

Believe and Receive (even money)

If you believe you are unlucky, you will be. If you believe there is scarcity, focusing on what you do not have, you will get more of what you believe. Believing your negative perceptions, thoughts of failure, scarcity, doubt, etc. will get in the way of receiving what you desire. In this newsletter, I will offer how you can believe you will get the results you want. If you want to learn more about the phenomenon of believing and receiving, I highly recommend the book, *The Secret*, by Rhonda Byrne.

Let me illustrate this phenomenon with Carol's story (name altered and permission granted by her). Carol was stressed by her financial situation and focused on her debt. Working hard in her career toward increasing her income was not producing the results she wanted soon enough. She wanted to feel positive and hopeful about money now. Carol had held the following beliefs; 1) her way out of debt is limited to annual raises/promotion at her current job and less spending, 2) currently living comfortably, the pursuit of money is selfish and she should be grateful for what she has. After taming her gremlin (see my 6/05 newsletter) it was time to love money, want more money, believe in abundance and enjoy receiving. So Carol decided to believe.

What did Carol begin to receive?

The first day she felt good but did not notice anything (might have been there to see). The following day believing she would receive, an \$86 rebate check came in the mail. Although she had expected it and it was minimal she felt good and continued to believe. Next day, her collection of change came to her attention and she decided to cash it in, over \$300. Felt like she had found \$20 bill in her jacket. Two days later she received a financial statement from her husband's previous employer (company bought out) with \$41,000 account balance she had no idea about, neither did he. This felt big to her and well worth believing. This same week Carol began to see how she could change her spending habits easily and made immediate changes saving her \$700 hundred dollars over the course of that month. Previously she found putting together a budget daunting (just seeing Suze Orman on TV made her cringe). Without even taking a look at her budget she was excited to make changes. It meant more money for her. Feeling uplifted and more motivated, Carol decided to become more creative and think out of the box as it pertained to making career changes which would produce more income and advancement. She even reminded herself of a long held wish to pursue an invention idea. Time and time again she had ideas but just watched others make their inventions come true.

Believe you want it. Carol had ambivalence and fear associated with money, often focused more on what she didn't want; debt. Did she want more money or less debt? Did she want to play it safe or want more money?

If your desire is met with ambivalence or fear you will produce slow, minimal results, or more of the same. When doubt occurs, switch your thoughts to positive ones of what you want. State your want in the positive. For example,

I want my body to be fit and healthy or I want to weigh _____. Rather than, I want to lose weight or lose 50 lbs.

Surround yourself with what you want. You want more of that green stuff; make your favorite color green wearing green, decorating with green, seeing green.

Believe you deserve it. Carol believed money belonged to those more in need and considered those who have wealth as greedy. More money did not belong to her.

If you believe your desire is for someone else out there it will be theirs. Believe it is yours to be had. There is abundance of it. If you hear those negative thoughts, "Oh it will work for them but not for me", tame that gremlin and believe, "I can and deserve to have it too... everyone does".

Believe what you want is happening. Carol allowed herself to enjoy each opportunity that showed itself in the form of receiving. She began to really expect opportunities to be there (beyond increasing her income) not knowing how it will happen and in what form but it would be there.

Act like you are expecting to receive. Visualize completely that you have it. Write down descriptively what you want in the affirmative. I have _____. I now enjoy _____. Draw pictures, use photos. Place these somewhere visible.

Walk around like you have what you want because you truly know it is happening. The universe is sending you what you want. Be there to receive.

You do not need 100% belief to get started, just 51% tipping the scales. Start by believing it is possible.

*"See the things that you want as already yours. Know that they will come.
Don't fret and worry about them. Don't think about your lack of them.*

Think of them as yours, as belonging to you, as already in your possession.”
Robert Collier

Book Recommendation: The Secret, Rhonda Byrne

It contains a collection of thoughts and wisdom from **modern-day teachers including coaches.**

The back cover reads, “As you learn The Secret, you will come to know how you can have, be, or do anything you want. You will come to know who you really are. You will come to know the true magnificence that awaits you in life.” You will read stories of others who have applied The Secret.

Coaching offers you a process by which you create and attract what you want. You can apply methods and strategies that can maximize your results so you can have the life you want. Please feel free to contact me at (978)686-5693 or lisa@baystatecoaching.com for a **free consult**.

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