

# Rub Your Own Lamp

How To Be Your Very Own Genie and Make  
Your Every Wish Come True

You hold the lamp - the **power** is yours!  
The **Secrets** of the Universe are **Now Revealed**  
with these easy **Step-by-Step** techniques!

You can begin implementing them **right here** and **right now** and  
immediately start living the life of your dreams today!



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# Table of Contents

Introduction .....	3
The Basics .....	4
Grab Your Lamp and Lets Get Started.....	8
Your Top Ten .....	10
Destination Board.....	12
Self-Advertising .....	13
Meditation.....	16
Doing.....	18
Rub That Lamp .....	23
What About Your Other Ninety Wishes? .....	25

# Introduction

You have stumbled upon your very own magic lamp. The secrets that it holds are now revealed to you and your every desire is easily granted.

It is not an accident that you came upon this treasure. You were guided by an inner light (your lamp) that knows where to find and illuminate the right information the exact time you are ready to receive it.

People have different names for this Inner Light that guides us such as Higher Power, Higher Self, God, Infinite Intelligence, Universal Intelligence, Divine Universe, Subconscious, Higher Consciousness and many others.

It is not important what we call this Inner Light. It is more important to know that it is always with us, revealing answers to our questions, and sending us guidance towards our betterment.

This book was written for those of you who want to learn how to create more in their lives. It is a simple starter in learning how to use the basics of the Law of Attraction in order to manifest and attract what you desire, whether it is love and relationships, money, career advancements, happiness and joy, or anything else under the sun and over the rainbow that you wish for!

# The Basics

Before you get started *manifesting your hearts desire*, you need to know some basics of the Universe. You won't need a degree in quantum physics to understand these; they are just a few simple laws and rules that you need to keep in mind.

**First of all the Universe is Abundant** - There is an *endless* amount available to everyone. It is like a seed that is dropped from a tree and falls in the rich mulch of leaves and soil to sprout another tree, which grows to produce more leaves and fruit and seeds. The Universe is always expanding and it is your right to have all you desire. It is designed to be a continuous flow of abundance!

Some feel it is wrong to want a rich life, but like the tree, we use our riches to produce more and expand towards our higher purpose. We do not have to worry or feel envious of anyone who has more than us; we know that our Universe is full of riches and prosperity is ripe for the picking. Enjoy your never-ending abundant Universal orchard!

**Everything Contains Vibrating Energy** – Everything is energy including the chair you are sitting in, the clothes you are wearing, and the thoughts you are thinking. The slower the vibration is, the more solid and touchable the object.

Our thoughts are vibrating at a very high rate of speed so they cannot be seen in our physical world. They are in a different plane of existence but we can learn how to bring a thought into our world of physical form.

Sometimes there may be a delay in bringing them into what we call reality but this delay allows us to edit and change. It may encourage us to take a different route that leads us down a better road than the one we were planning on taking. It becomes crystal clear when we reach our destination and look back at the road we were going to take and now see where it would have gotten us. The Universe always sees the bigger picture.

Sometimes we *think* there is a delay, but in actuality there have been signs along the Universal Highway and we either don't read them, we procrastinate, or we wait for something we think might be better down the road. (*These signs come in the form of a sudden idea, or sudden urge to do something, or the right information comes to us with what we need.*) We have all said it, "I thought of that idea a long time ago and now someone else is actually doing it." The next person who comes along on Universal Highway gets the sign and immediately follows it, leading them down a shorter route, straight to their destination. Remember, ideas are thoughts, and thoughts are energy. These energy thoughts are available for everyone. Now if you are thinking, "I missed my turn on this Super Universal Highway," don't worry, for it is ever expanding, and there will always be another sign up ahead. Remember what you have already learned, there is always more!

## You must read the signs that are presented to you along the way!

**The Law of Attraction** – To put it simply, you get back what you dwell on and think about. Your thoughts *are* magnetic energy.

Have you ever thought of an item you wished you had and then a few days or weeks later it seemed to come into your life somehow, or the right person just appeared with the answers you were looking for?

So many times I have had something in mind that I needed and later on I would be at a second hand store, garage sale or just in the mall window-shopping and there the item was just waiting for me! Numerous times I was looking for some help and the exact type of person I was looking for would appear.

The Law of Attraction can work both ways. If you dwell on the bad side of something, this is what can be attracted back to you as well.

Your mind will always try to complete what it pictures. This is why we really want to put in our mind thoughts of what we want and not of what we don't want. If we are greedy concerning others that is the type of people that will be drawn into our lives. If we talk of all the lack in our life that is what life will give us. So many people keep saying - I can't afford this and I can't afford that and guess what - they can't.

This is probably one of the *single most important* points that I can make in this book so I will say it again:

**You want to put thoughts of WHAT YOU WANT in your mind and NOT what you DON'T WANT! Through the Law of Attraction whichever one you choose will be the one you will get!**

**BE HAPPY NOW-** This goes along with the Law of Attraction and it is **equally essential** that you understand this. If you are coming from a place of not enjoying what you have right in this moment, and you are feeling dissatisfied, no matter how little or how much you have, you are attracting more of this dissatisfaction. Complaining can be entertaining, but think about what you are really doing. You are asking for the very things you do not want by saying the same complaints over and over. For many people these complaints become mantras and the energy of their words is what now comes to them, giving them more to complain about. They keep spinning their wheels and wonder why they are not moving out of this self made muck. As long as we are breathing we always have so much to be grateful for, so find the things in your life that are good and dwell on them. Think of something that makes you smile and let it fill your heart with the

feeling of happiness. This happy feeling of enjoying the moment is the place where you want to manifest from as much as possible! We all have days where things don't go exactly right, but learn to get past those feelings and move them to a better place. Later in this book I will give you some ideas in how to do this. It is all in how you think about a situation, and all it takes is a shift in your thoughts.

**Life is a Mirror, the Law of Reflection** - Treat others kindly and that is what will be reflected back to you. Since we are all connected; when we are hurting another we only hurts ourselves.

As adults we forget this and continue to gossip or think bad thoughts about others or judge people by appearance only. You might remember the childhood version of the Law of Reflection, "I am rubber and you are glue, whatever you say bounces off me and sticks to you." The Law of Reflection not only works for words, but thoughts as well.

The Law of Reflection will bring us a person who pushes our buttons because there is something within ourselves that needs work in that area. First of all, forgive *yourself* and send *yourself* love. Do this by simply by telling yourself "I love you and I forgive you". The more you do this in these situations, the more these situations disappear. We attract what is within; so the more we love and forgive our inner beings, the more we attract people who are lovable and forgiving. To feel calmer about your situation, imagine peacefulness as a warm golden light, slowly coating and soaking deep deep within, permeating your entire body and soul and dissolving all of your negative feelings. Sometimes, along with it, you also have to affirm, "I don't have the strength to be forgiving in this situation but I know that the Divine Universe helps me dissolve these feelings and is at work creating the highest and most blessed outcome for all concerned." Now just know that all is taken care of! If you want to learn more on a deeper level of how this affects your manifesting, Joe Vitale, one of my favorite Internet personalities, has some excellent material on the subject. ([Click Here Now](#)) or go to my website for a list of all the addresses of my favorite manifesting friends.

The one thing that I have instilled in my children is the Golden Rule, "Do Unto Others As You Would Have Them Do Unto You." Most religions in the world, although worded a little differently, teach this basic rule. This is totally the Law of Reflection!

Radiate loving thoughts towards others, even including the strangers you meet each day. Do it while out shopping or driving in traffic, or toward people you work with, and yes, even the people that really annoy you. When someone is rude to me, I try to think that maybe they have had sad news lately or that they may be exhausted or maybe they were not treated well as a child. There could be many reasons they act this way. Once you know that this rudeness is not really directed at you and comes from a place of hurt, you can feel more understanding. You do not have to say anything out loud but just send them a loving thought of peace towards them. *I like to think of loving thoughts as a*

*blanket of peaceful warm light that I place over their shoulders and all around them and I visualize their burdens suddenly being lifted and they are filled with peace.*

You may not notice that each and every person is warm toward you right then and there at that moment, but you get back what you put out there (this is an act of giving). Overall your days seem to flow much more peacefully and kinder people in general will seem to gravitate toward you. You will see the kindness in people more and more because that is what your focus is on.

Many times when I have been in a discussion with someone where I don't feel heard, I go inward and start to send peace to the person involved. I am not saying it is easy but I am saying it is *absolutely worth it* because it *works in your favor*. It might take a little while to take hold, but the frustrated feelings of the person seem to melt and more times than not, they come back to me and are peaceful concerning the situation and all is smoothly resolved. At the same time, if you are thinking about how angry you feel toward that person, you need to create a feeling of peace over yourself as well, otherwise more anger is what you will be reflected back. Also remember that everyone is on his or her own path and their feeling angry is something that they may need to work through on *their* journey. Once you understand this, it is much easier to allow it to work out effortlessly. You are not pushing for a particular outcome but easily letting it flow with no resistance.

**Again, We Are All Connected** - Each of us has vibrating energy that is connected to a higher Universal power that connects each and every one of us to each other. It is much like a computer network. We all are connected to the main computer and at the same time we are connected to each other. In this system, we can go anywhere that is of interest to us yet we are all still connected to each other. If we were to purposely corrupt the system it hurts all in the network, including ourselves. When we put good things into the system, which are of benefit to others, then everyone wins. It takes all of us to make the network a *whole* system, just as it takes all of us to make the Universe go round. So you can see why all the basic principles are so important to understand in order to manifest your desires. With all energy being connected in every thing that exists, we begin to look at things differently. We know to respect and honor all that exists on this planet and beyond.

# Grab Your Lamp and Lets Get Started

You are now granted one hundred wishes!!!  
You can have anything you desire - what do you wish for?

Yes, you read that correctly, that is one hundred wishes so start making your dream list now!

You might want to have a small size notebook that you can carry with you and a large one that you keep at home. I also included extra pages at the end of this book if you are printing this out and want to get started right now.

There are *no limits* here, so go crazy and have fun putting down anything from new underwear, to a lovely dinner at your favorite restaurant, to a trip around the world wearing your new underwear. Do not hold back in putting even the littlest things that you might want, as long as it is believable for you. That is something only you know, but certainly you can stretch yourself a little in something you might want to attain that will take a little extra effort.

And yes, you can even wish for a hundred more wishes!

I got together with a close friend and had a wishing party complete with finger foods and my best crystal and china. I had soft relaxing music playing in the background and we had a blast thinking of all we wanted in our life. We both have had many our wishes fulfilled and some are still out there in the ethers waiting to come to us in the best possible way. Other wishes were edited as our lives changed because we received something that was far more fulfilling that we even imagined!

This is *your* lamp and you have the power to do as *you wish*!

This is your wish list, so do not hold back and do not put down things you think someone else thinks you should have. The only rule here is that it must be directed toward the good of all concerned. It may take you an hour or a few hours or even a few days to get a good start on filling in your hundred wishes. Just put your wishes down as you think of them. This wish list is a place to start and you can keep adding as you go along.

Since our desires are ongoing, you can keep revising and adding to your list to fit your current circumstances. Our desires continually change and we will never run out of new desires to dream about. Make it a fun time and enjoy the feeling of having it all, but don't feel like you have to get it all done, because it is never done. Once you realize that you will never be finished in desiring something new, you can let go and allow your thoughts



to focus on your **now** desires, and then see and feel the satisfaction of them as if you already have them. You can now move and flow freely as changes happen in your life. The more you feel this freedom of knowing your wishes are taken care of in the best way concerning everyone, the sooner they will appear, and when they appear, change takes place and now you are flowing freely in allowing. Your allowing becomes like the waves on a beach flowing in and out in a graceful rhythm. This allowing is the place of manifestation!

## **Knowing what we want is the first step in receiving it!**

Sometimes when we are allowed to have absolutely anything we desire, we are not even sure what it is we want. The best thing to do is to just start writing! You do not have to get detailed but just jot down every little and big desire you have. As you write, more and more things will come to mind. You have heard it before – successful people are list makers! They write down what they want and how they are going to go about getting it. This process of just getting it out of your head and onto paper is powerful. It gets the Universal gears moving and we seem to make room for more and more good thoughts. Once you have completed your one hundred wishes list, we will move to the next step of fine-tuning your list.

# Your Top Ten

## Time to use real Wish Craft!

Now that you have completed your first list of wishes I would like for you to go over your list and pick out the top ten that you feel you would most like to see fulfilled. Choose the ones most important to you right now. Don't worry, I will explain more about the remaining wishes later.

In ancient times, ten was known as the number of increase so we will start with your ten most important wishes. Rewrite these in your notebook one at a time. Write as detailed of a description as you possibly can for each one. Some will be very long and others may not need as much of a description. If money is what you wish for it may be easier to break it down into a monthly, weekly, or even daily amount you would like to see come forth. I feel it is better to put down what you want to buy with the money instead, as it is much more tangible. Maybe you need new customers or clients, so write a vivid description of the type of clients you want to attract to your business or the number of customers you want. If it is even just a small item you may have spotted while out shopping, write that down too!

In writing your wish, **see your wish as completed**. This is where the thought shift comes into play. Your wishes now move from just wishes into real things that you can feel and touch in your mind. Describe the end result. How does your wish look, feel, smell, taste or sound? Who or what is around you and it? Add any other details you can think of, the more descriptive the better. You might not know it, but you are already using visualization.

It is also great to put an affirmation on the inside cover of your notebook or on each page. I usually have something like:

*"This or something better now comes into my life concerning the good of all", or "Thank you abundant Universe for fulfilling all my desires easily and effortlessly in the highest and best possible way".*

You can put whatever inspires you and feels natural. Read over your written affirmation when you go through your list, and know it is coming to you in some way, shape, or form.

When I first made my one hundred wishes list, I was a single mom with five children. I had very little income and a lot of debt adding up. I was very fortunate to have a very comfortable home in the country and was determined not to lose it to the bank so that my children could be raised in the place we have always known as home.

Knowing that our riches *do not always* come in the form of a bundle of money falling

from the sky (although anything is possible), I got busy thinking of how I could create more money while the riches of the Universe were at work stirring up good things for me. My first two top ten wishes included making money to keep food on the table and keep the bills and mortgage paid on time.

I wrote down the details of what I wanted from a job. I knew I wanted to be my own boss and I knew I wanted to help others in some way. I knew how much money I needed to cover our monthly expenses, and I knew it had to be something that I could do immediately. The idea of starting a home cleaning business came to mind. It filled all of what I was seeking.

## **Writing your wishes down is a powerful way to flow Universal energies towards them!**

I put a blank sheet of paper with the number of clients that I would need to meet my monthly income goal next to the phone. I told the kids that this is where we put down the names and numbers of clients *when* they called. This was a way for all of us to expect that people would call. I put ONE ad in the newspaper.

I visualized happy giving people in need of my assistance. I would *give more* than the other cleaning businesses out there because I knew it would pay off, and it did! The phone began to ring and I met my *expected* goal.

Before I would arrive at a job, I would radiate good thoughts of health and happiness to each client. Each person praised my work because I took care of just about anything they needed and they shared my name with others. Not only was I paid, but also many of them would send home things for the kids or give me things they no longer wanted (many things that I had on my wish list) or would pay me extra for something I did for them. Some even made me lunch each time I came, which helped me save a lot of money. Most of my clients were elderly and a few younger ones, so it was like having many wonderful grandparents and close friends. Most of them are still very close with me!

# Destination Board You Have Arrived (By Magic Carpet Of Course)

Now that you got specific with your top ten wishes, you can also add pictures from magazines, or photos of yourself around the things you desire to come to you. You can print out pictures of just about anything from the Internet. Like your wish list, just have fun and add your own creativity. Maybe you want to reshape your body so get pictures of yourself and place your head on the body you wish to create. If you know how, you can use the Photo Shop tool to really get creative and put your picture among the things you wish for. Maybe you want a new car, so go to the car dealership and have a friend take a picture of yourself standing next to your dream car. By the way, if you really want to put more focus on getting a car, you might want to check this out.

[\(Attract a New Car\)](#) or find this link on my website.

You can put the pictures in your notebook next to each wish and/or you can make a Destination Board. I call it a Destination Board because destination means the end or purpose for which something or someone is destined. It is an awesome feeling of knowing that you have the power in creating your own destiny.

All you need to get started are poster board or paper, any size that works for you, and some glue and markers. Cut out pictures or words of the things you desire or a picture that represents your accomplished desire. *As always, the clearer and closer to what you want the better.*

The Law of Attraction went right to work for me. I even started getting a lot of magazines from my cleaning clients to fill up my Destination Boards and I never said a word that I needed them. I just *thought* about needing some pictures of things I wished for and already in my mind saw myself using them.

**Our inner light guides us on our path and the more we think about our destination, the more opportunities, events and circumstances seem to come forth effortlessly!**

# Self-Advertising

## Now You Get the Picture

Lets face it - we are all very much influenced by advertising. Why not influence yourself and get what you want. Advertising is much the same way as visualizing - It paints a picture of you already owning the item and creates a *feeling* in you of what it *feels* like to have it or use it.

Do the same thing with your list and *create that feeling* with words and pictures. You can cut out words or write them around your pictures. Use some good **power words** that really get you **excited** as you *think* about the thing you want as already here. Seeing a picture helps us visualize it easier, especially if we have a difficult time in this area.

Use lots of bright colors on your board that jump out at you and stick in your mind. This is your own advertising campaign for your brain - it should create the feelings of doing or having the items on your list and get you excited!

You can make boards that include segments of your life such as family, career, relationships, health, wealth, or self. You can also make a specific section on one board if you want to have it to look at in a particular area of your home.

I like to have a board that is just devoted to the family. That way, they can each look at it and help it manifest by picturing *themselves* doing activities with the family. You might want to add a picture of your ideal family vacation or any activities you would love to do together as a family. It is fun to get everyone in your home involved.

A new awesome creation tool that I recently have started to use is called a Mind Movie Kit. You can add your own script, pictures and your favorite inspiring music. You can access the kit instantly and the directions are easy to follow so you will have your own Mind Movie to inspire you every day! I LOVE mine! ([Click Here](#)) to check out the library and see what other's have created with this wonderful tool and find out what it is all about. You can also go to my website to find the link.

Another thing that I have done is to let the kids cut out what items they enjoy looking at, and what we want to manifest for the family. We make place mats for our kitchen table. All you need is pictures from old magazines, glue, paper and clear contact paper. I like to use the stick glue because it is less messy. Glue the pictures to paper and then cover both sides with clear contact paper. You can put pictures on both sides as well. Maybe you want to see your family on a vacation or doing a certain family activity together or accomplishing a project together. It is a good place to enjoy the thoughts of abundance as a family no matter what the age.

I have a small board denoted just for health and fitness. I have pictures of people

walking (since it is my favorite exercise) and pictures of healthy foods and fit bodies.

I also have pictures of crystal clear drinking water to remind me to drink it everyday. It is so beneficial to our system. Water aids in weight loss and even mild dehydration will slow down your metabolism, as much as three percent.

There is an excellent book, *The Hidden Messages in Water* by Dr. Masaru Emoto. His research shows that water exposed to loving words and thoughts will actually form beautiful colorful snowflake like patterns, but water that was given negative words and thoughts, forms dull colored, incomplete patterns. Since our bodies are made up mostly of water and the earth is as well, imagine the possibilities with thousands of people sending loving and healing thoughts to the earth's water and the healing possibilities for ourselves!

First place your glass of water in front of you and give it your loving blessing. As you drink your water, picture it as a special clear elixir that travels throughout your entire body, cleansing and healing it in any way it may need. Much of our healing can be achieved through our minds and this is a simple and inexpensive way to start. You will find that it actually tastes better too! You can even give your friends and family a taste test. Go ahead and try it now!

If you are interested in the magnificent healing power of the mind, I have included on my website [MomsMagicMoney.com](http://MomsMagicMoney.com) a number of exciting new sources that are the latest cutting-edge technology in the area of mind power and healing. They cover specific techniques in overall healing and advanced tools for self-development.

While you're getting to the person you see you already are, start on the other areas that might be on your list. Get that new hairstyle now or buy some new clothes, and don't wait for the final outcome of getting to a certain weight or a certain circumstance. Doing it now tells the Universe and yourself you are already there which makes it so.

Do your closet organizing and get rid of those larger or out of date clothes of who you aren't. Replace unwanted habits by cleaning out a drawer or filing papers or anything that will make your surroundings uncluttered and pleasant. Not only do you need to get your vacuum cleaner out to suck up dust and dirt, but also you need to put the *Law of Vacuum* into use and give away what you no longer need. What goes out will come in, in some form, so enjoy the process knowing you will be getting more of what you need and someone else will gain from your unwanted items. You will find more about the Law of Vacuum on page 18 in this book.

When we take a habit away, we always need to fill it with a positive healthy habit that propels us forward to the person we know we are. Decide what things you will do that will replace the unwanted habit first or it is too easy to fall back into the old pattern. It is good to arm yourself with many replacements to get through especially tough times. A written list is good to go back to during that tough time because sometimes it is hard to organize your thought plan when in the middle of the battle.

Now throw those shoulders back, chin up, smile, put on those walking shoes and show the Universe just who you are!!!

**We know our wish already exists in the formless (our thoughts.) When we see our wish has arrived, our creative mind will get to work on getting it to us in our world of form.**

You have your lists and you have your pictures and you have your Destination Board – now what?

# Meditation

**No, you do not have to sit with your legs crossed in a yoga position facing the east. Meditation can be different things to different people.**

The only requirement is that you **must** have a few minutes everyday of quiet time. Morning and evening seem to be the best - in the morning your mind prepares for your day, and at night before bed your mind can work on your thoughts while you sleep.

I like to get up early - before everyone if possible, and sit with a cup of coffee or tea and go over my list, thinking rich and abundant thoughts. You can do what feels peaceful and relaxing to you in a place where you can let your thoughts feel the fun of each wish fulfilled.

My mom has always done this naturally - preparing her mind in the morning before she went to work. When I was a child, I would get up and she would be all ready for work just relaxing with her coffee in the dim light. Later on in life she added the notebook lists to her routine.

A few years ago she cut out a picture of a red car just because it sort of caught her eye but she didn't really have any plans on purchasing one. Shortly thereafter she spotted a pretty red Cadillac at a price she could afford. She has said many times how writing it all down really does work in bringing what you want, and she regrets not starting when she was younger. Anyone at any age can begin right now!

During your quiet time, enjoy looking over each item you have written and feel the feeling of having it. Know that it already exists and is working its way to the world of form in the perfect way that is best for you. It is good if you can devote at least 15 relaxed minutes a day to thinking about it.

I would bring an index card with me to work that contained a few of my immediate wishes on it and would look it over now and then. If you have a job that does not require your full attention, it sure can be fun creating your life dreams as you work. Keep your small notebook with you so when you are waiting for something or someone you can think of your many wishes and enjoy the feeling of their fruition.

If you want to attain instant results of meditation I urge you to try the meditation CD's from Centerpoint. I have used them for a few years now and absolutely wouldn't be without them. I have tried others but these are my favorite. Check them out for yourself ([Click Here](#)) to order a free sample, or you can find the link on my site under meditation, along with more information about meditation. [MomsMagicMoney.com](http://MomsMagicMoney.com) Even just the sample alone is incredible in taking your mind into relaxation!



# Knowing

## **So what do you do when you are waiting for your ship to come in and you are getting oceans of bills instead?**

I have been there and it is difficult to think prosperous thoughts when everyday you are already behind in payments and find yet another bill in your mailbox. Once again we go back to the Law of Attraction - stay persistent in knowing the winds are changing and your ship is out there about to be blown right to your shore. If we think about how much money we don't have, as you know by now, that is what we will get.

You have to allow in an **unhurried** way to let the Universe do its work while you simply continue to think and live in a prosperous manner. If you concentrate on the thing you want too hard, it slows the process down, telling the Universe you don't have it. But if you think about the joyful feeling of having the thing you want, it puts you in a manifesting place. You must allow feelings of worry and panic to pass gently through you and go on to thoughts of what you now want, knowing it is already here. When you feel the feelings of having it already, this will help panic and worry dissolve, and they will be replaced with the comfort of knowing everything is okay in your Universe and you will be guided in the perfect direction.

## **The Divine Universe is your instant and ever-abundant supply and is always working towards your highest good!**

Your vision may not be fulfilled in the exact way you imagined or in the time frame you thought. This is what tells you something even better will be the outcome through a sequence of events you cannot see just yet. Just relax and keep your vision in mind, knowing that all is unfolding *correctly* in your Universe.

# Doing

## Ten ways to keep your mind filled with abundant thoughts and feelings of prosperity:

### 1. Count your blessings...

This turns your “lack” thoughts around and you create abundance just by thinking of all that you do have. Like attracts like. We are blessed with numerous riches all around us and within us. Sometimes we forget all the things we are really good at so think about your talents and the talents of your family. Think about your wonderful life and how you have touched and made a difference in another’s life, and all you will do to accomplish more of this. We forget how abundantly full our life really is of the simple things. I get an incredible joyful feeling when I think of how I love to make others smile, laugh and feel comfortable.

### 2. Get organized...

I have found that getting my life organized seems to help the Universe move in my direction a little faster and align needed people and events in perfect sequence almost effortlessly. Orderliness shows the Universe that you are preparing for that ship because you KNOW it is coming.

As you are organizing your home, your office, your life, you can put another law into practice, and that is the **Law of Vacuum**. Your Universe is always expanding, so where there is a void it will be filled. By getting rid of things that no longer serve you, you are creating your own vacuum.

Start going through your closets and drawers and get rid of clothes and items you no longer need. It is amazing how many things we have stuffed away that we never use. Make sure you truly let it go and are not wishing you had it back, or you are not really creating the vacuum. It is such a freeing feeling of fully letting something go and knowing something much more suited to who we are now is making its way to our life. If you need a little help in the organizing area, I recommend an excellent e-book by Marcia Gracia, “Finally Organized, Finally Free.” ([Click here](#)) This book is loaded with easy ideas to organize your surroundings and your self! I picked up a lot of useful tips that I had not thought of in helping me with my own organizing.

I gave away a lot of children’s clothes that didn’t fit my kids any longer. Two days later we inherited an extra tractor. Living in the country, it is something that we have needed for a long time to keep it mowed. I had it written on my wish list for a few years knowing I would own one at some point in time. I am always excited to go through my closets and see what I can give away.

## Outflow makes room for inflow!

The Law of Vacuum also goes for *relationships* with people that may no longer fit into your journey of who you are. I have worked for people that have not fit into my idea of what I wanted from my clients so I let them go and soon another person would come to me that was perfect. Also, if you are hanging onto a past relationship you will not move forward until you have fully let that person go. I am not saying you cannot be friends, but if they are not meeting your needs of who you are and are dragging you down to their level of where you don't want to be, it is then time to move onward and upward. Find people that are doing the types of things you would like to be doing or are making the kind of money you would like to be making.

Many years back I was living in the country and did not really know too many other ladies in my area. Most were in retirement age and I was about 30 something. I remember thinking, "I wish I could meet another mom that was similar to me." It was just a thought that I kind of threw out there to the Universe. A few months later, a woman started talking to me when I took my son to a school event. We found out that we were country neighbors (four miles away) and our three kids were all really close in age. After that meeting, we began to get together weekly for coffee. The kids got to play, and her and I got a chance to chat. We had a lot of little things in common. Several years later they ended up moving onward on their life journey but we still have kept in touch.

At another time in my life, I began to make a list of the qualities I would like in a life partner. As I thought of something, I would write it down, keeping a notebook with me at all times. I knew the things I didn't want so I wrote out the opposite of that, making sure I concentrated only on *what I wanted*. I even put down details of hair color, height and weight. It was fun knowing that person existed and would come to me when we were both ready.

I let it go and I got busy with my other interests. He came into my life a few months later, exactly the person I expected! I have shared my partner wish list with him and he was and still is amazed! He explained that he, too, had one day in the quiet of the morning stated out loud the type of person he wanted in his life. We had a beautiful small chapel wedding and celebrated with an outdoor reception at my (now our) home in the country! I still smile every time I think about that beautiful day!

### **3. Use it up...**

Go through your cabinets, pantries and freezers. Make meals out of what you already have. Use up all you can to make room for more that will come. We have a tendency to hang onto things that end up being thrown out anyway because they are too old.

There have been times when I was low on money and food. I hung a picture that my son had made for Thanksgiving of a big fat turkey in my pantry and looked at it each time I opened the door. I would think that I am thankful for all the food I knew was there but had not arrived yet in the physical world. I used up everything I could.

I began attracting bargains on items I had on my grocery list or someone would give us something they baked or we would be invited to dinner. I was even given some canned foods from someone who was moving and didn't want to pack all of it. One particular time I was given many sacks of groceries from a girlfriend as a gift. Each of these occurrences kept us going and moving forward until our pantry was filled once again. I still keep the picture in my pantry that my son made as a reminder to be thankful for what we have.

This same principle goes for your wallet too. Put as much toward each of your bills as you possibly can. Know that as you are paying each of them, you were provided a wonderful service. You send your money out there and it will return to you in a wonderful way. If you are angry, fearful or frustrated about your bills this is what will come back into your life through the Law of Attraction. Instead always think and know that what goes out will come back to you in equal or greater value.

#### **4. Be a generous giver...**

Think of ways you can give to others. Even if you don't have a lot of material blessings at this time, there is always something you can give. It can be your time, something you made, something you can teach, or even some kind words and a smile. Sending prosperous thoughts out to others is an excellent way to start! Give them a copy of "Rub Your Own Lamp," so they can learn about prosperity secrets as well! Always give with the intention of adding to the other person's prosperity! ([Click Here](#)) to send a friend a copy, and receive a free gift just for doing so. See, it is already working for you!

#### **5. Eat like a king...**

Even if it is a peanut butter sandwich, serve your food using your best china and crystal and make it a celebration of knowing that so much more is to come. Treat yourself and family like royalty. Remember the Law of Attraction!

#### **6. Dress for success...**

When you put on your best and look your best you feel your best. Dress like the person you know you are even if you are not at the place you want to be yet! As you project the image of who you are, others around you see you as that person too! This really gets the Law of Attraction going!

**You become what you want to be by knowing who you  
already are.**

#### **7. Do the things you love...**

Maybe you love going to the movies but at the moment you are low on cash, so improvise! Rent a movie or better yet borrow a movie from your library. The library also has so many inspiring books and CD's to listen to for the whole family. I still love borrowing stacks of both books or audio then making a cozy spot for myself to snuggle into and enjoy what I can learn from others experiences.

For those of you with a family, you can take your children outside on a treasure hunt or a nature walk collecting items. Breathing fresh air and taking in your surroundings just seems to open your mind to the abundance that is all around us. Build a fort out of blankets, have a teddy bear picnic or do some craft projects inside with your children. They will remember those times far more than anything you could ever buy for them anyway. When I would go to the grocery store I would bring home boxes for the kids that the store gave away. It didn't cost me anything and they loved using their imagination in making time machines, ships or houses. There are so many things that one can do that don't cost anything, you just have to think and get a little creative. Even better yet ask you kids, they many times just want your undivided attention more than anything else, to watch them play and master something new.

Allow yourself some quiet time and take a luxurious candlelit bubble bath. This goes for the guys reading this as well. We all need ways to leave our cares behind for a while. Relaxation is one of the best things you can do for your mind and body so think of lots of ways you can create relaxing moments. Again, I offer some of the best meditation CD's that are available anywhere and you can try them out for free. You don't have to train for years to get yourself to a meditative state only achieved by the Zen Monks. With literally the touch of a button you can reach this relaxed state instantly. It is one of the most awesome products that I have found. I use mine daily! ([Click Here](#))

While you are relaxing, it is a great time to enjoy and go to the movies in your mind. You are the writer, producer, and star in your movie. You create the scenery and sets, and decide who will be acting with you in each scene of your wish list. Feel the realness of your movie and how fun it is playing the part you know you already are.

Talk to a friend who inspires you or be the person to inspire them. It is always fun to be around a person who is excited about life!

Get dressed up, take your notebook and go shopping. Pretend you have an endless amount of money to spend. Look around and write down anything you would love to have. You can even tally your total of spending for the day. Feel the excitement of having anything you desire. Pick out clothes, jewelry, a new car, a boat or anything you wish. Most of the fun of owning something is the moment right when you actually get it. In your mind you just purchased everything you saw you wanted. Do this on a regular basis and the Law of Attraction will get to work on bringing you your wishes that you know you already have!

Think of other *alternative* ways you can have fun that don't require money. When you enjoy the richness of the moment you will draw more richness to yourself!

### **8. Do not talk of lack...**

It is easy to fall into the habit of talking about what we don't have instead of concentrating on all we do. I used to find myself talking to friends and saying what I couldn't afford, until I realized I was getting exactly what I was telling the Universe. I think sometimes we do our complaining just as a reason to have something to talk about and a way to relate to another person in some area.

Change it around and be the one that talks about the things you are doing that move you toward your new prosperous life. Think how pleasurable it is to be around someone who knows where they are going and is excited about the journey. I don't mean that you have to brag about all your successes but talk about the things you have accomplished towards your visualized outcome.

## **People are drawn unconsciously to where there is consciousness of increase!**

As the saying goes - actions speak louder than words. When others see that you are not just talking, but also actually creating all your dreams and wishes, it will inspire them. When your thoughts change you will begin to see others around you change and want to talk more of what they are achieving toward their prosperity too!

You could even send or give to them a copy of "Rub Your Own Lamp" a wonderful free gift that they can implement in creating their wishes as well! Remember, helping others to expand their Universe and become more of who they know they are will be reflected back to you!

### **9. Do not let others bring you down...**

Keep your dreams private from those you know are not supportive of your ideas. You have to look straight ahead and not be distracted by those that do not understand your dreams. This is *your* lamp to wish with that takes you to any destination that *you* desire. Make sure you support others in their dreams as well. Each of us is on our own life path that leads us to our own unique destination.

## **Remember, you are the master of your thoughts!**

### **10. Celebrate often...**

Celebrate the little achievements you or your family and friends make. It keeps your mind filled with the abundance that is around you all the time. You're not just waiting for the end result to materialize; you're having fun enjoying the journey, knowing that grand celebration is already here.

# Rub That Lamp

## Putting It All In Motion

### **Be the Genie...**

Now look over each item on your list and write down anything you need to do to move toward it. For instance, if it is a better paying job, start checking as many sources as you can think of everyday. Maybe you want to take some evening classes to brush up in some new areas or attend seminars in your field of interest. There is so much information available that you can research on the Internet or at your local library. Move as many steps toward it as you possibly can! Set dates in completing certain steps to get your Universe stirring up that good old Law of Attraction. Your Higher Self will guide you in the right direction when you focus towards options available.

### **Put a match under your lamp...**

Just pick a wish and start! Put one foot in front of the other even if they are small. It may take you longer, but baby steps will get your destination much faster than if you are just standing still. I have always had a little saying, *“Do the worst first and the rest is easy!”*

### **Ask questions...**

Don't be afraid to ask others for what you want or want to know. Most people *want* to help you solve a problem or teach you something they have already experienced. They are honored that you respect their opinion and advice. Asking is not always getting, but it sure increases your chances.

Maybe the person you ask may not have your answer but knows someone who does. I asked three times before I got a bank loan. Being a newly self employed person it was hard for me to prove I had a steady income to meet the monthly payments. After the second time of being turned down I began asking people I worked for, who they banked with. One of my clients knew the bank president and vouched for me. He told him that I was always very reliable and a good worker. I would not have got the loan had I not asked. When I was in a bind with owing money on my home, I made a list of people that might be able to help me financially. I am a person who prides herself on doing things myself but my options were narrowing with due dates so I swallowed my pride and just asked.

Ask *yourself* questions that you want answered. Your subconscious will work on it as you do other activities. It is like putting a pot on the back burner to simmer while you go on and do other activities, knowing it will be there cooking and ready when it is ready. We know the longer it cooks the better the blended results. Suddenly the right person will appear or the answer will just pop up in your mind or the needed information will seem to be right in front of you as you were looking for something else.

Right before sleep is a good time to ask yourself how you should go about solving a problem or what step you should take next. This is when we let go of our outside

distractions and tension so our mind can work effortlessly with the Universe in attracting the answers to us. We may dream the answer or wake up knowing or later on it just suddenly comes to us.

**Stay excited and feel the joy...**

Keep the desired result in your mind and feel the excitement when you think about it, knowing it is already here!!! You do not have to keep thinking of the desired result every minute of the day. The Universe likes it best when you reach the point where you have pictured it so vividly that it is as if you have already achieved or received it. When you feel a sense of peace inside concerning your wish, you can let go and know it will come to you when the perfect time is here. If you still feel you need to meditate and enjoy thinking about the desired outcome, this is okay too - as long as you just allow the desired outcome to come to you naturally. When you push hard trying to make your wish come to you, it is telling the Universe you don't have it. The more you let go and just allow the Universe to do its work, the faster results will appear. Make sure you remember to celebrate as you are having fun creating each and every wish!

**When it comes to waiting for your wishes, remember the longer the amount of time it takes, the grander the outcome!**



## What About Your Other Ninety Wishes?

As a wish is completed on your top ten add another from your main wish list. Go through all of them because you may have noticed some of your other ninety wishes have come forth as well! When we put our wishes on the back burner and let them simmer sometimes they are done faster than we *thought!*

We are subconsciously communicating our thoughts and needs, which vibrate at a certain level. This vibration will find its match and begins to create the right places, the right people and the right circumstances to suddenly appear. Check back now and then and give your wishes a stir, adding and editing as you go along until it is suited perfectly to your genie taste.

Oprah often asks her guests, "What do you know for sure?" I know for certain that if you follow the principles and simple steps in this book and begin right now, you will begin the process of stirring energy toward your wishes and you will master the basics of this *Wish Craft*.

**May your lamp be filled with abundance and an endless amount of wishes and may your every wish be granted!**

Truly from my heart,  
I bid you health, wealth, and prosperity,  
Anita Hutton Larson

**PS** Please keep me on your mailing list so that I can keep you posted on any new information or products that I come upon as I find them that pertain to more knowing in the area of energy and manifesting. I only send out mailings occasionally on products, or useful information that I believe will help to move you forward.

**PPS** I am excited for you to share anything that has come your way (tiny or enormous) that you have manifested using the wishing techniques from this book!

Please write to me at [anita@momsmagicmoney.com](mailto:anita@momsmagicmoney.com)

## Your 100 Wish List

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