YOUR Path To Abundance

Reprogram Your Money Frequency

Align Yourself With Money, Wealth & Abundance ~ The Easy Way

7 Day Course

By Path To Abundance, Inc.

www.MyMoneyHealing.com
Reprogram Your Money Frequency

Align Yourself With Money, Wealth & Abundance - The Easy Way

7 Day Course
Reprogram Your Money Frequency Using Energetic Affirmations

Welcome to Your Money Frequency Exercises!

Congratulations and welcome to your first step in unblocking, clearing and powerfully reprogramming your money frequency.

I applaud your courage to take consistent daily action and I support your desire to live an abundant life!

We will be using a powerful 4 step energetic affirmation process during the next 7 days. Affirmations are a declaration to the Universe stating 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!

As you use this energy shifting process, try to suspend any doubts your logical mind may have and simply trust that this process is clearing away blocks and energetically aligning you with the frequency of the money and abundance statements you are affirming, even if you don’t fully understand how just yet. This process absolutely works but you may need to simply trust that at first.

This course is designed to give you 7 days of daily money frequency reprogramming practices. Each day 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 each day’s 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 taking place and it’s very powerful.

The daily lessons in this course are designed such that you can print them out and write in the space provided for each day’s exercise 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.

If there’s an energetic affirmation that you absolutely don’t resonate with - don’t use 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. If you find there’s an affirmation that you don’t wish to align with, simply use a different affirmation from the group for that day’s exercises.

You will work with Lesson 1 today, Lesson 2 tomorrow, Lesson 3 the next day and so on. I believe you will be amazed at how happy and inspired you’ll feel after 7 days of reprogramming your money, abundance and wealth frequencies in a fun and inspiring way! YEEHOO!

Let’s get started!
Day 1

Concept
Energetic Affirmations For Money/Wealth/Abundance

Here is the list of affirmations to choose from for our frequency changing exercises.

- I embrace money as a wonderful tool to create my perfect lifestyle.
- I am confident in my growing ability to generate any amount of income I choose.
- I am thrilled that I have enough money to buy the things I need and want.
- I feel blessed that money circulates freely in my life.
- 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 have a positive attitude about money and my ability to earn it.
- I adore how fun and inspiring it feels to give money to others.
- I joyfully share the blessings in my life with others.
- My life is overflowing with abundance.
- I embrace the idea that abundance is meant for everyone including me.
- I inspire others to live more abundant lives because my life is filled with abundance.
- I am blessed with many kinds of abundance; tangible and intangible.
- I deeply treasure my life exactly as it is right now, and this brings more abundance into my life.
- I am deeply grateful that I have an enjoyable career that pays me well.

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. 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.
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, gently aligning your own frequency with the heightened frequency of the affirmation. 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. Offering blessings to others is a very powerful way to bring that thing 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 energy frequency 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 the frequency of this new affirmation statement. For example, since the affirmation has to do with creating wealth or abundance you might offer a form of abundance to someone else today. Perhaps you can offer them some money (the amount does not matter; only the energy of your action matters).

You could also compliment or praise the wealth or abundance you witness others having. For example, if you see someone driving the car that you would like to have, either silently or out loud compliment their good fortune. This is a very powerful way to change the makeup of your own energy frequency and align it with the very things you are praising.

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

**Have a PLENTIFUL day and I'll see you at tomorrow's step!**
Day 2

Concept
Energetic Affirmations For Money/Wealth/Abundance

Today we will continue working with our list of energetic affirmations. You can choose the same affirmation you chose yesterday or you can pick a new one. Choose the one that most resonates with you right now.

- I embrace money as a wonderful tool to create my perfect lifestyle.
- I am confident in my growing ability to generate any amount of income I choose.
- I am thrilled that I have enough money to buy the things I need and want.
- I feel blessed that money circulates freely in my life.
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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, gently aligning your own frequency with the heightened frequency of the affirmation. 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.

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Then simply trust that the Universe is matching your wonderful energy frequency with these very words.

**Step 4: Affirmation In Action**

Much like yesterday, take another small action that signals to the Universe (and yourself) that you are aligned with the frequency of today’s affirmation statement.

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

**Have a BOUNTIFUL day and I'll see you at tomorrow's step!**
Day 3

Concept
Energetic Affirmations For Money/Wealth/Abundance

Once again we will continue working with the same list of energetic affirmations. The affirmation can be the same one you chose previously or you can pick a new one. Choose the one that most resonates with you.

- I embrace money as a wonderful tool to create my perfect lifestyle.
- I am confident in my growing ability to generate any amount of income I choose.
- I am thrilled that I have enough money to buy the things I need and want.
- I feel blessed that money circulates freely in my life.
- 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 have a positive attitude about money and my ability to earn it.
- I adore how fun and inspiring it feels to give money to others.
- I joyfully share the blessings in my life with others.
- My life is overflowing with abundance.
- I embrace the idea that abundance is meant for everyone including me.
- I inspire others to live more abundant lives because my life is filled with abundance.
- I am blessed with many kinds of abundance; tangible and intangible.
- I deeply treasure my life exactly as it is right now, and this brings more abundance into my life.
- I am deeply grateful that I have an enjoyable career that pays me well.

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. 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.
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, gently aligning your own frequency with the heightened frequency of the affirmation. 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. Offering blessings to others is a very powerful way to bring that thing 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 energy frequency with these very words.

**Step 4: Affirmation In Action**

Much like yesterday, take another small action that signals to the Universe (and yourself) that you are aligned with the frequency of today’s affirmation statement.

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

**Have an OVERFLOWING day and I'll see you at tomorrow's step!**
Day 4

Concept
Energetic Affirmations For Money/Wealth/Abundance

Today we will continue working with the same list of energetic affirmations. The affirmation can be the same one you chose previously or you can pick a new one. Simply choose the one that most resonates with you right now.

- I embrace money as a wonderful tool to create my perfect lifestyle.
- I am confident in my growing ability to generate any amount of income I choose.
- I am thrilled that I have enough money to buy the things I need and want.
- I feel blessed that money circulates freely in my life.
- 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 have a positive attitude about money and my ability to earn it.
- I adore how fun and inspiring it feels to give money to others.
- I joyfully share the blessings in my life with others.
- My life is overflowing with abundance.
- I embrace the idea that abundance is meant for everyone including me.
- I inspire others to live more abundant lives because my life is filled with abundance.
- I am blessed with many kinds of abundance; tangible and intangible.
- I deeply treasure my life exactly as it is right now, and this brings more abundance into my life.
- I am deeply grateful that I have an enjoyable career that pays me well.

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. 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.
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, gently aligning your own frequency with the heightened frequency of the affirmation. 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. Offering blessings to others is a very powerful way to bring that thing 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, since the affirmation has to do with creating wealth or abundance you might offer a form of abundance to someone else today.

However the action(s) might look to you is 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 AMPLE day and I'll see you at tomorrow's step!**
Day 5

Concept
Energetic Affirmations For Money/Wealth/Abundance

Today we will continue working with the same list of energetic affirmations. The affirmation can be the same one you chose previously or you can pick a new one. Simply choose the one that most resonates with you right now.

- I embrace money as a wonderful tool to create my perfect lifestyle.
- I am confident in my growing ability to generate any amount of income I choose.
- I am thrilled that I have enough money to buy the things I need and want.
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- 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 have a positive attitude about money and my ability to earn it.
- I adore how fun and inspiring it feels to give money to others.
- I joyfully share the blessings in my life with others.
- My life is overflowing with abundance.
- I embrace the idea that abundance is meant for everyone including me.
- I inspire others to live more abundant lives because my life is filled with abundance.
- I am blessed with many kinds of abundance; tangible and intangible.
- I deeply treasure my life exactly as it is right now, and this brings more abundance into my life.
- I am deeply grateful that I have an enjoyable career that pays me well.

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**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, gently aligning your own frequency with the heightened frequency of the affirmation. 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.

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Then simply trust that the Universe is matching your wonderful energy frequency 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 the frequency of this new affirmation statement. For example, since the affirmation has to do with creating wealth or abundance you might offer a form of abundance to someone else today. Perhaps you can offer them some money (the amount does not matter; only the energy of your action matters).

You could also compliment or praise the wealth or abundance you witness others having. For example, if you see someone driving the car that you would like to have, either silently or out loud compliment their good fortune. This is a very powerful way to change the makeup of your own energy frequency and align it with the very things you are praising.

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

**Have a FULL day and I'll see you at tomorrow's step!**
Day 6

Concept
Energetic Affirmations For Money/Wealth/Abundance

Today we will continue working with the same list of energetic affirmations. The affirmation can be the same one you chose previously or you can pick a new one. Simply choose the one that most resonates with you right now.

- I embrace money as a wonderful tool to create my perfect lifestyle.
- I am confident in my growing ability to generate any amount of income I choose.
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**Step 4: Affirmation In Action**

Take a small action that signals to the Universe (and yourself) that you are aligned with the frequency of this new affirmation statement.

However the action(s) might look to you is perfect. Simply look to see what small action(s) you are able to take that further aligns your energy with the frequency 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!**
Day 7

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. So today we will do a check in to celebrate your successes, acknowledge where your vibration may have been low and renew your commitment to keep moving forward toward your goals and dreams in whatever ways inspire you.

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.

- How are things going with your money frequency reprogramming practices?
- Are you writing the affirmation statements each day (and writing in your own hand rather than on a computer or other electronic device)?
- Have you noticed any blocks you may have had starting to dissolve and have you felt yourself aligning with the affirmation statements?
- 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 grateful/hopeful/happy/enthusiastic about your present and/or your future?
**Bonus Action: Throughout Your Day**

Regardless of how well or poorly you feel you did shifting your energy during these last seven days, every single moment is an opportunity to shift in the direction of your goals and dreams.

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

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).
CONGRATULATIONS!

You did it! You’ve spent an entire week powerfully reprogramming your energy frequency to be aligned with more money, 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

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 continue powerfully aligning with more money, wealth & abundance!

Live The Life You Came Here To Have!