



Holistic Health
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Cash CALL

If manifesting more money is your desire, consider some of these techniques

A **Abundance is a mind-set and a way of viewing the world. If you want to attract abundance, you need to believe the universe is abundant. Here's my five tips to get you started.**

1 REPROGRAMME

Your limiting beliefs can block your success. Self-help techniques like hypnotherapy, NLP (neuro linguistic programming) and Psych K can help to identify your negative thoughts and beliefs about money and turn them into positives.

2 VISUALISATION

Use creative visualisation to envisage yourself as abundant and

financially secure, then follow through with practical action. Read *Think and Grow Rich* by Napoleon Hill for additional information.

3 FENG SHUI

Use a compass to discover the south-east corner of your home because this area rules your cash flow. It also governs your faith in your ability to attract abundance. Place a gold ornament or money tree here.

4 CITRINE CRYSTAL

The crystal of wealth and abundance, wear citrine as an item of jewellery or keep a piece in your pocket. Consider placing a citrine feng shui gem tree in the money corner of your home.

5 NUMBER 8

This is the number of wealth and abundance. Place a letterbox number 8 from your local hardware store inside your purse or wallet and then forget about it.

Remember, your mind is your greatest tool for improving your financial situation. Feng shui, crystals and numbers are useless if you believe you'll always be poor.

For more information, check out www.michellebuchanan.co.nz

