

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Attitude Attracts

By Stephanie Yeh

Attitude Attracts by Stephanie Yeh

There's an old saying that "the level of your being attracts the level of your life." In other words, your general tone or attitude toward life will be reflected in the different areas of your life, including your checkbook. If you want to have a generous and prosperous bank account, the best place to start is with your attitude.

Here's a method for checking your attitude. First, when you wake up in the morning, check in with yourself. What's your attitude? Are you relaxed and languorous after a good night's rest or are you tense and anxious? What thoughts, if any, are running through your mind? Keep a notebook by your bed and jot down a few words about your general attitude. Then, at night, check in again. Review the events of your day and get a general sense of your attitude. Were the events upbeat and happy or were they argumentative and tense? Keep a running log for a week - and be honest!

At the end of the week, look back over your log and assess your general tone. If your checkbook or financial status is low, chances are your attitude is also low. If you find that your attitude has been less than generous all week, try this little exercise for expanding it (and your checkbook). Once a day, intentionally go out of your way to be generous, expansive and kind toward someone. It doesn't have to be someone you know - just pick a person to be generous with. You might compliment someone's outfit, give someone a smile or tip a little more generously than usual at a meal. Whatever you choose, keep it simple and easy. Be as sincere as possible. Most importantly, don't expect anything back from that person, and don't tell anyone about your kind act.

Keeping your kind act of the day under wraps is really the secret of success for this exercise. The Universe responds to your generous attitude and reflects that generosity through your bank account and the richness in your life. Do this exercise consistently for a week or two and see what comes to you. Whatever it is, it will be good!

Stephanie Yeh, co-founder of the Esoteric School of Shamanism and Magic (<http://www.shamanschool.com>), helps clients use magical and shamanic techniques to manifest their desires. Stephanie has created several online and video classes to make this information more

accessible. She also helps others learn to create abundant health and wealth with spiritual and practical resources through her site, Prosperity Abounds (<http://www.prosperity-abounds.com>).

Think and Grow Well

By World Image Naturals, Inc.

It is important to your health to keep a positive attitude. Your mental attitude is directly connected to your physical state. You've heard the saying "you are as young as you feel." It turns out there is something to it.

Your attitude affects your body down to the cellular level. Your cells are intelligent. They listen to you. Tell yourself you are greatly ill and your cells will begin to act accordingly. When you believe something terrible is going to happen to you, your cells respond with tension, rapid heartbeat and pulse, and an increase in the flow of hormones and chemicals that prepare you for an emergency. These responses can be harmful if they are triggered unnecessarily or too often.

On the other hand, a positive attitude can help create a state of health and well-being. Each time a negative thought or feeling comes over you, counter it with a positive one. Keep it up and it will become a healthy habit. Your cells will reward you with health and mental fitness.

Copyright © 2004 World Image Naturals™, Inc. All Rights Reserved.

World Image Naturals™ is a nutritional supplements manufacturer of additive-free products. Informative articles are posted regularly to a Health & Fitness Weblog available at

Think and Grow Well

Looking Briefly at Our Attitude

Got Attitude?

There is Attitude and Attitude

Achieving Success Through Attitude

Motivate Your Way To Success

Magic Subscriber – Automatically capture your visitors email address

Mind Power Creative Thinking

The Ultimate Guide To Acing ANY Job Interview

Forum Fortunes – Make a Living with Online Forums



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!