

YOUR Path To Abundance

Heal Your Money Energy

**Clear Your Blocks To Having
More Wealth & Abundance**

By Path To Abundance, Inc.

www.MyMoneyHealing.com

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Clear Your Blocks To Having
More Wealth & Abundance

7 Day Course

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Heal Your Money Energy

Welcome to Your Energy Aligning Exercises!



Congratulations and welcome to your first step in this course toward healing and aligning your money energy!

I acknowledge your courage to take consistent daily action and your desire to live a passionate and deeply meaningful life filled with wealth and abundance! This is how your life is meant to be!

I believe you'll be very inspired to follow this easy yet profoundly powerful process each day. The momentum you'll experience from your daily actions will ignite your desire to keep moving forward as you continue to repair, heal, clear, unblock and powerfully align your own personal wealth and abundance frequency.

This course is designed for you to take one step per day. Each day, you will read the concept and then work with the action. Once you complete that, there is a bonus action designed to give you tools to practice with throughout your day so you can keep your energetic vibration consistently high and aligned with your goals and dreams.

You will work with Lesson 1 today, Lesson 2 tomorrow, Lesson 3 the next day, and so on. And see how you feel after just 1 short week of aligning yourself with the energy of abundance!

Let's get started!

Heal Your Money Energy

Lesson 1: Money

CONCEPT

Money.

Today we are going to take a look at your current relationship to money. Countless paragraphs could be written about this subject and our emotional ties to it but we are going to be brief today. Money is nothing more than energy. Everything is energy. However, in our culture particularly, we have placed tremendous importance on money and have given it much more power over our lives than necessary or appropriate (since it is nothing more than energy).

Our survival is tied directly to money and that's one big reason we have such an emotional (many times dysfunctional) relationship to money. Many people fear it (not having enough or fearing the powerful role it has in their lives). Others worship it. Some do both. No matter how we look at it, it would be safe to say many people don't have much freedom around money.

How do you feel about paying your bills? Do you dread it? Do you just hunker down and try to get through it as quickly as possible? Do you feel fear or lack as you "watch the money leave your hands"? Is it a joyous experience for you?

Conversely, have you ever donated money (no matter how little) to a person in need or a cause you believe in? Do you remember how great you felt after you wrote that check or gave that money to them? It is possible to also have that feeling when paying bills. In fact, shifting your energy around paying bills to create that same feeling will help you to experience more freedom around money and begin the process of allowing the Universe to bring more of it into your life.

Today we are going to do an exercise that will give you an alternative experience/feeling when paying your bills.

ACTION

When you pay a bill, take a moment to think about all the lives you are contributing to. You are directly helping that company exist. More importantly and to the point, you are helping the people who are employed there to have jobs and receive income to support their own lives and families.

Do they have a roof over their heads and indoor plumbing? Do they have heat and warm clothes in the winter? Do they have enough food to eat? Do their children get to take baseball or ballet lessons? Does their family get to eat out at a restaurant occasionally because they are employed and can afford it?

You are also contributing to the trucking companies (all THEIR employees) who bring this company the raw materials or products. You are contributing to the lives of the various vendors this company uses to create or maintain their product or service. Does this company likely have a janitorial or cleaning service?

If it uses vehicles as part of its operation, does it have mechanics who service those vehicles? Does it have maintenance people who keep the building and equipment working properly? Remember, these are human beings – don't just think about faceless companies. There are many, many lives you are helping with the goods and services you pay for.

So, for today, if you have any bills to pay, please get them now (even if it is only just one bill). If you don't have any to pay currently or are not where you can get access to them right now, it's OK. You can do this visualization exercise now and then (hopefully) do it again later when you do pay your bills.

Close your eyes and imagine all the people whose lives are being positively impacted by the money you are using to pay this bill. Silently thank them all for their contribution to your life by providing that service or product. Then, as you write out your check (or click through the online bill paying process) send them a blessing along with the money you are sending. You could say something like, "I am sending all of you this money with my blessings for your most happy and abundant life" (or whatever blessing feels good to you).

How did that experience feel? Did it provide you a different feeling and some freedom around paying your bills? Maybe you will consider doing this quick yet powerful ritual each time you pay your bills or use your money. Anything you can do to create love and freedom for yourself around money will begin to shift your relationship with money and will benefit you greatly.

BONUS ACTION: THROUGHOUT YOUR DAY

Any time you spend money today (whether for a cup of coffee, lunch, a pack of gum, grocery shopping, whatever) silently repeat this exercise. Think of all the lives that are being positively impacted by the money you are giving this person/vendor, etc. and most importantly, give ALL of them a silent blessing along with the money. This is very, very powerful for shifting your own money vibration as well as that of our Universe.

Have a **MAGNIFICENT** day and I'll see you at tomorrow's step!

Heal Your Money Energy

Lesson 2: Money Visualization: Your Abundant Access To Money

CONCEPT

Money Visualization: Your Abundant Access To Money.

Every transformational leader talks about how important visualizing is as a key component of using the Law of Attraction principles and shifting our energy. NASA scientists and Quantum Physicists have done countless experiments regarding visualization.

As you may remember hearing from the movie *The Secret*, some athletes train using visualization techniques where they visualize their event before they actually participate in it and it has been proven that after being hooked up to sophisticated bio-feedback equipment during these visualizations, that their brains and subconscious mind cannot distinguish between them actually participating in the event or just visualizing it.

The subconscious mind doesn't know the difference between things happening in your physical reality or just in your mind. You can use this information to your very powerful advantage. It is said by those very same transformational leaders that daily visualization of your goals and dreams is hugely important to them manifesting much more quickly. If you go there first in your mind, you will also go there in your body.

To start reprogramming your subconscious mind to be in alignment with your money goals, we are going to do a guided visualization that will focus specifically on experiencing money in the ways you wish to experience it in your life. You'll see what I mean when you get to today's Action Step.

As you may already know, visualizations have the power to catapult us very quickly toward our goals and dreams because not only do they reprogram our subconscious mind to believe that those dreams are actually possible for us but equally importantly they also change our current energetic vibration to be in resonance with the things we want to create, in this case, money, thereby signaling to the Universe that we are ready for that money to arrive.

When you combine high frequency emotions (happiness, joy, gratitude, etc.) with your visualizations, those emotions greatly increase the effectiveness of your visualizations. This is a very powerful practice for achieving the plentiful money you wish to have.

By the way, it's not bad or wrong to want more money. We are not focusing on the idea of worshipping money or having money just for the sake of having it. We simply understand that having money helps us to experience more freedoms and choices in our lives. It is simply another tool or resource to use in our lives.

One powerful way to engage your emotions is to use your 5 senses while you are visualizing. What do you see, smell, hear, taste or feel while you are in this picture? For an extra boost, you can even get your physical self involved in the visualization process by physically moving around such as jumping up and down or pumping your fist in the air with excitement. Or you can be vocal and yell out a big “WHOOPEE!” (doing these things in real life while you are visualizing. Your eyes are closed, you see yourself in the picture and “the you” in real life throws your arms in the air or yells out in excitement as you imagine “the you” in the visualization doing the same).

All these things help to boost your emotion sky high while you enjoy these delicious few minutes in your future life. It's also critically important to suspend any doubt or disbelief during these visualizations. Don't worry “how” you will achieve these lofty goals. Just have incredible fun with this visualization process and leave any doubt out of the picture. Finally, while bringing to mind all the wonderful details that help you feel the positive emotions, remember to not “attach” to the details. The Universe knows what you want and it knows how to most quickly and harmoniously bring it to you. So while it may not look exactly like the details you are imagining, you must trust that it will be even better and it will make you incredibly happy when it arrives.

In order to keep your visualization fresh, interesting, exciting and different, only spend about 3-5 minutes doing it so your mind doesn't get bored and wander off. If you spend more than 3-5 minutes or do them more than once or twice a day, your excitement tends to wane and your visualizations become less potent.

Enjoy this fun and exciting process and trust that you're making huge strides in creating the financial life of your dreams. You're going there in your mind now so you can go there in your body (and pocket book) next! WAAAAHOOOO!

ACTION

As you begin today's visualization, be sure to bring happiness, excitement, gratitude (and no limiting thoughts!) to your visualization experience. Remember, this is your future that you get to design exactly as you wish. The sky is your limit! So have fun with it. When you daydream, you don't think about “how” it's going to happen, you just enjoy the daydream. That is how to approach your visualizations.

Where do you keep your money? Do you have hundreds of thousands (or millions or billions!) of dollars in cash stuffed into a huge bank vault that you can access 24 hours a day? Remember this is your future life that we are talking about - after you have achieved all your cherished goals and dreams. You get to decide how much money you have at that time and where you keep it.

Remember to design your visualization the way you will most enjoy it. Do you keep stacks and stacks of gold bullion that you can have converted into cash for you at the drop of a hat? Perhaps you have a briefcase filled with the highest denomination bills available that you keep at your house and you also have some bank accounts (savings and/or checking) for the rest of your money. Of course you would have unlimited access to the money in your bank accounts for whatever you wish to purchase.

You get to decide and design your financial life exactly as you want it. Most likely you keep your money in a variety of places (bank accounts, stocks and retirement accounts, cash and other possible places). Any and all of these possibilities for where you keep your money are simply perfect! For the purpose of today's visualization, let's just focus on the money you have instant, immediate access to. Your "liquid" funds, so to speak.

Now take 3-5 minutes to close your eyes and imagine yourself enjoying the experience of having total access to all your (liquid) money. Where are you and how are you accessing the information about your fortune? Are you at home looking online at your current bank balance with complete awe and amazement that you just earned a ton MORE interest while you were sleeping last night? Or did you just receive a new monthly statement via snail mail that you are opening and reading over a wonderful breakfast of all your favorite morning foods that was cooked by your very own personal chef?

Perhaps you are on a yacht in the middle of the Mediterranean Sea enjoying your daily report of account balances that your personal assistant has prepared for you. Or maybe you are on horseback in the middle of nowhere when you surprisingly receive a text (who knew there was cell reception out here!) telling you of another increase in your current net worth. And by the way, how much money is in those accounts? Definitely enjoy THAT aspect of this visualization!

Whatever your idea is for where you want to be and how you want to approach this – decide how you want your visualization to look, decide who is in it with you (if anyone) and enjoy these wonderful few moments of happy giddiness over this crazy huge amount of (liquid) money you have right at your fingertips!

Just remember to keep it in the present tense, make sure you are in the picture, be as clear as possible with all the little details you notice (remember to use your 5 senses) and engage as many positive emotions as you can during this visualization. Enjoy these few minutes of abundant wealth!

BONUS ACTION: THROUGHOUT YOUR DAY

Let's make the most use of the energy aligning that goes along with intensive visualizations such as this! For today's bonus action, find some time later today to do a second powerful visualization using the same information from today's action item. Feel free to visualize the exact same scene or change it however you wish.

Remember to engage all the important visualization keys and keep your visualization to only 3-5 minutes maximum. Then find some time today to do this second visualization, relax and enjoy your future life in the making!

Have a **LOVELY** day and I'll see you at tomorrow's step!

Heal Your Money Energy

Lesson 3: Raising Your Money Set Point

CONCEPT

Raising Your Money Set Point.

One way we can attract more money into our lives for our use and enjoyment is to raise our money set points. We all have money set points. And they can be different for the various things in our lives.

For instance, your money set point for a cup of coffee may be higher than the norm whereas your money set point for a hotel room may be lower than the norm. There really isn't a true "norm" so to speak but it's helpful to have some sort of average for the purpose of understanding this concept.

So, for example, let's say the "norm" for a cup of coffee is \$2 but you love a great latte! And you think nothing of paying \$5 for your perfectly created morning latte each day. In this case, you have a higher money set point for coffee than most.

And let's say that the "norm" for a hotel room is \$200 per night but that price feels higher than you really want to spend on hotels. You typically look for hotels that charge about \$100 per night when you travel. In this case, your money set point for hotels is lower than the "norm."

OK so what does this have to do with anything? Money is energy and like attracts like. One way to bring more money into your experience is to start raising your money set points. You may have heard about the Law Of Attraction principles or putting yourself in the "flow" of abundance for something. Being in the flow of something essentially means that when you give away what you have (without fear), this triggers the Universe to replenish your supply of that thing with even more. So, the idea here is to raise your own energetic set points about money to allow the Universe to bring you even more money than you are used to having.

ACTION

Let's take five minutes to think about some of your current money set points. Just think about some things you regularly spend money on that you can start to raise your set points on. Do you wish you could have the \$5 latte but always decide to be frugal and only get the \$2 coffee? Start with that. Change your money set point about coffee and at least for some of the days you buy coffee, get the more expensive latte. Then keep increasing the intervals at which you buy the more expensive coffee.

Do you want to buy the organic peanut butter or fruit when you go grocery shopping but dismiss it as too expensive? Start buying the organic peanut butter and fruit. When you go out to eat, do you see an item on the menu that you really want but instead choose something else because it's less expensive (usually only by a few dollars)! That's a great example of a money set point.



I used to do that all the time and the strangest thing about my unconscious brain at the time was it truly was usually the difference of only a few dollars for the thing I really wanted and would have been that much happier to have.

Do you go out of your way to travel to a certain gas (petrol) station that has cheaper gas when it would be more convenient for you to use one closer to you (that's a few more cents per gallon (liter)? Do you take a (longer) less expensive bus ride when you could have taken a (quicker) more expensive taxi somewhere?

Do you pass over buying clothes or household items that you absolutely love because they are too expensive and instead settle on things that are "OK" but that you don't love as much as the others? This could also apply to not even shopping at certain stores because you think the prices are too high even though you love their items.

You can begin to raise your money set points in small ways to help you get used to this new experience. You can start with smaller items (such as coffee, grocery items and meals).

Take today's time to make a short list of some of your money set points for things you regularly buy in your life (gasoline, groceries, coffee, meals, etc). Then identify which ones you usually wish you would spend more money on (such as the examples above). Then decide you will start to raise your money set points on these items.

This simple process will send a very clear message to the Universe that you are ready to raise your money set points about money coming in to your life, as well! And that's the beauty and power of raising your money set points.

BONUS ACTION: THROUGHOUT YOUR DAY

As you go out into your day, just notice what you spend money on and be consciously aware of your money set points about these items. Then deliberately choose to pay for the more expensive thing you really want (or that simply costs a little more). Just think about when this practice will have you bringing in so much money that you will be sitting in first class every time you travel on an airplane or other method of transportation! Nice!

Have a **RICH** day and I'll see you at tomorrow's step!

Heal Your Money Energy

Lesson 4: Energetic Affirmations: My Abundant Money and Finances

CONCEPT

Energetic Affirmations: My Abundant Money and Finances.

Today we are going to work with some very powerful energetic affirmations.

Affirmations are a declaration to the Universe of what you want to create in your life. They are potent and they are very effective. When affirmations are used properly, they not only help raise your energetic vibration level but they also reprogram your subconscious mind to start believing the things you are affirming. This, in turn, transforms your thoughts and words into tangible and noticeable results.

Yippee!

Whether you have had a lot of past experience with affirmations or if you are fairly new to working with them, this exercise is going to be very different from anything you may have experienced. This exercise was designed to infuse your entire being with the affirmations you work with today.

You will not merely be speaking words in a rote routine without having any feeling connected to what you are doing. You will be immersed in a 4-step process that is specifically designed to align all aspects of your personal energy with the energetic properties of the money affirmations you will be working with. This is a very powerful process, indeed.

As your energetic vibration shifts through the use of these affirmations, you will begin to notice yourself becoming more aligned with the affirmation statements. And as that happens, you will begin to notice the Universe orchestrating serendipitous circumstances on your behalf that are in direct harmony with these affirmation statements.

During this affirmation exercise, the practice will be slightly different than your usual Daily Step. The affirmation exercise will contain 4 steps to help bring your energy into alignment with your chosen affirmation but should still take the same amount of time that you are used to spending with these exercises.

First, you will work with a simple, yet powerful, written affirmation process and then you will do a short meditation. After that, you will go out into your day with the practice of speaking your affirmation aloud to yourself, others and the Universe. And finally you will take a small action step toward incorporating the truth of your affirmation into your life.

When doing the written portion of this course, it's very important to write out your answers in your own hand (as opposed to typing on a computer or other electronic device). Writing in your own hand connects you more deeply to the energetic process that is going on and it's very powerful. The exercises in today's lesson are designed such that you can print them out and write in the space provided for each part or if you wish you can simply open the document on your computer to read and then write your answers in your own journal or notebook. Choose whichever process feels best for you.

Below you will find 30 affirmations to choose from for today's practice. If there are any affirmations on the list that you absolutely don't resonate with, don't choose it. There's a difference between resisting because you don't believe it's possible or true (yet) and resisting because it's definitely not a fit for what you want to create in your life.

Let's get started!

Energetic Affirmations: My Abundant Money and Finances

- I embrace money as a wonderful tool to create my perfect lifestyle.
- I trust the Universe to provide me with opportunities to be abundant in my finances.
- I thoroughly enjoy giving and receiving money.
- Everything I touch turns into abundance for me.
- I am confident in my growing ability to generate any amount of income I choose.
- I love how good I feel when I generously share my money with others.
- I am thrilled that I have enough money to buy the things I need and want.
- I am deeply confident that the Universe will continue to provide for me.
- I am genuinely grateful for the choices and freedom that money gives me.
- I am developing a deep belief that money is a positive resource.
- I am grateful that I have the means to enjoy my hobbies and interests.
- I live a happy and fulfilled life and this feeling creates more financial abundance in my life.
- I am inspired to think of new ways to create and share my abundance with others.
- I feel profoundly thankful that the more money I have, the more money I am able to give to others.
- I feel blessed that money circulates freely in my life.
- I love and appreciate money as simply energy and I enjoy what it provides for me.
- I joyously and easily accomplish my financial goals.
- I am deeply grateful for my healthy and balanced relationship with money.

- I enjoy all the wonderful experiences money provides me.
- I greatly appreciate money for enhancing my life.
- I joyfully give money to others.
- I wisely and successfully invest my money.
- I am very grateful that my money can be used as a tool for expressing the love in my heart.
- I am inspired and empowered by the things I spend my money on.
- I have a positive attitude about money and my ability to earn it.
- I am deeply grateful for my financial freedom.
- I eagerly look for the Universe to show me new, inspiring opportunities for creating more money.
- I practice feeling financially abundant every day.
- I strongly believe money is a positive force in the Universe.
- I feel deeply fulfilled when I give money to those less fortunate than myself.

STEP 1: WRITTEN AFFIRMATION

Choosing from the list of affirmations above, pick one affirmation that you would like to work with today. Write that affirmation in your own hand 9 times. The number 9 is a very powerful energetic number in Feng Shui and our use of it is intentional.

Use red ink if possible because it activates your vibrational harmony with the energetic properties of the affirmation. As you write, allow the words to begin permeating your being on all levels. Simply “be” with the words as you write them and allow any resistance you may have to gently move through you and dissolve.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

STEP 2: AFFIRMATION MEDITATION

Claim this affirmation as your own by taking approximately 3-5 minutes to energetically embrace this affirmation on a deeper level. Sit quietly and simply allow this statement into your energetic space as it infuses your entire being with its own energetic properties. Allow its energy to permeate the parts of you that may have resisted this truth in the past.

You might see today's affirmation behind your closed eyes (like watching a movie screen with words on it). Or you might repeat the affirmation much like a mantra (either silently or out loud). Or maybe you will simply "feel" the meaning of the words as they begin to resonate with your energy. However feels best for you to sit and be with today's affirmation is perfect. Try as best as you can to feel connected to this affirmation as you allow it to become your new truth.

STEP 3: DECLARE YOUR AFFIRMATION

As you go out into your day, bring this affirmation with you. How might you speak it aloud, either to yourself or weaving it into conversations with others so the Universe (and you!) take notice of it? You could also use any free time you have today (such as when commuting on a bus or train or doing something that doesn't require your full attention) to think about it, permeating your own energy with it that much more profoundly.

Much like learning a new word and definition each day, practice speaking and/or thinking about this affirmation in as many ways as you can throughout your day. Do you have a trusted friend or loved one who can support you with this? Ask them to tell you this affirmation about yourself. Listen intently and try as best as you can to not resist their words.

Another very powerful practice is to say this affirmation to others. In so doing, you are actually offering them a blessing. As you may have heard, offering blessings to others is a very powerful way to bring that thing you are blessing them with into your own life. You can offer this blessing silently to a stranger (or someone you know) or you can speak it aloud to those you know and trust.

Then simply trust that the Universe is matching your wonderful energetic alignment with these very words.



STEP 4: AFFIRMATION IN ACTION

Take a small action that signals to the Universe (and yourself) that you are aligned with this new affirmation statement about yourself and your life. For example you might offer a form of abundance to someone else today. Or maybe you will compliment someone on a form of their wealth or abundance that you admire.

However the action(s) might look to you based on today's affirmation are perfect. Simply look to see what small action(s) you are able to take that further aligns your energy with the energetic properties of your chosen affirmation. The Universe will lovingly engage all of its power to match your efforts.

Have an **ABUNDANT** day and I'll see you at tomorrow's step!

Heal Your Money Energy

Lesson 5: The Energy of Wanting (Wishing For) vs. Already Having

CONCEPT

The Energy of Wanting (Wishing For) vs. Already Having.

As you are shifting your money energy and creating more of the things you “want to have” in your life, it is extremely important to imagine, think and talk about yourself as already having those things. “Wishing for” things is a very specific vibration and it can keep those things in a perpetual state of them “coming to you” but never arriving. For the purpose of your visualizations it is absolutely critical to see and feel those things as already in your life!

However, to go a step even further, how you speak about yourself and *what you currently have* is also heard by your subconscious mind and the Universe. It can feel strange to talk about things you don’t have as if you already have them but it is important and can be done. One way I practice doing this, without people thinking I’m crazy, is to speak about myself in ways (that are clearly not true at the time) very matter-of-factly but with a smile.

The people who don’t know about these tools and principles laugh, thinking I am joking and playing, which is just fine but I just delivered a very clear message to my subconscious mind and the Universe. And it can be fun to do! Additionally, the people in my life, who DO know about these principles, jump right in and start talking about the things they are creating as if they have already happened, too. It’s a very potent practice.

ACTION

Take today’s 5 minutes to visualize your financial goals and dreams. Visualize various aspects of your financial goals and dreams as if they are already happening in your life. Make sure to practice anything new you may have learned from the information above. Also, as you may recall, it’s important to not to spend much more than 3-5 minutes when you visualize because it’s important for the session to be powerful and charged with emotion (the emotion of HAVING).

The longer we spend in visualization, our minds start to wander off and the power of the visualization gets less potent. Remember, this information is going directly into your subconscious and directly to the Universe as an “order you are placing” for something. It’s always best to go for short and highly emotionally charged visualizations! Enjoy this time very well spent as you reprogram your subconscious mind to allow more and more money into your life.



BONUS ACTION: THROUGHOUT YOUR DAY

As you go throughout your day today, see how many times you can weave your future goals and dreams into conversations as things that have *already happened* and are part of your current life. Try it on for size (perhaps with trusted friends at first). The more you do it, the more comfortable you will be with it and it can even become a fun game.

Trust me, if you say things with a mischievous smile, people will not think you are crazy, they will simply think you are playing and you will have succeeded in getting your important messages to your subconscious mind and the Universe.

Have a **MIRACULOUS** day and I'll see you at tomorrow's step!

Heal Your Money Energy

Lesson 6: Acting As If To Create Your Future

CONCEPT

Acting As If To Create Your Future.

One powerful way to declare and create things in your life is to “act as if.” If you want to create a new house, work on straightening up your current house and/or getting rid of things you no longer need so that your place is ready for the move. If you want to create a vacation, create a vision board (or surround yourself) with pictures of the place(s) you wish to go. Add pictures of yourself there, too. It’s fine to make it a fun and inspiring collage.

You could even go so far as to get your luggage out of the closet and place it where you will see it (maybe even pack a thing or 2 in it). If you plan on having gorgeous artwork or priceless artifacts, start looking around your house to decide where you will place these items. Perhaps print out a picture of the item you know you want (a Picasso?) and put it in the location you will place the real item when it arrives.

If you want to create your perfect mate, make room for them such as taking things off the other side of the bed, clearing space in the bathroom/closet/drawers for them. You could also start setting dinner plates for 2 at your table. While your perfect partner isn’t really tied to having more money (although it could be), these are general examples so you understand the idea.

Now try on for size what you will do with the increased money in your life. What kinds of experiences and things will be a part of your life when you have more money? These are the areas to look at and see how and where you can start to “act as if” to further shift your energy and signal to the Universe that you are aligned with a new level of wealth and abundance that will allow you to have these new things.

Do all the things that show the Universe you are actively receiving this wealth and these things. Doing this sends a very powerful message to the Universe and it MUST act in accordance with that message by bringing you that increased wealth and those things.

ACTION

Let’s take today’s 5 minutes to get clear on the things you want to create and which ones you can take action on right away. What ways can you change your home, office, car or other space to send the powerful message to the Universe about your receiving the money and things you want right now? Think about or make a list or better yet if you have the time, DO even just one thing such as the suggestions above to take action in this direction.



BONUS ACTION: THROUGHOUT YOUR DAY

As you go out into your day, see what additional ways you can do/be/act to keep yourself in alignment with new levels of wealth and abundance. What actions can you take to clear space, move things around and prepare your life for the new wealth and abundance that is yours to claim by birthright? Just notice each area of your life as you are out and about, be aware and make any shifts you can to continue “acting as if.”

Have a **POWERFUL** day and I'll see you at tomorrow's step!



Heal Your Money Energy

Lesson 7: Checking In With Yourself

CONCEPT

Checking In With Yourself.

It's wise to occasionally take stock to see where you've been, where you're going and where you are now in relationship to the two.

This valuable process gives you the opportunity to celebrate your successes, acknowledge where your energy may have been blocked and renew your commitment to keep moving forward toward your life of increased wealth and abundance. You deserve this abundant life simply because you are here on our planet. You've already "earned" the right to it.

ACTION

Take today's 5 minutes to think about or write on the following subjects but please remember there are no right or wrong answers. This is only to serve as a guide for you to celebrate your wins and possibly make adjustments as you continue on your path.

Gentleness and compassion for yourself are absolutely a MUST during this exercise. This is non-negotiable.

- Have you been able to embrace feelings associated with a higher level vibration (such as love, gratitude, or joy) during the last week?
- How have you moved forward (physically/tangibly or energetically) toward your goal of more wealth and abundance in the last week?
- Have you experienced any breakthroughs in the last week (no matter how small)?
- Is there anything that blocked, stopped or slowed your forward movement (negative emotions, limits in your beliefs, resistance of any kind, non-supportive input from others or anything else)? List anything that comes to mind.
- Could you have done anything differently when faced with the blocks listed above that may have helped you move through those blocks? (Are you being compassionate with yourself right now as you look at this?!)
- Overall, have you felt a little more hopeful about your abundant future?



BONUS ACTION: THROUGHOUT YOUR DAY

Regardless of how well or poorly you feel you did aligning with abundance during the last week, every single moment is an opportunity to shift in the direction of aligning yourself with having more wealth and abundance.

Even if you have not done the Bonus Actions in previous lessons, let's take the opportunity today to embrace it. Let today's Bonus Action anchor you in success and forward movement toward the life you desire and deserve.

As often as possible today, think about any victories or successes you had during the last week no matter how small. Think about them several times throughout the day and FEEL great about them!

If you feel you had no successes at all (are you being too hard on yourself?), then this is your opportunity to visualize your future successes. Take time throughout the day to decide on a success you **WILL** claim and really see it happening (make sure you feel all the happy, positive feelings that you **WILL** feel when you celebrate that success).

Have a **FANTASTIC** day!

Heal Your Money Energy

CONGRATULATIONS!



You did it! You've spent an entire week powerfully healing, clearing, unblocking and aligning your energy with wealth & abundance and sending a very specific message to the Universe about the wonderful life you are committed to creating! Well done!

Thank you so very much for allowing me to support you on your fantastic journey. It is my honor and pleasure to contribute to your life in a way that I hope is meaningful for you. I offer you my deepest gratitude for allowing me to energetically connect with you. I also wish you a life of love, joy, passion and abundance! After all, it's your birthright!

The lessons presented in this course are most powerful when complemented by [**Money Reiki Healing Energy Transmissions**](#).

If you feel inspired to continue healing your money energy with a [**Money Reiki Healing Energy Transmission**](#), I would be honored to support you on your journey.

For more information, please visit: [**www.MyMoneyHealing.com**](http://www.MyMoneyHealing.com)

I purposely keep the prices for [**Money Reiki Healing Energy Transmissions**](#) as inexpensive as possible. But if you are not in a position to receive one right now, remember, you can repeat the exercises contained within this course as often as you wish (and in any order). Please keep using these exercises. They will help you to powerfully align with wealth & abundance!

Live The Life You Came Here To Have!