

Do Spirituality & Money Mix?

Meet an "Angel" of



Sandy Forster is now sitting pretty as an 'Angel' of Prosperity on Millionaire's Row! Sandy is a single mum, self-diagnosed with ADD who not so long ago found herself in deep financial 'Doo Doo's'. She was considered by many as a 'hopeless financial' case.

With persistence, passion and a staunch belief in the 'Universal Law of Attraction' Sandy has now learned the simple secrets to manifesting millions! But it wasn't always easy. She shares her inspiring journey from devastating debt and crippling chaos to a life of wealth, health, freedom and happiness.

Only a few years ago Sandy and her daughter struggled through life day after day on the single parents benefit. She juggled the bills... borrowing from Peter to pay Paul... but still found herself in ever-increasing, soul-destroying debt.

Today Sandy runs a successful international business from home with multiple streams of income. She has a best selling book (*How To Be Wildly Wealthy Fast!*) which outlines the simple metaphysical principles required to create your own 'Prosperity Consciousness'. She owns numerous properties, has her manifesting fingers in many lucrative pies and speaks at conferences all over the world!

MW: You've been through a roller coaster journey on your way to prosperity. You've had businesses that failed, you've lost your home and struggled to raise your family alone. In the depths of your debt was there a turning point?

SF: Definitely. I had a couple of turning points. For many years it was up and down. I was an entrepreneur. I'd always had my own businesses. My daughter used to say to me *'Why can't you be like other mum's and get a job. We never have any money.'* A few years ago I had another 'sure fire' business fail and I was devastated, so I did just that... I got a part-time job.

MW: You were so far in debt. How did a part time job help?

SF: Metaphysically it helped me relax my energy about the flow of money. I'd been stuck for so long going further and further into debt that I had created more and more stress around money. I had built a negative barrier that stopped money from flowing in. A really simple thing

like getting a job opened a crack that allowed a small positive flow to filter through. From out of the blue that opportunity freed up an even wider channel and now *I'm like this Grand Canyon that money flows into freely all of the time.* I'd been in the job about a week when my accountant rang me and said she had heard of this great Personal Development product that might interest me. That was it! I've never looked back. The job didn't earn me the money I needed but it allowed me to relax a little and let the opportunity for success flow to me.

MW: Did you dream of being wildly wealthy?

SF: I was one of these people that never had any idea about what I wanted to do or be. I was in my 20s when I realised I didn't want to have to work for anyone. I wanted to do what I wanted to do when I wanted to do it. I didn't know then what that entailed. I just knew that's what I wanted. Freedom was it for me. Whether it was financial freedom or time freedom.

I was struggling financially but I knew that I was born to be rich. I knew that the poverty struggle was not who I was. The lack was impacting everything in my life. I kept saying *'If I was born to be a millionaire, why isn't it showing up?'* I went down the negative *'why me'* scenario.

MW: So what changed your attitude?

SF: Discovering that Personal Development course that my accountant had rung me about. It was called the *Delphin Knowledge System*. It's no longer around unfortunately. I'd heard Deepak Chopra speak, I'd seen Wayne Dyer... I'd heard them all talk about 'Intention'. I'd read everything about it. But I didn't really get it till I went through that course.

When I got it... my first thought was *'Oh my god I have negative thoughts all of the time!'* Suddenly I could see clearly why I was creating such a big financial mess in my life.

MW: Was there a key concept?

SF: When I truly understood the concept that *what you think is what you create* – I started to focus on what I did want rather than what I didn't want. Then I started to see good things happening. I focused on what it felt like to me to be a millionaire instead of what it felt like to struggle to pay the bills.

At first I had my ups and downs... I'd take one step forward and two steps back. Then as I started to create more abundance, I started to feel that I was more in the flow... *that's when I really got it. I really understood that it's not luck, it's not just coincidence, it's not just chance... My thoughts were making my life successful. Changing my thoughts did it. I was in control of making it happen.* That's when I really started to *be* more conscious of my thoughts and conversations.

MW: Are you free of negative thoughts today?

SF: The difference is in the past I used to verbalise them all the time. Now if I have a negative thought, (I certainly don't have the same amount) I replace it with a conscious positive thought. It's the biggest blessing. With practice and over time you get to a point that you actually change at a cellular level so those negative thoughts don't pop up as often as they used to. If you catch yourself before it spirals out of control you can break out of it and refocus on what it is you do want to create again. It's about being totally conscious of your thoughts and changing who you are on the inside... that's the key.

by Maggie Wilde

Prosperity who knows they do!

MW: Along with your thoughts, what else changed?

SF: My relationship with my daughter became so much more open and loving. We used to argue... both of us would cry; now it's so different. We have time. The money situation stressed me so much that I was a total stress ball. Everything I did went wrong. Before I would attract someone in a relationship that was like me (chaotic) and who wants double the chaos? Not me. Now it's different. We have a stress free life. We are in the flow of abundance, and have a balanced relationship and family life.

MW: Many people struggle with the concept of mixing money and spirituality. What's your key?

SF: Understand you can have it all. By creating more prosperity and abundance in your life it actually gives you the freedom and *TIME* freedom to work on the other areas of your life to create a balance in health, spirituality, family and relationships. If you are struggling around money then so much of your energy and your focus goes into fixing that situation that you don't have the time to focus on your relationships or to help others. I found when I fixed the financial aspect it helped me give a whole new energy to everything else in my life too.

MW: So how do we put this into practice?

SF: My tip is to first sort out what is hurting you most. Some people are in a relationship that is hurting them; some people are in financial difficulties, some people health problems. Whatever is hurting you most takes all of your energy in a negative way. So if it is continually requiring your attention it doesn't leave any positive energy for anything else. Work towards freeing up that negative energy so that the rest can flow too. There is a difference though, instead of focusing on it with the usual negative outcome – see instead the *ideal outcome*. For instance if you look at your financial situation. Instead of putting your energy into worrying about 'where the money will come from to do X, Y or Z', imagine instead 'what it's like to be the millionaire... to already have the money, to be debt free.'

Really connect to the things you would do if you had financial freedom. Feel it. The more you focus on the positive outcome the more you allow the positive outcome to appear in your life. Changing that simple principle has affected all areas of my life.

MW: Can you share your highest point? The point when you really thought you'd got it.

SF: My highest point was a time when I walked into the shop Target. I love making frozen fruit smoothies in a blender. That's always been my big treat. I remember going into Target to look at the blenders. It was the first time I didn't have to look at the price first. I stood in the blender aisle at Target crying... really crying!

I finally realised in that moment that my life wasn't such a struggle anymore. I wasn't a millionaire yet but it was a time where I didn't have to worry anymore. It was such an emotional moment. Here I was standing in the blender aisle at Target crying with relief because I really understood in that moment that 'My family was going to be alright.' After everything I had put my family through I now understood that 'I had control.' It was a really cool moment...'

MW: You inspire so many people today but who inspires you?

SF: Mark Victor Hansen who wrote the *Chicken Soup For the Soul* series. He comes from both the spiritual and the financial aspects. I have been to many of his seminars in the States and I have also spoken at a couple of his events, I love him so much because he is the male version of me. Like me, he is ADD. His head is all over the place; he can't focus but has still managed to create the most amazing success.

I used to think that there was something wrong with me, wrong with the way I thought. I thought I wasn't as smart as other people. But now I know that's simply my creative side. Now I know how to capitalise on that.

MW: You don't suppress the creative thinking anymore?

continued overleaf...



SF: Absolutely not! Never suppress creativity.

MW: If someone has a million good ideas but they can't seem to make any of them real. What's the key?

SF: The key is to get the ideas out of your head. What helps me is an *Ideas Book*. When I have an idea I write it down. So rather than having a hundred good ideas in my head and being confused and therefore unproductive, I put them all in a book. Then I go back to the book at various stages and I say 'Okay, which one or two do I really want to get happening?' I'll pick one and focus. If it works great, if it doesn't then so be it, at least I did something. What happens with most entrepreneurs is that they have so many ideas that their focus (energy) is so scattered *nothing* works. That's how it used to be for me. Now I take one thing and I make it good then I move onto the next thing. That's what changed for me. Focus. That was the difference between my life of chaos and financial failure and my life of balance and financial success.

MW: Are the projects chosen from instinct or logic?

SF: Instinct! *Go with what makes your heart sing.* I chose prosperity coaching when I first started because I loved learning about it myself; it set me on fire. I used to get my best friend over to my house and I would tell her everything I had learned. When I shared the knowledge with someone I would gain more clarity.

At the time I wasn't a millionaire but I remember a coach that I worked with said to me 'Sandy you don't need to be a millionaire to teach other people. You just need to be ten steps ahead of where they want to be and people will listen.' I'm a perfectionist; I originally wanted to wait until I was a millionaire. But I realised 'It was time to just get started.' So I did it and look at me now.

MW: Choose a focus that makes you feel good and just do it?

SF: That's right. If it's not right and you stuff up then learn what went wrong and just choose

another focus. Don't run around trying to do everything and not do anything. It doesn't work. I should know... that was me!

MW: On the material level is there a limit to the wealth we can or should manifest?

SF: I personally think on the financial level it is unlimited simply because the more you have the more you can give. Some of the things I can do now for people with my financial freedom has made real change in the community.

I run a 'wildly wealthy' program for women in the community that can't afford it. They are on single parents pensions or long term unemployed. We work through creating financial independence step by step and study the principles every week. In Africa we have another program where we aim to sponsor 100 children. We are at about 35 at the moment.

continued on page 31



For me making money isn't just a case of let's go and spend it. I don't buy jewels, I don't buy fancy clothes. Put simply I love the time freedom that being wealthy allows me. The one thing I do spend money on is learning. Anything to do with the personal development industry or metaphysics or success. I love the fact that I can just say, '*Does it fit into my calendar?*' Rather than '*Oh my gosh, I'd love to do that, but I can't afford it.*'

MW: You still attend other people's seminars?

SF: Absolutely. I don't think you can ever stop learning. The day that you say '*I know it all*' I think is the day you are doomed to failure. I continue to go to as many things as I can. I love it.

MW: So does money make you happy?

SF: *What I do with* my money absolutely does. The money is the bi-product of what I do. I love what I do. I love sharing stuff with people. I'd be doing it even if I didn't make money from it. I love the freedom that having money offers me to do the things I love. It's more than helping people manifest money, its about manifesting money so that people can go out and do what makes their hearts sing.

MW: Do you have a concept of Spirituality?

SF: Sure. My favourite term is the 'Universe.' To me the universe is all about understanding that we are not separate. Universe means 'One Song' (Uni -Verse). So for me we are all one. Once you understand it's not you against the world, or you against the universe or you against anybody or anything then you don't have to out smart or outwit anything, you can relax. It's really about *You* tapping into what is *You* and just allowing *You* to flow. *We are the Universe*. I don't see the universe as '*out there*' somewhere or that '*they*' manage everything for us. When *we* tap into it then we no longer feel separated. Once we no longer feel separated we can understand that we have the power to do anything we want and we start to manifest positively.

MW: Do you have a final gem to inspire?

SF: **The best thing about the Universal Law (of attraction) is that it is UNIVERSAL. If it works for one – it works for everyone.** I went through the most amazing challenges financially which impacted every area of my life and made me feel that I was never going to get or create success. I thought I was the most hopeless case. I don't have any great education, I don't have any exceptional skills in business and I don't have what I would consider to be massively high IQ but if I can change my life, then anyone can. I'm someone who is very passionate about what I do. I persist with things. I think if people just understand that all they need is passion and persistence - then they can totally transform their worlds too.

**Sandy Forster can be contacted at www.wildlywealthy.com
Details about her book and seminars are available online.**