MANIFESTING ABUNDANCE

ALIGNING YOUR ENERGIES FOR PROSPERITY



Madison King

THE ENERGY HEALING VIRTUAL WEEKEND

11th September 2020

I'm absolutely delighted to be part of the team presenting at this amazing weekend. I'm going to share some of the top tips and techniques that have worked for me and hundreds of students over the years. Simple wisdom that has the potential to turn your life around, in a profound way; removing energetic, emotional and mental blocks that are preventing prosperity. Take control and bring back abundance that may have gone AWOL !

Prosperity, abundance, success, wealth, happiness may begin slowly, an almost imperceivable trickle, it may manifest simply as a friend offering to pay for your coffee – watch for the signs that the energy is shifting, that 'things are going your way'. Notice them, ACCEPT them, give thanks and allow the energy to flex itself, expand, grow and become habitual; attracting abundance of good things into your life, bouncing back from challenges with more ease and confidence, developing a certain 'knowing' that 'all will be well' – be hope-full.

Everything, including money, is only energy and we can move energy, so move your energies to align with the energy of prosperity. I'll show you how.

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INTRODUCTION



Before I do anything else, let me tell you a story: the day I sent the manuscript of my book on 'abundance' to the publishers, the very same day, a letter arrived from America on my doormat.

It was from a US advertising agency I'd worked for in London way back in the mists of time. They had tracked me down via the UK government to tell me that they had some money for me – how did I want it? A lump sum or small pension?

I just burst out laughing, this is just one example out of many, of how, over the years, my **'universal piggy bank'** has tried to get me to understand, without a shadow of a doubt, that I'm looked after, so don't worry, just relax, enjoy life and let 'us upstairs' take care of things! I have to admit I didn't always listen, but I do now.

MONEY MATTERS

Before anything, a few things to ponder upon:

- Money can be a **force of good,** it's not a four-lettered word and it's not the source of all evil! Think of the 'good' things you could do if you prosper
- You are **worthy** of wealth
- You **deserve** wealth
- Being wealthy is **safe**
- You **love** money and money loves you – and there's nothing wrong in that
- Money comes to you easily when you need it, what a relief, what freedom.



Money can buy you a car, travel, clothes, healthcare, good food, safe shelter. It can enable you to help your loved ones and any charity you choose, it can build hospitals, it can provide education. It can help you live the life you want to live; it can buy you time to be with loved ones, time to read, relax and evolve – **essentially money can enable you to be you.**

MONEY CAN REMOVE A ROADBLOCK TO SPIRITUAL DEVELOPMENT

This is not just hedonism, living a life wealthy in good things frees our energy from being totally tied up in pure survival.

It frees us to pursue our spiritual path, to raise our awareness and share our abundance.

If your view of money has become distorted it will block your ability to attract it.

Fall in love with money (in a good way); recognise it for what it is; merely a tool that can be used for ultimate good.

WHAT IS WEALTH?

It's not necessarily hoarding millions in the bank, I consider true wealth is the ability to hold the total belief and trust that what you need will come to you if you set out to get it – just make a connection with the Universal Banker.

Divine timing – the Universal Banker has a habit of taking you right up to the 11th hour sometimes or not fitting in with your idea of timing .. learn to surrender, divine timing is always the best, although it can be frustrating as hell at the time!



Define what you want !

There's no right or wrong, but to achieve a goal we need to define it. Different things make us happy at different times in our lives. What made me happy as a young woman doesn't hold any real appeal to me now. We evolve and so do our 'desires'.

There's no judgement, there's no right or wrong answer, but take time to revisit and redefine what you REALLY want out of life. Not what your parents, husband, children, friends, peers, society, government or advertising and marketing departments tell you you should want.

Your first step is to ***challenge yourself:***

'I want to be happy' is something we would all aspire to but take it further, WHAT is going to make you happy? More friends? Feeling luckier? More love?

'I want to be healthier' again, scrape away on that statement, WHAT would help you become healthier? Better food? More exercise? More discipline? More ability to make the right choices on both?

Shifting beliefs needs time. Be focussed, realistic and as uncomplicated as possible. Treat yourself to some time out to decide. It's in the quiet time when the mind stops its bleating that you can truly connect with the truth inside you.

There may be several things you want – take time to consider and define your priority at *this* point in time, what bounce-back – or leap forward, do you want to achieve? What's numero uno on your list?

- I want to restart my business
- I want to clear my debts within 6 months
- I want to change my job and do something I really enjoy.
- I want to be an actress/doctor/reflexologist/EEM practitioner
- I want to work less and earn more
- I want to work less and keep a great standard of living
- I want to feel good about wanting/receiving money
- I want more time for myself and not have to work so much
- I want to have £X amount in my bank account by this time next year [write a cheque to yourself for the amount and pin it on your fridge or notice board – sign it The Universal Banker – I do this at the beginning of every new cheque book]
- I want to leave this destructive relationship
- I want to mend my broken heart
- I want a loving relationship – on or before [choose a realistic date just a few months from now]
- I want to feel safe, loved and cared for
- I want to sell my house
- I want a new car
- I want to walk the Camino

- I want to swim with dolphins in Mexico
- I want to live in the South of France
- I want to be an artist/write a book/climb that mountain
- I want to travel
- I want to be slim
- I want to get fit
- I want to be healthy

It is essential that the 'want' is simple, focussed and clear.

Don't get complicated or overanalyse; this can result in confusion rather than clarity.... if you are confused, the energy around your 'want' becomes clouded, flow is diminished, and results are not forthcoming.

When you strip them away, most 'wants' can be traced back to having money to help implement them.

Sometimes we get so stressed with everyday life and its demands we don't know or can't articulate what it is we want.

Clear the energetic stress cobwebs to find that quiet place within, so that you can at least hear what the WOW has to say. Listen to her whispers.

Breathing is a quick and effective way to do this, it is like sending a text to your nervous system with a message to relax.



THE GENIE IN YOUR HAND – Heart 8

The eighth point on your heart meridian [on either hand] is a perfect point to massage/rub hard while you ponder upon what you want, it is said to bring clarity and reveal your heart's desire.

The 8th point is easily located if you put your hand in a fist and where the little finger lands is the point. Rub firmly up and down – "*Give me clarity"*



MERIDIAN ENERGY

When you get knocked off balance, as most of us are at the moment, ***Spleen*** especially is called upon to process the emotions and experience, so a strong Spleen energy is essential to that nurturing and 'earthing' that supports bounce-back.

Being an Earth Element, Spleen controls the amount and quality of what you take into the body, be it food, information or material wealth, and how you process it to nurture and 'enrich' you.

You need a strong Spleen energy to attract abundance, don't weaken it by worrying about money…. Be a believer.

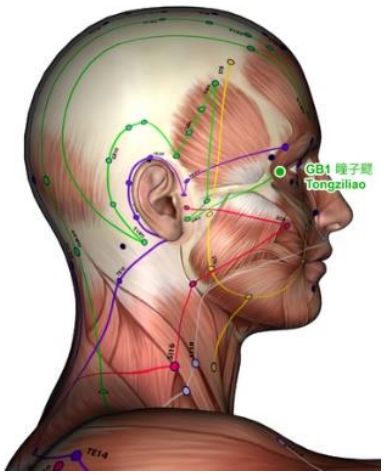
Hold the Source Point of Spleen (#3) just on the proximal side of the bunion joint, rub, massage with the energy of ……

"I process this with ease and grace, money flows in

and I nurture and am nurtured".

If you want to get really serious do it at 11am when Spleen energy is most receptive to being stimulated and do it on the bare earth!

Gallbladder sitting in the Wood element does not like being out of control and will work (with Liver) at creating a way out into the 'new normal'.



Balanced control appears effortless, it just flows. We'll all been in that flow at some stage in our life when things just fall into place, synchronicity reigns supreme and you suddenly realise that anything is possible.The energy of GB can bring wisdom to 'tactical' decisions and, along with Governing, the courage to make those decisions, to take plans forward, start buying into the solution, while remaining flexible to respond to the situation around us.

Gallbladder 1 will aid clarity, vision, discernment and planning, provides a clearer picture of the world around us, especially in times of chaos or confusion – positioned a little bit

out from the outside edge of the eye, it's one of those points we automatically go to without realising. When you are in a muddle around a decision

Gallbladder 14 is your point. Positioned one thumb width above the centre of each eyebrow. "Oh My God" points.

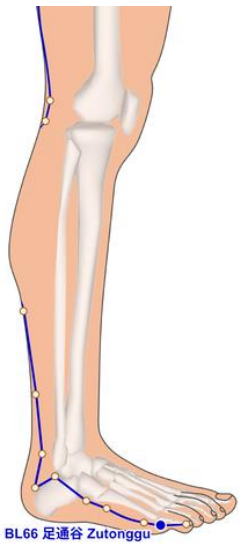
Lung energy as part of Metal Element is important in letting go, in exhaling what was and becoming inspired with what is unfolding.

Lung 9 is particularly good at bringing clarity to chaos and clarity is what is needed in challenging times, clarity of thought, feelings and a way forward, a destination, a direction, even if that is vague when we are forced to live in the present moment that make planning difficult.



Surrendering to the realisation that there will be a new way in our lives as individuals and as a society.

Kidney and Bladder sitting in Water need balance to bounce back with hope.

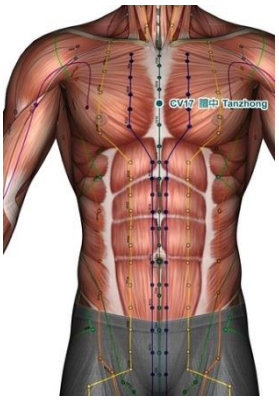


Bladder 66 (Penetrating Valley) can shake up the energy in Water Element. As it's name suggests, it goes deep. At the same time when you feel at the end of your tether, overtired and depleted, this point encourages you into Yin time and replenishment. Work in conjunction with Bladder 36 for an injection of energy.

Located at the base of the little toe, on both feet.

Kidney 3 is a source point (ankle side of bunion joint) and is useful when there has been too much stress on the adrenals, or if there is fear and uncertainty. Brings calm and stillness as a springboard.

Central Vessel 17 (Circ Sex alarm point) Just hold this point, we do it instinctively when we seek our centre, our sea of energy. Central is our connection and communication to the outside world and this point aids that. You and your ideas will connect more with what's going on around you. You will be communicating with more skill.



Hold while saying: "I am clear, centred, secure and confident that I am getting what I want – quickly and easily, all is well".

For the purpose of this class we'll focus on money, but the insights and tools can apply to an abundance of anything you want.

It is not greedy to want money, so long as you don't try and hang on to it, that fear of losing it is what can cause problems.

Focus on the flow: it will come into your life and out, in again and out – like eternal waves of abundance.





WHAT'S YOUR MONEY MINDSET?

Money is nothing in itself, it's the qualities WE give it that form our opinion, some of these are inherited from family beliefs, advertising, our belief system is constantly manipulated.

TESTING YOUR CORE BELIEF ABOUT MONEY

FACT! If you don't believe it's a good thing, you'll unconsciously repel it.

SAY THE STATEMENT – Money is a good, positive thing.

Self-test (I'll demo how or consult the free self-testing booklet you receive as one of the five free gifts when you join the website[1] – lost it? Email me[2]).

Are you strong?

- Then you may not have a negative belief about money.
- Always good to reinforce a positive belief.

Are you weak?

- It may be that there is a negative belief that you need to work on before the energy of money can truly flow in your life.

[1] www.madisonking.com
[2] madisonking@hotmail.com

The energy of money is not about greed, it is about loving life and others, about sharing your wealth and evolving.

It is about flow not hoarding

Money is no guarantee whatsoever against suffering or the lessons in life that present themselves as challenges; it may be one of those lessons is to suffer poverty but not necessarily, the chances are you have a choice!

If you tested weak against the money statement – there is a generalised 'weakness' around the money issue.

Let's delve a little deeper, what specific energies are being impacted by your money belief?

By testing it against key meridians we can discover why your mindset is working against you.

I would suggest that even if you tested strong on the general test, that you do the following one, just to make sure nothing has slipped under the radar to sabotage you.

TESTING MONEY AGAINST MERIDIANS

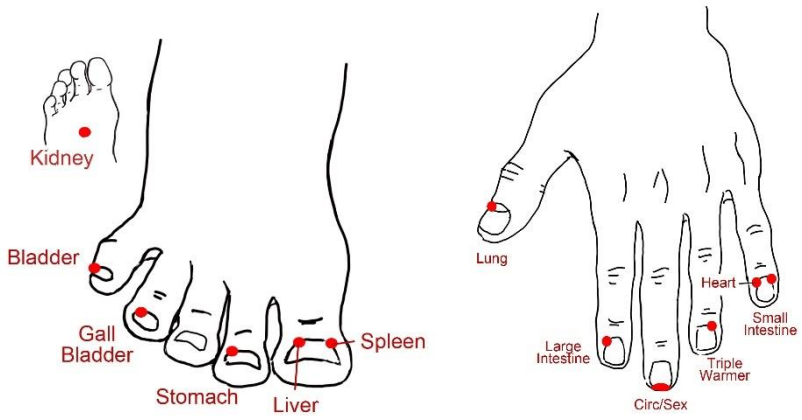
TESTING 'MONEY' AGAINST EACH MERIDIAN CAN PROVIDE VALUABLE INSIGHTS INTO WHAT'S BLOCKING YOU.

Each pathway of energy has its own unique character, while still being part of the whole, a member of the pack, it is also highly individual.

Which one is affected/weakened by the 'money' issue, gives you a clue as to the underlying emotion that's causing that roadblock to your dreams.

The simplest way to test each meridian is to:

Hold a coin or the highest denomination note that you have in your wallet, against one of the meridian's end points [there are two on each meridian, select the easiest to locate and work with]. For central hold against the chin and for Governing on the Cupid's Bow.



Focus on it, bring your attention to it, saying the name of the meridian and the word *'money'* out loud if that helps bring focus and then test it.

Points are on both sides of the body – test them all.

If you don't have a coin then simply hold the meridian ending and say a money statement such as: ***'I love money and money loves me'*** OR ***'money is a good a positive thing'***

I tend to use cash rather than a credit card for this particular test as a credit card can carry the energy or association of 'debt' which is another matter. Cash is a purer representative of money.

What could a weakness in a specific meridian mean?

We are not examining a weakness in any great depth: but it is nevertheless interesting and sometimes enlightening to know what emotions are associated with your money issue. I know I'm always curious about 'why'? But don't get too side-tracked by over analysing. We are working with energy and it's not always linear!

Central	Is all about vulnerability. How we relate to, or hook up to, others and our environment. ABILITY TO RECEIVE/ENRICH It is about feeling centred, secure and strong, about respect and success. About feeling confident to meet the challenge in front of you. You need to be careful that you are not acting as a 'sponge' and taking on everyone else's problems, or at least the energy of those problems. If that happens it can prevent you moving on in your own life.
Governing	The name of the game for Governing is: Courage, backbone and the ability to move forward. We sometimes need courage to take a risk to get where we want to be and achieve our 'want'. [Note that taking an informed risk/ investment, is very different from chance/gambling]. Ensuring Governing is strong, provides you with a sense of a strong hand pushing you forward, of clarity and lack of

	confusion, of standing tall and being truly in your power – "YES! I can do this, and I can do it well!!"
Stomach	Obsessive worry. Feeling insecure. Value yourself or you will be undervalued. Trust the process, **trust that when you launch yourself off the cliff you will sprout your wings and fly** on the way down. Stomach is the home of truly trusting the Universe; of not resisting but surrendering. It is where we learn to put ourselves top on our priority list and not feeling 'bad' or 'selfish' about admitting that we 'want' something. Stomach sits in Earth element, so important to get it strong and root, ground, earth you and your projects. Were your 'roots' damaged as a child? Is that impacting on your decisions and life now? Learn to trust in the mystery of life, let go of unnecessary anxiety, relax and enjoy the ride. You can't change the past so ground in the present and be confident about the future.
Spleen	Home of anxiety. Important for us, the home of nurturing and transformation. You really benefit from a strong Spleen when you are working on your wants. Spleen energy will help you process the change with ease. It is the root of post heaven energy [i.e. the energy produced by the body after birth] – it gives vitality to your wants.
Heart	Self-love/esteem. Learn to love yourself; madly, deeply and completely! Is your 'want' emanating from your heart or your head? Live with integrity; listen to the wisdom of the heart. It's about loving yourself, life, people and self and being in the present moment and enjoying it. It is about heartfelt gratitude and embracing life. And of course, you have got to **fall in love with money!**
Small Intestine	Decisions and discernment, two powerful allies. Feeling divided. Gutsy transformations come from a strong Small Intestine. It is the seat of discernment, of accessing the wisdom of our intuitive self to discover what is essential and true and what is not. In today's world, we have to make more and more choices; some of them profoundly affecting and transforming our lives: choosing a partner, job, place to live etc., we need to make 'wise' choices. Small intestine is about sorting through and deciding what we want and what we don't want.

Bladder	Home of Hope – is how I think of Bladder. Sometimes we sink into futility, where it all seems so useless and pointless. We get caught up on this merry go round and can't get off.
Kidney	Let go of the fear of losing it all, then you don't hold on to it, you let it flow and that my friend, is true freedom. What is the point of wealth if you become scared of it or of being without it? Relax around money, move from ego conditioning to energy/spiritual perspective. *There is a story I've heard about Stuart Wilde, carrying around £2,000 and leaving bits of it in different places, not buying anything, just leaving it. As a true statement to the Universe that there is no fear in letting it go, only the unshakable belief that it will return.....* Kidney is where it all begins. The very first meridian, the source of energy for the entire system. Kidney is about new beginnings. Ensure it is strong to transform that fear and doubt into wisdom and trust.
Circ Sex	Panic, bewilderment and neglecting your hearts needs. This meridian is also called Heart Protector as it does just that. We have a need for a strong yet flexible protector and if we have that, we can bravely face anything that life springs on us. We don't need to avoid anything in life for fear of being 'hurt'; we can therefore live life more easily and to the absolute full. We can embrace people and situations and not be closed down.
Triple Warmer	All about safety and stress. Calm it down and calm down the stress response in the body which in turn allows energy to flow more freely – and money is energy! The distribution system becomes optimum. It is also a 'radiant circuit' and has the remarkable characteristic, when in balance of bringing joy into our lives and attracting change. Let go of competing, there is no need. If your peers, colleagues, friends need the ego satisfaction of being the 'big shots' being right all the time – let them. Start acting and living simply, being more at peace – it raises your energy and helps raise the money energy too.
Gallbladder	Outwardly directed anger. Anger is natural; feel it and let it pass through and out of you. it can get in the way of achieving your wants. Gallbladder is about vision, beliefs; about decisions and determination – all essential in materialising your wants. THE ABILITY TO MAKE IT HAPPEN. The Japanese believe that Gallbladder energy influences courage and initiative and provides guts and go ahead.
Liver	Inwardly directed anger. Stop it right now if you are angry at yourself. Let it go and move on.

	Liver is like an Army General, with a strong Liver energy you can assess your situation, conceive plans and strategies to get what you want. This is the 'mover and shaker', the 'do-er' of the meridian system. Get him on side, quickly. You can't win the lottery unless you buy a ticket! Action moves possibilities into realities. Every day take at least ONE action that will contribute to successfully getting what you want – go buy that lottery ticket.
Lung	Grief may be holding you back. You may be storing grief from decades ago that was not expressed. Work on releasing grief, exhaling it and inhaling fresh, new, clean air into your life. When you breathe out you have the ultimate, unshakeable belief that there will be air to breathe in. You need to develop this sort of belief and harness it to your wants.
Large Intestine	Holding on. Cut the guy ropes. Start letting go of all that old emotional baggage that is holding you back, toxic thoughts and physical clutter in your car, office or home. Cut the guy ropes and watch yourself soar as you achieve your wants. Clutter clear – give stuff away to kick start the flow of £ energy and to create space for good things to come into your life. Giving means someone feels the joy of receiving. Generosity though is not just with cash and 'things' but also with your time, thought and sometimes just lending an ear.

These are really short snippets of what each meridian might mean to you and if you are interested and want to delve deeper there is some great information out there.

REPROGRAMMING MERIDIAN REACTION

Next step is to correct the weaknesses, strengthen the meridian/s in question in the presence of money so that they begin to support rather than sabotage you in realising your abundance.

Against one of the meridian endings place the money, smile and say the following several times:

I LOVE MONEY AND MONEY LOVES ME
IT COMES INTO MY LIFE SO EASILY
ALWAYS IN THE MOST DIVINE WAY.
I'M A WEALTHY, HEALTHY LADY (MAN) AND ALL IS WELL.

Retest until the original test retests strong

We are using money as an example here, but you would adapt this wording to reflect what you were working with. Be aware that often a 'want' you are working with actually has a base in money. For example, you might say I WANT MORE CLIENTS. Why? For research, experience, case studies – ok, but most of the time it's for the income.

KEEPING IT FLOWING

- If it is now strong, then there was an underlying issue about money that was getting in the way.
- You have removed it, but you need to keep it out of the way, don't allow it to sneak back in and sabotage your bounce back or leap forward.
- Develop the discipline to repeat the mantra above while holding the ends of the meridians that tested weak every day for 3 weeks.
- If you really want to surge ahead, repeat it against all 12 meridian endings.
- You only need to do one end of each meridian; I normally choose the fingers or toes as they are so easy to locate and hold.

In addition:

Say the following statement every morning and evening after you clean your teeth – look at yourself in the mirror, smile and say it 6 times while tapping the apex of your cheeks. I also have it written up and in my purse, financial filing draw and mirror.

'I now love and attract money to me. I'm a money magnet. Money loves me and it flows to me in the most divine way. My life is truly enriched! all is well.'

Embed this new energetic thought field around the issue of money in your life. To ensure that you don't slip back into the issue of money sabotaging you. Self-test, every week to ensure you remain strong on the statement.

Money is a good, positive thing [should test strong]
Money is a bad, negative thing [should test weak]

YOU ARE DEFINITELY WORTH IT!



What if you feel that's not quite hitting the mark, nothing much is changing? Then explore the whole issue of the question of DESERVING it.

Reconstruct your self esteem. Simply say the statement again, prefixing it with:

*'I now **deserve** to be wealthy'*

If this statement tests strong there is not an issue about you being worthy or deserving.

If this statement tests weak then there is an issue that needs to be addressed.

Say the following statement every morning and evening after you clean your teeth – look at yourself in the mirror, smile and say it 6 times while tapping the apex of your cheeks or the hand over heart tap.

'I deserve and am 100% worthy of being wealthy,
The time is now and I'm ready'

Keep doing this for 3 weeks to embed this new energetic thought field around the issue of being deserving. You will feel a difference way before then, but it is a safeguard to go for the 21-day period.

NOW LET'S TALK SAFETY



Do you still feel it's not hitting the mark?

It could be that part of you does not feel 'safe' around the issue. An area of your mind, *beyond your conscious contro*l, the area I call Mini-Me for some misguided reason does

not want you to succeed, feels having money might threaten your very survival. Mini-Me is sabotaging you every step of the way, in fact it will stop you even starting.

This area of your subconscious should be your inner voice of wisdom. However, through trauma or stressful experiences, this Wise One Within, can become the voice of fear, a little gremlin, determined to undermine your efforts because for some misguided reason it believes those efforts threaten your very survival. If it perceives that you are in danger, it will activate any response to change your course of action.

Mini-Me has a profound power over us and an astonishing array of tactics to sabotage our efforts: we don't see the money right in front of us, metabolism can be slowed to a state of walking hibernation; our memories fail us; we become cynical around the subject we wish to change.

Common sense tells us that money does not threaten life, but Mini-Me thinks it might, it's thought process has ceased to be logical and has entered the realms of complex fantasy.

I would stress again, that this is totally outside your conscious control.

How can you persuade Mini-Me to start supporting you in achieving your 'want'. Reprogramming is the answer. We need to rewire the connections and associations. To that end I want to share with you a simple generic technique that over many years, with many clients I have found to have a neurological effect that is effective in persuading Mini-Me that it is safe to change particular habits.

Of course, you may not have a sabotaging Mini-Me but I still recommend that you work with this technique, it will do no harm and strengthen an already balanced Mini-Me.

Make your want statement. For example*:*

'It's now safe for me to make money/be wealthy'. And test

If it tests strong
you do not have a general problem with Mini-Me but

If it tests weak
Mini-Me is behaving like a gremlin not a WOW.

To double check just test again saying the same thing but with "it's not safe"" in front of your statement - if this tests strong it confirms you have a gremlin in the works, a real life, gold plated psychological reversal.

Working on the premise that Mini-Me needs to ***feel safe*** around the issue of money, wealth and riches, you directly reassure Mini-Me with affirmations[3] made with smiles and specific tapping points.

This is how you do it.....

Say your want statement,

IT IS NOW SAFE FOR ME TO BE WEALTHY. ALL IS WELL.

It could be something a bit more specific e.g. It is now safe for me to work less and make more money, all is well.

The statement works as an affirmation, reprogramming behaviour. The wide smile encourages the release of endorphins [the body's 'happy hormones'] into the system, which Mini-Me then associates with the affirmation.



At the same time, tapping the hand over the heart, encourages the right open energetic landscape to receive the reprogramming statement.

In the first three weeks, the more you do this, the more effective it will be and the quicker you will achieve results.

Remember that optimism has powerful energy.

Do it a minimum of twice a day to persuade Mini-Me that it is a good idea to achieve your 'want'. Sometimes the groove of self-sabotage can run deep, it may take time to climb out of that groove but be assured ... you can and you will!

You can say it by itself, in your head [i.e. without the smiling and tapping] as many times a day as you wish, the more the better. Try it next time you are stuck in a queue at the bank, supermarket or traffic lights. Write it down, make it your doodle.

[3] The influence of the mind on the body's health is well-established. In a thirty-five year longitudinal study, people with a pessimistic explanatory style were at greater risk for physical illness than individuals with an optimistic explanatory style. The power of thought on biological processes is decisive and direct. Focused intention can literally wind or unwind the tightness of DNA strands, leading to speculation that DNA acts as an "antenna" attuned to fields and thought processes that ultimately influence the expression of specific genes.



So, you've explored your mindset and belief, you feel worthy and deserving and Mini me feels safe around the money issue. One last step …..

PICTURE IT

Imagine yourself sitting in an armchair, with a huge screen in front of you.

The screen turns on and you are on the centre of it. You are smiling and laughing as money comes pouring into the screen with you.

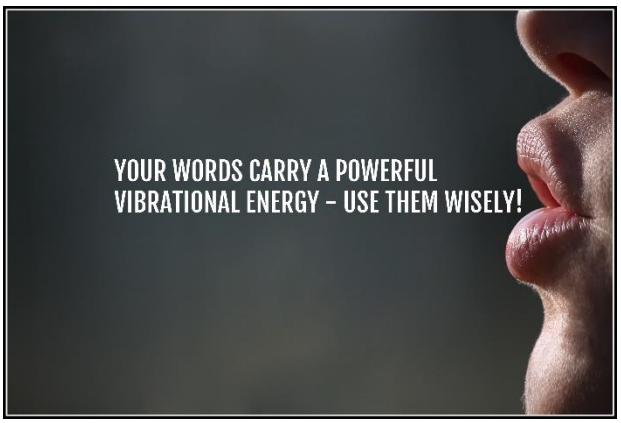
You are getting what you wanted. What does it look like in glorious Technicolor? How does it feel? How does it smell? Can you touch it? Bring all your senses to this visualisation.

✔ Smile, close your eyes and imagine a huge tick over the image. Stamp a giant 'YES!' over that.

Feel the joy and tap your 3rd eye gently with your fingertips for 5 seconds.

Take a deep breath – open your eyes, smile and know that what you want is on its way.

…… and remember, **don't undo all your good work with your mouth**:



BACK YOUR HUNCHES – They will be that WOW inside guiding you. Act on them don't analyse them! I had the hunch to go to the USA to study with Donna Eden, I could so easily have said no I can't afford it, no I don't have time – but I backed my hunch and I couldn't even really define what that hunch was at the time, I just knew that I had to go to Oregon to be with her. Boy am I glad I did – it changed my whole life and that's why I'm sitting here writing today!

Your WOW knows where she's going, you just need the courage to follow her.

ONE LAST EXERCISE .....

I LOVE MONEY AND MONEY LOVES ME

IT NOW FLOWS IN FAST AND FREE!

Write it out, put it around your house, put it in your purse and REPEAT REPEAT REPEAT!



PROSPERITY TIPS

Words of wisdom that I have collected over the years. They are fun and I thought you might enjoy them – read through and try those that make you smile.

1. Define with absolute clarity what you want and need.

2. Clear out clutter from your home, office, car and mind.

3. Take a brisk walk every day for 20 minutes – it will keep you positive – say your affirmations or enjoy day dreaming and visualising achieving your 'wants'.

4. Keep revisiting your strategy for 'want' manifestation – give it energy – do something every day to bring you one step closer.

5. Positive self-talk in fact, positive talk in all ways.

6. Keep your loo seat and lid firmly down [men take note], so that your good fortune is not flushed down the loo.

7. Water is a symbol of wealth in some Oriental countries – make sure all your plumbing is sound and there are no leaks [otherwise money could leak out of your life unnecessarily].

8. The Water in your body – bladder represents the home of hope, positivity and optimism – take care of your internal waterworks.

9. Treat yourself to the best red purse you can afford – a touch of luxury sends a positive message to the Universe and red is a colour that is associated with wealth. Alternatively there is a school of thought that believes a purse should be green as this signifies growth. What feels right for you – go with your instinct.

10. Wrap up in red paper, the highest denomination note you have. Keep it in your purse to attract money.

11. Put a citrine or Tiger's Eye crystal in your purse to do the same.

12. Three Chinese coins tied with a red ribbon attract money.

13. Three coins, all of the same type help you avoid wasting money unnecessarily. I have three replica roman coins in my wallet.

14. I don't know if this is legal but I have done it for years: when you open up your spanking new cheque book write the first cheque out to yourself for ten million pounds and sign it 'The Univeral Banker' – you can pin that cheque on your fridge or info board – somewhere where you will see it.

15. Always carry cash in your purse and wallet, never leave them empty.

16. Always accept gifts with grace, even if it is just a friend paying for a cup of coffee. If you refuse, the Universal Banker thinks you don't want help anymore! This was one of my game changers.

17. I know this is hard for some of us but try and do something you love. You will do it well and provide something that other people will enjoy be it a product or service; if you enjoy it, it is more likely to be a success and if you love it, it adds an energetic value to it.

18. Keep brooms, mop or the vacuum cleaner out of sight. This prevents your fortune being 'brushed away'.

19. Find your abundance/prosperity/wealth corner in your house and in each room and put some money in it, or a plant [represents growth], or a picture/collage of what you want, or a fish [represents water which in turn represent wealth].

20. Give money away – it starts the flow.

21. Don't try and double guess your Universal Banker your job is to 'ask', UB's job is to find a way to manifest your want and the ways can be quite inventive sometimes!

22. Hang out with positive, creative, prosperous, successful friends. Of course, friends have problem times too and you need to be supportive, but overall, friends should uplift your energy.

23. Amethyst enhances your 'wealth corner'. It's the corner to the far left of your house or room as you walk through the front door. I have a plant and a high denomination note in the pot with it to represent growth.

24. Write down your affirmation and put it in your wealth corner.



25. Get a Chinese lucky frog with a coin in its mouth and place it in your wealth corner.

26. After seeing a documentary on cats with Joanna Lumley last year I went straight out and bought myself a cheap gold Chinese Waving Cat. Placed facing your front door it is supposed to beckon in good fortune. If you are really into your house's energy have the cat or the frog facing one of your 4 positive directions (work out via my blog – see next point)

27. What is the right direction? work out your Kua number and put your desk, bed, chair etc., facing one of the four beneficial directions for you personally. Click on this link for how to find your Kua number - https://www.madisonking.com/post/is-your-bed-facing-the-right-direction-for-love-health-wealth-and-happiness

IF YOU HAVE ANY MORE HEALTHY WEALTH TIPS WHY NOT SHARE THEM ON MY CLOSED FACEBOOK GROUP – MIDLIFE GODDESS (link at the end)

"Gratitude for the present moment and
the fullness of life now is true prosperity."
Eckart Tolle

"It is not the creation of wealth that is wrong,
but the love of money for its own sake."
Margaret Thatcher

"Money is better than poverty, if only for financial reasons."
Woody Allen

"It's a kind of spiritual snobbery that
makes people think they can be happy without money."
Albert Camus

"There are people who have money and people who are rich."
Coco Chanel

"Money is only a tool. It will take you wherever you wish, but it will not replace you as the driver."
Ayn Rand

"Do what you love and the money will follow."
Marsha Sinetar

"Abundance is not something we acquire.
It is something we tune into. "
Wayne Dyer

Money can't buy you happiness... but it does bring you a more pleasant form of misery!
Spike Milligan
[I love this one]

WHO IS MADISON?



An internationally recognised master practitioner, teacher, writer and educator in the field of natural healthcare. Madison has an inherent ability to simply sense, 'know' and work with energy and for more than 30 years literally thousands of students, clients (and their pets) have benefited from working with this authentic 'wise woman'. Her vision is to share insights, wisdoms, tips, tools and techniques she has learnt along the way with anyone who has the desire to activate and empower their healing abilities - be it for self-care, loved ones, clients or our animal companions.

A keen horsewoman when younger, she has always lived with her 4-legged companions! And it was a natural progression over the years, that what she used for her own self-care and that of her clients, translated seamlessly over to her animals and over the decades she has created a teaching programme on how to work with animals.

As a speaker, she has appeared on national UK television and done numerous radio interviews. She has also lectured at Westminster and Oxford universities and many UK Mind Body Spirit festivals and conferences. As a writer, she has 7 books and over 100 articles published.

She organises regular retreats on the Isle of Wight and in Southern Spain. When not off on the road teaching, she enjoys dividing her time between these two magical places. Indulging her love of walking in the mountains and along the beaches with her dogs and replenishing her batteries with regular Yoga and Pilates classes. Hopefully she'll be able to resume this in the 'new normal'.

But there was another Madison!

A Madison who forged a successful career in mainstream London advertising. So, she certainly understands the demands of the business world. All highly enjoyable for a young woman but as an 'energy sensitive' Madison felt the inevitable pull to a different way of 'being' and left the glitz and glamour to pursue a career in natural healthcare just as the whole area was opening up in the UK and USA.

She trained with some of the key trailblazers of that time, on both sides of the Atlantic [in disciplines ranging from Touch4Health, reflexology, massage, aromatherapy, Trager, nutrition, flower essences, radionics and more]. The teacher who had the most influence and impact and has become a friend and mentor is Donna Eden – The Eden Method. Madison was one of her original students, then a founding faculty member of EEM USA where she now oversees and teaches the Advanced Protocols Level 4 training and sits on the EEM Council responsible for maintaining the integrity and evolution of the work. In addition, she set up and runs the official European training for Donna.

She is well known for her ability to take complex theories and make them easy to understand and practical to apply, leaving her students (either in person or online) inspired, motivated and definitely wiser and more empowered.

HOW TO CONTACT MADISON

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