



Purpose, Prosperity, Happiness

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MAKE MORE MONEY THIS MONTH *Using Tapping and the Law of Attraction.*

Introduction to the Law of Attraction:

I have been studying the Law of Attraction for over 22 years. OK, well, I dabbled in it for about 15 of those years, and then I really set to studying it. I thought I knew a lot about this Law, but I have discovered that there is always more to learn. (What a shift for me from the days of always feeling ashamed that I didn't know everything!) I also know that I can be an expert on this subject, and still not know everything. So if you have questions about the Law of Attraction, ask me. I'll share what I know, and we'll learn together!



LEARNING VS. KNOWING

Can you feel the energetic difference between *knowing* and *learning*? “Knowing” sometimes has kind of a firmness to it - inflexibility. Whereas “learning” has so much flexibility, and curiosity, and excited energy. There are times when “knowing” is very powerful. And learning keeps us young and vibrant. Together, knowing and learning is *wisdom*, and can lead us to new awakenings and higher awareness. Even when I’m sharing something I “know,” I like discussing and getting a new perspective - *learning* someone else’s point of view.

I'm always having new insights about the Law of Attraction, and that means I keep getting deeper in my knowing and more adept at manifesting. For example, one day I got some new insights about manifesting - things that maybe I'd heard before, but they never really sank in. I'd been reading and studying the book “Working With the Law -11 Truth Principles for Successful Living,” by Raymond Holliwell. This book was published in 1964 - long before the book “The Secret,” and years after the book “The Science of Getting Rich.”

All these books teach about similar principles, but each author offers slightly different insights. They all teach about the Law of Attraction, among other things.

Desiring and Expecting:

So after all these years of studying The Law of Attraction, what were the new insights I got? Well, there are two parts to activating this law: Desire and Expectation. This is important stuff here! This can make the difference between manifesting by design, and manifesting by default.



When we desire something, we set in motion the having of it. By desiring, the thing we desire manifests in the invisible formless substance that we call The Field, or The Field of Pure Potentiality - simply *because* we desire it. The energy of desiring it is like putting in our order to the Universe. Thoughts are very powerful things, bringing that which we desire into physical form. So it pays to begin to master our thoughts.

Next we have to *expect* to get the thing we desire. Expectation is a powerful energy, and is the complementary force to desire. Without expectation, the manifestation of the thing we say we desire often falls flat. Without expectation, our thought is merely “wishful thinking.” Expectation is like the gravity and the glue that pulls the desired thing into physical form. That’s an oversimplification, but it gives you an image you can hold on to.

So if you *desire* something, and don’t *expect* to get it, you probably won’t - or at least, it won’t come easily. And if you *don't desire* something, and *do expect* to get that thing you don’t desire, you may well attract it into your life. Are you beginning to see how important conscious, aligned thinking is? And can you see how our patterned thinking gives us habitual results? Do you know someone who always get what they expect (whether it’s what they want or not)?

Many of us have been taught not to expect too much, to not get our hopes up. We're going to undo that idea. We absolutely need to expect what we desire, and we must get our energy to a level that matches the having of our desire, in order for it to manifest in our reality. In this simple program, I will give you a powerful exercise to begin to practice *expecting*.

One more step in manifesting:

There is another step that is often overlooked by followers of the Law of Attraction. Take *action*! It’s not likely that the thing you want is going to drop into your lap while you’re sitting in your living room (though it *is* possible - I've had it happen!). Taking action isn't just busyness. It's not about running around without focus or intention just to be doing something. And it's not about forcing things to come your way. But when you get inspiration, follow it. Immediately. (I’m not telling you to do anything stupid or dangerous!). The more you respond to these intuitive inspirations, the more often they will appear to you (more Law of Attraction), and the more you'll trust them.

Are you ready to practice manifesting?

Let's take these new ideas out for a test run! I'm going to do this, too, because I'm always learning, and because I always love more money coming in! This exercise always works for me, and I really want to hear how this works for you! Remember, if you follow the directions, you're going to be a better manifester.

Step 1: Ask/Desire:

Think of an amount of money you'd really like to manifest in the next 30 days. Since we're just beginning to build our "manifesting muscle," start with an amount that might be a surprise to get within 30 days, but not something so much that you yourself can't even believe you could manifest it (at least not yet). I mean, you wouldn't go to the gym for the first time and lift 500 pounds. You'd start with less weight, and work up. Write down the dollar (or whatever your currency is) amount you'd really like to manifest in the next 30 days - something that would be surprising to you if it comes to you, but not so surprising that you can't even imagine it now.

For example, your desire for this practice might be \$500 extra in income. In this case, \$500 has to be something you actually desire, and is for your own (or someone else's) good. Don't try to think about *how* it might come to you. Don't limit yourself because you don't know how it could possibly manifest. The *how* of receiving what you desire is up to The Universe. Your job is to *desire* it, feel as if you already have it, and to *expect it*. And to take inspired action. Know that when you desire it, it already exists in the formless - the Field of Infinite Potential.

I've manifested things in most surprising ways. For example, the very first time I really began to practice these manifesting exercises, I found \$165 in the console of my car. I truly didn't remember putting that money there, and had no idea how long it had been there. And the only reason I found it was because I was cleaning out the console. And the only reason I had two free hands to clean out the console was because my daughter had just gotten her license and was driving us to the beach - a 90-minute drive. To this day, I feel as though that money just appeared because I was practicing my manifesting. On many occasions, I haven't known how I was going to meet my income goal, and a new client will contact me and buy a package. I've received an affiliate fee that I'd forgotten about. An old friend invited me to go to Hawaii - all expenses paid - if I would agree to be the guide, because I lived there for many years, and they'd never been. That was a total surprise, and although it isn't money per se, the trip had great value to me - and would have cost a great deal of money for me to go on my own. It doesn't matter how the money you desire comes to you, but that it (or something better) comes, in a way that is in integrity with your values. So you better get ready to receive!

As you wrote down what you desire, you may have "heard" one or more limiting beliefs about manifesting this amount of money. Use [this recording](#) to clear away the blocks (the limiting beliefs) that keep you from manifesting. If your beliefs aren't on the recording, merely replace one of the beliefs with your own.

Imagine yourself already having this money you desire. Imagine that extra income and how much more relaxed you'll feel or how generous you'll feel when it comes, and feel that way now. Note: this doesn't mean that you should go spending that \$500, but rather have the mindset of "I can afford that," or "I love being

generous." Imagine yourself putting at least 10% of that unexpected income into your savings account. More if you're so inclined. Feel what that feels like, and hold that feeling. Walk as if you have that money. Talk to people knowing that this money is coming to you. NOTE: Don't talk about this to anyone, unless you are certain they support the Law of Attraction. As you build your manifesting muscle, you don't need naysayers or negativity.

This feels like faking!

As you begin to act as if you already have this money (not spending it, but feeling like you could), you may feel like you're faking. To that I say, haven't you been pretending like the worst is going to come to you all these years? Haven't we all misinterpreted someone else's words or glances, because of our own imagination? Isn't it time to start using your imagination for something more powerful and potent? That's all we're doing here, is using our imagination to raise our personal energetic frequency to match the thing we desire. When there's an energetic match, that thing you desire (or something close to it) will appear to you. So yes, fake it till you make it! Feel it until it's real! Believe it until you see it!

Next Step: Write it down:

On a piece of paper or note card, or on a note in your phone, write the thing you desire, in a format like this: "Today's date, followed by: I am generating or attracting \$500 in unexpected income, easily and with integrity, by (write the date 30 days from now). I am feeling what it's like to have this money in my bank account. I'm feeling relaxed and generous, and my savings account is growing. This or something better is coming to me now. I expect it to come to me." You can enhance this statement with other feeling words that suit you. Write as if you already have the money.

Practice feeling.

Next you'll need to practice feeling what it's like to manifest what you're desiring. Really feel it as if you have it. Close your eyes and see the money being handed to you or falling out of the sky. Feel the cash in your hand. Stay with that feeling for as long as you can - at least 68 seconds. Now, *expect* to receive/manifest this thing within 30 days. As you turn your attention toward expectation, notice if there is any resistance (the voice in your head, a knot in your stomach, anything that tells you that you don't really believe it). See below to tap away this resistance! It is important that your expectation is unwavering.

Inner resistance:

As you do the feeling and expectation practice, notice if you have any inner resistance. This resistance may show up as a feeling in your gut or heart (or somewhere else in your body). Or it may show up as a voice in your head that says something negative to you about your desiring. Or it may show up as an image in your mind of someone not liking that you got what you desired - maybe someone would be jealous or judgmental of you. Maybe part of you thinks this is all hocus pocus, mumbo jumbo. Whatever is keeping you from expecting 100% that you will manifest this money.

These feelings, thoughts and images are great clues to what has held you back from your desires until now. And they are "tappable." To get the best manifesting results, it's imperative that you clear your inner resistance. Ignoring it isn't enough - it's still there, and it's still messing with your energetic frequency!

Visualize what it will be like to have this money. Feel what it will feel like to have it. Use any other senses (taste, touch, smell, sound) that might be involved in the having of this money. For example, will you eat great, healthy food? Imagine buying, cooking and eating, tasting, smelling that food - maybe with someone you really care about. For the next 30 days, *be* the person who has this money. Walk like you have it, talk like you have it, make mental plans as if you have it. *Do not* share this exercise with anyone, with the exception of a person who is fully supportive of the Law of Attraction! You're learning - you don't need anyone's negative thoughts!

Keep this card with you, and throughout the day, every day, pull it out and look at it. Recall your visualization. Enhance it in any way you can. Write about what your life is like now that you have it. Look at the world through the eyes of the person who already has it. Be grateful for the having of this thing - even before you can hold it in your hand. Say thank you to the Universe as if this money is in your account. The Universe doesn't care that you haven't yet manifested it physically. The money is there on the energetic plane. Feel the feelings of having it. This should be an easy process - don't effort it, as that tends to push what we want away from us. In other words, imagine your arms wide open, receiving what you desire, rather than grabbing it and holding on to it.

If you are inspired to take action toward the having of the money, take the action. For example, if you suddenly get a text from an old friend, asking you if you want to discuss a business deal (and if it's someone you trust), then go! It doesn't necessarily mean you will get a check for \$500 that evening, but one thing leads to another. Think of this as a Universal treasure hunt - you are receiving and following the Universal clues. The Universe responds when we take action.

For the next 30 days and beyond, look at money things straight on. Get to know and appreciate the money you already have - even if it doesn't seem to stick around very long. Be grateful for every bill as you pay it. Thank each dollar, mentally, as you spend it. Think of money as if it were a person you wanted to spend more time with - you would be appreciative and give attention, and be relaxed and easy. Money takes on the energy of our thoughts. If you ignore your money, it will go away.

If you use a debit card, say 'thank you' to it every time you swipe it. The debit card represents money!

Pay attention to the clues all around you. Notice examples of the money you desire all around you. Are other people bringing in the money you desire? Be grateful whenever you see evidence of what you desire - whether it's coming to you or to someone else. Have you noticed signs of increased wealth in your neighborhood or on your drive to work? These are indications that what you desire is coming closer to you. Enjoy the process of bringing it closer. Don't work too hard at it - an easy mind is the most powerful.

And notice when you *feel* the way you want to feel when you get this money. Appreciate the feeling!

In 30 days, if you do these steps, the money you desire will be yours, or will be considerably closer to being yours. These laws work outside of our understanding of time, so when we say 30 days, it is based on our own limited images of what is possible. If you don't have any sign that this money is coming closer to you, try digging deeper into your own beliefs. If you hold a deep-seated belief that "nothing good ever happens to me," or "money is the root of all evil," or "people who have money are bad," then you will be unconsciously repelling your deepest desires. Those beliefs can be dissolved using Tapping. Please feel free to contact me if you need help with this.

[If you'd like a daily email reminder to "Look at your Desire Card, and expect that it's coming to you," please click here.](#) It will be a short and sweet inspiration email for each of the 30 days.

Now, here's the Tapping for if you felt resistance about "Expecting" the thing you desire. This is a general tapping - so you can use it to pinpoint your own resistance and tap on that.

Rate your resistance, using the 0-10 scale of intensity. Write the number down.

Tapping On the Karate Chop Point, say these phrases:

Even Though I want this thing, but part of me doesn't really expect to get it, I Deeply & Completely Love & Accept Myself.

Even Though I really want this thing, and I can almost imagine having it, I've been taught not to get my hopes up, so I don't want to expect it, and I Deeply & Completely Love and Accept Myself.

Even Though I can feel what it feels like to have this thing, and I want to believe in all this stuff, I'm pretty cynical and I don't want to be a "daydreamer," and I Deeply & Completely Love and Accept Myself anyway.

(Tapping around the Points:)

-Top of Head: I really want this thing

-Eyebrow: But I'm afraid to expect it

-Outer Eye: I don't want to be disappointed

-Under Eye: I don't want to get my hopes up by expecting it

-Under Nose: So I shouldn't even want it in the first place

-Chin: But I really want this thing, and part of me believes this might work

-Collarbone: It's NOT going to work if I'm only "half in"

-Under Arm: And I really want this thing

(Keep Tapping around the points as you say these phrases:

-Maybe I could try it for 30 days

-I've got nothing to lose

-And I might really get this thing

-OK, I'm going to do it

- I'm "All in"
- I feel like I have this thing
- And I'm expecting it to come
- With an easy mind

Take a deep breath. Re-rate your resistance. If any remains, do this Tapping routine again until it's gone. And I suggest you use this Tapping "routine" every day for 30 days. Keep tapping until you expect this money to manifest in 30 days, and you expect it 100% - with every cell in your being.

Here's to your prosperity!

Do you want more tools for manifesting money? Get the "[Learn to Make More Money](#)" 30-day Tapping Program. In this in-depth program, you'll receive an email with a tapping script and much more, **every day** for 30 days. [Click Here](#) to purchase!