

Tapping into Your Money Potential Ignite Your Power to Create What You Want!

By Gayle A. North

“What you THINK about is what you BRING about. What you FILL your mind with is what your life is FULL of. Whatever you FOCUS upon gets bigger in your life.”

- Jacquelyn Aldana, author of The 15- Minute Miracle

If you completed the suggested exercises in the first two articles in this series, you developed some awareness of the limiting beliefs and experiences that colored your own personal relationship with money in the past. You may be noticing some positive changes already! It would be fun for me to hear of you successes – or to answer any questions you have about the exercises. I invite you to e-mail me or call me.

Now it’s time for the fun and exciting part! It is time to “Ignite the Forces of Creation by playing in your imagination!!”

I often ask clients what they want to create more of in their life. As they ponder this question, most people seem to find it easier to tell me what they don’t want - “I don’t want to feel so stressed out,” “I don’t want to be fat and tired.”

Becoming aware of what you don’t want is always useful. Experiencing the “contrast” is one way to sort out what you *do* want. There is also another faster way.

If you are going shopping do you make a list of things you don’t want? Do you just take whatever falls off the shelf in front of your cart and take it home – and then figure out that it is not quite right for you – that it “fell short” of fulfilling your needs?

The first time Liz came to see me, she told me that she had retired a few years earlier and had already gone through most of her savings due to a shopping habit, (which was the reason she came to see me) so she needed to get a job. She had been offered a clerical position in a doctor’s office and was seriously considering it.

I asked her to close her eyes and pretend she was already working there and imagine just what her day would be like doing the various tasks she would be expected to perform. Then I asked her to think about how she felt as she was imagining doing this job. I will always remember her reaction. She suddenly opened her eyes and said, “YUK! I would hate it! ”

Liz had gone shopping without a list of what she was looking for in a job! She was focused on just “needing money”. She had almost settled for the job that fell in front of her cart even though it wasn’t what she really wanted.

As Liz shifted her focus to the things she loves to do, she realized that she could find those things in a branch of her former profession. Liz went job shopping again. This time she was armed with her shopping list and although it took her a while to find just the right position, Life led her to it. The last time I spoke with her she was loving her work life and feeling a deep sense of fulfillment.

This past weekend, I participated in Jacquelyn Aldana's "15 Minute Miracle Playshop". Jacquelyn puts it this way: "Have you ever received anything from a mail order catalogue that you didn't order? LIFE is like a mail order catalogue. Life offers a cornucopia of possibilities but if Life doesn't get your order, chances are pretty good that you never receive it.

Be very CLEAR about what you are READY to experience. DECIDE what you are ready to BE, DO, and HAVE and let Life take care of the DETAILS. Think exclusively about what you DO-O-O want. Ask Life to assist you in realizing your dreams and accomplish your goals."

Since you get more of whatever you focus your attention on – *start to think about all the positive associations you have with money*. What do you LOVE about having plenty of money? Imagine that you had more than enough money to do everything you want to do and that you are an expert at managing it as well. What would your life be like?

Let your imagination play and focus on your good feelings as you imagine giving and experiencing abundance. Play in your imagination every day. Put in your ORDER to Life by saying things like **"It would be so much fun to (be, do, have) _____."** and **"I am now ready to experience_____."** In this way you will become a magnet for the things you desire to experience in your life. In the next article we will discuss more about the creative process of making your fondest dreams tangible realities.

Gayle North offers Personal Coaching for Positive Change using recently developed empowerment technologies to clear mental and emotional blocks that keep people stuck in unhealthy habits and prevent them from performing at their highest potential in school, sports, relationships, work and finance. Call 406-837-1214 to learn how you can STOP SMOKING IN ONE HOUR and for coaching in person or by phone.

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