

How to Create More
Real Wealth with
Far Less Effort

*A simpler way to attract wealth into
your life and Live from your Spirit*

By Paul Bauer, President
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This report is "printer-friendly... feel free to print this out so you can use it like a book.

What I'm about to share with you can profoundly affect the way you deal with and *feel about* money for the rest of your life. You're about to uncover secrets of wealth and abundance that few people *ever* learn or benefit from. As you read through this report and begin to understand how you can create real wealth in your life, you'll begin to notice shifts happening within you. Shifts that help you move **beyond the old "conditioned" thinking** about what you *thought* real wealth was about. You'll move towards a clearer understanding about what real wealth *really* means for you in your day to day life.

This report is based on real-world, hands-on and tested information. I've built an international company with six-figure sales in less than 2 years because of the powerful nature of these principles. Prior to this I was over \$50,000 in debt with **no** savings at all. More important than just making money, the quality of my life has become far better than it ever was, because I chose to look inside myself for wisdom that was *there all the time*.

Use what works **for you** in this report and let go of what doesn't - but keep an open mind while you read this - it could make all the difference in your financial, emotional, and spiritual life. Have you ever wondered how it feels to be *truly* wealthy? Another way of asking this would be if you had everything you needed right now, how would you *really feel*?

Think about how it would really *feel* to possess a tremendous amount of money. Before reading any more, take a moment to imagine such a reality and how it would change your life.

Breathe deeply and close your eyes and picture this new reality...

Let's for just a moment imagine...

Take a d-e-e-p breath and close your eyes for a moment...

Imagine having all the money you'll ever need...

*Your bank account is already **full**, all your bills and debts **are all paid off**...*

*When you envision making and having lots of money, what do you see and what do you **feel**? Say to yourself (out loud) for just this moment,*

"I now have all the money I'll ever need"

*Now **say this** again and add feeling to this statement, **like you really mean it!***

"I now have all the money I'll ever need"

*Pause for just a moment, and breathe deeply and picture and **feel** what it would be like to be truly wealthy for you...*

***Vividly imagine** whatever this means for you...*

*(Your **ability to imagine** and **vividly feel** the **experience of being wealthy** or any desire that **you really want** directly determines your ability to create it in your physical world.)*

If something came to you making you feel uncomfortable, undeserving, etc. The **key is being aware** of this feeling. Breathe deeply, before you jump to the next thought, **honor the feeling within you**. It's **ok** to have this feeling. Don't try to "figure it out" right now. We will touch more on the meaning of this later.

For some people, wealth means having more freedom or more peace of mind, for others, it could mean more taxes, more work to create it, or similar limiting beliefs.

Depending on your upbringing, each person has a different meaning of what having more money would be like. I remember that in my family my father always seemed to struggle do things. I didn't realize until years later that I unconsciously picked up the feelings of "*You have to struggle to earn more*". Years later, after going through my own struggles, I realized that I was unconsciously preventing

real wealth from flowing in my life..I began to *quiet my over active mind* and shifted my thoughts of struggle to ones of **harmony** and relaxed my mind and body. I also *addressed the feelings of anxiety* that kept coming back regarding money. Then I was able to consciously create my intentions of more creativity, more freedom, and more inner peace *which all led to my attracting more money*.

What I learned was **awareness is the key**. I began to realize the age-old proverb that says: *“The harder you try, the more eludes you”*

*“We've been led to believe a lie
when we see with and not through these eyes”
William Blake*

In this report, you'll learn the difference between what you've been *led to believe* about wealth, and how to **move beyond and transform your relationship with money, possessions and materialism**.

What is Real Wealth?

Real Wealth is not just about how large your bank balance is or how many possessions or material things you can collect. **Real Wealth** means living from your Spirit in everything you do. It means noticing how *riches are in everything* as you place your attention to them. When you allow yourself to be "good enough", your life takes on new meaning and you create clarity and passion that far outweighs how much money is in your bank accounts or other materialistic measures.

*“Real wealth is the absence of striving for real wealth”
- Old Proverb*

The funny thing that happens when you are true to yourself and to what you are most passionate about in your life is that **Real Wealth** flows naturally to you because you are acting in accordance *with* life. In other words, because you are enjoying what you do, flow of energy - in this case money, comes more naturally.

Example:

Steve has a natural talent of music. He has loved music since he was a child. In-

stead of becoming a musician, he was satisfied with using music as a means to relax and to unwind from his normal career. But, something in him kept telling him that he should be closer to the music than just listening *passively*. Whenever he would be relaxed, *music kept coming to him*. Music played in his mind as he rode in traffic, when he would go for a walk, when he would play with his dogs or be out in Nature. He noticed that music didn't come to him when he was overly analytical, like when he was at his normal job.

This *fascinated* Steve..

One day, Steve went to a music store and began to "play" with some music keyboards. He noticed that it was fun! Whenever he felt like he was working too hard, he would take a break and go back to the music store and "*play*". He kept seeing the vision of having his own home studio someday. About a year later, he just decided to buy his *own* keyboard. His energy *opened up*, his creativity came out like never before! It took several years from when he first went to that music store, but Steve has now begun to record his *own* music. This has brought a whole new world of abundance of spirit, happiness and wealth to Steve.

Self-Worth & "Do I Deserve?"

What's interesting about Steve's experience is that he used to struggle to make ends meet. He had a powerful mind and was very determined to get what he wanted. His father taught him that if you work hard enough that you'll get ahead and **then** you can do *more* and be *more*. The harder Steve tried in his old career (that he really didn't like), the more frustrated he became! But, when he decided to *follow his Dream* of buying a music keyboard and began to record his own music, something in him *opened up*.

It was like he got his Spirit back again. Steve was able to create Music that seemed to come from a place *far beyond* the Mind. Not that he didn't enjoy life before he began to really live his Dream, but Steve *re-discovered* his passion for music and how it brought his Spirit back to him. Flow of energy became natural for him and this flow also signified the flow of money in his life.

Money now came easier to him than ever before because he *truly enjoyed creating his music* and his music now brings much pleasure to *thousands of people* across the world.

A wonderful way to open up your inner wealth is to write down the things that are *really important to you* in life. By "things", I mean things you do, not things you "have". What this does is re-connects you with your highest values. Your values support all that you do - especially when you **do the things you value!** Your values represent what you hold most important in your life. Like in the Dream-Guide section of Dream-Minder, when you have *clarity* on what your values are, you'll be able to create your Life's Dreams and goals with more ease.

THE IMPORTANCE of VALUES -

When you consciously know what your highest values are, and you *LIVE* from these values, you are acting in *harmony with your Heart and Your Soul*. As you do this, whether you have \$100, \$1000, or a Million dollars in the bank, you'll feel supported because your actions support *who you are*, not who others think you *should be*. You'll be living from your values (i.e. family, honesty, integrity...etc), which frees up *enormous reserves of energy* that you can harness and focus to create *what you really want in your life..*

What really makes your Heart sing?

What adds real meaning in your life? Being with your family? Honoring the precious gifts inside you? Touching the life of a child in need? Contributing to a higher purpose?

These are just a few of the many values that may spark a new awareness within you that can create more REAL wealth in your life.

A simple exercise to help you clarify your values:

Begin by writing down *ten things* that you value most in your life. What things are *really important to you* in life. By "things", I mean things you do, not things you "have". What this does is re-connects you with your highest values. Your values support all that you do—especially when you **do the things you value!**

An example:

Several years ago, I wrote down ten things that are really important to me:

1. Creating value in people's lives
2. My inner peace and my ability to calmly experience life
3. Speaking my truth about how people can Live their Life's Dreams
4. Creating and listening to music
5. Having special friends who value me as I value them
6. Being one with Nature
7. My personal and spiritual growth
8. Being in a great relationship
9. Experiencing the fun in all things
10. Being grateful for a wonderful life

On the next page, I have a unique exercise to share with you that will help you get clarity on how to attract more of what you really want in your life.

Before you do this exercise, remember that you determine your own reality by the power of your thoughts, feelings and intentions. Your thoughts and feelings from moment to moment create your reality.

Another way of saying this is through this formula:

Frequency + Intention = Manifestation

In other words, it's not just your thoughts that create reality, it's the power of your ***feelings*** (emotions) that determine what you create. Many people have been misled by motivational "gurus" that teach that thinking is the key to success.

The real problem is we think too much! What we really need is to think *less*, step back and enjoy the process more. To taste the sweet nectar of success, all you really need to do is allow abundance into your life and not get caught up in chasing after it or striving for it.

Abundance Tip:

Take frequent breaks throughout your day and make sure you take at least 3 deep cleansing breaths—as you do, you'll naturally be calming your mind and allowing

new refreshed energy into your whole body and mind. Do not underestimate the power of deep breathing—you might even want to find a breathing, meditation or yoga class. It can create miracles in your life.

A new way to discover you creativity and open up your inner wealth

Right now, in this moment, take out a piece of paper and list the things and activities that are truly important to you in your life.

By doing this, you are re-discovering your Inner Wealth

Ways I Can Re-Discover My Inner Wealth -

What is most important to me in my life?

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Then write down how having abundance in your life helps you express your Spirit - your Real Self - more genuinely.

After making my list, I simply wrote down how an abundance of money could help me experience and expand each item.

Here's my experience:

With an abundance of money, I can use my creative talents to continue to create unique and powerful learning tools and workshops that help people re-experience the feeling of peace of mind and bliss that they so richly deserve. I now create a world-wide network of people who passionately believe in a higher cause. My increased abundance helps fuel the ability to realize my vision of people honoring

themselves first, and then honoring their families, communities, countries and most importantly this miraculous planet we live on.

Having an abundance of money allows me to create my dream of my own recording studio and creating my own music. I also have created a foundation for children of all kinds to help them realize the gifts and incredible genius within them.

With more money, I complete my projects of software, books and tapes with ease because the expanded flow of money gives me the focused time to clarify, develop and finish these valuable tools for people's well being and harmony.

Being richer means that I am more fully expressing my talents and creativity. I am free to create a richer experience for myself and for other people. Since I decided to live from my inner wealth, my life has taken on a deeper meaning and I am able to help people much more than when I used to struggle. I am grateful for my inner wealth and the rich outer experience that I have created for myself.

When you create your "Ways to Discover Inner Wealth" list above and then write down what **you will experience** when **YOU** have abundance in your life, you are paving a new road towards the full realization of these in your life. In other words, by doing this you are sending out **new energy** that is critical in actually creating **real** wealth in your life.

Your subconscious mind and whole body receives these new messages of your new reality and then goes on to **attract it** into your life. This universal principle is the reason why some people are able to attract wealth with what seems like almost no effort. Whereas, most people instead choose to think that life's a struggle and just "make ends meet".

If you aren't ready to take the time to do this simple exercise, the signal you are sending to yourself and to the Universe is that you are not ready to create more wealth in your life today. Would you take the time to do this if you were given \$1,000.00? What you'll discover is that when you take the time to write down the rich feelings you'll create by being wealthy, you'll **actually begin to create this reality** in your life. So, taking 10 minutes to clarify what you really want and what brings your Heart more real joy is worth far more than \$1,000.00, isn't it?

If you haven't already done so, please go back and do your "**What Is Most Important to Me in My Life**" exercise. What you'll discover by linking to these

essential truths *within you* is a storehouse of wealth and creativity ***just waiting to be tapped!***

A great question to ask yourself:

"Is there any less expensive way of I might experience what I ultimately want?"

In other words, how can you align your natural talents within you to create what you ***really*** want? Is a larger bank account what you really want, or the feeling that you have *knowing* that you've created it?

“The Feeling of Wealth Produces Wealth”

The greatest sages and teachers of prosperity and abundance taught that the feeling of wealth within you is what ***actually creates*** the external reality of wealth appearing in your life. Because we are energy beings, if our thoughts and feelings are low, we are not going to attract the people and events that allow us to attract wealth into our lives. When you shift your thoughts from *"I don't have enough"* to something like, *"I now have all that I need"* or *"I now create more than enough for myself and my family's needs"*, you literally begin to change the energy that you send out which then attracts wealth into your life.

7 Steps of Attracting Real Wealth Into Your Life

- 1. Quiet Your mind**
- 2. Get clarity on what you really want in life - Feel the *feeling* of having what you want**
- 3. Do what you are most passionate about in your life**
- 4. Ask for help in building your Dreams and passions**
- 5. Listen to your intuition**
- 6. Share your wealth with others - Let go of attachments - Trust**
- 7. Be grateful for what you already have & have fun & celebrate life.**

But what happens when I've tried these steps and I still can't seem to attract wealth into my life?

Ask yourself, “Am I truly **Living My Dream** or living someone else's? Have you been postponing your own joy and passions and helping someone with theirs instead? The more you really are enjoying what you do in life, the more flow will come to you. *Especially if you are using your God-given talents as they were intended to be used!*

Also, *not having something* or a delay in getting it may push you to new areas of growth *than you could have ever dreamed possible*. When you realize that creating the *essence* of what you want is more important than the thing itself, your life will become *far richer than any amount of money could ever bring you*.

Is it possible that what you think you want isn't really what you want?

In Steve's example from above, he thought he knew what he wanted, but it took him years to find what *really* brought him the most joy to his Heart. When you consider what brings you the most joy and passion in your life, and you begin to take steps daily to energize your Life's Dreams, real wealth will come to you in ways that you may not consciously realize today.

What's important to understand is your higher self already knows the *path of least resistance* in not only your financial matters, but also in your relationships, your business, and all other areas of your life. There is a universal law that says that there is always a spiritual solution to whatever problem you might have. Whatever problems or challenges exist in your life today are only there because they are trying to teach you to listen to *a higher way of knowing*. The principles you learn from this report will help you solve *whatever* challenge you may have in your life - not just wealth challenges.

Opening To Spirit

As you practice using your unique gifts and as you begin to notice the subtleties of your everyday life, you'll feel a renewed sense of Spirit come back in your life. Problems that once seemed to have no answers will begin to seem easier, *almost effortless* in the way that they almost solve themselves.

As you release your attachment to possessions, you'll notice a new wave of abundance and prosperity come into your life. The reason for this is you are being true to your Spirit, rather than being enslaved by your mind (or old memories it holds). Instead of deriving pleasure from just owning possessions or having larger bank accounts, you'll notice a deep feeling of satisfaction come over you because *you're doing what brings you deeper satisfaction than all the money in the*

world ever could ever give you! Because living your Dreams and Vision comes from the deepest part of you, you don't have to strive to get ahead any longer. You are being ***true to yourself***. You are honoring your highest gifts within you.

You've decided to take a higher road, a higher level of awareness and consciousness that sees beyond your 5 senses. You're now beginning to suspect that problems happen in your life because they are there to help you ***see*** and notice life from a ***higher*** perspective. This higher perspective can help you see beyond life's normal problems - in ways that will transform your life far beyond what your ***mind*** could ever imagine because your mind thinks in a linear fashion, whereas Spirit helps you see in ways that your mind can only dream of.

But if these solutions don't come from my mind, where do they come from?

Your Higher Self. The part of you that doesn't have to ***think*** things through. It just ***knows***. This is where your intuition comes from. This internal guidance system is always on target—knowing which way you should go. Not that you won't ever make mistakes or miss the mark occasionally. Your higher self will attract experiences to you that your mind could easily misinterpret or avoid. Your intuition - the voice of your higher self, is always right. Your ***interpretations*** of this voice within you and what happens in your life is your challenge.

A Real Life Story - A Man that used to be a slave to his job

Let's say that you work a 9 to 5 job that you don't really care for. Day-in, day-out, you "go through the motions" of waking up with that knot in your stomach, that feeling of ***"I really don't want to work there any more"***, but the days pass by... seemingly endlessly.

Months or years later, you'd be able to look back and see that your feelings all the while were ***"I wanted to get out of that job for years..."*** ***Your choice*** is to ***listen to your intuition*** in the ***present moment*** and explore ***new possibilities*** that ***bring your Heart more joy***. ***When you do this, you will transform your life and your outer experiences***. Then as you look back after you left the old way of thinking and living behind, you can thank your Higher Self for stepping in and saving you years of struggle to help you find your ***real passions in life***.

PLEASE NOTE:

I am not suggesting that you quit your normal job. What I'm ***really suggesting*** is that when you choose to take even small steps towards what your Dream or passion is, you'll feel lighter and you'll be awakening ***your own inner wealth and***

creativity . The beauty of doing this is that you're fueling your Dream - **you're keeping your Dreams Alive !**

When is "enough" enough?

In his book, *Real Wealth*, Jonathan Robinson talks about a study done several years ago of millionaires who were asked the question, "*How much money is enough for you?*" Almost every person despite the fact that they were millionaires answered "*About 15% more.*"

What's interesting about this study is that these people had far more than most people will *ever* have. They make more than 97% of all people in our country. That's over 262 Million people who don't make a million dollars! And yet these millionaires still want more - they're unsatisfied with all they have because perhaps there's a *deeper need* that's still not fulfilled *within them*.

Show me a person with millions in the bank who has no Heart, and I'll show a person who is spiritually poor. Show me a person who has a rich Heart and I show you a person who is wealthy beyond measure. Old Proverb

Why do some people feel wealthy even though they have a "relatively" small income or modest standard of living? Because *Real Wealth* comes from the *feeling* of wealth. It's a *state of being*. I've met hundreds of people who truly enjoy life and they live very modest lives with moderate incomes, but they have rich Hearts and they radiate this richness to all people who meet them and they know they'll always have enough to live a rich and fulfilled life.

But Paul, I understand what you are saying about a rich Heart and I still would like to make more money! What do you suggest?

Are you passionate about what you do? Do you feel good about your work? Are you using your talents to the best of your abilities or are you waiting for a perfect time to finally let your *real* talents shine? If you are truly committed and are passionate about what you do and want to add value to people's lives, you **will** earn more. All you need to do is get *clarity* on what you really want, *energize this daily* and the rest is simple..

Moving beyond wishing and hoping...

A simple exercise to Magnetize Real Wealth

1. Get a sheet of paper and write down what your challenge or problem is regarding abundance or wealth in your life

2. What do you REALLY want in this situation regarding wealth or abundance? (Be as specific as possible)

3. Why, in detail, do you want it?

4. Imagine for just a moment that you already have this wealth in your life today. How does this make you truly FEEL?

5. How will this allow you to contribute to others in some way?

6. As you feel or visualize this happening for you? What will your life look like when it occurs for you?

How do you really feel?

7. How is this desire in line with your ideal self - the person that you want to be?

8. Create an affirmation around this desire.

This exercise is adapted from The Reality Creation Worksheet by Bob Doyle, President of Flightwaves. You can visit his website at www.flightwaves.com .

Sit with this affirmation for several minutes... and feel if it *feels right* to you. You'll know it if it feels right. This affirmation is the clarity that your higher self wants for you. This feeling is what you need to focus on throughout your day, moment to moment. I've included this exercise because:

1) Its simple and you can use it anywhere

2) It works because in its simplicity is the clarity that you're seeking

It has created tremendous results for me and thousands of people who have chosen to use it. My company is now in over 28 countries and I've created the lifestyle that I use to Dream of! More importantly, I now have the peace of mind that I always used to struggle to achieve.

What a contradiction - eh? Struggling for peace of mind. Boy, do we have lots to learn as human beings. :-) Begin now and be *aware* of this inner wealth *within you* and allow this feeling to flow through you throughout your day... moment to moment. In this momentary awareness, the garden of wealth within you beckons to you, it's calling you to NOTICE that within you, there is an unlimited bounty of gifts, just waiting to be harvested... harvested by you when you CHOOSE to notice that this limitless abundance is *already within you*.

Dream-Minder Hint:

Add this affirmation to one of your Dream or Goal categories within Dream-Minder, and it will help re-mind you of this powerful force within you that will magnetize and attract what you *really want* in your life. This is how successes are built! It's the moment to moment choices that you make and the subtle shifts of thought and feeling that create your Dreams and destiny.

How You Can Use This Wisdom Daily:

1. Sit for 5 minutes a day and close your eyes and breathe... **Allow** your Higher-Self to help you create wealth *for you*. Awareness is the key. Letting go of preconceived notions so real wealth and creating your own becomes effortless.

2. Get clarity on what you value most in your life. Write down your top 10 values and add your top three to Dream-Minder. Then let Dream-Minder help you create more real wealth in your life by living True to your highest values.

3. Write down how an abundance of money could help you and others - in other words, when you shine brightly, how does this make you truly feel and what does this do for others that come into contact with you and your wisdom?

4. Trust your Heart - listen to the voice within you. Realize that the feeling of wealth produces wealth..

5. Make copies of this last page and do the **Magnetizing Real Wealth exercise at least several times a month**. This will help you gain more clarity and will provide tremendous energy to fuel your Life's Dream!

Secret Step #6:

Using "Not Enough" to Help You Get "Enough"

This is a powerful step that I use daily that I learned from a course that we now teach in Hawaii and other beautiful locations across the world.

Let's say that you notice that you're feeling like you don't have enough money to either pay your bills or purchase something or you just have that nagging feeling that you "don't have enough".

First, notice this feeling. In other words, the more aware you are that this feeling is even happening within you, you are already gaining strength. Most people try to avoid their true feelings, good or bad. When you avoid any feeling, it comes back in ways that you may not expect - physical symptoms, emotional symptoms, etc.

Second, Ask your self "What do I really want, now?" and b-r-e-a-t-h-e and listen to your intuition - your inner voice. (This is not new age mumbo-jumbo - I can promise you!) When you hear or feel or get an image of what you really want, (and here comes the genius of this idea), you can now use the feeling of "*I don't have enough*" or whatever the actual feeling you have, to re-*mind* you to re-focus on *what you really want!*

This is so simple and yet so powerful that when you sit and consider that each time you have a situation or conflict that you don't want, you can harness its energy to help you get what you really want!

This works for me every day - no matter what the situation. (If this doesn't make sense to you, send me an e-mail or call me at 800-966-4899 and I'll help

you understand it more clearly!!!)

Example:

Let's say it's nearing the end of the month and a person has a small bank balance and they begin to feel anxious. They start wondering "*How am I going to pay all my bills?*" Then they remember having learned this method of using the conflict or negative feeling as a re-minder to *refocus on what they really want*. They see a small bank balance as an opportunity to attract replenishment. Lots of it.

Then their subconscious gets this signal and so do other people that come in contact with them. New opportunities begin to present themselves, new possibilities of creating real wealth come to this person's mind. Within days, this person has created more money, but ***far more importantly***, they now have a life skill that will never go away, even as the tides of money flow in and flow out, they know that there is more than enough money to fuel all their Dreams and goals..

Other examples:

Let's say you use this method of refocusing when you're in a traffic jam. If you begin to feel tense or impatient you could respond like: "*I now have a choice, I can use this time to listen to my favorite Music or begin to brainstorm my next fun idea*"

People that use this method have said that when they were about to judge a person, instead they refocus with compassion and say "*That person deserves blessings to soothe his or her unhappiness.*"

As you can see, this method has far reaching benefits for you and for the people you come in contact with. Use these ideas, they are practical and will work for you because they work for thousands of others, others who have ***dared to Dream*** of a better way of living.

Live long and prosper my friend, and keep your Dreams Alive!

Paul Bauer - Dreams Alive International

Further Reading:

Real Wealth - A Spiritual Approach to Money and Work By Jonathan Robinson

Creating Money By Sonaya Roman