

# **Three Powerful Steps to Wealth, Health and Happiness!**

By Karen Krueger

# Introduction

Thank you for downloading my Three Powerful Steps to Wealth, Health and Happiness. The fact that you are reading this tells me you are ready to learn how to get you want using the Law of Attraction to your advantage.

There are millions of people using the Law of Attraction everyday without even knowing it! But with this manual, you hold the key to deliberately attracting and getting what you want without having to go through the pain of attracting by default. Meaning that you can create and manifest your desires and dreams by focusing, rather than going through life just letting “things happen” through thoughts of lack or defeat.

We are powerful magnetic beings that can attract anything, be anything, and do anything we desire to do.

Again, thank you for being here, and so let's get started...

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# Chapter One: How to find out what you really want

One of the very first steps in working with the Law of Attraction is getting clear about what you want. It sounds simple enough, doesn't it? Yet, millions of people around the world still have no idea what they truly want. Are you one of them?

If you've spent most of your time taking care of responsibilities or feeling disconnected from your inner self, then you have probably not been able to decide what kind of life experiences you desire. This book is going to show you how to know for sure what you REALLY want. Warning: a little bravery, hard work and patience might be required on your part.

You probably won't believe me if I tell you...**you already know what you want.**

You would think you already know, wouldn't you? Yes and no. I should rephrase that statement...actually a deeper part of you already knows what you want, even if you are not consciously aware of it. Don't worry, you will be very clear very soon!

Here are 3 simple steps that can serve as a treasure map on your journey to your heart's desires:

1. **Spend quiet time alone regularly.** Most of us do not do this often enough, but it can act as a powerful energizer, harmonizer and balancer for our minds, bodies and spirits. Be sure to take the time to be where you can be uninterrupted. It will help you to be in a place that brings a sense of peace or happiness to you. It could be in a place with animals, next to a lake or pond, or with a set of headphones listening to your favorite music. Whatever it is, make sure it brings happiness because that helps you raise your antenna and tune in to receive your inner guidance.

2. **Put your thoughts to work.** You can start brainstorming by writing down thoughts in a notebook. These are focused sessions. Start by writing down your ideas about your existing skills and talents, things you've done in the past that you loved, things you do now that you love, and things you've

always wanted to do but never did. Another way of brainstorming is to allow your thoughts to roam freely, like daydreaming and think about whatever comes to mind. Very often a powerful insight will pop out of nowhere when you simply relax your focus like this.

**3. Expand your dreams.** Daydreaming about your best life is also a great way to awaken your inner guidance. Think about dreams you had when you were younger, or come up with new dreams you would choose now. Then, make them as big and grand as you can. Keep going until your heart is pounding with excitement! NOW you are on the right track.

These techniques are only a few examples; there are many more ways to figure out what you truly want. Bottom line: the most powerful question you can ask yourself is, "If I had no limitations, what would I want my life to be like?" THAT'S what you REALLY want.

## Chapter 2: Placing Your Order with the Universe

Now that you have an idea of what you really want through your feeling of excitement. You can see it happening, you can feel it happening and you can really feel that heart pounding sense of happiness and anticipation when it will happen.

So now what?

Before I go into the details, I want to ask you to first put yourself into the mind-set of a person who wants something, knows where to go to get it, and knows exactly how to ask for it once they arrive. A restaurant is a great example.

Believe it or not, the process is no different whether you are placing your order at a restaurant, or with the universe.

### **Step 1 – Knowing What You Really Want**

In Chapter One, you did your menu review and decided what you really want so when you get to the restaurant, it will be easy to place your order. You have chosen what you want in your life right now. Think about experiences, qualities, physical objects, or even relationships and start feeling excited about it. But not to the point of desperation.

Choosing a meal from a menu is much simpler than making major life decisions, of course! But at least spend a few minutes considering it carefully.

### **Step 2 – Placing Your Order**

When you place an order in a restaurant, the waiter will usually ask a few questions to further clarify exactly what you want. “Do you want fries or mashed potatoes with that?” “What kind of salad dressing?” “What would you like to drink?” The universe won’t ask you those questions, however! That’s why it pays to be very, VERY specific.

Once you've ironed out all the details, it's time to place your order. There are many ways to tell the universe what you want. You can write it down, speak it aloud, visualize it, pray about it, sketch it, or cut out some magazine photos that represent it. Follow the procedure that feels most natural to you.

### **Step 3 – Relax!**

Unfortunately, this is another common stumbling block. Most people, upon placing their order, think they either have to go out and force everything to happen on their own, or become very impatient when their desire isn't granted immediately.

When you order food in a restaurant, do you agonize over whether it will be delivered to your table?

Do you keep begging the waiter to hurry?

Do you sneak into the kitchen to supervise the chef?

Do you sit at the table and fume because your meal isn't delivered in the first 5 minutes? No!

What do you do? You sit calmly and chat with your dinner companion(s). You perhaps enjoy an appetizer, soup or salad. You gaze out the window, or around the inside of the restaurant. You are absolutely confident and certain that your meal WILL be delivered. You may not know when, but you know it will arrive. And in what seems like no time at all, here comes your meal.

In order to place your order and have it delivered by the universe, you need to be detached and calm. You need to enjoy where you are right NOW. Live in the moment. Keep busy with other things. The time will pass quickly and before you know it, that trusty cosmic waiter will come walking right up to your table with something delicious.

## Chapter 3: Action and the Law of Attraction

When you pro-actively start working with the Law of Attraction, you might wonder whether you need to take physical action in addition to your mental and emotional exercises. The answer to this will vary according to who you ask.

There are people who claim that no action is needed; just directing the right frequency of thought and emotion toward a desired outcome is enough. Then there are those who believe that action is always necessary, because action is the vehicle through which all desires are manifested.

In my experience, it can easily work both ways. Depending on the situation, you may or may not find yourself needing to take specific actions toward your goals.

It has been said inaction is still an action. Just as not making a decision is still making a decision.

Something is going to happen one way or another...that is creating by default.

Sometimes the action you need to take is making the decision about what you want...and taking the required action you feel is necessary. Sometimes the only action required is just a matter of thinking of what you want, making the decision that you want it and allowing it to make its way to you through people, places and events.

Here is a simple over view of the process to help you know for sure:

- Do the inner work first. Don't worry about "how" it's going to come about, just focus on putting forth the right frequency of energy to attract it. You can do this by meditating, visualizing, affirming, making a vision board, and so on.
- Completely let go. Once you are in alignment with your desire, turn it over to the universe. Don't worry about whether it will arrive, or drive yourself crazy trying to come up with a plan. Just step back from it and let it ferment for a little while. The length of time is up to you, but I recommend at least a week or two.
- Tune into your intuition. During this letting go period, turn your attention inward regularly. Tune into

your intuition and ask if there is anything you can do to bring this desire into your life. You may or may not receive any insights about it.

Tip... If you do feel a hunch or nudge to do something specific, by all means do it. If not, simply keep on the lookout for any opportunities that might show up later.

Tip...Don't try to force or hurry the process along, because you'll probably end up causing more delays.

These things have a way of arriving at exactly the right time, regardless of how we try to mess it up!

The truth is, there is no right way or wrong way to use the Law of Attraction. Interestingly, the way it works usually seems to correspond with your beliefs.

If you believe you MUST take action to attract your desires, guess what? You'll probably have to take some kind of action. Likewise, if you believe that you do not necessarily have to take action, the universe will find a way to deliver your desires without a bit of additional effort on your part.

However, there are instances when you will be prompted to take action even if you initially didn't believe you'd have to do so. When this happens, simply follow where your heart leads.

The actions you are encouraged to take will ALWAYS be for your highest good, and they'll usually be a lot of fun too! Learn to trust your intuition for guidance whenever you want to attract something, and you will be shown the way to get it as quickly and easily as possible – whatever that may involve.

In the next chapter we will discuss the Allowing part of Law of Attraction. Many times that is the hardest part...

## Chapter 4: Allowing Your Heart's Desires

“Allowing,” in relation to the Law of Attraction is a difficult thing to describe because it’s a state of being, rather than a state of doing. It’s a process of letting go any effort to control what happens around you and instead letting the universe work on your behalf.

Staying in a state of allowance can be challenging for some people because they are so used to taking action in order to get what they want. Allowing your heart’s desires may seem contrary to this approach, but it’s really just a matter of taking different actions and choosing the right mind-set.

Below you will find some simple steps to help you move easily into a state of allowing.

### 1. Sit in silence.

Meditation is the quickest and easiest way to get into a state of allowance because it places you immediately into the process of observing and being, rather than doing.

As you sit quietly, focus on letting go of fear and frustration. You will start to invite a flood of inner peace and acceptance to replace them. This mind-set dissolves blockages and removes resistance, which leaves only . . . allowance!

### 2. Do what you love as often as possible.

Allowing is not just about getting something you want, but rather learning to open to the natural flow of joy, passion and abundance that is available to you at all times.

When you do what you love, you automatically attract a flood of positive energy into your life.

Yes, this can definitely help you attract something you want, but it also sets you up to receive a lot more than you asked for. Rather than just receiving one thing you wanted, you find yourself in a constant state of surprise and joy as more and more wonderful things come your way.

3. Is the glass half empty or half full? Think positive.

Most of us are fully aware of the benefits of positive thinking. However, don't limit your positive thinking in relation to your immediate goal only! Learn to develop a true positive thinking habit, and spread it evenly through your entire life. Think positively, speak positively and act positively as often as possible. You'll feel happier, increase the frequency of your energy and stay in a consistent state of allowance.

4. Have unwavering belief.

Many of us tend to flip-flop between immense faith and overwhelming doubt. Our faith is strong when everything is going fine but as soon as we run into problems, doubt knocks us off-center.

The true test of faith is being able to hold it while in the midst of difficulty! It may not be easy, but remember that having faith is a choice. You can choose to believe and know that everything will be fine, or you can choose to believe it won't. When challenges come knocking on your door, choose your mind-set wisely.

5. Detach completely.

Most of us tend to revert back to childish antics when we want something. We figure if we can just nag the universe to death, it will give in and give us what we want. So we keep meditating and praying and visualizing.

We spend hours mentally begging for what we want, and obsess about it constantly. This is not allowing - it is clinging and grasping!

The universe heard your request the first time, so there is no need to keep asking. Instead, remember that time may be needed before it will show up, or it's also possible that you won't get what you asked for – but you might get something much better!

Be open to whatever comes your way, knowing with all of your heart that it will be absolutely perfect in every way.

## Chapter 5: Believing in Your Abundance

Do you believe you deserve great abundance?

Do you believe you can have it in your life?

Most of us would like to believe that, but at the same time we have the old tapes running in the back of our minds that repeat to us: “But I’m not lucky enough to be happy or have a lot of money. I don’t deserve to be wealthy and happy. I’m not smart enough just give it up. Money is the root of all evil and you know money doesn’t grow on trees. You are doomed to live a mediocre life. Accept it.”

These tapes are usually the result of early programming and negative reinforcement we experience during times of difficulty. It’s bad enough that this negative voice takes up residence in our minds in the first place, but much worse is that we begin to believe what it says! We end up sabotaging any efforts we make to live a more abundant life.

If this sounds all too familiar to you, it’s possible you are blocking abundance from entering your life.

Dissolving these inner blockages may take some effort on your part, but it is time well-spent!

Before we go into the steps for doing that, keep in mind three things about this negative voice:

- It is replaying things that people in your life have told you in the past.
- It is replaying things you have said to yourself in the past.
- You do not have to believe these things if you don’t want to!

Here’s how to turn that negative voice into a positive, supporting voice:

Begin speaking kindly and lovingly to yourself.

Remember, that little voice in your head will keep repeating what you consistently tell it. In the past you may have been harsh on yourself when you failed at something or didn’t follow through with goals you set. Recording over that negative voice with more positive messages is very simple – just keep speaking kindly and lovingly to yourself as often as possible! In time, the tone of that mental voice will begin to change.

Here is an example...

Even though I didn't take the time to work on my inner desires today, I still completely love and accept myself and know that I will take time tomorrow because I deserve to take the time for myself and I know that what I think about I can achieve. I am a powerful magnetic being and I can attract whatever my heart desires because I am deserving, smart and kind... Insert additional fabulous attributes you have to say about yourself.

- Celebrate your achievements.

If you believe that nothing you do is ever good enough, begin making it a priority to celebrate everything you do. Even the tiniest accomplishment should be cause for celebration. Pat yourself on the back, congratulate yourself, and most importantly feel GOOD about who you are and what you do. Keep striving to do better, but also give yourself some recognition for even trying!

Make a list or keep a file of your achievements. If you are in customer support, keep notes of when customers thank you for a job well done and how you have helped them. Recognize your strengths and talents you have in order to achieve great customer service. Are you organized, thoughtful, or computer savvy? Write it down.

If you are in management, think of the positive results you gained through your mastery of negotiation, or employee appreciation or upper management's positive recognition of your efforts. Again write down your strong points and all of your achievements.

In other words, make a list of all your strengths and achievements and how they have worked out exactly like you had wanted.

- Believe that abundance is your birthright.

Keep affirming that you do deserve an abundant, happy life. Expect abundance and goodness in all forms. Say things like this, "I just know I'm meant to live a powerful life. I believe I have the strength and ability to make my life into anything I want it to be." If you know you deserve abundance, expect abundance always, and allow yourself to open to abundance – you get abundance!

## Chapter 6: Expecting the Best – and Getting It!

When it comes to abundance and prosperity, expectations are vitally important. The Law of Attraction teaches us that we tend to receive exactly what we expect in life.

Why is this? How do expectations work with the Law of Attraction?

Your thoughts and emotions release an energetic frequency out to the Universe. Whatever is vibrating at this same frequency will be pulled into your reality. If you emit low vibrations like anger, fear, or cynicism, you will attract corresponding experiences and events.

On the flip side, if you emit high vibrations like joy, love, and passion, you will again attract corresponding experiences and events.

Another important part of this process, however, involves your expectations. Perhaps you can remember expecting something that did indeed happen. Sometimes we do this in a positive way: “Today is going to be a great day, I just know it!” and sometimes we do it in a negative way: “Ugh - today is going to be ‘one of those days’.”

Expectations can be powerful, especially if they are backed up with firm conviction and unwavering faith.

Below you’ll find some simple tips to help you learn to expect the best – and get it!

- **First, you must choose to expect the best in every situation.** This will be challenging if you don’t have full control of your thoughts yet. If you haven’t developed a strong focus, you’ll probably keep vacillating back and forth between random thoughts and focused thoughts until you train your mind. Simply keep at it! Keep saying things like, “I know this is going to work out for the best,” or “I know I will turn this situation to my advantage somehow,” or “I expect the best and the best always comes to me!”

• **Avoid negative talk like the plague.** By “negative talk” I mean complaining, arguing, or doom predictions – anything that drags down your emotions and contradicts your positive expectations. If other people try to involve you in negative talk, you may have to be firm to avoid it. You can try taking the subject matter they are discussing and put a positive spin on it. Or if the other person is adamant about discussing the negative situation, you can apply the 30 second rule. You can give them 30 seconds to vent about it... and they can release it. Continue the conversation by talking about more positive things.

You might also need to limit the amount of time you spend with negative people. Try to always phrase your statements in a positive way. Instead of saying, “This won’t be easy,” say, “I can handle this.”

• **KNOW that your expectation will come true.** You may wonder how to “know” when you really don’t know yet! If it hasn’t happened yet, how can you be sure it will?

This type of knowing is based solely on faith. You are CHOOSING to know. It might take awhile to get comfortable with this, but once you do it becomes a lot easier.

In order to really know, you’re going to have to completely banish doubt and disbelief from your mind. When they pop up, simply push them out of your mind and affirm again that you KNOW your expectation will happen.

These three simple things can make a world of difference in your ability to attract what you want, and when the actualizations start showing up in your life, you’ll be able to add that much more faith and confidence to your expectations – which will make them still more effective!

## Chapter 7: Creating Lack In Your Life

In Chapter One we talked about how you create a feeling of happiness and joy when you think about what you want. That feeling of know what you want and seeing it and feeling the excitement of having it.

But now we are going to discuss how we create lack in our life experience. There are several ways you create lack, but I am going to list just a few because I only want you to be aware of this so that you can avoid making these important mistakes.

- **Keep affirming you don't have “enough”.**

Every time you allow yourself to feel anxious about your finances, fearful about not having enough money, or resentful because others seem to have more than you do, you are affirming your belief in “not enough”.

If you want to turn this around, you will need to overcome your existing beliefs and change them to reflect an unwavering belief in “more than enough”. Whenever you begin to feel fearful about lack, affirm aloud, “I always have more than enough (money, time, confidence, resources, etc.)”

- **Avoid taking action . . . on anything.**

One unfortunate side effect of a lack mind-set is a strong sense of defeat and futility about your circumstances. You feel like there's nothing you can do to turn it around, so you don't do anything. Or you do know something you can do to get the ball rolling, but the thought of actually doing it frightens you, so you keep holding back.

In order to break out of this cycle, you'll need to push yourself a little harder to take focused action. It doesn't matter on what you take action really, as long as it moves you in the direction you want to be moving.

If you want a better paying job, take action on getting one. Apply to better jobs, and ask around about better jobs. Your actions don't have to be earth-shattering or exceedingly difficult. If it frightens you to think about taking a large step, take a small one. Push yourself out of your comfort zones little by little.

**Want still more lack? Then be sure to: Spend money you don't have.**

One common thing that many people do is try to feel wealthy by spending money they don't have. They use their credit card or personal loans in order to fund a more comfortable lifestyle, but they don't realize that they are creating an energy deficit at the same time!

Big mistake! You can't fool the universe by "pretending" to be wealthy. You have to instead focus on becoming wealthy from the inside, out. When you are encouraged to adopt a wealth mind-set, it doesn't mean spending money at the rate a wealthy person would!

It means learning to think and feel as a wealthy person does. This might involve feeling confident, rich, blessed, relaxed, generous, etc.

These three prosperity-killers are just the tip of the iceberg. Just like lack creation is a very simple and automatic process, so also can be wealth creation! It just depends what you want to focus on the most – and what you think, feel and DO in your daily life.

**Banish Lack and Find Your Wealth**

If you include all the times you've thought about it, worried about it, cried about it, panicked about it; not to mention all the times you've spent it unwisely, begged the universe for more of it, and even did unpleasant things to obtain it - it would probably add up to a few years' worth of intense work.

But what if there was an easier way?

What if you didn't have to chase after money at all and it would instead come directly to you?

What if, by taking the right actions and keeping the right mind-set you could not only attract limitless amounts of money, but also turn your life into the most fulfilling, passionate, amazing journey ever?

Follow the steps outlined in the previous chapters and a funny thing will start happening when you stop chasing money; it starts moving toward you.

A funny thing also happens when you start moving toward your life purpose; wealth and abundance in ALL FORMS start moving toward you. Not only do you find yourself with more money, but also more passion, happiness, inner peace, love and meaning in every area of your life.

And that, my friend, is true wealth.



### **About Karen Krueger**

In 1995 Karen was introduced to an ancient healing art called Usui Reiki. This was Karen's

introduction to the amazing power of self healing.

Since then Karen has mastered the art of Reiki through the attunement process and has gone on to

develop her own unique blend of therapies to what is now called Balanced Integrative Therapy.

She is a certified Equine Body Worker through Equinology and CranioSacral Therapist trained through the world renowned Upledger Institute for horses and people.

She is a professional energy therapist in the areas of Chinese Energetic Medicine, CranioSacral Therapy, Quantum Touch <sup>(tm)</sup>, EFT, Acupressure and Animal communication.

Karen has the innate ability to work remotely using the power of Quantum Physics. She is currently expanding her works to include training video's, books and audio CD's. Stay tuned...

You can read and learn more about [Karen Here...](#)

[www.kruegerhorsttherapy.com](http://www.kruegerhorsttherapy.com)

[www.kruegerenergyhealing.com](http://www.kruegerenergyhealing.com)