



**MONEY**  
MINDSET  
**MAGIC**

KEITH CORBETT

# Money Mindset Magic

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**Keith Corbett**

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66 King St, Newcastle-under-Lyme, Staffordshire ST5 1JB, United Kingdom

Mail to: [info@woodlandwellness.co.uk](mailto:info@woodlandwellness.co.uk)

[www.woodlandwellness.co.uk](http://www.woodlandwellness.co.uk)

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# FOREWORDS

## Jane Bayler

When I heard Keith was writing a book called **Money Mindset Magic**, I could hardly wait to read it! Having known Keith for a number of years, I know how his passion for wealth creation and also the power of the subconscious mind are also the driving force behind his fantastic coaching work with individuals.

Now, having 'bottled' all his wisdom and expertise into one book, you too can reap the benefits of this, and grow your prosperity too, through the power of the mind.

I enjoyed a very successful career in global media and entertainment, and scaled and sold a \$multi-mill brand marketing agency to US communications group, before founding my marketing and business growth consultancy. Having also built a property business connecting high net and ultra-high net worth individuals with property development and investment opportunities, I often noticed, via my association with many very wealthy and successful entrepreneurs, that the most important factor in building stand out success is NOT the process, the systems, the tips, hacks, or even the strategic planning (although I'm a huge advocate of this).

All these things matter, but they are 'downstream' from the most important factor of all, which it is the mindset that underpins them.

Keith has so beautifully articulated this in his book. I love the simplicity with which he describes the role of mindset and its relationship to wealth creation. How our imagination plays such

an important role in terms of visualising our prosperous future, and what techniques we can easily apply to make our dreams and wishes for abundance in all its forms come true.

Keith looks at how a reset of our mindset establishes our North Star, the guiding light and principle that is linked to our higher purpose and vision. The ‘reason why’ we were put on this earth, which is to THRIVE and bring joy to others.

Of course, this is all made much easier once we have achieved prosperity, and Keith’s book gives a clear and simple roadmap to do this.

The importance of the strategies and techniques in **Money Mindset Magic** cannot be underestimated. Without the right guidance, we humans tend to lapse back into all the scarcity messages we may have received as children.

Common, disempowering sayings that parents use such as: ‘money doesn’t grow on trees’ can result in a sense of lack that persists into adulthood. The resulting beliefs that form rarely support our success, and in many cases actually sabotage it.

This exciting book will cause you to examine all those limiting beliefs that may be holding you back from your prosperous future. You will learn to discard those that don’t serve you, and replace them with new, empowering beliefs and habits that put you on track for the life you truly want and deserve.

If there is one book you have to read this year, make it **Money Mindset Magic**. Your future self will thank you for your investment and will respond by making your world bigger, brighter and more exciting than ever before.

Thank you Keith for your amazing work and bringing such value to your readers!

**Jane Bayler**

**The Smart Connector**



*Jane Bayler helps sector experts, consultants and b2b business owners explode their growth through integrated, turnkey client attraction systems that rapidly accelerate their profit, and save hours of their valuable time each day.*

You can find her online at <https://janebayler.com>

## **Vix Munro**

I met Keith online. We had similar interests and hung out in some of the same online communities. It's amazing how you can get a sense of someone from an online connection, without ever meeting them in person. And reading this book cemented that for me too.

We're both property investors, both educators and both coaches. We're both interested in personal development, both pursued and achieved financial freedom and both advocates of the importance of working on your money mindset.

So, it was a pleasure when Keith asked me to write the foreword for this book.

Mindset isn't it a new topic but it's one that's increasingly talked about. Essentially, it's the beliefs you hold which determine how you think about yourself and make sense of the world. And it plays a significant role in determining your level of achievement and success.

Money mindset is the subconscious beliefs you have about money and how money works in the world. It drives how you make key financial decisions every day and shapes what you believe you can and cannot do with money. It also influences your attitude to people - both rich and poor.

My own money and wealthy journey started solely with financial strategies. The money mindset part came later. I educated myself about personal finance and started investing, initially in property. Things were going well, but I knew they could be better.

It was only after meeting people who were talking about money mindset that I realised that I too had subconscious, limiting beliefs that were holding me back from achieving my full financial potential.

It also made me think of all the stories I'd been told – like money is evil and rich people are greedy. And even though I could tell myself that they're not true, I also had to believe it.

So, that's when I embraced money mindset work (and mindset work in general). At the time, I felt like I was late to the party, but it's never too late. It's been a journey of exploration and discovery. And I've learnt is that this is ongoing work - it lasts a lifetime.

So, that's why I now say that you can have the best financial strategies in the world, but without a strong money mindset, they will only take you so far. It's when you have both that the MAGIC happens. And I love magic.

Keith loves magic too, hence this book. I've read many money mindset book. This book is unique as it's his journey of discovering the different elements of money mindset work. He presents the principles he followed and that you can follow too.

Of course, money isn't everything. But it is a lot of things. Ultimately, it's a tool that you can use to improve your life. It can buy you food and shelter. It can make you feel financially secure. But it also can help you achieve your dreams.

If you're in possession of this book, then I implore you to read it, embrace the learnings and take the necessary action towards achieving your dreams. This stuff works and this book has the power to change your life.

So, dream big.

**Vix Munro**

**Money and Wealth Coach**



*Vix Munro is a leading money and wealth coach who helps women create and grow wealth so that they can live the lives they want.*

You can find her online at [www.retirerichwithvix.com](http://www.retirerichwithvix.com)

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## Why I Wrote This Book



As a student of metaphysics for 20+ years and a therapist who has helped many people around the world make massive positive change in their lives, I consistently come across a single problem...

Why so many people are struggling to be wealthy.

They have the talent, enthusiasm and product or service but true abundance consistently eludes them. Sometimes they are even struggling to make ends meet.

Particularly if they are entrepreneurs and solopreneurs who are holistically minded or spiritual.

This leads to stress, overwhelm and anxiety – all states that dissipate their energy and ability to attract good things into their lives.

Indeed, it causes them to focus on exactly what they don't want, thereby increasing the potential for that to manifest.

My whole therapy practice is based around self-empowerment – I get you from “woe to wow” in record time! It helps people stop playing the victim, to take responsibility and create life on their terms.

In a few weeks you can be living purposefully with joy and fulfilment. This increases your energy - you shine lighter and brighter - and this has a knock-on effect for those around you and the entire human consciousness.

At this critical juncture in our planet's evolution, I hope to do my small part as a self-empowerment expert and therapist to bring more light into the world.

With more money, good people can do more good things. It's just energy and we can attract as much as we like once we:

- **R**elease the negative programming
- **A**lign with our core beings
- **D**iscover hidden inner resources to make that massive positive change in our lives.

I think it's no accident that I had a wakeup call at the turn of the millennium, that I acquired volumes of scientific, metaphysical and esoteric knowledge, and used skills developed in the tech industry to boil it all down into clear, concise, compelling communications.

All the strategies and techniques I employ are tried, tested and proven to be easy, quick and powerful. I don't want to just believe, I want to know. I test these practices on myself, then family and friends, and only use what really works with clients.

I learned how to tap into our own inner brilliance and harness the natural forces of the Universe to make massive positive change in my life, and then help many others around the world do the same.

Also, I love to talk and write. I spent my working life in communications and it's what I do best. I'm sure it's no accident. It's my gift and I am very happy to share it with the world.

Read on and shine on!

Keith

## **Why You Should Read This Book**

If you're not yet living with all the abundance you would like or feel you deserve....

If you struggle to make a good living even when you are going flat out....

If you wonder why people less able than yourself are able to seemingly make much more with a lot less effort...

If you feel resentful towards wealthy people or feel uncomfortable when receiving gifts....

Then this life-changing book is for you!

I'm putting 20+ years of study, research and practice in this one book to help as many people as possible gain the necessary mindset changes and proven techniques to become financially free.

Mindset is a key contributor to your ability to make money. If you have unconscious limiting beliefs, are beset by negative emotions or negative self-talk, especially around money, then you will struggle to thrive financially no matter how hard you try.

If you are stressed, overwhelmed and anxious, you are seriously scuppering your success and potential. These hindering emotions can be released and replaced with a more empowering mindset.

As humans we need to be aligned on all levels of being – physical, mental, emotional, energetic/spiritual - to be able to live a life of grace and ease.

Did you know that you have huge potential when you know how to access the hidden inner resources of your intuition and creativity? It's simple to do when you know how.

The straightforward exercises that I have included are designed to align you and provide tools for success. They are easy to do (well, one or two might involve a little soul searching, but you know the answers), and don't take much time.

I know there are many factors affecting a person's ability to become wealthy, particularly societal influences such as being born into privilege or into an underprivileged community.

Also, things like gender (the gender pay gap still exists and most millionaires are still men), ethnicity, access to education and so on.

Many folks believe the systems are set up this way to keep certain people, or perhaps all people down. However, the idea that mindset, attitude and personal belief system make a massive contribution to a person's ability to attract money have long been established.

American author and business woman Muriel Strode wrote in 1903 "It is no stigma to wear rags; the disgrace is in continuing to wear them."

In 1909 the poet and pioneering affirmational author Ella Wheeler Wilcox published an essay titled "To Achieve—Be Positive" where she wrote "Every day of my life I am realizing more and more the fact that a person (not fate, chance, environment or circumstance) makes their own success or failure."

Henry Ford is reputed to have said “if you think you can, or think you can’t, you’re right.”

It is said that “all people are created equal, but it is their own fault if they stay that way.”

You can be exceptional. We all can.

Wherever you are on your life’s journey right now, I sincerely believe that by releasing negative emotions and limiting beliefs about money and replacing them with a more empowering mindset can make a significant contribution to drastically improving your financial circumstances.

Perhaps there are other factors at play too, but I do know this from years of trying, testing and proving it for myself and others – with the right mindset and access to the right tools everyone can be, do and have more abundance than they otherwise could.

Hopefully this little book can be a huge stepping stone for you to claim your birth right and start living the life you so thoroughly deserve.

I sincerely hope you enjoy it and find it useful.

Keith

# INTRODUCTION

## That Sinking Feeling

We gently bobbed up and down as the wake from a passing boat licked our boughs like a soft smacking of the lips.

Sitting on my brother-in-law's luxury motor yacht in the Med, lunching on local rustic bread, sausage, cheese and salad, we were enjoying a taste of the millionaire lifestyle.

It was idyllic – beautiful scenery, beautiful people that we loved and a beautiful day with a fabulous clear blue sky. I'd even bought new designer sunglasses in the airport duty free shop to look and feel the part.

Keeping a cap on against the sun's rays (sunburn on the top of the head comes keen as anyone who is thin on top will testify), I appreciated the occasional gust of offshore breeze when the boat drifted round on its anchor to just the right position.

I don't know whether it was the food, the drink, the warmth, the snorkelling we'd done just before or simply the overall sense of inner peace that was making me feel drowsy. Possibly all of the above, but as my eyes were slowly closing behind my mirrored rock-star shades I was suddenly snapped out of my daydream.

"The average white-collar worker today lives to eighty-five," he boomed, "can you fund your retirement?"

Now, my brother-in-law is much wealthier than me, so must know a thing or two about money.

I have always had a decent job and paid into pensions but I had moved around a lot, including living abroad for thirteen years in different countries.

On the adventure I was enjoying on my life's journey I'd always been relatively comfortable but had hardly given any thought to whether or not I could fund a long retirement.

Now I know what "that sinking feeling" feels like. It's low down in the bowels and drains the joy out of you in an instant.

"If they're living to eighty-five now, what's it going to be by the time we get there? Ninety-five, a hundred and five, a hundred and twenty-five?"

I just didn't know. I didn't know if I could fund it even to eighty-five, never mind a hundred and twenty-five. And that really bothered me.

On the one hand I was a bit annoyed at my mood being spoiled, but was also grateful for the wake-up call. I resolved to work it out as soon as the holiday was over.

### ***I realised we could live on it, but...***

When I crunched the numbers and added up all the bits, I realised we could live on it, if inflation didn't get too out of hand, but it wouldn't necessarily keep me in the lifestyle to which my better half had become accustomed, as they say.

Maybe we wouldn't be going skiing and keeping late model cars.

Maybe we'd have to downsize from our four-bed property in the countryside.

Maybe we wouldn't be able to help the kids out when they needed it.

It was like reality had stepped up and slapped me in the face. Thankfully I had the tools to remedy it. Having been a long-term student of metaphysics, I knew exactly how to go about it.

I had applied these principles to achieving "impossible" goals in my corporate career and to acquiring the aforementioned home and cars, even though they were supposedly out of our reach.

It hadn't occurred to me to apply them towards financial goals. After all, I'd always been reasonably well paid so had no pressing money concerns. Until now.

I set my intention, did the exercises, took appropriate steps and "hey presto!"

It wasn't long before I had escaped the rat race, become financially independent and was living a healthy retirement still in my early fifties.

Wishing I'd done it years ago.

Although perhaps then I wouldn't have had the amazing education of how the world and Universe really works.

Everything is perfect.

Read on to find out exactly how I did it and how you can too.

# CHAPTER 1

## Find The Price In Your Head

To start, I'd like you to do this little exercise. I believe it will provide you with a useful insight.

### **EXERCISE 1:**

Get a clean sheet of paper (or a digital doc, or Notes on your phone if you prefer) and write down your last remuneration or amount you got paid, be it weekly, monthly or annual. The choice is yours.

Now, using round numbers (it doesn't have to be precise), add fifty percent and write that underneath your first number, starting a column.

You now have a number roughly one-and-a-half times your starting number.

Repeat this at least ten times. Just round the numbers up roughly, precision isn't necessary. Keep going until you can no longer relate to the number.

Now you will have a very big number. One that probably appears to be well out of your reach.

Look back up the column and find the first number that you were disconnected from, the one where it stopped being meaningful. Then highlight, circle, underline or make bold the number before that.

This is the price in your head. What you believe is the maximum you are worth. The most your current mindset permits you to think is ever going to be possible for you.

To be fair, I'm guessing you'd probably be quite happy with it if you could have it now. I know I would have been when I first did this exercise.

Make a note of it because we'll come back to it later.

Write it in the space below if you like.

### **The price in my head is:**

If you've done this properly you may find it to be quite a useful insight.

## CHAPTER 2

### So, What About Money?

Before we go on, let's just do another little exercise, one that will give you a very useful insight.

#### **EXERCISE 2:**

It goes like this - I'm going to ask you a question and I want you to write the very first answer that pops into your head.

Trying to think of a "better" answer won't serve you and will defeat the object of making the change you want in your life, so be sure to write the **very first** thing that pops into your head.

I just want you to ask yourself... just turn inwards and ask yourself... *"what do I think about money?"*

Notice what thought came up - the very first one, write it down. Just write that down now.

Write it here if you like.

#### **My top-of-mind thought about money is:**

So your top of mind thought... *"what do I think about money?"* ... now you know what that is. Right?

Okay, good, then I'm going to invite you to do it again. Do it a second time. Remember to write just the first thought you have.

Ask, *"what else do I think about money?"* Just write that down now. Put it here if you wish.

### **My second top-of-mind thought about money is:**

Okay, good. And now, one more time, ask yourself again... *”what else do I think about money?”*

Write it down. Write your third thought down. Put it here if you want.

### **My third top-of-mind thought about money is:**

Now, if you have been honest with yourself, you should have your three top-of-mind thoughts regarding what you think about money - your idea of what money is about.

These ideas will shape your real-world experience regarding money and wealth – including your ability to have it.

I’m sure your thoughts are close to some of the ones I used to have.

Things like “money doesn’t grow on trees,” “I never seem to have enough money to do everything I want to do,” or “money doesn’t come easy.”

These days, though, I think money is one of the most important things we can have a positive mindset about.

Nothing in this world moves without money. You cannot survive without it, you cannot thrive without it, we need money, everybody needs money.

Even things that are free were somewhere somehow paid for by somebody or some organisation.

The fact is, money is very important. And it serves us to understand that and know what we can do about it. I aim to equip you to become a money super-attractor.

## CHAPTER 3

### So What About Me?

Now, I know what you're thinking – who am I to be talking about the nature of money? It's a fair question and deserves a reasonable answer. So here it is.

A former hi-tech PR/marketing exec, now a property investor and therapist. I'm just an ordinary guy who's had some extraordinary experiences.

These set me on a journey of discovery and self-discovery that enabled me to make massive positive change in my life and help many others around the world do the same.

There's nothing particularly special about me, but I landed in a line of work that I happened to be quite good and I had an enjoyable career gaining blue chip experience in marketing agencies and with a high technology industry leader.

This included moving to Silicon Valley in California with our young family. I can't tell you how excited I was to eventually land my dream job as global head of comms for a multi-billion-dollar business unit.

We relocated to Fort Collins, Colorado, a beautiful city. Moving from the more expensive California we were able to buy a magnificent property with a view of the mountains, we had season passes at world class ski resorts.

I had a great salary and position - everything I had set out to achieve.

We had to have a ride-on mower to cut the grass. You know you've made it when you need a ride-on mower to cut the grass! With over 300 sunny days a year to-boot. What more could you ask for? Aha – hold that thought...

I remember shortly after we move in, being out in the backyard. Another beautiful day. The leaves on the aspen were just turning yellow, as it was September time. The kids were playing on the lawn.

Beautiful blue skies. The sky in Colorado is a shade of blue like you don't see anywhere else in the world.

And I was just standing there thinking, I had done everything I thought I was supposed to do – get a qualification, get a job, climb the career ladder as much as you can and hopefully have a comfortable retirement.

Coming from relatively humble origins, I'd exceeded my expectations and wasn't even half way through.

I thought to myself, “is this it? What else is there?” It was a really still day, but at that moment I felt a gentle breath of breeze caress my cheek. I thought nothing of it at the time, but looking back...

Anyway, that night I fell into a really, really, really deep slumber. It was in the deepest darkest depths of the night when I somehow started to be aware of something. Was there something there?

Slowly, I prised open my heavy eyelids and

**AAAAARGGGHH!!!!**

Do you know that expression “jump out of your skin?” I know exactly what that is like. Literally! And so does my poor wife who

was lying next to me at the time. And possibly half of the neighbourhood as well.

Now, what I'm going to tell you next.. I'm not here to try and change anyone's belief system or worldview... but as I opened my eyes that night... standing there looking straight at me... was my grandma, my granny who had been dead for 15 years!

As soon as I was shocked into alertness she was gone. Just like that.

Is it real? Or some kind of hallucination, a trick of the mind? It really doesn't matter. What matters is that I took it as a sign. It set me on a new path – this amazing journey of discovery and self-discovery, as I call it.

## **Extraordinary Experiences**

It was the first of many extraordinary experiences I had around the time of the millennium. I don't want to believe; I want to know. I have to know. When I was a young boy, my grandad said to my mum he'd never known any kid ask as many questions as Keith.

My curiosity has always driven me. Granny Alice showed up three times in all, as if to ensure that I got the message, or my wake-up call as I now refer to it. And I had to know...

So, I started researching all things spooky and came across a thing called Reiki – a hands-on healing art. I was quite intrigued. Is it real? Does it really work?

I had put my back out bending over to tie my shoelace on the day we had gone to sign for the house in Colorado.

It had been giving me quite a bit of back pain and I thought I'd see whether Reiki could help it.

So off I went to visit a local Reiki practitioner called "Rusty" Gates. It was an experience like nothing I had known before. It was like being transported to another place and time. My first taste of something quite mystical.

He didn't quite sort my back out, but he did put his hands around my knee. I had been carrying a rugby injury there for nearly 20 years. The doctors had said there's nothing to be done for it, it's just going to get more arthritic as I got older.

I knew when the weather was going to change. It would ache a bit. If I'd been sitting down a while, I had to click it out before I could stand up. I'd even had to miss the odd afternoon skiing if I'd overdone it in the morning.

So, Rusty put a hand either side of the joint during my session. I felt a lot of heat and tingling. Then, just like that, the injury was gone. The knee was completely healed, like new!

I hadn't even told him about my knee because I was just used to living with it and was more concerned about my back.

Interestingly, looking back, if he had healed the back, I may have thought that it was just a placebo effect because that's what I was expecting.

## **A bone-fide miracle!**

To me it was a miracle. A bone-fide miracle! I asked him "how do you do that?" I had to know. He said, "anyone can do it, you can do it, you just need to find a Reiki teacher." I resolved to do it.

I did find a Reiki master/teacher called Tammy Scheyer in Boulder, Colorado and did my Level 1 training on my birthday in March. That day I became a healer. Six months later I did Level 2 and 11 months after that did my master/teacher level with Tammy's teacher, Susanne Pasenau.

I have seen many miracles since. So much so that they are just normal to me now.

I can remember sending Reiki (yes, you can send it through time and space) to a friend living in Germany who had been suffering for some time with tennis elbow. I thought, "if it worked for my knee, why can't it work for that?"

I sat up one night programming the healing to occur at 4am their time, when I thought they would be asleep. The next morning, they messaged to say that the pain had gone in the elbow but had moved to the wrist.

How interesting. So, I gave the wrist a shot the next evening and guess what? All the pain had completely gone.

There are too many more instances to get into here. Just know that I was on a fabulous journey of research and discovery finding out about this whole new world and universe I hadn't even known existed.

My entire worldview was turned completely upside down and on its head. Everything I thought I knew about the world was just the tip of the iceberg. Some of it looked like woo-woo mumbo-jumbo, yet turned out to be extremely powerful stuff.

It turns out that Northern Colorado is a real haven for all things holistic. I suppose it's no accident that I landed there.

I really lapped it up - reading book after book, going to talks and conferences, watching videos and questioning anyone I could find who knew a bit about it. I learned to be discerning, to sort the powerful, practical stuff from airy-fairy, nice-but-ineffective material.

In the meantime, I've still got this job to do. This big job. There are people depending on me, I've got targets to achieve, deadlines to meet, products to launch, not to mention family commitments like scout camps and soccer games to go to.

There weren't enough hours to be thorough on everything, so something had to go. I decided that the job pays, while this other stuff, fascinating as it is, is just a "hobby" that doesn't pay. After all, I have a lifestyle to maintain.

I thought, "let's put it on the backburner and follow the money like I'm *supposed* to do. I can always pick it up again later when time permits."

### ***It suddenly felt like someone had laid a concrete slab on my chest!***

And so, I went on for a while until one day when I was sitting at my desk in my home office it suddenly felt like someone had laid a concrete slab on my chest! I was sitting up but it still felt like I was being crushed by a massive weight on my front.

My first thought was, "I'm having a heart attack!" Then the healer in me kicked in... stay calm... breathe... I put my hands on my chest and it just lifted. I didn't know whether to call an ambulance or what. So, I called the doctor who made me an appointment for an emergency ECG – electro cardiograph – test at the hospital.

They put these electrodes all over me and put me on a treadmill. I was running along on the treadmill and then they inclined it so I was running uphill. I've never been that much of a runner so it wasn't long before I was breathless and sweating profusely.

Finally, they decided I'd had enough and stopped the treadmill, keeping the electrodes on to measure my recovery. They had taken bloods to test and eventually I was called in to see the consultant.

He was examining the ticker tape of all my little heartbeats and was quite surprised to find that it was in pretty good shape and he couldn't find any problem. They put it down to anxiety.

I couldn't think of anything I might be anxious about. So, I did a little inner work and the realisation I came to is this: that the metaphysics I've been exploring and discovering had now become a part of me. Denying it was causing an internal conflict at the level of the Unconscious Mind.

Negative emotions, which we refuse to acknowledge have to be expressed somehow and can come out in a physical way like this. So that was a key learning for me. Clearly, to avoid further repercussions I thought, "maybe we need to try and embrace this."

Shortly afterwards I found myself on a flight to the company's "intergalactic headquarters" in California. Rather than rehearsing my presentation in my mind, trying to anticipate questions and so on, I found myself trying to understand how I could merge these seemingly contradictory parts together – the physical and the metaphysical.

Was there a way of having a foot in both worlds at the same time? Well, I soon got the opportunity to find out, because we were told that the company was merging our group with another group to create a mega business unit.

They didn't need two sets of headquarters staff, which meant there were two of us going for one job. And let's face it, he was easily the better candidate. He was more experienced and better connected at that level.

What if he got the job? There wasn't much else around here for me. Fort Collins is a great city, but quite small by American standards. We'd have to move again, yet we were enjoying the lifestyle, the kids were settled in school and we'd made some great friends.

Returning home, I sought out a solution to this dilemma from all these books I'd been reading. It was time to put some of these metaphysical principles to the test.

I have to confess I felt pretty silly doing this ritual I had found in a book, standing there with my hands up in the air reading an incantation to invoke the energy of an angel or archangel to aid me in my quest. At first nothing happened, but imagine my astonishment when I felt a slight tingling in the fingers, which slowly intensified and started creeping down my arms.

It wasn't scary at all. On the contrary, it felt like a warm blanket of energy being softly draped all over me. In that moment I knew that it didn't matter whether I got the job or didn't get the job. Everything was perfect and as it should be. Everything will always work out perfectly.

And so, it did.

Because funnily enough, the next day, my Veep announced that I would be the one getting the job. That does beg the question, doesn't it - wouldn't it have happened anyway even if I had not done ritual that thing? Surely the decision had already been made by the time I was doing it?

I had to know. How could I test it? Well, how we test things is like this - you have a hypothesis, you design a test, carry out the test and measure the results. And if you get consistent, repeatable results, it can prove the hypothesis.

After collecting a few metaphysical tactics together that others had claimed deliver spectacular results, I started using them. I started using these esoteric techniques, marrying them with taking action and doing practical stuff.

I had to know what worked and what didn't, so needed to do lots of tests. I started experimenting with it all the time.

Even I was amazed at how effective it turned out to be. I have to say, nobody is more sceptical than me. I have to try it, test it, experience it and prove it for myself before adopting it into my practice. I only use what works.

## **Spectacular Results**

I started getting some spectacular results in my day job. I got the first press coverage in over 10 years for our company in one of the world's leading business publications, The Economist.

They said it couldn't be done because the technology editor had come from a competitor and wouldn't talk to us.

Furthermore, we got on the front page with a leader-paragraph plus the main article in the tech section of the Wall Street Journal

- The Holy Grail of business-to-business PR in the United States!  
And on the topic of Unix operating systems, which even I find boring.

I started putting my hand up for challenging projects. If they said it couldn't be done, I would do it. That can't be done? I'll do it. This can't be done? I'll do it. Needs fixing? I'll fix it. And I did it, amassing quite a few stock options as performance awards along the way.

Eventually my wife and I had to decide whether or not to stay in the US permanently and become citizens. We chose to return home to the UK family reasons. That's when I had the conversation with my brother-in-law on his boat in the Med.

In 2006 after returning to the UK, I was offered the opportunity to head up global influencer marketing to the small and mid-sized market segment for our enterprise class products (that's the big stuff like servers and data storage, not PCs and printers).

It's a challenge to do a worldwide function for an American company from the UK, but I was very confident that I had the tools for success now. And they really wanted me for the job, so that was nice.

Our main competitor there was way ahead in mindshare and market share so I relished the challenge. Industry analysts were reporting very negatively on us in this segment, but we were able to turn that around to very positive within six months.

In the first year we increased our share of voice in the media by 100% exactly. In the second year we increased it by 200% from that higher base. Meaning 4X as much positive press coverage in two years.

Exactly as I envisioned it. Leaving said competitor in our wake. I was happy to hand over a strong position to my successor in that role. Though when I saw her again at one of our events a year later, she was keen to know how I had done it.

In a global role for an American company but located in the UK, I had to travel a lot. Travelling eight times a year to the US and doing a handful of European business trips as well was taking its toll and eventually I was able to move to a locally based role to do the UK and Ireland press office.

Again, the industry leader was way ahead in media share of voice in this territory, which we overtook within 11 months. Eventually we were trouncing them every quarter so comprehensively that I was wondering whether the goalposts had moved and we hadn't noticed.

Or were we even in the right playing field anymore?

I didn't have to worry about that for long because I had started a plan to "escape the rat race," which was coming together nicely.

In the meantime, we had acquired a beautiful 4-bed, 3-bath home with nice large gardens in a pretty village with a really good school and great communications routes. On first blush it would have been more than we could afford.

"Miraculously" though, the seller was highly motivated and would only allow viewing for people who were ready to buy with no house of their own to sell. Quite a small number for a house of that size I imagine.

So, I told him what I could afford and he accepted it, much to our surprise.

I also had set my intentions on a new estate car ('cos we need to get a big dog in the back as well as our luggage when on a break in Wales) with heated leather seats, analogue dials and wood trim (I know, I know, a tech guy going old school!).

I wanted it green, hopefully British racing green, and to cost no more than what I had sold my old car for in Colorado. Well, how surprised were we to learn that the Rover Group had gone out of business.

I picked up a car that matched all of those criteria for a song. In fact, exactly what I had got in dollars for my six-year-old Subaru in Colorado.

It was a year-old estate car with only seven miles on the clock. It had basically sat on their car park while the company's administration was being done and had been bought by the dealer at auction.

It was a pale metallic green, not racing green, but still green. The trim was artificial but with a faux walnut effect. Also, even though it had an onboard computer, the display was vintage style analogue dials.

***If ever I needed further proof that this stuff really works, well there it is.***

Pretty close to my visualisation. If ever I needed further proof that this stuff really works, well there it is. Well, that, my knee and a few other extraordinary experiences. Pretty cool huh?

Here I am then, financially free, able to achieve almost anything I desire, it would seem.

Now I desire for everyone to be fully self-empowered, to understand that you too can live with more purpose and joy, and reach your full potential. It's a mission that I believe I came here to undertake.

One of the skills I learned early on in my working life was how to take complex technical info and boil it down into something concise and compelling that customers can easily understand.

Now I'm doing it for metaphysics. You don't have to be an automotive engineer to know how to drive a car. If you want to understand the underlying laws and forces that are at play you are free to research it as I did. There is plenty of info readily available.

But if you just want it summarised in easy-to-follow steps designed to generate solid results on the physical plane, just keep reading.

I blend scientific, metaphysical and spiritual teachings to help you overcome mental/emotional blocks, align with your core being and access hidden inner resources to live with more purpose and joy to reach your full potential.

This is my mission, it brings me great joy and fulfilment, it's what gets me out of bed fully enthused every day.

In this book, we're going to explore some of the principles and techniques I've adopted and tested, as well as some I've created using my own intuition to do just that. This is based on over twenty years of practice and testing to find what really does work.

## CHAPTER 4

### The Hidden Truth About Money

I can remember well when I first learned these principles - the hidden truth about money. It made quite a difference to how I view things and where I put my focus.

That in itself made a huge difference to what I attracted into my life. When I focused not on any amount of money, but what I truly wanted, it made all the difference.

The untold truths, secrets, I'm going to reveal here were previously the preserve of royalty, emperors and mystics for millennia.

Now they are available for those who seek them. And I am here to share them with you.

#### **Hidden Truth 1: It's not about the money.**

The desire for money is never about money. It's about what you can do with it – buy things, have experiences, store wealth and live more freely with more abundance.

Money essentially is just a facilitator. It's a manifesting tool, it actually has no value in and of itself: only for what it can be used.

It's a means to an end. So never focus on the money, you'll drive it further away, focus on what you would buy with it.

## **Hidden Truth 2: It's not just about the money.**

It's about having richness in all areas of your life, not just financially but definitely including that.

What's the point of being exceedingly wealthy if you are too ill to enjoy it? Or if you have nobody to share your life with? A solitary miser is inevitably a sad person.

If you devote all your energy to making more money to the exclusion of leisure, family, friends, physical and mental wellbeing, it won't end well for you. Trust me on that.

## **Hidden Truth 3: Everything is connected.**

Everything is interconnected. I have noticed this time and again when working with clients.

For example, if I have a client whose business is struggling, I look to things like their personal relationship. Heal the relationship and the bank balance "miraculously" takes care of itself.

This has made a great difference to my practice. Whereas previously I might have tried to coach them to directly work on what they saw as the problem area, I now work hard on finding the root cause and dealing with that first.

## **Hidden Truth 4: Money is a neutral energy.**

It's neither good nor bad. It's not the root of all evil, or whatever else the powers that be would have you believe to keep you disempowered.

If you had it, what would you do with it? How could you serve the world better with unlimited resources? How could you help the world with greater abundance?

And given that, who does it serve for you to play poor?

Think about that for a minute. What would you do? Good people will do good things with money.

Although it is neutral in its essence, money really can be a powerful force for GOOD!

These are just a few thoughts to start loosening up any mental obstructions you may have around money, and begin to open up new neural pathways for you to clear any money blocks you may have.

## CHAPTER 5

### What Is Money Really?

So, what is money really?

Is it a means of exchange? That's the conventional wisdom.

A way to keep score perhaps?

I know of one senior company executive who just wanted to have more millions than one of his company's competitors. It was just about keeping score for him.

Essentially, money is just energy, it's another form of energy. In fact, very little of it is actually in physical form these days.

The important thing to know about energy is that all energy can be affected by human thought.

There is much research on this and I have covered some of it in my previous book **The HEART Manifesto**.

In there I talk about how quantum physicists have observed the existence of the zero-point field – an all-pervading force of electro-magnetic energy – from which all things emanate, backed up with references from eminent scientists.

I also talk about contemporary research projects that demonstrate how our mindset and beliefs are reflected in our physical world reality and how we can influence outcomes with our thoughts and actions.

Then I give you a tool that I developed over 11 years of research and practice to create positive change and get more of what you do want in your life.

Rather than get into the details of that here, I'll let you look them up for yourself if you're so inclined. You can find a reference in the resources section at the end of the book.

As we raise our consciousness, we increase our potential to affect the physical world around us.

To attract money, keep it and be happy, we need to have a high quantum energy quotient (QEQ).

What I mean by that is this: the amount of quantum energy you can run in your being is directly relevant to the amount of money and abundance you can attract into your life.

Or anything else for that matter – be it a relationship, material goods, health, joy, fulfilment, etc.

Once you have raised your QEQ, to really attract money you need to deliver value.

Money is a reward, a fair exchange of energy for services or goods provided. The best way for someone to say “thank you,” is to just put some money into your account.

Therefore, be a money magnet. Deliver value and you will get what you're a vibrational match for. It's all about harmonic resonance, having every cell in your body vibrating at a frequency that is compatible with what you are seeking.

Let's explore that idea a little. If you're not making as much money as you would like, I believe it comes down to one or more of these three things:

- 1) Delivering value
- 2) Running high QEQ
- 3) Mental, emotional or energetic blocks

I know that QEQ is an odd concept to get your head around. Perhaps look at it as raising your vibration, as new age texts might refer to it. Or just being brighter and lighter. It's the strength of your energy body and can be measured in hertz.

I will be covering these topics here, but not in a systematic, structured way. I'll be weaving in and out, bypassing the logical mind, creating new neural pathways and addressing the Unconscious Mind directly.

Because that, folks, is where the magic happens!

In the following chapters we'll take a little deeper look at why you might not yet be making as much money as you would like to have and what you can do about it.

## CHAPTER 6

### Why Does Money Elude You?

I am assuming money eludes you to some degree or you wouldn't be reading this. Let's explore that a little bit - why does abundance and specifically money elude you?

While it can apply to anyone, I do find this actually quite common with Lightworkers and spiritual people in particular.

Probably the first and most important factor is this that you are running too little energy. I mentioned already about raising your QEQ.

That's the amount of energy you can run through your body and through your energy field. Quite simply, if you want a bigger bank balance, get a bigger aura is what I'd say.

I accept it is easier to say than do, but there are many things that all of us can do to easily raise the amount of energy we are running with simple lifestyle choices and exercises.

I'll explain more about these later. For now, I want to cover the three big things I observed in all my research about the nature of the Universe and Humanity that severely affect our ability to be successful in all areas of life, including our abundance.

They are programming, alignment and utilisation.

## **Programming**

As human beings, we are eminently programmable. And we are programmed right from birth by parents, siblings, peers, teachers, bosses just for starters.

And let's not forget the media – newspapers, radio, social media, the Internet, television “factual” programming as well as drama, including soap operas.

While we're watching and becoming engrossed in the story we fall into a light trance, making us highly susceptible to programming.

Have you noticed on soap operas how wealthy people are usually doomed, and that they are probably quite nasty people as well? As we go along with it, we give tacit agreement to our Unconscious Mind that we acknowledge this.

In a light trance, absorbed by the story, we soak up its premises. And this message is drilled into us in so many different ways.

As our physical world reality becomes a reflection of our inner consciousness, so the reality we create for ourselves won't involve being wealthy if we're watching TV in a trance-like state, allowing beliefs like that to seep into our psyche.

Our Unconscious Mind will certainly want to protect us from being doomed or becoming a nasty person, causing us to self-sabotage or fail to make any headway towards being wealthy however hard we try.

So be aware of it and be entertained by it if you want, but don't fall into the trap of agreeing with it, and letting your psyche take it on as a programme for you.

## ***The problem with a limiting belief is that it is likely to be unconscious...***

And on that topic - part of our programming is our limiting beliefs. The problem with a limiting belief is that it is likely to be unconscious. So, we don't even know what it is or even that we have it. Yet it constantly informs how we process information and how we react emotionally to things.

Beliefs can be installed at any time so we have to be constantly diligent about what we are unconsciously agreeing to.

I can remember when I was four or five years old going into town on the bus with my grandma. As we passed a street of very nice town houses with attractive Georgian facades, she leaned over and whispered to me, “doctors live up there...”

The implication was clear: “that’s not for the likes of us!” My dad, rest his soul, would often say, “money doesn’t grow on trees you know”, and “what do you think I am, made of money?” whenever I asked for something like a new bike.

Fortunately, I was able to recognise and overcome that type of unintentional programming later in life. Our kids generally have a lot of trust in us, so we need to be mindful of what we say to them.

Having said all that, once a limiting belief is identified and brought up to the level of conscious awareness, it's quite easy to deal with. We can notice how ridiculous it is, delete it and replace it with something more empowering.

## ***How you feel about money amplifies your potential to attract or repel it...***

It is really important to understand that how you feel about money amplifies your potential to attract or repel it. The feeling reveals your underlying belief system concerning money, which will be reflected in your reality as you perceive it.

For example, when you when you say things like, “Oh, that's not for me,” like my grandma on that bus. This kind of programming can severely limit your ability to make more money.

What about when you get a bill, do you get that sinking feeling? Or does an unexpected expense make you angry?

Negative feelings around money can block your ability to earn or attract more of it.

Similarly, when you feel guilty about an indulgence, such as when you've bought something you think is a naughty thing for yourself because you've spent money unnecessarily.

As Joe Vitali says (if you read any of his books, they are all brilliant): if you can afford it, you should buy it.

I'm not saying go out spend, spend, spend and go broke maxing out your credit cards. I'm referring to occasional indulgences if you have the available funds. I am not a fan of spending everything you have on consumer goods.

## **The divine circulatory flow**

I'm saying that if you've got the surplus money and you want something, you should buy it because there's a thing called the divine circulatory flow of money, and you want it to flow.

When you feel these negative emotions about paying and buying stuff, you're giving up your power to attract more. And that will be reflected in your reality, no matter how hard you try.

So how do we know whether we have any such unconscious limitations, apart from the fact we're not yet living the life of our dreams?

Ideally you will get with a skilled practitioner who can identify and release them for you, but there are a few things you can do for yourself to give you a clue as whether you have one (or more) and what it might be.

## **Say it out loud**

Here are some of the more common unconscious self-limiting beliefs that I come across:

- I'm unworthy
- I'm trapped
- I'm not lovable.

## **EXERCISE 3:**

Try saying each of these out loud. Get quiet, relax, close your eyes, turn inwards and simply say the words out loud.

The truth has a “ring” to it, a resonance. Say “I’m unworthy” and notice whether that feels true to you. If it doesn’t, you may not have it unless it is so deep in your psyche that it is imperceivable at a conscious level even when you’re looking for it.

If it does ring true for you, that's something you need to work on and deal with because it will impact your ability to attract more abundance and money into your life.

Now repeat the say-it-out-loud exercise for these beliefs:

- I am worthy
- I am free
- I am loveable

Do any of those ring true? Or do you feel like a fraud when you say them? This will give you clues about what you need to work on if you want to attract more abundance into your life.

## **It's all in the mind!**

Another key part of our programming is our mindset, our attitude and how we perceive wealthy people, how we perceive money, what we think about it, what labels we give it. These can seriously affect our reality - our physical world experience of it.

Then there is also the herd mentality. What does everyone else say? What are you hearing from all the other people around you?

It's good to associate with people who have the right kind of mindset, the one that you would like to have, and get the positive stimulus from them.

We're not told just how powerful our mind is and how it affects our real-world experience in every way.

We'll take a closer look at this in the next chapter.

## **Alignment**

As I said, the second reason why good income could elude you is that you're out of alignment with your core being - you're not thinking, saying and doing in accordance with who you truly are.

What if you're doing a job or have a business that's sucking the life out of you? That's a clue that you're not in alignment; you're not acting in alignment with who you are in your core.

So, it serves you to discover what that is by doing things like life purpose analysis and understanding your values in order to get in alignment with them.

What if what you're doing is bringing you joy and fulfilment? That's another clue that maybe you are in alignment and in a position where you can actually make a lot more money.

Ideally, you want to be aligned at all levels of being – physical, mental, emotional and energetic (or spiritual, if you prefer). An imbalance in one can have a knock-on effect on another.

For example, suppressed emotions can manifest as physical ailments if the root cause is not addressed.

## **Values**

### **EXERCISE 4:**

To get some insight to your values around your work, ask yourself: “what is important to me about my work? And what else? And what else?”

Keep going until you have a comprehensive list. Then put them in order of importance.

If making money isn't in the top three, then you will certainly struggle to make any. This can be changed though, by finding the underlying self-limiting belief. The more of these points you have in your work, the happier you will be.

Compromising your values inevitably leads to dissatisfaction, which in turn lowers your QEQ and ability to attract abundance and wealth.

## **Purpose**

There's an old saying: "your life purpose is to have a life purpose!" Finding your purpose raises your QEQ and your ability to make money exponentially.

***...it's not about what you do...it's about who you are being...***

Here's the hidden truth about life purpose though – it's not about what you do.

It's about who you are being while you are doing what you choose to do, bearing in mind what I've already said about the clues as to whether what you're choosing is in alignment with who you are in your core being.

## **EXERCISE 5:**

Who are you when you are at your very best? Think about the accomplishments that have given you the greatest sense of joy in

your life. What were you doing, where were you, who was you with, and most importantly who were you being?

Write down at least three that have the strongest positive emotional charge for you and ponder the idea of who you were being at these times.

This type of analysis will give you real insight into your purpose. I have a process that I take clients through that gets super deep into their psyche to establish who they were born to be in this lifetime.

It is truly life changing. It fills me with joy to see how much lighter and brighter they are afterwards. And it made a powerful difference to me when I went through it myself.

Every choice I make now is in alignment with my values and purpose. This keeps my vibration up, enables me to run more quantum energy, be abundant and basically just feel good most of the time.

It's much easier to say "no" to something when you know it's going to hurt you and your prospects.

## **EXERCISE 6:**

Now that you have more clarity, what is it you really want? Not out of ego or status, but from your heart. If you could wave a magic wand, that is, a realistic magic wand (you're not going to be King or Queen anytime soon, let's face it) – how would you like things to be 6-12months from now?

Who are you being? Where are you? With whom? What are you choosing to do? Write it down, put it below here if you like. Then

decide what is your first step towards achieving it? Write that down too.

**My new goal is:**

## **Karma and Past Lives**

There could be karmic issues at play too. If, for example, you've had abuse of power from a wealthy position in a past life, you may have chosen to be poor in this lifetime, to redress the balance.

There's a school of thought also, which says there are past life implications. What if you, as a spiritual person, for example, spent many lifetimes on your knees, in monasteries, or in convents?

Do you have knee issues as well as money issues in this lifetime?

Or like Francis of Assisi, forsaking material goods and living more of a spiritual life as a pauper.

Do you think of material goods as being ostentatious, tacky, distasteful or even disgusting? This will affect your ability to attract them into your life.

It's time to break out of that mindset and just release that energy from your being. There are simple, powerful ways of doing that and many skilled people who can facilitate that for you.

The way I look at past lives is this: either they are real, in which case we have to take them seriously, or it's a just a way the unconscious mind presents information for the purpose of healing, in which case we have to take them seriously!

I'm not trying to change anyone's belief system here, but I do want you to have a more empowering mindset. If the idea of karma and past lives doesn't resonate with you, don't worry, it's not necessary to believe in them to enjoy massive wealth!

That said, there is a school of thought that says past-life karma is voided now. It no longer holds sway over our current life journey and that you are free to choose what you want.

This is to do with Earth energy changes and the evolution of our planet, which is another story altogether. We don't need to let it concern us for the purposes of this book, just know that you are now free of it.

## **Be aligned**

For the most part I enjoyed my working life in agencies and corporations, which gave me great fulfilment. I had a good life.

However, my personal happiness went to the next level when I finally woke up and embraced my holistic nature, as I described in chapter 3. You've read what happened when I denied my true self – the crushing sensation in my chest that I thought might have been a heart attack.

I also suffered from a very painful repetitive strain injury when I wound my practice down a few years later, but that's also another story.

The point is, whenever I act in alignment things go very well, and when I don't, well, you know there will be challenges.

## Utilisation

What I mean by utilisation is twofold: it's utilising our hidden inner resources and taking inspired action.

## Inner Resources

As I've said before, we are not told how powerful we are. We have an incredible creative faculty that, for most people, goes largely unused. We have the ability to make decisions intuitively, using both conscious and unconscious mental processes.

Our heart intelligence is far superior to our head intelligence, though we need to utilise both for the best results.

The best way to boost your intuition, creativity and psychic senses is a daily practice called Haa Breathing. It is a workout for your third eye. Do it for five minutes every day and you could see amazing results.

## EXERCISE 7:

Go to the resources section of this book and find the web link for **Haa Breathing**. If you're reading the e-book, just **[Click Here](#)**. Watch the short video and start practicing it every day. You might be amazed at the difference it makes!

Do it for just five minutes every day and notice how much stronger your intuition becomes, how solutions to problems present themselves much more easily and how your psychic powers increase by an order of magnitude.

It's important to do it regularly at first to build the psychic strength. It's like going to the gym. Go once only and it's not

going to change anything. But keep going and you'll soon be much stronger and fitter.

## **De-Stress**

We can also block ourselves when our QEQ is low. One of the biggest contributors to lowering QEQ is stress. When we're stressed, it's hard to be serene and at peace, which are conducive to more easily accessing our deep intuition.

I use the Calm Routine for stress relief. It takes five minutes and is extremely effective.

## **EXERCISE 8:**

Go to my website homepage – [www.woodlandwellness.co.uk](http://www.woodlandwellness.co.uk) – and sign up for the **Instant Stress Relief** audio via the email subscription box. This will give you access to stream or download the Calm Routine.

Listen to it to calm those frazzled nerves anytime.

Exercises 7 and 8 together will enable you to access your hidden inner resources much more easily.

## **Action**

We have the power to make massive positive change in our lives when we have dumped the baggage of past programming and got in alignment with our core being.

Then we can gain clarity on what we really want, put our energy and emotion into creating it and taking inspired action.

As I say to my clients, “you can’t just ‘ohm’ it into existence.” You have to take steps towards it. Taking action is one of the single most important things we can do to achieve our dreams. It’s the action we take today that ties us to the future outcome.

## **EXERCISE 9:**

Starting with your goal from Exercise 6, plan out how you intend to get there. Don’t worry about having every detail in place.

Make your plan and take every reasonable step every day – pushing too hard can set up a resistance that makes it ever more elusive. Procrastinating and being lazy about it will also dissipate the potential.

You don’t need to know how to get to the end today, you just need to know how to get to the next step. If you’re still stuck on how to proceed toward what you want, who can you ask?

Just keep asking questions. Who can help me with this? Where can I find that information? If you’re doing the Calm Routine and Haa breathing every day, the answers will soon present themselves.

So, make the choice of what you want and move forward.

I know it looks like a lot of work, but once you get into it, it will just flow oh so easily. Be sure to do the exercises – I can’t do it for you.

That’s what I wanted to emphasise in this chapter: why, for certain people, it just seems so elusive to attract more money and what you can do about it.

I hope you find it useful.

## CHAPTER 7

### Disempowering Money Beliefs

Essentially your beliefs shape your reality. Your expectations will be met. Therefore, if we harbour beliefs about money that are not empowering, then the wealth we desire will continue to elude us.

So, what are disempowering money beliefs?

These are some of the more common ones that I come across in my practice:

#### **“I feel bad when I take payments”**

This is not really a belief as such, more an unwarranted or unnecessary emotional response, but I find so many people have this. It's potentially linked to an unconscious belief around self-worth, as discussed in the last chapter.

#### **“Those who need my services can't afford them”**

That was one of mine. I had this for ages. Therefore, I attracted people who couldn't afford them, even started to resent it a bit. This false idea kept me in a corporate environment longer than I particularly wanted to be. I didn't know I had it, but when I finally got it identified and dug out, the doors just opened.

### **“Money doesn't grow on trees”**

That's a popular saying, but it is disempowering. It comes from a sense of lack. And if you have a sense of lack, you can't ever be abundant.

### **“I'm unworthy”**

I've covered this a little bit. Search your soul, as a human angel here to help transition the earth at this time of major planetary change you are the exalted one. The angels are washing your feet, metaphorically speaking. Nobody is more worthy than you are right now.

### **“If I have more, others have less”**

This is another indicator of a lack mentality. It suggests that there's a finite amount of abundance available. However, the universe is infinitely abundant. The only thing stopping everyone having all they want is their own self-limiting beliefs.

### **“Rich people are evil”**

Some people do believe that. Just look at social media content on the subject.

### **“People won't like me if I'm rich”**

That's related to the last one. Believe this and your unconscious mind will surely protect you from being rich.

If any of these ring true for you, you will need a mindset change before you can make much more money. What you believe is fundamental to your abundance potential.

## CHAPTER 8

### So, What About The Rich?

It seems to me that many people have a really negative mindset about rich people. For example, I did a quick Internet search on “The Rich.” Here are some of the results:

- The ‘haves’
- Brat Pack
- Glitterati (yeah glitterati, how dare they be rich and glamorous?!)
- Filthy rich,
- Idle rich
- Champagne socialist
- Jetsetters
- Moneybags
- Tycoon
- Fat Cat

These things all came up. How do these words make you feel? It seems we have a lot of negative expressions to describe the rich.

Are all rich people bad though? What about Warren Buffet, one of the world’s richest people? Is he bad? As chairman of Berkshire Hathaway, he provides employment for thousands and donates large amounts to charities.

In fact, he is reputed to have given away \$46 billion since 2000.

## ***Money is a power for Good...***

The question is this: What could you do with unlimited funds? We've touched on this already. Money is a power for Good, it brings more light into the world.

I once saw a young man roar up to a petrol station in a bright yellow Ferrari, step out in his Armani suit, adorned with enough bling to sink a ship.

My first thought was, “what a plonker.” You see, even I, who am acutely aware of how our thoughts affect our reality, can fall into the trap.

Luckily, I caught myself and quickly readjusted my mindset: “good for him.” I chose to feel happy for him. This felt a lot better, raised my QEQ a bit and set me up for a more abundant experience.

Let's celebrate the success of rich people – most millionaires are self-made; those with inherited wealth is a relatively small percent. And most of those have frittered it away within a couple of generations anyway.

If they can get rich and still be good people doing good things, then so can you.

## CHAPTER 9

### Money Myths

Here are some myths around money, there are so many of them, you could be forgiven for believing that there are forces out to deliberately disempower us.

Let's examine a few of them:

#### **Money is the root of all evil**

This is supposedly a quote from the Bible. Have you heard it? Well, it's wrong! It's actually a mis-translation, there's quite a bit of research been done around this, you can find it if you want to look for it.

Some of you may have heard this version:

#### **The love of money is the root of all evil.**

Also wrong! It's so easy to make translation mistakes going from ancient Greek, to Latin, to English.

#### **The worship of money is the root of all evil.**

That was the actual better translation that scholars now believe was what was trying to be said in that text at that time.

So having money and loving it is not necessarily bad; worshipping it is where you get the problems.

## **Money can't buy you happiness**

Have you heard that one? It may be true. I know wealthy people who are happy and poor people who are very happy. I also know wealthy people who are miserable, and poor people who are very unhappy.

Having said that, I have made an observation about this. I'm in a couple of social groups. One is for property investors and other one is people who go to open mics and sing songs. Many of the open-mic participants are living just above the breadline.

One of them even wrote a song about the evils of money and all the terrible things it brings. I'm guessing he will die a pauper unless he changes his tune.

I know which group is happier in general - the ones that have the property and the wealth. Overall, they're less stressed and more at peace with themselves.

It's difficult to be happy if you're struggling for money. Money is essential to living in the modern world.

Money won't necessarily make you happy, but lack of it can cause a lot of stress and unhappiness, even ill health.

Also, bear in mind that being happy will make it a lot easier to attract money because happiness and joy are high QEQ emotions.

Once you are out of debt and living comfortably with a reasonably good lifestyle, having more money won't necessarily make you any happier.

That doesn't mean you shouldn't go after more money to have more freedom and choices though. Think of all the good you can do with it for yourself and others.

### **It's greedy to have more than you need.**

Do you think that? As we've touched on already, if you have a lot of money, what would you do with it? Yes, you do some really good things that can help a lot of people. How can that be bad?

I am not opposed to a welfare state and benefits for those genuine cases that need them to survive, but who is more greedy – the self-made millionaire or the benefits claimant who expects hand-outs for doing nothing and though able, makes no effort to earn a living?

### **It's not spiritual to be materialistic/money and spirituality don't mix.**

I find this to be a very popular sentiment with the New Age community. St. Francis reportedly gave everything away, as already mentioned. However, true mastery isn't escaping the physical plane, it's bringing spirit into matter.

One acquaintance even told me that she believes that all healing arts should be given away for nothing as they are a gift from God. Applying that logic, surely every talent is a gift from God?

Where do you even draw the line? Should it just apply to energy healing, or herbology as well? What about spas and psychotherapy? Should all healers be forced to be beggars or slaves, or hold down a day job just to practice their art?

If they are providing value to us, we should adequately reward them, otherwise there will be an imbalance in the energy exchange, which creates a karmic debt. I think it's much better to settle a debt with cash than emotional or physical pain.

Besides, consider this - what if your desires are simply your soul seeking greater expression? Do you know where the word desire even comes from?

It's from the Latin 'de-sire,' meaning "of the Father."

In that case, perhaps the more you are able to attract into your life, the more spiritual you are.

Isn't that interesting?

# CHAPTER 10

## MMM In Action

Before we get into the practicalities of how to make these processes work for you, let's take a look at some of the things that are achievable when you do apply the principles.

### **Back to that sinking feeling**

You may recall in the Introduction I recounted the time when my brother-in-law said to me that the average white-collar worker is going to live till 85 and asked me if I was going to have enough pension to cover myself for that length of time?

As soon as I made the decision to do something about it, the synchronicities just started slotting into place. Acting on them presented even more opportunities.

This is what happened when I crunched those numbers. I soon realised I had some work to do if I wanted a more comfortable retirement and applied the principles.

So, I set my intention to find my pension Plan B and started implementing the processes that I know get results.

Only a day or two later, I received an email from one of my clients. I opened it straight away thinking they may be needing some help, but it contained an invitation to join a networking group called E-Cademy.

Having spent a couple of decades in the computer industry I should have realised it was just a machine-ripped invitation and everyone in their address book would have got the same message.

But I thought it'd be rude not to join given that she was paying me to help her with some issues. So, I signed up at the free level just to be in her network, basically.

There was a feature where you could pay to be a “Blackstar member”, which allowed you to send a message everybody in the whole network. And the next day, one day later, I actually got a message from a one such Blackstar member.

He was promoting his book titled “Get Your Money for Nothing and Your Property for Free” – a take on the old Dire Straits song, Money for Nothing.

The book was about buying rundown properties, renovating them, turning them into a nice place to live, renting them out, and then refinancing them and pulling your capital back out, while having the rent cover the mortgage costs and provide some profit.

Once you've got the capital back, you can go and do it again, called momentum investing. I thought, when I bought that book, worst case scenario, I've wasted £20. Best case scenario, I've got my pension Plan B.

So, I cashed in various stocks and shares I'd acquired through employee purchase schemes and performance awards, as well as taking equity out of my home in the form of a drawdown, to create a pot to use for deposits and refurbs.

Yes, you can make money from property without having a pot to start with, but I was fortunate enough to have one, so I could choose different strategies.

I remember buying the first house by auction. It had been sold for £110,000 twelve months earlier, but had been repossessed by the bank. I don't know what happened to the former occupants for them to lose their home, but I hoped they would recover from the experience.

I'm happy to take it off the bank's hands, though, and I thought that if I can get it for £70,000, I might get all my money back out with the refinance. I figured other bidders might also set a round-number limit, so decided to go to £71,000.

Then I thought, well if I can think of that, then so can someone else so I'll go to £72,000 absolute maximum. I set my intention to acquire the house for this amount. Or less.

On the day of the auction, I was on a group conference call at work, with one ear on the work phone in my home office on speaker, in case my name was mentioned, and the other with the house phone to that auction house.

My excitement at the anticipation of bidding was soon quashed though.

The bidding started at £64,000 but quickly shot up. "Damn, I'm not going to get a look-in," I thought. Then it suddenly stopped at £69,000.

"It's at 69K do you want to bid?" asked the gentleman on the phone. Aha!

"Yes!"

“Seventy thousand on the phone” I heard the auctioneer announce. My heart leapt. That was my bid.

Then he said “Seventy-one thousand I am bid.” That was a bit deflating but I wasn’t giving in quite yet.

“It’s at 71 thousand, do you want to bid?”

“Yes!”

“Seventy-two thousand on the phone, I am bid” announced the auctioneer. I tensed up, listening to hear whether there would be another bid. That turned out to be the winning bid though, and I punched the air. Exactly the number I had envisioned!

It was November 5<sup>th</sup> 2008, bonfire night. We completed on the property on 7<sup>th</sup> December, worked on it up to and after Christmas, and it was let out the first week of January 2009.

In the meantime, the big sub-prime financial crisis of ’07-’08 occurred and house prices crashed while the Bank of England slashed interest rates in an attempt to stabilise economic decline and stimulate growth.

Borrowing suddenly became cheaper. And because of the “credit crunch” it was harder to get mortgages, but with my day job paying well it wasn’t a problem for us. If anything, it made for less competition.

By the end of that year, we had six in our growing portfolio. Within four years I had replaced my salary. I could have done it in two years with a more concerted effort, but still had a day job to hold down and succeed in.

I remember one of my colleagues asking me what my career plan was. I said I'll either be offered a severance package or my properties will enable me to walk away. Happily, both came together at the same time and I "retired" in 2013.

That lasted nearly two weeks.

Even though I now get paid every day whether I get out of bed or not, I find I'm much happier when I have purpose in my life. And I've already explained what can happen when we deny our true purpose.

What I'm doing now to help people become more self-empowered is a mission. Sometimes it makes money, like when I get paid for a speaking gig, or that gig lands me new clients, but that's not the sole purpose of doing it.

It brings so much joy and fulfilment that I would do it anyway. How many people get to do that? If you can get paid for doing what you would do anyway, you're onto a winner. We all can do it if we so choose, in my view.

I often wonder, can it be sheer coincidence that house prices crashed just when I was seeking a way out of the rat race? Thinking too much about these things can boggle the mind.

Happy "coincidences" are just a normal way of life for me these days.

## **Getting your mojo back**

Here's another example: During the global pandemic in 2020 I had a client called Keith – you don't often get two of them in a room, do you? Actually, it was the other side of the screen as we were locked down.

I had met him in a virtual networking group as people were pivoting their meetings to being online. Keith had taken a redundancy package in 2015 and bought himself a franchise. It went really, really well for the first three years or so.

He was one of the top performers in the whole network. But then he suddenly just lost his mojo - he lost his motivation, he started procrastinating.

Financially he was okay, just ticking over on residuals, but he wasn't growing his business. He wasn't making the kind of money that he was hoping to.

Keith was learning to play guitar and instead of getting on with his tasks every day, he was picking up his guitar as a displacement activity. His health was suffering too with stopping exercising and making poor dietary choices.

He was almost about to give up on the whole thing when he came across me and decided he wanted to work with me. I have to say, he was highly sceptical at first. He doesn't look at things holistically the way I do. But he was willing to give it a go.

I signed him up for my six-week "From Woe to Wow!" programme. Within two sessions, he was back on it. We'd got his mojo back and he was doing his thing newly inspired.

He had to do what he called 'ten-before-ten.' That is, make ten phone calls before 10am to start trying to turn these leads into paying clients.

He knows it's a numbers game. He knows for every so many he calls he is going to get a meeting and for every so many meetings he has, he's going to get a client, but the idea of doing it had become abhorrent to him.

We quickly found the underlying root cause to be a fear of failure. If you don't start you can't fail, I suppose. Once we'd identified it, it was easy to release and replace with something more empowering.

And so, he started working with me late September, and going on into October with the aim of having four new clients by Christmas. As it happens, he got three. And then in January, he secured the fourth one. I call that a result, and so did he.

He was very happy. I was very happy. And he's just simply applying the same principles, the same money mindset stuff that I'm telling you about right here.

## **Against all odds**

Another cool example of these principles in action is my client, Debra, from Seattle. She was living her dream life as a "surf girl" in Florida with a portfolio of rental properties when the financial crash and credit crunch of 2007/8 happened.

The lender called in the loans and she went bankrupt. She lost the whole property portfolio, her boat, car and pretty much everything. She was even evicted from her own home. Broke, homeless selling broken jewellery to pay for food, she was heading back west to move in with family because she'd got nowhere to live.

I remember her first session - what she'd really wanted was to build her own dream home on the coast, but with bankruptcy, no money and no credit-worthiness, she didn't believe it was possible.

It was a test of my faith too. If I truly believe that our physical world reality is a reflection of our inner consciousness, which I sincerely do, then this will be a perfect opportunity to prove it.

Well, we did the programme: releasing, aligning, accessing inner wisdom, gaining an empowering mindset, and it wasn't long, maybe a couple or three months before she actually secured a building plot exactly where she wanted to be and went on to build her own home on the coast!

How cool is that? Miracles happen every day!

## **Take responsibility**

Let me give you one more example about another client called Dean.

This is a tale of stopping blaming external circumstances for how things are and to take responsibility for your own life. Nobody is coming to save you – you need to create your own life how you want it yourself.

I did love working with him because he could relate to the fact that he had to change himself to have a better life, and could see the value of investing in himself to achieve that.

And he got spectacular results. When he came to me, he was a complete mess. Completely powerless, sceptical, hated his job. Unhappy in every area of his life.

I said, let's have a session, if you don't like it, I'll give you your money back. So, we had that session and afterwards he signed up for my one-to-one programme immediately.

This is the message he emailed to me after finishing his programme:

“I may as well I've had the word ‘victim’ tattooed on my forehead. I was at rock bottom. After a breakup with my girlfriend, my self-esteem and confidence had dropped dramatically. I had anxiety, overwhelm, and I'd been falling behind in life.”

This is a perfect client for me. People stuck in rut, demotivated, dissatisfied with life and with their businesses not going anywhere. I used to say, I'm in the “crappy-to-happy” business. Now I say I get you “from woe to wow!” in record time. They are both good descriptions I reckon.

Carrying on with Dean's message, he says:

“Now I have a new sense of self belief, enthusiasm and energy for life again, I've stopped lazing around binge eating on junk food. Instead, I'm back at the gym, eating healthfully feeling fitter and confident.

“I've started my own network marketing franchise and networking group, with people who want to create joy-filled lives with plenty of freedom. One of the most important and valuable outcomes was getting clear on what it is I wanted, and creating my life's purpose, which led to starting an online project.

“It's all about transformation, bringing balance into people's daily lives with meditation, yoga, personal training and life coaching. I'm very excited about the opportunity to create this. This has been a very transformative experience.

“And I'd just love to express my gratitude and appreciation to you, Keith, for this amazing programme.”

You're very, very welcome, Dean. It's messages like this that get me out of bed in the morning. Even though it's only six weeks long, the programme is truly absolutely transformational.

It's been created based on all the stuff I have learned over the last 20+ years. Despite all the weird stuff I've seen I'm still an arch sceptic. I don't want to believe; I want to know.

I have to experience something for myself before I adopt it into my practice. I have to try it out on myself, friends, family and eventually clients. Then I only use what works. Using my skills developed in the tech industry, I can boil things down to their essence in an easy-to-follow way for my clients.

## **Overcoming fear**

Another recent client, Sonya saw one of my talks on a podcast. She had done a course on a property strategy called rent-to-rent where you rent landlords' houses from them, guaranteeing no voids or repairs, then let them out as shared houses or serviced accommodations for an uplift in rent and keep the difference as your profit.

It's a way of making money from property without having any capital or actually having to own it.

Unfortunately, she had agoraphobia and could barely go out to buy food. She was paying someone to walk her dogs so she didn't have to go outside with them and meet people. She was making zero progress in contacting potential landlord clients.

The idea of going to a networking meeting and speaking up about her services was terrifying to her, even though she really needed to make money, being divorced and fending for herself. She had

paid a good sum for her training but was completely unable to implement it.

After seeing me talk on a video podcast she signed up for my “Be More RAD” programme. Within a couple of weeks, she was firing on all cylinders.

Here’s the message she sent me, after already bagging her first contract for a house and being in the process of quoting for a contract on five apartments in a block:

“Hi Keith

I just wanted to let you know that I went to the property investor networking meeting on Wednesday, and gave my pitch and I think it went very well! As soon as she said does anyone want to pitch I put my hand straight up as I know that, if a lot of people want to pitch, she may only take the first 5/10 hands that go up and I didn’t want to not get picked!

I did have someone come up to me after the meeting, because of my pitch, and I gave them my business card so potentially may have some business there. I was very pleased to get some interest. I have decided that I will now pitch every time I attend.

The other Landlord (with the 5 apartments) also contacted me when I was on my way to the meeting asking if I wanted to manage her properties! I will follow up and at the moment, I am busy meeting with potential tenants viewing rooms available in the property I am managing!

It feels like it’s all starting to come together now and I know it’s because I have continually worked on my mindset and will continue to do so! So, thank you for all your help and support during a difficult time.

Kind regards,  
Sonya”

## **Mission**

This is what I do now – get you “From Woe to Wow!” in record time. It’s not rocket science. It’s just a case of following some simple, proven processes designed to make massive positive change in your life.

I’ve been doing it one-to-one for years, even well before leaving the day job. Now I want to do it one-to-many through books like this, online courses, in-person workshops and public speaking.

I want everyone in the world to be fully self-empowered and even though it may not happen in my lifetime, we can at least get the ball rolling.

It’s my mission and I love it!

# CHAPTER 11

## Money Magic

OK, let's look at money magic, the metaphysical truth about money:

Personally, I don't believe in "magic." I just think that today's magic is tomorrow's science whereby they just haven't yet figured out how it works. That said, scientists are now proving what seers and sages have known for millennia.

Whether it's just the mechanics of the Universe or some supernatural phenomena doesn't really matter. What matters is that we know how to make them work for us.

In the end, everything is energy and energy responds to human consciousness, giving us ways to work it favourably for all concerned.

Here's a proven methodology, but before we get into it, I just want to say I'm not making this up, I'm going to give you some practical, proven real-world techniques that get real-world results.

One of the things I did when I went through my "awakening phase," - my journey as described in Chapter 3 when I had all these extraordinary experiences - I really asked the question, "how can I use this in my everyday life, how does it benefit us?"

It's all really, really interesting stuff. But how does it make a difference? That teaching might be fascinating, but does it get any computers sold?

I wanted to know, so I started applying the learnings from different sources, blending the scientific, metaphysical and spiritual teachings, testing them out and merging them together in order to make the transformations I described in Chapter 10. And many more.

When it comes to attracting or making money, how do we go about it? How do we really get money, abundance, richness in all areas of our life?

## **Flow**

First off, ask yourself this when it comes to money: Are you constipated or do you have diarrhoea? Just as with physical health, neither is good.

**You want flow.** Nice, easy flow with a surplus, obviously. Letting it run through your fingers like water doesn't serve you and neither does hoarding it like a miser.

In addition to that, how you give is how you receive. Do you resent giving out money? How do you feel when you receive a bill? Do you get that sinking feeling?

Or on the other side of that coin - are you embarrassed or even annoyed when people give you something? Is your automatic response "oh no, I couldn't possibly accept?" Is this you?

What about when you see something you'd like to have, but consider it an indulgence, a frivolous expense? Do you not buy it even when you have surplus funds and can easily afford it? How does that make you feel? If you do buy it, do you feel guilty or shameful?

If you can relate to these questions, you may find it more difficult to attract wealth and abundance into your life. They could be signs of a lack mentality or be an indication of an issue around self-worth.

This unconscious programming will become your reality because it is blocking your flow.

I have found that it serves us to show the universe that we are open to receiving and that we accept gifts graciously. It is a gift to the giver to accept their gift. You may be surprised to discover what a difference that makes – when you're offered a gift, bear in mind that you are giving a gift by gladly receiving one.

You are gifting them the sense of joy and pleasure that they derive from seeing you happy to receive their gift. I have observed many times over the years that those people I know who I would describe as “givers” are usually much happier than those who you might call “takers.”

One of these “givers” is my Better Half. She is at her happiest when she is giving to someone. She makes quilts and elaborate embroidered items to give away. She makes items for babies in hospital, for underprivileged children in the third world and many others.

From this she gets the satisfaction of creating a beautiful item and the pleasure of it making someone else happy.

Now that's a gift!

## Focus

Here's a biggie – **what you focus on, you attract more of.** So where is your focus? What do you focus on? Do you focus on how much or how little you have?

How do you feel when you look at your bank balance? Do you perhaps even avoid looking at it - using the ostrich method of money management?

Emotions can amplify things even more. If you're focusing on your lack of cash and putting a strong emotion into it - like anger or fear, or even despair - you amplify the attraction of more of it.

Of more lack that is, not more cash. Feeling like that is going to make you poorer.

So, if you feel bad about paying a bill, and when you resent paying for things you need like utilities, food, whatever it is, petrol/gasoline - you're amplifying your scarcity mentality.

***How you feel about money amplifies how you attract or repel it!***

The Universe doesn't speak English or Hebrew or Sanskrit, it works on vibration. Your emotions are a key factor in creating your resonance so the way you feel about money amplifies how you attract or repel it.

## Bless your bills

Therefore, choose to pay out with a glad heart, **bless your bills**, knowing that you're spreading wealth that will be returned in spades through the **divine circulatory flow** of money.

## EXERCISE 10:

When you pay a bill, bless it and thank the universe for the opportunity to spread more wealth in the world knowing that it would be turned manyfold.

Whether it's a bill, an invoice or a direct debit on your statement, look at them all and just bless them as I describe here.

It's quite simple: For one month, starting now, I invite you to bless every bill, every payment with these words:

***“I bless this payment, knowing it will be returned to me manyfold through the divine circulatory flow of money; money comes more and more easily to me every day.”***

And when you do this - this is the most important part - really feel it, put the feeling into it, feel great about it, knowing it's coming to you.

With these thoughts, these words, and this feeling, you can supercharge your ability to make more money when you take inspired action towards your goals.

Have faith, any doubts can sabotage your efforts. Give it a go, what have you got to lose? Do it for every day for one month straight. Notice how it is already affecting your ability to attract more. Then keep going!

## **Celebrate**

Furthermore, celebrate your successes. When you have a success, give yourself a reward. When you gain a new client, for example, sell a product or a programme, celebrate that. Treat yourself.

The unconscious mind responds well to this type of programming and will provide more of them for you. It will want to repeat the endorphin buzz you get from carving out that me-time to indulge yourself.

How will you do it? Go to the gym, a walk-in nature, a massage? What's your treat?

This is the way to create flow, it flows in, it flows out, it flows in even more, it's the divine circulatory flow of money.

## **Track**

Finally, understand that energy flows where attention goes. Money needs attention, you can't ignore it. Track it, know where you are, what your breakeven is, every month.

I do it every day. Anytime some money comes in, I put it in my spreadsheet and celebrate it. I know exactly where I am. And it is empowering. Any time some goes out, I put it in the spreadsheet and I bless it, knowing it's coming back multiplied.

As they say, "energy flows where attention goes," so pay attention to your finances. They are important.

## **EXERCISE 11:**

In a spreadsheet or notebook write down all financial incomings in one column and all outgoings in another.

Keep a running total of your balance and manage it responsibly – know exactly where you are with it so you can make responsible spending decisions.

### **Value**

When it comes to “Money Magic” one of the most important things we can do is to understand the value we deliver.

This is really important. So many people in business undervalue their contribution. It seems to me that this is especially true for coaches, therapists, holistic practitioners and people in service.

And most especially those who see themselves as spiritual, or lightworkers. They tend to seriously undervalue what their service is worth to their clients in my view.

Of course, there are exceptions and this is a generalisation, but it seems so very common to me.

Just because your talent comes easily to you, that doesn't make it any less valuable to the recipient.

This can cause you problems in more ways than you might imagine.

Undervaluing your work leads to dissatisfaction; you feel depleted, then your negative emotion will amplify the manifesting of more things to be dissatisfied about. That's your

Unconscious Mind's way of letting you know that there's something you need to pay attention to.

Also, you're not doing your clients or customers any favours by discounting or selling too cheaply. There has to be a fair exchange of energy for the Universe to be in balance.

Otherwise, you create a karmic debt, which has to be paid off. Then it will be paid in the form of emotional or physical pain. The easiest and most empowering way to settle a debt is with money.

And when you discount or give away your services, you're disempowering your customer or your client.

You're essentially saying, "I don't see you as a fully self-empowered human being who can find the resources to buy the services that you need or want, and I will rescue you from your lack and from your victimhood."

It's like a teacher doing the test for the students. How will they ever learn to do anything for themselves? You exacerbate their dependency on others.

And guess what? They're going to get poor results. If you give away your services too cheaply, your clients may get a poor result because they're less invested in the outcome.

Conversely, if they feel that they are paying for a high value service, they are likely to value that service more and have higher expectations of the results.

And as I often say: **your expectations will be met!**

On the topic of charging, here's something I discovered long ago in my practice: charge for the results, not the hours.

If you charge by the session, people may fail before getting a result, especially when all their deep-down issues start to surface and have to be dealt with.

This can affect your reputation.

Also, if someone gets the result they wanted in just a session or couple of sessions, is that worth less than someone who takes more sessions to get the same result?

Some folk will want to judge whether what you charge for an hour is reasonable rate compared to other professional services. This discounts the cost and time investment of your training and experience.

They are not paying for your time; they are paying for your expertise and what it delivers for them. What value do they get from you? How much is that really worth to them? Probably a lot more than you are charging now, I'll warrant.

So, sell programmes, not sessions. If you're offering services, for example, sell a programme of sessions, or a number of sessions plus study materials and get payments in advance. This keeps clients committed and they get better results.

Not only that, it increases your revenues and cash flow situation. It's just good business sense.

### ***You get what you FEEL you deserve***

Now, when it comes to charging a fair rate, you get what you feel you deserve. If you put the price up but feel bad about it, or feel bad about taking money off others, you won't attract paying clients.

In employment, how do you feel about your salary or wages? How do you feel about asking for more? Does the idea inspire you or fill you with trepidation? Do you feel like you are worth it?

If you feel that you don't deserve it, these are clues that you need to change your mindset or beliefs. As I said before, I or another skilled practitioner can help you with that. Hopefully just reading these pages has made a contribution to that already.

Now is the time to start changing your relationship with money. If you're not attracting or earning what you'd like to you may need to change your relationship with money altogether; start to think about it differently.

In the next chapter we'll look at how you might do that using a holistic approach.

## CHAPTER 12

### Empowering Money Beliefs

By now you will be getting the idea that your beliefs, particularly the unconscious ones, have a major role to play in shaping the reality you experience.

Therefore, to start changing your relationship with money in order to become a super-attractor money magnet, you need to start with your beliefs.

In Chapter 7 we looked at disempowering money beliefs - the kind of mindset that is going to keep you disempowered where money is concerned.

That mindset must change if you want to have more money, so here are some empowering money beliefs. See whether you can feel the truth of them:

**“Money is just energy it always flows.”**

I like this one a lot. It a very empowering belief. As they say in traditional Chinese medicine, “flow is life, stagnation is death.” It’s as true for your abundance as it is for your health.

**“Money is neutral energy and I can put it to good use - it isn't bad; it's how it's used.”**

That makes the difference. Money isn't bad, it's the way it is used that is good or bad. Money is an amplifier of your personality.

If you have a good heart and want to make a positive contribution to the world, the more money you have, the greater that contribution can be.

**“There's more than enough for everyone.”**

As a form of energy, money is virtually infinite in supply. Only a tiny fraction of it is even in physical form now, with the vast majority of transactions and storing of value being entirely digital.

You can have all you want without taking away from, or being to the detriment of, anyone else. There is a school of thought that says the only things preventing you from having all you want are your own self-limiting beliefs.

I'm not certain they are the only things, but experience tells me that they have a major role to play.

**“I embrace richness in all areas of my life, everything is connected.”**

If your business is struggling, how about your relationships, your health, and so on? Sort them out and you might find your business upturns. As I alluded to previously, the root cause of a problem can often be found in another area of a person's life.

**“I deserve to be abundant.”**

As I've also said before, as a Human Angel here to shine the light into the world at this time of massive change, you are Exalted and thoroughly deserving. Just being here and maintaining a high

level of consciousness is making a fantastic contribution and you should receive fair reward for it.

**“Be rich and be free.”**

Ultimately, freedom is what it's all about. Stop being a slave to your boss or to your clients and free yourself. When you have financial freedom, when you're no longer just trying to get by, you can make powerful life-affirming choices.

Let's explore that last one a little bit. Ask yourself, what would you do with a windfall grant or if you win the lottery?

## **EXERCISE 12**

Write down a few things that you would do with a million pounds or dollars.

The amount is not important. What would you do with it? Did you spend it on an asset? Or doodad? What did you choose?

Did you go for the popular doodads like new car, home improvements, digital home theatre, holiday home, or an exotic vacation? Or did you invest in an income producing asset, or even in yourself.

Investing in yourself is probably the best investment you can make. What can you do to grow yourself, to reach a higher level of consciousness, to acquire new skills or understanding to make massive positive change in your life?

As Robert Kiyosaki, the author of the Rich Dad, Poor Dad books, says: “it's what the rich tell their kids that the poor and middle

class don't tell theirs – don't work for money, make money work for you.”

Rather than blow your capital, put your money into things that are going to give you a return and spend that return on the things that you want. In the resources section I've put a few links to help you explore this concept more.

Investing in cash-flowing assets has been life-changing for me. For very little effort I have a decent income that allows me to do what I want with my days, whether it's serving clients, making music, public speaking, travel or writing books.

What would you do with your time if you had the choice? It's beyond the scope of this book to get into that anymore. I've put a few items in the resources section of this book if this has inspired you to become an investor.

It's important to understand what you are doing before diving in, so educate yourself and/or pay for good advice before committing your life savings.

Furthermore, learn how to scale your business so you can work **on** it, not **in** it. Own the business rather than be employed, including self-employed. I know I am self-employed as far as my practice is concerned, but that is by choice rather than necessity. It's what I love to do.

## **Good debt and the power of leverage**

It's also important to understand “good” debt versus “bad” debt and the power of leverage. When I learned this, my retirement plan B via the property investing went into overdrive.

For example, say I could buy one unit for say £100,000, or I could buy four units with a £25,000 deposit and take on mortgages (or “good” debt) for £75,000 on each, and actually double the total yield or monthly cash flow.

Also, I get four times the capital growth over time. The tenants get a nice place to live at a fair rent, which pays my expenses and provides some profit. It’s a win-win.

So that's good debt, it puts money in your pocket. It's what we call the power of leverage. Leveraging other people’s money.

Using debt to fund consumer purchases (doodads) like new trainers, cars, phones, vacations and so on is “bad” debt. It is usually very expensive too, especially if you are racking it up on credit cards.

Put your money into assets and let the assets pay for your doodads. Aligned with this is the idea of delayed gratification.

If you make investments, you'll get the rewards later. If you go for having the big screen TV today, rather than an investment, you won't get any ongoing financial rewards. Once it's gone, it's gone for good, whereas an asset pays you again and again.

There are other forms of leverage too – other people’s time and money. There are often people who are cash rich but time poor, as well as those who don’t yet have much money but have more time.

That’s a recipe for success when they team up. Knowledge of how to make money and mitigate risk is obviously important. So where could you acquire that, who could advise you?

For example, again with property, a wealthy person may have capital to invest and wants a better return than they can get from

the bank. Also, perhaps they prefer monthly income to long term capital growth. Property investing can deliver this.

However, they may not have the time to invest in researching a market, finding and negotiating a deal, managing a refurbishment, finding tenants and so on.

It would make sense for them to joint-venture with someone who does have that time but has little or no capital. One puts the money in, the other puts in the time, effort and knowledge.

Then they share the profits. I know several people who have got into property this way using none of their own money.

### **EXERCISE 13**

Make a list of everyone you know who could advise you on how to make more money. The richer they are the better, because they have already learned how to make and/or manage money.

Make a list of all the places you could look to find out how to make more money.

Start educating yourself – but be careful of so-called ‘gurus’ who sell expensive courses but haven’t lived it themselves. Use discernment, but start now. Getting rich is a marathon, not a sprint.

Adopting strategies and beliefs like these are essential to acquiring that all-important millionaire mindset.

## CHAPTER 13

### Quantum Money Shift

We're now going to explore now the idea of Quantum Money Shift. I'm going to share a lot of powerful information here. At the quantum or subatomic level, everything is energy. And it's affected by human thoughts and emotion.

There is much research being done today that validates this. I have put some references in the resources section in case you wish to explore it for yourself.

Here is one way that you can tell whether you are aligned at the quantum level with what it is you want. It makes all the difference between just wanting something versus actually having it.

#### **EXERCISE 14:**

Try this little exercise: close your eyes for a moment and think about something you've already got. Something that is important to you in your life.

Now look at that picture. Where is that picture in your mind's eye? How big is it? Is it colour? Is it moving? Is it a movie or a still image? Look at these things.

Then notice any sounds that are associated with it. Are they inside or outside your head? What direction? Loud or soft, continuous or alternating, high or low pitched?

Then notice any feelings associated with this image of the important thing you already have. Where in the body do you feel it? Is it heavy or light, moving or still, constant or intermittent? What shape is it and how big is it?

Whew, that's hard work, isn't it? What was the last thing you ate? I don't need to know that, just wanted to clear your mind from that exercise.

Okay, now repeat the exercise but think about something that you want to possess that would be important to you. Where's that picture? How does it differ in its characteristics from the other one?

What about the sounds and feelings that come with it? How much do they differ from the previous one?

Now get this - the closer those two representations are together, then the closer you are to actually having it rather than just wanting it. If they are miles apart in the way the two representations look, sound and feel to you, the further away you are from having the one that you are desiring.

### ***You get what you are a “vibrational match” for***

If the two representations are pretty close or similar to one another, it indicates that you are a good vibrational match for what you want. As I often say: “you don't get what you want, you get what you are.”

Or more precisely, what you are a “vibrational match” for.

And this is one way to test how good a match you are for that which you desire. Just do this exercise where you compare the

characteristics of it in your mind - what you see, hear and feel when you think of it – to those of something you already have that's important to you.

If they are not close, then there may be some mental/emotional block that needs to be released and replaced with something more empowering, or lifestyle changes required to run more QEQ.

## **Be, do, have**

If you've ever had any exposure to NLP (neurolinguistic programming) coaching, I'm sure you've heard of "be, do and have." Who you are being, what you are doing and what you are having, that is. It seems to me though, that many people get this the wrong way around.

They seem to think they need to have something before they can then do something in order to ultimately be something or someone.

For example, I knew someone who wanted to have a healing arts centre. I asked them for what purpose would you like that? They said so that they can do healing. Okay then, so I asked them next for what purpose do they want to do healing? They said it is so they could be a healer.

Well, you don't need to have the healing arts centre to do healing and to be a healer. You do need to be a healer to do healing. You can do healing while you're figuring out how to get the healing arts centre.

You don't get what you **want**, you get what you **are**. So **BE** it. Be it now and keep on being it. Act as-if with every confidence that the material benefits are on their way, because they are.

## **Get clear**

Another super-important factor in making your quantum money shift is clarity. You have to be clear on what it is that you really want. You might think you want more money, but as I said in chapter 4, it's never just about the money.

When you have searched your heart and got a good handle on what your true desire is, you have to be consistent about it. If you can't make up your mind, the Universe, being infinitely patient, will sit back and wait until you do.

In this lifetime, or the next!

If the thought of already having what you want fills your heart with joy, then that's a good sign that it is in alignment with your core being and is available to you. Bring that feeling to everything you do in pursuit of your objective.

A key thing to remember about clarity is this – always focus on what you **DO** want rather than what you **DON'T** want. A lot of people know what they don't want, which is often the life they have now, but what is it you **do** want instead?

It's no good saying, "I want to be out of this job," or, "I don't want to live here anymore." In this way you are focusing on what you don't want and giving it energy, thereby making it more probable that it will stay in your life despite all your efforts to change it.

## **And Act!**

So, you don't want what you've already got most of the time. But what do you really want? Decide that, and then decide to go get it. That's right, you have to act. As I often say, you can't just "ohm" it into existence. Visualising is good, but it has to be accompanied by action.

Also, it's no good waiting for circumstances to be right, or all your ducks to be in a row, as they say. You can't say, "I'll do it when this has happened or when that's happened, or if this happens" or you'll never do anything.

Just decide and go for it. Act as-if; **get clear, decide, act and trust.**

If you have been doing all the exercises in this book so far properly, you will already be on your way to being, doing and having your heart's desire.

## **Be an energy master**

As I've already touched on, a key factor in being, doing and having what you want is to raise the vibrational frequency of your physical body. Therefore, be an Energy Master and raise your QEQ. How much quantum energy can you run? This determines how expansive a life and bank account you can have.

Lottery winners often lose it all fairly quickly. Their energy field is not big or strong enough to hold that much energy, financial or otherwise. Inherited wealth is often lost or severely depleted within a couple of generations too.

Their attitude and mindset to money plays a key part of that – spending on doodads rather than assets will soon deplete capital.

I'm going to talk now about true mastery. This may be over some people's heads, but maybe it will resonate quite strongly with you. Different people will relate in different ways, but hopefully at least seeds will be sown.

Here are some things for you to be aware of. First thing is, we have to bring spirit into matter. It's not about blissing out and escaping reality in search of enlightenment.

True mastery is bringing spirit into matter, and mastering the physical plane of existence. You can go back to the spiritual plane when you leave here.

## **Take responsibility**

Responsibility is very key. Do you have excuses? Are you playing the victim? Or do you own your life, understand how everything is a reflection of your inner consciousness. This is a big leap for most people to make.

That's right, there are no excuses when you know at some level you have created this situation. What must you believe about yourself for things to be this way?

It's basically all about your harmonic resonance; being a vibrational match for what you want, or something better, while not being attached to the outcome.

That sounds contradictory, I know – wanting something then seemingly not bothered about getting it.

Trouble is, if you want it to too much, even desperately, you can set up resistance, thereby making it ever more elusive. Get **clear**, put the **feeling** into it, take **reasonable** daily **steps** towards it and just **trust** that it's coming.

Be relaxed and confident and you'll get it for sure.

## **The attitude of gratitude**

This is really key. Can you be truly thankful for how things are even if they appear to be suboptimal from your perspective?

### **EXERCISE 15:**

Try writing down each evening 10 things you're most grateful for during this day and do it every day.

As you read them back, really put the feeling into it. Feel completely thankful. Get an "attitude of gratitude" and guess what? You get more things to be grateful for!

Trust me, I've tested this on dozens of people. It just works.

## **All you need is love**

So finally, I'll go with The Beatles on this one. All You Need Is Love.

Can you really love yourself, your body, your life, everybody you meet unconditionally? Our lovely golden retriever dog is no longer with us, but he loved everybody unconditionally.

Love is the highest vibration feeling in our Universe. If you can bring this state of bliss to your daily life you will be unstoppable.

## **EXERCISE 16:**

Can you walk down the road or in nature and reach out energetically to everything and everyone you see?

Reach out and feel the oneness. The unity. The interconnectedness. Know that we are all part of the one Unity Consciousness, but it is just veiled from us while in physical form. Feel the beauty and love of that.

This is the key to a life of grace and ease.

I have glossed over some very deep topics there. Each of them could fill volumes on their own. It's taken me 20+ years of research and practice to arrive at these conclusions.

I have summarised the key points for you here. It's all you really need to know. Perhaps easier to say than do, but embrace it and keep at it – persistence pays!

There is a concern that I haven't explored them deeply enough to convince you of their importance in making massive positive change in your life.

I would just say that I am financially free and I did it simply by following these principles.

Essentially, I am a living example of what can be done. And so are many of the clients I have helped over the years, a couple of whom I've highlighted in this book.

Have faith. It really does work!

## **EXERCISE 17:**

Re-read this chapter and embrace these points fully. When the realisations sink in, it will be life-changing.

## CHAPTER 14

### Summing It All Up

To close, then, I'm going to sum it all up neatly for you.

What is abundance really about? It's never about the money, it is what you would do with it. What good would you bring into the world? Money is just energy. It's neutral, useful as a practical way to help manifest. Never focus on the money. Focus on what you would do with it.

Deliver value to the world and the money will come as just reward and fair exchange of energy. And it's infinite in supply, there's more than enough for everyone, it's just your limiting beliefs holding you back.

View things holistically. On the three-dimensional level, the physical plane, pay attention to your finances, track your money, manage it properly, take action towards your goals and how you'll deliver value. Invest in assets and yourself, not doodads.

On a mental emotional/level, get an empowering mindset, a millionaire mindset. Keep the end in mind, put the emotion into it and delete any negative emotions, limiting beliefs, phobias and toxic attachments to people or things that may be blocking you. You may need a facilitator to help you with this.

At the very least, create a goal, get that "attitude of gratitude" and take reasonable steps towards you goal every day.

Get some energy wisdom - be an energy master. Grow your energy body, increase your quantum energy quotient, raise your

vibration and be in the flow to supercharge your success, reach your full potential and live a life of grace and ease.

## CHAPTER 15

### Now What's The Price In Your Head?

OK folks, now it's time to repeat the exercise we did in Chapter 1. You may or may not remember the price in your head from then. It doesn't matter – don't go looking for it.

Just re-do the exercise.

#### **EXERCISE 18:**

Get a clean sheet of paper (or a digital doc, or Notes on your phone if you prefer) and write down your last remuneration or amount you got paid, be it weekly, monthly or annual. The choice is yours.

Now, using round numbers (it doesn't have to be precise), add fifty percent and write that underneath your first number, starting a column.

You now have a number roughly one-and-a-half times your starting number.

Repeat this at least ten times. Keep going until you can no longer relate to the number.

Now you will have a very big number. One that probably appears to be well out of your reach.

Look back up the column and find the first number that you were disconnected from, the one where it stopped being meaningful.

Then highlight, circle, underline or make bold the number before that.

This is the new price in your head. What you now believe is the maximum you are worth. Write it here if you wish:

### **The new price in my head is:**

If you have taken on board the learnings from this book it should be quite a bit higher than the previous one.

Take a look at the old number now. How much higher is the new one? If there is no change, or, heaven forbid, it's gone down, then you really do need to do some serious inner work if you really want to improve your finances.

If it has gone up, which it should have, then congratulations you are on your way to a much-improved relationship with money if you apply the principles we've discussed here.

## CHAPTER 16

### So Now What About Money?

Yes, you've guessed it, we are now going to repeat the exercise we did earlier in Chapter 2. It's another good indicator of how your money mindset is improving. Again, don't look back at your previous answers yet.

#### **EXERCISE 19:**

As before, I'm going to ask you a question and I want you to write the very first answer that pops into your head.

Be sure to write the very first thing that pops into your head without thinking about it.

I just want you to ask yourself...just turn inwards and ask yourself..."*what do I now think about money?*"

Notice what thought came up - the very first one, write it down.

Write it here if you like.

#### **My new top-of-mind thought about money is:**

So your new top of mind thought... "*what do I now think about money?*"... now you know what that is. Right?

Okay, good, then I'm going to invite you to do it again. Do it a second time. Remember to write just the first thought you have.

Ask, "*what else do I think about money?*" Just write that down now. Put it here if you wish.

## **My new second top-of-mind thought about money is:**

Okay, good. And now, one more time, ask yourself again.... ”  
*what else do I now think about money?*”

Write that down. Put it here if you want.

## **My third top-of-mind thought about money is:**

Now, if you have been honest with yourself, you should have your three new top-of-mind thoughts regarding what you now think about money; your idea of what money is about.

Simply observe how different or similar they are. And you can see that you may have had a shift in mindset, which is going to help you make more money and do more great things with it.

## ENDNOTE

In this book I have mentioned a couple of times that some people may need a little help to shift some mental/emotional blocks that might be getting in the way, slowing you down or stopping you from being, doing and having what you want.

One thing I have noticed in all my research and training is that as human beings, we give up our power too easily. And we just don't understand how much power we actually have.

My clients come from all walks of life but I tend to experience the greatest success when working with entrepreneurs, solopreneurs and business execs. I love these folk because you have the potential to bring more light into the world and make a huge difference.

I also attract coaches, healers and therapists. Maybe because that's a reflection of myself. I have helped many of them grow themselves and their businesses by an order of magnitude.

In my view, those of us who have influence over our businesses and livelihoods are in prime position to make an amazing positive difference in the world.

Unencumbered by corporate dogma, the way we run things and deal with people, including customers, suppliers, staff and even so-called competitors is making the world the way we want it to be.

So, if you are not yet reaching your full potential, particularly if you are stressed, overwhelmed or stuck-in-a-rut, I can help you with that.

How does stronger intuition, supercharged creativity and empowered problem-solving sound? What could you do with more confidence, motivation, clarity and freedom?

If you think this might be you, then I invite you to get in touch; let's have a conversation and I'll see what I can do for you with no obligation. Find the **Contact** page on my website in the resources section or if you're reading the e-book **Click Here**.

Don't let the thought of money put you off – I know I've talked about charging for the value of your work but I am genuinely affordable for most people. We can always come to an arrangement if budget is an issue at the moment.

On another topic, if you or anyone you know books speakers for conferences, symposia, seminars, corporate events, podcasts, lives, etc, I'd love the opportunity to further my mission of helping people become fully self-empowered.

I can show your audience or team how to supercharge their success by combining scientific, metaphysical and spiritual practices or techniques to achieve extraordinary results. I'd love to discuss any speaking opportunities now.

Again, find the Contact URL in the resources section or **Click Here**.

Finally, I sincerely hope you got some real benefit from this little book and if you think you'd like to take it further I look forward to hearing from you.

Shine on!

Keith

## **Acknowledgements**

To my family and friends who patiently listen to me practicing the telling of stories and the sharing of knowledge to help me hone my communications skills.

To all the teachers, gurus and wise people who have generously shared their wisdom and patiently answered my many questions.

To my clients and acquaintances who have patiently complied with my continuous experimentation, testing and proving of techniques to help you make massive positive change in your lives.

And to those who provided valuable feedback to earlier drafts of this manuscript to help make it as good as it can be for you.

You know who you are. I thank you all. And I thank you for your patience.

Love to every one of you.

Keith

## Resources

### Videos:

- Haa Breathing – <https://vimeo.com/788222327>
- Be more RAD - <https://vimeo.com/783436175>
- Perception is Projection - <https://vimeo.com/781468218>
- The Three Minds - <https://vimeo.com/781470960>
- The Four Bodies - <https://vimeo.com/781473973>
- Dr Quantum (consciousness affects reality) - <https://youtu.be/Q1YqgPAzho>

### Books:

- The HEART Manifesto, Keith Corbett. ISBN-13 978-0993182709
- Zero Limits, Joe Vitali. ISBN-13 978-0470402566
- The Divine Matrix, Gregg Braden. ISBN-13 978-1401905736
- Rich Dad Poor Dad, Robert Kiyosaki. ISBN-13 978-1612680170
- Money, Rob Moore. ISBN-13 978-1473641334
- How to Become a Money Magnet, Marie-Claire Carlyle. ISBN-13 978-1848502383
- Think and Grow Rich, Napoleon Hill. ISBN-13 978-0091900212
- The Science of Getting Rich, Wallace D Wattles. Free download: <https://www.gutenberg.org/ebooks/59844>

## Web sites:

- Keith's therapy practice - <https://woodlandwellness.co.uk>
- Contact Keith - <https://woodlandwellness.co.uk/contact/>
- Keith's public speaking practice - <https://keithcorbett.org>
- The Heartmath Institute (heart intelligence) - <https://www.heartmath.org>



If you're not yet living with all the abundance you would like or feel you deserve....

If you struggle to make a good living even when you are going flat out....

If you wonder why people less able than yourself are able to seemingly make much more with a lot less effort...

If you feel resentful towards wealthy people or feel uncomfortable when receiving gifts....

Then this life-changing book is for you!

The author has put 20+ years of study, research and practice in this one book to help as many people as possible gain the necessary mindset changes and proven techniques to become financially free.