



Money Money Money

MONEY IS A TOOL

First let's talk about the difference between 'making money' and 'creating abundance'.

Money is simply bits of paper that we the people have agreed has a certain value.

It's built upon agreement.
Purely invented.

Everything you feel about it has to do with your beliefs and experience.
You and I have given it meaning.
Emotion.
Vibration.

It's really just bits of paper.

Abundance on the other hand is what happens when you tune into your ultimate creative self and find yourself surrounded by wealth in every area of your life.

This requires you to believe all the elements we've discussed in MESH.

1. You are here for a purpose.
2. The universe is a friendly place.
3. Everything happens for a reason.

Once you can find your way through those chunky beliefs on your worst days, you will be creating abundance.

MONEY BUNNY

EXERCISE ONE

Let's energize money!

It's important that you do this exercise with a piece of paper and a pen or pencil so your own energy is being used.

Blast your energy around money with super positive feelings. Write '**Money is**' 10 times and always end with a word or phrase that is outrageously positive.

EX:

Money is flowing.
Money is infinite.
Money is abundant.
Money is beautiful.
Money is love.
Money is freedom.
Money is pure positivity.
Money is creative and artistic.
Money is fun.
Money is exciting.

Your turn.

Feel free to share what you write publicly! Or keep it private. You can do this exercise every day to energize your money bunny!

MONEY FLOW

EXERCISE TWO

Do this exercise at least once a day for 7 days.

The Money Flow exercise is to help you release old thoughts and beliefs you have around money using a natural process of breathing.

For this exercise you'll need money in the form of paper for your country. (ie, dollar bill for US, pound note for UK etc etc.)

You can use any denomination. The number amount is not important.

Sit somewhere quietly where you won't be disturbed.

Hold the money in between your hands prayer style.

Close your eyes.

In your mind, thank money for being in your life.

Begin deep breathing and see what images or emotions pop in your mind.

Work through whatever arises.

(For me, the need to stash candy as a kid came into my mind. I associated money with secrecy and something you don't talk about. Also a deep need to keep it hidden away out of fear it will get used by someone else.)

Acknowledge whatever feelings come up, thank them and release them.

Once the energy feels good around money, you can ask money to come into your life and thank it for all it's given to you.

You can even imagine the note in your hand becoming warm as you allow more and more money to flow into your life.

Imagine that warmth as a white light that is growing from your hands until it encompasses your being.

Your own experience of positive money flow may be different. Do what feels natural to you.

If you don't feel an openness the first few times, stay with it, you'll get there.

When you're ready to finish, slowly open your eyes, thank money for expressing itself to you and then raise your hands with the note still held to your heart.

Smile and thank the universe for your abundant life.

Finally, put your money back in its respectful place.

THE ABUNDANCE GAME

EXERCISE THREE

This game helps clear out your energy around having enough and removes fear and worry around money.

There are three rules in the game.

1. You can spend the money on anything you want but you cannot simply give it away. You can spend it on shared experiences.
2. You must write out exactly how you will spend it. This will require research so you know the actual prices of things. You'll get emotionally involved in this step!
3. Finally, you must spend every penny of the sums in order. (no saving or hoarding)

Cash Sums to be spent energetically (in order)

1. \$20
2. \$100
3. \$500
4. \$1000
5. \$2500
6. \$5000
7. \$10,000
8. \$25,000
9. \$50,000
10. \$75,000
11. \$100,000
12. \$250,000
13. \$500,000
14. \$750,000
15. \$1,000,000
16. \$5,000,000

If you feel drawn to work more with prosperity, try this free online game:
ChoosingProsperity.com/choosing-prosperity/

You will have many more aspects of prosperity to play with and an online check written to you every day.

HOW TO CREATE MONEY

By now you've figured out that money is energy. Nothing more. And nothing less.

The opposite of prosperity is not fear. It's anxiety.

When you shift your energy, you're able to attract more of what you DO want rather than the crap you DON'T want!

The one thing to remember....

Money does not create ideas.

Ideas create money.

Put your heart and soul into your idea.

Focus on how it benefits the world.

Stay excited and enthusiastic about what you're doing.

If you're job hunting, focus on how you can help the company to grow and prosper.

Go create money with love in your heart.

"Money is only a tool. It will take you wherever you wish, but it will not replace you as the driver."

~ Ayn Rand