



The Anstey  
Laws of Fabulousness



“When I was told that I didn’t actually have to feel bad about myself and that I actually had a choice over my thoughts and emotions my broken heavy heart immediately began to shift.

When the same person then explained that there was an unseen force that I could choose to learn to use to create a life that was full of amazing experiences and happiness I was astounded.

I knew from that moment that my life would never be the same.

This priceless knowledge changed me and my life experience forever. I now share with you this gold dust so that you can do the same for yourself.

Shower yourself in this gold dust.

May it enable you to shine and sparkle.

And like I do every day may you start to live your life fabulous.

Enjoy with all my love”



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**“There is gold dust in the air-for me, for you and for all of mankind. Through definite, deliberate prosperous thinking, we can now begin assimilating that gold dust. And even now we are beginning to experience gold dust results.”**

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As soon as I grabbed this success secret my life began to change.

Spiritual laws have enabled me to understand why and where I had limited myself and with that I set myself free. The spiritual laws also enabled me to understand that I am made of this gold dust. I am pure potential and this pure potential surrounds me and works through me. Together we make up the whole of the universe and beyond. It is only this gold dust that exists but it takes various forms. I am gold dust, you are gold dust, so is your digital device and your wooden chair. If I focus my thoughts, emotions and beliefs I can direct this gold dust to manifest anything into my reality.

Following the laws of this gold dust enabled me to put my life in order. If you are currently experiencing limitation you need to start following the laws in you're thinking, emotions, health, financial, affairs, love — in fact in all of your life.

I would like to introduce you to the dynamic laws of this gold dust and the tools that will enable you to implement them. When understood and used together they will enable you to manifest abundance into your reality. Together this is what I call the Anstey Laws of Fabulousness, in this booklet I will be breaking them down, I will be doing my best to explain them so that we can all be making sure we practice them in our daily living.

Fabulous thinking means many things to many people basically it gives you the power to make your dreams come true whether your dreams are better health finances, a happier personal life, education, a deeper spiritual connection or travel .The list is limitless as anything can happen or be desired.

When I look at myself now I can see the look of success, self-confidence and inner happiness. When I am in tune and embracing the laws I am magnetic from the inside out.

But we can falter, remember we are all learning. As I reach new heights in my personal and professional life I am experiencing new challenges. In recent weeks I forgot the laws, I ignored my daily practice. Fear, doubt and disappointment entered my thoughts and emotions so I then experienced these results in my immediate reality.

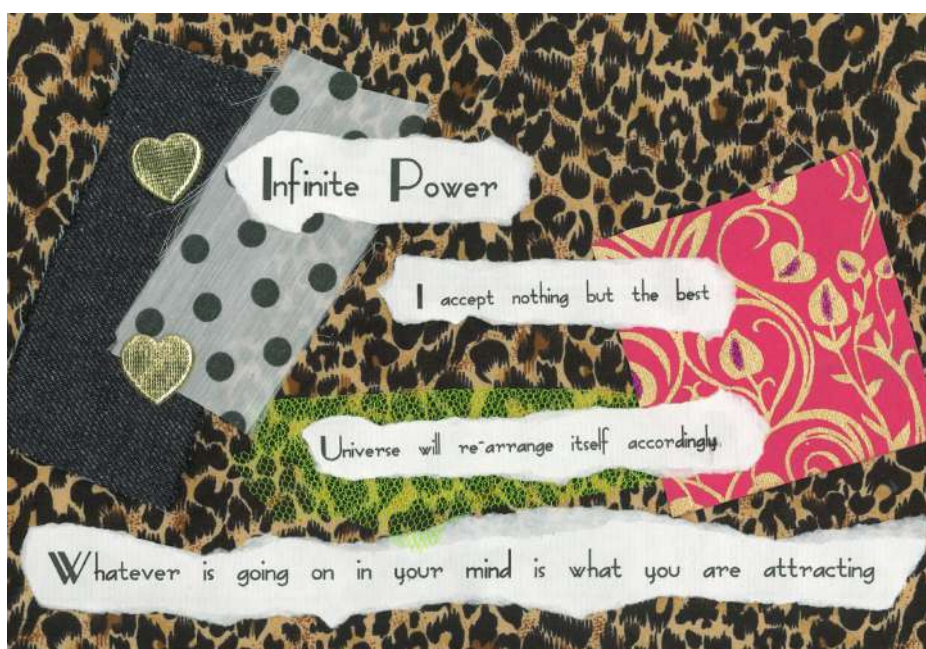
But the good thing is I know that by simply following the laws once more and by focusing my thoughts and emotions with daily practice everything will get back to a fabulous path. This is the one thing I love so much about this work and the laws, as much as life can change in an instance negatively we can use the laws to understand why and get back on the fabulous path even quicker than we slipped off.



## Remember.....

**“There is gold dust in the air — the universe is created of radiant substance to which we have unlisted access. We form our world from this rich substance through our thoughts, emotions, words and actions.”**

- So may we experience our life knowing that there is gold dust in the air and that we have the power to create a fabulous reality with our own deliberate daily thinking.
- You are pure potential everything and anything is possible. Let us understand this process of manifestation, let us start living by these laws, and may we reveal to ourselves what we need to release and affirm to create a clear route for that pure potential to work through us and form into our desires. Lets all live a fabulous life.



**The future is created by the thoughts you think today, which are driven by your core beliefs about yourself. If you want the future to be better than today, you must think thoughts that make you feel better than you've thought before.**

**For most people, this means you have to stop feeding your negative core beliefs and start feeding your future with positive intent.**





# What is this substance “Gold Dust”?



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**“Today we know much about molecules and atoms and subatomic particles. But what is not commonly known is that the focus of research is now being centred, not on the minute particles of the material, but on what is called “reality of the nonmaterial” The space between them is now considered more important than the particles themselves. In this space is to be found a field of force that holds the particles in their orbits. It is even being conjectured that the particle is not just acted upon by the force, but it is the force acting as a particle.” Spiritual Economics by Eric Butterworth (pg. 15)**

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It is this invisible force, this intelligent space that I call the gold dust. This gold dust not only created us but it works through us creating the forms within our life and our experience. The concept of gold dust can implode your mind at first, but once you get it you can truly understand the creative process.

This power, this gold dust is often referred to as Infinite Intelligence. This Infinite Intelligence is whole, perfect and complete. It is a force that can create any experience and any form in the human world in which we live.

We are made from this Infinite Intelligence so as we are already “it” we too are whole, perfect and complete. We have the power within us to create and experience anything in our reality. The fact is — for us to even think it, it has to already exist, all we need to do is to make sure that our personal consciousness and vibration matches the desire to attract it into our reality. And this is the key, all the work, all the effort comes from within us, we do not need to chase or step outside ourselves to get what we want. We do not need to act from a place of fear or lack. If we require something in our reality we have to make sure that our own personal consciousness

matches the vibration of what we desire, whilst asking for the gold dust to bring it into our experience appropriately.

When we truly understand that this Infinite Intelligence is all there is, we cannot help but understand that we exist within this gold dust. When we know the truth of Infinite Intelligence we know the truth of ourselves. When we ask for something it implies that there is a power separate from us that we must appeal to before we can receive a desired outcome. When we know that we have the power we CLAIM what we want and use our own power as a guiding force that reveals it to us. Reveal is the important word, remember everything we ever want already exists we just need to consciously use our power to draw the gold dust into form and attract it to our life experience.

This force, this infinite intelligence is unlimited, it is only our consciousness that can be limited. Limitation is only an appearance; it is not the truth of our spiritual nature. All negative appearances can be dissolved and removed from our day-to-day experience with various tools and techniques which we will be looking at constantly within my work.

# You are One with this Intelligent Gold Dust



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**“You belong to the universe in which you live, you are one with the Creative Genius back of this vast array of ceaseless motion, this original flow of life. You are as much a part of it as the sun, the earth and the air. There is something in you telling you this — like a voice echoing from some mountain top of inward vision, like a light whose origin no man has seen, like an impulse welling up from an invisible source. Your soul belongs to the universe. Your mind is an outlet through which the Creative Intelligence of the universe seeks fulfilment. This is you're starting point for investigating the meaning of those impulses, longings, and desires which accompany you through life. You may accept that the source through which they come is real. You may accept that the universe is filled with a Divine and Infinite Presence, perhaps the infinite of yourself. Not the infinite of your limited self, but the infinite of the Divine Self you must be. There must be a pattern of yourself in this invisible. The greatest minds of all the ages have accepted that such a pattern exists. Socrates called it his spirit, Jesus his Father in Heaven. Some ancient mystics called it Atman. Why don't you call it just you, your complete self? For surely this is what they have all meant. Just try to catch the larger vision and realise that there have been and are people many of them, who have wooed and wed some invisible presence until its atmosphere and essence have become woven into the fabric of their own existence. Every man is a doorway, as Emerson said, through which the Infinite passes into the Finite, through which God becomes man, through which the Universal becomes the Individual”**

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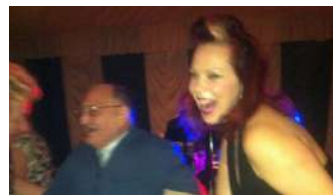
**Ernest Holmes**

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**The Thing Called You (pp.3-4)**

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**There is One Infinite Intelligence, One Mind.**

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**One Universal Consciousness permeating all existence.**

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This power is:

- Omnipotence – All Power
- Omniscience – All Knowledge
- Omnipresence - Everywhere at all times evenly.

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**You are Infinite Intelligence**

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The name by which this power is known is unimportant. Go with what feels right for you, some descriptions include:

- The Source, Presence, The Un-Manifest, The Universe, Power Within, Life Force, Creative Mind, Infinite Intelligence, Energy, God, Awareness & Consciousness, Divine Spirit.
- I like to use Gold Dust as it remind me that it is abundant and can create all forms.
- In our human experience, we have mistakenly believed ourselves to be separate from the One Presence and it is this belief in separation that results in our inharmonious reactions and experiences of life.
- We can experience life on a more harmonious and healing level if we are open and receptive to its flow and understand that we are the One Presence in expression. We already are its wholeness; any sense of lack is just an appearance that can be altered with a shift in our own personal belief system.
- We can always know exactly where we are on our spiritual journey by looking at our reality, this is the Law of Correspondence. Everything in



our outer world is a reflection of our inner world. If we have joy, peace and abundance, then we are balanced, spiritually and materially. If we are not, everywhere we have lack shows us where we are out of balance within ourselves. When we are willing to do the inner work our outer reality will reflect the results back to us. It is important that we also understand that we all have our own personal rhythm, being you is all you ever have to aim for. Inner contentment, bliss and abundance is personal and cannot be measured by material things or socially expected titles. I teach fabulousness as it is what makes me feel like me, I love glamour, dressing up and being over the top feminine, for you it may be very different and that is ok. In fact it is more than ok, I would love it even more if you used the tools that work for me to reveal an inner you that was like the chalk to my cheese. This work is about you honouring yourself, you have spent too long trying to be what you felt others expected you to be, today decide to allow your inner you to shine. I for one can't wait to meet you and I know that the true you is very excited to be meeting you soon too.

- Our belief system can affect our experiences, but by changing our conscious and subconscious beliefs we can change our experiences.
- What we give out, we get back. We are like magnets.
- The ultimate goal for all of us on a spiritual path is the realisation of our true spiritual identity, which is wholeness.
- Wholeness, Contentment, Love, Bliss & Happiness.



# The Creative Process



**This gold dust is pure potential.**

**You are gold dust!**

**Therefore you are pure potential.**

**Everything, everywhere is accessible to you as pure potential.**

You just need to create a focused conscious doorway within your soul for the gold dust to work through then your desires to take form.

From within you create your outside experience.

It's the law of cause and effect. One of the many spiritual laws that we can use to not only create our desires but to also realise and dissolve any limitations that may appear within our consciousness.

We turn this gold dust, this pure potential into form with focused thoughts, emotions and belief.

Potential becomes realised when you focus your attention on an imagined outcome, this in turn causes that potential to expand until it becomes energy. You attract that energy into your reality by expecting the outcome to occur through desire or fear. This energy could for example take the form of an experience or object.

If your beliefs allow, meaning your energy matches the energy of the expected outcome, what was potential becomes realised.

Its principles are:

- 1) Like Attracts Like
- 2) Focus Causes Expansion

Another way of defining the Law of Attraction is:

**Thought + Allowance = Manifestation**

Everything you want already exists, but may not yet appear within your reality. To attract it into your world, intend it, focus on it, expect it, and accept it.

You don't have to earn it because you are already worthy of it. You don't have to sacrifice anything for it because you are it in essence. You are connected to it by virtue of who you are. When who you are "being" vibrates in accord with it, it is yours, no matter what!

**How long does it all take?**

As we live in a three-dimensional world, there is an element of time that passes before manifestations take place. How much time depends upon the intensity of the desire or fear, the depth of the belief, and what The Universe must coordinate behind the scenes to make it happen.

This is why faith is so powerful, regardless of what you believe in. But if you doubt your worthiness, or limit your possibilities, or waver in your vision during the buffer of time, your lowered energy slows the attraction of your desired outcome and delays its fulfilment, sometimes indefinitely.

# The Creative Process



If you persist in seeing your future unfold according to your vision, no matter how things seem in the present, you will not only attract what you desire, you will have it as quickly as possible.

There are various practices that will help you get there, this is the whole purpose of everything I teach and create. Each day I want us all to feel supported and reminded of the truth of who we are to keep us all at our highest vibration possible. I have to practice and remind myself every day too, we are in this together.

We are all human, we can have good days and bad. It is how we react to the bad times that is now important. Our feelings are the key, for many of us we ignore our feelings or try to forget them with huge glasses of wine, food or drugs.

We cannot desire or try to use the law of attraction from a place of need or pain. The law has a clever way of giving us what we need to grow. By feeling our pain we can resolve it and understand the lesson it secretly holds within. As we explore our hurts, pains and fears — our guilt, regrets and shame we open ourselves up to self healing. Through forgiveness and self-love we can mend ourselves and thus really begin to feel this wholeness that we discuss so much in this work.

Sitting in our pain hurts, but ignoring it does not mean that it has gone away and it remains in us and causes blocks within our personal creative process.

This may seem scary but I have done this

and survived! I will continue to do this and share my own experience with you. In my work you will see me cry, you will hear me swear, give up and then get back to the job in hand. I use myself as a tool to show you how it works. Giving birth to a new life can feel like it's killing us at the time, we hold on so desperately to what we know (even if it isn't good for us) but when we know in our core that we feel sad, that our life isn't happy we owe it to ourselves to take ourselves to a new place, a place where we feel safe, secure and free. Both physically, mentally and emotionally.

If you keep the Law of Attraction principles in mind, honour your true feelings at all times and hold the highest intention for all. You will reveal your wholeness and it's abundance within all areas of your life.

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**It is your divine right to feel safe, secure and free. Physically, mentally and emotionally.**

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## What Are The Universal Laws

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Universal Laws are fundamental laws of mind and spirit. They are all inter-related and operate on all levels: physical, mental and spiritual.

They are eternal, universal and absolute. You can rely on these principles to operate inevitably, everywhere, all the time.

Working with these laws, understanding and applying them will let us live in harmony, leading to a well-rounded fabulous life. This harmonious life becomes effortless bringing balance, well-being and prosperity.

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## The Law of Oneness

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- The Law of Divine Oneness helps us to understand that we live in a world where everything is connected to everything else. Everything we do, say, think and believe affects others and the universe around us.

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## The Law of Vibration

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- This Universal Law states that everything in the Universe moves, vibrates, and travels in circular patterns.
- Science has discovered that underlying all forms of matter there is an underlying energy of vibration. This is not metaphysical theory but is scientific verifiable fact. Everything in the universe is vibrating, from the atom, the molecule, to a tree or a mountain. There is a vibration in every living thing.
- The rate of vibration determines its form. Slow vibration manifests as a rock, fast vibration registers as wind, very high vibrations register as sound and music. The variation is endless. The law holds true in every aspect of life. Vibration is in the physical world, within our thoughts, feelings, desires, and dreams. Every vibrational frequency has a unique vibration.



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## The Law of Rhythm

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- This Universal Law states that everything vibrates and moves to certain rhythms. These rhythms establish seasons, cycles, stages of development, and patterns. Each cycle reflects the regularity of God's universe. Masters of this law know how to rise above negative parts of a cycle by never getting too excited or allowing negative things to penetrate their consciousness.

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## The Law of Cause and Effect

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- This Universal Law states that nothing happens by chance. Every action has a reaction or consequence and we "reap what we have sown." This Law, like others, is impartial. They work whether you entertain the positive or negative. This makes each of us responsible for the quality of our own thoughts, emotions, lives and relationships.
- Remember that your choices become your destiny for "like begets like." Choose wisely.

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## The Law of Attraction

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- This Universal Law is "Like attracts Like." It is a simple principle to understand. Our thoughts, feelings, words, and actions produce energies, which in turn, attract like energies. Negative attract negative and positive attract positive.
- It is easy to live by default, reacting instead of co-creating. The key to mastering this law is to focus your attention on what you want to attract.



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## **The Law of Gratitude**

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- Be thankful. Count your Blessings. Gratitude is important because it generates an extremely positive vibration. It connects us with God. The grateful mind is constantly fixed upon the best therefore it will receive the best.

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## **The Law of Increase / Compensation**

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- This Universal Law states that for every action there must be a reaction. What goes around comes around.
- This is readily apparent when applied to blessings and the issue of abundance. Say we give our time freely to a charity or make a generous donation. It might not happen immediately but somewhere down the line we will be compensated for that action. The visible effects of our deeds are given to us in gifts, money, inheritances, friendships, and blessings.
- This Law states that the spirit of your action multiplies the result. Check your purpose, sincerity and willingness to insure multiplication by this law.
- The key is application. Apply whatever you want to your thoughts, words and actions. It will grow and return to you as the “fruits” of your efforts.
- This Law is an arm from Cause and Effect being applied to abundance and blessings that come into our lives. Compensation is the visible effects of our deeds; it can show up as gifts, money, friendships, or any other blessing given to us due to our actions.

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## **The Law of Circulation**

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- The law of circulation states that all things in the universe are always flowing in circulation, but at an ever-expanding rate. What you give to one person, you will receive from a different source. So you don't have to give with the expectation of receiving back from the same person you give to, but knowing that it will definitely come back to you multiplied from other sources. It works according to the law of cause and effect where the universe always mirrors back to you whatever you do.





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## The Law of Perpetual Transmutation

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- This Universal Law states that energy never dies it simply transforms. Higher vibrations consume and transform lower ones. As energy we all have the power to change any condition in our lives. Producing a higher vibration consumes and transforms lower ones. This means we can change the energies in our lives by understanding the Universal Laws and applying their principles that will produce change.

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## The Law of Polarity

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- This Law states that everything has an opposite. Light has to have dark in order to understand each. If we change an undesirable thought by concentrating on the opposite thought, brings a desirable change.
- A practical application of this Law is that we can suppress and transform undesirable thoughts by concentrating on the opposite. This is used often in hypnosis when we use suggestions that replace negative beliefs with positive ones.

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## The Law of Correspondence

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- This Universal Law states that the principles or laws of physics that explain the physical world — energy, Light, vibration, and motion — have their corresponding principles in the etheric or universe. In the Emerald Tablet of Hermes expresses this Law as "as above, so below." "The macrocosm is contained in the microcosm."
- This Law places us in the drivers' seat of our own life. Your outer world will be a direct reflection of your inner world, accepting responsibility for your life. This law takes us out of the victim role making us the sole creator of our own life.



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## The Law of Relativity

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- Relativity is the relationship of all things understood by the person relating to it. It all depends on your perspective. As the viewpoint shifts, the relative relationship also shifts. Or, put simply, if you look in another direction, you have a different view.
- This law teaches us to put everything into its proper perspective. No matter how bad we perceive our situation to be, there is always someone who is in a worse position. It is all relative. Often when you change your perspective, you change your mind and that may just change your life.
- Each of us will receive a series of situations to strengthen the energy within us. This law gives us the ability to stay connected to our hearts when proceeding to solve the situations. This law also teaches us that if we compare our problems to other peoples' problems it will place everything into its proper perspective. No matter how bad we perceive our situation, there is always someone who is in a more difficult position, making it all relative.

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## The 21 Sub-Laws

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The 21 sub-laws are actually human characteristics that relate to the Universal Laws. These characteristics are:

- (1.) Aspiration to A Higher Power (2.) Charity (3.) Compassion (4.) Courage (5.) Dedication (6.) Faith (7.) Forgiveness (8.) Generosity (9.) Grace (10.) Honesty (11.) Hope (12.) Joy (13.) Kindness (14.) Leadership (15.) Non-interference (16.) Patience (17.) Praise (18.) Responsibility (19.) Self-Love (20.) Thankfulness (21.) Unconditional Love
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## What is an Affirmation?

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An affirmation is a positive statement designed to counteract a negative belief that you possess.

Did you know that you can use your thoughts, feelings and the words you speak to change negative beliefs and behaviour patterns within your life and create a more positive outlook and reality.

If you change your thoughts you can change your life - It really is that simple

The mind is a powerful thing but changing your mind by using affirmations is really quite simple. This is how it all works. You see the subconscious mind does not discriminate. This part of your heart and soul accepts whatever the conscious mind sends it via your thoughts and feelings.

This means that we can train ourselves to use our conscious mind to change a core belief — a core belief is a belief that is deep routed into your subconscious, you may not even know that you have it until you try and achieve something and do not get the results you desire. By changing your core belief you can change the negative results into positive ones.

The subconscious mind will simply accept any new strong intention that you send it and over time believes it as your new truth.

We can do this by deliberately thinking, speaking and feeling the belief or reality we

are trying to achieve. When we repeat our desired outcome over and over we call it an affirmation. In time the new belief will become real and the old one will dissolve.

Knowing that you're amazing, feeling beautiful or having confidence may not be something that you have at the moment but the good news is that by simply repeating and affirming statements that affirm your chosen outcome we can attract the results you desire and deserve

I like to say our affirmations and quotes over and over again throughout the day. Life can be fast and it's not always possible to stay focused and remember to affirm your truth. This is why I started placing affirmations and quotes on my clothes, it helped remind me constantly.

I have created affirmations for all areas of my life and I also use quotes that have inspired me too. I find that quotes often enable me to think about my own self and give more insight and inspirational understanding on a topic.

It is important for me to make sure that you really know inside that you are your best teacher. You will know in your gut what affirmations or teachings resonate with you, trust yourself. And may the information you receive from me, and the world around you guide you into the fabulous life that you deserve.



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## A revelation on how to remember your creative process

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Affirmations are just one practicing tool and one part of the creative process. To create and manifest fast and often the full process needs to be embodied fully and practiced daily.

This isn't something to panic about and is very easy. Below the process has been broken down and explained in a way that enables me to make sure I have covered all bases when trying to manifest.

**Its simple “just remember your P’s when you say PLEASE” to the universe.**

**Purify**

**Protect**

**Prepare**

**Process**

**Present**

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### Purify

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- Our cupboards have to be empty before we can fill them with lovely things. Our bodies, mind and cells need to be the same. The release, cleansing, and forgiving process is the key. Whether it be a belief from our teenage years or a guilt from a past life we need to solve and dissolve all negative issues and attachments to be clean and clear for positive and quick creation and manifestation in this life time.
- How are your bank accounts, debt repayment schemes and savings at the moment? To make money we need to be at ease with it. So clean up your finances and get everything in order. With debts taken care of and repayment plans and financial budgets set up you are then cleansed of those thoughts and worries and can focus on positivity. Never try to affirm or cosmic order from a place of fear or lack - Your intention and subconscious will attract fear and lack no matter what you say or how loud you shout it. Do not lie to yourself either, be pure and honest with where you are at and work upwards from that. When I started this work I had to eat lots of toast and walk everywhere to get my money in order. In 7 months I manifested over 70 grand! But I started with nothing, I was even sleeping on the floor. Don't let pride get in the



way. Start with truth and the truth will work with you and fast.

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## Protect

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- Looking after our mind, body and spirit is a must. We must nurture the physical body with good food, exercise and habits. Are you ignoring your pain by emotionally eating, drinking or doing drugs? This is not protecting yourself, listening to our feelings and honouring them enables us to feel safe and is an act of self-love and personal respect.
- We also need to protect our spiritual health with regular cleansing habits that purify us internally and deflect negativity of ALL kinds. We can all protect our personal energy fields with Divine White Light.
- Not everyone is nice, people will put you down, I have even known others to cast spells and affirm bad rather than good. We do not want to entertain this behaviour or react to it and give it or those people our energy. What we must do is keep our power and protect our own energy.
- What other people think or do is none of your business. Focus on your own divine protection and although you should always treat others how you wish to be treated do not mistake this with going against your own integrity. You should always out yourself first.

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## Prepare

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- Clean it all up and prepare for the good. Preparation is your start to thinking about what good things you wish to fill up your cupboards with. At this stage you are cleansed and you have created the vacuum for your good. Like a good host it is time to prepare for the guest and await their arrival, fully prepared with the correct preparations and activities done.
- What are you looking to manifest within money and abundance for example - Literally prepare for that experience. Make space in the garage for the car, get the clothes ready for the new job. Look, act and feel like a millionaire. Make sure you're purifying processes for abundance are working smoothly too.





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## Process

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- Whether it be release, forgiveness, affirmations or the process of defining your wishes with cosmic ordering, dream boards or the wheel of fortune, creating your shopping list is one thing, the process is all about creating the energy to manifest. Practice your processes, to whip up the pure potential energy around you and get it to create the form and experience of your desires.

As we now know we have to focus our whole being on a desired outcome to see it manifest in our reality. We have to consciously remove any fear or doubt that may cause limitation and send focused positivity to the outcome. When we truly accept that we are a part of this divine intelligence that is everywhere at all times then we truly know that we just have to ask to receive our good.

There are many things that we can do to keep ourselves in unity with our own Divine Intelligence and Wholeness.

Wholeness is a word used a lot in this type of work. It is explained in many ways. In my own research and search for my own peace I now think of it like this. We are connected to all things as we are all energy. When we have a negative fear or belief we are feeling or thinking in a way that makes us feel separated from this truth. We also have many parts of our character, memories and sense of self, some good, some bad. To experience all part of ourselves and be whole we need to allow our ourselves to love and accept each part of whom we are.

Remember the law always works. If you don't like your current effects you need to go back to its cause and change. One of the first steps of this is to accept all our negatives such as our jealousy, envy and the act of selfishness. We are human, so many of us get involved in spiritual work and then place so much pressure on themselves on being perfect and having only kind thoughts. Ignoring these feelings does not stop on them they boil inside us and manifest as fears in many ways. We can get very clever in hiding them and kidding ourselves.

Staying true to our real feelings and learning to deliberately focus our positive thoughts can be done via many methods including that which are listed.

Remember the law:

**Thought + Allowance = Manifestation**

We can use this law to create but remember it always works, it reflects your inner being. If you don't like the effect we can use the following processes to change the vibration and

belief system that is the cause. I know we are repeating ourselves a bit here but it is such an important part of the work.

## **Your Mind Consciousness - Be aware of any lack, guilt or fear vibrations!**

The way we communicate, think and react creates our reality. Our feelings enable us to understand what we need to heal, understand and/or step away from. Fire hurts so we do not run towards it, but if a relationship hurts us why do we keep running towards that person. As we watch and feel ourselves more closely we can become more aware of actions like this that we may not even be aware of. We do this through close awareness of our

- Thoughts
- Emotions
- Words
- Actions

Our mind can create havoc with us. Do you currently spend more time in your mind than living in reality? Do you spend time in your thoughts dreaming of possible outcomes but are fearful of taking action that could make it happen. Do you spend time imagining the worst case scenario in your mind, do you spend time imagining what people are thinking or feeling or what they will do next? This is not a positive use of visualisation, this is not acting in reality due to your reality experience in the “now” moment. What you are doing here is powerfully projecting your emotions and thoughts out to the universe but as it comes from fear and lack you will be either blocking the outcome you desire or actually creating the worst case scenario you are dreading.

I did this for a very very long time. Decide today to stop these stories in your mind. Decide today to live only in your reality. Decide today to allow yourself to really feel how your reality makes you feel. Decide to get to know the full you. This is the only way we can really become “whole”. This “wholeness” is about accepting every part of who you are and loving it. Own your inner bitch, your inner cry baby, your inner jealous green eyed monster. All these emotions and feelings are there to guide you. We can re-teach ourselves to use these feelings to reveal to us what we truly desire or need to step away from. It is time to love our “negative emotions” they are there to protect us. Decide today to love them and love every part of you. You are bloody wonderful!

## **Allowance, Acceptance & Belief - Are you thinking rich or believing in lack?**

The awareness that we will gain from closely following our emotional and reactive

behaviour will lead us to have more of an understanding of the below list. We can then look at healing our personal issues and hurts.

- **Limiting Beliefs** - Both Conscious & Sub-Conscious - You do not deserve it, you're not worth paying more, you come from a poor family, rich people are bad, spiritual people are always poor, rich happens to other people.
- **Forgiveness** - Forgive yourself, those that told you negative beliefs, forgive your past, parents & family. Forgive your past life experiences, your worries for the future. Business issues are often related to father issues, I found out recently. Heal those pains and watch your abundance and business flourish.
- **Gratitude** - Be thankful for what you have experienced and what you have got already so that the universe knows you would be happy with more.
- **Release** - let go of old beliefs, fears, guilt & attachments. Let go of stuff, energy and people that are not serving your highest good.

**Manifestation Tools - It's not only Affirmations you can use to focus your intent, below is a full list of everything that I personally use within my own life and work.**

- Spiritual Mind Treatment
- The Wheel of Fortune / Vision Boards
- Meditation & Mindfulness Training
- Visioning / Visualisation
- The Vacuum Law - Making space for the new. Mentally, emotionally and physically.
- Affirmations and Mantra Power - I love my Anstey audio affirmation collection.
- My Anstey Affirmation Scarfs - All available at [www.ansteyinternational.com](http://www.ansteyinternational.com)
- Listening to your Intuition. Understanding what it truly is and what its meant for.
- Loving your feelings and emotions, honouring them by understanding them and acting in a way that always keeps your feelings safe. Fears can be dissolved but we need to understand where they come from, and keep yourself safe as we release them.

Delays are not denials when working with the creative process. When we feel we have done all we can but are still experiencing blocks I have found in my personal experience



that it is important to investigate “attachments”. One or more of the following list may be attached to us physically, or lay deep within us as a belief system or fear from any life time we have experienced.

I have had to have both a curse, demon, past life issue and entity removed and resolved. This all happened in the later part of 2013 when I was deep, deep into my own clearing and cleansing processes. This may never be needed to be looked at on your personal journey and is extreme, but as I develop my work I am finding that many people experience great personal shifts when these types of “weird” attachments are removed. Now I say weird as let’s be honest this seems nuts. I never ever wanted to believe in any of it but it happened to me so I have to share. I cannot deny this experience or the changes after these attachments where removed.

## **A list of the various types or Attachments**

1. Earth bound spirits, ghosts, lost souls
2. Thought forms
3. Negative energy and psychic attack
4. Curses, cords, vows and contracts
5. Past life attachments and ancestral patterns
6. Inner child fragments and soul retrieval
7. Satanic influences, dark force, demons and the collective unconscious
8. Programmes, mind control programmes and Implants
9. Entities and Clusters
10. ET's & More Implants
11. Elementals
12. Earth Energies

Understanding attachments and their power can mean not only accepting spirits and the after life, but also weird stuff from other realms and evil. Let’s be honest, this is way out there! It’s not the stuff you share over a glass of wine with your “bestie”. Many people find it hard to accept that there is stuff like this out there. I had no idea about it until I became stuck and so frustrated that my instincts told me something outside myself was involved. I believe that all bad is created from fear, exactly like our own fears that create our negative experiences. Once we deal with fear we can change outcomes. I very much believe that this can be done with any of the attachments listed.

I personally had a number 2,3,4,7 and 9 that I had to deal with in 2013. Remember the stories that I had been creating in my head for years — these created negative energy blocks that where then subsequently dissolved. It is an odd subject to think about, but this is how it was explained to me at this time and the effect on me has since been this



“stuff” was removed has been very positive. As science and knowledge grows I hope to be able to present more evidence and information to you on these subjects as I do find them fascinating.

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## Present

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- Act like you already have it, live it in the now until it physically manifests in front of your eyes. Remember if you can think of it, it already DOES exist, it is a thought energy so all you now need to do is bring it into your vision as form. Be present for your PRESENT from the universe.
- Trust that your good is coming. Do not try to create exact outcomes, know that divine substance is creating the very best for you. Expectations lead to disappointments, instead know what you deserve and allow the universe to decide the flow and form.

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**I BELIEVE I ACCEPT I CLAIM**

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**I GIVE THANKS FOR BEING EPIC!**

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“It is these laws and this “gold dust” that I live my life by, every day I discover something new about myself and I know that you will too.

Living your life fabulous is about knowing who you are and celebrating yourself every single day.

Know that you are great today but that you have the possibility of living and feeling even greater tomorrow.

Life is fun, let life be an adventure, use these tools to keep you safe, secure and free as you embark on your own personal journey of living your life fabulously.

All my love forever

Anstey”