TRANSFORM YOUR RELATIONSHIP WITH MONEY

BONUS: MONEY MEDITATION

MONEY MEDITATION

It takes at least one month (30 days) to change a pattern or habit. We recommend that you practice the Money Meditation below once a day for 30 days. The Money Meditation facilitates an *embodied* relationship with money and prosperity. You can listen to the accompanying video (recommended) or read the eight part Money Meditation below:

1. Sit comfortably, with your legs and arms uncrossed, your eyes closed and the palms of your hands facing upward. Bring your attention down, to the center of your body. Listen to your "core". Take several slow, deep breaths into your chest and stomach. Your core is activated and alive with energy. Pay attention to your "gut" brain. What do you feel in your stomach? Is your belly relaxed? Is there tension or blockage in your stomach? Why is it there?

2. Notice your heart and your lungs. Is your breathing full? Do your chest and stomach expand and contract together, as one unit? Is your breathing restricted or short? What do you feel in your heart? If you find yourself thinking or "in your head", bring your attention back, to your body.

3. Imagine a magnet deep inside the Earth that anchors your feet to the ground. Your feet are rooted energetically to the core of the Earth through your legs and feet. The meridians in your body are connected to grid lines that circle the planet. The ground beneath your feet anchors and supports you financially.

4. Imagine the crown of your head opening up and receiving a high frequency download of energy, light and information. "Download" the frequency of money. You are downloading pure light and prosperity. You are being re-programmed and upgraded to receive larger quantities of money. New connections are being made in your quantum field.

5. Feel your energy body as the sophisticated quantum operating system that it is. Your internal operating system is now activated. Imagine your energy body being cleansed of any blockages that are unwanted. Delete old programming that doesn't serve you. The energy of prosperity now flows freely through your body.

6. Give attention to your Prosperity Body. This is where you give and receive money as an energy source. You are now able to receive the currency of money effortlessly. Program your conscious and unconscious mind to download money. Send instructions to your operating system to program every facet of your being to embody prosperity, abundance and self-worth.

7. You have a new life contract with money. You earn money through honorable means. You agree to only use money for the highest good of all people. You no longer look at money as a possession. You are the custodian of your money. You are a humble servant. You experience gratitude for all that you have. You listen to your intuition about money. You follow your Divine Guidance regarding money.

8. Imagine your new Optimal Money Self (OMS). If you have an important decision to make, ask your OMS what action to take. Take the most direct route to total prosperity. You have removed all blocks around money. Nothing is holding you back. Feel the energy of money and prosperity vibrating in your body. Master the charge. Practice this Money Meditation every day for 30 days.