

Financial Panic or the Law of Attraction? Excerpt from Chellie Campbell's newsletter, October 2008

"Sometimes you have to look reality in the eye—and deny it."—Garrison Keillor

The vast majority of people pay much too much attention to reality. The current reality, that is; what's happening in the news right now. So when the housing market heated up, people flocked to sign up with liar loans for mortgages they couldn't afford for houses priced out of their ability to pay for them. Then, when those adjustable rates adjusted, and people started defaulting when their monthly payments went up, the financial institutions reeled with the realization that everybody had bet the farm but there was no one who could afford the farm any more.

Then when companies failed, housing prices fell, and stocks lost their value, people felt the fear, gulped, and tried to bail out, which only served to make more companies fail, housing prices collapse, and the stock market lose more in one day than it's done in most of our lifetimes.

So are you doing your **affirmations** or your **desperations**?

Relaxxxx. Breathe. Stay centered. Stay focused on what you want and not what you don't want. This is the Law of Attraction and the hardest time to remember it is when you most need to remember it. This too shall pass, and the good times will come again. You only lose if you panic. Hold on!

Here are six facts to help dispel the fear – these were sent to me by Harrison Lazarus, President of Harrison Lazarus Advisors, Inc., www.HarrisonLazarus.com:

6 Facts to Help Dispel the Fear

1. In January of 1970, a bear market started that lasted until May of that year. The market during that time fell 35.4%. In May, a bull market began that lasted until January 1973 and brought a 124% gain in stock values.
2. In April 1981, another bear market commenced that lasted nearly a year and brought a 24.7% decline. Then, in March of 1982, the market began to rise and continued doing so until June 1983, bringing an overall gain of 71.7%.
3. July 1990 brought a downward market that lasted three months, until October 1990, at which point equity prices had fallen 22.4%. Then, in the same month, a new, now legendary, bull market took hold and lasted nearly eight years, until July 1998, delivering a 330.7% gain for the market.
4. Dating back to 1975, 8 of the last 15 bull markets have started in the autumn months of September, October, and November.
5. Since 1957 there have been 15 bear markets, as measured from peak to trough, and on average they have lasted 10 months and brought an average decline of 29.4%.
6. The duration and degree of these bear markets were significantly less than the duration and magnitude of bull markets. During the same period, there were also 15 bull markets, which lasted, on average, 30 months and brought average gains of 112.5%.

There, doesn't that make you feel better? It did me. Right after I got that the stock market roared back 400 points. We all need good sources of information and coaching to remember the positive during trying times so we can take the long view instead of panicking over the short one. Someone told me once that I should never make a permanent decision while in a temporary state of mind. That's good advice!

Below, I've added my own list of things you can do right now.

Chellie's List of 6 Actions to Help You Be Rich and Happy:

1. Double up on your affirmations. When you think positive, you look positive, and people are drawn to those who are happy and successful even during stressful situations. Here are a few of my favorites:

"I am a successful money manager and always make smart financial decisions."

"I invest wisely and well and all my investments pay me handsome rewards."

"I am a winner. I win often and I win big!"

2. Network! Support your fellow business owners and buy their goods and services. And then there will be people who can buy from you, too. Money has to circulate to keep an economy thriving. What goes around, comes around.
3. When stock prices are low, it's a buying opportunity.
4. When real estate prices are low, it's a buying opportunity.
5. Buy low and sell high – remember? Most people don't, though. They buy when prices are high because they're afraid they'll be priced out of the market, then they sell when prices are low because they're afraid they're going to lose their investment. Don't make fear-based decisions – make smart investment decisions.
6. Invest in learning and growing. Take a class, get a coach, get support. Get solid professional advice from people you trust who have been through the up-and-down cycles in the economy before. Then follow it. Below, you can find a Financial Stress Reduction® Workshop near you.

Read Day 32 from "The Wealthy Spirit" – it can calm your spirit and remind you of the fullness of life.

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Financial Stress Reduction® Workshops

www.chellie.com

"Man has always assumed he was more intelligent than dolphins because he had achieved so much--the wheel, New York, wars, and so on--while all the dolphins had ever done was muck about in the water having a good time. But conversely, the dolphins had always believed that they were far more intelligent than man for precisely the same reason."--Douglas Adams, "The Hitchhiker's Guide to the Galaxy"