

ADVANCED COSMIC ORDERING



Unlock the Secrets to a
Happier, Wealthier and
More Fulfilling Life!

by
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Introduction

Just imagine asking for something you need right now and for your wishes to be answered. Wouldn't that be incredible? Well, how would you feel if we said you can influence the outcome of everything you wish for and create more abundance of health, wealth and happiness in your life? Surely you'd be impressed or maybe even a bit sceptical. The fact is that YOU CAN shape the outcome of everything you desire by enhancing your mind-set so that it is open to receive.

Cosmic ordering is the current buzz phrase, particularly among celebrities. In its simplest form, it's about asking the universe to provide what you need. Perhaps you've already tried it. Maybe it's worked for you on a small scale or maybe not. It's possible that you're thinking that there's more to cosmic ordering than what you first thought. And, you would be right! There are some important steps to take before you start placing your orders to the cosmos. Advanced Cosmic Ordering will show you how!

Advanced Cosmic Ordering is an enlightening guide that will help you increase the potential in your life to obtain everything that you need. You don't require any prior knowledge. All it takes to learn these essential life-enhancing skills is an open mind. As you work through the book and start to apply the techniques, you'll realise that abundance manifestation isn't just down to the universe giving you lucky breaks but is down to your ability to co-create. This is your power! Start using it and you'll notice positive changes taking place - the impact of which can prove meaningful in every aspect of your life.

With the right approach, you can start making good things happen more often. It will seem like your luck has changed for the better as each wish and positive thought brings greater abundance.

- Experience improved health, well-being, relationships, career prospects and financial security.
- Tap into the source at will to experience more 'good fortune'.
- Have access to enough of what you need.
- Lead a more fulfilling life through the abundance that you have created.

Every thought we put out into the world has the potential to create change. If we focus on these thoughts, they can start to resonate, much like a ripple on a pond. With the right elements in place, this resonance becomes like a radio signal tuned into the cosmos. Suddenly, opportunities arise where none were previously present. Good things start happening in your life. And the best thing is that it's totally within your reach and your influence.

Advanced Cosmic Ordering can change your life virtually overnight! And the crazy thing is that you already have the potential within you. This book will guide you in the right direction.

Advanced Cosmic Ordering will help you:

- Realize that potential comes as a result of a change in attitude.
- Learn how to connect with the universe and start attracting that what you most desire with the Seven Steps to Creating Abundance.
- Dispel the myths about creating abundance and show what is possible when you apply the techniques.
- Stay on the right path to avoid pitfalls and disappointment.
- Enjoy fun exercises to help you stay in tune with the cosmos.
- Discover an honest, no-nonsense approach to co-creating abundance.

Part One – Welcome to the Abundant Universe

In **Part One**, we introduce you to **The Abundant Universe**. You'll learn about cosmic ordering, including the myths and truths. We'll show you how to take advantage of the laws of attraction so that you can start tapping into this vast resource using your power of co-creation.

Learn How to Change Your Life for the Better!

You'll also:

- Find answers to your questions about cosmic ordering
- Discover amazing revelations about your potential
- Learn the importance of positive thinking
- Understand the impact of your thoughts and actions
- Start to lay down new foundations for an abundant life.

Do you know that you are amazing and capable of achieving your wildest dreams?

It's true! You have the capacity to be successful and live a fulfilling life. Abundance generation is connected to the power of attraction and positive self-belief. If you need something – whether it is love, understanding or something tangible such as money to pay a bill, holiday or finance for a better lifestyle – focusing on your thoughts in a positive way can act like a magnet to attract the things that you need.

Sounds amazing, doesn't it? Well, we're sure you want to find out more so let's start with a few answers to those searching questions:

What is Cosmic Ordering?

Effectively, cosmic ordering is the practice of creating abundance in your life by using the power of positive thought and actions to attract the things that you most need to enrich your life. It works on the principle that our intentions and affirmations resonate outwards into the universe and start attracting the experiences and opportunities that we most need to lead a more fulfilling life.

Can creating all that you wish for really be so simple?

Well, yes! Every day, ordinary people are tapping into the universe and creating an abundant life. We all have the potential to generate the experiences we want. It just takes the right attitude and approach.

Can I ask for anything?

You certainly can, but to be the most effective there ideally needs to be a good intention or purpose behind what you ask for. Only when you know exactly what you want can the universe respond.

Could I order a lottery win from the cosmos?

Anything is possible! With the right focus, the chances of winning increase, although you need to bear in mind that you'll be in competition with millions of others all wishing the same thing! You would need to be specific and mention exactly how much you want and, more importantly, what you seriously intend doing with the money if you win. We will look at the **Top Ten Cosmic Ordering Tips to Increase Financial Wealth** to help you enhance your chances of success in Part Three. There are people who enter competitions and win cars, holidays and luxury items on a regular basis. Many swear that their success isn't down to luck but to positive thinking and complete belief that they will win. And, of course, you've got to be 'in it to win it', so it does require some input from yourself. After all - what you ask for, you must first begin it!

How long does it take to work?

Now that's a key question and depends on many factors such as what you're asking for and the work you do to make it happen. Often a series of elements need to be in place before you get what you wish for and it may also depend upon whether there are any blockages in your path, either from yourself or from the energy of others.

Liken this to crossing a river. You need to create a series of stepping stones to get to the other side but there are factors that may make the course difficult. You may be frightened of crossing the water or getting your feet wet. The stones might not be available and you have to walk a little bit further on this side of the river before you find some that will do the job. The water may be too deep at this point to cross. However, if you focus your energies on making all the conditions right, you'll be unstoppable. Where the cosmos is concerned, everything has its time. In many ways, it is easier to ask for the small stepping stones on a daily basis that will eventually move you towards the bigger picture.

Is there a right way to order what you wish for?

There certainly is. You need to be totally specific and have a clear vision of what it is that you need. More about this as you read on!

Surely, if you focus on making something happen, it's you that gets the results, not the cosmos?

The first step to achieving what you want from life starts with YOU! There is a famous quote by Ghandi ... 'You must be the change you wish to see in the world.' It is a self-empowering statement. With the right intent followed by right action, you become the force that will bring about what you most desire. The cosmos, however, does play its part. We tend to forget that we are all interconnected. We evolve along with the earth and the universe as part of its fabric and energy signatures. When the energy behind what you wish for starts to resonate, you start to witness and experience more synchronicity and déjà vu. Your own energies ... the wavelengths that you send out ... start to attract universal abundance.

Can communing with the cosmos to gain abundance be scientifically proven?

Not as yet ... at least not solidly, although it draws upon similar energies that are already in use and can be explained. For example, think about the concept of radio. You can turn on a radio and tune into a presenter or listen to music of your choice. Isn't that amazing? Well, probably not as we have taken radio for granted for many years now. We don't really question how it works; we just accept it. Imagine going back hundreds of years and what people would have thought to hear voices coming out of a little box. It would have been considered magic or the work of the devil!

At this moment in time, science can't explain the abundance theory but it is moving closer. Einstein's work into quantum physics and the energy which makes our wonderful universe tick has inspired a generation and the advances are taking us ever further into currently unknown territory. What we do know is that creating abundance works with the right focus and the energies that we can tap into are profound. But it all starts with YOU!

Could there be a divine or intelligent listener out there controlling our destiny and deciding whether to grant our wishes?

Well, that's the million dollar question. The universe remains as mysterious to us human souls as it ever was and although science is making great strides to understand and de-code the universe, the big, searching questions remain. What we do know is that the cosmos never ceases to surprise us. Miracles do happen every day. Being born and living is part of that miracle so it's not too difficult to believe that there is an energy source out there that we can tap into ... whether divine, intelligent or otherwise ... which allows us to create or influence our own realities.

Is cosmic ordering another fad practice taken from the New Age scene?

Actually, no ... the practice of creating abundance has been around a long time. In fact, since the dawn of time, people have contemplated in prayer, connecting to their 'God' or to the universe, often in times of trouble or need which is effectively cosmic ordering.

Many civilisations celebrated festivals and implemented rituals to ask for fertile soil for growing crops. Enlightened people attracted to New Age concepts have known about it for a long time so cosmic ordering and the whole concept of creating abundance isn't new. However, for the majority, we are still learning to walk with cosmic ordering and discover its potential.

Is there anything I need to know about cosmic ordering?

Yes there is. **Be Careful what you Wish For!** -What you send out into the world can come back tenfold. Used negatively, cosmic ordering could work against you!

Now for some truths!



Six Incredible Truths about Your Ability to Create Abundance

1. Everything that is happening in your life right now can be changed by your attitude and intent.
2. The thoughts and deeds you send out into the world will have an impact on your future.
3. No matter what has happened in your past, you can change your life for the better now.
4. Being grateful for all that you have in life opens the channels for abundance.
5. Affirmations and positive thinking will give resonance to all that you wish for.
6. Abundance creation starts and ends with you!

Focus on these truths. Go back and read them again. Recognise the power behind the words. If there's anything you don't understand right now or if you are sceptical about these truths, don't worry ...all will become clear as you read on!

Just imagine now what you could do with your life using the wisdom of abundance creation.

You could:

- free up more time to take vacations or engage in your favourite pastimes;
- attract more positive and fulfilling experiences in your every day life;
- create rewarding job opportunities – to do the work you were born to do;
- enhance finances and personal wealth;
- take time out with loved-ones;
- attract a soul-mate or good friends;
- enhance your well-being;
- live a more rewarding life ...and so on.

You can move out of your current existence and make your life a success. If you want to be well-off enough to spend your days fishing, YOU CAN! If you want to be in a rewarding and worthwhile job, YOU CAN! If you want the trappings of a successful life, YOU CAN! If you want excitement and adventure ... you guessed it, YOU CAN have this and more.

Before we move on and reveal what you need to do to create abundance in your life, let's tackle some of the myths so that you're under no false illusions.



Three Myths about Cosmic Abundance

1. **Sit back and the cosmos will provide** – that could just happen ...other books on cosmic ordering suggest this ... but you may have to wait or you might not receive exactly what you wish for. Sometimes, you need to do a bit of inner work or let go of something before you can receive. Remember that abundance creation starts with you and requires your input and attention as a co-creator. This is what advanced abundance creation is all about. Sit back by all means but watch your life drift away in the process!
2. **You must follow this particular programme, god or guru for abundance creation to work** – Nonsense! With the right attitude and intent, you create your own path and opportunities for fulfilment.
3. **You need to be blessed with good fortune. Having an abundant life is just down to luck** – Hmm ... Wrong and Right! It depends upon whether you believe people are just lucky by coincidence or whether they have created their good fortune using cosmic ordering techniques! We will look at the 'luck factor' more closely later.

Six Cosmic Revelations

Ok ... so you know a little more about cosmic ordering and your potential to change your life. Are you ready for some astounding revelations? Here goes:

Revelation 1:

“We Are Energy!”

To understand the forces that work for or against us and to discover the very essence behind cosmic energy and abundance creation, we should first look to ourselves.

We are essentially energy bodies, highly complex in design, and made up of the same essential substances and energies that are at the core of the universe. We relate to the universe ... ‘uni-verse’ meaning ‘one tune’ or ‘one rhythm’ – using the energy fields at our disposal. Some of these forces within us have magnetic properties whereas other forces repel. Some of this energy can tune-in with other people’s energy so you have a real sense of being on the same wavelength. This same energy can be so finely tuned that it resonates at higher frequencies allowing certain individuals to connect with consciousness or experience psychic abilities.

This energy is vast – infinite perhaps – and makes us co-creators in the experiences we have on this life’s journey. It’s only when we accept that we are energy-beings that we can really start to understand and appreciate the potential for connectivity and attracting what we most desire or need.

As we work through these realisations, we come to understand just how much power we have for ourselves and recognise this amazing ability to co-create our abundance. We really are astounding! But as always, the journey into understanding this knowledge also throws up a difficult question ...

In spite of using self-empowering techniques, to cosmically order what you most need, some of the most positive people still fail to materialise what they wish for. Why?

We've pondered over this question time and time again. If you have previously explored cosmic ordering without significant results, you may have asked this same question too. The following story Carol recalled is poignant and made us dwell further:

"A lady I once interviewed for an inspirational article managed to beat cancer and went on to achieve her dream of escaping the rat-race to run a beautiful rural small-holding with her family. Through positive thinking and solid belief that she could create abundance in her life, she created the life she clearly wanted. She woke up each day grateful for living in a beautiful place. Then unexpectedly, after a short period of illness, she died peacefully in her sleep. The cancer had returned without her knowing and she was gone. She was only in her forties.

Although I didn't know her too well, her loss really affected me in a profound way and made me question the cosmos. If I admit, a little bit of anger raised to the surface. Why was this lovely, inspiring, positive lady taken away before her time within a year of her dreams coming true? It seemed unfair. Why did the cancer return? Why did the cosmos not listen? It perplexed me deeply and, for a while, made me question the whole concept of us being able to order what we want for our lives.

I came to the conclusion that the answer is linked with the words 'co-creator'. We can create many positive experiences in our lives and even in the lives of others if our cosmic ordering is altruistic but as co-creators, there are other factors – other energy signatures which you may deem intelligent or otherwise – that come into the equation. Whether random or omnipotent influences, it's true that our lives can still be impacted by other 'agendas' and that's the way it is. So, even though you can create abundance, the universe reminds us that we are human beings – energy bodies in a vehicle of flesh and bones – and that in this form we do have a limited life-span. Circumstance, destiny, karma, fate ... these are also energies that bring experiences to our lives – sometimes unexpectedly. It is perhaps these forces – the mysterious element whether random or omnipotent – that we have less control over. So, it's imperative that when you have created abundance, be thankful and enjoy what you have asked for. We just never know how long we are here for in our present form."

Revelation 2:

'We have been working with abundant energy for thousands of years!'

The fact we are energy-beings is not a new discovery. In ancient China, practitioners of Kung Fu and alternative therapies such as acupuncture, have accepted and worked with this 'mysterious' energy for thousands of years. Yes, that's right! The Western world has been a little slow to catch on to the fact that our lives are made up of energy - 'chi' and 'li' as the Chinese call it, made up of internal energy (chi) and universal energy (li).

It is thought that the Chinese were one of the first to discover that the energies can be manipulated to eradicate health problems and to strengthen the physical, mental and spiritual constitution. This, over many years, manifested in many ways with stories of incredible healing and physical prowess, yet despite thousands of years of practice, the depth of our potential to draw upon and use this energy more widely has still to be fully explored. We are effectively still in kindergarten! What's more, many are sceptical of these energy factors, especially where alternative medicine is concerned. Acupuncture, reflexology, shiatsu and other holistic treatments work on energy fields and forces within and surrounding the body. There are many cases of successful healing but no scientific explanation so such therapies are often dismissed or only tolerated as being useful because they make people relax and feel good (which is part of the healing process in any case). Many, too, think that the immense physical skills demonstrated by the touring Shaolin monks are nothing but highly skilled and entertaining circus tricks. They don't realise that through years of practice, these extraordinary human beings have mastered their ability to work with their chi - their internal energy - to give them what can only be described as super-physical abilities.

Another practice evolving from the East that uses energy is Feng Shui - the art of discovering the energy of a place and making changes to ensure that harmonious energy flows around you whether at home or in the work environment. The lay of the land, objects, colours, other energy fields and elements all have an impact on our lives, according to the art of Feng Shui. With some subtle or even drastic changes to our main living spaces, the energy and harmony can be considerably enhanced. This is fascinating and emphasizes again how energy is very much apart of our every day lives.

As time moves on and more people evolve, the use of energy is likely to be explored in greater depth resulting in some astounding scientific discoveries that may well change how we look at the world. It will confirm how important energy is in reaching our full potential. It may then answer why some people can talk to spirits or see people who have passed away and it may provide a scientifically-backed explanation as to why cosmic ordering works. Until then, just keep an open mind and remember that science fiction often turns into science fact as long as we continue to have people pushing the boundaries to continue in the search for answers.

Revelation 3:

“Your life is currently the way it is because it’s safe.”

You may need to reflect on this. We certainly had to and it took a while to figure out. Take a look at your life. It’s likely to be made up of certain routines that are familiar. You get up at a set time, perhaps go to work, take the same route each day, go shopping at a certain time, meet up with your mates for a drink, perhaps go to the gym in the evening etc ... Routine is good and it’s considered safe. You are familiar with the daily tasks and what is required of you. It doesn’t even take much effort or thought. That’s fine for some of the things you do in life but effectively, you are just coasting. And coasting is simply existing -not living. This is perfectly ok if you’re content with your life ... but, if you’re yearning for more, your safe routine may have to change. While in this comfort zone, you are not in tune for creating abundance. Life will remain the way it is until you make a firm intention to change it. Let’s explore these comfort zones further. There are millions of people who stay in the safety of their perceived boundaries purely because it is comfortable and secure. Beyond these boundaries ... these imaginary defences that we build to keep us safe ... are a wealth of opportunities and experiences that can improve our lives if we allowed ourselves the freedom to grow.

Our thought processes are essential to the experiences we have in our lives right now (more about this later) and it’s amazing what people will put up with because they believe it is safer than the unknown alternatives.

Consider the following examples:

Ian grew up with an obvious talent for art. From a young age, his use of colour and form astounded his art teacher. However, Ian's parents were not convinced that a career as an artist was the best way for their son. They had old-fashioned ideas and believed that Ian should follow his father into the family's legal firm. And so Ian wasn't given any encouragement in his art – which was a great shame because he was naturally gifted. He eventually took up the legal profession and now works in the family business but he admits to still having a yearning to paint. He feels that although the job pays well, it doesn't inspire him. Like a robot, he endures the job and life that his parents felt was best for him. Rather than take a risk even just to paint in his spare time, he feels it's safer not to bother. He admits to being afraid to even try in case it takes him off his secure career path. Becoming the artist, what he had hoped to be throughout his youth, is now regarded as a fanciful dream rather than the soul-enriching, fulfilling work he was perhaps meant to embrace.

Sharon has been married for three years to a man who is abusive and violent. She regularly puts up with his drunken abuse, put-downs and unpredictable behaviour. Many a time, she has endured significant pain from the violence as well as mental abuse, being told she is ugly, fat and useless. She could leave and start a fresh, new life but she puts up with it. Why? Because she perceives it as safe! It's safe because it's what she knows. To her, the alternative – facing the uncertainty of a different life away from her abusive husband is much scarier. How would she cope on her own? In her mind, she made it safer to put up with the abuse and, sadly, her situation won't change until she realises that there is a better life for her if she can get out of her 'comfort' zone.

Strange choice of words ... 'comfort zone'. Often, there's nothing comfortable about being there! Some people endure an awful lot of suffering to remain in their safe boundaries and, as a result, miss their calling in life or opportunities to be truly happy, alive and open to abundance. In reality, true comfort is the knowledge that you're living a life that is full of all the things that you wish for. To get there, it means some serious contemplation about what is happening in your life right now.

The good news is that every day, ordinary people are making extraordinary choices towards a more abundant life.

Little-by-little, they are pushing the boundaries they have created to explore the potential in their lives. Bravely, they start to risk a little – well aware that life is a risky business from the moment we are born. With belief, these same people start to live with greater passion and begin to fulfil their dreams.

Revelation 4:

'You create every experience in your life!'

It's true! Every mood you feel, every thought that passes through your mind, the way you react to any situation that arises, you create the resulting experience. At first, this revelation created a paradox for us. What about the experiences that seem to be thrust upon us by other people, other events, world issues ... did we create those? Some may say we contribute to the bigger events through our actions or inactions; however, the revelation is that YOU create every experience in YOUR life. Think about it! It takes some time to gain clarity on this yet it's quite simple once you look at the bigger picture. The thoughts you process, from things that happen in your life, creates your experience. Effectively, it's how you react through emotion that creates the experience.

For example, you choose how you respond to the news you hear on a daily basis. If you are very sensitive, you may find that you end up dwelling negatively on harrowing events and stories from around the world which are broadcast constantly through the media. Although it's natural to be sad and affected by such stories, such negative news can have a negative effect on our own lives and create energy blockages. In such cases, we need to change how we react to the news and reduce the emotional impact or we need to reduce our exposure to the news. Some people refuse to buy newspapers because most tend to be filled with negative gossip and bad news. Some refuse to tune into television news programmes for the same reason.

Our thoughts and emotions are powerful and if we allow ourselves to react adversely to life's experiences, dwelling too deeply on negative events, the energy around us becomes negatively charged. On the other hand, if we can adapt to circumstances and events, perhaps more objectively and without attachment, our experiences will be richer and our energy will be more positive for abundance creation.

Consider Rachel's experience:

"I went through a period where I was obsessed about reading or watching the news. Within weeks, my mood changed drastically and I became more depressed by all the shocking, sad and frightening stories being reported from around the world. I guess it wasn't surprising then that I was also attracting more depressing things into my life at the same time. I lost my job; I was on the receiving end of family rows; friends were coming to me with their problems which deepened my own sadness and life was becoming grey and uninspiring. I didn't realise at the time that I was creating this reality. I had chosen to tune into a wavelength reporting negative news and I was allowing it to impact on me. Thus, I started attracting other negative situations into my life.

It was reading about cosmic ordering when I started to make sense of it. I knew that I had to change my situation. I stopped reading and watching the news – negative news at least. Some people accused me of burying my head in the sand and not caring about world issues but I felt I needed to do this for self-preservation and not because I was apathetic. I then subscribed to a daily inspiring blog and made a point of looking for positive news – about people's achievements and triumphs and about the good things that are happening in the world. This changed my mood. I became more positive and, as a result, I started to encounter more positive changes in my life. I found a job I liked. The family rows were resolved and I'm socialising with more positive people. Suddenly, the world is full of potential and I am creating abundance. I can now listen to world news occasionally but because I have greater exposure to the inspiring blog and positive news, life has purpose and my experiences are far more meaningful. I see the good that is happening in the world rather than dwelling on the bad and this has altered my reality."

Difficult situations can inspire positive emotional responses too. Consider Gemma's story:

"Ever since I saw an emotional news story about the appalling hardships in Africa, I have felt moved. I read other stories and this inspired me to volunteering during my gap year at university. I couldn't just stand back and watch: I just had to give something of myself to helping those in need. I went to Africa and volunteered in a village that was trying to enhance the education of young people. Being there made me more humble and quite ashamed of the abundance that we take for granted in the west.

Just having clean water, plentiful supply of food and adequate shelter, not forgetting to mention access to education and health centres were all things that we are so fortunate to have. We don't give them a moment's thought. I gave as much of my time, energy and skills as I could during my time there and came back with a new outlook on life. I am now more thankful for every opportunity that comes my way ... thankful for my health and comforts ... thankful for the love and freedom I enjoy. If I wanted, I could have chosen to ignore the plight in Africa or I could have become depressed and let it eat away my faith in mankind. I chose to act in a way that I felt could offer some good and I am richer for the experience."

Revelation 5:

'Energy changes you moment-by-moment!'

The energy inside us and around us constantly changes. As a result, we evolve. It's exciting to think that we are a work-in-progress. It means we can alter our lives and make our experiences more fulfilling. However, we also need to be aware that the energy changes can influence our moods and, if left unchecked, we can end up taking a backwards step and find ourselves off the abundance path. It doesn't take much to lose that equilibrium. Someone else's energy field could impact on yours and cause you to 'lose the signal'. You could be experiencing a hormonal flux (that applies to men as well as women!) or a cosmic event way up in the stars could be influencing your energy fields. (Take note of your astrological charts!).

All energy ... our bodies, other life forms, the planet, the air we breathe and the universe beyond ... battles moment-by-moment to maintain equilibrium. It's this 'balance' that provides the right conditions to create abundance. In us humans, our bodies are constantly working to achieve homeostasis ... the balance needed to be healthy and in tune. Ideally, the energy not only needs to be balanced but also dynamic so that we can achieve our full potential.

So, you see that as abundance creation starts with you, it's vital that you check your awareness of your energy throughout the day. We'll look at easy energy-checking techniques and what you can do to bring it back in balance in the next part.

Revelation 6:

'You control your own reality!'

So it goes that if you can create the experiences in your life, you can also control your reality – this is fabulous news for control fanatics! Just imagine, taking control over every aspect of your life and deciding the outcome. But isn't that something we already do to a greater extent? Every day we make decisions that affect the course of our lives. We decide whether to take the car or whether to walk to work; we decide whether to take a day out to the park or the seaside; we decide where we will go on holiday or what to eat for dinner; we decide what career to follow ... These decisions all create our reality so if we can do this, we can also take better control over allowing abundance into our lives. We can enhance our reality, bringing more success and happiness into each day. It starts with belief! When you believe that you can, the energy changes.

There are some profound revelations there. Take a break and ponder a while. It's only when the knowledge starts to gain clarity and grow that the real abundance creation can take place.

Let's remind ourselves of these Cosmic Revelations again:

Revelation One: 'We are energy!'

Revelation Two: 'We have been working with energy for thousands of years!'

Revelation Three: 'Your life is currently the way it is because it's safe.'

Revelation Four: 'You create every experience in your life!'

Revelation Five: 'Energy changes you moment-by-moment!'

Revelation Six: 'You control your own reality!'

If what you've read so far resonates, then that's wonderful! It means that you could well be ready for the next step on the cosmic journey.

Manifesting What YOU Want ... It's all About Action!

You should, by now, realise that our lives are already powerful beyond measure and that we have the tools to create abundance. But knowing our potential is very different to implementing our potential.

We can all sit back and day-dream. It's a nice way to relax and, while you're at it, you can smoke a pipe too ... hence the term pipe dreams. Day-dreaming about the things you would like or the circumstances that you would prefer to see yourself in is a lovely way to spend the hour or two. It touches a bit upon the magic of abundance ... gives you a glimpse of what CAN be. However, there is a difference between day-dreamers and abundance creators! Day-dreamers dream of what could or could have been - given another chance / life time. Abundance creators seize the day and recognise they can create abundance here and now. They go ahead and implement cosmic ordering techniques. It's all about action and it starts with a shift in your perspective.

So, what's the secret? There's got to be a magic formula, right? Well, some may call it magical but it's not esoteric. Anyone can access this potential for abundance. Everyone! But, it requires you to change; and this happens to be one of the hardest lessons for us humans as it requires will-power, intentions and action!

Creating abundance requires:

- A shift to a positive 'I can!' attitude
- Letting go of old habits and beliefs
- Awareness to check and change your thoughts moment-by-moment to give your thoughts energy
- Total belief that you can change and improve your lot in life.

Sounds easy and it can be, providing you have an open mind and resilience. In reality, changing the habits and attitudes of a lifetime can be a tough challenge and probably the biggest obstacle in terms of successfully achieving abundance.

You only have to consider the New Year's list of resolutions. Many people have good intentions to make changes in their lives but following through with action, whether that is to diet, get fit, give-up smoking or whatever, is the problem. Some never make it through day-one; others manage to get through a week or a month then fall back into bad habits. Go on, admit it! You've been there. Only a few manage to stick to their resolutions and see a significant change to their life. The steps, to living a more abundant life, require constant attention and action. It requires your commitment.

Once you've found your way out of the bad habit phase, it does become easier. Change, after all, takes a while to accept and get used to. In the next part of the book, we'll explore techniques that will move you closer to your goals.

Belief is the Key!

Celebrities, sports achievers, entrepreneurs and anyone leading a successful life right now has either knowingly or unknowingly tapped into abundance creation. The techniques aren't so mysterious. You don't have to be religious or connected to a specific guru to make your life richer. You hold the key to making your life meaningful and fulfilling. Once you accept this, you're ready to discover what the abundant universe can do for you!

As we've already mentioned, you create the experiences in your life. Others can impact on you but, ultimately, it's how you respond and take responsibility for your thoughts and actions that matter. The way to abundance and having your cosmic orders answered is belief! It's about having belief in yourself but also belief in what you wish to materialise.

Those who succeed have done so because they believed. Of course, other factors come into the equation such as hard-work, determination, courage and even a touch of audacity. Read about the individual stories of those who inspire you ... the successful entrepreneurs, the world-beating athletes, leaders in science and innovation, artists, writers and people fighting a good cause. Time and time again, you will find similar dialogue in their individual stories: dialogue such as 'I believe'; 'I can'; 'I'm determined'; 'I'm positive' and so on. Their success has been fuelled out of belief that they can.

Now take a look at what you believe in. Are your beliefs strong enough? Are you committed to creating abundance in your life?

Belief can move mountains. Belief will affect the energy behind your intentions. Start to nurture it wisely!

Your Thoughts Are Your Power

Louise Hay, world famous author of 'You Can Heal Your Life' says that the more we dwell on what we don't want, the more of it we create. Why is this so? Well, it's because we are giving attention to these negative laments. What we focus on, we create and that applies to the things we want and don't want.

Hang on in here while we explain.

Giving something – anything – enough attention and it grows. If you're constantly saying 'I don't want to be sick, poor, fat, unloved, etc' ... the focus will be on the negative situation – the words sick, poor, fat, unloved, etc. These are the thoughts gaining your attention. Instead, you need to change your internal and external dialogue, giving your attention to the positive. Your thoughts need to make you feel good and need to be in the 'here and now'. So, 'I am healthy, wealthy, slim, loved, etc' has more good energy behind the statements.

Listen to Your Dialogue

Your inner and outer voice holds clues to whether or not you are programmed for abundance. Take time out to reflect on your inner voice first. What is it saying? Do you constantly look on the dark side of things? Do you lack belief in yourself? Are you a worrier or complainer? Now listen to your external voice in conversation with other people. Do you catch yourself saying negative statements about yourself and life in general?

Do you moan about life being unfair? How many positive statements do you say each day? If there is a constant negative undercurrent to your inner dialogue and day-to-day conversations with others, then you are sabotaging your ability to live an abundant life! You need to change your focus and adopt positive dialogue.

Let's look at this in more depth:

What If ...?

Have you ever sat and pondered the question 'what if?' Chances are that if you have entrepreneurial spirit, 'what if?' are words that pop into your head on a regular basis as you deliberate all the possibilities and ideas. But if you're more inclined to use the words 'if only' in your regular conversation, then it's time to start thinking about the energy behind your spoken and unspoken thoughts.

Every day, we use words to convey feelings, intentions and ideas, whether sharing them with others or engaging in an internal dialogue with ourselves. The impact of our chosen words is affected by the energy of our intention. So, if the words we use are borne out of negative thoughts, then the energy of intention will create undesirable results. Similarly, if positive thoughts are behind the words we use then the energy of intention will prove more productive.

In relation to 'what if?' the words become powerful if you are using them positively to find solutions. Examples of these include: 'what if I try this new approach?' ... 'what if I use this idea?' and so on. When delivered with positive intent, there is the realisation that the words 'what if?' are compelling and the precursor to self-empowerment and abundance.

Many are, however, stuck with the words 'if only'. These are used to express regret and are generally associated with past events. They draw upon negative energy. For example: 'if only I'd studied more?' ... 'if only I had found a better job, car, house, relationship?' etc ... In this context, 'if only' is fuelled by self-pitying thoughts that are far from constructive. The expression bears down on the soul and is non-productive.

So, here's what you need to do:

Change Your Intention

The next time you find yourself saying 'if only', note the intention behind the question. Where is it leading? How can you change the term to 'what if?' so that it becomes fully charged with positive, creative energy that will facilitate change? Here you have the power of choice. You can opt for positive energy behind your intentions. You can eradicate the 'if only' from your dialogue and choose to change your focus.

Instead of 'if only I had more money', look for the solution and create a 'what if I did x,y,z to make more money?' ... suddenly, there is hope and possibility behind your words.

'If only I had a more fulfilling life' should be 'what if I changed x,y,z to create a more fulfilling life?' and so on. Quickly, despair can change to aspirations.

Solutions are there; you just need to alter the emotions behind your thoughts to bring about more constructive possibilities. When we're wallowing in self-pitying thoughts, we are blocking the energy of creative thought. The muse, which we all tap into, requires clear and open airways for positive thoughts to transmit to the cosmos. So, if you feel the rise of 'if only', alter the intent. Don't let the negative words surface.

Follow Your Intentions with Action

Of course, getting the right intent behind your words is one thing; following your intentions through is another. The intent behind your words only becomes powerful when you take action. So don't waste your words. Follow through on your 'what if?' ... activate the solutions and change a negative situation into a positive one. At the same time, squash the tired, old 'if only' from your thoughts. If regret does surface, get out the 'what if?' question and apply it.

When you action your positive words, the possibilities for yourself and others grow tenfold. 'What if?...' can really be a force for change and innovation; it's the driving force towards achievement. It's what changes the ordinary to the extra-ordinary and what is so amazing is that the power of action is totally within each and every one of us.

So take charge today and let the right words flow. Seize the potential and make every word you use count towards creating a more positive, inspiring life. Think right words, right intent and right action and you'll be on course for an abundance of happiness, success and contentment. *"Deeds, not words shall speak me"* – John Fletcher (1579-1625)

Nurture Your Power Statements!

Every time you find yourself dwelling on a negative, switch your intentions back to the positive power statements. It takes some practise to change what has probably been a life time of negative dialogue so be easy on yourself as you go. Just be consistent. Check on your internal thoughts and feelings as well as the words you say on a moment-by-moment basis. With regular attention, you will start to feel a shift in energy and this will open the pathways to abundance. Give it a try!

Remember ... **Words Have Power!**

The Present Time Matters

Make your positive power statements resonate as if you have already achieved them. If you say 'one day I will' or 'I will have' or 'I hope to have', these become further out of your reach. They are left to a future time and you're well aware of the saying 'tomorrow never comes'. Focus on the words 'I am', 'I have' and notice the difference in the way they make you feel.

Turn these statements round ...

I don't want to be fat to **I'm perfect as I am**

I hate this ... about myself to **I'm unique! I love this ... about myself**

I'm sick of being broke to **I have all that I need**

I'll never find true love to true love is waiting for me
I hate myself to I love myself
What you give attention to grows and grows!

Watch Out for Abundance Saboteurs!

When we are born, we start to be influenced by experiences and the wisdoms of others. We are akin to giant radio receivers taking in knowledge and beliefs as readily as a sponge soaks up water. We become our experiences.

As impressionable children, we go to school and are taught a fairly set syllabus of knowledge. It is thought that most of us lose touch with our sixth sense and psychic abilities during this time because of the rigidity of the syllabus of learning that we undertake. We are influenced by our teachers, parents and contemporaries. We are also influenced by leaders, doctrines and the events that are happening in the world. Soon, we are impacted by all this information, the quality of which can determine whether we are predominantly positive or negative people and whether we are open-minded or fixed-minded.

Our science teachers may stick to the mechanistic outlook, leaving little room for anything unexplained. We are taught subjects within a narrow viewpoint. There is little room for enquiry, for discussing the magical aspects of being alive or for enhancing our potential in a way that is holistic, creative and inspiring. After all, where in the current school curriculum do we learn about creating abundance?

Of course, we can learn a lot of good things at school which may be useful to gaining a career but the real learning is from life and the experiences we gain. Our parents and friends, although with good intentions for us, often believe what they tell us or do for us is best. They are not always right. Abundance saboteurs can be our friends or adversaries. They may have good intentions or not. The way to avoid abundance saboteurs is to have faith in our own beliefs and ways. Once we start trusting in ourselves and the universe, we are on an abundant path.

There's no set syllabus in life but you'll learn the greatest lessons if you remain open-minded. Whether you've just left school or have been out of the system for years, you can shake off limiting beliefs and get back in touch with your inner self, your psychic abilities, your positive outlook and these wonderful qualities you were born with just by making the decision to open your mind to new thoughts and experiences.

Watch out for Energy Vampires!

Spend enough time with people who are negative, moan a lot or tell you that 'you can't' will have a negative and limiting influence on your own outlook on life if you have not been able to detach from the negative vibes. These energy vampires will suck you dry of your positive reserves, especially if your defences are low. This will have an adverse effect on your energy and ability to live an abundant life.

Alternatively, spend enough time with positive, inspirational people and the world will be full of opportunities for abundance. Being around positive people will uplift your spirits and providing that you are positive in return, the mutual exposure to these feel-good vibes will brighten the dullest day and lead to abundant opportunities.

Consider the people you have contact with on a regular basis. Are they energy vampires? If they are draining you of positive energy by their constant moaning, picking fault with the world, using you as an unpaid counsellor or asking too much of you, then it's time to change the situation. First, do some internal work and consider whether any of your thoughts are attracting these people into your life. Remember, the energy you send out attracts like a magnet. If it's positive, you'll attract positive. If it's negative, then ... you get the picture!

You can change the situation. You can start reducing the amount of time that you spend with energy vampires or, if you wish to maintain the friendship, defend yourself against negative vibes using your positive outlook. In Part Three, we reveal how you can combat energy vampires, enhance your personal relationships and bring more positive 'energy giving' people into your life.

If most of your life's potential so far has been sabotaged by other people, fear not. You can change the situation and it's never too late! It may take a while to squash the negative dialogue and limiting thoughts you have right now but it can be done.

And as you become more positive in your outlook, abundance opportunities will be forthcoming.



Tips for Nurturing a Positive Abundance-Attracting Outlook

- Distance yourself from negative people or 'energy vampires'. If you have to work or socialise with negative people, visualise a barrier of light that surrounds you, protecting you from their negative vibes and influences. Don't allow their dark mood or thoughts to impact on you.
- Nurture relationships with positive, encouraging, inspiring 'can-do' types of people. Those who believe in abundance creation are fantastic people to be around and it will motivate you towards living a fulfilling life.
- Realise that everything you have learnt at school or in life so far isn't necessarily conclusive or even right. Open your mind to continued learning but form your own beliefs and conclusions.
- If you grew up hearing negative statements such as 'you're useless', now's the time to eliminate those thoughts which have held you back. People often say things either without thinking or out of frustration or even as a result of their own shortfalls! Don't live your life by their mistakes. Forgive those negative voices and let them go. You have the potential for much abundance creation in your life. Focus on the positive!
- Life is like a game of monopoly. You roll a dice and sometimes you land on the wrong square. Don't dwell on negative situations. All experience is positive and helps you grow. Try to resolve any challenging matters and move on.
- Eradicate negative internal or external dialogue. Listen to your voice and thoughts on a regular basis. Keep it positive.
- Be at peace with yourself! Celebrate your uniqueness and believe in your potential for creating an abundant life. Remember, it all starts and ends with you!

Now that you know more about your power to live an abundant life, let's move on to Part Two and explore the co-creative techniques and tools which will help you tune into the abundance wavelength.

Part Two - Tune into the Abundance Wavelength

In Part Two of the course, we'll show you how to **Tune into the Abundance Wavelength**. Discover how to create everyday abundance in your life with our **Seven Steps Formula for Successful Cosmic Ordering!**

Learn how to:

- Implement the tools to help you focus on creating abundance so that you can tune into the right cosmic wavelengths.
- Use meditation, affirmations and other practices to help you focus your intent.
- Create everyday abundance - Start to manifest more 'luck' in your life moment-by-moment.
- Build on your cosmic ordering skills. Day-by-day, by implementing the abundance techniques, you will start to attract people, opportunities and positive outcomes.
- Live a life that encompasses your passions and dreams.

Start by Helping Yourself

You're probably thinking that a simple order to the cosmos doesn't require any tools or techniques. After all, many books on the subject seem to suggest that you simply decide what you want and send your request out to the awesome universe and wait for a response. End of story! And, yes, some people do get exactly what they ask for without seemingly any or much effort. It does work but it doesn't always work quite as well for everyone. In fact, some people (and you may be one of them) are reading this feeling slightly disillusioned because they have tried cosmic ordering before and it hasn't worked out. This is where Advanced Cosmic Ordering steps in and helps you discover the path to abundance.

Advanced Cosmic Ordering emphasizes that creating abundance is part of a co-creation journey that is individual to you and your needs. In order to tune into the abundance wavelength, you need to start helping yourself. It may be that you need to overcome some hurdles before the abundance starts to work. There may be life lessons to take on board as you proceed. Part Two will provide the tools and techniques to help you take a holistic approach to cosmic ordering – one that will align you with what you most need to realise your wishes.

Now, it's time to explore the seven very important steps to the art of manifesting abundance.

The Seven Steps Formula for Successful Cosmic Ordering!

There are seven very clear steps to cosmic ordering which require your attention. In brief they are:

1. Be Clear about what You Want
2. Focus on Your Wishes
3. Use Abundance Techniques to Increase Your Success
4. Maintain Positive Intent
5. Open Your Awareness Channels
6. Believe!
7. Circulate Abundance

Let's look at these steps and explore the concepts and techniques in more depth:



Step One: Be Clear About what You Want!

What do you want? What do you really, really want? Before you send out your wishes to the cosmos, you need to be totally clear and specific about your goals.

The problem most people encounter isn't necessarily becoming more abundant but knowing what it is that they truly want and need.

Think back to school days. Did you know what you wanted to be when you grew up? Did your friends know what they wanted to be? Chances are that those who knew and were completely focused on what they wanted, became what they wanted to be. If you didn't know or still don't really know what you want, you need to address this hurdle first before you progress further.

It's a fact that many people don't really know what they want out of life. They have vague notions of what they would like or what makes them happy but many drift along, not realising their full potential. Perhaps that's just the natural balance. If we were all ambitious, for example, who would take care of the menial but necessary jobs in life? Many people are perfectly happy with their lot in life but if you are searching for more or feel discontent, then you are not living the life you are supposed to lead. Once you have a direction, cosmic ordering will take care of the rest!

Dig Deep! ... Make Sure You Know What You Really Want

Before you read on, find pen and paper. Now make a list of the things that you want. Take your time! These aren't cosmic orders yet ... they are just a list of things that you think will make your life better, happier and more abundant.

Once you have made your list, read on.

Let's take a guess what's on your list:

- Increased income or a lottery win? ...

- A bigger, better house somewhere nice? ...
- A brand new top of the range car? ...
- A better job? ...
- Improved health? ...
- A holiday or world travel experience? ...
- An escape from the rat race?...
- An attractive girlfriend / boyfriend in your life? ...

These tend to be the most common things that people want. Acquiring more money is usually quite high on the list as most people equate money with freedom.

Now it's time to wield that pen again and, this time, write down the reasons behind each wish. Before you spend time on this reflection, remember to be completely honest with yourself. Dig deep and write down the real reasons.

Say you want the latest sports car ... is this really for you or are you trying to impress someone? Perhaps you want a bigger or better house. Ask yourself the reasons why you need a bigger and better house? Dig to find the motives and emotions behind the things on your wish list.

If what you want is truly for your pleasure and benefit, then it's a true wish. If you are trying to compete, impress or take revenge, then be careful what you wish for! When your wish is fuelled by negative emotions such as jealousy, greed, revenge etc, what you may get won't necessarily make you happy. The cosmos will see to that.

Focus on the positive reasons behind your wishes. If you want a sports car, for example, because you perceive it as being fun to own and drive, that's fine. The universe likes us to have fun. If we want something because it benefits us in our health, well-being and personal growth, even better!

Exploring the real reasons behind our wishes can prove enlightening.

We may conclude that the reasons are no longer valid or don't have the right intent. If that's the case, remove the wish from your list. We may discover that the thing we think we want is really a substitute for something else that is lacking in our lives. If that's the case, write down the quality or thing that you truly need.

Digging deep will help you focus on what you really need in life and will enable you to eliminate extraneous and irrelevant wishes from your list. We don't all need bigger, better houses or the latest cars to live an abundant life. Sometimes, we can equate material gain with happiness or freedom from unresolved emotional issues. Material gain may dull any existing lack or problems in your life but it won't remove them feelings completely. You will need to find another way to tackle any emotional issues and we look at this in Part Three. Often, what we really need is much more simple and specific.

Now check your wish list. Make the relevant changes at this stage but don't put pen and paper away just yet. You'll need it for the next exercise.

Add Detail to Your Wishes

You should now have a clear list of your most significant wishes. These are the things you believe that you need to live a happier and fulfilling life. So far, so good!

Pick up your pen again; you now have to add details!

As mentioned in Part One, one of the secrets to creating abundance is being specific about what you ask for. Being clear and precise about what you want helps you and the universe focus on the end result much more successfully than some random, sweeping wish.

If you simply ask for a new job / career, for example, without providing any details of what it is that you specifically would like to do, don't be surprised if you get something that you don't particularly want!

Instead, focus on the type of job / career you would like. If you want to work in a country park, for example, describe the position, job title and location. Visualise what you would be doing each day. Be clear about the salary you need. See yourself doing the work.

If you want a new house, describe it in full. List the features that are important to you. State how many bedrooms it has. Indicate the size of garden you need or whether there are outbuildings. Is this house by the sea or in the countryside? Do you have an ideal location in mind? Build up a picture of your house. Start to visualise it (more about this shortly) and see yourself living in this house.

Adding detail is like laying down foundations to your plans. It gives you a perfect blue-print to send out to the cosmos.

Take Carol's example:

"Many years ago, I decided that I wanted to move from my townhouse but as much as I wanted to, it just wasn't happening. It's only much later that I discovered what I was doing wrong. I wasn't being specific enough in what I wanted! Previously, all that I knew was I wanted to move but how could the universe guide me in the right direction when I wasn't clear whether I should move to the coast or to the hills or to the North or South? If anything, my lack of focus was creating a block resulting in confusion. The remedy was simple enough ... I needed to decide on exactly what I wanted right down to listing the main features. So, I asked for a house within my budget that had an inspiring view with miles of country walks on the doorstep. It had to be somewhere that would allow me to connect with my muse as a writer and feel blissfully content but not be too far away from family, friends and civilisation. It had to have space for me to work as a writer and a studio for my artist partner. I was very careful to add detail to such an extent that I could almost visualise my new home before I actually found it.

As soon as I began to visualise exactly what I wanted, things started to happen! I found details of such a house on the internet which ticked all the right boxes. I went to view and the lady seemed to recognise me and I her although we had never met before.

I considered this to be a positive sign. She explained that she had almost sold the house twice but each time, the sale had fallen through. It was almost as if the house had been waiting for us to arrive. And when I looked round with my partner, we fell in love with it. We felt totally at home. Despite a slow-moving market, the sale of my town house and purchase of our ideal home was completed within two months ... possibly because I asked the universe if we could be sitting in our new home by early November!

I'm looking out through my balcony window overlooking the valley and the most beautiful countryside scene and realise that I now have what I specifically asked for ... inspiring views, miles of country walks, my writer's study and my partner's art studio yet still close enough to town and for visits to family and friends. The house is right for us and although you could say that we did all the leg-work in making it happen, there was a tangible sense of synchronicity taking place that was working in our favour."



Step Two: Focus on Your Wishes

It's time to gather your notes and on a clean sheet of paper, personalise your wish list. This affirms what YOU want. Precede each wish with the appropriate words 'I am', 'I have'. Note that many who use the cosmic ordering system tend to use the present tense as if you already have the thing that you want.

So, you have, for example: 'I have the latest Jeep Cherokee in blue with leather upholstery etc' or 'I am a successful watercolour artist gaining regular commissions of my work.'

Some prefer to ask for their wish as follows:

Example: - 'I am grateful to the cosmos for providing me with an organic smallholding in rural Wales where I successfully sell healthy organic produce.'

Or

'Thank you universe for finding me my perfect soul-mate'

The dialogue sounds odd because you haven't yet received the things you want just yet but you are co-creating your reality. Giving it your positive attention attracts your needs like a magnet.

What about Dates?

Some say you should provide a date by which you aim for your wishes to be answered. Others disagree. Generally, if you need something by a specific date, then mention it. Remember to keep the present tense, even though it's not grammatically correct. For example: 'I have a new washing machine by 7th February'.

Time and dates create a paradox when it comes to cosmic ordering. Some believe time is relative to experience or can slow down or speed up.

The saying 'all in good time' has meaning in abundance creation. There may be steps to take before a major wish is granted. More simple wishes can be granted spontaneously.

What you need to keep in mind is that there are many possible futures trying to happen at any one moment. The one that you give the most attention to happens. By cultivating the future and not just changing the issues resulting from the past, we start to open up the abundance channels.

Keep an Abundance Journal

An ideal way to keep track of and focus on your wishes is by keeping an Abundance Journal. We have already mentioned the importance of writing down your cosmic orders as a useful tool for specifying exactly what you want and to reaffirm your wishes. You could say that it acts as a written contract between you and the universe.

Writing is a powerful tool. It has been used through the ages to inspire, dedicate, record history, convey thoughts, provide instruction and to establish beliefs. From the 10 Commandments etched on tablets to the ancient hieroglyphics in ancient Egyptian tombs; from the paintings found in caves dating back to prehistoric time to the overload of information we currently have in the digital age of computers, writing remains a constant. You only have to look at blog writing to see how important it is for every individual to document their thoughts, feelings, experiences and outlook on life. Keeping a diary was once a very personal activity but, these days, many are quite happy to express their innermost feelings to the world.

Where your abundance journal is concerned, keep it private, very simple and specific. Set out your wishes clearly on a day-to-day basis or as things change. You may need to revise the details as you go along, especially where major life-changing wishes are concerned. Some people prefer to ask for smaller, step-by-step wishes that help move forward to a more significant goal believing this is easier and more realistic in terms of gaining results. Others simply ask for the 'big picture' ... their ultimate dream. Remember, it's all about whatever you believe in that will define whether it works!

Let's see what works for other people:

Karen says:

"I keep a dedicated abundance journal – just an ordinary A5 notebook - which I refer to almost on a daily basis. I ask for things that I need – not just material things but qualities such as strength, clarity, energy, contentment. I equate it to my personal prayer book. Where some people say prayers before they go to bed, I wake up and reaffirm my wishes or write new ones in my abundance journal. I choose to keep it private – at least between me and the cosmos! Referring to it daily keeps me focused on my wishes in a positive way. Once a wish has been answered, I write a thank you in the journal."

Mike says:

"I write my wish list in my business diary which I take everywhere. I find it helps me to think about what I really want from a situation or experience, especially in terms of business goals. I write them down, think positively about them and return to them on a daily basis until the goal has been achieved. Being a very pragmatic type of person, I was really sceptical at first about the whole cosmic ordering system. However, I'm open-minded enough to give anything a try and I have had some fantastic results, some which have manifested quite spookily!"

Ruth says:

"Keeping journals isn't really my thing so I write a list instead which I attach on the notice board in my kitchen. It keeps my wishes in sight and works for me."

Step Three: Use Abundance Techniques to Increase Your Success

In Part One, we discussed some of the issues that prevent us from being abundant such as negative thinking, abundance saboteurs and energy vampires. We also explored the qualities needed to attract the things that we most need: qualities such as positive thinking and belief, clarity and specificity in what we want. We now take a closer look at the techniques that you can implement and tools you can use to eradicate any self-limiting thoughts and change negative situations into positive so that you can attract more abundance into your life.

Which Techniques are Right?

Before we focus on the tools and techniques that will help you become more abundant, let's expel a common myth about cosmic ordering which we touched upon in Part One.

The Myth is that you have to follow a specific technique or guru precisely in order to benefit from cosmic ordering. And, if you don't follow the specific technique, the cosmos won't respond. It's true that you need to be careful what you wish for but no system can claim to be the only way.

Successful abundance experts will swear by their own technique for cosmic ordering. This is excellent because it works for them. The thing to remember here is that there is no one technique that presides over another. You choose one that works for you. As long as you believe in the system, then it will be absolutely perfect.

There is a maxim which goes: 'Whether you think you can or you can't, in either case you'll be right!'

You simply use a technique that resonates with you and which you believe in.

As you explore the potential of cosmic ordering, you may find your own way of placing an order to the cosmos not even mentioned here. If it works for you, go with it! Use it on a regular basis or as needed.

So, let's look at the techniques some people have found useful to becoming more abundant:

Using Meditation

Think about meditation and you might conjure up images of yoga practitioners or Buddhist monks sitting in their meditative stances on some distant mountain side. It has that mystical association about it – the pursuit of inner mastery. To create abundance, you don't necessarily need to meditate on a mountainside for hours on end, but a bit of meditation –as little as 10 minutes – in your daily routine will go along way to helping you forge an abundance-creating positive and relaxed frame of mind.

Meditation is an inner journey and this space that you give yourself, away from the daily clutter and routines can provide a direct route to the cosmos. A still mind frees up the energy for abundance creation. It enables you to focus and will help you tune into the right wavelength where anything is possible.

Start by finding yourself a quiet place. A garden sanctuary or dedicated space in your home where you won't be disturbed is ideal. Failing that, go find that quiet mountainside where you can escape the madness for a while. Switch off mobile phones and hang up a 'do not disturb' sign. Make your meditative space comfortable. This is quality time that you are investing in yourself to enhance your well-being.

Start a meditation by relaxing every part of your body. Close your eyes. Feel any tension easing away. Once you are relaxed, focus on the natural inwards and outwards breath. Your mind may be blank or it may have random thoughts entering the spaces. Just acknowledge each thought and let it go. Anyone starting meditation for the first time may find these random thoughts quite distracting at first. Rather than get frustrated with them, just accept them as they come and let them pass. Eventually, with regular practice, you will find stillness in your mind.

If the thought of meditating bores you, then try something else such as Tai Chi (meditation in motion), yoga or a walking meditation. Once you have learnt the moves or know the route you are taking, you can switch off your mind and meditate. You can even meditate during a treatment of reflexology or aromatherapy, providing that the therapist knows not to disturb you.

Consider Anna's experience:

"I always used to be sceptical about meditation and thought it was something that ageing hippies did. Working as an accountant in a professional partnership, I didn't think I'd fit in with this new age stuff. I gained the chance to try a meditation class on a spa break though and any preconceptions I had flew out the window. I realised that people of all ages and from all backgrounds use meditation for relaxation, healing and self-empowerment and that it was a beneficial tool I could easily include into my every day life once I knew the basics. I attended a talk about abundance creation and now use meditation to aid my self-development to manifest the things I want out of life. On the outside, I still have my professional persona as an accountant but through regular meditation, I have started to realise the potential we have to live more meaningful lives. "

Meditation is a powerful tool for self-empowerment and one that has been used for generations and in different cultures. On its own, it is highly effective but, with visualisation, it can help you focus on creating abundance.

Using Visualisation

"If you can visualise it, you can create it!"

What makes abundance creation possible is belief and this can be further fostered by using visualisation techniques. When you picture something in your mind's eye, it starts to take shape. As you add colour and detail, it becomes real.

Visualisation brings something that you want or need to life. It is a powerful tool for cosmic ordering and achieving goals. The technique is often combined with meditation and is widely used for healing as well as goal setting.

We have included some guided visualisation meditations in the accompanying audio recordings to help you tune in. If, however, you wish to create your own visualisation for something specific, consider the following pointers:

- Picture yourself being happy with the quality or thing that you want.
- Use an object or symbol to associate with a quality or emotion that you need. For example, a dove can be a symbol of the peace that you need in your life or as an end to family feuds. A gold treasure chest can be symbolic of the financial security that you need. Imagine it containing jewels or money. A red rose can symbolise the soul-mate who is to enter your life.
- Visualise what you want as if you already have it. Remember, this isn't a far-off or never-to-be realised dream. This is a vision of what is to come.
- Find quality time to focus on your visualisation. Some people find that last thing at night when they are relaxed is a good time to visualise; others find first thing in the morning when they are relaxed but fully awake works for them. Find your own time.
- You can visualise anywhere - in your private meditation sanctuary at home or on a train or in the park during your lunch break. You can use the tools of visualisation wherever there is space for you to switch off - preferably where there are no distractions such as mobile phones or people talking in the background.
- Take your time. It takes a while to get into visualisation mode. At first, you may find other thoughts - every day things - will flood into your mind. Just let these go and bring your attention back to your visualisation.
- Some people find that visualisation is strengthened by connecting with an inner journey. For example, before you visualise the object or quality that you want, you go through a set of gates or take several steps or open doors that take you to a place of sanctuary in your mind. This deepens the meditation and focus.

Once you have the tools in place, you'll find that you can get into the visualisation zone quickly and to suit your own requirements.

Listen to the audio visualisations as this is the best way to help you focus if you're new to meditation. If you just want to close your eyes for ten minutes or so to practise without audio prompting, use the following guide to help you:

Prepare to Meditate

Before you start a meditation session, prepare your space. You will need:

- A comfortable, quiet meditation space where you won't be interrupted. Don't forget to switch off your mobile phones!
- A comfortable mat, cushion or chair to sit on.
- A blanket to keep you warm.

You may also like to enhance your meditation space with:

- Candles
- Relaxing essential oils
- Flowers / crystals

Begin Your Meditation

When you have prepared your meditation space, sit in a comfortable position. Close your eyes and start to relax.

Concentrate on each breath. Feel your chest and abdomen expand as you breathe in through your nose. Release tension as you breathe out through your nose. Feel your whole body start to unwind with each breath. Let all tension float away. Say to yourself - 'relax!'.

Surrender to Peace

Let everyday thoughts and any background noise drift gently away. Focus on each breath to surrender to peace and stillness. Inhale calm and exhale tension. Notice how light your body feels as all the stress lifts away. If you start thinking about worldly, every day things, simply acknowledge each thought, focus on your breathing and let the thoughts go.

Start to Visualise

When you feel totally relaxed visualise a beautiful, tranquil scene. Let it be your place of sanctuary where you can enjoy peace and stillness. Here you will find healing and joy. Breathe in this place and feel positive energy fill your being. Let it radiate through you like a golden light.

Let Stress Go!

Visualise a white dove in your place of sanctuary. Let it lift the stress from your shoulders and carry it away. Allow the dove to become a symbol of inner peace and harmony. As you feel the dove's presence, silently affirm, 'I am relaxed and peaceful. I let go of stress and tension.' Repeat the affirmation silently.

Return from Meditation

When you are ready and totally relaxed, bring your awareness back to your breathing. Prepare yourself to return from your meditative state. Be aware of your body. Slowly start to stretch, starting with your hands and arms. Open your eyes and take a moment to acclimatise.

You can adapt this visualisation meditation to suit you and your requirements. Use it initially to relax and combat tension after a hard day. You'll find that, after a while, your sense of wellness will be enhanced and you'll be more alert and in touch with abundant energy. You'll be able to use the visualisations to attract what you need. It will reinforce your beliefs and the energy behind your intentions.

If you try meditation and visualisation for a few weeks but find that abundance creation isn't forthcoming or results are sporadic, then you may need to do some inner work to change old beliefs or clear unresolved emotional issues before you can move forward.

Let's take a look ...

Using Techniques to Change Old Beliefs

Often, we hold ourselves back from reaching our potential and manifesting the things we want out of life through clinging on to out-dated and useless beliefs. We are of our own making. Everything that is happening in our lives, we have created. So, if things aren't going too well and the channels for an abundant life are blocked, it's time to do some inner work to release and eradicate the issues that are holding you back.

There are many ways you can do this: hypnotherapy, NLP (Neuro-linguistic programming), EFT (Emotional Freedom Technique) or even through self-journeying where by you work through your issues by yourself or with a mentor. Find out what will work out best for you. To help you decide, let's look at these options in more detail:

If you have old habits that are difficult to shake, you may find hypnotherapy highly beneficial. If you are attached to old dialogue and beliefs, NLP may be the ideal starting point. If you have unresolved emotional issues, EFT may be the way forward. If you have a strong resolve and the will-power to change, you may be able to move out of old, self-limiting beliefs on your own or with the help of a life coach.

Try Hypnotherapy –

Hypnosis is a natural state of heightened awareness which allows you to open your mind to positive suggestions to bring about beneficial life changes. This is a powerful therapy for combating old habits and attitudes. You can release fears, stop smoking and even lose weight through hypnotherapy. More so, you can release old worries, habits and attitudes which will free you up to receive abundance.

You can work with a trained hypnotherapist or try self-hypnosis. Contrary to what is often portrayed, hypnotherapy practised correctly doesn't make you lose control. Although everybody's experience is unique, you won't do strange and embarrassing things without your knowledge. You are in control throughout.

Hypnosis allows you to go into a state of deep relaxation and bring to mind details or information carried in the sub-conscious mind. It's a bit like being half awake ... when you're just starting to come round after a good night's sleep. Some say it's like being in a day-dream, on automatic-pilot or in a light trance. You experience deeper levels of awareness and are more susceptible to implementing a change in thought patterns and attitudes as a result.

Try NLP –

Neuro Linguistic Programming is the practice of understanding how we organise thoughts, feelings, language and behaviour and provides us with a methodology to bring about outstanding performance.

NLP was founded in the early 70s by John Grinder and Richard Bandler through their mutual interest in behaviour patterns and the fascination with human excellence.

One of the concepts of NLP is that we form mental maps of our world by the way we filter and perceive information via our senses. First, information (sounds, images, tastes, smells, tactile awareness and inner sensations) is processed neurologically. We then assign a language to this information and then programme a behavioural response.

Through modelling behaviour patterns and thus modifying behaviour, amazing results can be achieved. People can enhance their response to stimuli and see an increase in personal goal achievements. Fears and obstacles can be removed. You can understand why it is popular within the business community as a tool for building leaders.

For creating abundance, it is a useful technique as it re-models old thought patterns to bring about more favourable conditions to manifest what you want in life.

Try EFT –

The Emotional Freedom Technique was founded by Gary Craig, an engineering graduate and ordained minister, whose interest in personal improvement via psychology led him to discover that the quality of our thoughts mirror the quality of life.

EFT is based on the discovery that ‘the cause of all negative emotions is a disruption in the body’s energy system’ and that ‘our unresolved negative emotions are major contributors to most physical pains and diseases’.

It draws upon the wisdom of ancient Eastern practices and the wisdom of Albert Einstein’s belief that everything – including us – is composed of energy.

EFT is considered to be the emotional version of acupuncture but without the needles. It works using a technique called ‘tapping’, using the fingertips to gently stimulate the energy meridians in the body to balance the energy flow.

Thousands have benefited from EFT. Results can be instantaneous and focuses on clearing out emotional debris from past experiences. Once emotions are freed, ailments start to fade or even disappear.

EFT is regarded highly and is changing people’s lives. There are other versions of this approach which work equally well but this is an ideal starting point if your health is suffering or if you have emotional issues that you need to deal with before living a more abundant life.

Try a Life Coach -

Sometimes, all we need is someone at our side to give some firm encouragement and motivation to help us achieve our goals. A Life Coach is a good investment in you, even if it’s just for a few sessions to help you find your path.

A life coach or mentor will help you find your true self so that you can live a more meaningful life. They can guide you in all aspects of your life – career, business, family, lifestyle – and a few consultations are perfect if you have a problem with motivation or sticking to resolutions. The life coach will encourage you to get on track so that you start opening your life up to receive more abundance.

Use Affirmations -

Affirmations are strong, personal mantras that you can use to strengthen your resolve and manifest abundance. Affirmations focus on self-belief in the moment; they recognise the ability to be abundant. These power statements, through regular repetition, invoke positive energy and start creating the reality behind the words.

Thoughts are powerful but written and spoken affirmations have hurricane force energy behind them. These incantations have been used for generations by mystics and ancient beings from all parts of the world. When Native American Indians chant for rain, they affirm their intentions and are sending out their own cosmic orders. When Buddhists chant and Christians say their prayers, they are affirming their beliefs. Everyone can use affirmations to make dreams a reality.

Typical affirmations include:

“Everyday and in every way, I am becoming better (or successful, happier, wealthier etc)”

“I am an open channel to receive abundant energy.”

“I thank the universe for providing me with all that I need for a fulfilling life.”

“I live my passion thanks to universal abundance.”

“I am blessed with unconditional love.”

“I trust in the universe to provide all that I need.”

"I trust in the all that is to provide a ... (whatever you need)."

"All is well and all will be well."

Use Relaxation –

You need constant concentration to open up the conduit to your intuition and this can be developed through relaxation. The wisdom that flows from within and via the cosmos will be clearer and more profound when you are relaxed and focused.

Engage in activities that help you relax at the deepest level. Try walking, swimming, cycling, jogging, dance or keep-fit. Once you've learned the moves, Tai Chi and yoga will help you transcend into a state of relaxation and meditation. Focusing on a favourite hobby or interest such as painting, reading, art, craftwork, playing music or writing will help you switch off and evolve into alpha mode, thus sharing the same energy signature with the earth. In this space, you are at one with the all that is and have the ability to connect with your deepest wishes.

Transcend All Obstacles

Our mind set creates the biggest obstacle to creating abundance. We really do hold ourselves back from reaching our full potential. Often, we tend to blame others or the universe for the lack or misfortune in our lives. It's all down to us and the only way forward is to transcend the perceived obstacles.

Changing habits and beliefs of a lifetime might not happen overnight. It can be a process which takes time and patience. In some cases, it can be immensely emotional and draining letting go of the self-limiting thoughts that have held on to you like the claws of hell for such a long time. You may feel fear of letting go. We become attached to self-limiting thoughts because they are familiar. Learning new habits, letting go of past hurts and introducing new, positive dialogue requires effort and determination. It is like climbing a mountain in terms of energy expenditure and you will be open to an array of elements (emotions) that will challenge your every step.

In order to change old beliefs so that you can live a more abundant life, you need to be ready for change. You need to want it more than anything. It requires utmost belief. So, only start this next step when you really are ready.

Once you reach the peak of your mountain with a new outlook on life, you may experience a huge sense of euphoria and clarity. Abundance may even start to happen of its own accord! You will notice little things at first about the way you feel and how you respond to the daily routines and experiences. As you move into a significantly more positive place, you will start to attract positive situations. As past hurts are healed, you'll start to attract that what you most need and is missing in your life.

Letting go means that you free up space for new things in your life. This is where abundance creation can really begin.

Consider Sharon's Story:

"I am quite a positive person on the whole but some experiences from the past have left dents in my emotional armour and I realised that these were holding me back from living an abundant life. I had a very strict upbringing and was told what I could or could not do from an early age. Fear of punishment and failure governed my every action and I had a deep but fearful reverence for my superiors. I felt like I was a puppet and my parents and any 'authority' figures were pulling my strings. Fortunately, I was brought up right and felt I have succeeded in many areas of my life but when I turned 30, I realised after a nervous breakdown that my life was lacking joy and spontaneity. A friend suggested I try a combination of NLP and EFT. I did and I was amazed by the results. Since letting go of old emotions associated with fear, control and failure, my life has been more abundant. I'm starting to enjoy life for the first time, exploring new interests and experiences that would otherwise have been out of my reach. It feels like the strings to the puppet-masters (no matter how well intentioned they were) have been severed and I'm free to live the life I want."

Step Four: Maintain Positive Intent

Focusing on the positive is vital to keep the abundance energy channels open, yet it is the way of things to be touched by light and dark. How do you maintain positive intent on the days when things aren't going right? Read on ...

Accepting Duality and Learning Detachment

Moods and thoughts change moment by moment, altered by experience. Sometimes, we can have an unexpected dip in mood, seemingly without any known cause. As we become more in tune with universal rhythms through our personal growth, we are also susceptible to flux in the energy wavelengths. It would seem that it can be difficult to be positive all of the time and yet for cosmic ordering to work, positive intent is needed.

From a Taoist viewpoint, you can't have light without dark; you can't have day without night; good cannot exist without bad, and so forth. There is a duality and the idea is to try and accept this co-existence between opposites and find a balance. One way to do this is through detachment. There is a Buddhist scripture that goes something along the lines that 'we create our own suffering out of desire'. When we want something badly, we attach ourselves emotionally and suffer. The further away we are from getting what we want, the more we suffer. It's only when we detach from the outcome that the energy balances out and the thing we want becomes within our reach. Through detachment, we can maintain a positive intent because we have none of the negative emotions fuelled by desire.

So, for successful cosmic ordering we need to maintain positive intent but without forming attachment. Let's reflect upon this in more detail ...

Effectively, you make your cosmic order with positive intent then you let it go. You become detached and trust in the universe and your ability to co-create that what you want. Any thought you give, or action taken, over that wish after you send it out needs to be positive. If, however, you start harbouring negative thoughts such as neediness, desperation, uncontrolled desire, anger, frustration and so on, your attachment can hinder you gaining a result.

This creates some confusion at times, often because there is a conflict in how people regard and use their emotional responses. Some people find that a negative emotion can actually drive them forwards to achieving a goal more readily. This uses a negative emotion to create a positive result. For example, the energy behind the emotion of anger can be used to motivate right action; desire, if directed with positive intent, can bring about the right results.

In cosmic ordering circles, some practitioners say that you should focus on cosmic ordering with positive intent and detach once you send your order. Others, however, suggest that you shouldn't detach but you should focus on your wish on a daily basis with the ethos that 'what you give your attention to grows'. So, which way is the right way?

The answer to this is that both ways are right! It's how you interpret it that matters. Providing that you maintain positive intent throughout, you can detach from the outcome yet remain focussed on getting what you want. What you need to detach from is negative, grasping or stagnant emotion that blocks your abundance channels. If any negative emotions surface, then you work to re-channel these so that they ultimately benefit you.

Can you see now how you are co-creating your reality?

You are constantly working on keeping your thoughts and intent positive to bring about positive results. When you consider the random thoughts that enter our minds on a moment-per-moment basis, it takes constant awareness. Things happen that will test our resolve; other people's experiences may influence our moods; the world may try to get at us. It's how you respond that makes the difference.

It's not about becoming emotionless and indifferent. Emotions are wonderful! We are fortunate to be able to experience a full range of emotions. We need to feel these to be creative and live a meaningful life. However, sometimes emotional responses can spiral out of control. When you dwell too much on the negative emotions, the energy changes everything. The key, then, is to develop an appropriate emotional response ... allow your emotions to surface ... but then detach where necessary and return to a positive state.

We've talked about energy vampires and abundance saboteurs. We also need to be careful about what we send out into the world- the thoughts, feelings and words we transmit, not only about ourselves but about other people. Being judgemental or critical; being fixated on taking revenge or retaliation against others sends out negative vibes and also sabotages abundance. Careless thoughts can do more damage than you realise. So, it's essential to keep a check on your dialogue and moods and focus on maintaining positive intent.

Here's the equation:

Detachment + positive intent = abundance

Detach from your emotions about the outcome but give positive attention to your wishes and nurture them into reality!

Now let's look at other techniques you can use to protect yourself from negative emotional responses.

Raise Your Force-Field!

Watch Star Trek and quite a few other television space adventures and you'll soon come across the mention of force-fields or protective energy shields that are used, often to protect these fictional space vessels or individuals from enemy attacks. Cool, hey! Just imagine if you could have your own force-field to help deflect negative energy attacks from energy vampires and abundance saboteurs. Wouldn't that help maintain your positive intent?

Well, good news! Creating a force-field or energy shield to protect against negative vibes isn't banished to the realms of science-fiction. Remember, everything is energy and there are techniques and tools at your disposal that will help defend your positive aura.

The first protective shield is easy to create and uses visualisation. You simply focus on visualising a protective golden light around you that stops negative vibes breaking through the aura of your energy fields and robbing you of abundance potential.

This golden light provides powerful armour. It resonates protective energy so that anything negative simply bounces off. You can raise this golden light shield quickly whenever it is needed. Just bring it to mind and it is there – instantly! Your thoughts and positive awareness give it fuel so that it remains protective when it's most needed. It protects you but still allows your positive thoughts to radiate out and still allows positive thoughts to come through, so the abundance channels aren't affected. Try it for size!

If you're not comfortable with the concept of divine golden light surrounding you, or you think it's too new-agey, try visualising something different. You must perceive it to be impenetrable to energy fields, such as a Faraday Cage. When you need the shield, use a mental prompt. If you really want to, imagine yourself as the captain of a space ship and give the silent command: 'Raise the Shield!' As long as it resonates with you and you believe, it will help protect you from harmful vibes.

Sounds crazy? It may well do for a moment. But just bring yourself back to the knowledge that everything is energy. And you can create a protective energy shield!

Use Energy Protecting Gadgets

If you prefer something more tangible to back up your force-field, then there are a variety of tools which can act in your favour when it comes to protecting your positive energy. Energy protecting gadgets can be found at most Mind, Body, Spirit festivals and exhibitions. There are all kinds on the market, ranging from necklaces to wrist bands, that will help protect and even balance your energy fields. Prices for these gadgets vary considerably but they all tend to do the same thing.

Many such gadgets are based on crystals. Ok ... you're probably thinking: how can a lump of rock protect me from negative vibes? Isn't that just a bit far-fetched? Well, much has been known about the power of crystals by the science community for a long time but it's still regarded with scepticism as being a conduit for healing, protection and abundance creation.

The most universally used crystal is clear quartz. Apart from being a good health enhancer and an amplifier of energy, the crystal is a powerful dispeller of negativity. Having a crystal necklace, key-ring or crystals within the home will enhance and protect your energy fields.

When you consider that these beautiful minerals are widely used in technology, especially where solar cells or liquid crystal technology is involved, science has recognised the energetic properties of crystals. So it's not unreasonable to believe that they can be used more widely in healing and energy protection and probably only a matter of time before the power of crystals, in a diverse range of situations, proliferates and becomes widely known.

So, what have you got to lose? They cost a few pounds but you have the added advantage that they also make beautiful jewellery or unusual ornaments.

Consider Richard's story:

"I have to admit, I was sceptical about the whole cosmic ordering thing. It just appeared to be one of those weird practices that you can put in the same pot as fortune tellers ... basically just a bit of fun and not to be taken seriously. Then after a run of disappointments in my life and my wife moaning why things never went our way, I decided to look into creating abundance.

I started by reviewing my attitude to life and realised that I was a 'glass half-empty' person for most of the time, partly because I was working in an environment full of mostly negative people. I also held the belief that people who were successful in life were just lucky. I started to change my viewpoint and implemented the attitude of a more successful, positive, abundant person. I started to block out all the negative dialogue by imagining an invisible shield protecting me from depressing work colleagues. I visualised what I wanted out of life and sent the thoughts out to the universe.

It's a bit like planting a seed and then nurturing it every day. As time went by, my whole life started to take on a different perspective and I became the person I wanted to be – I changed jobs and work in a more positive environment. I am successful, fulfilled and happy; and I have all that I need in my life."

Check Your Energy Barometer

Energy changes every single moment. It may be affected by your moods, other people's moods, hormones, emotions, reflections, thoughts and physical action. As a co-creator of cosmic abundance, it's important to keep a check on your energy barometer so that you are prepared for any dips in your positive energy. Being aware of changes – even the most subtle – will enable you to alter your response so that you remain open to abundance.

So, how do you use your energy barometer? It's simple:

- Use your awareness to tune into how you feel moment-by-moment.
- If you feel a dip in your mood or notice negative thoughts creeping in, check your response.
- Delve into the emotional field and ascertain what's creating this dip in your energy. Why have these thoughts / feelings infiltrated?
- Deal with the emotional response in an appropriate way. Channel negative energy into positive energy.

Cosmic Tip!

Connect with your soul ...

How do you feel right now? What circumstances or experiences are affecting you today? Resonate with your deepest thoughts at soul level by meditating on how you feel. Let negative thoughts and sensations melt away. Give room to your higher consciousness. If you are open to abundance, you will have inner peace, contentment, warmth, joy, exuberance, gratefulness, radiance, connectivity and vitality.

Step Five: Open Your Awareness Channels

So, you've sent out your orders to the cosmos. You've used techniques to focus on your wishes with positive intent. Now what?

Look for Signs

The cosmos doesn't always deliver your wishes exactly as you expect. In some cases, and especially with the big, life-changing wishes, it may want you to do more work or it may deliver part of what you want or it may create an opportunity that will take you closer to what you want in life. This is part of the co-creative process and requires you to open your awareness channels so that you will know when an opportunity from the cosmos is coming your way.

Manifesting with the universe is a bit like baking a cake. The cosmos will take all your ingredients and start the cooking process in the great, hot oven of the universe. You can't see it cooking but, if you use your senses, you will probably smell the rich aroma of your cake baking nicely. This is a sign that the cosmos is listening. And, then instead of receiving all of the cake, you may get to taste a piece first to see if it's any good. Then, you may be given a slice if it's to your liking ... then another and another ... until you are happily satiated.

A vital part of successful abundance manifestation is keeping your senses open to the signs. As a co-creator, we have already established that you need to act on your intentions and create the best possible circumstances for your wishes to be answered. This also means fine-tuning your awareness so that you know when the universe is giving you opportunities or opening doors for you.

The aforementioned abundance techniques will help you tune-in and become more trusting of your instincts. Your psychic senses will develop and enable you to see the signs so that you make the right choices and take the right paths. It is this intuitive awareness that will bring success as a co-creator of abundance.

Honing Your Senses

Regular meditation will enhance your state of awareness and increase your intuition. You can, however, tune in to your feelings and focus on the energy signature behind the circumstances in your life to help you make informed, instinctive decisions.

Some pointers that will help you to hone your senses:

- Concentrate on the energy behind a decision that has to be made. How does it make you feel? Are the deep-seated vibes positive or negative?
- Remember how you feel when you have guessed wrong. The sensation may be quite distinct. Were your senses telling you the right way but your ego or logic-based self were telling you otherwise?
- Note how you feel when you get it right. Identify the energy signature and the difference between right and wrong turnings.
- Learn to trust in your instincts.

Some innovative entrepreneurs admit to using their intuition when making important business or life-changing choices. They talk about using their 'gut instinct' – a trait that has helped human-kind survive and evolve.

It takes practice to tune your senses but by being aware and open-minded, you are less likely to miss the opportunities that the universe presents.

Step Six: Believe!

“Life is everything that you believe”

Ultimately, the only way cosmic ordering will start working for you is if you believe in your ability to create abundance. Belief is the fuel that keeps the creative fire alive. With belief, anything is possible.

Today's world is full of people who doubt or remain non-committal when it comes to belief. Then, of course, there are those who are fickle and change their beliefs as quickly as fashion fads. It's this uncertainty, doubt, fickleness and lack of commitment that often holds many back from reaching their fullest potential.

Imagine a football team going out to play for the World Cup. How do you think they will fair if they go onto the pitch without any belief in their ability to win? Chances are they will lose because they don't have faith to carry them forwards.

Now think of all the successful people you aspire to ... the great achievers of our time such as adventurers, explorers, entrepreneurs and sports stars. Each one will have reached the pinnacle of their careers out of belief (and, of course, a few other essential qualities) in their ability to succeed.

Belief is the driving force behind everything you want and everything you aspire to be. For cosmic ordering, you not only need belief in the system but, more importantly, belief in yourself.

So, what happens when self-belief is non-existent?

If you're struggling to muster up enough belief in your ability to create an abundant life, you need to do some inner work to exorcise those demons. Not having enough self-belief can be as a result of old habits, negative dialogue and thought patterns and things that have happened to you through life which has caused a lack of self-esteem. Perhaps you have made mistakes in the past so don't now believe that you can be a success.

Perhaps other people have criticised you so you lack faith in your self. Failure and the sense of being a failure can rock your belief foundations. However, failure is all part of experience and can help you move closer to your goals, if you maintain belief.

To build your self-belief, you need to establish the root causes to your lack of faith in yourself and remove them. The aforementioned techniques such as Emotional Freedom Technique and NLP can help you. Once your belief is in place, you will be truly amazing and unstoppable. Your ability to create a meaningful life will enhance tenfold and you will find that you will start manifesting all that you need.

Cosmic Tip!

Recognise the Good in Everything ...

When you've enhanced your self-esteem, remember to boost the confidence and self-belief of others. Give compliments and encouragement more readily. Pick out the good rather than the bad in a situation. Motivate others by radiating positive vibes so that you share the abundance potential.



Step Seven: Circulate Your Abundance

Those who practise cosmic ordering seem to agree that genuinely giving something of yourself and sharing your abundance increases your potential to receive. This is commonly termed as the Law of Circulation. The art of genuine and generous giving, without any thought to your own gain or loss, keeps the energy channels open and increases your capacity for an abundant life.

You can start by giving gratitude and thanking the universe for abundance. Being grateful for all that you have offers an acknowledgement and also reaffirms your belief in universal abundance.

Some like to write down their gratitude in much the same way they write their cosmic orders. For example:

'I thank the cosmos for bringing love into my life'

'Thank you for my health and well-being'

'Thank you for my new job, car, pay-rise, etc'.

Practise the Art of Giving

Through the ages, people have practised tithing where they give a portion of their income (10% is common) to their church, community or a cause they believe in. These days, many businesses give a portion of their profits to charities as a way of giving something back to the community or world at large.

Tithing or giving in this way enables you to detach from the often negative connotations that can be formed about money. It strengthens your faith too in the universe being able to provide.

Giving money, of course, isn't the only way. You can give love, time, effort, support, encouragement and inspiration to others who are in need. You can also practise Random Acts of Kindness where by you give something of yourself, usually anonymously, to a stranger.

This spreads the feel-good factor and shares abundance. If done without any expectation of gaining something back (apart from the glowing feel-good sensation that giving provides), your own abundance will increase – often tenfold!

Five Essentials You Need to Know about Manifesting Abundance

1. Do not give purely in order to receive. Your reasons for giving must be completely altruistic and heartfelt. If the universe suspects otherwise, the energy channels for abundance creation may be inconsistent or blocked.
2. Give gratitude on a daily basis. Be thankful for all that you have and for all experience that enriches your life.
3. Practise random acts of kindness. Give anonymously to strangers so you can spread abundance.
4. Trust in the system. Have complete belief in your ability to manifest abundance for yourself and others.
5. Be willing to give that which you also need.

Examples of what can happen when you circulate abundance:

'Last week, I gave a donation to someone homeless even though I didn't have much to give. Later that same day, I was informed of an unexpected pay rise. ' - James

'When I set up my business, I felt strongly that I wanted to be in a position to give 10% of my profits to a charity that was close to my heart.

I kept this as my focus through the difficult period of setting up a new business and believed that I would be in profit at the end of my first year in business so that I could support my chosen charity. I did make a profit – in fact, more than I had anticipated – and it gave me great joy to give a donation. Next year, I'm aiming to double the amount I give.' - Natalie

Cosmic Ordering – Summary of Seven Steps Formula

1. Be clear about what you want. Be specific and include details to your wish list
2. Focus on your wishes. Write down your cosmic orders to reinforce what you wish for.
3. Use whatever technique works for you to affirm your wishes and goals.
4. Maintain positive intent about what it is you want.
5. Open your awareness channels so that you recognise the signs and opportunities.
6. Believe!
7. Give something back to circulate your abundance.

You've travelled this far and you have done an incredible amount of work towards your personal growth. Well done you! We now think it's time you had some fun! Don't you agree?



Place Your First Cosmic Order!

Before you start some serious abundance creation, enjoy test-driving the system on a smaller scale and have some fun exploring the potential of the universe.

Try the following:

Ask for an Obscure Object

Think of a specific object that is unusual and not so common place. For example, it could be a purple goblet, a silver cat or a blue dandelion. See this object clearly in your mind as if it has already appeared. Reinforce this by saying or writing down 'I have seen a 'purple goblet' (or whatever your chosen obscure object) today or by a specific date within, say, the next seven days. Send that thought out and let it go. See if the object appears in the allotted time scale.

Some may think that if you look hard enough, you can find anything. Just do a search on the internet and we're sure you'll find a purple goblet, silver cat or blue dandelion in form or reference somewhere. However, the concept behind this exercise is that the cosmos will respond and make this object appear without any hard work or vigorous searching on your part.

Try experimenting with this exercise. Instead of letting go of the thought, keep the object firmly in mind with positive intent and visualise it strongly until it presents itself. See what works out best for you ... placing a cosmic order and waiting for a cosmic response or placing a cosmic order and giving it your constant attention until it arrives. Some find the former technique more than adequate while others need to work at it with constant attention. It's what you believe that matters!

Many people have undertaken this fun experiment and had some interesting results:

Kelly ordered a large bright red feather. You don't often come across bright red feathers so she thought this would be ideal. She placed her order on the 9th May and wrote 'I have seen a large, bright red feather by the 15th May'.

On the 14th, she went to the public library reference room to research her family tree and sat across from a lady who was quietly studying. The lady opened a book and Kelly saw a large, bright red feather which, rather unusually, was being used as a bookmark! She hadn't seen the lady before or since but was certainly delighted to see the feather.

Living in the heart of the midlands, Jim thought he'd ask for something nautical to appear and settled on a golden anchor. On the 7th July, he wrote 'A golden anchor has appeared by the 20th July'. On the 18th, an old friend who had moved north got in touch and invited James to visit. The old friend gave James his new address. The house name? You guessed it – The Golden Anchor.

You could easily dismiss these examples of cosmic ordering as pure coincidence. And, you may be of the opinion that you can easily find anything you bring to mind. You would be right of course. After all, whatever we give our attention to grows. So, yes, we create or increase the incidences of what looks like coincidences and good fortune through our power to believe.

Are you having fun? Ok ...

Try another exercise:

Book a Parking Spot

This is regularly used by seasoned abundance creators and tends to work more often than not! Drive into a busy town on the busiest day of the week and you're bound to think that there'll not be many, if any, parking spaces. This is because you expect it to be busy and you expect the parking to be full. Time to change your perspective! Next time you drive into a busy town at a notoriously busy time, ask the cosmos for a parking space. Focus on your parking space in the location where you want it and see yourself parking in that space as if it has already happened.

This exercise in cosmic ordering works for many people who give it the right attention. Through visualisation and belief, a parking space will appear.

You can try this technique for other situations such as getting a vacant seat on a train or choosing the right supermarket queue or getting a short-notice appointment at a hair salon. It has so many uses and with the right focus, you can enhance abundance opportunities and make life much easier.

If you are relaxed and approach cosmic ordering with a light attitude, the cosmos is more likely to respond because the energy channels that create abundance are in tune. These first exercises are often successful because you've been open-minded and are having fun testing the system. It's only when you start asking for things that you are emotionally attached to that the abundance channels become blocked.

Imagine this scenario ...

You're late for an important meeting and you desperately need a parking space. Because you're worked up and frustrated, it seems that everything is adding to the lateness ... traffic lights turn to red when you approach them or you get behind a slow-moving vehicle for the rest of your journey. You'll feebly ask the cosmos for a parking space when you arrive but because you are emotionally charged and flustered and attached to the situation, the likelihood of getting a free parking space is limited. You finally get to your destination and there's no parking space. Frustrated and angry, you blame the cosmos for letting you down when, effectively, you let yourself down through your emotional response.

As previously mentioned, Thoughts are Powerful! They are even more powerful when fuelled by emotion. The more attached you are to the outcome the more difficult it is to get abundance creation to work in your favour. Relax! Pay attention to your thoughts and responses at all times. Start by having fun and keep it fun! When you do start asking for more significant abundance creation, keep this in mind and it may enhance your chances of notching up greater success.

Your Questions Answered

Q: Is there a right time of day to place a cosmic order?

A: First thing in the morning or last thing at night tend to be popular times to place your cosmic orders. Some like to speak their request when there is a full moon. Others place their cosmic orders at sunrise or sunset. What is more important is that you find a time that suits you!

Q: Do I have to write down my cosmic orders?

A: Writing down your cosmic orders does help to reinforce your wishes but it's not essential. Alternatively, you can speak your cosmic orders or even create an image collage featuring the things that you most want.

Q: I'm finding it difficult to change my negative and quite cynical outlook on life. I know this is holding me back from manifesting abundance. Do you have any suggestions?

A: You need to keep working at changing your outlook to become more positive. There are no short cuts. For some, the shift can be immediate. For others, it can take time for the energy to alter. Outlooks, attitudes and habits of a lifetime can be very difficult to change but if you want to change, you will. Try working with a life coach or mentor to gain the support that you need. Use the techniques and tools that will help bring about the change you need.

Q: My partner and friends don't believe in cosmic ordering. They ridiculed me when I said that I was reading about it. Should I tell them that I'm using the techniques to manifest abundance or should I keep it to myself?

A: Providing it doesn't cause any friction within you, keep it to yourself for now while you're learning. It serves no purpose for other people to know that you are working on your self-development and creating abundance in your life. Also, their negative feedback can create doubts or blocks for you. Just enjoy yourself with cosmic ordering. Use it as quality 'me' time. When you start gaining abundance, you'll feel more confident if you want to share the experiences you have gained with your partner and friends. Chances are that they will notice the changes in and around you before you mention anything and their ridicule will turn to curiosity and interest. Abundance isn't just about material gain but instils qualities that make you stronger, more confident, positive and giving.

Q: Can I place a cosmic order for someone else?

A: It depends upon the wish and whether it's what that person really wants. Technically, you can send out a wish if it's with good intent but you need to be very wary. What you wish for someone might not be truly wanted no matter what that person has told you. Ideally, everyone should place their own cosmic orders because even the best intentions can backfire. It would be much better to place your energy into sending out a wish for world peace or something for the greater good of the planet. This is quite common amongst healers and is considered to be helpful on a universal scale.

It's time to move on to Part Three where we take a look at how cosmic ordering can improve all aspects of your life.

Are you ready to proceed?

No? Then go through what you have read earlier. If the fun exercises aren't working for you so far then it's time to dig deep again and look at your beliefs, your internal dialogue and what it is you really want. Some personal work may still be needed to tune into the right wavelengths. Or you could be having a bad day! Remember, energy is constantly changing and can be affected by our moods and external influences. Don't give up! Reflect, refocus and try again.

Now are you ready to proceed? Yes? Excellent! It's time to start making abundance creation an every day occurrence in your life.



Part Three – Order the Life You Want!

In Part Three of the course, you will learn how to **Order the Life You Want** – Use the **Seven-Steps Formula** to start changing your life for the better. Apply the cosmic ordering tools to:

- **Enhance Health and Well-Being** - Unresolved emotional issues can cause ill-health and your state of mind reflects upon your well-being. If you are suffering from poor health, you can raise your energy levels and increase vitality by using the cosmic ordering techniques.
- **Create Abundance in Relationships** - Good, happy, loving relationships enrich our lives. When there is disharmony however, the conflicts can be destructive. We look at the energy behind relationships and the importance of self-esteem and empowerment. Learn how to use cosmic ordering to create more fulfilling relationships.
- **Gain a Rewarding Career**- Are you in the right career? Are you doing the work you are meant to do? If not, then you will feel angst, boredom, frustration and any number of negative thoughts. Abundance in your career will only come about when you make changes and implement the right path of thought and action. Discover how to ask the cosmos for a successful career.
- **Increase Financial Wealth** - Learn how to manifest money so that you always have enough for what you need ... and more besides for financial security. Understand the energy behind money and how to eradicate the issues that cause financial insecurity. Create financial abundance so that you never need to worry about money again.
- **Create Abundant Life Experiences** - We attract everything that happens in our lives! So, we can create the most amazing, life-enhancing experiences too. Discover how you can achieve your wildest dreams and live the lifestyle that you need.

Live an Abundant Life

Planet Earth is overwhelmingly abundant and provides us with everything that we need, not only for survival but for comfort and well-being. The universe is extremely generous. As long as we give something back, as co-creators, there will always be enough of what we want.

Look at the multitude of plants, flowers and herbs that cover our earth. Apart from providing beauty, plants enhance our environment and keep it healthy. Plants offer food and many are used in medicines for healing. Trees are another example. There are hundreds of species of trees, all with many different properties. Trees can be used for medicines, furniture, building materials, paper, charcoal, and so on. Every day, you will come across something that started life as a tree. This abundance is part of nature's natural diversity. Yet, to gain the full benefits and use this abundance, we need to form a partnership. Through our curiosity, wisdom, imagination and ingenuity, we find ways of using nature's abundance. We also learn to care for and manage the resources provided to bring even greater abundance. Co-creation is evident all around us.

And, you'll realise: Cosmic ordering isn't really about material gain. You can certainly have all the wonderful trappings of contemporary life if that is what you want but there's something far more fundamental about manifesting. It's the wisdom that YOU are the key to everything that happens in your life. You are a co-creator. This means that you can choose to have a joyful and meaningful life. All the tools, power and ability to create your reality is now at your disposal.

So, where do you go from here?

Well, we trust that you've been experimenting a little and have had some fun asking the universe for everyday abundance. We also hope you've been keeping a check on your thoughts and feelings – bringing your energy into a positive, abundance-creating state using the tools and techniques explained in Part Two. Well, now it's time to go through your wish list and start bringing abundance into every aspect of your life that needs attention.

We are going to focus on the five main areas in life where people tend to have the biggest issues. These include health, relationships, career, wealth and life fulfilment.

This section will help you:

- explore why you may have problems in these major areas of your life
- realise that you are causing the problems you are experiencing
- change your thought patterns to create abundance where it is needed.

As a co-creator, this is where you start working with the cosmos in a significant way to change the energy that is affecting your life. Although the issues are bigger and more important than the frivolous things that you have already been ordering, the good news is that it doesn't require any more effort than asking for the little, every day things! Yep, that's right! You apply the same tools, techniques and energy as you would when you're asking for a parking space. Although issues concerning relationships, health, wealth and happiness are all big-deals to us, asking for them to be abundant really is straight-forward. As you have already discovered earlier, the challenge is that you need to change the negative thoughts, dialogue, attitudes and habits which may have taken a life time to form. This, as you are now aware, takes commitment and belief.

But you do want an abundant life ... right? In that case, you can work on eradicating those inner demons.

It's all now down to you!

Let's start with your health and well-being:

Abundant Health and Well-Being

Your state of mind reflects upon your physical health and well-being. Whatever your state of health right now mirrors your thoughts, attitudes and beliefs that may have been built up over years.

Abundant health and well-being is as much about healing the mind as it is the body and soul. Inner work is needed to release negative thoughts, old attitudes and unresolved emotional issues that may be draining you of essential life force and creating pain, disease or chronic conditions. Healing can take place but each person is unique and, as co-creator, your current and future health and well-being is influenced by you and the cosmos and by other forces out of your control. What you can do, however, is clear the negative energy fields that are creating or exacerbating any illness and raise the positive energy levels needed to bring about a state of balance.

Good health and well-being has a delicate equilibrium. In fact, our mind, body and spirit are constantly battling to maintain homeostasis. Every thought we 'digest' is energy which can be stored within the cells. The tune of that energy is fuelled by emotion – it bears a signature which the mind, body and spirit holds in its memory. So, if for a long time, you have been harbouring negative emotions ... suppressed anger, for example ... this may eventually manifest as a physical symptom.

Your Health Reflects Your Thoughts

Doctor Caroline Myss, a medical intuitive and author of the groundbreaking book *Anatomy of the Spirit*, says that we are responsible for our health and healing. She believes that our cell tissues hold the vibrational patterns of all our attitudes and belief systems. Everything we do in life affects our well-being.

For example, you might be a non-smoker, maintain a healthy diet and exercise three times each week BUT if you are in a job that you hate or are in an abusive relationship or are constantly angry at life or are carrying a guilty secret, these unresolved emotions, attitudes and beliefs will eventually manifest as a physical illness. No matter how many vitamins you take or how many times you go to the gym, your emotional life has a significant impact on your health and well-being.

We are regularly advised to cut out junk food, stop smoking, reduce alcohol intake and make sure we get adequate exercise to maintain our health and well-being. These are all important factors. However, when are we advised about the importance of looking after our emotional health? We certainly don't learn about this at school or even at health clinics. When someone dies of cancer, many look for what they consider to be the obvious physical cause ... did that person smoke, drink excessively or eat junk food? Was that person overweight or exposed to pollution? We look for the potential physical causes and yet many people die as a result of deep issues, unresolved emotional conflicts and negative thoughts that have caused the mind, body and spirit to surrender its life force.

Remember ... thoughts are energy. What we give our attention to grows. If you find yourself in what you think is an impossible situation, fuelled by negative thoughts and attitudes, the only way out is to change. And change will bring about healing as far as it is possible so that you have an enhanced quality of life.

What are the Benefits of Abundant Health?

Take a look at the list:

- You possess greater energy levels so that you can get the most out of each day.
- You feel fitter and able to cope with whatever life presents.
- You glow and are more attractive as a result.
- Your immune system is stronger so that you can fight off viruses and energy vampires.
- Previous conditions either heal or become less troublesome.
- You transcend any physical limitations and become more able to embrace life.
- You are capable of living a more active and meaningful life.
- You can increase longevity.

Think Yourself Well!

There is a fantastic visualisation technique which proves how thoughts can bring about a physical response.

Let's try it! ...

Imagine going to a restaurant. Take a look at the menu and find your favourite meal. You order the meal and can smell it cooking. The aroma is tantalising your senses. The waiter brings the meal to your table. It looks and smells delicious. You take your first bite and it's cooked to perfection. The taste is divine. Yum!

Have you noticed what is happening?

If you have visualised this properly and really focused on imagining eating your favourite meal, you're likely to start salivating. In fact, your stomach might even start groaning. Simply bringing images to mind and thinking about the food is powerful. In fact, your thoughts have created a physical response!

So, let's take this further. If thoughts can do this, then maybe we can change other things. Perhaps we can speed up recovery after a cold or illness? Perhaps we can think ourselves well by visualising disease or toxins leaving our cells and being eradicated safely from our bodies?

The concept isn't new. Visualisation has been used in healing for thousands of years. It's at the core of many great medical traditions and used by Shamans, Yogis, healers and therapists alike. In yoga, for example, a practitioner can raise awareness through meditation and breathing techniques and affect many bodily functions, including significant slowing down of the pulse rate. Autonomic body functions which are not under conscious control can be influenced by thoughts and emotions.

Knowing that the power behind our thoughts can influence our health and well-being is a phenomenal revelation. In an instant, you can see the damage caused by negative thoughts and attitudes; you can see how energy is impacted by other influences apart from yourselves and you start to realise the choices you have in living well and to your optimum age. You begin to see that you have full responsibility for your health and well-being.

Consider Marianne's story:

"I had chronic fatigue syndrome ... 'had' being the operative word! I was sick of living without energy and finding that the most simplest of tasks would leave me arm-chair bound for days. I wanted to create abundant energy levels so that I could enjoy life again so I started working with the abundance tools and techniques. I realised that I was quite vulnerable and was unwittingly giving my energy away to others by allowing people to dump their problems on me. I also took on more work than I could possibly handle and had a problem with saying 'no'. I was wearing my energy down and thus creating the symptoms I had. The main challenge was changing thoughts and habits of a lifetime and I used hypnotherapy to help me through this part. Once I started asking the cosmos for more energy, I noticed major changes day-by-day. I have my life back now and possess all the energy I need. I'm careful to keep a balance though, recognising that I'm a co-creator of my abundance and thus take full responsibility for nurturing my needs."

Living Well is a State of Mind

Through your youth, if you are blessed with good health, you will tend to take it for granted. It's only when you become ill or develop a condition that you realise just how much of an impact it has on your quality of life. Those who are born with a condition find a way of adapting and making the most of what they have. It's all about state of mind.

Choosing to look at the positive and not dwell on our limitations or illnesses is empowering. There are people with the most profound and difficult conditions that are leading more fulfilling and inspiring lives than people who are blessed with unrestrictive good health. By choosing to take a positive stance and conquer any limitations, they manifest an abundant life.

Good nutrition, exercise and adequate rest all play a part in enhancing health and well-being. You can optimise your mental and physical prowess. You can make your body a temple so that it is beautiful, strong and vital. Don't forget your spirit too ... you can feed your aura through soul-enriching activities to make you positively radiate. All the potential to do this is already at your disposal. Looking after yourself in a practical way is part of your co-creative powers and will certainly increase your well-being.

Having an Abundant Death ...

Yes, you've read this correctly! So, what has death got to do with abundance? Why is it even mentioned here in creating health and well-being?

This is a topic that many people push to the back of their minds and yet it is an inevitable part of life. It's the one thing that is certain. Eventually, we all die or, depending upon your belief, pass over to the other side or survive purely as energy in spirit.

Well, it is possible to manifest a good death. Don't laugh! You're probably thinking that it doesn't matter and what do we care once we are gone, but having a good death is a way of honouring yourself and ensuring that your last time on the physical plain – at least in this life time – is a wholesome and positive experience.

Many holistic healers believe in the concept of preparing for a good death. For those who have terminable illnesses – where the physical damage has gone too far to turn round – and / or for those whose time has naturally come to die, healing of the mind and spirit can reduce pain and bring about a more peaceful passing. Every minute leading up to death can be momentous and radiant.

This is a time to bring healing to past issues and to let go. It's a time for total surrender to the universe. Having healing or holistic therapies such as reflexology, aromatherapy, Reiki, crystal healing or any of these or other soul-centred treatments can aid the individual and contribute towards an abundant death.

In some parts of the world, people prepare for death. Native Americans have rituals for celebrating the life of those on the next big journey and helping to ease their passage. Some of the wise elders, sensing their time to go is near, go to the mountains or to another place that is sacred to them and surrender their life force in the knowledge that they have had an abundant life. This is abundance without materialism. They have had only the basic comforts and certainly nothing that many of us would think of as necessities, let alone luxuries in life.

Their abundance is in their emotional and spiritual well-being and their connectedness with their loved ones and nature. It is enough and they can pass peacefully with that abundance.

Creating abundance in life while you are well and honouring yourself moment by moment will ensure a peaceful passing whether you go slowly or in an instant. Raising this subject is simply a reminder about how precious life is and why it is imperative to manifest all that you wish for now!

Consider this healer's story:

"I have provided healing for many years but one experience I remember with gratitude concerns a lady called Lizzie. She was in her seventies and had been diagnosed with cancer. She came to me late, when all hope had gone. She was defeated and had accepted her fate but had many emotional issues still to be resolved and she dearly wanted peace. I worked with her and focused on healing her troubled aura. Over many sessions, her past rose to the surface and, bit by bit, emotional issues concerning difficult relationships were resolved. Although she was dying, pain lifted and her energy aura started to clear. She began to live her last days with joy, peace and serenity. She remembered and celebrated the goodness in her life. There was lightness in her heart now and this reflected outwards. I was with her when she took her final breath. She was peaceful and free of pain and left us with a smile on her face. I realised then the importance of healing and that there is such thing as a good death. I felt grateful for sharing this time with her."

Before you start your Seven Steps to Abundant Health and Well-Being, consider the following tips:

Top Ten Cosmic Ordering Tips to Enhance Health and Well-Being

1. First, you need to want to enhance your health and well-being. This sounds ridiculous. Surely, we all want good health? Actually, many people will surrender to ill-health as part of the 'poor me' syndrome or simply because they can not or do not know how to channel their emotional responses. Wanting to change is the first step to manifesting abundant health.
2. Look beyond physical symptoms and find out the true causes of your disease or lack of well-being. Many modern medicines simply treat the symptoms and do not get to the heart of the problem.
3. Accept that your body reflects your thoughts. You are an energy-being and it's not just your brain that holds memories. Every cell in your body is capable of holding memory that is fuelled by emotional response.
4. Work with the therapies, tools and techniques that will help restore equilibrium. Holistic therapies treat you as a 'whole' person and not just the parts or symptoms.
5. Change any negative outlooks, attitudes and thoughts into positive affirmations. This requires constant attention.
6. Are you honouring and nurturing yourself by ensuring that you have a good diet and healthy lifestyle? Use your co-creative powers to look after your mind, body and spirit. This part really is down to you.
7. Reduce contact with energy vampires and abundance saboteurs that are draining you of vital energy. It's not just past emotional events that impact on your wellness. The relationships that you currently have with people or circumstances in your life could be contributing to future health issues. Be aware of how you feel from moment to moment!
8. Give yourself time and space within which to heal and grow. Most diseases and chronic conditions do not appear overnight ... they develop over time. It will also take some time to bring about healing at the deepest level. You may even feel worse at first because of the 'healing crisis' as your body starts to react to change. Take one day at a time.
9. Foster ways and relationships which will satisfy your true needs. Build on these.
10. Believe that you are worthy of abundant health and well-being. You truly are!

Right ... it's time for a reminder of the Seven Steps Formula and how you can apply it to manifesting better health and optimum well-being.

Cosmic Ordering – Seven Steps Formula for Abundant Health and Well-Being

1. Be clear about what you want ... Do you need more energy? Do you need healing? Look at the root cause of any illness and not just the symptoms. Ask the cosmos to help you treat the root cause.
2. Focus on your wishes. Use affirmations such as 'I am well', 'I have abundant energy', 'I possess radiant health', etc. Write down your cosmic orders to reinforce what you wish for ... focus on the state of health and well-being you wish to have.
3. Use whatever technique works for you to affirm your wishes and goals ... as a co-creator, you need to take responsibility for your life force and ensure that your positive energy is maintained. Draw upon the tools, therapies and techniques that will bring about improvement.
4. Maintain positive intent about what it is you want ... your health and well-being is paramount to your life experiences. Be positive about achieving your optimum health levels.
5. Open your awareness channels. Look for signs to see how your thoughts and feelings are affecting your physical and spiritual well-being. Focus on positive thoughts and resolve emotional issues and notice how your energy-self changes for the better.
6. Believe ... in yourself and the cosmos to heal and create abundant health.
7. Give something back to circulate your abundance ... Be thankful for your health and well-being. Don't take it for granted. With greater energy levels, think how you can use this to help others. Become a volunteer; take part in a sponsored walk for charity; offer your time or skills, etc.

Now, let's take a look at how you can create happier relationships with your loved ones and what you can do to attract more positive, loving and inspiring people into your life.

Abundant Relationships

Do you dream of finding the perfect man or woman to enjoy a fulfilling, life-long relationship?

Are you hoping to revive a lacking relationship with the one you love?

Are there family problems that you want to resolve?

Do you wish to improve your social life and find fantastic new friends to share life's adventures?

Relationships are an important part of our lives. Despite our idiosyncrasies, we have the potential to have enriching and loving relationships throughout life. We can find our soul-partner; we can have a wonderful family life; and we can have endearing and supportive friends.

If relationships are a struggle for you, then you need to do some inward journeying first. Often the problems we have with relationships and the feelings we have about others in our lives mirror issues within ourselves. Once we address these problems, old energy patterns will be released and we can have abundance in our relationships.

Mastering Your Emotions

It's easy to see the power behind emotions and words, especially where important relationships are concerned. We all know how a difference in opinion can lead to a heated argument. Where wider authorities and egos are concerned, wars have resulted. For the average person, the power behind an emotional outburst leads to upset, negative feelings, broken relationships and emotional baggage that you can end up carrying around you like a noose for years on end.

The hardest thing to do when you've been in an emotional battle with a loved one is to let go, forgive and heal. Your ego and self-righteousness will fight stubbornly on. However, the emotional release you will gain from forgiving and letting go will restore harmony and open channels to abundance. Learning to love unconditionally brings about your own healing as well as forging healthier relationships.

If you're in an emotionally-charged relationship at the moment, try the following affirmations. Bring them into your thoughts and meditations to help you manifest unconditional and abundant love.

- I'm no longer attached to my anger, sadness, frustration, etc. I release myself from these emotions. All is well and all will be well.
- I respect your right to your opinion but I have my own path. I let go of the past and have harmony in my present.
- I am now in the moment and all that I am is full of love, joy and positive thoughts.
- I send out my unconditional love to (name).
- I am love and loved.
- I accept and learn from all experience and release past hurts.

Know When to Let Go

Some relationships last a life time; others sadly change and become unhealthy. If a relationship can be healed, every attempt should be made but both partners need to want to save the relationship otherwise it will not work. Knowing when to let go of a relationship can be highly emotional and stressful. It's effectively acknowledging a loss in your life, whether ending ties is your decision, your partner's decision or a joint decision. It's not uncommon to experience a period of grief when a relationship ends.

Many problems come when one partner just isn't ready to move on. When we are attached to someone in an unhealthy way, the relationship becomes one of need and conditional loving. This feeds on negative emotions stemming from insecurity, low self-esteem, lack of confidence, jealousy, possessiveness and / or fear. Healing needs to take place on a deep level to release each partner from the destructive attachment.

It's only when you deal with unresolved emotions from unhealthy relationships that you can move on and find abundance of unconditional love in your partnerships and friendships.

Consider Clare's story:

"I was in a relationship with a man I loved but who didn't truly feel the same about me. I gave my all and clung on to the relationship in the hope that he would eventually feel the same way. As time went on, the imbalance of energy in the relationship started to take its toll. I became needy for love that he wasn't able to give. He started to distance himself until, one day, he announced that he was leaving.

The end of the relationship consumed me. I went over and over why he couldn't return my love and believed that I was at fault. A year on and although I got over losing him, my life was far from normal. I felt many conflicting emotions and the whole episode affected my self-esteem. I met several men but no body seemed to be right. I would compare them with the one I thought I loved and none measured up. My love life lacked abundance and no matter what I tried, all my attempts at asking the cosmos for the love of my life failed... until I read about Emotional Freedom Technique.

I found a lovely EMT therapist and we worked together to free me of old hurts and unresolved emotional conflicts that were hindering my ability to manifest the right man into my life. The technique worked for me and the energy within me changed. My self-esteem improved and I felt truly ready to move on. Just a few weeks later, I tried cosmic ordering again with a positive outlook and without the emotional hurts that were holding me back. I believed I would be successful this time and I was. I found my soul-mate and the man of my dreams. In fact, we literally bumped into each other at an art gallery and just got talking. It was instant attraction. We've been together for four years now and are deeply in love with each other. Although I had to do some work on releasing past hurts before I got what I wished for, I believe the universe played a part in bringing us together."

Creating Healthy Relationships

A healthy relationship is based on mutual, loving respect. Each person should have a deep reverence for the other's free will and right of choice and this should be held in check constantly. Be careful not to enforce your own beliefs, ways, attitudes, suffering or negative energy on to others. You need to approach the relationship in a way that is nurturing but not smothering. Each must walk their own path.

Where family and long-standing friendships are concerned –particularly ones that have created problems and lack of abundance – manifesting healthier relationships can take time and a little patience. Be prepared that any change in yourself, even with good intent, might not be welcomed or received by the people in your life. Don't waver or fall back to old habits and ways. You will be tested!

Focus on manifesting abundance. A healthy relationship starts with you. It's vital that you are able to have self-respect to be able to feel reverence for others around you and to gain their respect in return. Your inner work will most likely uncover issues that you need to address. Again, once you move through these issues and resolve them, this new energy will resonate and start attracting positive relationship experiences.

We attract the people in our life by the signals we send out. So, if you have people around who have little regard for you – perhaps they take you for granted, are always off-loading their negative issues on to you or take advantage of your vulnerabilities, then it's because you are allowing it to happen. You may not realise it or think you are but when you dig a little deeper, you will see the signs.

For example:

You listen to other people's problems to the point of exhaustion. Their negative energy has a toxic effect on you but you feel that it's important to be a good listener and so you allow yourself to be a dumping ground for their problems. You can still be a good listener and a caring person but it's also important that you hold self-esteem and not allow others to take advantage of your generosity of spirit. It requires you to be a little more assertive so that a balance is maintained.

Avoiding Negative Relationships

Some relationships can be toxic. Other people's negative words, intentions, thoughts and ways can vibrate through your energy fields and have an adverse effect on all levels. These psychic attackers (also known as energy vampires and abundance saboteurs) tend to have a greater impact on vulnerable people. Those most affected are:

- Healers and compassionate people who unwittingly absorb the negative energy of others.

- Those feeling ill or in low spirits. Natural defences tend to be low when you're stressed or feeling out of sorts.
- Dependent or weak-minded people.
- Those who give their energy away to create false self-esteem. (For example, people who help others just to make themselves feel better).
- Energy vampires and abundance saboteurs! ... Yes, those who send out negative vibes (either knowingly or not) will be open to the rebound effect. Those who indulge in the sabotage of others by spreading malicious gossip, setting curses, bullying or being manipulative are most vulnerable to psychic attack. Remember – what you send out comes back tenfold! That's part of manifestation. So, be careful what you wish upon someone else!

How to Recognise Energy Saboteurs

Family, friends, acquaintances and strangers can knowingly or unknowingly be sabotaging your energy. How do you recognise energy saboteurs or vampires?

Look for the signs:

- They will make you feel tired.
- It's an effort to make communication with them.
- You may feel uncomfortable or ill at ease in their company.
- Their constant moaning, criticism, sadness or judgemental behaviour gets you down.
- They try to control you or manipulate the decisions you make.
- They off-load their troubles or bad days on you.
- They spend your time and draw on your good nature.
- The conversation tends to be all one way and usually about them / their problems.
- Being in their company for any length of time makes you depressed or unsettled.
- You may experience physical symptoms such as fatigue, headaches, stomach ache or any number of vague or unrelated symptoms.

Protecting Yourself from a Psychic Attack

Through our senses, we have an amazing ability to pick up on energy fields and this is a gift that we all possess. We just need to learn to tune into this state of awareness using the techniques in Part Two.

When you're under psychic attack, you may have a sense of it happening because you will find the contact with such a person considerably draining. You will probably feel ill even but mostly, you'll feel the negativity rub off on you so that you feel down or depressed in your moods. If any relationship makes you feel like this, then you are under psychic attack.

So, what can you do?

You can clear negative energy through meditation and visualisation. Remember the protective golden glow that you can call to mind to safeguard your mind, body and spirit? This is ideal for protecting yourself from the negativity of others. However, what practical things can you do? Well, it depends upon the nature of the relationship and the extent of the problems.

Try the following:

- If possible, distance yourself or cut-down on the contact from those who are making you feel drained, negative or ill.
- Separate mentally from psychic attacks and align yourself with the 'here and now'. If an energy vampire is getting you down, change the subject. Inject some positive thoughts into the conversation. Hang on to your positive resolve even if there is resistance.
- Check your response and how you may be attracting negative relationships. Perhaps you are being unreasonable or generating the problematic relationships through your own unresolved emotions.
- If there is no resolution and the energy vampire in your life is continuing to make your life a misery then prepare to detach from the relationship.

- Be happy with yourself. Many needy relationships evolve because you don't feel confident, content or secure in your own space. Once these issues are resolved, you'll feel more able to choose wholesome friendships and relationships.

Use Cosmic Ordering to Find Your Anam Cara

Anam Cara is a Gaelic term meaning a living spirit friend or soul mate. It is a relationship between two people requiring little effort and is mutually enhancing. Many years ago, the Celts realised the value of spiritual friendships as a way of sharing intimacies of spirit and celebrating connection. Having an anam cara, whether in the form of a partner or spirit sister, brother, parent figure or friend, can bring about an eternal oneness.

An anam cara can appear at any time in our lives, usually during a period of spiritual growth, but can be manifested using cosmic ordering.

Using your abundance techniques you ask for your anam cara to appear in your life in the form of a partner, sister, brother, friend of like-mind / spirit. Remember to be specific about the person you're looking for.

You will know when you've found your anam cara because of the synchronicity that takes place. Both will probably have a sense of knowing the other despite having never previously met. Some regard this as being a past life connection. Stories you tell will sound familiar to each other and there will be shared goals, wisdoms and ideas. If your anam cara is your partner in life, there will be unconditional love and a profound sense of togetherness.

Such relationships are special and those who believe they have found their anam cara consider themselves to be totally blessed.

How we are with people is crucial to living a fulfilling life. Our family and friends should be an integral part of our positive experience and we should be an integral part of theirs. Through unconditional love and sharing happiness, relationships can truly flourish.

Love Unconditionally to Find True Love

Love really is what makes life meaningful. Love is everything. If you feel that you've been unlucky in your relationships then you need to look within and learn to love without conditions to bring an abundance of love into your life.

Here's what you should do:

- Choose loving thoughts and feelings every moment of the day.
- Consider what you can give rather than thinking about what you can gain.
- Respect yourself as well as others.
- Open your heart to allow love in.
- Remove fear and prejudices from your thoughts, words and actions.
- Commit yourself to love in all that you do.
- Trust yourself, others and life to be nurturing and loving.
- Love without condition.

Remember, like attracts like. We are magnets to whatever energy we radiate. The abundant universe makes sure there are many potential true loves. In searching, we may have lessons to learn – particularly about ourselves. It can take time. Occasionally, we find a loving partner only for the relationship to end a few years later. The partnership was right at the time but if each partner evolves differently in the relationship, a natural departure can result. The truth about securing a lasting relationship is down to the co-creation work that each partner does and to loving unconditionally.

Finding your true love, either for the first time or after many failed relationships, comes down to knowing exactly what you want from a relationship and sending out the right signals.

Consider the following pointers:

- Only when you are independent and happy in your own company will you find a truly loving and mutually nurturing relationship.

- You need to define exactly what you want and what you will give in a relationship.
- Attractiveness and sexual connection are important but a truly loving relationship goes far deeper so consider the other qualities that are needed such as mutual happiness, respect, intimacy, connection on all levels, loyalty, understanding, support, shared goals and so on.
- Love is energy and if it is unconditional and finely tuned, the universe will provide opportunities to meet your true love.

Before you take the Seven Steps to Cosmic Ordering for creating abundant relationships, consider the following:

Top Ten Cosmic Ordering Tips to Gain Great Relationships

1. Eradicate any unresolved emotional issues concerning past and present relationships.
2. Foster positive thoughts about your relationships so that you attract positive people into your life.
3. Love unconditionally to maintain healthy relationships.
4. Be giving in your relationships but also be assertive. Know when to say 'no!'
5. If you're looking for a soul-mate, carefully consider the qualities in an individual that you're looking for and which match your own. Be careful what you wish for!
6. Don't place an order to try and change someone. Realise that other people need to follow their own paths and that you shouldn't push your own beliefs, needs or advice on to them even if it is well-intentioned.
7. If you have a problem with someone in your relationship / friendship circle, it's probably a problem that needs to be resolved in you before you can expect abundance.
8. Remember, you are unique and there is someone out there just for you. Expect the best because you deserve the best.
9. Show gratitude for the cherished relationships that you gain.
10. What you give your attention to grows. If you nurture true love, you will always have an abundance of love in your life.

It's time to start engaging the Seven Steps Formula:

Cosmic Ordering –Seven Steps Formula for Abundant Relationships

1. Be clear about what you want ... Are you looking for your life partner or a special friend? What qualities will they possess? Be specific but, if you're not sure, ask the cosmos for someone to appear who is right for you.
2. Focus on your wishes. Affirm that 'I have a wonderful, loving partner in my life' or 'I have a wonderful friend who brings meaning to my life' or 'My new friend is like the sister / brother I never had' etc. Write down your cosmic orders to reinforce what you wish for ...you can also create a collage for visual reference. This works particularly well if you're looking for romance. Find images or symbols, such as love hearts, romantic images of a couple holding hands and so on and create your collage to affirm the romance that you wish to bring into your life.
3. Use whatever technique works for you to affirm your wishes and goals ... Clear any emotional blockages that are preventing you from finding love or friendship.
4. Maintain positive intent about what it is you want ... Remember, think about the fulfilling relationships that you wish to have but detach from any negative thoughts.
5. Open your awareness channels. The universe may create opportunities ... an invite might come your way to an event where you could meet new friends or the man / woman of your dreams. Don't ignore the cosmic opportunity. This is a chance to co-create.
6. Believe ... you will find the perfect partner or friends!
7. Give something back to circulate your abundance ... once you have abundant relationships, thank the cosmos and give something of yourself to share what you have manifested. Smile to raise the spirits of someone who looks down; spend some time listening to someone who is lonely; give flowers to a stranger, etc. Make the world a happier and brighter place for others by loving unconditionally. Practise random acts of kindness.

Let's take a look at what some think is another important relationship ... the one we have with money!
It's time to eliminate lack and attract financial wealth and freedom.

Financial Wealth Abundance

Many would like to win a few million on the lottery or secure a job that pays exceedingly well. If financial wealth is on your cosmic ordering list, delve behind the reasons why. Are you looking for security or freedom? You might be surprised by the answer.

Where money is concerned, many associate it with feelings of insecurity, fear, loss or inadequacy rather than anything positive. Others regard money as the escape to freedom, security and self-esteem. In reality, money is nothing more than a ticket system to help you get from A to B. Money, as coins and paper, is worthless if you're on a deserted island. It will not feed you, keep you warm (unless you burn the notes), provide water or shield you from the elements. Of course, we're not on a deserted island but if you're without money, you may well feel very much on your own as you attempt to survive.

For many, money is what makes their world go round. They constantly pursue it. They get it and then need more. Sometimes, they don't get it and become desperate. Some might think that money is an awful thing to have such a negative hold over us. Yet, money isn't bad. It's how we perceive it that makes the difference.

Money is energy – just like everything else. It comes and goes. If you allow money to be the focus in your life, then it will control you one way or another. If you are obsessed on the lack, you will always struggle. If you become obsessed with excess, you will always be striving to make more ... whatever the cost to you, your health and well-being.

So, how do you find equilibrium and achieve financial abundance without letting money rule your life?

Read on ...

The Secret about Creating Financial Abundance

How much money you have is governed by your state of mind. Whether money is lacking or plentiful is entirely down to you and your attitude. Focus on lack and you will always struggle to create enough money. Give it too much attention and you will become a slave to earning money. Detach yourself, however, and money will start to flow in and out as easily and automatically as we inhale and exhale.

Well, that sounds pretty simple! Trouble is, for millions of people, it isn't. Money is an obsession.

Those who lack financial security and freedom constantly worry about not having enough. They moan about price increases and worry how they'll cope. They wish they had better paid jobs and wonder why they never win the lottery or have a lucky break. It controls their lives and creates tension in relationships. It starts to impact on health and well-being. This focus on lack attracts more lack. You become more insecure and fearful of lack and the pursuit of money controls you.

The problem is that many find it difficult to break the cycle of obsession. We live in a highly materialistic world where money equates to quality of life. We need money to live comfortably, to support our family, to enjoy life's riches and to have a reasonable standard of living. The subject of money is constantly pushed at us, often in a negative light. People struggle with financial abundance creation more than any other. Even more than finding love. And yet, the principles for creating financial abundance are the same.

The way forward is to stop fretting about money and start thinking positively about abundance.

Let's get to the crux of the matter:

Real financial abundance is about YOU being a co-creative – sending out positive thoughts to the cosmos but taking your own steps towards making a wealthier life.

The universe supports doers. If you have skills, passions, interests, experience and qualifications or the potential to gain these qualities, then the universe expects you to use them.

In using them, you are being of service to others and the universe provides you with opportunities to create financial abundance along the way. This is energy exchange. This is how money flows in and out. But it does require effort ... it requires your 'get up and go' to start creating the reality you desire. Each step, however, will bring you closer to your goals and the cosmos will open up more opportunities on the way.

If you like, you can sit back instead and place all your energy into trying to win the Lottery or gaining a major financial windfall. Give something enough attention and it grows. However, you're up against millions of people all sending out a wish for the same thing. It is a competition after all and the results are more random. But, yes, we have already established that you could win at some point by using the abundance techniques to increase the potential. However, you could practically spend a considerable amount of time just waiting for the possibility. That's time wasted ... time you could be enjoying a more meaningful life and creating abundance in more practical ways.

Realising that money is only energy means you can detach. Having enough to live a fulfilling life is what matters. What's enough for one person will be completely different for another so work out what you need. Know what you require each month to meet your outgoings and have more besides to pursue your dreams. Acknowledge what you already have. If you have a house, food, comfort, clothing, books, computer, car and hobbies then be thankful for these riches. Never take your abundance for granted.

Focus on what you can give that is of value or need. Become abundance by enhancing your skills, qualifications and experiences so that you can contribute to society and the wider world. The universe anticipates your contribution as a co-creator. Give your best and the energy that is money will start to flow more freely.

Being a Winner ... Is it Luck or Cosmic Ordering?

Earlier, we mentioned that you can use cosmic ordering to make you your million(s). Although we also emphasised that you would face plenty of competition from people all wanting the same outcome.

Every week, an extraordinary amount of people buy a lottery ticket or enter a competition to win money. Every week, people pray and hope that they may win. And, of course, some do win and a fortunate number also win the jackpot prize. This happens all the time, every week and in various parts of the world where monetary gain and materialism is given precedence. So, how do you become a winner? Is it luck or can you influence the outcome?

Let's start by considering this word 'luck'. The dictionary defines this as 'good or bad fortune; chance thought of as a force bringing this'. Effectively, if luck is a force, then it's energy. And we all know that everything is energy and can be altered and influenced by our thoughts. Subsequently, there is then a possibility that we can increase our potential of having good luck just by focusing positively on manifesting good fortune. There is still the random element to consider but our chances of increasing what might be perceived as lucky outcomes can be influenced.

The leading question then is this: Do you consider yourself lucky? If you don't believe so, then the energy behind this will diminish. If you feel lucky, and constantly tune in to this positive vibe, then the potential for good fortune and becoming a winner in life becomes more obtainable.

Many who are winners have, perhaps unknowingly, practised cosmic ordering. They have had fun with the system and enter the competition purely for pleasure but also imagine what they would do if they won in a positive way. Some believe that they will win while others just keep a positive, happy-go-lucky approach to the taking part. They then detach from the outcome. They don't concern themselves or worry about winning or losing. It's so simple.

And when they win, they are labelled as being lucky. They have beaten the odds. They are one in a million and any number of clichéd sayings you can think of relating to good fortune. Even with something that is down to chance like the lottery or other prize winning competition, your energy can play a part in the overall outcome.

Give it a try but remember, have some fun!

So What Would You Do with Your Million(s)?

If you want to win the lottery or gain a life-changing windfall, it's worth thinking about how you would spend your million(s). What will this money do for you? How will it change your life and that of your family?

You may have a loose idea of how you would divide a big win. Perhaps you'll buy a new house in a desirable location or invest in property for other members of the family. Maybe you'll treat yourself to a holiday of a lifetime. It's possible that you will use the money to fund a lifetime dream. You may also want to donate some to a charity. Be specific! Have a clear plan now about what you will do with your million(s). Creating a list not only gives you clarity about how you would use the money but it helps to bring you closer to making a win reality!

Top Ten Cosmic Ordering Tips to Increase Financial Wealth

1. Remember that money is energy. If you avoid energy blockages, you will find that it flows more naturally.
2. Develop a healthy relationship with money.
3. Don't dwell on lack of money. Be abundant.
4. You need to co-create your abundance. Be of service and the universe will provide opportunities at each step of the way.
5. Money is simply a means for trading. You only need enough for what you need in life.
6. Conquer your self-limiting thoughts about money and open the channels for manifesting financial abundance.
7. Do something that you love and it will not feel like work. Money will flow easier as a result.
8. Have a realistic perception of money. Will having a large amount of money really make you happier? Could you cope with the stress of having to earn larger amounts? Are you prepared to work longer and harder to make the extra you want? How will it affect your quality of life? (More money but less time to enjoy it!)
9. Consider what you are willing to give to create financial abundance.
10. Trust in the universe to provide the opportunities when you need them.

Cosmic Ordering –Seven Steps Formula for Abundant Finance

1. Be clear about what you want. Be specific and include details in your wish list such as how much you need and what it is for.
2. Focus on your wishes. Write down your cosmic orders to reinforce what you wish for. Make affirmations: 'Thank you for my financial abundance' or 'I have a well-paid job that I love' or 'I earn more than enough to live a fulfilling life'.
3. Use whatever technique works for you to affirm your wishes and goals. Perhaps you need to eradicate emotional attachment or change your views about money.
4. Maintain positive intent about what it is you want. Focus on financial abundance but detach from the outcome.
5. Open your awareness channels. The universe may send signs or opportunities that could increase your financial wealth. Work on enhancing your intuition.
6. Believe! ... You are financially abundant!
7. Give something back to circulate your abundance. Practise the art of tithing. Give 10% to charity. Make anonymous donations. Share your wealth without worrying about lack. Giving shows your trust in the universe to create abundance.

Cosmic Tip!

Detach from money. Money will not make you happy. You may sense a thrill at acquiring money; your ego may be satisfied momentarily, but this is not true happiness. When your need for money is emotionally fuelled, you block the signals to the cosmos. You will spend your energy focused on the lack and won't be at peace with your self. Detach from money and focus on the things that you really need. Be happy now!

How you make your living can depend upon your career choice. Are you doing the work you were born to do? If not, you are not living an abundant life! It's time to look at your career in more detail and manifest the right path and opportunities for success.

Abundant Career

Are you in the right career? Are you doing the work you were born to do? If not, then you will feel angst, boredom, frustration and any number of negative thoughts and feelings.

Abundance in your career will not take place until you decide upon your true path and start to implement the changes. At this point, you may not even know what your true path is. If this is the case, it's time to find those clues.

Discovering Your Life's Work

We all have the potential to undertake a myriad of careers in our lifetime. We gain incredible skills and abilities through the years which could lead us into a particular job or opportunity. Some of us have talent in a particular area or passion for a particular subject but it doesn't always follow that we land the perfect job or career choice.

Many people find that their career choices are influenced by other people. Teachers, parents and career advisers may, with well-meant intentions, suggest jobs that appear to be more lucrative rather than what would be more soul-enriching. Limitations in opportunities through circumstances may prevent you from following a career at a particular time. Yet it's never too late to discover the work you were born to do and an order to the cosmos can help you manifest what you really want.

Check List for Discovering your Perfect Career:

- What are you interested in?
- What are you passionate about?
- Do you have any special talents?
- What personal qualities do you possess?
- What situations bring you the most happiness?
- Do you have business ideas that you'd like to pursue?
- What is your dream job?

Think about the opportunities available. If you are still unclear, ask the universe for guidance to help you find a career that is perfect for you. When you send out this particular cosmic order, be ready to look for signs. Open your awareness channels! A course brochure may suddenly appear in the letter box. A television programme may highlight a career choice. A friend may mention a job opportunity that appeals. You may hear of a business opportunity or networking event. Be guided by your intuition at this point and check out the prospects that appear.

Most people who are unhappy with their job already have a clear idea of the career path they would like to choose. However, they have spent possibly years talking themselves out of the career by thinking that they can't do it or making excuses such as it wouldn't pay well or it would mean a reduction in income to take a university course, etc. So, they settle for the safe job they have, with the regular salary and continue to moan about their lot in life and lack of purpose. Sounds familiar?

When you fail to live the life you want, it's because the energy behind your thoughts and wishes is either blocked or unclear. Consider the radio station that isn't tuned in properly. You can't hear the music or the presenter – just a load of static noise. This is the same when you attempt to create an abundant career life when you're not tuned in properly: you simply hit static in the cosmos.

Once you are clear about your career choice, you can start clearing the old dialogue that is holding you back. The intentions of your parents, teachers and mentors need to be addressed. You've also probably convinced yourself that you can't do the career that you would like. All the stored information that suggested that 'you can't' do what you want, needs to be eradicated and replaced with a positive 'Oh but yes I can' attitude. As soon as these negative connotations are removed, you are clear to start creating an abundant career life.

Plot Out Your Career Path

Once you know what you want to do, you need to plan how you will move into your new career. Planning enables you to reflect upon your needs and analyse your strengths, weaknesses, opportunities and threats. By highlighting these, you can use cosmic ordering to eliminate what's not needed and focus on the things that you want to make right choices.

The change to your new career may be instantaneous or you may need to do more work to create the opportunity.

Work out what you need. Do you:

- Require further education?
- Need to enhance your skills?
- Need to perfect your craft?
- Require knowledge of the next step?
- Need more confidence?
- Need more business skills?
- Need to remove emotional conflicts or self-limiting thoughts?
- Need a new image?

Use the cosmic ordering techniques to work through your needs as and when required.

You may have to:

- Give up something in order to make your career a reality.
- Let go of negative dialogue and fear.
- Work hard to co-create your reality.
- Prepare to be flexible to follow the right path.

Be Pro-Active!

You won't go anywhere sitting on the couch waiting for the cosmos to deliver your wonderful new career. It doesn't work like that. You have to be pro-active and co-create your situation. The cosmos will help you by providing an abundance of opportunities as you take each step closer to your goal.

Being in a worthwhile career and doing the work you were born to do requires your constant input so that you evolve.

You become better, stronger, more talented and able to excel in your chosen profession. The universe rewards those who work hard at what they love. They provide chances to gain promotion, recognition, wealth and success. Drawing on all this positive energy will manifest the achievement that you desire.

Top Ten Cosmic Ordering Tips to Achieve a Successful Career

1. Remove the emotional obstacles that have stopped you having a successful career.
2. Change whatever you need to change about yourself to create your new career.
3. Pay attention to what makes you feel so alive. There could be a career at the seat of your passions.
4. Only you know what's right for you. Don't let anyone persuade you that their way is best.
5. Be alert! Opportunities are all around you. The flyer that is pushed through your door detailing college courses may be a sign from the cosmos that further skills or education is needed to reach your career goals.
6. Follow your instincts. Learn to trust in what feels right when making decisions.
7. Immerse yourself in the things that you are passionate about and you will attract more of what you need.
8. Be enthusiastic about your career choice. Your positive energy will attract more opportunities.
9. Do what makes you happy!
10. It's never too late to make a career change. If you have moved on from your past choices and need a fresh start, seek it.

Cosmic Ordering –Seven Steps Formula for an Abundant Career

1. Be clear about what you want ... Follow your passion!
2. Focus on your wishes. Clearly state what you want. Add details and see yourself in the career of your dreams. Write down your cosmic orders to reinforce what you wish for. Affirm: 'I am in a fulfilling career.'
3. Use whatever technique works for you to reinforce your wishes and goals. Perhaps you need more confidence or self-esteem. Use the tools at your disposal.

4. Maintain positive intent about what it is you want. Don't procrastinate. Work towards your new career.
5. Open your awareness channels. Remember, look for the signs. When you are on the right path to doing the work you were born to do, the universe will open doors for you. Opportunities will arise often. Don't sit back ... be co-creative and take advantage of these chances to change your life.
6. Believe! ... You are doing the work you were born to do!
7. Give something back to circulate your abundance. Being in a fulfilling and meaningful career gives you the opportunity to give something back ... share your skills, teach others, provide opportunities for those seeking the same or similar options. Be a mentor.

So, we've now covered health, relationships, money and career. Perhaps you needed to work on one area or maybe all. Perhaps you now have all that you need in these areas of your life and are looking to create further abundance in your overall life experiences. Let's explore the potential ...



Abundant Life Experiences

Life is all about experience. If you choose your experiences wisely, you can enjoy a wonderful inspiring life full of opportunity. Every day provides a chance to learn something new and have fun. Sadly, most people are stuck in the first lane of mundane. Each day is pretty much the same as the last with no new insights or fun experiences. If you like your life being uneventful and are content in doing the same things day-in, day-out, then that's completely fine. If, however, you ache for more fulfilling and meaningful experiences, then you need to start creating every-day abundance.

Do a Life Audit!

This is a good time to reflect upon your life and make a few changes to your expectations. Conducting a life audit will enable you to think about what you want, how many hours you have in your day to do what you want and how to clear away the clutter in your life that is no longer useful.

Start by analysing your current routine. Note how many hours you sleep, eat, work, socialise and do household chores. Don't forget to note time spent doing nothing. What quality time do you have to pursue your interests and dreams?

A life audit can be enlightening. It will reveal how much time is wasted doing mundane activities. You may also conclude where you can claw back time by having a hour less in bed each day or by working more efficiently so that you gain hours for yourself. You may even discover that you don't really like the current path you're on and need to make new choices for the future.

Re-assessing your life is a pro-active way of breathing new energy into what was a mediocre routine. What felt right a few years ago may no longer create any excitement or adventure: Be aware that circumstances and situations change. You need to listen to your inner voice – the one which says whether it is truly happy with the current experiences in your life. Chances are that you're missing out on many abundant opportunities.

Look for the signs:

- Are you happy with your daily routine?
- Do you feel that you have enough time to pursue interests and passions?
- Are you content with the experiences that you have?
- Have you found what you're looking for in life?

If you have answered mostly 'no', then you need to take action. You're not living a full and abundant life.

To enhance the balance and manifest more fun and meaningful experiences, you need to change what you do each day.

Manifesting an abundant life is a bit like being a designer. Whether a designer of fashion, interiors, gardens or architecture, it all starts with an idea. You then visualise the idea and imagine it in all its glorious detail. If the design is just right, it starts to transform into reality.

Is It Really Meaningful?

When you're living an abundant life, you will know. Your heart sings. You feel good about the world and your place within it. You believe in the potential of the human spirit and know that anything is possible. You feel deeply contented on all levels.

What a wonderful and inspiring state of being! You're probably thinking 'I definitely want some of this in my life.'

You start by knowing exactly what it is that will make your life more meaningful. Now, this is a tough one. It's not that straight-forward knowing what you ultimately need. Think about it for some time. Make a list of the things that you truly believe will make your life more meaningful. What really matters to you? What will make your heart sing?

Initially, you may think that money is what you really need to make your life meaningful ... and lots of it. However, as we've mentioned, money is only an energy exchange that can help you get from A to B. It's not always the answer and won't necessarily make your life meaningful.

Often, what gives true meaning to our lives are the things that bring emotional contentment ... the things that inspire love, joy and happiness. In the immortal words of the Beatles, money can't buy you love. Having it doesn't equate to joy or happiness either. You need to go deeper and find the qualities of life that will bring you real meaning.

Do You Need a Life Change?

Are you dissatisfied with your life? If so, you may need a complete life change to bring real meaning to your being.

Some ideas for life-changing experiences:

- Downshift your life so that you can spend more time with your family and pursuing your dreams.
- Support a cause that is close to your heart.
- Sail, fly, walk or cycle around the world to fulfil a childhood dream.
- Start a business to do the work that you love.
- Take time out to travel.
- Become a singer, artist, writer, dancer, creative or designer.
- Enjoy a fantastic social life.
- Live a more ethical lifestyle.
- Follow your passions.

Once you know what you want, you can make it reality. Use the techniques for manifesting and order the life you want.

Live the Adventure

There are plenty of people stepping out of convention and living their dreams. Look closely and you'll find stories of those who have escaped the rat race; individuals who have taken on and overcome personal challenges; and many who have opted to travel the world or pursue a meaningful career. For those living the great adventure, it has required a firm co-creative resolve to break away from the comfort zone and start manifesting abundant experiences.

If you're thinking 'this is too hard' or 'I can't change my way of life' then you are working against abundance creation. You are limiting yourself.

If your greatest desire is to escape the 9-5 along with the tiring daily commute to set up a new life in the country or some other idyll, resisting your wish to change by putting up imaginary obstacles means that you will miss the opportunity to live your great adventure. Remove the blockages. Apply the Seven Steps Formula and start manifesting what you most desire.

Enjoy Every Day Abundance

To live in abundance is to know why you are exactly where you are in the world right now. You should know why you are engaged in an activity you're doing at any moment and why you are with the people in your life. You should know who you are because you are co-creating your reality.

Realising your potential will open up a myriad of opportunities each and every day. There's absolutely nothing stopping you from manifesting a meaningful life on every level.

Whether you're looking to manifest that free parking spot or create rewarding experiences, YOU CAN!

Cosmic Tip!

Life is Perfect ...

Ask and you will receive abundance. Believe that you are worthy and capable of gaining what you want. Your mind is attracting energy vibrations that harmonise with your dominant thoughts.

By controlling your thoughts and emotions, you have greater control of your life. Realise that life is happening perfectly in the moment.

Top Ten Cosmic Ordering Tips to Living a Meaningful Life

1. Every single thing you do either adds to or removes your energy for creating abundance. Make choices that helps you accumulate energy. Ask yourself ... 'is this experience adding to or taking away my energy?'
2. Imagine your goal. Add detail, colour, shape and form. Sense that you already have what you want. Let it embed in your subconscious until it becomes real.
3. Your tomorrow is created by what you do today.
4. Listen to your heart to find meaning in your life. Notice what brings you emotional contentment.
5. Prepare yourself to receive miracles every day. Be open-minded!
6. Go out and live your great adventure. This is what you're here to do.
7. Don't let conventional living hold you back from living a meaningful life.
8. The greatest wealth is having an abundance of positive energy working for you.
9. Do what you love. Don't let lack at this time hold you back. Your love, desire and passion will attract all that you need to succeed.
10. Become abundance and share out what you have created.

Cosmic Ordering –Seven Steps Formula for Abundant Life Experiences

1. Be clear about what you want. Be specific and include details to your wish list. Remember that the big wishes are no different to the smaller ones.
2. Focus on your wishes. Write down your cosmic orders to reinforce what you want. Give it your attention on a daily basis.
3. Use whatever technique works for you to affirm your wishes and goals. Draw on these tools whenever needed.
4. Maintain positive intent about what it is you want. You are worthy of a fulfilling life!
5. Open your awareness channels. Look for the signs and opportunities that the universe sends you. Watch for doors opening which can take you closer to your dreams.
6. Believe! ... You are living a meaningful and fulfilling life.
7. Give something back to circulate your abundance. When you have everything you wish for in life, give something back to the world ... to loved ones and strangers alike. Contribute to society. Create the change you wish to see in the world!

Find an Abundance Buddy

You already possess the spirit, strength and ability to achieve your purpose and live an abundant life. You can do it alone but it's more fun if you have an abundance buddy. To increase the resonance of positive energy, find a like-minded individual to work through the Seven Step Formula for successful cosmic ordering. Together, you can focus on affirmations to achieve your personal goals. Choose your buddy wisely. Avoid those who are energy vampires ... the ones who complain, moan and have a pessimistic outlook ... unless they are prepared to change! Pick a friend who is full of positive energy and enjoy creating abundance together.

Conclusion

There you have it ... the knowledge that you need to start manifesting a good life.

We hope Advanced Cosmic Ordering has really opened your mind to your potential. More so, we hope you start gaining positive results from using the tools so that you can live in abundance.

Return to Advanced Cosmic Ordering any time you need a refresher, especially if you find that your response to abundance creation is inconsistent. It's easy to become out of tune through a change in emotional state or through other circumstances, and reading through the guide again will help you reconnect. Be aware of your energy at every moment!

Keep growing! Join the Self-Development Network at WCCL. When you nurture your relationship with the universe and continue to evolve with positive intent, your ability to manifest will increase.

So, what are you waiting for? ...

Go out there and achieve everything that you want. Embrace life and all that comes your way. Remember – YOU are a truly amazing co-creator capable of manifesting a wonderful life. Enjoy every single moment!

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