

10 Nice Mind Tricks to Release Your Resistance to Money

A Paradigm Shift of *Coming Home*

To Love

Introduction

A Nice Mind Trick #1 – It Does Come To You

A Nice Mind Trick #2 – Contrast

A Nice Mind Trick #3 – Dealing With Worthiness

A Nice Mind Trick #4 – Going Down The Ladder Of Effort

A Nice Mind Trick #5 – Is It Really Going Out Of Your Comfort Zone?

A Nice Mind Trick #6 – “Oh Dear, What Else Would You Think In Such Situation?”

A Nice Mind Trick #7 – Why Envy Is So, So Ridiculous

A Nice Mind Trick #8 – Why Can't We Feel Grateful: The Matter Of Efficiency

A Nice Mind Trick #9 – Why Can't We Feel Grateful: Because We Don't Feel It's Ours

A Nice Mind Trick #10 – Falling In Love

Bonus Chapter #1 – How To Deal With The Old Stuff - When It's Dark, What Are You Doing?

Bonus Chapter #2 – When The Good Stuff Is Coming – Magic Phrase To Release Resistance to It

Resources

Introduction

Dear Reader,

What are these mind tricks? Ways to see the situations/feelings we encounter day by day, opening ourselves to wealth.

Layer by layer, we come back to the natural state of feeling wealthy, healthy and happy. Coming home.

Sometimes it works like a charm, once and for all changing our point of view. Sometimes it takes more reminding ourselves of new truths we discover.

Whatever it be, let it be okay. You've been building those old set points for many years, now they stopped to serve you, you can change them, that's all. The fascinating, happy, wealthy future is yours, right here and now – do you see it?

If you see these new concepts help you shift your money consciousness, but after some time you go back to your old thoughts, – just come back here, reread, rethink the new concepts, and each time they will turn a new side to you. :)

And if you sometimes have painful thoughts, don't fight them. Realize what they are contrasting to, what you're attracting their way. Open your heart to the good things – they *are* yours.

Happy reading to you! And a lot, lots of wealth, love, luck and simply happiness. :)

Olga.

A Nice Mind Trick #1 – It Does Come To You

“We’re wanting you to use the guidance that comes forth from within. Not because there is some outside arbitrator who’s getting his feelings hurt if you go astray, but because, in this moment, you may be pinching yourself off from the Life Force that is so natural unto you, so much what you want, and so much what you deserve.” – Abraham-Hicks

When you're thinking of money and it brings painful thoughts - what do you do? Trying to run from these thoughts or just switch from them to positive ones doesn't always work.

Then instead of running from the pain we can use it to our advantage.

Abraham-Hicks say, as our emotions are, so is what we get following our thoughts surrounded by these emotions. The stronger the emotions, the stronger you attract what you're thinking of, to you.

Which means, if you open your email and see no sales there and you feel strong pain, “why doesn't the money come?” - it means, you’re attracting to yourself the situations where you'll feel exactly this, that the money doesn't come.

Or if you're looking at a stack of bills you need to pay, or your credit card printouts bring you the feeling “why the money goes and goes, when will it start to come??”

But let's turn the pain into our best weapon! :)

They say you having a strong emotion, strongly attract to you... something. And your feeling of pain is there because you resist what you want to come to you.

Then let's see it like this:

What we want, WANTS TO COME TO US. But we resist it, and by that we don't let it come to us. So when we see email without sales and feel pain, **it's actually pain because MONEY WANTS TO COME TO US and we resist it! IT'S NOT THE PAIN THAT IT DOESN'T COME!**

If you're a woman, you'll understand the analogy with giving birth:

Grantly Dick-Read wrote about it - when in labor, normally the woman feels pain only if she resists the baby going out. She heard from her childhood that labor is pain, and so she is afraid, so she contracts the muscles instead of relaxing and letting them stretch to release the baby. That's the basis of all modern and old techniques of giving birth naturally and painlessly.

SO try to realize it when you feel pain thinking about lacking what you want: **the pain**

doesn't mean you hurt because of not having it, the pain means it WANTS TO COME TO YOU and your pain is from resistance only.

Imagine it: money wants to come to you so much, but you barricaded your doors and windows, holding the door as you only can, shouting NO!! :)

Please, please - release the hold, unbarricade even one window - you'll immediately feel better and you'll finally let what you want, come to you EASILY, QUICKLY and with FUN.

“Next time you feel any discomfort... stop in the middle of it and say to yourself, “This discomfort that I'm feeling is nothing more than my own awareness of resistance. Time for me to relax and breathe. Relax and breathe. Relax and breathe.” And you can, in seconds, bring yourself back into comfort.” — Abraham-Hicks

A Nice Mind Trick #2 – Contrast

*“He had heard people speak contemptuously of money: he wondered if they had ever tried to do without it.”
-- W. Somerset Maugham*

Sometimes, we just want to put accents in the right places.

When we're starting to visualize us having a million dollars, we start having some awkward feelings, like “not deserving”, like “all evil” etc.

In such a case, try to do the following:

Write on a piece of paper:

I don't have any money.

or

I have one million dollars.

Now start with the first thought, thinking of all the consequences of that and trying to feel which nuances of feelings it is awakening in you.

Not so good, I suppose? ;)

Now turn over to the second thought. Imagine yourself in a situation when you would *know* you have the million dollars. For example, your bank would be telling you it's the current sum on your account.

What do you feel?

Are you feeling warmth spreading up in your soul, relaxing away all that was contracted by that dreadful first thought? Soothing, smoothing... do you feel safe now? Free? Powerful? (If not, go to that first thought again and then come back here; do you now feel the difference?)

...Now we see that one million dollars differently, don't we?

Instead of placing our focus on some weird things we'd be unhappy with, we now see the beauty of this state, feel relaxed... that all our bills can be paid... that we can buy things we want... that our rent is covered... that we can always buy food (did you clearly see that with the first thought it wasn't possible?)... that we can do all day what we want... plenty of time... with that book we've always wanted to finish... with those friends we've always wanted to spend more time with... with ourselves... with our thoughts...

Now let's extend it a little farther from that safe state: let's get to some fine details!!

We can now dine in fine restaurants... with beautiful music... we can buy the best things for our loved ones... we can come home with gifts every day... we can afford all the courses, all the books we'd want :) ... hire any specialist to help us with implementing our ideas...

What else?

From that safe state, make a list, enjoy *having*, enjoy basking in these fine feelings...

...Mike Dooley once said: "Your dreams are here for a purpose: they remind you of what's possible." *I can almost feel as someone reading this, could be thinking now: "yeah, possible – for someone else. Or not in my circumstances..." What can I say... It's a belief, too. What do you prefer to believe in?*

Some more thoughts to ponder on:

"When you think a new thought, entertain a new dream, or mentally choose a new goal, your thoughts "leave" you and go out, in every direction, to the farthest corners of the planet. They carry a life force all their own – like ripples created when a pebble is tossed into a pond. You can't change this... but YOU CAN use it." – Mike Dooley

"The Universe here...

Question: Do you realize...

that for the simple, yet mind blowing, fact

that you're even "HERE"...
you're deserving of ALL else?" – Mike Dooley

Now decide which one of the two thoughts you *choose*, and mark it:

I don't have any money.

or

I have one million dollars. -> better

What do you feel?

Behind the scenes:

1. With auto-training, people quickly learn: to relax, it's better to contract the muscles first, and only then release them and relax. Ultimately, it gives a deeper relaxation.

2. When you switch between these two thoughts, you can feel as something in you contracts and expands. It's an interesting feeling by itself, isn't it?

And even more interesting is the ability to better immerse in the *good* sides of our goal... They say, we should concentrate on what we want, not on what we don't want. So in this game we suddenly better see what it is that we want. And why we actually want this.

3. At the end of the exercise, we immerse in the fine details... in the high perspective... but then the syndrome of "reality" can hit us really hard. We've heard too many opinions on why this is "impossible". That's why I think it's important to hear at that exact time something that our Inner Self would probably say to us, should we give it a chance to speak...

4. When we choose the "better" thought at the end, it does something strange with the mind. Choose honestly, looking at both thoughts, and when you make your choice... it feels like we claim something. Like it clears for us and for the Universe what it is that we want.

It feels like earlier we were ...afraid to claim it. Is it like this for you?

They always say, we should clearly see what we want. Not just "as much money as I can get", but some clear goals. It seems that this choice does clarify something, for all sides involved.

5. Try an advanced method: first, see, that you're always safe and secure, anyway. That The Universe answers all your needs anyway. And then visualize having 1 million dollars as a way to have fun: see which things *for a fun* you can do with it.

"Only when pressed with darkness, can you begin to seek the light. And how could you understand your authority... if you had not first relinquished it? How could you find your way, if you had not first strayed. Now, your experiments with darkness, limits, and fear have long outgrown their use. It's time to wake up... to remember... to know... that

YOU ARE FAR MORE

than the role you've been playing. YOU ARE

the light,

the power,

the way...

For whom

ALL THINGS

are possible.” – Mike Dooley

Dear Reader,

If you loved what you saw, and would like to continue reading,

go to <http://allow-money.com> and buy the book – it's that simple! :)

You'll have 60 days to define if it's for you.

Next chapters are:

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Have a great day! :)

Olga.