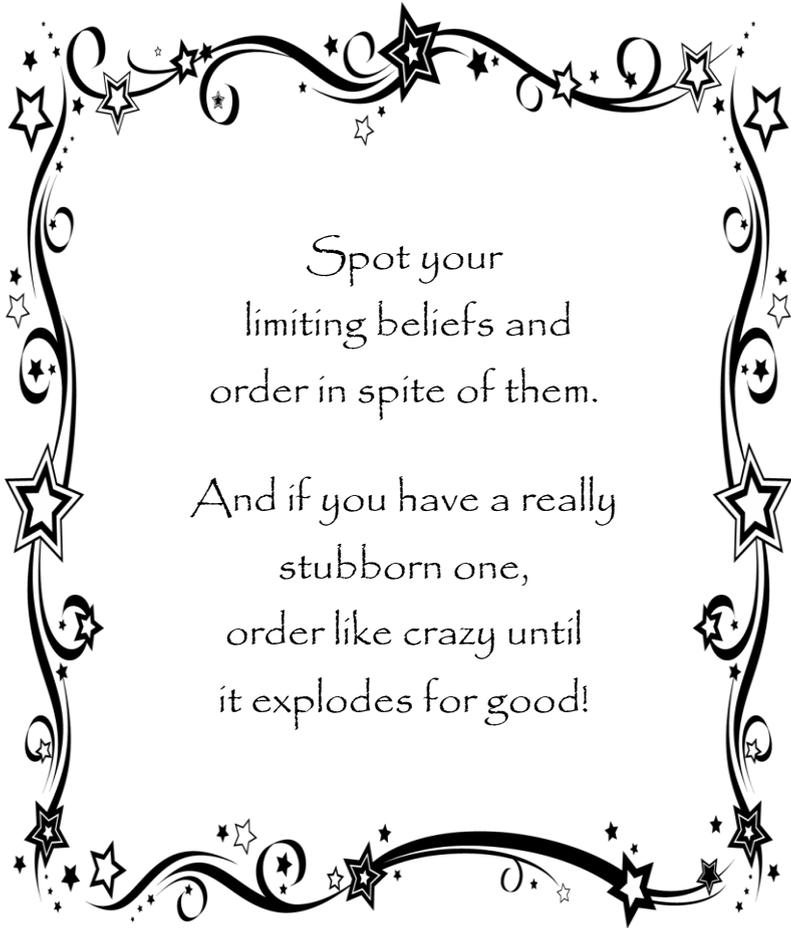


A Ellen Watts



Spot your
limiting beliefs and
order in spite of them.

And if you have a really
stubborn one,
order like crazy until
it explodes for good!

The 'Something for Nothing' Stories

The 'Furnishing the House' Story

In terms of timeframe, this story happened very shortly after the £10,000 and £5,000 revelation. Still fascinated by the realisation that only our limiting beliefs stand between where we are and where we could be, I went on the rampage, seeking out my limiting beliefs as if they were the enemy, because that's *exactly* how I saw them.

The next major one I identified turned out to be a biggie with roots like a seven year old ragwort plant (you pull it up one year and it leaves 50 little root tips ready to form brand new plants next year). It reminded me of Earl Nightingale and a recording he made in the 1950s called 'The Strangest Secret' where he says that the mind is like fertile soil. He goes on to explain that it returns what we plant in wonderful abundance: if we plant crops, we get crops; if we plant weeds, we get weeds. Success or failure, a concrete, worthwhile goal or confusion, misunderstanding, fear and anxiety: the soil (mind) doesn't *care* what we plant; it just *returns* what we plant.

So I found this deep rooted spreading weed in my soil (mind) called '*You don't get anything for nothing,*' common name '*There's no such thing as a free lunch.*' And I'd created all sorts of subspecies around it like '*Always paying my way,*' '*You get what you pay for*' and so on and so on. So I started a Cosmic Ordering campaign against this very personal enemy and for the next three years almost everything I ordered finished with the words '*and I don't want to pay anything for it, for the good of all concerned.*'

My aim was to bust the limiting belief for good as I knew this was necessary for my growth and to understand what at another level I

already knew to be true. That is, that *the Universe is limitless, it doesn't need money, it creates*, and most importantly from my standpoint, *no one need lose out for you to have. There's more than enough for everyone.*

I didn't start lightly either. We'd just moved into our new bungalow; we'd remortgaged and stretched ourselves to the limit to get the place we wanted, which was amazing. But we moved in December 2006 and in January 2007 Northern Rock had fallen over and suddenly the world was a different place as the nasty seed of the mind-weed called 'recession' was planted in the minds of the masses.

Plus, caught up in the joys of moving, I'd taken my eye off the business ball and now the two events combined were reflecting in our bank account (and not in a good way). And to cap it all, we'd just heard that the bonus that Rich normally received each year in June from his work had been frozen. No one would receive a bonus that year.

So money was short and, at the same time, I needed things for the new house - lots of things. And so I made a list:

- A doormat
- A hand mixer
- A George Foreman grill
- A breadbin
- Tea, coffee and sugar canisters (ours had got broken in the move)
- A 6 seater wooden patio table and chairs
- A gas barbeque
- A garden strimmer
- A slow cooker
- A petrol lawnmower
- New bedding
- A sack truck

- A book case
- A front room rug

There were so many things that needed to be specific that I suddenly decided that the easiest thing to do was to get a catalogue and choose from there as if I was going to reserve and collect them in store.

And sure enough I found everything I wanted in the Argos catalogue. So I chose and put big circles around everything and then pulled out the pages and put them in a folder. When I was done, I put an order in for everything I'd circled in the Argos catalogue, finishing with *'and I don't want to pay anything for them, for the good of all concerned.'* One big order and it totalled nearly £1,500.

What happened next was more bizarre than I could have ever imagined. I had expected the things to come in dribs and drabs. I supposed they would be 'like' the items I had chosen. I certainly didn't expect all of them to be new (and I would have been more than happy with that). I was not prepared for that evening, when Rich came home from work and said:

'Guess what?'

'What?'

'My boss called me today and said how unfair he thought it was that I wasn't going to get a bonus this year, seeing as my project is one of the only ones that's made the company money...'

My ears pricked up; maybe Rich was going to get a bonus after all.

He continued: *'He said he couldn't give me a bonus because it was a company-wide ban and totally out of his hands...'*

My heart sank again.

'So what he's done is he's nominated me for some internal customer service award instead to recognise my contribution!'

'Great! Can we eat it?!' I said ungraciously.

He laughed. *'No, but I think I'll get some gift vouchers with it or something.'*

'Oh well,' I thought. *'Perhaps £25 or maybe even £50 will come in handy - but hardly exciting.'*

'How much? And who for?' I said.

'I don't know,' he said. *'I'll find out tomorrow when the email comes through to say if I got it.'*

He got it.

And it was £1,500 of Argos vouchers! We took the pages from the folder to Argos that Saturday, filled in the codes and came home with the whole lot. And how did I feel? Well, have you ever heard the expression *'It was like all my Christmases had come at once?'* Yes? Well it was a lot like that - only tenfold!!!

The Riding Holiday Story

Do you ever write New Year's resolutions? For years I would write a whole list that would look remarkably similar each year:

- Lose three stone
- Save more money
- Exercise more
- Take more 'me' time
- Get on top of the garden
- Ride Meg (my pony) more
- Finish decorating the hall or kitchen or bedroom etc.
- Get more business
- Read more books

OK, sometimes it would be more specific. After all, I was good at setting goals - but it was invariably a list about what I'd like to do and

have and get done and the fact that most years the list looked pretty similar might give you the clue that most things didn't happen.

So this year things were going to be different. As we approached the last few months of the year, I reflected on the amazing couple of years that had just passed and I started to look forward to the one ahead. I decided to write a list of a different sort. Rather than a list of resolutions it was a list of Cosmic Orders and read as follows:

What I really want is:

- A two week top quality, luxurious, fun and active adventure or safari type holiday that we'd both enjoy in South Africa, New Zealand or Australia and I don't want to pay anything for it.
- The person, resource, event to really motivate me to lose three stone.
- The person, resource, event to motivate and give me the confidence to ride my pony again.
- Rich to take more of an interest in riding so that when Narna passes on we can get one for him to ride and we can ride out round the village together.

Even though it was only December, when I finished my list I put my order in for the year finishing it with '*and I don't want to pay anything for them for the good of all concerned.*' And then I put the list in a folder on my bookshelf with thoughts of ticking things off throughout the year as they came in.

A few days later, I'd already marked in my calendar that our local Countrywide store was holding an equestrian event on Tuesday (my work-from-home day). What that meant was there was 10% off all horse feed that day and there would be suppliers there giving advice and free samples. They held such an event a couple of times a year and I liked to go if I could.

Now, as it happened, on this particular day I was very busy. I couldn't really spare the time, but I really wanted to go. After all, 10% is 10% when you have two large dogs and two horses to feed. So, late in the day, I made the commitment and drove the ten minutes to the store with strict instructions to myself that I had ten minutes in store and

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no more. I loaded my trolley with my horse- and dog feed and ignored the temptation to schmooze with the suppliers and chat with the lovely staff I know so well. But just as I was about to join the queue at the checkout, I noticed a stand in the centre of the store - a prize draw!!

Now I'd often entered the store prize draw before on days like this and in the past I'd won a bag of dog feed and a horse rug and other similar value prizes - and I do like winning things. So I took a step towards it, quickly scanning the banner for when it was going to be drawn. My heart sank as I noted that, unusually, it was a national competition, to be drawn at the end of the month after all the stores had had their equestrian days.

'Rats!' I thought. 'What are the chances of winning a national draw? C'mon, you haven't got time for that - you're in a hurry.'

But immediately I answered myself.

'No chance at all if you don't enter it!' How true!

So I quickly scribbled on the postcard with my name, address, email and how many horses I had, and popped it in the small slot in the huge drum. I didn't even stop to read what the prizes were - after all, any prize is a good prize in a free draw.

This was the email I received on Friday 11th December 2009 at 16:59

'Hello,

My name is Pip. I am writing to inform you that you have WON the equestrian event prize draw and therefore have won:

An In The Saddle Holiday at Horizon for two in Africa worth £4,500.

Please could you make contact with me between 8.30am - 5pm, Monday - Friday to discuss claiming your prize.

I do hope this email finds you well and excited.

Kind regards...'

Wow!! All my orders answered in one fowl swoop. We chose to take the holiday in September 2010 to coincide with our 22nd wedding

anniversary and to give us both plenty of time to lose weight and get fit.

It was an amazing holiday in every way and we didn't pay for anything.

- I lost three stone easily, because I wanted to be as light and as fit as possible to be able to get the most from the holiday and be kind to the horses.
- We had riding lessons so that Rich could ride on the holiday too (he'd never been on a horse before) and that gave me the confidence to start riding my own pony again.
- He was so good at it, and he enjoyed the holiday so much, that he suggested that when Narna moved on to the big pony paddock in the sky, the next horse we got should be one big enough for him to ride. (Result!!)

So guess what? I don't bother with New Year's Resolutions any more - just New Year's Orders.

Oh, and the 'free lunch' issue? Well I can wholeheartedly now confirm that they do exist. I have had over 100 free lunches *'for the good of all concerned'* since I identified that particular negative belief, including one a week before our African holiday when I went to the gym (Rich and I had joined to get into shape for the holiday) and there was my name printed up on the board.

'What's this?' I said to the member of gym staff on Reception.
'Why's my name on here?'

'Oh,' she said, *'Dave (a trainer at the gym) has nominated you for Member of the Month for doing so well with your weight loss and fitness goals.'*

'Really?' I said excitedly. *'Fab!!!'* Then I added, *'Is it just fame and glory?!!!'*

'Oh no,' she said, *'you win a prize too - this month it's a free meal in the hotel carvery!'*

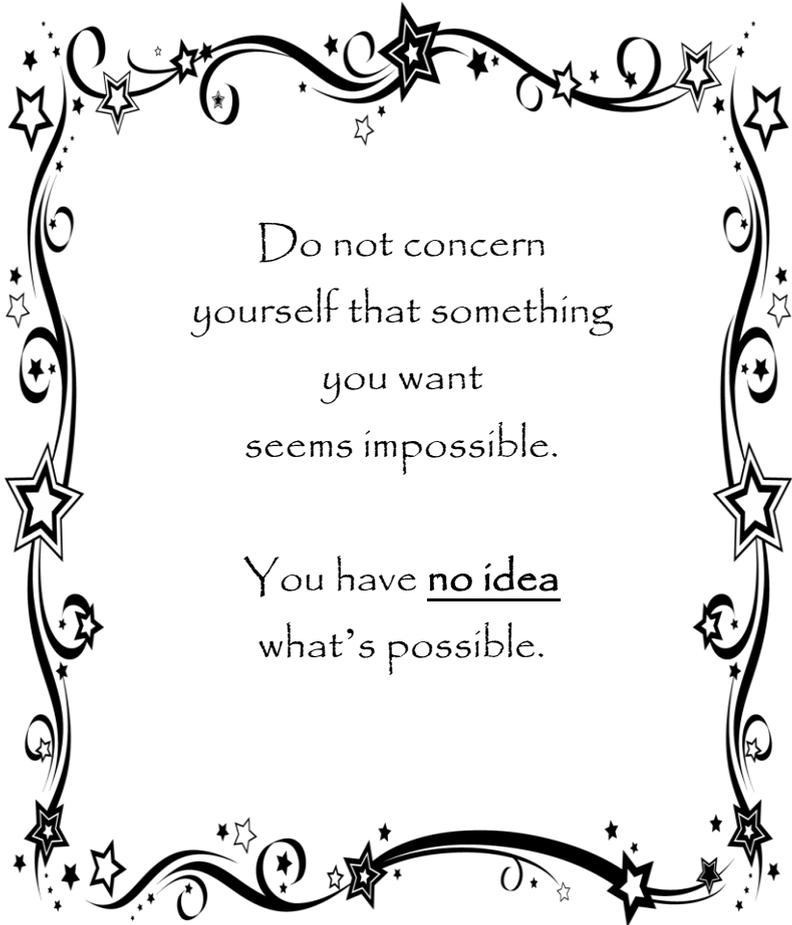
I just couldn't help grinning.

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And so we booked to have our glorious *free* three course lunch together, in the hotel carvery, right before driving off to the airport for our *free* two week riding safari holiday in South Africa.

Oh, how I've loved busting this particular limiting belief!

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Do not concern
yourself that something
you want
seems impossible.

You have no idea
what's possible.