

SPIRITED WOMEN'S NETWORK

EMPOWER. SUPPORT. CONNECT.



“Money is only a tool. It will take you wherever you wish, but it will not replace you as the driver”

Ayn Rand (Russian born American Writer and Novelist, 1905-1982)

In this issue...

A Financial Self-Help Book With A Slant

10 Tips For Prosperity

What's new?

Stories –

Art – Nature's Beauty

Business – Wealth Wisdom

Community – Rocking Her World

Links -

www.whatwomenwantwealthcreation.com

Workshops –

How to Make Relationships Work for You.

Yoga and Relaxation Retreat For Beginners.
Introduction To Real Conversations.

Money Matters – September Edition 2009

If you are like me, you have lived your whole life having a love / hate relationship with money. It is very difficult to attract and retain money if you are both wanting it and pushing it aside at the same time. Much of our belief system around money come from our childhood and our continued journey with money depends largely on our understanding and feelings toward it. I have been participating in one of Sandy Forster's workshops as I felt I needed to take responsibility for my attraction/aversion to wealth. I have discovered that attitude is vital for a sustainable bank balance. This is reflected in Martienne's and Barbara's book on wealth strategies. I am grateful that there are women like Martienne, Barbara and Sandy who are guiding and mentoring the way to much healthier money relationships. If your energy around money is like me then I encourage you to access the expertise that is right on your door step and find your way out of the money maze. Yours in abundance, wealth and prosperity.

Natalie

A Financial Self-help Book With A Slant

By Martienne Freeth and Barbara Page

'Empowered Wealth Strategies, Secrets to Financial Freedom' is a newly released book created by two Sunshine Coast business women.

Unlocking the real key to financial success, Sunshine Coast Accountants and business partners Martienne Freeth and Barbara Page discuss topics that previous books of the same nature have failed to identify.

The realisation that belief systems and the individual mindset play a key role in achieving financial freedom plays an integral role in the book.

Empowered Wealth Strategies seeks to inspire readers to discover their dreams and desires, and recognise any limiting beliefs that in the past may have prevented them from achieving those desires.

As wealth strategists, coaches and property investors, Barbara and Martienne collectively offer the financial tools required to enable readers to increase their wealth. After years of experience and research they are certain of one thing - unless their clients have a prosperity consciousness, the tools provided will be rendered useless. That is why this topic is given as much attention in the book as the more traditional financial and wealth strategies, and offers the final piece to the puzzle.

Martienne and Barb identify the most common limiting belief systems, and assist readers in changing their mindset by altering their belief systems. The results assist them to achieve financial freedom.

The two business partners have been consulting and mentoring clients for many years. Active Financial Answers, their accounting practice has been established since 1994, and is recognised for expert taxation advice, business & wealth strategies and specialist superannuation services.

Let them help you clear the path to your financial freedom call Active Financial Answers on 1300 791 455 or log onto to their websites www.activefa.com or www.empoweredpublishing.com to also download photos of the authors and book.

Essential Oils Workshop.
Soul Soaring Tour In
Sedona.

Please look on the events
calendar for more details
and to check out other
things happening this
month.

This Month's Recipe

Fortune Cookies

Ingredients

- 60g unsalted butter,
softened
- 1/2 cup (110g) caster sugar
- 2 eggwhites, at room
temperature
- 1/3 cup (50g) plain flour
- 45 messages on 1 x 5.5cm
pieces of paper

Method

1. Preheat oven to 180 °C.
Place butter and sugar in a
bowl. Using a wooden
spoon, combine well. Add
eggwhites, 1 at a time,
stirring until smooth. Stir in
flour and a pinch of salt until
smooth.

2. Using an 8cm pastry
cutter as a guide, trace 4
circles, 4cm apart, on to a
sheet of baking paper. Flip
paper over and place on a
greased oven tray. Using a
metric measuring spoon,
spoon a slightly rounded tsp
of mixture on to each circle.
Use the back of a spoon to
spread batter to fill circles.

3. Bake for 6-7 minutes or
until cookies begin to brown
around edges. Working
quickly, slide a spatula
under each cookie to
loosen, then place a
message on top of each.
Fold hot biscuits in half to
enclose, pressing edges
together, then bend in half
the other way, over the
edge of a glass, to create
crescent shapes. Hold for a
few seconds. Place on a

10 Tips For Prosperity

By Sandy Forster

Experiencing a life of effortless prosperity, total financial freedom and outstanding success is available to everyone - even YOU - but you have to know the secrets! Here are 10 from the International Bestseller How to Be Wildly Wealthy FAST - make them a part of your daily experience and you'll begin to see more money, riches, wealth and abundance in your life than ever through possible!

1. Create a Millionaire Mindset

You will create more of whatever you focus on consistently. If you desire to become Wealthy and Abundant - you must THINK like the Wealthy and dream Abundant thoughts. Once you have conditioned your mind to focus on Riches, Abundance and Prosperity MORE than poverty, lack and limitation - that's when MORE Money will begin to flow into your life!

2. Know what your Money is doing

If you haven't mastered this one, you could seriously be strangling your flow of Abundance. If you spend recklessly, don't pay bills on time, have no idea what money comes in and what goes out, on a subconscious level you could actually be repelling Wealth. You may be pushing it out of your experience because deep inside, you realise you wouldn't know how to handle more money even if you had it. You will be amazed at how you 'magically' tap into MORE Prosperity when you become a master at managing your Money!

3. Constantly see the money already in the Bank

Visualising the Riches you desire in your life will accelerate the money into your experience at lightening speed. See yourself in your minds eye already using the things you bought with your mountains of money, living in the house you built with your wildly wonderful wealth, driving the car you purchased with your cash. Enjoy this one – add those delicious feelings of love, satisfaction and gratitude at the same time as you see your picture of wealth for even faster results.

4. Be consistently grateful for your Abundant Riches

Gratitude is one of the most powerful, yet underestimated prosperity tricks you can use. The more you are grateful for – the more will be given to you for you to be grateful for. This is a challenging concept if you are currently experiencing financial or personal hardship – but it's well worth it. At the end of each day, write down at least 5 things you are grateful for – anything at all – the sunshine on the water, the birds singing in the trees, a cuddle from your children, the fact that the day is over and it's time for bed (when I first began studying prosperity I had to use that one on a number of occasions!). Do this consistently for the next 60 days and be amazed at the abundance that begins to flow into your life.

5. Do something that makes you feel Rich

Whether you can afford to do this on a daily, weekly or monthly basis, just make sure that you consistently do something that you KNOW rich people do! Have a massage, buy fresh flowers, go to a day spa, hire a Porsche, go to a restaurant and don't even look at the prices, have someone come in and clean your house, take your best friends out to lunch. Or do something that is FREE – pick a bunch of flowers, take a picnic to the beach at sunset, go for a drive in an expensive estate and imagine which house you now own. Whatever it is for you – just DO it! The more you practice this feeling rich, the faster it becomes a part of you. Just a quick note – do NOT go into debt to practice this one, make sure you spend only what you have in cash.

6. Create a space for your Prosperity

This one is EASY! The Universe abhors a vacuum. Create a space for your prosperity and it will be filled. Get rid of the clutter in your life – the books you don't read, the paperwork in your drawers, the old clothes that don't fit, the boxes of junk in the garage. When you clean out the old, you make room for the new – so start creating that space for abundance today.

7. Laugh and have fun

I'm serious! One of the most important things you can do on a daily basis to move easily and effortlessly into the flow of prosperity is laugh. Having fun moves your energy into a place of attraction – use this time wisely to attract to you the prosperity you desire. When you are playing with your children, watching a funny movie, spending time with your friends, laughing loudly at a joke – just for a few seconds while you're in that fabulously funny space, imagine yourself as a multi-millionaire, feel the feelings you would feel knowing that you now have more money than you could ever spend, and feel SO GOOD about it.

wire rack to cool.
4.Repeat with remaining
batter. Store in an airtight
container for up to 5 days.

This Month's Poem

Money

by Philip Larkin

Quarterly, is it, money
reproaches me:

'Why do you let me lie here
wastefully?

I am all you never had of
goods and sex,

You could get them still by
writing a few cheques.'

So I look at others, what
they do with theirs:

They certainly don't keep it
upstairs.

By now they've a second
house and car and wife:

Clearly money has
something to do with life

- In fact, they've a lot in
common, if you enquire:

You can't put off being
young until you retire,

And however you bank your
screw, the money you save

Won't in the end buy you
more than a shave.

I listen to money singing. It's
like looking down

From long French windows
at a provincial town,

The slums, the canal, the
churches ornate and mad

In the evening sun. It is
intensely sad.

8. Celebrate your Wealth

Do something grand or do it small, but celebrate today! Have a Prosperity party and invite your friends around complete with tuxedos, ball gowns and waiters. Everyone (even the not so rich) must pretend for the evening that they have over \$50,000,000 net worth and chat about which jet they are taking on their next overseas jaunt, what luxury car they are driving or the spending sprees they are planning. If that's out of your price (and comfort) range – gather a group of friends and sing 'Money, Money, Money' at the top of your lungs as you dance around the house. Maybe you'd prefer to sprinkle 100-dollar bills and rose petals over your bed and roll around joyously with your lover. And make it a habit to shout thank you to the Universe every single time more prosperity flows your way – whether that's finding 1c on the street, an unexpected \$100 in the mail or a \$10,000 windfall – celebrate it all!

9. Share your good fortune

Tithing is an age-old secret that Millionaires have known about forever! Plus, they didn't wait until they were rich to begin tithing, they did it before, during and after they accumulated their wealth. Universal Law states that the more you give of something, the more you receive. If you want more smiles, give more smiles, if you want more love, give more love – if you want more money give more money. Generally tithing means to give 10% of all you make back to the person, place or institution who feeds you spiritually or empowers you to be your best. Having said that – don't get too hung up on where the money goes, just GIVE! Whenever you do give money to others, bless it and expect it's ten fold return back to you – you will be amazed at the abundance that pours into your life.

10. Prosperity is more than just masses of money, outrageous riches and Avalanches of Abundance

Prosperity and Abundance are worthless if you don't have your health, loved ones in your life and something to do each day that makes your heart sing. On the other hand, if you're continually struggling financially, it certainly takes the shine off all other areas of your life. Why not have it all? It really IS possible. How would you feel if you could spend each day with friends that inspire and uplift you? Only work because you love what you do. Be able to spend your time doing what you choose and when you choose and continue to experience greater and greater levels of abundance, wealth and prosperity year after year.

When you continually and persistently create a Millionaire Mindset, manage your money wisely, visualize yourself as wealthy, are grateful for the richness already in your life, feel abundant, clean up your clutter, laugh, celebrate and share your wealth - you will unleash such a flow of prosperity in your life - you will finally believe you CAN Create Outrageous Riches, Plentiful Prosperity, Wildly Wonderful Wealth, Fabulous Financial Freedom and Mountains of Money NOW!
© 2004 Sandy Forster

ABOUT THE AUTHOR

Sandy Forster, author of the International Bestseller How to Be Wildly Wealthy FAST, offers more exciting free resources, articles, tele-conferences, books and live events in the areas of prosperity, success and personal empowerment at www.WildlyWealthy.com

Pages of Prosperity

Empowered Wealth Strategies, Secrets to Financial Freedom

By Martienne Freeth and Barbara Page

Wildly Wealthy FAST

By Sandy Forster