a service right away, but investing it in goodwill. And unlike spending money by shopping, when we outflow money using the Happy Money way, we can expect a return on our investment in the future.

The universe abhors vacuum. When you outflow money, the resulting vacuum must be filled again. It can't stay empty forever. The universe will orchestrate something so that that vacuum will get

filled again. More movements like this motivate the transfer of money inward and outward. So if you want to stimulate this movement of money, you must create a vacuum by giving some of your money away.

You might ask, “If I want to create a vacuum, why can’t I just spend the money on stuff I like and experiences I get to enjoy?” When you use money to pay for something, you are using up the stored value of the money right away. When you do something like Happy Money, the stored value is planted and allowed to grow, and the energy of the money travels and eventually comes back to you multiplied.

The worst thing ever is to have a lot

of money and not do anything with it. When people let money sit untouched, the flow slows down or completely stops. When something like this happens a blockage is created. The energy of money is stifled, and when money is unhappy, it's a sure bet that the owner is also unhappy. He could convince himself that the security of having his money safe makes him happy. But real abundance is not about having loads of money to count. It's about making use of it in ways that count.

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People who have done the Happy Money method said that just the act of leaving the money in secret places made them feel good.

I believe that the good feeling comes from the knowing that someone somewhere will be delighted to find the little surprise you left for them.

There are people who reported finding Happy Money, and they were inspired to do it themselves. They said that after experiencing being the recipient of a Happy Money, they decided to replicate the process and create happiness for themselves and for others.

When you give money away, you show to the universe that you know your needs will be taken care of. You demonstrate an inner knowing, a certainty. You know you have changed from a person who constantly worries

about tomorrow to someone who is confident that the universe will provide you with whatever you need. You are not scared to give money away because you are sure more will come to you.

There is magic in the Happy Money technique that you won't be able to explain. After a while, you will stop looking for an explanation and just enjoy the giving process and celebrate the receiving process.

One common thing among money givers is that they know exactly how money works. These people are smart, because they know that the money they gift to others will return to them ten-fold, a hundred-fold, a thousand-fold or even more.

The most important benefit is you will remove fear of poverty and lack from your system. Once this fear is gone, you become a new person, and you start to see proof that there are no challenges that you cannot overcome.





# Receiving

Now that the giving part of the method has been dealt with, we move to the second part, which is about receiving money and abundance.

You might say “Oh, there’s nothing difficult about receiving money. I don’t need to do anything other than accept it, right?”

Yes, but before you can receive anything you must first be a perfect fit to it. If you don’t match money’s energy, then there won’t be any receiving to do.

The inflow part of abundance seems easy. However, many people are missing something very important in the

equation, and that is their readiness to receive. They are unconsciously walled in by their self-made barrier that keeps more money away.

You want to receive money and abundance but it doesn't mean you are ready to allow it to come to you. Even though you consciously claim and believe that you are worthy to receive money and blessings, there may be some hidden beliefs in your psyche that are preventing money from reaching you.

What is this thing that pushes money away? These are self-worth issues and limiting beliefs concerning money.

Some people have unconsciously imposed a cap, a ceiling or limit, to the amount of abundance that they allow into

their lives.

If you believe that you are good only for a job that pays \$3,000 a month, then it is unthinkable for you to work a similar job that pays \$10,000. You won't even try applying for the one that pays higher, even if the job description and qualification required are exactly the same as that of the lower paying job.

This is because you may have been conditioned by your upbringing or the experiences of those around you that you belong to a job that pays \$3,000/month. You will not go over this threshold until you change your assessment of your value.

What I'm saying here is that our level of self-worth and self-esteem play

a huge part in how much abundance we get to experience.

Why do most of us have low self-esteem and self-worth and where did this come from?

I believe that this is because of our conditioning, most probably from our early years and through adolescence -- years when we were most impressionable. Also, we may have had experiences that made us doubt our worth. We may have had people tell us and show us that we don't deserve a good life.

One thing to guard against is guilt. If you have done something in the past that you are ashamed of, if something bad happened that you blame yourself for, if

you did something that you feel make you a bad person, then there is a huge possibility that you are using that excuse to withhold from yourself the experience of anything that brings satisfaction and happiness.

It could be one very minor thing in the past, but its effect could still have its claws around you, and you keep beating yourself up because of it. Something like this can prevent you from being fully open to receiving blessings and abundance.

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Beliefs are ingrained in the mind easily when we are young, so your limiting beliefs about money may be traced back to past experiences with

your family or those who raised you.

If you grew up around people who believed that money is evil, then it won't be a surprise if you grew up having the same belief. You will be wary of people who have lots of money, because at the back of your mind, they could be making money from malicious means.

You will never see yourself having lots of money, because you are afraid that it will lead you to do evil things. You will never want to have wealth because it could control you and turn you into a bad person.

Your limiting belief could be that poverty is a virtue. If you believe this, then whatever you do, however hard you work, you will make only enough for you

to survive, or maybe even less.

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So those are the two things that could be keeping money away from you: low self-worth and limiting beliefs.

If you want the flow of money to increase in your life, you have to get rid of the negative beliefs about money and to increase your self-worth. How do you that?

You have to remind yourself that money is neither good nor bad. It is a neutral tool. It can't compel a man to do evil things. Man's desires are what motivate him to do things. He is the one who decides how to handle money and what to do with it, not the other way around.



You also have to remind yourself that everyone is equally worthy to receive abundance. No one is more worthy than another. You are entitled to what the world can offer just by virtue of being born.

Each one of us is a unique part of the whole of creation. The fact that you are here shows that you are important, that you have value similar to the rest of us, and therefore you are worthy to receive whatever you believe is yours.

We are all equally worthy of the good things that life has to offer. We are equals, regardless of where we came from, regardless of our looks, our social class and our education and achievements.

It is only your thinking that makes you feel inferior or unworthy. If you want to increase the flow of abundance in your life, you have to tear down the wall of low self-worth and limiting beliefs that you have put up around you, a barrier that is keeping abundance out of your personal zone.

There is a saying that pain is inevitable but suffering is optional. In money terms, I see it this way: Being broke may be inevitable; staying broke is a choice. You can only stay broke if you choose it, if you choose to suffer.

If you don't want to be broke anymore, you can find a way out of it. No negative situation is unsolvable, however hopeless it looks.

A person will find himself lacking money if he has resonated with poverty thinking. His vibration came first. He may have thought, felt, believed, spoken, or soaked himself in lack, and that is why money won't come to him.

Always remember that the universe will never contradict our vibration. It can only reflect who or what we are. So if you don't have money, it means that that is the tune you have been singing and affirming, though you may not be aware of it.

Always remember that the universe supports you. It always proves you right. And it always gives you evidence of what you believe to be the truth. Never the opposite, never anything different.

For example, if you believe that you will never be able to afford something, then you will be proven right. You will never be able to afford it. Period.

There are people who hold on to poverty and fear money. It's because they are so used to where they are, that they have become comfortable with it. Change is scary, because the unknown is uncertain. The longer a person gets used to a situation, the harder it is for him to change it.

Also, people know that with money comes a huge responsibility and also lots of challenges. Some people are just not willing to face that responsibility or that challenge.

What if someone believes they are

destined to be poor? Then that's their choice. They may have chosen that life theme when they came here. Maybe they wanted to have those experiences in order to learn from them. But it doesn't mean they are stuck in that situation.

You can change course even when you are in the middle of your journey. The only thing you need is to make a decision that you want change. When you reach this point, it means you have learned everything you needed to learn from the theme or challenges you have earlier chosen. And now you are ready to move on. You have gotten everything you can from your theme, and now you are deliberately choosing a different theme.



# Removing Blocks

We need to treat money with respect if we want to increase its flow. The first thing to do is to see it as a friend or a partner, something that is indispensable in your journey to experience life in this physical dimension.

If you are going to treat money as a friend or a partner, you need to consider it as a living being. We as humans collectively agree to use money as a means of exchange. But we forget that money is energy and therefore it is alive in a way.

The reason why many of us lack money is because we have not been

treating money in the right way. So we must reconnect to the spirit of money and abundance if we want to attract more prosperity. During the times in the past when we thought and felt bad in connection with money, we have inadvertently driven abundance away from us.

I will show one simple way by which you can repair your relationship with money.

Go to a place where you will not be disturbed for a few minutes, with paper and a pen. You are going to write a letter to the Spirit of Money and Abundance. Write whatever you want to say, just like you would if you want to reconnect with a friend you had pushed away in the



past. Apologize for abusing, mistreating, and mishandling it.

Ask it to help you remove the blocks that are preventing money from coming to you. Remember that money is always available to everyone, but many of us have built walls around us with limiting beliefs and feelings of unworthiness -- all rooted in traumatic experiences in the past -- and these walls are pushing money away.

Remember that you are worthy of everything the world has to offer. Each of the seven billion people on earth is here because they are important in their own way. Each of them plays an important part in the whole of creation, and therefore each of them is worthy of

being here. If you don't have any worth then you would not be here. So claim your share and experience life to the maximum.

Ask the Spirit of Money to be with you again as a friend or partner. Send love to this Spirit and feel the love it is giving you in return. Feel that you have reconnected and that now you are ready, willing and able to receive more money and abundance.

There are no rules as to what you should write. Write whatever comes to mind or whatever moves you. The goal is to stimulate the connection you have with money that you have ignored, and to strengthen this link.

After this one-time exercise, I

suggest you maintain the link by acknowledging all the good things that come to you, things which cannot reach you if you don't use money. When you buy something, send your thanks to the Spirit of Money. When you receive something, send your thanks to the Spirit of Money.

What I do is I talk to this Spirit of Money everyday. I say thanks for all the blessings I receive.

Some people might feel discomfort in talking to money -- afraid they will get too hung up on it or become materialistic. But I don't agree with that kind of thinking. To me, since money is a friend, then I should be able to talk to it anytime, anywhere. This way I am

having a live connection with the friend or partner that can help me be at the right place and at the right time to receive whatever abundance is coming my way.

The simple act of communicating with the Spirit of Money doesn't mean anything other than having a conscious connection with it. If you give it a negative meaning, then you will be creating another limiting belief that will work against you.

When you are able to have an open mind about the concept of money and how it works, then it means the blocks you have against money are gone or are at least starting to crumble.

From now on, every time a thought about lack or money concern crosses

your mind, let the thought pass. Then say something that will overwrite the fear or the concern. I suggest you say, mentally or aloud, something like “Thank you for the easy and successful resolution of this challenge or situation.”

For example, if you are worried you won't be able to meet your mortgage payment, instead of stressing over it, be grateful for the future resolution of your problem. Say something like “Thank you for the successful resolution of my mortgage problem. Thank you for the money that I have received.” You know deep in your heart that it will be resolved, because you are confident the universe will take care of it.

Doing this is very effective because

it is akin to the act of praying. Worrying only makes you feel bad and does not lead to solutions, because when there is struggle, you cannot access the “place” where the solution can be found. So instead of worrying, mentally say a prayer of gratitude, gratitude as if you have already received what you need.

Repeat the gratitude prayer as often as possible. And you will be amazed at how your problem will get sorted out.

To recap, receiving money using the Happy Money method means that you have to be prepared to allow money and blessings to come to you. This is possible only if you free yourself from blocks and barriers that push away the wonderful things that rightly belong to

you.

Receiving also means being grateful at all times, even though the answer or the solution has not manifested yet. You are certain that it is on its way to you, because you are ready and you are open to receiving it.

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The two parts of the Happy Money method work together. It is possible to attract more prosperity just by doing one of them. But I suggest you do both, because they increase each other's effectiveness.

How do we know that it's working? You will know when you start to feel different about the concept of money. This could take a few days or a few

weeks. For those people with hardcore limiting beliefs or negative conditioning regarding money, it may take longer. But hopefully it is shorter than 30 days.

You will also notice that you feel less burdened about money. This is because you have given up the heavy weight of struggle.

You will feel more hopeful and more positive. When you hear someone complain about money, you will not jump in to share your rants. Instead, you will feel a little special, because you know something they don't. You know all your needs will be met in the easiest of means.

Is there anything that you shouldn't do after you deploy your Happy Money?



Don't fret when you don't see results right away. Don't go back to see if the money is still there. Don't tell anyone what you are doing. Don't feel bad that you now have a little less budget or allowance.

Before I end this, I have to remind you that abundance doesn't always come in the form of cold hard cash. When you start doing the Happy Money technique, you might receive gifts instead of cash. And that is all right, because those things are worth money, too. Be grateful each time you receive anything, whether you need it or not. Give thanks for every thing that happens that proves the Happy Money method works.

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Thank you for reading Happy Money.

Please leave a review on Amazon if you find this book helpful, and especially when you can share positive results from using the Happy Money method.

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