

Body, Mind & Spirit

The Money Mystique

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CONTRIBUTING WRITER

My mantra is short and simple: If we create, spend and invest our money consciously, and with integrity, we will enjoy our money and our lives. It's that simple. So where do we begin?



Karen Sheridan, founder of The Money Mystique in Portland

is an infinite supply of success, and success attracts success.

If you study people who create wealth for themselves, you will discover they share several traits:

- They believe they can live the life they want;
- They feel deserving of money;
- They practice integrity around money every day; and
- They don't give up.

Spend It

I believe that self-expression is the key to creating a life you love. In order to do this, you have to spend your money consciously.

Money makes magic when you spend it for things you truly love, things that resonate with your goals, dreams and values. You use your life energy to create money. When you spend consciously and with integrity, you honor yourself. When you spend unconsciously, out of habit rather than choice, you dishonor and drain you

own life energy.

Notice where you spend money. Do you use your money to move into the life you want, or do you unconsciously let money "slip through your fingers?" What would it be like to stay in touch with your goals as you make your spending choices? Make a daily practice of spending your money with conscious intention, rather than unconscious abandon.

Invest It

There is only one thing you can do with money, spend it. You can spend it all for things you want right now, or you can spend some for now and some for later. The money you put away for later is the money that will support you when you no longer want to be a road warrior. Invest now for tomorrow.

Enjoy It

Transforming your relationship with money is a daily practice. I encourage you to pay attention. Ask yourself:

- Do I take 100 percent responsibility for myself and my money?
- Do I practice daily integrity around money?
- Do I genuinely celebrate the suc-

cess of others?

• Do I forgive myself for my mistakes, misjudgments and intolerance?

• Do I feel genuine gratitude every day for my gifts and for the miracle of making money?

• Do I have the courage to say "no"?

• Do I trust I can create all the money I need to express myself fully?

If you answer "yes" to these questions, you probably enjoy your money and your life. Congratulations!

If you answer "no" to any of these questions, you may want to read some of the numerous books about prosperity, analyze where your blocks are and pay attention to where you are not comfortable around money. Set an intention to change your relationship with money. If you make prosperity thinking a daily practice, you will grow in ways you can't even imagine.

KEYS TO MAKING MONEY

- Give the customer more than she expects.
- Keep track of income and expenses.
- Focus initially on tasks that will generate money immediately.
- Separate it-would-be-nice-to-do from the this-must-be-done.
- Trust your instincts.
- Believe you deserve money and charge what you are worth.
- Be focused.
- Pay attention to how you use your time.
- Remember, vision without action is hallucination.



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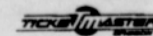
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