

# 57 LAW OF ATTRACTION TIPS

FOR PEOPLE WHO ARE SERIOUS  
ABOUT ABUNDANCE

## A heartfelt message from Ed Lester: Abundance Coach



Thank you.

My name is Ed Lester. I can see the mountains, valleys and forests from my home here in beautiful New Zealand.

Did you know they created the Lord of the Rings not far from here? For the last 30 years, living from a place of abundance has been a passion of mine.

Thousands of students look to me for ideas, insight, guidance and direction into the universal laws of abundance.

My sincere hope is that my ideas and tools in my report will get you just as passionate and excited. Especially when you start experiencing results first hand.

How I got started sharing and coaching people on the laws of abundance is a rather fascinating story...

Back in 1985 when I was 16 years old, life was really tough. I was 15 and about to leave school any day. I hated it. I was the ADD kid way before it was invented. I was also painfully shy, unsure of myself, stuck and frustrated.

Then something magical happened.

I accidentally met this hypnotherapist in my home town of Swindon (a small village in England).

It was a mystical, spiritual encounter. It changed my life much in the way that the Wizard of Oz changes from black and white into color.

I learned in one hour, more about the world, the universe and how things really work than I ever had in my years of school education.

It was transformational. A true Saul to Paul moment. I feel blessed to have had that meeting.

It set me off on a 30+ year journey of learning, teaching and adventure. It has impacted on every experience in my life since.

And now I want to create the same kind of life transformation for you too. If you've never watched, read or listened to any of my programs previously, this is a great place to start.

I strongly recommend you read through this special report first. I encourage you to print it out and devour it.

Take a lesson from each and every one of the 57 sections and find ways to bring the benefits and breakthroughs into your life.

I've written this report assuming you're...

- Ambitious, abundance minded, compassionate, ready for an adventure
- **A creative soul who wants to make the law of attraction work through a playful, artistic way of life**
- You're running some kind of a business helping others or you simply want to find a purposeful path in life and change the world around you
- **You want to bring positive healing energy, vitality and health into your world every day**

- You simply want to squeeze more magic and abundance out of every opportunity
- **You're ready to stop doubting yourself and feeling low on confidence**
- You want attract more money, love and happiness into your life so you can be complete

... If that's the case, then you ARE in the right place. You and I are going to have a lot of fun together.

The laws of abundance will change your life, especially if you take my direction.

**Your life is about to become more amazing every day (If I have anything to say about it. And I do! I've already asked the universe on your behalf!)**

So accept the gifts of the universe and let the abundance flow into your life!

Ed Lester, Abundance Coach

P.S. I'll be sending you other resources, gifts and ideas in the days and weeks ahead.

If you like lots of inspiration, ideas and help arriving in your inbox then be sure to whitelist my emails.

If not, of course you're free to unsubscribe.

If you stay subscribed, **I promise I'll send you just valuable material. And I'll help you become the very best version of yourself.**

That's what I do. ;)

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# Abundance tip #1: Your field of dreams breakthrough

When I was a kid growing up in England I was given a magnet for a birthday gift. To this day, I can still picture it clearly. I soon discovered that to attract shiny objects to it, the magnet had to be pointed in the right direction.

Years later I discovered that most people behave like magnets pointing in the wrong direction. They say “When I get what I want, then I’ll be fulfilled.” or “When I find my true love, then I’ll feel better about myself.”

Or my favorite, “When I’m happy, then I’ll feel grateful and blessed.” It’s all the wrong way round of course.

So what works best?

Understanding how to create “fields”. Magnetic fields if you will.

Instead of trying to force things to change, create an energy space in which the change you desire is compelled to show up. (If you desire more money, love or health then create the energy of happiness and gratitude first. Then the abundance will appear just as the sun rises in the morning sky).

A lot of people who are compassionate by nature look at things the wrong way round and make life very, very difficult for themselves.

When you stop trying to force results, things becomes much easier. I can sum this philosophy up in three words... “Field of Dreams”

Just like Kevin Costner in the movie of the same name, you start with building a space. Decide what you want and build an energy field that “points the magnet”.

OK, so he built a baseball field and players showed up. But you could build a field for happiness, wealth, love, health, anything you choose, in exactly the same way.

Think of it this way. You're creating a space (or environment) in which change happens. When you create the right energy space, the universe flows in with assistance.



*Image sourced from: <https://meggin.com/classes/marketing-what-matters/>*

Have you ever been in a flow state? Have you ever gotten yourself into a situation, where for an hour, or even for a fleeting moment, you just felt invincible? You felt like you could achieve anything? Life was bright, blissful and easy. The whole world felt delicious and at peace with itself.

It's such a nice feeling. Everyone has had those experiences at times. Hopefully, as a child you probably had them on a regular basis. So much of the joy children are capable of experiencing comes from this ability to simply connect to an authentic field – to get onto the right frequencies. To start resonating in a way that allows things to happen as opposed to trying to force them to happen.

Children know how to point the magnet.

Imagine walking out the door today and instead of saying to yourself “I’m going to work” ...you say, just like a child “ I’m going out to play” in the way a child does.

You will be creating a field of dreams in your day ahead.

## Abundance Tip #2: The magic 1% rule

I’ve been blessed in my life to have many people coming to me to learn about abundance. One of the things I do for my students is play a game. It’s a little bit of a mischievous game, but I believe it makes a powerful (and priceless) point.

I ask them as a group “Which do you want...A million dollars in your hand right now, or a single penny? If you take the penny, I’ll double it tomorrow and I’ll continue to double it each day for 31 days.”

And the clincher for this imagination exercise to really work...

“You have 3 seconds to make your decision or the money box slams shut forever.”

Of course the vast majority of my training group will take the safe million. Their intuition suggests it’s the best answer. But the truth is if you take the 1 penny then in 31 days you’ll have a suitcase containing \$10.7 million.

# The power of exponential growth

 **The compression of time and effort**

| Watch what happens to this penny as it doubles! |          |        |                |
|---|----------|--------|----------------|
| Day 1   | \$.01    | Day 16 | \$327.68       |
| Day 2   | \$.02    | Day 17 | \$655.36       |
| Day 3   | \$.04    | Day 18 | \$1,310.72     |
| Day 4   | \$.08    | Day 19 | \$2,621.44     |
| Day 5   | \$.16    | Day 20 | \$5,242.88     |
| Day 6   | \$.32    | Day 21 | \$10,485.76    |
| Day 7   | \$.64    | Day 22 | \$20,971.52    |
| Day 8   | \$1.28   | Day 23 | \$41,943.04    |
| Day 9   | \$2.56   | Day 24 | \$83,886.08    |
| Day 10  | \$5.12   | Day 25 | \$167,772.16   |
| Day 11  | \$10.24  | Day 26 | \$335,544.32   |
| Day 12  | \$20.48  | Day 27 | \$671,088.64   |
| Day 13  | \$40.96  | Day 28 | \$1,342,177.28 |
| Day 14  | \$81.92  | Day 29 | \$2,684,354.56 |
| Day 15  | \$163.84 | Day 30 | \$5,368,709.12 |



Image sourced from: <http://www.youth-restored.com/wp-content/uploads/2015/05/penny-doubled-11.jpg>

It's a stunning example of what happens when you banish scarcity from your thinking. Instead you start to think in terms of unlimited and rapid growth (ie. the laws of abundance).

Small changes and baby steps DO pay huge dividends.

Answer me this...

Can you improve some aspect of your life by 1% each day? (1% more forgiveness. 1% more energy. 1% professional improvement?) If so, within a year, your life can be approximately 70,000 times better! This is what Einstein called the eighth wonder of the world – The miracle of compound interest. What would have happened if you'd started this tiny commitment a year ago, or a month ago? The most important thing to grasp is this.

Even in just a week or two of following the 1% rule, it will feel as if you have DOUBLED your feelings of energy, confidence and inner abundance. Wow! If this doesn't inspire you, maybe it's time to check your pulse. By the way, you can apply this magic formula to anything. Health, love, your business, your

career. Even if you alternate it's fine. The universe doesn't care. So long as you're improving SOME aspect of your inner or outer life every day by 1%, you'll experience the magic results faster than you'd imagine possible.

## Abundance Tip #3: Become a Catalyst. A secret life coach

In my experience, the quickest and most certain route to a life of abundance is to become what I call an Attraction Catalyst.

Always remember that phrase. It has the power to change your life.

So what is an Attraction Catalyst?

Well understand...Right at this very moment, as you're reading these words, you have the ability to make a decision. You can make the decision to be a person who makes positive changes for other people.

A good way to think of it is this. You are becoming a "secret life coach", for yourself and for others. Nobody knows what you're doing. It's kind of a secret. But for you, from this moment onwards, it's a conscious decision. By living this way and constantly making other people's lives better, you soon start to understand the true nature of change, and the dynamic of creating delightful changes for yourself and others.

Let me tell you about someone who was a Catalyst in this way.

It's Amelie in the movie of the same name. Amelie was always making things happen. She constantly created random acts of kindness for others. She found one man's long lost boyhood treasures for him. He didn't know who'd found them and brought them to him. But it made him cry with happiness.

Eventually after being a secret life coach for all these other people, Amelie attracts love and happiness for herself.

You can do this yourself. You can become someone who purposefully creates ripples in the universe. Did you know, everything you do energetically ripples out and affects others? And the ripples then come back to you. This process is fast. Don't underestimate how possible it is for you to be a true catalyst for change. You can be a magnet for all the positive ripples floating around out there. Like a radio station, you can tune into the good stuff. Starting right now.

Just walking around day to day in this secret life coach frequency, you soon notice how people start to feel more inspired and happy just to be around you. You start to control the energy in any situation. You can choose excitement, love, peace, fun. You're able to change the energy in a room just by being there and by being the authentic you.

It's like magic. And why is it so important?

Because when you can master energy and use it to cause ripples, you get to choose the life you want to attract. Your personal value to the world becomes enormous. And that value comes right back at you in whichever form you choose. Become an Attraction Catalyst (a secret life coach) and abundance becomes child's play.

## Abundance Tip #4: Good news about procrastination

Good news. Procrastination (like stress, anxiety, guilt and a whole load of other ball and chains) involves using a great degree of skill in an art I just know you're great at.

Which skill?

Imagination.

You MUST have a great imagination in order to be able to practice procrastination to a high level. (In these 57 astonishing tips for abundance, I hope I'm slowly starting to show you how to overhaul your imagination so that you can use it to create your dream life rather quickly.)

For now, back to procrastination.

This is not a passive activity. It is exhausting. It takes just as much energy as a positive action, but without a desirable result. When people procrastinate all the time, they become painfully tired. From a friend to a friend, Stop it!

Have you ever got into a car and had one foot on the brake so that car's not going anywhere? But, the other foot is pressing down hard on the accelerator? You can imagine that vehicle is trying so hard to go somewhere, but the other foot is stopping it. Stalemate. You become painfully stuck.

Imagine doing the same thing in your brain. One part of your brain saying "Go! Go! Go!... let's achieve, let's be successful, let's do whatever we're going to do to attract our dream life!" Then you've got this other part saying "Let's stay where we are. Let's stay safe. Let's stay stuck."

People think procrastination is not doing anything. Nothing could be further from the truth. It's really exhausting. You just have to look at artists and writers. Those guys want to write a great novel or create some kind of masterpiece. But the fear in their mind paralyses them. Their song stays locked in their heart. The world misses out.

Have you ever met a writer (or entrepreneur or artist) who can tell you about 20 different ideas for books they're "going to write", but they can't tell you've one that they've completed and put out there?

I'll put my hand up, I've been there. I've been that person. It's soul destroying. Procrastinators often get out of bed at the crack of 11 am and they're totally worn out already. They're yawning. Exhausted because they're spending their whole lives fighting themselves.

You don't have to change the world in a day. You don't have to force yourself to do anything. Simply commit to the Ed Lester 1% rule for an abundant life and procrastination will soon disappear forever (along with the destructive energies of fear and doubt that glue it in place).

What I'm talking about here, by the way, is something I call the "Imagination Paradox". This is the phenomenon that causes people to take their greatest gift and use it against themselves. They self sabotage.

If you're someone who knows they're capable of (and hopefully destined for) great things, but nothing's showing up yet...

Then you're almost certainly a victim of the imagination paradox.

The great news?

You can use your imagination to achieve pretty much anything you want, once you rediscover how to use it optimally.

## Abundance Tip #5: Your unique superpower & DNA for abundance

You are totally unique. If you could travel to every world, every planet in this universe you would still not find another you. You are wonderful and special and unique, just as you are. This is not an opinion, it's a fact.

There never was another you and there never will be. When you finally and truly grasp this fact and own the power of your source code, you will not just be good at using the law of attraction. You will be its master. I'll bet good money on it.

Think about Batman (it could be any superhero). At the beginning of the movie he has to go into his cave. He has to discover who he really is and what his superpowers can be. Then he needs to put on his suit and go out into the world living his purpose.

Until he knows who he is and "wears" his power from the inside out he can't help anyone.

So how do you discover your source code? How do you reconnect with the energies and gifts that make you superhuman?

Well the clues are everywhere. The better you get at introspection and being open to the lessons, the more lightbulb moments you'll experience.

Once, many years ago, I had a business meeting with the area director of a brewing company in London. I was nervous and didn't know how to approach the meeting. It was make or break for me at the time. If it didn't go well, I was likely out on the street.

Just before the meeting I was chatting with Ben, a good friend of mine. He gave me the following advice "Ed, just be honest. It's one of your biggest strengths. Be honest and the meeting will go well."

I struggled with his advice. Surely honesty is a weakness in that kind of professional situation?

It wasn't until many years later when I was struggling with the question of "Just who am I?" that Ben's advice came whispering back to me. And I finally got it.



No one is you and  
that is your power

*Image sourced from: <http://svpicks.com/inspirational-quotes/>*

Another way you can approach it is this...

Imagine going back in time to when you were a very young child. Now observe that beautiful being (you) at play. You're busy doing whatever it was you did. Maybe you were cheeky? Maybe you were serious? Many you were mischievous...or creative...or nurturing of others?

Whatever it was, you were perfect just as you were. And so much of that energy is still within you today. For most people it's hidden, like buried treasure waiting to be discovered.

When you acknowledge the truth of your uniqueness and embrace your source code, you become superhuman. It's so freeing and energizing. My advice is not to discover all the answers in one go, but to at least step onto the path of accepting and respecting your uniqueness. The next step is owning it and finding value in it. Baby steps will serve you very well right now. Like an ogre (or an onion), you can open this thing layer by layer.

## Abundance Tip #6: Love who you are and who you can become

You can learn the most incredible lessons every day, if you're open to it.

For instance, I was in the museum recently with my kids. They were off bounding away somewhere having fun. I found myself drawn to an information graphic on the wall. It was all about rainforests. I learned something VERY interesting.

Did you know there are 3 main layers of the rainforest that I knew about (and one I didn't and it blew my mind)...

The three main layers are:

1. The forest floor (which receives 2% of the sunlight. It's a dark place)
2. The understory. This is where much of the wildlife lives. (It's still pretty dark)
3. The canopy. Supposedly the top of the rainforest

But then comes a fourth layer. It's called the "Emergent Layer". It's higher than high. It's the realm of the trees that know no limits. They just keep growing.

This interestingly is where the eagles fly and where you can find amazing butterflies living in freedom.

I can't help thinking that we are all a bit like the rainforest. Even when we're living in the darkest of times and places, we can still let our spirit soar and embrace our own emergent layer.

Your source code is your abundant and emergent part. It lives in unlimited light and freedom. And it wants you to follow it there.

Love who you could be and who you can become. Respect your true value and potential and soon you'll be happier than you ever imagined. And you'll be able to sell your value to the world as effortlessly and naturally as Mother Theresa and Martin Luther King. (Yes they were both A+ level salespeople, or rainmakers if you will).

This IS achievable for you. It all starts by experiencing your value from the perspective of other people. People in this world need your beautiful energy. The laws of attraction and abundance will recognize and reward your self-awareness and your willingness to live in emergent energy.

Have you ever tried to go out and put on a workshop or a training program or publish a book or something like that? What you may or may not know is that giving away that training program or product is just as hard as selling it.

A side note on value:

Giving stuff away and underestimating your true value can be so damaging. It affects your sense of self worth. You start to doubt yourself. You start to wonder "Am I good enough?" You start to ask all of those damaging questions.

Think of it like a feedback loop. The world seems to be telling you that you're not. But the truth is you created that energy yourself.

What I'm here to tell you is that you're as valuable as all the diamonds and treasure in the world. When you understand and own that for yourself, you'll stand taller than your previous canopy, and the universe will reward you with a constant stream of abundance.

## Abundance Tip #7: Don't confuse the tools with the channel

Maybe you've studied one or all of the following?

Hypnosis, meditation, energy healing, affirmations, reiki, prayer, NLP, Qi gong, yoga, mindfulness, etc...etc...

These are all powerful tools, but above all else I want you to see them as channels for abundance. I want you to see the possibility of attracting more abundance in every single situation you encounter.

Every meeting...every experience...even every dream you have when you're sleeping...is a chance for you to make your life happier and more abundant. I call this your dream machine. The mechanism you have inside of you for creating powerful transformations out of anything (Even out of a trip to the museum). And when you've experienced these transformations and discoveries, you can take them out into the world and share them with others. Like I did in tip number 6. (And you'll be a secret life coach for others. See how neatly this all knits together?)

I know I'm introducing you to a very different way of looking at the world today. But my teachings and principles I promise have the power to change

everything for you. When you absorb these 57 tips deeply into your being, you achieve what's called subconscious competence. You become brilliant at changing and creating your world.

Your dream machine needs to be trained to be constantly active. So you never miss a single opportunity.

The biggest changes I ever made in my life happened as a result of everyday events. The key was to always have my attraction channels open and my dream machine running.

In fact, my biggest personal development breakthrough came as a result of cutting class with some friends when I was 15 years old and choosing to walk up a staircase.

Imagine that, something as mundane as walking up a staircase and my whole life changed forever. Ok, it's true at the top of the staircase was a hypnotherapist who taught me infinitely more in 30 minutes than school had taught me in 10 or so years.

Also, my biggest adventure in love (meeting my wife Ruth nearly 20 years ago) was born of a night out with some crazy Norwegian musician friends of mine. It was the last situation you would expect to find your soulmate in. But again, the channels were open for it.

The point is, you can go through any personal development program in history. Any of the great books "The Secret" and "Think and Grow Rich". An Anthony Robbins program. The real masters all understand it's not just the tools and techniques that make a difference. It's showing people how to open a channel to abundance that really counts.

So how do you do that?

You simply decide to be open to it. Just like it's been proven by scientists (Look up Dr Wiseman) that people who decide to label themselves "lucky" are far more likely to find money in the street, so it is with you.

If you're open to the idea of your life changing in the next 24 hours, it probably will. That is the way to get the universe flowing into your personal universe.

## Abundance Tip #8: Discover the power of invisible forces

Utilize the power of invisible forces. Don't wait for science to catch up several hundred years from now. Use the power of love, attraction and transformation NOW. Just because you can't see angels and wise mentors in front of you right now, doesn't mean you can't imagine them as true and reap the benefits (because you were prepared to make the quantum imagination jump).

All abundant and successful people throughout history have harnessed invisible forces and reaped enormous benefits and riches from doing so.

Suspension of disbelief is one of the big keys to everything we do when we walk the path of abundance. It doesn't mean that we're lying to ourselves. It doesn't mean we're believing something that isn't true. It means we're switching off the inner sceptic temporarily so that we can let our imagination soar.

If you've ever struggled to get your mind positively focused. If you've ever found the gremlins of doubt and fear pestering you and dragging your energy low, consider this...

Suspension of disbelief (along with the understanding of your source code) is the most powerful concept in the universe for making the laws of abundance work.

And the concept was not invented by a famous scientist or psychologist. It was invented by an artist (The poet Samuel Coleridge in 1817).

Let that truth resonate for a moment...

I want you to know that personally, I learn all my best lessons from great artists.

And also from the greatest learning machines of them all – children.

I say to my own children, “What game are you playing?”...

There’s no doubt whatsoever, that when my daughter decides she’s going to be a princess, she doesn’t say she’s going to pretend to be a princess or to do princess things. She says, “I’m going to BE a princess,” and she does precisely that. She believes it with every fiber of her being. She’s a princess. You point to a chair or the table and say, “Is that a princess castle?” The answer is “Absolutely it’s a princess castle!”



*Image sourced from: <http://www.filmofilia.com>*

Now if you quizzed her in a logical way, and you really kind of drilled in, she would admit it's not really a princess castle. But that's not the point.

The subconscious, the childlike part is saying, It's a fairy castle. It's an actual fact on that level.

So tell your subconscious to play with any alternate reality you choose. It will play the game like a child and an artist. And it will generate quite breathtaking results for you.

# Abundance Tip #9: Get help from unexpected places

Ever felt like the law of attraction is too hard. You just can't get it to work?

My advice?

Don't try to do this all alone. You don't need to.

In a practical concrete sense, help is everywhere. For instance, as you've probably realised by now, your energy is a reflection of the handful of people you spend the most time with.

Which 5 people do you spend the most time with?

Thanks to the power of the internet and the cloud, you can now spend casual, fun, energy building time with anyone you choose.

For example, I just spent a wonderful 30 minutes with Oprah, Richard Branson and Marianne Williamson.



*Image sourced from: <http://www.parkandparis.com/modernvintagemusings/>*

On YouTube.

They really helped me with some stuff I've been struggling with.

And this works in a more spiritual sense too...

Because help really is everywhere. Divine, magical connection and personal power are instantly available to you. Your best friend...your true love and soul mate...your inspiration...your true purpose...your angels of health and healing...your source code for abundance...are all powerful energies just waiting to find you, once you plug into the infinite.

Computers are always trying to emulate what the mind already does. The thing many people forget is that the mind came before the computer and will always be way more powerful.

Steve Jobs understood the power of the cloud, of connection with the infinite. My belief is that our minds are able to do exactly the same thing. They can connect with infinite energy and power in the universe.

Imagine if your mind is a part of a bigger cloud. That's a real abundant way of thinking. Because then there's no limit to what you can perceive and then achieve.

Again you don't need to understand exactly how this works. You just need to suspend disbelief for a moment and call upon those invisible powers in the cloud to help you.

Because just when you think you've hit your limits, the cloud will get bigger. Perhaps that true infinite power is what Steve Jobs glimpsed with his dying words "Oh Wow. Oh Wow. Oh Wow."

# Abundance Tip #10: Embrace the reserve paradigm shift

Here's a strange tip, but one that has never, ever let me down. Just like a true friend who tells you when you have a coffee moustache.

Here it is. My genuine wish for you...

Embrace confusion and uncertainty as a friend.

Develop a belief in what I call the "reverse paradigm shift". In other words, go for it before you have all the answers. Those so called negative energies (known as cognitive dissonance) are actually the magical seeds of creation and unlimited possibilities. Your destiny and your abundance will always be preceded by confusion and uncertainty. Ask anyone who's been on the journey.

They ALL had a moment where they didn't know if it would work. They didn't know exactly what to do. But they did it anyway.

My students get very cross with me on the first day of a training program when I say "One of my goals today is to make you as confused as possible."

But you see, confusion really is a great way to learn. There's no doubt in my mind about this.

It's how changes happen. It's how energy blocks shift. And so, if you get confused, that's good. It's not a bad thing. Those students who leave my training courses at the end of the day feeling quite confused – they usually come in the morning looking 10 years younger, like "Wow, it's all starting to make sense now."

So embrace a little confusion and uncertainty, and experience the reverse paradigm shift. In other words, experience the aha... The blessed light bulb moment, before it happens.

Waiting for it to happen is not the way of the abundant person. And, just to repeat myself, it doesn't have to be all or nothing (death or glory). The universe loves baby steps and small hinges open massive doors.

## Abundance Tip #11: Harness the power of accelerated learning

Accelerated Learning – You can choose to learn slowly or quickly. If you choose quickly, you're ready to learn the power of quantum shifting. I once learned tens of thousands of French words in a few seconds. Did you know you could do that?

Did you know you can learn to sing confidently in way less than a minute. I did that too? Both of these stories are true. If I had more time, I'd go into detail. But for now just know there are incredible opportunities looking for you.

Within days from now you can attract your true love...set up a business that will change the world...get a better job than what you ever imagined possible...start to reclaim your health...rediscover your confidence and connect with the bliss of your true purpose. I've seen it happen so many times to people I know and clients of mine. Accelerated learning is a choice that allows you to build all the beautiful, powerful beliefs which will get you there quickly.

Listen, I spent 15 years at school learning the traditional way and it simply didn't work for me. It wasn't my source code. School left me feeling like the slug that had been sprinkled with salt.



And you know the most important thing that schools aren't able to do for you? They can't give you permission to succeed.

I hereby give you unconditional permission to be yourself and to succeed in becoming the most abundant version of yourself.

The big question now is, "Do you give yourself 100% permission to be yourself...to walk in your true source code energy...and to succeed in attracting all your dreams?"

There is no special certificate that someone is going to give you to say you're ok. As I always tell my students, the key certificate you get in life is the invisible one you give yourself that says "You're OK kid."

Do you see Elton John pinning his certificates on the wall behind him to prove to the world he's a great pianist and performer?

You do not.

Now go find your "piano" and make beautiful music. You know you're close. I'm hopefully giving you the benevolent and supportive prod you need right now.

## Abundance Tip #12: Banish guilt and self doubt permanently

Banish guilt and feelings of self-doubt from your life and your internal world forever. No negotiation. I did it, and it worked like a dream. You have no more right or need to feel any more guilty than a butterfly. And like a butterfly, you are free to fly and celebrate your uniqueness today. You are ready for a life of awesome results and celebration. But are you ready to give yourself permission to do this yet?

Everyone struggles with these energies at times. For instance, even Oprah cried when she was taught that forgiveness is for your benefit and not for the other person (usually her job is to make the guest experience breakthroughs and tears, not the other way round).

Now back to guilt...

One of the things that they never taught me at school was how people try to make you feel guilty. It's not a malicious thing, it's a subconscious thing. Just like when you're on a diet, close friends and family seem to like handing you cream cakes. Some people can't help doing the same thing with the gift of guilt.

When it comes to the laws of abundance, I can't recommend highly enough that you banish both guilt and self doubt from your life as quickly as you can.

I made that decision a long time ago. It was the work of a moment. It's a great moment that can get you from the emergency room of life to the abundance room very quickly.

One way to achieve it is to unconditionally forgive yourself for everything in the past.

If you've ever had a business that failed, or a marriage that ended, you know how terrible it can feel. They are great examples of things that can leave people feeling unfairly guilty.

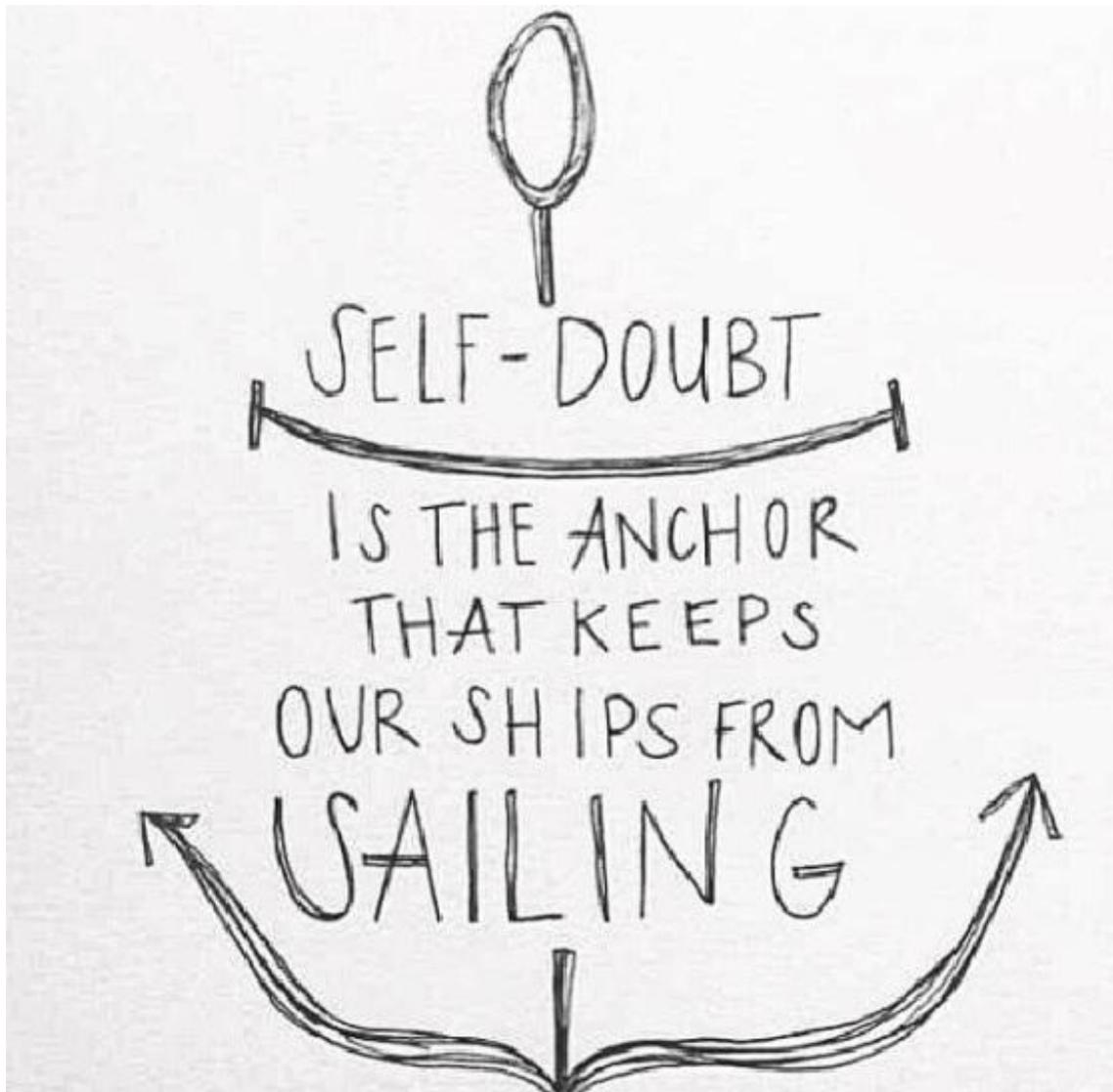


Image sourced from: <https://luckycharming.wordpress.com/page/2/>

If you've ever learned NLP, you'll understand the concept of "Reframing". So how do we reframe the guilt, for example of a failed business?

You simply remind yourself that of the 50 most successful business people in modern history, 49 of them had businesses go bankrupt.

So if all these guys that were ultimately very successful, learned that failure (like confusion) is a stepping stone on the road to abundance, surely we can all learn the same lesson too?

In other words, embrace the concept “There is no failure, just feedback” and “There is no wrong turn, just a winding road.”

## Abundance Tip #13: Never experience feelings of failure again

Understand your true source code and you can NEVER experience failure again. Living in your authentic truth can never be wrong. In fact, you'll feel exhilarated.

Think about the strengths and energies that make you unique. When you were a child you thought to yourself “Wow, I am ME. Nobody else is me or can feel the feelings I feel. They're mine alone. This energy is uniquely my energy.” Then, of course, the world trained you out of this way of seeing things. You wanted to be the same as everyone else (or at least, they wanted you to be the same). Breaking free and removing failure from your vocabulary allows you to follow your bliss with ease.

If the programs that you're running in your mind are not getting you the results you want right now in life, if you're feeling disappointed, frustrated, exhausted or broke, I want you to consider the possibility of simply changing the program you're running.

You may have heard the quote on the TV show “Madmen”, “if you don't like what's being said, you can always change the conversation”. This applies to your inner world just as much as the outside world.

I know some women who are very beautiful but think they're ugly. It's no use arguing with them and telling them they're attractive. They won't thank you for it because it's not what their affirmation is telling them is true.

A better idea is to ask them how they KNOW their belief to be true. What proof do they have? Who gave them this affirmation? Do they still want to carry it around?

You see, now I'm teaching you how to be a true Attraction Catalyst for others!

## Abundance Tip #14: New horizons. Give yourself a pat on the back

Stop looking at the horizons in front of you and feeling overwhelmed. Look at the horizon behind you. It's just as far and infinite. Think about how far you've travelled already. And, allow yourself a small tear of pride. Give yourself a pat on the back for the efforts you've made, the roads you've travelled. The universe thanks you for being part of this amazing story we're all creating together.

I'm sure you've heard the story of Thomas Edison trying to make his lightbulb work. He spent all his time trying, did thousands of experiments, yet would always make the bulbs explode. His affirmation was that he KNEW one day he would make this freaking thing happen.

Every time he ran an experiment, the lightbulb exploded. There were always people there telling him "Thomas you failed again."

His reply; "I haven't failed, I've found another thing that doesn't work and that takes me that bit closer to my dream."

It's easy to get disheartened.

Don't...

Become a glorious light bulb exploder instead.

I want to give you countless ideas and tools that will create abundance for you. But, rather than concentrate on the ones that don't work for you, I want to help you understand the ones that do. The ones that are going to awaken something in you that stirs your soul and starts making a difference right now.

My dear friend and colleague Brenda, is a master of the martial art Aikido. Brenda is tiny (and amazing). But, by learning a form that makes other people's physical strength work against them, she gets to throw far bigger people than herself to the ground with ease.

I want your abundance journey to work the same way.

Look, when changing your internal programs to suit your source code, what you really do is you free the universe, and all of that hidden energy and power to come to your aid with any dream you choose. You ignite the law of attraction by following your true, individual path and signposts.

## Abundance Tip #15: Supercharge your personal affirmations

Live from truth every time. And work on the skill of making your truth audacious. Never live in an energy of mediocre truth. It's claustrophobic, even suffocating, and abundance can't get into that space.

If your affirmations and declarations contain truth, they will manifest for you. The universe understands this. Law of Attraction doesn't just create small wins. It will create massive wins for you. Let's face it, if Donald Trump lost all of his money, he could get it back. He would simply affirm to himself, "I will attract \$1 million this week."

It would be true for him. It would work.

So what about you?

What's your truth for the universe to manifest?

The universe knows what you love and what you hate. It knows what you believe. If you start from belief and truth (any truth, no matter how small and fragile a gem it is) you can manifest miracles VERY quickly. This is my affirmation and I see it come true every single day.

So every piece of suggestion and every affirmation you say to yourself...read on a vision board...live through your energy...should contain truth. And don't think for one moment it needs to be mediocre. Truth can give birth to incredible manifested results.

Another thing I teach clients to work with are affirmation triads (past, present and future truth). They work like this:

"I used to be really sad. Now I've decided to change my life. Soon I am becoming happy and amazing."

You see what I did there? Truth. Truth, Truth.

(Warning this kind of affirmation often doesn't work too well for politicians)

## Abundance Tip #16: Create a tipping point

Make loving yourself more a goal to be constantly striving for. Super-Affirmations always come true because they ARE truth. For instance, can you say to yourself, right now (with genuine belief): “I love myself”?

If not, can you say, “I am experiencing a faint feeling of love within myself. I’m ready to accept this tiny gem of self love and let it grow each day until eventually it becomes bigger than a mountain in my world”?

Or can you say to yourself, “I want to love myself. Other people have succeeded in this endeavor and I will succeed too. I will plant the seed and watch it grow, feel it grow within me”?

You get the idea? Tweak the affirmation until it’s planted in the fertile ground of truth.

Why is this so important?

Think about this. As humans, when we declare positive feelings towards ourselves, we experience two emotions. One is very positive. A positive feeling of unconditional love, and value within ourselves. The other emotion is often some kind of self-doubt or disbelief.

These two energies conflict. When they conflict, the self-doubt tends to win. Like the banker in a game of cards.



*Image sourced from: <http://www.vinovenitas.com/2015/01/11/positivity-vs-negativity/>*

What we're searching for is a tipping point, where our internal guardian angel wins and sets us free.

Another way to internalize this idea. It's like playing two notes on a piano—one of those notes must be louder than the other one and that's the one that you're going to hear.

If you are constantly fuelling the fire and adding energy to the positive affirmation (always including truth) then the tipping point will manifest that much quicker.

# Abundance Tip #17: Manifestation fun – shut up, i'm awesome

Throw emotion and energy into everything you do. Even negative emotions can be transmuted into positive. Did you ever see someone red in the face with anger suddenly see the humor in a situation and burst into laughter? It can be one of the most beautiful things to witness. Do everything you do with emotion and the universe will love you for it. The law of attraction brings a tidal wave of energy that flows through emotion.

I love teaching the affirmation “Shut Up, I’m Awesome.” The idea that, when you hear this negative voice within yourself, you can answer it back by saying, “Shut Up, I’m awesome.” It tells the negativity to go away and come back when it’s ready to have some fun.

Now, why might this be better than just saying “I love myself”? Why might “Shut up, I’m Awesome” be a better Super Affirmation?

Well, it’s all about trying different things until you find the thing that works best for you. If humour and laughter are part of your source code and awaken something in you, then using this affirmation could represent an exciting breakthrough.

Understand, it’s not the specific words. I certainly don’t want you to walk around saying this out loud to people. They may take offence.

It’s all about the energy and the emotion (in this case, fun). Have you ever noticed how laughter can feel more true than truth? “Shut up, I’m awesome” can be far more palatable to your subconscious than simply “I am awesome”.

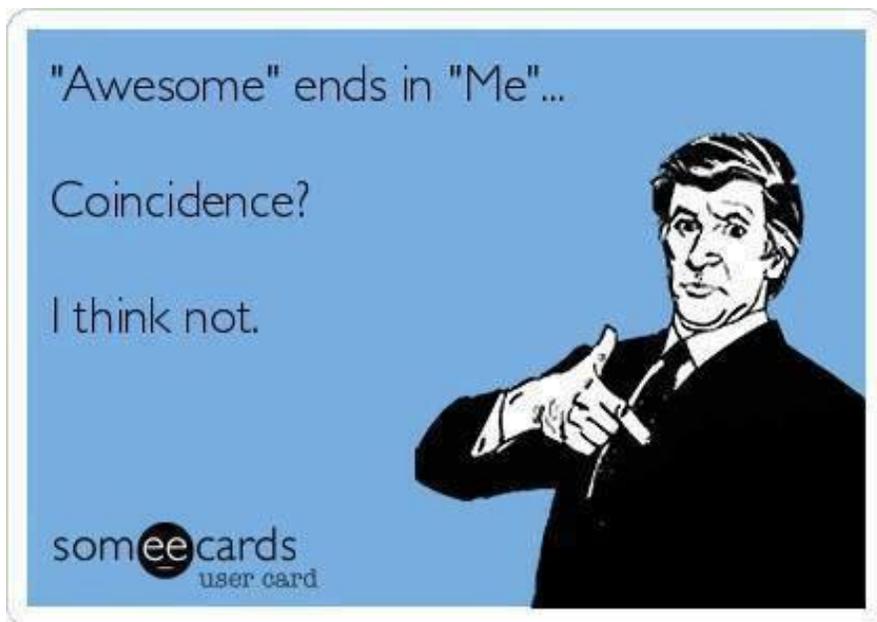


Image sourced from: <http://memesvault.com/im-awesome-funny-meme/>

And, just as an important side note: Your subconscious is way, way more powerful than you possibly give it credit for. Most people don't realize this fact. Your subconscious knows exactly what you're going to do. It's infinitely more aware of what's happening in the universe than your conscious mind. It simply won't be bullied. It's happy for you to tell it what to do, once you master the process of doing so.

## Abundance Tip #18: What you seek is also searching for you

When you protect yourself from disappointment, loneliness, heartache and failure, you often deny yourself the thing that you want the most. You swap risk for unhappiness. If you're searching for love, for instance, you need to allow yourself to go on the journey. Someone out there is searching for you just as desperately as you're searching for them. Maybe you already know them?

Maybe they're about to walk into your life (through the power of the law of attraction) just as soon as you make yourself energetically ready for them?

You've heard of what Freud called protection mechanisms, right? Well, one of the things we protect ourselves from is perceived failure. This causes so much misery and it's unnecessary when you know what to do about it.

Here in New Zealand, we have this thing called the Tall Poppy Syndrome. Society doesn't like to see people get too successful or confident. In this case, people are "cut down to size" like a tall poppy.

It's also something you may have seen parents do to their children. They warn them not to be too ambitious. "Don't get your hopes up dear. You'll only be disappointed!"

It's done with love and for the purpose of protection. But ironically, that attitude can cause a mountain of disappointment and missed opportunity in the long run. It can also make you freeze like a rabbit in the headlights even years later, incapable of making decisions or seizing the day.

So give yourself permission to be a beautiful, tall poppy right now. The taller the better! The forces of abundance are searching for your tall poppy energy so that they can reward it.

## Abundance Tip #19: The truth about taking risks and failing in life

If you do something exciting for your future, the simulation and forecast of that future in your mind, changes in a flash. But is there a risk to going for it and trusting the laws of abundance to help you?

There is no real risk to chasing your dreams. As far as I can tell, it's a lot of fun and a thrilling journey. My experience with countless clients over many, many years, is that all the risk...all the frustration...and all the disappointment, is born from not chasing dreams. (But please remember, there is a way to chase dreams successfully which is like chasing butterflies. Put yourself in the right energy field, and become a magnet for those butterflies. The more direct method of butterfly catching is so much harder).

Friends and colleagues of mine who work in hospices or help people who are dying tell me the same thing again and again. When people reach the end of their lives they never regret the things they've done. They always regret the things they didn't do.

I heard something very interesting recently from Mark Zuckerberg (the guy who runs Facebook). This guy built a company worth billions and billions of dollars so he obviously knows a thing or two about abundance.

It was really interesting because somebody asked him the question about how you avoid disappointments. The person asked him: "When you're building a business, how do you avoid disappointments? How do you avoid failures and that kind of thing?" and his answer was very clear...

"DON'T! Don't avoid disappointments and failures, embrace them, because that's how you really learn things".

“  
Show me a person  
who has never made a  
mistake and I'll show  
you somebody who has  
never achieved much.

”

Joan Collins  
#WISEWORDS



*Image sourced from: <http://www.ivankatrump.com/joan-collins-quote/>*

I think the suggestion he was making was that if people try and find a way through life where you don't fall over and you don't have disappointments, then you're never really learning and you're never going to get far enough along that pathway to get to where you want to be anyway.

The law of attraction wants you to stumble and make mistakes. It wants to lift you and be there on your journey of learning, improving and evolving. It wants to help you unravel your abundance like a flower coming into bloom after the storms have passed.

# Abundance Tip #20: Energy sucking vampires

Eliminate scepticism and negativity from your life. If you're surrounded by negative, energy sucking vampires, they must on some level believe they're invited to your party. If you play chamber music and present cucumber sandwiches, the Hell's Angels tend to leave. If you play Metallica and heavy metal, they will probably stay. It all comes down to living your life in your true energy. When you do this, all the right people, behaviors and opportunities show up for you.



**I haff come  
to suck your  
creativity,  
energy and  
fun!**

*Image sourced from: <http://www.healthyheyday.com/energy-vampires/>*

In film and theatre production the concept is called "mise en scene" or arranging a scene.

When you decide how you want your life to be you can use the concept of "mise en scene" to set the field up how you want it. That way, all the right things and people will show up automatically.

# Abundance Tip #21: Attraction. The only 2 things you really need

There are only two things you need to get right in order to get a suggestion, affirmation or thought to manifest into reality.

The first is desire.

Do you really, really want it? (Like you'd crawl over broken glass to get it?)

The second thing is, do you believe it's going to happen? Once you master these two dynamics, you'll be able to build what I call a belief bridge, from where you are now to any parallel universe you choose.

I used to do a lot of work helping people to stop smoking. There are only 2 reasons people don't stop smoking. One, because they don't want to (often this is subconscious) Two, because they don't believe it's possible. Or they assume it will be incredibly difficult and painful, and they can't do it without suffering forever. (Again, this is often subconscious and it is a flawed assumption).

If you approach every goal or wish with two questions:

1. What needs to change so that I desire this more? (or perhaps I don't?)
2. What needs to change so that I believe the possibility of this more?

You'll be just fine.

# Abundance Tip #22: Something the universe really, really loves

Turn your affirmations into questions. The universe LOVES questions. If you ask the correct questions, the answers show up like magic. And you can have any life you want.

Could this be true?

How can you test it?

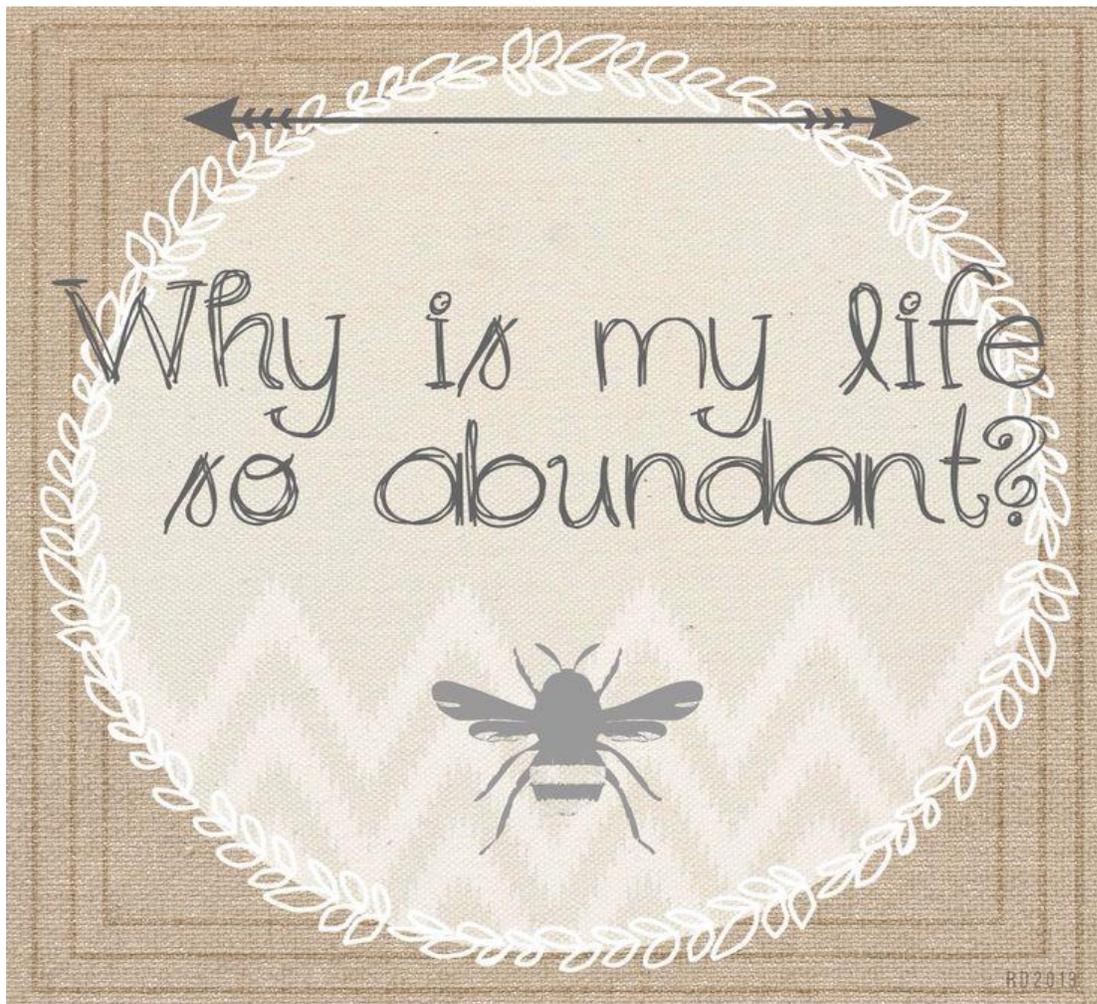


image sourced from: <http://goodfeather.net/>

What life might you be living this time next year if you start mastering law of attraction the Ed Lester way today?

You get the idea?

## Abundance Tip #23: A simple, very effective mind training secret

I love the pictures in the Harry Potter school, Hogwarts. They move.

It's very similar to the perfect goal setting practice.

Let me explain...

What you do to create, then start to manifest amazing goals, involves two steps.

Step 1 – Imagine yourself at the Olympic games standing on the winners rostrum. Hear the crowd roar. Feel the medal around your neck. See the glint of gold and the the winning flag being raised.

A quick side note: If winning Olympic gold isn't really your big thing, then please feel free to swap this scenario for any that floats your boat, as it were.

Step 2- Now step off the rostrum and see yourself there.

This second step is key. It disassociates and makes your subconscious reach for the beautiful dream.

How do I know this works? Because scientists have proven it again and again.

If we spend too long associated in our goals, we just end up soaking our synapses in the kool aid and other happy chemicals, with nothing happening. It leads to frustration and pain and stuckness in life.

Train your mind to literally reach for your goals. Eventually your subconscious will chase them like a kitten chasing a ping-pong ball on string. And you'll find yourself rapidly moving along the path to abundance.

Ever notice how travel magazines show a beautiful destination, maybe a white sand beach and azure blue sky? And, there is always a table and empty chair. Your mind is attracted to the empty chair. It wants you to be there. Goals are the same. The law of attraction is energised by the gap between here and there. So long as it is bridgeable (see tip 21).

I worked with a professional footballer once. He was getting very nervous about shooting goals. He kept missing even though he was very talented. I insisted that he kept watching himself on TV scoring goals and burned that image into his consciousness. I didn't want him thinking about anything else. Every time he had a negative thought he was to switch that picture, either on the TV or on the TV in his mind. And he was to surround the thought with positive emotions of love and respect for himself.

It worked brilliantly. One of the reasons was that he didn't imagine himself IN the picture. I didn't want him to be a drugged, lotus eater. I wanted him to actually have to reach in his subconscious.

An example...

Don't just imagine yourself counting money and feeling it in your hands. Don't just imagine holding your soul mate in your arms in a loving embrace. For a change, stand back and imagine watching these things on a TV in your mind. Be the star of your own romantic comedy and see yourself in your mind's eye giving the performance of your life.

Practice this enough and the law of attraction will be bloomin' well forced to deliver the dream.

## Abundance Tip #24: Are your wishes and dreams energized?

Your wishes and dreams need to be energized the same way a battery is energized. If you think of yourself as a rechargeable battery, then ask yourself "Do my dreams and goals fill me with charge?" If not, there are many ways to redefine and redesign your dreams.



image sourced from: <http://goodfeather.net/>

It could be time for a new journey? A new vision board, perhaps?

## Abundance Tip #25: Are you already on the millionaire frequency?

“To know thyself is divine”. One of my favorite scenes in the movie “The Matrix” is when The Oracle tells Neo that he needs to know himself. No prophecy or psychic reading...in fact no “destiny” can unfold for you until you embrace the power of simply being you.

One thing that I’ve learned over many, many years of teaching personal development, is that the downright obvious is never obvious until after you get the breakthrough. (This is why I recommend embracing the power of the reverse paradigm shift).

Once, I was running a training seminar and I suddenly noticed a woman in the group with her jaw pretty much dropped onto the table in front of her.

It stayed there for the whole morning.

I asked her in the break if she was ok?

She replied...

“Yes, I’m more than ok. It’s just, you said “It’s perfectly ok to be myself. I’m perfect as I am”. And it was like a whole new world lit up inside of me.”

For the first time in her life, it dawned on her that she was perfect just as she was.

It's not something you have to "try" to do. You simply need to see yourself as unique in the way a mother sees her newborn child. Love yourself just as you are and the universe will carry you on her shoulders. That's the deal. It's a thing of wonder and marvel.

All affirmations and self-suggestions, in order to work really well, should be flavoured with identity— in other words, they should always reflect who you are as a person.

In other words, don't suggest to yourself that you will have wealth. Suggest to the universe that you're going to be a wealthy person. Suggest you already are a wealthy person if you like. So long as it has truth to it.

Many years ago when I was going through a terrible time financially, I explained to Ruth that I was a wealthy person who just happened to have no money. She was stunned. She'd never realized that's how I thought about the world. But it's true and it's a great strategy.

If you are broke or in debt, struggling financially, there is no reason for money to magnetize to you. However if deep down in your identity, you truly are a millionaire (with no money) you are still a magnet.

You can be a lover who hasn't quite manifested true love yet.

You can be an astronaut who hasn't quite learned to talk or get out of diapers yet.

This is a much more elegant and authentically powerful version of "fake it till you make it". I hope you'll agree.

# Abundance Tip #26: Crazy Wisdom

Embrace the idea of crazy wisdom. Everything you do is simply an extension of who you are. Therefore you don't need to concentrate on "What should I do?" or "How should I change my thoughts and emotions?"

Instead, you focus on "Who am I going to be and who will I be when I'm at my truest and highest level of self?"

Don't be afraid to walk down to the ocean and yell something strange at the top of the voice.

Don't be afraid to dance in the rain just because you feel like it.

Don't feel you have to hide who you are from the world.

Sometimes, the key to a breakthrough is by breaking out of the day to day trance that we all sometimes find ourselves in.

# Abundance Tip #27: The rules of the universe

To embrace crazy wisdom and make the universe deliver every one of your dreams, you must be prepared to set the rules. Any rules will do so long as they suit your style, strengths and source code.

The key is to live your life playing a game in which the person who wins just happens to be the person who follows your rules. (And that happens to be you, therefore the universe will declare YOU the winner every time).

"Give me an example", you say?

One of my favorites is Richard Branson. He's set up his entire business and life to suit his source code. He does nothing that isn't fun. He has little involvement in day-to-day financial matters. He refuses to discipline or sack staff. Someone else takes care of those things.

Now, I've met people who preach that the above rule set isn't possible:

"There will always be things in life that aren't fun".

"A business person MUST be good at financial accounts and be able to read a balance sheet".

"A business owner must take responsibility for disciplining staff".

Richard says "Baloney" to all 3. And do you think he's a winner in his world?

You bet he is.

I wish the same kind of freedom for YOU... To be able to travel and live in peace...to sing your own song...to do as you damn well please...

## Abundance Tip #28: Use kindness & compassion (the right way)

You'll hear me talk a lot about your source code. Here's the thing...

Your source code is unique. And it shows up in its most pure form as energy.

When I was a child I used to wake in the morning charged with this creative energy. For me it was an energy which demanded that I do something original. Something that had never been done before.

I had a teacher once, Mr Fifield, who taught me that there was no such thing as an original idea.

He was a nice enough guy, but we were spiritual enemies. Our source code was opposed.

The great thing is that your source code is perfect for you. Think about it. It MUST be.

So can you use it to become rich, happy, loveable, enlightened?

Well, let's say for instance kindness is part of your energetic DNA.

Then you need to take the kindness and compassion you show to the world around you and point it at yourself too. You deserve that don't you?



*Image sourced from: <http://www.viralnovelty.net/studies-show-compassion-can-learned-trait/>*

If you're like many of my clients, you have absolutely no idea of how valuable and powerful you are. YOU can help people in the most profound of ways. Ways which light you up and take their breath away. Make them cry with joy and delight in the possibilities. You can also get paid royally for doing it.

Also, an important note: Sometimes the kindness, compassion and respect you show yourself may need to be a little challenging. Don't be afraid to call yourself occasionally. When you give yourself a much needed wake up call, the law of attraction will flow into your life effortlessly.

## Abundance Tip #29: Live your way

What is your Dharma – your “way” ?

Are you free to live your life in a way that suits you? Or, are you living your life trying to be what someone else taught you to be (their Dharma)?

It's worth doing a bit of introspection on this occasionally. Take a pen and paper. Walk to a quiet spot by a lake or somewhere else tranquil. Now try and capture on that pen and paper some of the mental junk you're carrying around (and we all carry around).

- Maybe a family member told you you'd always be poor or that life is always hard
- Maybe a teacher told you that you were no good
- Maybe something bad happened, and you've been carrying around guilt
- Maybe someone did something to you, you haven't been able to forgive

List all of these things and then commit to releasing them so that you can start to fly free as a bird.

And hey! There's no rush. Remember the 1% rule?

If each day, you subconsciously release 1% of the drag and friction and mental clutter you've been carrying around for years, you'll be feeling significantly better before you know it.



*Image sourced from: <http://www.sitepoint.com/whats-new-in-angularjs-2/>*

Many times, my clients have enjoyed this process so much they've just decided to let go of it all in one go. Can you imagine how freeing that feels?

There is nothing so powerful as feeling free to be yourself and to walk your path. Always remember, no matter how lost you feel, the distance between here and your true path is millions of times smaller than paper thin (interestingly this is the same for the gap between parallel universes).

# Abundance Tip #30: Utilise shortcuts of the rich and famous

Suggestions and affirmations always work best when you repeat them, not just consciously, but also subconsciously, through your moment to moment energy.

As John Lennon said, “Life is what happens to you while you’re busy making other plans”.

Most people carry a suggestion around like “Work is not fun and good jobs have to be hard. I have to work really hard and struggle just to get by”.

If you study the super-abundant people, you discover they are carrying around a different kind of internal program. They have chosen affirmations of a different nature. They make the rules. They don’t follow them. You can do this immediately. It’s simply a choice you may not have realized was available to you.

Eg most people = “My work is not fun”

Richard Branson = “I will only do it if it’s fun”.

Most people = “It won’t work”.

Steve Jobs = “It WILL work. Now we’ve made that decision, let’s start figuring out how”.

Most people = “People are difficult”.

Oprah = “People are incredible”.

# Abundance Tip #31: Your source code

Once you decide to go on this journey, do NOT accept ordinary results for yourself. Do not accept anything less than extraordinary expectations and standards.

Knowing and understanding your source code is the single best discovery adventure you'll ever embark on. People will try to knock you off your path. They always have been trying.

Like people on a sinking ship, they'll cling to you rather than let you escape.

Stick to your journey. Know and respect and, ideally, learn to really love yourself and your mission here. Discover who you are and your body, mind and spirit will evolve beyond anything considered ordinary.

# Abundance Tip #32: Harness the science of mental biomechanics

Sometimes where we're hurting, sad or in pain, the thing we think is the problem, is NOT the problem.

Once I thought I had a back complaint but it turned out I didn't. It was a posture issue. I was locking my knees then pacing around all day at training events. I was like one of those old boneshaker bikes with no suspension, traveling over the old cobbled Victorian streets. I was aching at the end of each day.

Someone showed me how to tweak my posture very slightly and hey presto, the supposed bad back was cured instantly.

Likewise, an athlete or professional dancer with one small glitch in their technique can be coached to a much higher level by identifying and improving that one small thing which is hidden from their conscious mind.

So can YOU.

Imagine the idea that you could be one small energy shift or belief change away from transforming your life and achieving dramatic results.

In my experience you probably are.

It's like your life is a jewellery chain with many precious stones and links. You're a stunning work of art.

The only thing is, if one of those links is weak, the whole chain breaks and your feel in disarray. Everything in your life seems to be in pieces.

The thing is, although it may feel like you're broken, you're not. I don't believe people break. I believe they are all vibrant beings full of potential and magical abilities.

The key is to simply find that weakest link in the chain and strengthen it. It's actually a pretty straightforward process. I call it mental biomechanics.

So there it is...

The law of attraction is knocking on your door and you just need to figure out the small action which will open you to its full power and potential.

Again don't forget. Small hinges really do open massive doors.

# Abundance Tip #33: Remember, baby steps are perfect

Be open to small, regular baby steps and huge energy shifts. The two are like brother and sister. You don't need to take a big action for the universe to know you mean business and to rush to your assistance.

You simply need to make consistent progress.



*Image sourced from: <https://sfarnell.wordpress.com/2015/06/12/following-my-own-path-or-shall-i/>*

I'm serious about this. You don't need to build Rome in a day. Regular baby steps and huge energy shifts are like brother and sister.

# Abundance Tip #34: The most powerful tip of all?

This tip is a short one. But don't mistake it's brevity for lack of power.

This tip can change your life. So if you like mediocre results, please ignore it.

"If you can't do 100 things with maximum energy, don't do them at all. Choose one thing which will make a difference and do that one thing with all the energy, emotion and belief you can muster."

# Abundance Tip #35: Spring clean your mind

I hate bullying. My mission in life is to help remove the energy of bullying from society. I believe when it happens, it will change everything. Bullying is simply the witch burning of our day and it must be defeated.

With it will go scarcity, depression, suicide, even wars.

When will it happen?

It could take hundreds or thousands of years if we let it.

On the other hand, it could vanish in the blink of an eyelid. Things always happen remarkably quickly once a genuine tipping point is created through critical mass.

Abundance on a world scale is no different.

It starts with each of us making a loving commitment to ourselves.

My advice?

Remove every piece of bullying, negativity and every limiting belief you're carrying in your subconscious mind.

Do it quickly, immediately and without any conditions in the same way you would spring clean your home.

Then, you're in a most wonderful position to help others in ways that truly make a difference.

## Abundance Tip #36: Stop hiding your light

When I was a kid, my sister and I loved to play hide and seek.

I grew up in England where country pubs were a big institution.

Our parents would disappear into the pub. Us kids would all be left outside to play hide and seek.

I see the same game being played out in society today. But do you know what's really funny?

The people who think they're seeking happiness, wealth and abundance aren't.

The truth is they're ones actually doing the hiding.



*Image sourced from: <http://www.lytnyc.com/tag/spring-clean-your-body/>*

Greatness and abundance are searching for you. I can say this with total certainty. I've never met anyone who didn't have a light waiting to shine. Sometimes we go to enormous lengths to cleverly hide our wonderful, beautiful, talented genius and strength from ourselves.

But no worries, abundance will find you, the instant you leave the door open and show your true self to the universe.

## Abundance Tip #37: You have unlimited power at your fingertips

Don't think there's just one secret.

Over your lifetime, you've learnt many, many things.

Bring them ALL to the table.

If there are infinite unique souls in the universe, then likewise, there are infinite secrets and ways to make the laws of abundance work.

To ignite law of attraction to work in the real world, one thing you may need to do is to create multiple channels of how you do things. Bring everything you have, know and believe to the table and slam it there.

Just like many tributaries flow into a river, you can combine many different ideas, techniques and “secrets” into your flow of abundance. Why rely on just one secret when you have unlimited experiences, stories, tools and help at your fingertips?

## Abundance Tip #38: Never compromise. You're too valuable

Refuse to be bullied, pressurized, or dictated to by other people and the world in general. Only accept love, respect and positive energy. Any compromise on this can slow down your journey, suppress your true source code and dim your light.

Allowing other people to dictate what you think...do...or believe is giving up your power.

Freedom is always worth the journey. Stay safe, stay authentic, stay in love...

And again let me repeat. You don't have to build Rome in a day. One single penny of energy invested in yourself each day for 30 days = over \$10 million coming back to you in terms of abundance, love and joy.

One other side note here. The elephant in the room I think I'm obliged to point out.

People accuse me of being a Pollyanna. A purveyor of the rose tinted spectacles. In fact, my friends use to call me the “Infernal Optimist”



Image sourced from: <http://eatrainwin.com/empowered-like-winning-lottery-life/>

The truth is I'm not a Pollyanna. I'm an optimistic realist. I know really bad things happen to people. I've had them happen to me. My principles and teachings were all born of terrible events and sadness.

But here's the thing...

You show me one inspirational autobiography of a celebrity or successful individual in history in which there is not deep hurt and suffering.

Sadness and pain are always part of the story.

But how we authentically understand and deal with that pain...how we translate and perceive the bad feelings...and where we take the story next. That's what makes the autobiography of our lives turn out great in the end.

# Abundance #39: Why you really have already won the lottery

You've already won the lottery.

A few years ago, this guy's body appeared in the middle of a street somewhere near London. It was so sad. Nobody knew who he was or how he'd got there.

Eventually it was discovered he was a stowaway who had hidden under the wheels of a jumbo jet. He'd frozen to death high in the clouds. When the wheels came out for landing, his body fell from the sky.

How desperate must that man have been?

How much he would have given to have your life or mine (even at the least abundant place we've stood on our path).

We truly are lottery winners already. Be your authentic self. Follow your source code and your bliss.

Claim your jackpot. I'm in the crowd shouting for you!

## Abundance Tip #40: Listen to Bob Marley more

Bob Marley sang "Emancipate yourself from mental slavery. None but ourselves can free our minds."

Choose to live in your source code as a free spirit who follows your own path not somebody else's, and indeed, DO free your mind.

You know deep down, you have the power to step into a chrysalis...to metamorphosize...and to emerge as any butterfly you choose. Freedom is one simple, divine choice away from now.

Change can be a long, long time coming, but when it comes, it's the work of a moment. I always act as if that moment will be today. This belief shift alone has proven priceless for me and for a great many of my clients and students.

## Abundance Tip #41: Good news about your energy blocks

An energy block simply represents a diamond hidden in a lump of dirty rock. Your blocks and bottlenecks in life are ALWAYS signposts to your next big breakthrough...to your abundance...Release your emotional and energy blocks and let the law of attraction flow through like water through a broken dam.

## Abundance Tip #42: Embrace the secret of “Natural Swing”

You came into this world with a natural way of being you. I call it your natural swing.

In my world, becoming abundant and making the law of attraction deliver BIG results is not about learning something new. It's about re-creating and rediscovering something beautiful and amazing you already have inside of you.

When you learn to manifest, you are in fact reclaiming your birthright.

One of the most valuable tips I can ever give you is to stop trying to manifest things. Start with identity. Manifest from a sense of being.



*Image sourced from: <http://thesecretbyrhonda.blogspot.co.nz/2013/02/law-of-attraction-quotes-about-abundance.html>*

Abundant people attract incredible things, like the ocean attracts beautiful sea birds. Having beautiful things however, doesn't necessarily make you abundant.

First and foremost. Always "Be". The rest follows like sheep into a paddock.

# Abundance Tip #43: Don't play like a cat when you can play like a kitten

Don't be a cat when you can be a kitten.

In other words, turn life into a game and play for fun. Play for abundance.

Reclaim your right to be happy, joyful and adventurous. Don't let ANYONE spoil your game. If you let them play, they play by your rules. The law of attraction bats for the captain of the game every time.

# Abundance Tip #44: If you want to be heard, talk quietly

Advice for people who are not necessarily energetically designed like Donald Trump or Floyd Mayweather.

"If you want to be heard, talk quietly".

Source code gets the law of attraction to work by creating a channel through your unique personality and optimal style and energy.

You CANNOT become abundant following somebody else's path. There really isn't a step by step guidebook. There's no user manual. (Other than this document perhaps).

# Abundance Tip #45: Be ready to change your plans when they're not working

A famous American President once said, "Planning is essential, plans are useless". If you want to be an expert at abundance and manifesting, be prepared to change your plans – Flexibility = Personal Power.

When I first developed the Abundance Index software, I spent months of hard work...tens of thousands of dollars getting there. I emotionally bled to get it made and working.

It was going to be a bestselling product. One of the best abundance resources on the planet.

Then at the last minute I decided to give it away for free.

It was a great decision. I would never have been able to help as many people if I hadn't put it out there as a gift to the wider community.

Speaking of which, you can sign up for free access and to find out your abundance "score" and current profile, right now.

Enjoy!

# Abundance Tip #46: Harness the most powerful personal development tool in the world

Meditate through energy and not conscious thought. The most powerful personal development tool in the world is energy. And your personal energy is perfect for unlocking your destiny. In other words, you already have everything you need. When you learn how to harness it and get into flow...Look out world!

As Tesla said "If you want to find the secrets of the universe, think in terms of energy, frequency and vibration."

As soon as you start looking for logical, rational answers, you risk disconnecting from source code. At the very least, be sure to balance the two.



*Image sourced from: <http://hrpeople.monster.com/news/articles/3114-get-motivated-personal-energy-management>*

I can't tell you how many times in my life I've walked away from a problem or difficult situation and reset my energy, only to find the answers and solutions showing up in that relaxed place.

The answer would be "An infinite number of times."

## Abundance Tip #47: Don't always rely on science for an explanation

You can discover what works TODAY and get magical manifestation results quickly and without struggle. WHY it works exactly, is a different story. Let the scientists figure that one out. They may take years or decades. Meanwhile, you can be very rich and incredibly fulfilled.

## Abundance Tip #48: Like attracts like. Hypnotize your beliefs

Like attracts like.

Hypnotize your beliefs and your mindset and you'll be an unstoppable law of attraction expert.

People are always asking me "What can I do to get better at manifestation?"

My answer is generally to pick a better set of beliefs. Choose beliefs that serve you rather than beliefs that have the power to turn you into a mental slave.

# Abundance Tip #49: First things first. Do you know who you are?

There are times when it's really important to do things in the correct order.

For instance, if you parachute out of a plane and the pull chord gets stuck, it's NOT time to start pondering on what to have for dinner that evening.

No.

Getting the parachute to work is the first priority. This is the correct order of things.

Likewise, chasing your goals and dreams using the law of attraction is so much easier once you've used the very same power to discover and free your highest self.

In other words, unlock your source code and THEN you become a magnet for attracting other things.

# Abundance Tip #50: No limits. Think like an oak tree in a plastic pot

Consider for a moment what happens when you enter into a new romantic relationship, or you start a new business.

Both involve a step into the unknown. But both are usually very exciting.

You go into both situations very hopeful, but there is uncertainty too. What will it actually be like? Will everything be ok?

So why are those things exciting, yet so many people find the journey of life exhausting and full of fear and worry?

It's really a personal question each individual needs to meditate on. But, the truth is you can frame a journey any way you choose.

Just when you think all is hopeless, you reframe. Personally, whenever I feel overwhelmed, even anxious in the evening, I remind myself that it's my mind putting all the patterns together. All will be well in the morning.

And it always is well in the morning. So I start to embrace the negative feelings that sometimes pop up at the end of a busy day. That's a reframe.

Another interesting way to look at this...

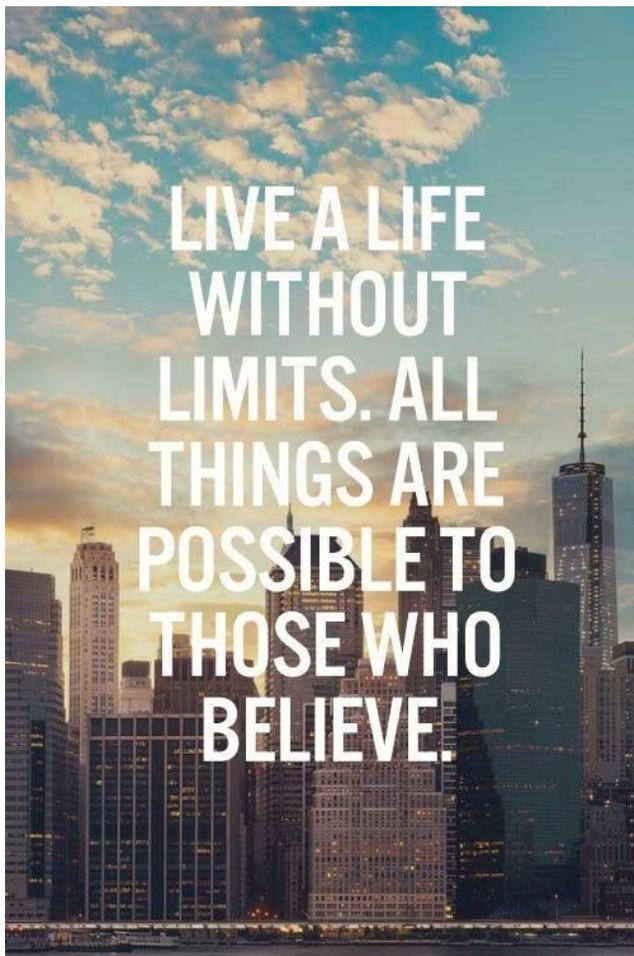
There was an ad on TV years ago.

It showed this menacing looking skinhead guy running along a road, crossing a bridge. He was clutching a handbag and running as fast as his legs could carry him. Everything about this scene said "Criminal!"

But then they changed the camera angle and you saw the entire scene from a different direction.

Puffing and panting, he ran up towards this woman and handed her the handbag. With a friendly smile he said to her "Here you are, you left this on the ground." Turns out he was a good samaritan.

This shows you the importance of always keeping an open mind and a clean heart.



*Image sourced from: <https://vladimerbotsvadze.wordpress.com/2015/01/08/live-a-life-without-limits-all-things-are-possible-those-who-believe-quotes-inspiration-success/>*

Also, one of the biggest breakthroughs my clients experience is when they extend their horizons. They start to see bigger possibilities in themselves and everything. Plus, they become comfortable with the idea that you don't know what you don't know. Therefore, tomorrow's dreams will be even bigger. Even more fun.

Understand, abundance really does have no limits. It's not just a catchy saying. In truth, it's kind of the whole point.

Be like an oak tree and laugh at the idea of growing inside a small plastic pot.

Set your sights on the sky and beyond.

# Abundance Tip #51: Train your subconscious mind to choose happiness

When I was a young boy I used to be taken to the library by my mother. I remember one day picking up a book about photography.

I learned a fascinating fact about something called filters.

If you screwed a particular filter onto a camera the world would be seen very differently. Maybe a pink or blue filter. Maybe a fish eye view or something like that.

I later realized human beings were the same...

I noticed that I had an optimistic filter. Some other people I met had pessimistic filters.

We'd both look out at the exact same world. We'd both experience the same objective event.

Yet because of our filters, we'd process the experience differently. I seemed to be enjoying myself more than some of the people I met. Sometimes I felt sad and wanted them to see the world the way I did.



*Image sourced from: <http://www.inc.com/geoffrey-james/become-more-optimistic-6-tricks.html>*

There's something extremely empowering about choosing the filters through which you experience life. Don't forget people who choose to label themselves as "happy" and "optimistic" and "grateful" tend to live longer, achieve more, earn more, report a higher quality of life.

You CAN choose happiness. You can literally hypnotize the universe to deliver it to you when you filter everything through the appropriate energy and beliefs.

## Abundance Tip #52: Remember, nobody is better or more talented than you

I confidently predict I can beat Mike Tyson every time.

So long as we're competing as personal development trainers or abundance coaches and NOT boxing.

There's a mental bias or false assumption we humans experience. It causes us to assume that because a person is better than us at one thing, they are better than us overall.

It's simply not true.

There are things you can do that nobody else possibly can. You are the number 1 undisputed champion of the world at being you.

Nobody is better than you...more talented than you...better at making the law of attraction work than you. When you unlock your source code and choose your beliefs, this whole universe is a level playing field and you can win any game you choose to play. (If you're like me, that won't be boxing).

## Abundance Tip #53: Stop doing things just because you were told you should

Doing the things other people do, or searching for the rules where there are none. This is like wandering around hopelessly, looking for water in the desert.

You are one of a kind and you have a unique spiritual fingerprint. A unique abundance DNA. The universe just wants you to recognize and own your uniqueness. Then you can have anything you want because you'll stop doing things the way you think you should. You'll know without blinking that you're the best in the world at being you. And that's more than enough to attract an extraordinary and abundant life for you and for those you love.

The universe is simply saying "Show me your passport".

# Abundance Tip #54: Master energy and attract anything

Visualize the energy dimension to every situation...every challenge...every opportunity...every new relationship.

Mastering energy will give you the equivalent of X-Ray vision. You'll be able to change things and attract anything you desire.

For instance, next time you have an important decision to make, build a picture of the situation in your mind. Now remove the specific details of that picture and replace them with energy. What is the energy telling you to do?

This is a powerful technique for building intuition.

It's also a powerful tool for unlocking financial abundance...

Let me explain.

When I lived in London, somebody once told me "There are millions of rats living in this city. Even if you can't see them, you're never more than a few meters from a rat."

Yikes!

However, you can think of money in a similar way. Though hopefully it's far more motivating and exciting for you.

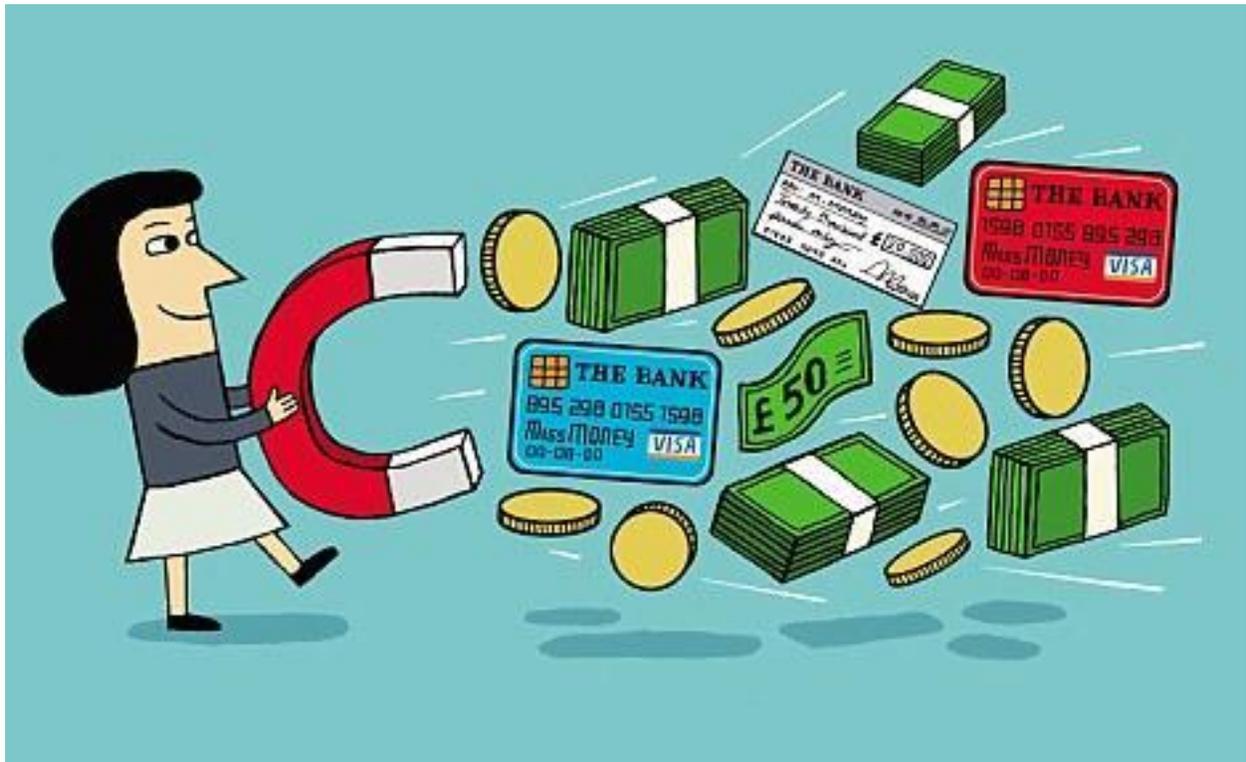


Image sourced from: [http://i.dailymail.co.uk/i/pix/2010/09/05/article-1309328-0B079B74000005DC-163\\_468x286.jpg](http://i.dailymail.co.uk/i/pix/2010/09/05/article-1309328-0B079B74000005DC-163_468x286.jpg)

Truth is, we're all swimming in an unimaginably huge pool of money. It's everywhere. There are millions of dollars floating around you right now. You're never more than a few meters from a lot of money. Whether that money is physically in a bank or energetically being swished around the internet.

Now, if you try and work out logically how to make the \$\$\$ figures start dancing towards you like the pied piper it can be frustrating, overwhelming even.

But when you start to shine at your brightest as an energetic being, when you start to become an Attraction Catalyst and add genuine value to the world and to others, you become a magnet for financial breakthroughs and all kinds of abundance.

It really is all about energy. I hope you're seeing and feeling that now?

# Abundance Tip #55: Expect it to happen and it will

Get used to hearing yourself declare your intentions to the universe. Just like this...

“The sun is shining. I’m amazing. Everything I deserve is magnetizing it’s way to me. I AM abundance.”

If it’s raining, change the first sentence to:

“It’s raining and it’s beautiful.”

Season everything with truth and emotion. If you believe it, it will show up.

There is also a deliberate element to make your affirmations everyday, or obvious.

If you’ve ever lived out in the country you know that people are often very friendly there. They have more time on their hands. Less crowds and city bustle.

This means they have time to say “Hello” to you. You confidently say “Hello” and they reply the same.

Likewise, when you say “I’m amazing” in a friendly, matter of fact way to the universe, it replies “of course you are”, like it’s the most obvious thing in the world.

Getting your powerful affirmations and self-suggestions to feel this natural can take a little time. But it really shouldn’t take too long.

When you buy some new clothes, they may be very appealing. However, for a short while, they feel like they're not quite yours.

Same thing with shoes. Same thing with a new social scene.

Same thing, with the ideas and tips I'm sharing with you today. You might need to just put them on, internalize them, then walk around with them for a few days.

Wear them in until they feel totally natural.

## Abundance Tip #56: Connect with your abundance thermostat

This morning I got up to write at 5am. I usually do. It's a great time to get lots done in a quiet space. It also allows me to meditate and affirm my way into the new day, long before the kids come screaming down the staircase, breaking my peace.

What's interesting though, is I didn't need to set my alarm clock. I often forget to do it, but somehow my mind, body and spirit know to awake. I don't need to look at the clock. I KNOW it's precisely 5am.

Isn't it magical and inspiring to know that we have these inbuilt, natural abilities.

Another one is your belief thermostat.

It's a profound piece of engineering in your mind which tells you what you believe and what you don't. If you believe you can, you can...as they say.

My tip is to develop and evolve your belief “thermostat”. Find out where it is right now, then gradually move it upwards like an athlete gaining muscle strength.

In other words, say to yourself “I can grow my wealth by \$1 next week, easily”.

Is that affirmation believable?

Keep growing the dollar amount, until your belief thermostat kicks in and you feel the belief overriding your doubt.

That’s your current setting. Maybe you believe you can grow your wealth by \$10 next week. Maybe you believe that figure could be \$10,000.

I don’t know. Your inner thermostat will kick in and let you know. All I ask is that you train it to expand its “belief power” every day.

When your belief muscle starts to grow you’ll feel very excited. This is genuine subconscious growth.

This is abundance actually happening. Just like when you see a tree sapling first appear above the earth.

## Abundance Tip #57: Reconnect with your “magic place” from childhood

There’s something amazing I know for a fact to be true. I know it because I’ve tested it thousands of times with clients and students.

And there’s never, ever been an exception.

So I can say this to you with supreme confidence...

There is a special place inside of you which connects you to the majesty and limitless potential of the universe. That place is not like other people's place. It's based on your unique source code.

Understand this and acknowledge it. It's the single most powerful tip I can share with you. It's the masterpiece of the picture, just like the invisible hinge the sun uses to hold up a rainbow in the sky.



*Image sourced from: <http://enjoymylife.org/do-you-need-personal-freedom-what-are-the-limiting-factors-for-personal-freedom/#.VwwjfrN96qA>*

Acknowledging and owning your source code for abundance...your energy DNA is the moment an exciting shift happens for you. It's when all the love and power in the universe rises up like a tidal wave from the ocean and becomes your partner on this exciting journey.

The connection you then create will deliver you a great prize. Health, happiness, purpose and financial abundance. Above all, true personal freedom. The greatest single wish I have for you and for all of our awesome team.

## Thanks for reading...

I have another gift that will help you make a big breakthrough on your personal journey. It's called the Abundance Index. Since releasing this new technology to the world, I've received many hundreds of positive testimonials from people who've used it to improve their lives and finally get the law of attraction to deliver amazing results.

You can get complimentary access to The Abundance Index and discover your abundance profile and attraction score plus download the full PDF version of the "57 Law of Attraction Tips" right here <http://theabundanceindex.com>