



TRANSFORMING YOUR MONEY STORY

*The Secret to Increase Your Wealth
& Abundance*

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Right now, there is an almost unlimited amount of money flowing around the world. But our willingness to receive it is based on our money story.

This means if you want to make money sharing your gifts, and selling coaching/courses etc – you need to be willing and comfortable receiving money from your clients.

The problem is if you have faulty money stories, you could end up blocking the abundance flowing towards you... even though there are opportunities all around.

You see, it's not enough to 'know about' money and sales, we have to go deeper and look at our money stories - and clean them up so we can generate the income we want.

If your relationship with money is healthy, you will be happy to sell easily and receive money. However, if your relationship with money is toxic and complicated, you may unconsciously block sales in various ways, sabotaging your own work, losing out on a lot of money, and denying people the opportunity to work with you.

Toxic money blueprints can literally ruin our lives and businesses if we're not careful. So our first step to success in sales is to clear out any unconscious beliefs so we can create a healthy, joyful, wealthy relationship with this thing called money.

The purpose of this mini-training is to help you:

1. Expose your old money story (the limiting beliefs around money)
2. Let it go (so you are no longer run by those old beliefs)
3. Create a new, empowered money story (that leads to wealth and freedom)

Are you ready to increase your money and abundance? Let's dive in!

What are your unconscious beliefs around money?

Our views and beliefs about money mostly originate from our childhood conditioning. Whatever our parents said and did in relationship with money was programmed into us unconsciously. As we grow up, we either repeat those patterns or, in some cases, try to rebel against them, often doing the opposite. But either way, we are still bound to the past and not living our own lives, on our own terms.

If our family was poor, and money was a source of stress and worry, then we will internalize the idea that money is scarce and a source of problems. This will lead us to feel stressed about money whenever we're in contact with it, and when we talk about money with our spouse, we will likely repeat the same types of energy and words we heard our parents say.

On the other hand, if our family was well off, and they gave us money freely, we may have internalized the belief that there is always a lot of money around and we don't need to do anything to get it. For example, if your mom never worked and loved to go shopping, you may also resent work and spend all you earn on things you don't really need. People in this situation often act entitled and expect the world to fulfill their every whim and desire. But sooner or later, they will realize that money is not just handed out to us by benevolent father figures, will reluctantly get a job, feeling resentful for having to work. Or they may, find this option too hard and instead choose to marry into money so they can carry on with their programming. Remember, this is mostly unconscious and happens automatically. If a young girl was primed to marry into wealth, she may be completely unprepared for the world of work. Our money beliefs are like a tape that gets played as soon as we are triggered by money.

What money beliefs did you grow up with?

There are endless money stories and programs, each with its own set of behaviors.

Here are a few of the main toxic money beliefs that you may have picked up.

- Money is evil
- Money is hard to get
- There is never enough money
- I can't afford it
- People like us can't have things like that

- Rich people are evil
- The husband makes the money, the wife spends it
- Women can't be independently wealthy
- The best thing a woman can do is marry into wealth
- Rich people are not spiritual
- Rich people are better people
- Poor people are better people
- If you have more money, you'll lose your soul
- More money means more problems
- Money is not important
- Money is the most important thing
- You have to do whatever you can to get money
- Money can't buy you love or happiness
- Money is the key to love and happiness
- If only we had more money, everything would be alright
- I can't earn more than X
- We're poor and we'll always be poor
- No matter how hard we try, we'll never get ahead
- I just need to visualize wealth and it will come to me
- And on it goes.

Most of our money beliefs are toxic, but occasionally we will come across a belief that's useful such as Money comes in exchange for the value received. The more you help others get what they want, the more you'll get what you want. Save at least 10% of your wealth and reinvest it. Give 10% to charity. We'll talk more about the good beliefs later.

Who influenced your money beliefs?

Whichever parent was the dominant one in the family, is most likely the one you were more impacted by and have copied. However, we also tend to copy the parent who is of the same gender as us. If you take a good look at your parents, and then step back and witness your own behaviors, you will see them acting through you in one way or another.

How do you spend your money? Even what we buy, and where we shop are largely based on our conditioning. Growing up, we saw our parents spending money in certain ways and in certain places. If we're not careful, we will find ourselves repeating their patterns, buying the same sorts of things in the same ways, in the same place. And not spending money in other ways or places. If our parents had to work long, hard, grueling days to make money and said things like 'you can never get money without hard work', we may feel it's not ok to make money easily and may feel profound guilt if we make a lot of money doing something we love that feels like play. We even end up working too hard unnecessarily to fit in with our brainwashing.

If we heard our parents say "the rich get richer and the poor get poorer" and had a negative attitude towards the rich, we are unlikely to feel it's ok to be rich ourselves. Being rich would bring up feelings of guilt and shame. If our parents earned up to \$100,000 per year, we may feel (unconsciously) that's about the limit for us too. If we're rich, we'll feel unloved by our parents, so we may block ourselves from making over a certain amount in case we lose out on love. This can happen even if they have passed away because the money programs are irrational and connect to a deeper, primal part of us.

If we are unconscious of our money programming, it will run behind the scenes like a computer virus, sabotaging all our hard work, poisoning our feelings, influencing our choices, and directing the amount of money we create and how hard we work.

What can you do to break free from money programming?

Thousands of books have been written on money, money stories, and how to create a better relationship with money.

The best money advice in the best books can be summed up as follows:

1. Create happy feelings towards money. Money is a form of energy. If you want more of it, you need to have a good feeling towards it. Embrace it and be grateful for it. Whenever you receive money, charge it with energy gratitude, this makes your money happy. And when you spend money, make sure you only spend money on things you truly, deeply value. And then spend your money with deep gratitude, and good vibrations. So whenever you connect with money, you have a positive experience with it.

2. Spend less than you earn. As your income rises, so do your expenses, so the only way to become wealthy is to keep your expenses lower than your income - and save and invest the extra. This is harder than it sounds, but it can be done.

3. Remove Old Money Stories. You have an old, toxic money story that's holding you back from making and keeping money. It needs to be looked at and cleared out.

4. Create A New Money Story. If you want to be rich, you need to create a new, healthy money story. And stick with it until it's part of your life.

The purpose of doing the money story exercises below is to first discover these toxic money stories and remove them. Then, once they've been exposed and rooted out, we can replace them with new healthy attitudes and beliefs towards money that align with our highest good and help you create the life and wealth we truly desire.

HOW TO TRANSFORM YOUR MONEY STORY

Exposing faulty views and upgrading

The money story process has three parts.

Part 1: Uncover your hidden faulty money stories. This is done by looking back into your childhood and uncovering the ideas and beliefs you witnessed and picked up.

Part 2: Forgive them and cancel the beliefs. Once you forgive the people involved in your faulty stories, you are no longer bound to the past. You can then consciously cancel the beliefs and create space for newness.

Part 3: Reveal your own true values & connect them to money. What do you care about most? What is life all about for you? As you know your true values, you can find a way to align your money with your values. As you do this, your money becomes a means to a better, fuller life.

Take the time to relax, go deep, and fully embrace this process. The more honest you are, and the more you put into this, the sooner you'll be free. Each part of this process is designed to help you feel better about yourself, and your wealth and create an aligned life of wealth for you and your family. This is one of the most important exercises you'll ever do in your life.

PART 1:

UNCOVER YOUR HIDDEN FAULTY MONEY STORIES

The more you reveal the beliefs and stories you've picked up about money, the more you can clear them out. NOTE: Get a pen and paper and fill in your answers.

What did you believe about money when you were growing up?

What did your parents believe about money? What was their attitude towards money?

What was your parent's behavior towards money?

What was the energy or emotions that come up around money?

How much money did they have?

What did they spend it on?

What did they NOT spend it on?

What were your religious/spiritual beliefs about money growing up (and into adulthood)?

What other unhealthy ideas have you received about money (from the media, entertainment, peers, education, etc)?

What ideas have you heard and picked up about rich people?

What ideas have you heard and picked up about poor people?

What (if any) positive beliefs or attitudes about money have you picked up?

Overall, what are the 5 main toxic and fault money messages you've been exposed to?

How do you feel about all these things? When you tune in to all the messages about money and how it's affected your life, what emotions arise?

WEALTH UPGRADE ACTION STEP #1

Write out your inherited money story

How have these false ideas of negativity affected your life, work, and wealth so far?

This process sums up your past ideas about money, so you can own and then choose to let go of the things that hold you back.

My inherited money story

I've learned that money is....

My inherited work story

I've learned that work is....

My inherited spending story

I've learned that spending is...

My inherited saving story

I've learned that saving is...

Are you ready to let go of any and all negative, unsupportive beliefs about money?

PART 2:

FORGIVING YOUR PAST AND CANCELING THE TOXIC PROGRAMMING

Once we know what we've been brainwashed with, we can let it go. You can cancel the toxic programs and move on to a new relationship with money. To break free from these toxic beliefs, go through the process below and speak this out loud with conviction. Really feel yourself canceling these old ideas, like canceling a contract and ending an agreement. You are getting a divorce from these limiting beliefs and moving on with forgiveness and good wishes.

The basic forgiving and canceling formula:

My [name]'s belief towards money was...

Write down the things they lived by

[Name] thought that because....

What programming did they have? Who affected them? What was the reason they were a victim of their own programming?

I now CANCEL this program. I now choose to cancel that old false belief. I am no longer subject to those ideas. I am free. I forgive [name] for this faulty programming. I realize it's not their fault. I now send good wishes for their success and wealth, backward and forwards in time. May all souls be wealthy and free.

MOTHER (or Mother figure)

My mothers' belief towards money was...

She thought that because....

CANCELING INCANTATION

I now CANCEL this program. I now choose to cancel that old false belief. I am no longer subject to those ideas. I am free. I forgive her for this faulty programming. I realize it's not their fault. I now send good wishes for their success and wealth, backward and forwards in time. May all souls be wealthy and free.

FATHER (or Father Figure)

My father's belief towards money was...

He thought that because....

CANCELING INCANTATION

I now CANCEL this program. I now choose to cancel that old false belief. I am no longer subject to those ideas. I am free. I forgive him for this faulty programming. I realize it's not their fault. I now send good wishes for their success and wealth, backward and forwards in time. May all souls be wealthy and free.

TEACHERS

My spiritual teacher's / spiritual teaching's belief towards money was...

They thought that because....

CANCELING INCANTATION

I now CANCEL this program. I now choose to cancel that old false belief. I am no longer subject to those ideas. I am free. I forgive them for this faulty programming. I realize it's not their fault. I now send good wishes for their success and wealth, backward and forwards in time. May all souls be wealthy and free.

Wealth Affirmation

I now align with the truth about money and attract wealth towards me.

The more I help others get what they want, the more I can attain everything I want.

I now choose my own beliefs about money. I now claim back my power.

I am now free from the past and grateful for my wealth. Wealth is my birthright.

The best is yet to come.

PART 3:

REVEAL YOUR TRUE VALUES CREATE YOUR NEW MONEY STORY

What do you care about most? What is life all about for you? As you know your values, you can find a way to align your money with your value, so money becomes a means to a better, fuller life.

What are your top values?

How can having more money help you live your values?

How can less money limit you from living your values?

My new money story

Read this out loud daily and feel the truth and joy of it.

I am a master of my life and my wealth.

Money is a divine tool to experience my highest life and express my values.

I now believe money is....

More money helps me live my values because...

I love money because...

When I receive the money I will...

When I spend money I...

I now choose to create \$

With my new wealth, I will...

To make this happen I will....

CONGRATULATIONS!

What to do now?

1. Re-read your new money story and affirmations daily for 21 Days.
2. Give thanks for money.
3. Feel good when you see others with money and give them blessings.
4. Commit to aligning yourself with wealth and doing things that create wealth
5. Sign up for your free intro call for Awakened Academy (if you're not already a member)

GET YOUR CALL HERE