

The Secret life

LIVE YOUR DREAMS USING PRINCIPLES FROM THE LAW OF ATTRACTION



LOVE-LIFE

Whether you're single, or part of a couple, you *can* have the relationship of your dreams. Take the time to focus on what you want, imagine your ideal relationship, then make it happen!

Transform your relationship

- 1 Focus on what you do love about your partner, not what you *don't*.
- 2 Make a list of everything you appreciate about them.
- 3 Close your eyes and visualise the two of you together enjoying each other's company, and your time together being fun, loving, supportive and blissful.
- 4 When your partner does something that annoys you, don't nag or dwell on it. Instead, picture them acting in a way that makes you feel loved, supported and special.
- 5 Spend time thinking about how much you love your partner and flood your body with feelings of love.

If you want to find love

- 1 Make a list of the qualities you'd love your partner to possess, for example, patience, consideration, being sexy, smart or funny.
- 2 Imagine you have already found 'the one', and how wonderful it is to be in a committed, loving, nurturing relationship with your soulmate.

- 3 You may find yourself attracting someone less than desirable if you don't love yourself first. Say to yourself in the mirror each day: 'I love you', and really mean it. This may take some practice before you feel comfortable.
- 4 Affirm: 'I am loved and adored by my ideal partner', and really feel it.

The tips above will allow you to really connect to the feelings of already having your ideal relationship, which will then allow the ideal person to appear, or alternatively bring out the absolute best in your current partner.

WEALTH

How much would it take for you to feel rich? You must be clear on what this means to you. For some, it's having enough money to pay the bills each week, while for others it means unlimited riches. Whatever your definition of being wealthy, it's all possible when you know how!

- 1 Create a Millionaire Mindset. To attract the wealth you desire, you must think like a millionaire. Once you've conditioned your mind to focus on abundance and prosperity *more* than lack and limitation, *more* money will begin to flow into your life!
- 2 Visualise the money already in the bank. Add those delicious

feelings of love, satisfaction and gratitude to your picture of wealth.

- 3 Be consistently grateful for your abundant riches. Gratitude is a powerful prosperity trick. It can be a challenge, so keep it simple. At the end of each day, write down five things you're grateful for – sunshine, a cuddle from your children, the fact that it's bedtime (I used to use that one a lot!). Do this consistently and the abundance will flow.
- 4 Know what your money is doing. If you have no idea what money comes in and what goes out, on a subconscious level you could be repelling wealth.
- 5 Do something that makes you feel rich. Have a massage, buy flowers, hire a Porsche or go to a day spa. Don't go into debt for this! Do something *free* – take a picnic to the beach or go to an expensive estate and imagine which house you own.

WEIGHT

Have you noticed the second you decide to go on a diet, all you want to do is eat? That's because you're putting all your attention, focus and energy on food, which only makes you want more of it. If losing weight is one of your goals, instead imagine what it would be like to be trim, taut and terrific – your weight-loss efforts will be easier and have better results than any starvation diet.

There's a lot of buzz about the self-help phenomenon *The Secret*, but how can the principles of *The Secret* be applied to your life?

Law of Attraction expert Sandy Forster, author of *How To Be Wildly Wealthy Fast*, explains how you can achieve your wildest dreams.

The Law of Attraction states that what you focus on – what you give your attention and energy to today, will become the experiences of your tomorrow. So here are my top tips to help you fulfil any dream!

Sandy shows the way to realising your dreams in the areas of love, wealth, health and weight, business and living your wildest dreams!



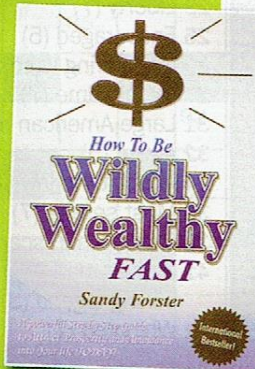
over to YOU

IN OUR STORY ABOUT *THE ROUSEABOUT*, WE ASKED YOU TO TELL US WHAT YOU LOVE MOST ABOUT THE OUTBACK

- The best thing about the outback is there are no clocks, so nights go on forever. We all tell jokes and sing a song, then nod our heads and go to bed.
Virginia Brown, Burleigh Waters, Q.
- The outback is gorgeous during the daytime, but the night sky is magical – the stars are bright and beautiful.
Julie Jones, Epping, NSW.
- Black nights, stars burn bright, dawn's golden light, blue skies, red sand, sunsets... orange pinks, fade to grey.
Judy Deaves, Terrigal, NSW.
- My favourite aspect of the outback is its ruggedness and the feelings of peace and calm that being there creates.
Karen Oldland, Madeley, WA.
- The outback has no hustle and bustle, and people stick together in good times and bad.
Dawn Malone, Traralgon, V.
- I love the unspoilt beauty of the outback, the wide open spaces, the wildlife running free, and, of course, the country boys!
Raelene Dau, Gympie, Q.

WIN talking POINT

- Sandy Forster's book, *How to be Wildly Wealthy Fast* (Inspired Spirit Publishing, \$27.95), uses ancient wisdom and the Laws of Attraction to help you make a fortune. For your chance to win one of 30 copies of *How to be Wildly Wealthy Fast*, tell us what you'd do with \$1 million. Send your entry to New Idea/Wildly Wealthy, Private Bag 9960, North Sydney, NSW 2059, or visit www.newidea.com.au.



For full terms and conditions visit www.newidea.com.au. Competition commences on June 4, 2007, at 9am and closes on June 15, 2007, at 5pm AEST. The winners will be the entries selected, having regard to skill and originality, at the promoter's premises by June 20, 2007. Total prize value is \$838.50 as at May 28, 2007. The promoter is Pacific Magazines Pty Ltd, 35-51 Mitchell Street, McMahon's Point, NSW, 2060 (ABN 16 097 410 896).

get excited about the possibilities. Once you know what it is you'd like to accomplish, use similar steps to the ones I've outlined already.

You may feel overwhelmed transforming all areas of your life at once. Start by choosing just one area – health, wealth, love, business or your dream – and really see, feel and believe it. Allow the transformation to occur before moving on to the next area!

- 1 Write an affirmation that supports your dream, for example: 'I am now a bestselling author.' Repeat it often.
- 2 Create a vision board that supports your dream.
- 3 Take five minutes each day to close your eyes to see and feel your dream as already manifested.
- 4 Don't listen to 'dream stealers' – people who tell you all the reasons why it will never happen. If you believe you can do it, you're 90 per cent of the way to making it happen.
- 5 Find someone who has achieved what you want who can be a coach or mentor and follow their lead.

- Sandy Forster is hosting a series of one-day workshops around Australia this month, teaching people how they can develop a Millionaire Mindset. For details, visit www.wildlywealthy.com, or call (07) 5476 5584.

Visit our website
www.newidea.com.au
for our suggested book club questions

How to beat the bulge

- 1 Get clear on the weight you'd like to be and affirm: 'I now weigh 59kg and feel fit, fabulous and sexy!'
- 2 Visualise your perfect body. Close your eyes and picture yourself your ideal weight. Feel how good it feels.
- 3 Imagine you're already at your ideal weight and spend some time writing down how different your life is – how much fun you have shopping for clothes, how wonderful it is to be able to swim at the beach or play sport – whatever feels good for you.
- 4 Make a picture of yourself at your ideal weight. It could be an old photo, or one from a magazine with your head on it. The idea is to be able to continually see yourself at your ideal weight.
- 5 Listen to affirmations to support your new, improved, trim shape. This could be either a CD you've bought, or ones you've recorded yourself.

how much money you want to make, your work environment and what you want to achieve from your business.

- 2 Join a mentoring group – success breeds success. Learn from successful people.
- 3 Continue to read books, listen to audios and attend events that inspire and motivate you to think bigger and dream more grand.
- 4 Create a vision board (a collage of pictures) of your success – look through magazines for pictures that create a vision of what you consider success to be.
- 5 Spend time daily imagining the feeling of being successful.

LIVE YOUR DREAM

If you could take a dream and turn it into reality, what would it be? Would you become a published author, quit your job and work from home, start your own internet business or travel the world?

What makes your heart sing?

The secret to attracting whatever it is that ignites your passion is to first get clear what that means to you. Don't let your logical mind get in the way. Be a child again, remove all limitations and imagine, dream and

BUSINESS SUCCESS

Your background, level of education, connections and money don't matter – anyone with a big enough dream and a strong enough desire can create the success they yearn for.

Five easy steps to success

- 1 Write your own 'Business Success Desire Statement', describing your ideal outcome,