



Create Prosperity

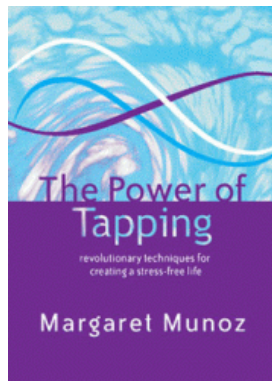
a guided journey

Why you don't have the MONEY you want, and how to get it

By

Margaret Munoz

International Author of



Available from

www.createprosperity.com.au



©2007. Create Prosperity. All rights reserved.

If you're reading this then you probably don't have the money you want.

- Do you feel frustrated about that?
- Do you ponder why the knowledge, skills and talents you possess don't bring the return that you'd like?
- Do you earn lots of money but see it frittered away by careless spending?
- Have you lost large amounts of money by poor investments or business decisions?
- Is there just "never enough" no matter how much you earn or how hard you try?

If you answered yes to any of these questions then you may want to discover how you can assist more money to flow easily into your life, stay there and multiply.

If you want a different result to the one you're getting now you have to be prepared to think differently and take different action - and that can be a challenge.

Do an experiment with me right now to see what that challenge is. If you're holding anything, put it down and put both arms out in front of you, then clasp them together. Notice which thumb is on top and then change thumbs over. Does that feel a little strange? Put your arms back down by your side and then bring them up in front and clasp them together again. Which thumb was on top? Is it the same as the first time?

For the next experiment fold your arms in front of your chest. Unfold them and fold them the other way. Ah, I hope you didn't get too tangled in that one! Drop your arms by your side and quickly fold your arms again. I'd be quite surprised if you didn't fold them the first way again.

You can see from this that your body acts according to habit and likewise your mind is also stuck in habitual patterns of thinking. And yes, your mind has habitual ways of thinking about your financial situation! While it produces uncomfortable results that you don't like this way of thinking is your "comfort zone". One of my favourite quotes is "*Life begins at the end of your comfort zone*" so I'm going to ask you to be willing to step outside your comfort zone for a few minutes as you read.

If you don't have the money you want, you are not open to receiving it and you don't understand or adhere to universal law. And if you're already starting to argue with that statement in your head welcome to the discomfort of being outside your comfort zone! This is where growth happens and change is possible.

Let me explain a bit about how the world we live in works. Our world is based on energy and we ignore this at our peril. Everything in our world vibrates on a frequency, but you can't see it - that's the problem. Some things are vibrating slowly - the chair you're sitting on is vibrating so slowly it appears to be solid. However if your mobile phone were to ring you would be aware that there are energy waves coming through the room that are vibrating so fast you can't see them.

We also vibrate ourselves - all our thoughts and feelings carry a vibration. Sometimes you can sense this vibration - you might walk into a room and say "you could cut the air with a knife". Negative emotions vibrate more slowly than positive ones.

If you check out some feelings in your body you will find they have different effects. For instance, if you feel sad or depressed you will find your body contracting. Your shoulders

drop, you slump down, maybe holding your head in your hand. With anger you might feel the tension in your jaw, shoulders or neck, the clenched fist, maybe a knot in the gut. Fear or anxiety brings familiar symptoms - notice the tightness and constriction. Joy, love, peace and gratitude on the other hand vibrate at a higher frequency and bring feelings of expansiveness. Prosperity, abundance, affluence, wealth and MONEY all carry a high vibration and an expansive quality.

In our vibrational state we operate as transmitters sending constant signals out into the world. The *Law of Attraction* and the *Law of Cause and Effect* dictate that like attracts like, so it follows that every thought and feeling you have attracts whatever is vibrating at the same frequency. This can either be exciting or scary news! If you're depressed about your lack of money, guess what you get? Yes, more of the same!

Another way of putting it is "*what you focus on is what you get*". Another version is "*what you resist persists*". You might well be familiar with these philosophies, you might even bandy them about but do you truly recognise that they dictate the creation of your life on a moment by moment basis?

Universal laws operate all the time whether you're aware of them or not.

You're doubtless familiar with the *Law of Gravity* which dictates how physical matter is bound to the surface of the earth. When you throw a ball into the air, you don't expect it to come back down some of the time and keep going up into the air at other times! You probably don't even think about the Law of Gravity until you see an astronaut floating around in their cabin outside the gravitational pull of the earth. But the Law of Gravity is operating all the time.

Similarly, the *Law of Attraction* and *Law of Cause and Effect* are constantly operating, and so at every moment you are creating your life - though most of the time you are actually busy creating what you don't want.

When you complain about how you can't save money, that moment (or lots of moments!) of complaining of lack creates more lack. That's the bad news. The good news is that if you are so effective at creating what you don't want you can become equally proficient at creating what you do want.

Your reaction to whatever is happening to you comes from your thoughts and creates your emotions. Both the thoughts and emotions create energy - energy which is emanating from you 24/7 as the lingo goes. Yes, 24 hours a day, 7 days a week, 365 days of the year. Your energy speaks to the world - this is who I am, this is how I think and feel - and sends you people and events that reflect this. This happens regardless of what race, colour, religion or family you were born into.

The *Law of Perception* is closely aligned to the *Law of Attraction* and the *Law of Cause and Effect*. It states that what you think about is what you become. In other words your perception becomes your reality. Events, situations or circumstances are always neutral - but we make up a meaning about them. We decide "it's good, it's bad, it's not fair, it's beneficial, it's detrimental, it's safe, it's dangerous, it's inconvenient". In reality you don't know what anything means but you make up what it means according to your conditioning, beliefs and assumptions.

You're not offered the job you desperately wanted. Is that bad, or could there be something much more beneficial about to appear that you would otherwise have missed?

My daughter was told she would have to see out her contract working on board ship in America even though the ship was going into dry dock two weeks prior to the end of her contract. It didn't make sense but her employers stuck to the point and so she booked a trip to Africa accordingly. They then turned around (after the trip was set in stone) and said she would have to leave the ship two weeks early, rendering her effectively homeless. This seemed bad, very inconvenient and expensive. However Hurricane Katrina came along and because of the disruption it caused, she would have missed out on the first part of her trip if it had been scheduled earlier. Her employer's mistake, which seemed bad in the first instance, could now be deemed to be fortunate from this new perspective.

We give everything a meaning - but it comes from inside us, not from outside -so each day we create our world in accordance with the meaning that we give to everything and how that makes us feel. If you live in a constant state of struggle around money - not having enough, having too much, not being able to take care of it - negative emotions arise such as fear, anxiety, frustration, anger, embarrassment and guilt and these block money from coming to you.

How to create more money in your life

1. Recognise that it's not about the money!

We tend to see money as the solution - if I were to have more money then I'd be able to get what I wanted and then I'd feel better - happy, successful, fulfilled, calm.

It's not actually the money you want - it's the feeling. Check this out - think about what you'd spend \$100,000 on if it suddenly appeared. What would you do with it? Then ask yourself how that would make you feel. You'll discover it is the feeling you want, not the money.

2. Know that you deserve it.

It's all too easy to say "of course I deserve it" but I find the reality is that the bottom line for many people is that they don't think they deserve to have more.

Years of conditioning and experiences as a child taught them to believe that they were not good enough in some way, were unimportant, even worthless. In my prosperity workshops this always emerges as a major stumbling block to participants. Learning to accept and love yourself, despite all the things you perceive to be wrong about you, is an essential part of becoming more abundant.

3. Know that the universe we live in is totally abundant.

You may think that if you have money then you are taking it away from someone else and someone else will have to go without. However if you take a look at nature you'll discover that even the desert teems with life. Look into the night sky and try to count the number of stars. You might also want to note that you can't help other people if you don't have the resources yourself. If you were willing to receive you'd have much more to give.

4. Be careful how you judge those who are rich and successful.

In my prosperity workshops I do a free association exercise to discover people's thinking about rich people, successful people and money. It's always a fascinating exercise! I sometimes still get surprised at what shows up!

"Rich people are unloved by God". "Rich people are to be despised and judged". "Successful people give up everything for money". "Successful people are fake".

And what about the money ones: "Money is elusive, not to be wasted on yourself, never enough, not for fun, evil, a drag".

If you have such a poor opinion about those who are rich and successful you can be sure you wouldn't want that for yourself!

5. Release all hurt, disappointment, anger and resentment.

Holding on to these emotions isn't serving you - because they are all low, slow vibrations they are repelling money which is a high, fast vibration. Remember, in the energetic world like attracts like and opposites repel.

If need be get some help in releasing stored negative emotions and learn how to stop generating them.

6. Focus on feeling the emotions you want to feel regardless of what is showing up.

You want more money in order to feel better. Why wait? Decide to feel good now. If you want more joy in your life decide to find joy within yourself.

Feeling good is an inside job and has nothing to do with external events - we only think it does because we're accustomed to reacting in a negative way. Actively find things to feel good about, no matter how small. Write a list of all the positive features in your life. Write everything from the big to the tiny.

If you're reading this on a computer you're already one of the world's wealthy. Do you have a roof over your head, a toilet maybe. I was watching a programme about an organisation that is committed to providing toilets for people in India - millions of people don't have access to one. Which brings me to the next point.

7. Live a life of gratitude.

Gratitude resonates alongside money as a high, fast vibration. Instead of complaining about what you have, start turning it around to being thankful.

Give thanks on a daily basis, write in a gratitude journal, say thank you for everything that comes your way, send thank you cards for all that you receive. Notice how when you focus on being grateful you feel happy - which is what you really want anyway! Give thanks for what you want as if you already have it.

8. Create a vision of what you want.

Most of the time we are focused on what we don't have or the gap between what we have and what we want. When you focus on what you don't want you automatically attract more of it. When you focus on the gap you get more of the gap!

Decide what exactly it is you want and then visualise that you have it now - not in the future, otherwise it will always remain in the future. Write out your vision based on how you want to feel and read this vision every day. This way you have a plan on how you want to create your life instead of it happening by default.

I wish you every success in creating more prosperity, love, peace, joy and fulfilment in your life. Please go to www.createprosperity.com.au for free resources to assist you. Have fun expanding your ability to receive money by playing the Create Prosperity Game.

About the Author



Margaret Munoz is an international peak performance specialist, speaker and author of **The Power of Tapping** and **Create Prosperity: a guided journey**.

She lives in Sydney, Australia and helps people fast track their way to freedom from the internal fears and limitations that hold them back from living their true potential. Her skills and knowledge have been gained from over 20 years of exploration, learning and study in the fields of human potential, personal development and holistic health.

Margaret's finely honed intuition, insightful nature and an uncanny ability to get to the crux of the matter, combined with the powerful techniques she uses, produce accelerated, profound and lasting change in her clients. She is committed to enabling people to experience more prosperity, love, joy, peace and fulfilment in their lives.

Margaret gives one-on-one consultations (in person or by phone throughout the world) and presents thought provoking and entertaining talks. She also conducts a series of workshops that support people on an ongoing basis to create prosperous lives.

For more information on how you can bring more prosperity into your life contact:

Margaret Munoz. Tangible Results

Phone: +61 2 9713 1956

Email: margaret@createprosperity.com.au

Websites: www.createprosperity.com.au
www.tangibleresults.com.au