Wealth Without Resistance

The Art of Effortless Prosperity

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If you're struggling with money to any degree, you're not alone. I spent most of my life where you are and I'm here to tell you, you can change your money story with a new commitment, some effort, consistency, and a willingness to do whatever it takes. You must be willing to give up your old ways of thinking and speaking about money. You must do what the wealthy do. You must shift your money consciousness. I did it and so can you.

Are you ready?

Most people's money consciousness is one of lack and struggle. It's common *and* understandable. Our parents didn't know much about money; some even lived through the Great Depression, like mine. So, the actual physical absence of money was a very real source of distress for many. It was and *still* is associated with fear around survival. Can you imagine being a child during the Great Depression? Our parents lived and breathed that lack and the beliefs associated with it and then, carried it into their adult lives to share with us. Don't get me wrong. I know our parents did the best they could, just as I did with my daughter. Because these beliefs continue to be passed down through the generations and because they don't serve us, don't you think it's time to change them?

If you've ever struggled with anything money related, you *must understand* that the beliefs you carry are not your own. You absorbed the negative conversations and energy your parents had around money 24/7. You probably didn't have many of the things you wanted; maybe you didn't even have food. You were unknowingly impacted by your parents' hard times and now you're recreating the same scenario for yourself and your family because of those deeply embedded beliefs.

Once you *get* that you were surrounded by people with unhealthy money beliefs and you absorbed those beliefs by default, it's easier to let go of the ones you're carrying and acting on.

So, are you ready to let go of the drama and suffering? It's time to put an end to the belief that money is hard to come by and there's not enough of it to go around. It's time to stop putting blame on the government and the wealthy. Yes, our system is broken in many ways but plenty of people are making money despite seemingly endless limitations. Creating wealth is all about your perceptions, vibrations, actions, and way of being. Isn't it time you learn how to create wealth without resistance?

I'm sharing my story to prove we all have similar beliefs that keep money and joy from us. I want to show you that when we do the inner work necessary and surround ourselves with people who have healthier ideas about money, we grow and change. And then POOF! Our reality changes too.

I also want to give you some easy strategies and insights that will help you jump onto the path of creating wealth without resistance, faster. But remember, you must do the work. It takes time, effort, and consistency.

Are you in?



I used to have trouble with money. Just saying the words *money* and *wealth* would send me into a tailspin that I didn't understand. I was stingy, always noticing what was going out instead of looking at *and being grateful for* all that was coming in. And the abundance I already had.

I longed to be rich, to be able to afford anything I wanted, and to be able to pay off my debts easily. Yet, there was a part of me that believed I didn't care about money. There was also a part that deeply believed what I learned from my parents...that nobody needs a lot of money. All anyone needs is *just enough* and only for practical things.

My parents preached and modeled that money was *hard* to come by and something you had to work *hard* for. I saw my dad running his own business while also working as an engineer for a major corporation. It was difficult and he was always stressed. Mom would overspend on nice clothing and shoes for me and my siblings which would lead to huge fights about the credit card bills. It was constant.

I was also utterly confused *and* curious about *rich* people, even though I wanted to be one. Were they all arrogant, self-serving asses? And if so, why were people jealous of them? Thinking back, it's crazy how many conflicting messages I heard on a regular basis. So many that I questioned why anyone would want to be rich.

At times I felt envy disguised as anger or disgust from my parents when they talked about people who had a lot of money. The high school I attended was called "Snob Hill" because the district had many wealthy families. It was a regular topic of conversation. My entire high school experience was spent trying to fit in with the *rich* kids. Although they seemed to be normal, they must have been entitled because everyone said so. Whenever I was invited to parties at their enormous homes, I was intimidated.

After high school, I attended two different colleges for a total of five years. I studied elementary education with a minor in reading but had really wanted to be an art major. I didn't like school at all and believe I went because I was following in my sister's footsteps. So, when I got an offer to sing on the road with Columbia Recording Artists "The Spiral Starecase," I jumped at the chance. I had been singing locally in bands for several years and it was my dream.

To join the band and go on the road required me to quit college just weeks before my graduation. My parents were devastated. My brother and sister had college degrees, well-paying jobs, and pensions. I'm sure my parents were worried about my future and tried their best to support me in my decision. I lived and worked for several years on the road and in bands in the Scottsdale area and San Diego before starting my own band. It was sometimes fun and often, difficult. It was always a struggle to make ends meet because we weren't paid well for what we did.

As the years passed, I'd sometimes attract unexpected money and then feel confused and conflicted after receiving it. I wanted to save it but often ended up blowing through it. My thought was that I deserved to spend it but soon after, massive guilt would set in. My erratic decisions around money made me physically ill. I was also an especially bad receiver of gifts (I'm still working on that one today).

I grew up a "hard worker" but there was a part of me that didn't want to work at all. I felt guilty for entertaining the thought and was afraid if people knew, they'd call me lazy. In school, I did poorly in math and grew up thinking I was stupid. I even had trouble balancing my checkbook. How in the world could someone who couldn't balance a checkbook be accountable for an abundance of wealth?

I was a walking contradiction living on an emotional rollercoaster.



No wonder I had such inconsistent income. I worked hard but could never seem to get ahead. I was a professional vocalist and band leader, which was a tough job. Not only was it physically difficult, but clients and agents often contracted us to work long hours, sometimes in extreme conditions and didn't want to pay us our normal fees. Some clients even had the gall to try and hire us for beer and food (no pay) and often, people would approach us on the bandstand and ask what we did for a living. Can you imagine? I worked with amazing, talented musicians, but most had the belief that musicians are undervalued, therefore, underpaid. I also married and lived with men who had major problems with money.

Amazingly enough, as bad as my money beliefs and vibrations were, I always seemed to be provided for one way or another. I'd make just enough through my jobs and gigs, or the Universe would provide unexpected income in various ways. Was I grateful? Not really. Maybe relieved and briefly thankful but not consciously and deliberately *grateful*.

I remained unconscious and unaware of my destructive money beliefs and was stuck in a habitual pattern that left me depressed and frustrated. *I was also blind to the fact that I was blessed more than I knew*. I was hesitant to spend yet went on shopping sprees when depressed; happy when I was paid well for my gigs but obsessive and fearful when I'd see the money go out as fast as it came in. I should also mention that often, as soon as I'd receive money, the car would need repaired, or I'd have an unexpected dental problem or health issue.

I was attracting what I was vibrating. I was consistently inconsistent, and the Universe was trying to get my attention.

Stop and take time to do this process:

Look back over your life and be honest about what you know to be true. Explore and write down what your parents believed and taught, what your own money struggles are, and how you feel about money. How do you feel about the word? About wealthy people? And when you ask yourself how much wealth you'd like to have, what happens in your mind and body? If you have great wealth but lose money consistently, hoard what you have, or feel guilty about having more than others, feel into what beliefs are running your story. Look for words like "hard" and "not enough" in your vocabulary and see how those words and phrases are playing out in your life. Also look at ideas you picked up that now form your beliefs and thoughts. Most people think money is the root of all evil. Do you? And if so, how has that shaped who you are and how you handle money. Has that belief kept you broke?

Over time, I grew and slowly changed. My experiences and heartbreaks drove me to my knees in search of a power greater than myself to help me. I began to learn and practice Qigong for hours a day. I also began to read spiritual *and* money books. The energy of Eckhart Tolle, Lynn Grabhorn, Wayne Dyer, and Louise Hay began to permeate my life. Two money books that shifted my perception were "Pocket Full of Money" and "Busting Loose from the Money Game." When you commit to inner growth and do the work, magic and miracles happen. When you're committed to change, you can pick up a book, read one sentence and have your entire world altered. That happened to me often.

The biggest spurt of growth I experienced first occurred about 18 years ago. The new path I chose eventually led me to make some very big decisions. I was also becoming more in touch with my inner guidance, my higher self, and knew I was being Divinely led. I was getting intuitive *downloads* and following them.

In 2012, years after losing my home to wildfire, a breast cancer diagnosis, and the death of my father, I left my 36-year singing career and a 14-year toxic relationship to go in search of my life purpose. It was a huge, scary decision for someone who didn't make much money and had to raise a child alone. Within 2 years, I was led to become an entrepreneur and start a coaching business. During those years of building my business, I hit many walls and encountered even more trauma and heartbreak. But one thing was certain. I was growing like never before.

In 2017, I worked with several business coaches and took a 4-month leadership training to put me on the path to excellence. I produced my fourth high energy online summit called "Transform Your Money Story," with some of the biggest influencers around. Things continued to shift, but I had no idea what was coming.

Dr. Joe Vitale (of *The Secret* fame) just happened to be one of my guest experts. I was incredibly excited that he agreed to be interviewed, as I was fairly new in the field of personal development. All my interviews were incredible, but Joe and I experienced what I would call a *Divine meeting* (one that had been orchestrated by the Divine). During our online interview Joe said he felt like he had been *hit* by something. And I had one epiphany after another just listening to him talk about certain things in a certain way. For example, when he shared that the miracle is NOW (*everything* is a miracle and we're living it in every moment), I experienced a massive shift. It was profound and unexplainable. Being in his energy and presence and hearing that truth shifted my perception so much, I knew something BIG was happening. I just didn't know what.

Little did I know that when you say YES to life, especially the challenges and the unknowns, you grow in ways you couldn't without them. You gain insight, resilience, strength, and wisdom. You become more. And as you *become more*, you begin to hear and follow your intuition more consistently, which is imperative, as it wants to guide you. When you begin to do that, you are miraculously supplied with all the stepping stones (one at a time) to what's next, which aligns you with where you are meant to be.

Greater things were forming in the heavens but hidden from Joe and I until synchronicities brought us together for an in-person meeting on January 31, 2018.



The Catalyst

Sometimes, all you need to shift your perspective is a catalyst (a person or circumstance that starts a kind of inner chain reaction) that ultimately changes everything. When Joe and I befriended one another, my perceptions around money began to slowly shift. After we ended up together almost a year later, they continued to change even more. He taught me that money is just energy. Spending is *circulation* which is what money is supposed to do. Receiving is an energetic exchange and the Law of Attraction in action. Just by observing Joe daily, I continue to learn healthy money habits. His relationship with the energy of money is so astounding, I *must* share who he is and what he does so you can glean insights, too.

Joe is an incredibly generous man with unbelievably healthy ways of being and doing. When it comes to money, he lives what he teaches. When he gives to others, I notice how authentically happy he is. I also notice how unconcerned he is when unexpected and sometimes huge money issues come up (like during his traumatic and expensive three-year divorce). And when he spends money, he is *so confident* it will come back to him that within days, the exact same amount or more will unexpectedly show up in the way of a check, speaking gig, or through some other means.

Last year during Joe's divorce, it took 4 painful months of packing up his entire estate to get it ready for selling. I couldn't believe the number of things he gave away, some incredibly important to him. He donated his entire magic collection (over 50 boxes saved since childhood) to a fellow magician and 160 boxes of books from his huge library. He gifted his entire Steve Reeves gym and collection to a trusted friend and donated furniture to Habitat for Humanity (he is a huge supporter of that organization). He gave away many precious guitars. And more.

I saw him putting principles to work that created very real results. And of course, he gave me valuable suggestions and encouragement to support me in creating my own money mindset shifts, which he still does today. I personally don't know of anyone who lives life in this way. It's miraculous and beautiful to watch. I also believe it's rare.

Fame and visibility can be a gift and a curse. Because of Joe's success, he's received some nasty (and untrue) comments from people who clearly don't know him, mainly around money. When you look at people's comments, it's clear what their beliefs are. One is that people who make a lot of money are rich. What does that mean? How much money makes someone rich? Another is that people who are wealthy should give away their products and services for free to those who have less. But don't wealthy people have to pay bills, too? Others believe those who have an abundance of money have an easy life, but that couldn't be further from the truth.

Many wealthy people hoard their money and spend it only on themselves. Many don't give a dime. Some "give to get." And, unless you know how to manage money, vast amounts of it can end up being a curse instead of a blessing. History has shown us many wealthy actors, musicians and tycoons who have lost it all through overspending or poor money management.

Like I said before, money is just energy. Can you see that? Do you *get* that? If you can understand that concept and stop the stories, things will change for you. Most of us focus on money (having, getting, and keeping it) and stress and obsess about it. And many talk incessantly about wanting or *needing* more. But when you tell the Universe you need something, you'll always be in a state of dissatisfaction and need. That's just how the Universe works. It's not just your thoughts, beliefs, and words, but the energy and emotion behind it.

Joe and I have been together for over 3 years now. He is an incredibly powerful, loving, and peaceful presence in my life. I've had the honor and joy of watching him in everyday life, something not too many people have the opportunity to do.

I've watched him through the death of his father and best friend. I've also been there through an attempted family suicide as well as a lengthy and difficult divorce. I've observed him through my near-death collapse from neuro-Lyme disease and 12 co-infections and the pandemic, which still rages on.

I've seen him in agony, anguish, guilt, and grief. Honestly, he is unlike anyone I've ever known. Even while in immense pain from the loss of loved ones and constant harassment during the divorce, he put the pain aside to selflessly care for me during one of the scariest times of my life. He was and is strong for me despite his own circumstances.

I've watched him lose overseas speaking engagements (one of his primary sources of income) due to the pandemic. I've seen him lose his home, office, most of the furniture inside and out, two cats (his kids), 4 sports cars, his cherished Steve Reeves gym, and more money than I want to share, because of the divorce. Although he no longer wanted to be married to his wife, he also lost his best friend of 19 years.

I've been with Joe Vitale through the absolute worst of times and have developed a deep love and respect for him. He is always focused on helping others. He aligns with love, truth, honesty, and generosity. He has never once crumbled or stopped giving because he had less, and he's never complained about his hard times. He doesn't ask for or expect kudos.

I have never seen a desperate, scattered, angry, scared, greedy, selfish, materialistic man. Not once has he been self-centered or self-serving. Not once has he stopped giving to various people, charities or causes because he's lost money or income. Quite the contrary.

Is he human? Yes. But I'll never come close to being the kind of human he is. He cares and loves deeply. He is a loyal and generous friend. And when he gives or spends, he always remembers that what you give comes back to you 100x over when you focus on gratitude. He truly is a happy giver.

Wealth is an inside job. It's not just doing, it's a way of being.

Do you know of anyone like this? If you do, you're incredibly blessed. In my 62 years on this planet, he's the first I've ever met who is in total alignment with the living flow, the energy of money.

Maybe you are far from where Joe is, but I've come a long way in just 3 years by observing, learning, and applying certain principles, and working them. And you can too. Joe uses everything he teaches and writes about. He is disciplined, committed, generous, and takes action. He also spends time in meditation and contemplation. These are things you can choose to adopt as well. If you do, the pay-off will be worth its weight in gold.

You must first *want* to change or shift your patterns, habits, behaviors, and perceptions, but that's not always enough. Maybe you first need to get to the point where you're exhausted and desperate for change. Maybe you need to be out of options. Often, that's when we surrender to what's necessary. It's also helpful if you have an idea of what some of your beliefs and behaviors are. And this is where I come in.



Learning How

What in the world is "wealth without resistance?"

It is the effortless flow, the natural cycle of giving and receiving that is the true nature of the energy of money. It's also a state of being that one reaches when they realize that pushing against, fearing, hating, and arguing with money is not only ridiculous, but counter-productive to everything they want to achieve. It's a state of realizing they are already worthy, and that money is merely a tool to enable them to do more of what they love.

You are the faucet. If you get out of the way, the money will flow.

When we receive physical money or a check, what do many of us do? That's right. We feel relieved, not grateful. We have a list of what we *have to* do with it and if there's anything left over, we put it in savings or a cookie jar, never to touch it. We cling to it white-knuckled, which stops up the energy of flow attached to it. Very little can come to us in that space.

Have you ever gone through agony trying to figure out what to do with your money? Have you ever used it for debts and necessities and then, felt incredible guilt when using what's left over for a haircut, or shoes for your child? Some people squander it in a casino. Some people feel depressed, so they go shopping. Then a few days later, they return everything they bought because of debilitating guilt. I lived this way for many years. It's suffocating and heavy. Do you see yourself in any of these situations? Take a moment to reflect and write whatever is coming up for you.

Do you *really* want to change?

There is a way out, but you must be committed to making change. You must "work" the suggestions. Otherwise, nothing will change. There *is* no magic pill.

MAKING CHANGE (no pun intended!)

Here are some things to explore to begin changing the way you look at, feel, and act around money. If you do them, over time, you will see the difference in yourself and your reactions, and there will also be a difference in your bank account. Since it takes 30 – 60 days to create a new habit, I suggest you start with 1 or 2 things at a time and do them consistently for at least a month. When you start feeling differently or notice a shift, add another new strategy to your practice.

Remember – it didn't take you a year to develop these beliefs. Most likely it took you a lifetime. So don't give up. Give yourself some love as you practice these new ways of being.

#1 PATTERN INTERRUPT.

Change your energy and interrupt your thinking through breathwork or meditation. This must be a clear choice and a choice upon which you take action. No one can do it for you!

When you feel stressed about money or have a long list of things you feel you *need* to do with it, STOP. Feel into your energy and watch your self-talk. When you're stuck in the spin-cycle of negativity and fear, STOP. SAY STOP. BREATHE.

Take long, deep breaths in and long extended breaths out for several minutes. Let go of the negative story. You can also look up "alternate nostril breathing" which is incredibly valuable in disconnecting you from old trauma. It works directly on the nervous system. Just 5 minutes of this breathing or any slow, deep breaths will help to calm and reset you. Once you feel more centered and peaceful, do what's next.

#2 (Part 1) WHAT DO YOU BELIEVE?

Sit down with a piece of paper (no phone, no distractions) and think about what triggers you around money. Write it down. What is your constant, habitual pattern, and inner conversation about money? Write it down. Be honest. See if you can locate your biggest money beliefs. We so often cruise right through the pain and never once stop to look at it.

What you resist persists. What you focus on grows. And you know the definition of insanity, don't you? Doing the same thing over and over and expecting different results!

At some point, make time to write down your fears, concerns, and negativity around money. Each time you're triggered by something, write about your emotional reactions and physical feelings, inner conversation, and experience, so you're aware of what you're telling yourself. DO NOT judge and criticize this journey! You're just beginning the practice of deeper self-awareness, so give yourself a break. And remember, there are a whole lot of other people going through very similar difficulties. If you're not aware, how can you possibly know?

(Part 2) WHERE DID YOUR BELIEFS COME FROM?

Make time to sit and feel into your discomfort around money. What did your parents believe about money? What were their fears, worries, sayings (like "money doesn't grow on trees") and things you heard from them growing up? Also, what were their emotional outbursts? What was their relationship to each other around money? Were they on the same page or did they fight over money? How did they treat you around money? How did you feel growing up? What kinds of beliefs and behaviors do you actively engage in as an adult that stems from your childhood? Get out your journal and write.

#3 QUESTION YOUR BELIEFS!

Once you determine what some of your money beliefs are and have them written down, you can begin to question them. Say one belief at a time and then ask, "Is this true?" You'll start to realize your beliefs are not your own and most, if not all of them, will not be true. If questioning them doesn't seem to help, do some EFT on each one. If you don't know how to tap, look up some practitioners on YouTube for support.

I highly recommend our dear friend, Brad Yates as well as Shalini Yamdagni, but there are many others. You can also buy an App called The Tapping Solution (Nick Ortner) which gives you situations/emotions to tap on and shows you how and where. EFT is a powerful way to lessen the charge around something emotionally upsetting; sometimes you can eliminate it altogether. But again, you must DO it, and enough times that it becomes a habit. Make it a regular part of your emergency toolkit.

If you've spent ample time tapping on a belief, but it still seems stuck, keep questioning it. Often our beliefs stem from our own feelings of unworthiness. We can be afraid of failure and responsibility and that can also hinder money coming to us. If you really feel stuck, look for a practitioner who heals specifically around money issues. If there's a huge core belief we're afraid to face alone, it will be difficult to find what it is without support. And, there are many modalities you can try, so keep looking until you find one that works for you.

#4 GIVE WITHOUT EXPECTING ANYTHING IN RETURN.

This is a toughie! I still struggle with it myself from time to time.

Giving doesn't have to involve money, although it's a great practice to see how attached you really are to it. You can give of your time, energy, talent and more. No matter what you give, be sure you're giving from the heart and not waiting and watching (in the back of your mind) for some reciprocity. You might believe you're not watching and waiting, but I guarantee you will feel the energy and heaviness within you at some point if you are. If you truly give and let go, I promise it will all come back to you, and usually in greater amounts. If you give and are not receiving, I guarantee you're keeping it away because you're doing what I mention above. Find the belief, question it, and tap on it.

Remember what I told you about my Joe. He gives generously of his time, products, love, attention, and money. He gives without even thinking about his own circumstances and he does it joyfully. ALWAYS. It's amazing to watch. From that practice, I have seen magic and miracles happen. It's almost like a game. So, lighten up. You can start small or go big, but just START. Give it away and let it go!

And just a PS – Joe has just come out with another book entitled "Karmic Marketing." In it he talks about how we often give everything *but* money, which ultimately keeps money from us. When we avoid giving money, it's because we believe we don't have enough to give or that we won't get anything in return. To practice karmic marketing and increase your wealth consciousness, **Joe suggests giving actual money**. If you have a quarter, give it. If you have 5 dollars, give it. Remember, money is meant to circulate. If you receive money and hold onto it for dear life, you will stop up your flow.

#5 PRACTICE DAILY GRATITUDE!

When you commit to the practice of being grateful for what and whom you already have in your life, your vibrations raise. You see possibility, opportunity, abundance, and joy where there once was limitation, closed doors, lack, and unhappiness. We have SO MUCH to be grateful for, but we are usually blind to our blessings or focused on what happened yesterday that made us feel bad, what's not working or what's missing.

When you're grateful for what you already have, more will come to you to be grateful for. Again, do these practices without expectation. Do them to align with your higher self and energy of the Universe. We have become very skilled at being negative. All it takes is a shift in your consciousness. Once you begin, the high energy ball begins to roll.

Also, create a journal and play with FUTURE GRATITUDE. What's that? Future gratitude is another Universal game. The Universe loves play!! Sit down and feel into what you'd like to have, do or be. Then write affirmations that those things have already happened. Say them out loud to activate your feelings and emotions. Get excited!! For example, I would LOVE to have a huge studio, where I can paint my originals and people can come to see my work and purchase it. So, my affirmation for my future gratitude looks something like this:

"I am beyond excited and grateful that I have a huge, new, light-filled, spacious art studio, more money than I know what to do with, and I'm able to fill it with supplies, paintings, and more. I hold incredibly fun and successful workshops and people all over the world are going "gaga" for my art!!! I can't believe I'm receiving hundreds of thousands of dollars for displays in galleries and commissioned pieces. It's a dream come true."

When I say it, I really FEEL IT. It feels amazing and high energy. It shifts my mood. It elevates my vibes. Try your own versions and do it as often as possible. My friend, Jessica Hughes (an artist), went from zero income to 6 figures as an artist and coach in just 8 months. She now has several art companies. She creates and teaches, even though she has 7 children to tend to! She has over 15 journals of future gratitude, a practice she swears by, and one that has changed the course of her life.

If you do it, it will make a difference.

#6 LET GO AND ELEVATE YOUR VIBRATIONS!

This practice is a game-changer all the way around. Find ways to play, open up, surrender and let go, to be in flow and in joy, no matter what. When you focus on the "heavy" of life and the lack and limitations, life becomes hard. You don't feel well or happy and you absolutely experience tough times. Tough times will come regardless, so why not lighten up?

Painting aligns me with wonder and joy. Sometimes I allow my controlling adult to come in and ruin the vibration, but for the most-part, I keep it light and have fun with it. Expectation is the biggest destroyer of joy and high vibes but let me be specific here. Expectation can work in two ways. You can **expect** something with the energy of lack, wanting, needing and desperation. That's when expectation works against you. When you expect something to come to you in perfect timing and when you *know* the Law of Reciprocity *always* works when you get out of the way, expectation works in your favor. Get it?

So, find something you love to do. Create! Whether it's gardening, reading, writing, drawing, fingerpainting, doodling, singing, playing an instrument, walking in nature, playing with your pet or your child. Whatever it is that shifts your focus to a better feeling place, DO IT.

#7 USE RESOURCES TO SHIFT YOUR PERCEPTIONS!

We are not living in the stone age anymore, so be sure to use all the resources available to you to shift your ways of thinking. There are an abundance of books (physical, Kindle, in libraries and bookstores) for you to read; TEDx talks, YouTube videos, courses, conferences and more. You don't have to spend a lot of money as many of these things are free. But they can't change you if you don't use them! Reading a single sentence in a book or watching a particular TEDx talk can bring profound insights, information, and actual shifts in your reality when you're ready to receive them. Be sure you're reading a page or two a day and always look for other ways to elevate, inspire and awaken!!

One amazing resource is Joe's book "Attract Money Now." It's free. Go to www.attractmoneynow.com.

And you *must* read "From Homeless to Billionaire" by Andres Pira/Dr. Joe Vitale. Andre's story will give you incredible hope. Listen to how, despite his deep doubts, Andres went from homeless to being one of the wealthiest entrepreneurs in the world.

#8 HAVE AN ACCOUNTABILITY PARTNER.

Finally, it will greatly benefit you to have someone to hold you accountable. You can also do it for them. It's often difficult to change by ourselves, even when we desperately want to. Our commitments seem to go down the drain when we travel as a lone wolf. You can also look for a mastermind group or create your own. Masterminds are miraculous. Incredible ideas and intuitive hits often appear when minds, hearts, and common goals are joined together. Do it right. Find a buddy who wants to grow as much as you do and create magic together!

#9 SURROUND YOURSELF WITH PEOPLE WHO LIFT YOU HIGHER!

When we surround ourselves with people who think like we do and who have the same kind of money problems, we stay on that same level. To grow, we must hang out with people who are successful, inspiring, resourceful, and generous. Like I mentioned above, join a mastermind with other brilliant souls. Invest in yourself and your future and play the game full-out. You can also play in this energy by hanging out in luxurious hotels or treating yourself to a spa day. You can visit dealerships and drive expensive cars to get into the feeling of having them. If you feel that you don't deserve anything better than what you already have, that feeling will signal the Universe to bring you more of the same. This is a game, remember? It may not feel like it, but this is your time to "live as if." If you play in possibility, you will have some opposing thoughts and feelings come up. Be sure to journal about all discomfort and then, go play again. When I used to live in LA, I'd walk Rodeo drive and look at all the shops and luxury cars. I'd eat at restaurants in the area. I didn't want to buy anything (I think many designer clothes are just plain ugly) but it put me right smack in the middle of a higher frequency. I allowed myself to play in it. Why not me??

In closing...

The good news is the world is truly your oyster. You can continue playing the game of life the way you always have or learn to play the game differently and allow life to delight you. Does it seem overwhelming to contemplate change? Absolutely. But remember, you've been running the beliefs and stories you acquired as a child for many years. It's a pattern...habitual, automatic. And it's uncomfortably COMFORTABLE.

Do you really want to live a different life? Do you really want money, joy, love, opportunity, and possibility to flow to you endlessly? Do you really want to be in love with your life? You may be addicted to drama. You may be lazy. Or you may not want to change all that much. If you're getting tired reading this, I expect you are either overwhelmed or not quite ready.

If you're saying to yourself that you've heard it all before or that the practices above are too simple and won't bring results, you have some negative beliefs running the show. Especially if you've never taken the time to do them.

All it takes is one commitment. Adding one or two new practices to your day and sticking with it for at least a month or two. Ask a friend to do it with you for accountability. If you haven't started yet, isn't it time to say YES?? If not now, when?

Remember, you are human, but you are also made of stars. Don't EVER forget that. You have within you incredible possibilities, strengths, courage, and vision. You are filled with an energy that could light up the city you live in. You are energy in motion. Get out of your own way. Focus on what you CAN do, period. And go do it.

NOW.

You've got this. I believe in you.

"You've always had the power my dear. You just had to learn it for yourself." - Glinda the Good Witch





Lisa Winston is a gifted vocalist, #1 international bestselling author, TV host, artist, and inspirational speaker. A life of extreme challenges, including losing her home to wildfire, breast cancer, and neuro-Lyme disease, made her hungry for a deeper connection to Source and determined to find her true calling. Today, she shares the message that life is always happening for you and challenges are sent to refine, not define you. Lisa has produced many influential global summits and is regularly featured on online trainings and virtual events, national radio, and podcasts. She co-hosts The Mindset Reset TV Show, a weekly series which reaches millions, worldwide. Lisa is so grateful to be mom to her beautiful daughter, Sarah, and to live, teach, and speak across the globe with her soulmate, life partner and love, Dr. Joe Vitale.

WANT TO lease more!

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