

Manifesting Money



Kelly Armatage

Kelly Armatage, our resident Healer, Coach, Speaker & Seminar Facilitator tells you the secret behind making a quick buck!

Money; the paper and metal goods that we need in order to survive in today's society. Due to this perceived dependence and past traumatic financial experiences, it has been easy for many to create negative thinking patterns towards the supply of money. These types of thoughts are along the following lines: "Money is scarce, I have to hoard and save it"; "Money is something not to be taken for granted"; "Debt is common for me"; "Money does not grow on trees". When we create cognitive distortions such as these, we follow through with the behaviour and low and behold, our bank accounts start to dwindle. The belief in lack has now materialised into our reality.

In all spiritual scriptures, in many CEO autobiographies, in every self-help book; it will bang on about how your thoughts create your realities. Yet many find this difficult to believe, as they have a) not experienced true manifestations or b) if they have tried to carry out a manifestation process, it has failed. Thus their belief in the law of attraction is dashed forever more and sticking with the status quo is the only option left.

I write to divulge that we can manifest money and the way we do that is via our positive thinking. In order to start to change your financial situation, it is essential to carry out the following process: -

- 1 Cast away all fearful, financial thoughts.
- 2 If a financial thought is to be nurtured within the mind, it has to be one of abundance, of supply, of wealth, of riches.
- 3 Start to state clear intentions outwardly of

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money amounts you would like to manifest.

4 Intention is not enough. Raise your deservedness levels, by listing reasons why it is more than ok for you to be rich.

5 Stay in a state of receivership, allowance and excitement energy about the manifestation.

The above process will be difficult for a weak mind, so it is essential to work on creating a mind that holds very high positive thought vibrations. We can work on the mind via many methods; NLP, CBT and other deep cognitive re-modelling are the best ones. Lighter solutions such as meditation, prayer and affirmations can assist too.

We have absolute control over our destinies; this includes health, wealth, love and success. It is through the consistent creation and maintenance of empowering thought patterns, thus feelings, thus behaviour; that we manifest our realities. Money is just a subject to think about. Yet if you think of this subject in a negative way; watch the negative pop up.

A good way to test the law of attraction technique is to think of an area of your life that is wealthy, successful and has no issues. It might be your health, your love life, your body, a successful career. Now, how often do you think negatively about this part of your life? Never! Right? The same applies to manifesting money, not one thought, not one negative feeling, not one anxious action is to occur if you wish to increase your wealth.

Best of luck to you and I am sure you will have fun creating more abundance and wealth into your life experience. Remember, there is not a limit on abundance. I like to liken money to fresh air; not once would we question it's supply. Manifest money or manifest misery? – the choice now is really yours ■

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