



7 Simple Steps

To Becoming A Money Magnet

By Lady Jana

www.7minuteShift.com



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Introduction

So, you need more money?

Why don't you have it? You try and try and try, you have great goals, you've seen "The Secret" a dozen times, but you still haven't gotten those millions, yet.



Don't worry. There's hope. Just a few tweaks to your thinking and daily routine, and you could have a new life before you know it!

The Law of Attraction simply states that you become what you think about most. Whatever your situation may be, you have the power to achieve what you want in life. It's simple: we attract into our lives whatever we are putting our attention on. The trick is to become aware of what our thoughts actually are.

Every thought that we think enters the energy field around our body, and that vibration sends a message out to the Universe to create whatever we are requesting. It is this outgoing vibration that acts like a magnet, attracting like vibrations back to you.

The problem is that most of us focus and think about what we DON'T want most of the time. And so that is exactly what we get. The mind is thinking all the time, most of the time below our conscious awareness. We think tens of thousands of thoughts a day, and the vast majority of them are negative. We live in a negative world, being told that life is hard, work is hard, money is hard to come by, the economy is unstable, there are random acts of violence on the TV and in the neighborhood, etc. So as we think these dark, negative thoughts over and over, that is exactly what we create.

All you have to do is change your thoughts! Well, of course that's quite simple- but not necessarily easy. How do you change your thoughts so that you get what you want?

When you're frustrated, it's hard to stay positive. And it's especially hard to stay positive when the evidence all around you screams negativity. When you are immersed in a lifestyle that lacks financial abundance, it's pretty hard to act as if you have thousands of extra dollars to spend on whatever you want. And what happens if you can't stay positive? Right- you just start attracting more of those negative things into your life. In practice, thinking "the right" thoughts, is sometimes easier said than done.

This guide will get you started, and give you some great tips on how to think, feel, and create the wonderful life you've been dreaming about.

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Formula for the Law of Attraction



*Your mind is a powerful magnet that will attract to you the things you identify yourself with. If you have sad thoughts, you will attract tragedies.
If you are a good man, you will attract the company of good people.*
-ALFREDO KARRAS

At its simplest level, there are really only two components of creation- desire and expectation. If you truly deeply desire something and you think about it all the time, in a positive way, absolutely expecting it, the Universe will reflect it right back to you.

However, there are other components involved. It can be written as a simplistic formula like this:

Thoughts + Emotions + Beliefs + Expectations = Your Reality

Each part is just as important as the others. They all play a part in the way you will draw money or situations into your life.

Thoughts — Your thoughts provide the groundwork, the basic structure for your reality. What you perceive happening around you, and how you interpret it, will generate emotions and feelings based on the thoughts you choose. Although thoughts are the basis for your reality, thank goodness we don't "create" our every thought! Nightmares would come true, fears would manifest, and every worry you ever had would haunt you!

In order for thoughts to have power, they must be energized. What gives them the energy to create, is emotion.

Emotions- the component that gives fuel, or energy and life to your thoughts. When you hold a thought, and infuse it with strong emotion, that gives it power. The emotion gives it life. Thoughts that have been repeatedly energized with lots of strong feelings and emotions are the strongest magnets of all to draw to you exactly what you are feeling so strongly about. It is more the feelings, not the thoughts, that are the driving force behind your ability to create your desires. Remember, it's not so much what you think, but the powerful emotions that are behind it.

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Make no mistake, your emotionally energized thoughts are powerful things. And the Universe does not care whether they are positive or negative, your negative thoughts will draw to you those negative things just as fast as the positive ones will. This is why it is so vitally important that you learn to move your thoughts into a more positive direction, if you want better things to happen in your life.

Beliefs- Your beliefs, both conscious and unconscious, are the filters that will either allow your dreams to come true.... Or not. You may be thinking positive thoughts, and very energetically, but if you have a limiting belief that is opposite of what you are asking for, it just won't happen. For instance, you want a new car, you have chosen exactly the one, the make, model, color, year, upgrades, everything just so. You are really excited about having your new car, but in the back of your mind, is the little niggling thought "I will never get this, I don't deserve to drive such a nice car." There you go- the "order" that went out to the Universe for your new car just got cancelled. Your underlying "belief" that you weren't going to get it, reversed the energy, and sabotaged your desire.

Most of us have limiting beliefs like this. But never fear! There are ways to identify them, transform them, and eliminate them altogether. Whatever is blocking you from your good life, whatever is standing between you and your fondest dreams, can be removed, changed, or otherwise banished.

Expectations- Finally, the anchor that glues it all together, and speeds things along is your certain expectation that you WILL get what you desire. Certainty is one of the strongest forces to magnetize things with speed. The more certain you are, the more strongly you believe that you WILL receive it, the faster it can come to you. Doubts and worries will only delay (if not destroy) your good work at sending out positive energized vibrations. Hold onto the absolute certain belief that you ARE going to get what you have asked for, and do not waiver. Consistent, persistent thoughts that you are indeed about to receive will draw your desires in the fastest way possible.

These four elements of the formula, Thoughts, Emotions, Beliefs, and Expectations are really basic to understanding how the system works. However, just exactly what is it, that you have to do?

Below are the 7 Simple Steps To Becoming A Money Magnet.

Although they may be simple, that does not necessarily mean easy. There are some tricks to it, and, it may take some practice. But you should know that it gets easier and easier, because each achievement, each desire that you bring to life will get you more connected to what you want and closer and closer to the life of your dreams. The gratitude and joy that you'll feel as you see your life unfolding before you will leave you astounded.

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Step # 1 :

What Do You REALLY Want?



The more clear and definite you make your picture then, and the more you dwell upon it, bringing out all its delightful details, the stronger your desire will be, and the stronger your desire, the easier it will be to hold your mind fixed upon the picture of what you want.
-WALLACE D. WATTLES

In order to attract money or wealth, or happiness, or anything else into your life, you must first know that you'd like to have it. Contrary to popular belief that says you ASK the Universe for things, you are actually beginning the attraction process just by conceiving a desire. Once you have a desire, and identify it clearly, you have already asked for it. You are interconnected with the Universe through a field of energy that never goes away. Your clear desire to experience something automatically sends out a message that begins attracting it to you. The trick is to be very clear about what you want. So, what do you desire?

You can have ANYTHING you want. Do not wait for someone to tell you what your life is supposed to be about; your inner desires are divine. This is all about learning how to create the magnificent life that you want for yourself. Even the word "desire" is derived from the words "from God". If you have a desire, you can have whatever the desire is about. The Divine wants what YOU want. So have some fun! Go inside and say, What do I want in this life?"

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Four things to pay attention to here:

1-Think Big- don't limit yourself to what you think you "should" have, or are deserving of. Many of our goals were handed to us, by our parents, our teachers, our peers. Perhaps these goals aren't really the best for you. It is important to get clear on what YOU want. Sometimes this is complicated by your own limiting beliefs, which might make you think that you "can't" do or have something. Not so. There are no limitations in the ability of the Universe to provide. Do you want to be a music teacher, or do you want to be a Master Musician? Both are equally do-able. It is not a good idea to short yourself by settling for some goal that is less than your heart's desire. In fact, settling, will cause your efforts to be less powerful. You won't emit strong enough energy about your desire, because it is not really what you want, and therefore you won't attract it. Even if you do manage to attract something similar, you won't be satisfied, because it just isn't the right thing for you. So be sure to identify what you REALLY so want -- If you could bring ANYTHING into your life right now, what would it be?

2- Go for the Good - Make sure you are identifying what you DO want, and not what you DON'T want. If you desire a new and more satisfying job, be sure to say that, and not "I don't want to have this horrible job." If you were about to say, "I don't want to be broke anymore," then change that to "I desire to have more than enough money now for anything I'd like." If you are having health issues, instead of saying "I don't want to be sick," just say, "I want vibrant health!"

3- Be Consistent - One common mistake that people make is wavering with their goals. Not knowing what you want could sound like this:

"I want this, no, today I want this other thing, no, wait, now, today, I want that. "

So you've set a goal, but when it doesn't come right away, you say, "Well, I'm ok with this here, or I'm ok with that, or if it was like this, I'm ok", and the creative energy gets muddled. There is no clear and strong direction to go in.

Here's an example of muddled thinking:

If you started a vacation, and you got in the car and said, "Let's go to Atlantic City", and you drive in that direction, but you see a billboard for Myrtle Beach in South Carolina, and you say, "Oh, I'd like to go there", and you change direction, then after a bit, you decide, "New York City sounds good", and you change direction again. If you keep changing your direction, you'll end up with no more vacation time, and all you did was drive in circles!

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Perhaps this is why so many of us feel like we're on a hamster wheel. We just keep going and going, but never getting anywhere! ☺

4- Get Clear – Once you have decided what you want, spend some time knowing exactly what you want. Make sure it is right for you, that it is a positive thing, and that you can hold onto the desire over time. Sink into the details, being as complete as possible. Include all the parts that are important to you.

Clarity, and persistence in a single direction is critical.

Remember, once you conceive a desire, and get really clear about it, you have already asked for it. In the very moment you conceive it, the universe receives your request. Being super clear about what you want makes it easier for the Law of Attraction to actively bring your desire into your reality.

It's OK to make adjustments to your request. That's what life's all about anyway, learning what our own preferences are. Right now, you know you'd like a different job, and that it should have "x,y,z" characteristics. As you contemplate this new job, you may add that it should also have "q" characteristics, or you may decide that "x" is no longer quite as important as you thought. This is all right.

As you make refinements, the object of your desire gets closer. The thing to watch out here is that you are making refinements, and not changing direction entirely. Being wish-washy about your requests is not useful, and will slow down the process of manifesting anything at all.

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Step # 2 : How Would That Feel?



Whatever it is you are feeling is a perfect reflection of what is in the process of becoming.
-THE SECRET (the movie)

While knowing what you want is critical to setting the direction for your manifesting, the real power behind the scenes is the feelings and emotions that fuel the attracting magnetic force.

There are two parts to this:

- 1-the imagined feeling of what it would be like to HAVE your desire, and
- 2- the emotional intensity that is generated.

Make it Real

Use your imagination, and imagine actually having this thing, or experience. Pretend that it already exists, and that you are right in the midst of enjoying the best times of your life. Put yourself in that special car, and imagine just exactly how it feels to drive it- the steering wheel on your hands, the vibration in your body, the feel of the wind

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lifting your hair, - hear the hum of the fine-tuned engine, and the full beats coming from your great sound system.

Imagining all the specific details gives out a very clear signal of what you expect to have or experience. The clearer the signal, the faster it can come back to you.

Even Better!

A part of this is knowing what you will be experiencing inside when you have what you've asked for. What will you get by having this thing? No one wants just money. Having a stack of paper on your kitchen table is not really what you desire. You probably want something that you think that paper will bring you. If you plan to use it to go on vacation, great! Start imagining the vacation. But better yet, what will you get by going on vacation? Is it a closeness with your family? Or relaxation time sitting on a beach? And what will that give you? Maybe peace?

Ah, now we're getting somewhere. As you ask yourself repeatedly, "What will that bring me?" and then, "What will THAT bring me?" you keep getting closer and closer to the ESSENCE of your desire. Do your best to get in touch with the essence of every desire you have, because the Universe is amazing in it's ability to create solutions to problems, and to do it in a way that you may have never imagined yourself.

So, you may be desiring a quick trip to a local beach, but the Universe manages to bring to you a free trip to the Caribbean! The essence of your desire is fulfilled, in a way that's even better! Always be open to having your dreams come true in ways that are even better than you've asked for.

Give it Power

Secondly, make sure you are in touch with the great emotions that flow through you, now that you have your desires met. What does it do for you to have this thing you want? What qualities has it brought into your life? How do you feel now? Are you feeling happy? Elated? Satisfied? Proud?

Dwell on these great feelings. Magnify them, Make them strong and powerful. These emotions are the main attracting force, and the stronger you can make them, the faster you will magnetize your desires.

Truly, this one thing is essential.

The more you can infuse your imaginings with strong emotion, the faster your desires will come into reality for you!



Step # 3 :

Believe You Deserve It!

Wouldn't it be great if you noticed that your version of the rules for your reality wasn't working so well, and you could exercise your freedom to choose to release some of your negative or limiting beliefs and concepts?

-RICHARD BARTLETT

The Universe doesn't care what you want, the Universe doesn't care what's good for you; the Universe cares about what you are thinking and feeling.

Being a Law, there are no exceptions. It's like the Law of Gravity. When something falls down, the Law of Gravity does not care if it is a drop of water, or a boulder. The Law works, and things fall. The Law of Attraction works likewise. When you send out thoughts to the Universe, they come back to you, whether they represent good things or bad, makes no difference. Whatever you think about, talk about, or focus on in any way is included in your energy field.

So how can you use this information? It is important that you become aware that most of our self-talk is negative. We've been brought up in a negative world, and many of the thousands of thoughts that we have, but are not aware of, are limiting thoughts that keep us from our own good.

Just think, if your thoughts are creating your world, then just look around. This is the world you have created. If you were thinking outrageously prosperous thoughts, your world would look different, wouldn't it? So here's the thing. When we try to apply what we know about creating, and we use with good, positive statements, often our own mind sabotages us.

Any positive thought is cancelled out by a negative thought that follows it. It's like pushing on the gas pedal, and then slamming on the brakes.

Here's one way we do this: by using the "but" word.

For instance, we say "I'd like to get a better job", and right away, the mind chimes in with something like, "but I don't have any skills." There you go- the negative statement

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has just cancelled out your order for a better job. Here's another example: I tell the Universe, "I want this", but then I follow it with, "But I don't know how to get it." Well, with talk like this, you never will.

Another way to sabotage your efforts is to accidentally affirm what you don't want.

This is also a common mistake, usually done by following a positive statement with a negative one. For example, I want love in my life; I'm tired of being alone." By adding the negative phrase, you have just cancelled out your creation.

TIP: To "close the deal" before you sabotage your positive statement, immediately **apply gratitude**. Example: "This is what I want, and thank you, I really appreciate it."

This is a really effective way to sidestep the tendency to cancel out your existing negative belief.

There are other ways of dealing with limiting beliefs, and doing so will greatly enhance your ability to draw new things into your life. Dissolving these beliefs goes beyond the scope of this brief guide, but here are a few tips.

Using affirmations is one good way to shift your belief systems. Repeating affirmations consistently and often can get you to not only focus on better thoughts, but will help you to make an internal shift that will become automatic, thus attracting the things you have chosen to attract, and not just whatever was "programmed" in at random during your life.

Actively visualizing the end result that you desire is very important also. Keeping it in the front of your awareness, and imagining that it has already happened gives power and speed to your magnetizing efforts.

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Step # 4 :

Expect It To Happen!



Faith is expectancy. You do not receive what you pray for, nor even what you say you have faith in. You will always receive exactly what you expect.

-ERIC BUTTERWORTH



Remember, You are never given a dream without also being given the power to make it come true! You actually DO have the power, even though right now, it may not seem like it.

In order to begin believing that your wishes can come true, you must be willing to believe it. Let me emphasize that statement, because it is key to taking the first step.

You must be willing to believe it.

The key word here is **willing**. If you are willing to believe, the strength of belief will come. Just be willing to let it be so. And, since you believe, you will expect it to happen. The happy expectation of getting what you've asked for is a great thing to dwell on.

Part of this is just trusting the process. Yes, believing that you will actually and truly have your dreams come true does take an act of faith of sorts. You must deliberately decide that you ARE creating your future, and that you ARE going to get it, just as you desire, and that good things ARE on their way. Hold this thought, along with the deep expectation of the possibility of its reality.

Practice unlimited thinking. As you look around at your daily circumstances, remember that what you are seeing is the creation of thoughts you had in the past. You are looking at the results of what you USED to think. So you don't need to worry about the fact that you don't have it *now*. Just close your eyes, and bring up a quick picture of how it will be *soon*. Be aware, that as you focus gently on what your NEW life is going to be like, the reality of it comes ever closer. Trust this process. Know that you are stepping into your vision as if it is already here.

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Remember :

Sometimes you get more and better than you ever asked for.

The Universe is limitless, and infinite, and the odds are, you have not imagined quite this big. So, it is more than possible that your desire can be fulfilled in a way that is even better than you ever could have imagined. So be flexible. Expect results, and at the same time, be flexible so that you can recognize and acknowledge when results come that satisfy the desire without being exactly what you've asked for.

Your job is to set the energy in motion, and allow all the results to be good and ok. The more positive energy you can put out, the better the results, so just go with it, and appreciate what comes. As you get better and better with these steps, your results will get better and better.

Remember that your results may be "like that" and not "exactly" that. Expecting the exact thing can sometimes lead to disappointment, so be sure to acknowledge that the essence of your desire can be manifested in many different forms.

Your intention is the key.

Your thoughts are guided by your words, and what you tell yourself. If you truly intend to have something new, you must keep a watch on what you're telling yourself about it. You may have thoughts come up like, "This will never work" or "It's not working" or "This is just impossible" and other negative things. When you do, just acknowledge that you just thought something un-useful, and follow it with something more positive, like, "This is going to be great!" or "I'm really glad this is changing" or "This certainly IS possible". You can even state, "I intend to find a positive outcome here."

Eventually, this will happen automatically, but at first you'll find yourself doing lots of corrective affirming to yourself. It's ok, no one needs to hear what's going on inside your head, and they'll see the difference when your life begins to turn around!

Persevering in your expectation that you WILL receive the new changes in your life is the one thing that determines the difference between daydreaming, and actively CREATING your new life. As you trust this process, and step into the flow of abundance, you take back your own power.

As Bob Proctor shared in *You Were Born Rich*, "Desire without expectation is nothing more than wishful thinking.

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Photo by Anna Cervova

Step # 5 :

Be Grateful That You Have It!



What you focus on expands, and when you focus on the goodness in your life, you create more of it. Opportunities, relationships, even money flowed my way when I learned to be grateful no matter what happened in my life.

-OPRAH WINFREY

Be Grateful. Gratitude is a vital step in the flow of abundance. It is a powerful magnet which keeps us in the flow and aligned with receiving all the wonderful things we desire. Fill yourself with gratitude all the time, even about the small and seemingly simple things in your life. There is always something to be grateful about. When you notice a little of what you want flowing to you, take a moment and be grateful for what you have received, regardless of how big or small it may be. Be grateful and say thank you.

Even though we know that expressing our heartfelt gratitude is a really powerful way to raise our own frequency of vibration, and therefore, to be “putting out” the vibration that we wish to attract back to ourselves, sometimes our heart is just not in it. We go through the motions of “thinking” gratitude, but we’re still disconnected and, if truth were known, a little disappointed in our lives.

When you were younger, didn’t you have plans? Mighty, wondrous, exciting plans for your life? That somehow didn’t work out? It’s the contrast between those ideas and expectations, and the reality of your current experiences that sometimes dampens out

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the depth of gratitude that is needed to actually attract your dreams to you. It's natural to look around and compare what you have, to what you want.

Never-the-less, according to the Law (the Law of Attraction) "like attracts like". So feeling resentment will keep you stuck right where you are, unable to move forward, and disconnected from the ability to manifest your dreams.

How to get around this? Here are 4 tips that might help:

1. Make it your **intention** to be grateful. This is always the first step. Make up your mind that you're going to be grateful for every little thing (today) and it sets the tone for your life. Then, your mind will know to pay attention, looking for things to be grateful for, and it is certain that you will find them!
2. Know that your life "as it is" is really the result of what you attracted *in the past*. So be OK with this, because you are well aware that it is changing all the time. Keep that image of "how it's going to be" in the forefront of your mind, while allowing it to be OK that you are experiencing something a little less at the moment. This will reduce the resistance and disappointment that you might have been noticing, and replace it with excitement and anticipation of what is surely to come soon.
3. Actually notice and acknowledge your appreciation for all the stuff around you that is worth being grateful for. It's everywhere, it really is. If you are driving down the road, you can be grateful that the road is there, and that you don't have to ride a horse through the woods. Be grateful that our streets have streetlights at night for everyone to use. Be grateful that it is not raining, or, be grateful that it is raining. As soon as you set your mind to looking for things around you that you can be thankful for, you WILL find them.
4. Acknowledge even the littlest indication that you are moving in the direction of prosperity. If you've asked for a college education, and someone hands you an informational pamphlet, well, it's a start! Be glad! Be grateful! Laugh at yourself that you can be so happy over a piece of paper- it's the energy of happiness, gratitude, and joy that will draw to you your every dream. The size of the gift is actually irrelevant to the awesome power of that *feeling* of abundance.

There are many joys in the moments of our days. Allowing ourselves to notice and feel those happy moments is a wonderful step in the direction of raising our vibrations high enough to attract even more joyous moments (not to mention all the great stuff we've been thinking about!)

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Wealth, money, abundance, they all FLOW and circulate. So when something comes your way, enjoy not only receiving it, but enjoy having it, experiencing it, and also letting it go. What good is that beautiful new scented candle if you never light it? What enjoyment will come from buying yourself a new “toy” and leaving it in the box? Fully appreciating what you have is part of experiencing the abundant flow that moves through everything.

And here’s an extra bonus for you. Every time you experience something you like, you can create more of it! This one step will ramp up the speed with which you bring more good things to your life.

The Amplifier

Here’s how it works;

Whenever you have just had a good experience, perhaps received an item that you’ve been wanting for a while, stop, and take notice of that feeling. You’re probably happy, and excited, and grateful, and feeling all kinds of good things inside. Notice this, and feel that sense of satisfaction in your body, your mind, your heart. Now allow that feeling to grow stronger. Consciously intend to expand those feelings and make more of them, feeling them grow and grow, stronger and stronger within you. Really allow yourself to just burst with the joy of the moment. Imagine that these great feelings are glowing out from you, starting in your heart, and expanding out and out and out. (Actually, they are.)

When you do this, you are sending out EXACTLY the right kinds of vibrations that will powerfully draw back to you even more good things. You will have amplified the good, and energized it with your intentions to have more. It does not matter how small a thing started the ball rolling, all that matters is that it is rolling, and growing, and coming back to you in ever more abundant ways.

So, be grateful! There is POWER in it! Not only will you start attracting better and better things into your life, you’ll be happier, as well.

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Step # 6 : Release It, and Allow It To Come Back!



The moment you relinquish your attachment to the result, combining one-pointed intention with detachment at the same time, you will have that which you desire.

-DEEPAK CHOPRA

Ok, now that you know what you want, you believe you can have it, you expect to have it, and you can even feel grateful for having it, you must now let it go. Release it. You know it's out there, coming your way, and the best thing to do now is to hold the thought lightly, without impatience or stress. Pushing, straining, demanding, or wondering, "where is my stuff?" will just slow down the process. Those are not good, positive feelings – associating them with your new desire will push it away, not draw it to you. This is a bit tricky, I know. And sometimes it is the hardest thing to understand.

This new challenge is called detachment.

Detachment is the process of giving up what you want to the Universe for fulfillment. You have decided what you desire. You've written it down, you've visualized it, and felt it, and created the feeling of gratitude for having it. You expect it to happen right down to your shoes, and you're really excited about getting it. Now you detach. You allow yourself to be happy with exactly what you have NOW. Allow it to be ok for

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you to have it, or not have it. Always be ok with your current situation. This is very important. This does not mean you are “happy” with your current life, it means that you manage your emotions so that while you are experiencing this current life, you are calm, and in a state of peace as you patiently wait for the change.

Are you muddying the waters?

The reason this is important is because what you are “putting out there” as your desire, will be attracted back to you via the vibrations that you give out. Like the ripples that go out from a stone dropped in a puddle, the waves hit the sides of the puddle, and come back. However, if you keep dropping stone after stone after stone into the water, all you get is a splashy mess, and it is less likely for the clean, smooth ripple of your manifested desire to be able to get back to you.

Are you demanding an answer?

Here is another example. Imagine that a small child is lost and she comes across a kindly policeman, so she asks for help. “Do you know the way home?” she asks. “Do you, do you, do you, do you know the way home, do you, can you tell me, where do I go, do you know where? Do you, do you, do you? The policeman cannot possibly answer her question until she takes a break from continuously asking!!

By being emotionally attached and involved in getting this thing we want, we can get impatient and frustrated if it doesn’t show up right away. Being in these negative states will damage all the good work you’ve done. The Law of Attraction will bring right back to you more frustration and situations to try your patience! By not letting go, you are trying to force something into being, when it would be oh, so much easier to just let the Universe work its wonders on your behalf.

In order for goodness to come into your life, you must be putting it out. Or, at the very least, you must be in a neutral state. That’s why you need to find some way to be ok with what you have, while you are patiently waiting for what you are CERTAIN will be coming soon.

One more thing that is important here,:

Allow your new good to come into your life.

That seems like an obvious thing, but it’s amazing how often we get everything right except this.

Here’s one example of how we dis-allow our good: We are taught to deflect compliments. For instance, when told, “What a lovely dress!”, we respond with,

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“What, this old thing?” This is like holding up a stop sign to the Universe saying, “Don’t send me any good vibrations, I will just downgrade them as quick as I can!”

Strange as this is, many of us are taught from early on not to accept or allow good things into our lives. Imagine this scenario: You are walking down the street, and a stranger walks up to you and tries to hand you a \$100 bill. He says it’s yours. What is your immediate response? Most likely, you rejected the money, thinking, “That’s not mine.” Right? For the purposes of this exercise, it doesn’t matter whether it was yours or not, just recall the immediate feeling of rejecting the money.

Instead of a shot of joyful acceptance and wonder at our good fortune, we say no to the gift.

Why do we do this? Why *couldn't* the money be yours? You could have been the 1000th person to pass by his store, and as a promotion, you win! It could be that he’s delivering the money to you from a friend of yours who owes you money. It could be your wonderful powers of manifesting has caused a \$100 bill to fall out of the sky! (Well, it could happen.) Any number of possibilities exists, yet the very first one to cross our minds is- not mine!!

So be very careful to accept and allow into your life, all the goodness that you can. The more little tiny things you can notice and acknowledge and appreciate, the faster and faster the great big things can arrive!

We can let go, and release our desires because we know that the order has been placed, and their creation is already well on the way to being delivered. The more completely we can accept the process, and allow the timing to happen on its own, the better the results.

**Release your order, trust the process,
and allow the magic back into your life!**

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Step # 7 :

Act As If It's On the Way!



When you discover your mission, you will feel its demand. It will fill you with enthusiasm and a burning desire to get to work on it.

-W. CLEMENT STONE

Take action. This does not mean that you now try to figure out how to MAKE your desire a reality. You do not have to figure out how to get what you want. At least not all at once. You have asked, you have released it to the Universe, and now your job is to pay attention.

Sometimes the Universe will give you a nudge to take a specific action, and if this happens you should definitely do it. Sometimes you just get hints. You might be lead to a certain book, or to call a friend, or to do some other action that will bring you one step closer to the goal. You may not be able to see the connection yourself. You do not know all the serendipitous things that could happen between here and there, even though the chain of events will end up exactly where you want to be. So, just go with the flow, and do what you see as the next step right in front of you.

Be a rolling stone.

Do something. Anything. Action is required. Think of it like this: if a stone begins rolling down a hill, its path can be adjusted. It can turn one way because it hits another rock, it can turn another way if a strong wind acts on it, it can go faster or slower depending on what is in its way. In other words, the rolling stone can be directed. It can have many different futures. A stone that is not moving, ...well, there it sits.

To make it easier for the Universe to direct the energy of your life, and around your life, you must be moving. It doesn't matter if you make mistakes. As a matter of fact, making mistakes is one of the quickest ways to succeed. Get out there and take a chance- each time you mess up, you learn something. And you've given the Universe another way to make the good things happen.

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As you focus on the end result, and imagine the good life you're about to have, you will naturally act as if you already have what you want.

This story is a great example of this.

Nancy was at the beach, at a time-share with her sister. The time-share had installed new routers, so that the homeowners could access the internet on their laptops while they were there. But, the signal was weak, and many homeowners had to go out on to the balcony to get reception. They were complaining, and Nancy joined right in. She suggested they all get together and sign a petition to have the routers upgraded so that the signal would be better. Nancy was taking names, and getting the petition in order when her sister pointed out that Nancy didn't even OWN a laptop, and couldn't use the service anyway. But in Nancy's mind, **she so certainly had that laptop**, that she was already, and without thought, taking the action needed to make sure she could use it. (And the Universe responded - Nancy was given a laptop 2 months later with no cost to her.)

When you are certain that your good is on the way, and you expect it with no doubt, you will act in ways that confirm to the Universe that you are serious. And the more action you take, the more often you respond to the little nudges and hints and messages that come your way, the faster you will manifest your desire.

- Focusing on what you want, and not on what you don't want, is a form of taking action.
- Watching your thoughts, and replacing old useless negative ones with more life-full-filling positive ones is another form of taking action.
- Paying attention to the intuitive nudges, and serendipitous things that happen is yet another way.
- Persistently taking those small steps that you see right in front of you, even if they are tiny, will get you, and your energy moving so that it can be directed, and augmented, until success is at hand.
- Staying positive, or at least neutral, about the parts of your life that are not as wonderful as you'd like also takes a bit of work, and counts as action, too.

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Rocket Science

A last thought on action- just get moving! When we sent a rocket to the moon, NASA had its course all laid out. NASA knew just where it would leave Earth's orbit, and just where it "should" land on the moon. However, 90% of the travel time was spent **adjusting the course!**

You know where you are, and you know where you'd like to end up. There is no fault in making course adjustments along the way. As a matter of fact, taking action, and adjusting as you go along is the best way to get there fast!

Final Thoughts

Pass it on.

When you begin receiving your abundance, make sure to acknowledge it, and then pass some of it on to others. One of the best ways to increase your own prosperity is to keep the flow going. Energy was never meant to be stagnant, or still. In order for you to have more, you must let it flow through you. This applies to everything. Science has long been aware of the fact that ‘Nature abhors a vacuum.’ In other words, when you create a space, something will fill it.

So, when you get an unexpected bit of money, give some away. It does not have to be a lot, just some. A token, to keep the flow moving. Perhaps you could tip the waiter just a little more. Or give to the homeless man on the corner. Or buy an ice-cream for your niece. Or pay for the car behind you in the toll line.

Keep your abundance moving. It is important that when you give, it is done freely, and with the spirit of feeling abundant. Do not give to someone “because they need it.” All this does is to focus both of you on their **need**. This is not what you want. You want to be focusing on the feeling of abundance. Share your wealth with that focus. Do it as easily as if you already have more than you need, and expect nothing in return.

Playing with feeling abundant

I keep a small bag of dollar coins in my car for giving away randomly. You can get gold colored dollars (in the US) from any bank, and I can tell you from experience, when I pass over a handful of “gold” to the man on the corner, boy! do I feel abundant!

Here’s another idea. (Ok, so some people might think this is littering, but I’ve not had any complaints yet.)

When checking out from just about any store, I end up with odd amounts of change. Instead of putting this in my pocket, I just hold it in my hand, and just outside the door of the store, on the sidewalk, I will let it drop. I never know who might come by and pick up that quarter or dime or nickel, but I enjoy imagining a child spotting it, and picking it up with glee. Now there’s two of us feeling abundant!

When you pass your prosperity on in this way, you keep the flow moving, and allow it to grow bigger,

and bigger,

and bigger.... That’s right! Now, Go For It!

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Resources

*Here's an extra resource for you, if you'd like to
TAP INTO GREATER ABUNDANCE.*

**"In 7 Short Minutes, You Can Easily
Move From Being Stuck,
Overwhelmed, and Tight on Money, to
Being in the FLOW of Abundance,
Wealth, and Prosperity,**

***Even If You've Been Struggling Financially
For a Long While!"***

Seriously, have you been struggling, working hard, putting in hours and hours at your job, doing everything you can think of, but you STILL haven't managed to live the life of your dreams?

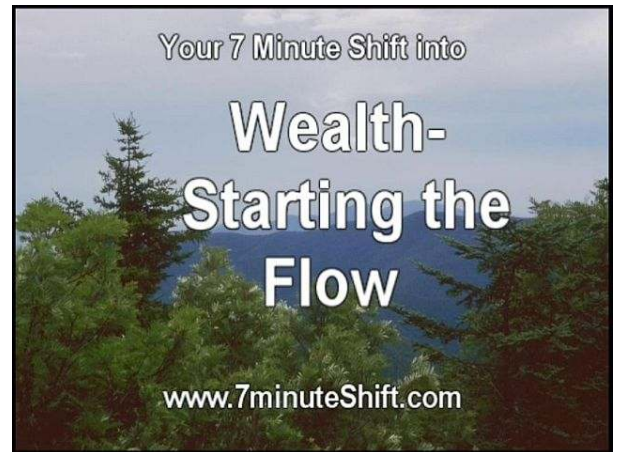
You've done everything that you've been told to do,
You've tried everything in the book,
You see others moving forward, creating wealth and happiness,
But YOU are still short of money, tired and drained and frustrated,
And you don't know why you haven't been able to succeed.

If this is you, there is probably something stopping the abundance from getting into your life!!

This Video "Shifter" is a cutting-edge system that uses layer upon layer of technology to shift internal resistances and limiting beliefs while you do no more than watch a video.

This Shifter is specifically created to lead you through a series of internal changes, allowing you to release whatever may be stopping you from creating your own wealth. As the name implies, it opens the flow of abundance into your life in a way that allows that flow to begin to increase. All this happens automatically, easily, and gently, as you simply watch the short 7 minute video.

To learn more, and move forward into Prosperity,
Go HERE → <http://7minuteshift.com/wealth-1h.html> Yes, it really works!



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The Secret of Intentional Wealth

This is a revolutionary program that leads you through a process to release your internal resistance to being wealthy.

You will:

- * Learn a system that will change everything for you -it will show you exactly what your blocks are and how they're stopping you
- * Finally pinpoint with laser-like precision exactly where you've been tripping yourself up on the road to success
- * Discover a simple method for tapping into your potential and tapping out of the blocks that have held you back
- * Feel more relaxed, more connected, more brilliant and more passionate about achieving your wealth goals
- * Shift your entire emotional relationship to money and debt
- * Uncover hidden internal barriers that have stopped you dead in your tracks like running into a brick wall — up to now
- * Powerful information, more tools, more strategies and more processes to help you to blast through your wealth blocks, and finally release your internal barriers to money ... once and for all! This is your time ... You deserve it!

For more information on “The Secret of Intentional Wealth” go to:
[The Secret of Intentional Wealth- Info](http://www.7minuteShift.com)

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5 Steps to Getting Anything You Want!

How to get exactly what you want out of life... FAST!

78 Minutes & 37 Seconds That Will Change Your Life!

These CDs will show you how to use the equipment we've all had since "cave man" days (your brain, your body, and your spirit) in a way that empowers you to reach your goals!

It won't force you to try to adopt new tools and techniques that require so much thought and effort that your mind says "To heck with this, we're going back to the old way!" (You don't have time for that mumbo-jumbo complicated crap anyway!) Short, Sweet, To the Point, and Powerful at the same time.



For more information on “Getting Anything You Want” go to:
[Getting Anything You Want](#)



Thank you for reading this book; it has been my pleasure to bring it to you. I'm very much interested in the results you have, as you implement the strategies discussed here. Please email your comments to :

feedback@7minuteShift.com

I wish for you, every wonderful thing you may wish for yourself!

Lady Jana

Lady Jana
<http://7minuteShift.com>

About the Author



Lady Jana has combined her unique background in hypnotherapy, brainwave entrainment, NLP and business into a breakthrough process: The 7 Minute Shift. These video “Shifters” transform lives as people overcome blocks and hurdles, releasing resistances that have previously kept them from achieving their financial dreams. By watching a simple 7 minute video, they can shift internally into being the people they’ve always wanted to be, and thus attract the changes they desire in their outer lives.

<http://www.7minuteShift.com>

May you always,

‘Be Well, Live Well, and Prosper!’