

Financial Sovereignty

Own Your Money Power

Section 5

Financial Sovereignty

Section 5

- Learn How to Raise your Vibration
- Meet Your Inner Money Goddess Meditation



Name:

Date:

My Program Intention:



Reconnect...



Invoking the Sacred...

- Connect to the Living Field of Creation
- Open to Receive



Activate Your
Intention

Open to Receive



Crystalline Grid Activation

Intentions for our Crystalline Grid Activation

- Gentle and Easy Learning
- Open to Raising Our Vibration around Money
- Increased Financial Flow





Check In:
*How was your
week of
Affirming Your
Abundance?*

Clarification of Steps 1-6





As Spirit Flows In...
Ways You Stop the Flow...
Consciously Or Unconsciously

Contracting & Withholding
Refusing to Open to Receive,
Open to New Possibilities,
Try Something Different,
Cling to Past Experiences



Where are you...

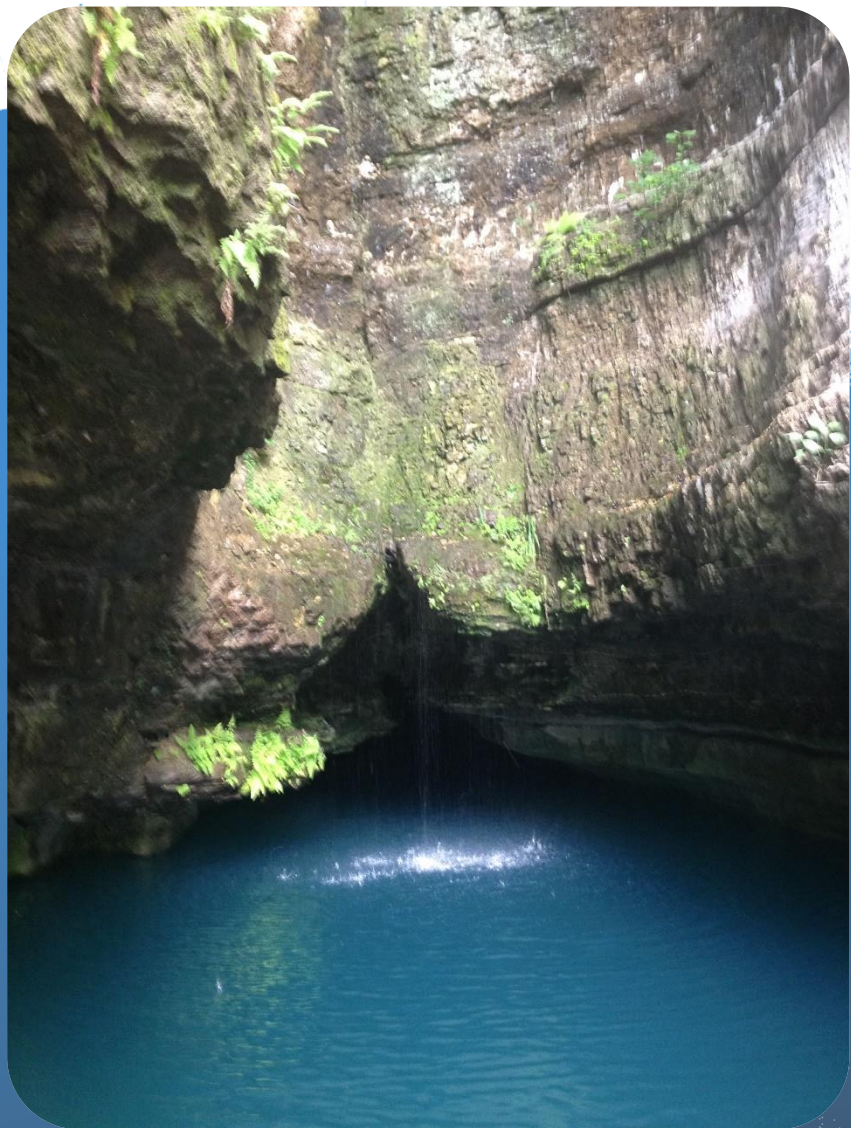
Contracting & Withholding

Refusing to Open to Receive,
Open to New Possibilities,
Try Something Different,
Cling to Past Experiences

Step 7: Believe and Vibrate with the New Thought

We have to KNOW that whatever our goal or intention is, whatever miracle we are working to create, ***IT IS DONE. IT IS HAPPENING!***

This is the step where we throw ***everything*** we have got at it. We meditate on it. We imagine ourselves as if what we desire has already happened. We think about it and feel it every day! This step will also begin to show you where your vibration needs to raise. You may begin to raise your vibration, and people or events may cross your path that are just the opposite of what you are holding. For instance, a random bill comes in the mail or a sudden accident happens that requires funds to fix. This is where we become hyper-vigilant at moving the energy quickly. Once we have cleared out as much as we have cleared, our ego will try to throw things at us to put us back to what we are used to. We need to get efficient of recognizing what is happening and getting ourselves back to our high vibe.

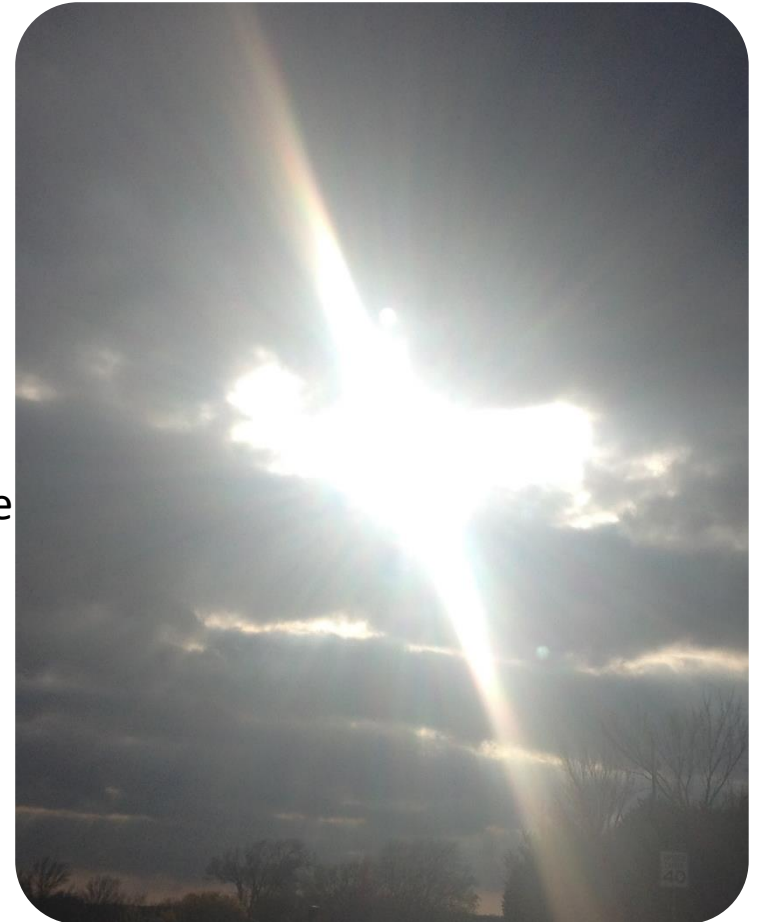


Use all the tools you know:

Put yourself in HIGH VIBE places and hand out with HIGH VIBE people. Avoid negativity at all costs. Whether the adage: “Your income is the average of the 5 peeps you hang out with,” is true or not, pretend it is. You vibe with your tribe! Up-level whenever you can.

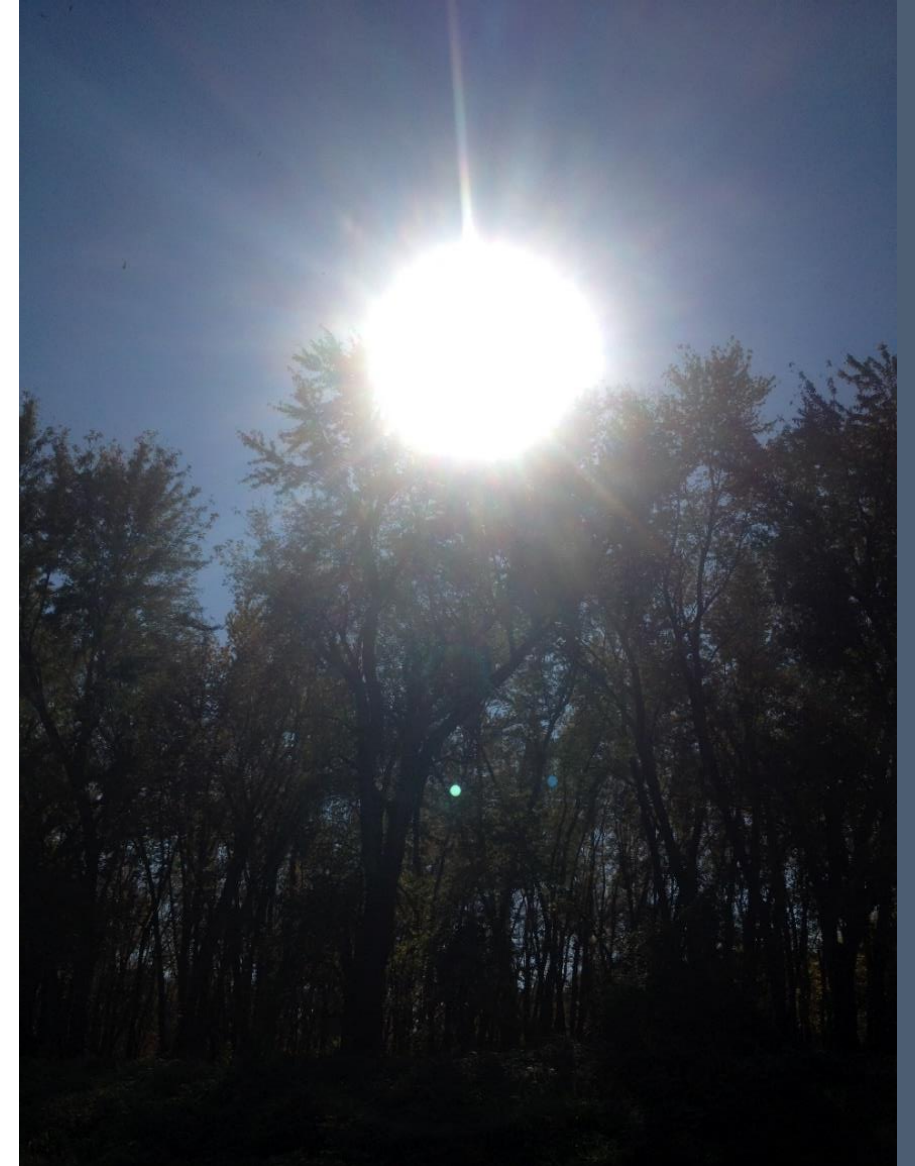
Affirmations: We have listed some, but you can always add more of your own and also be on the lookout for more. Create a list of them in your notebook and refer to them regularly. ***It is now time to UP your game!*** Set an alarm on your phone to go off at least 3 times a day or up to every hour. When it goes off, state the affirmation of your choice or read our long affirmation. As you do, let yourself feel what it will feel like when you reach your goal.

Speaking of Goals, set some! It is now time to take your manifestation to the next level. You have the clearing process down. Keep it up, and begin to set your sights on regular concrete goals. I like to do this at least once a month, at the new moon. Then you vibe with the earth and as she is building her energy with another moon cycle, you can build your energy with her. Make the goals positive and specific, with a time and date for their completion. For instance: I am manifesting \$7,000 or more in September, 2019; or I am manifesting 5 new clients this week.



Imagination: Use it! Spend some time every day, imagining what it will feel like when you accomplish your goal. If you can't imagine that, then try remembering a time, when "IT WORKED," when you were working with a great client and getting paid, or when you were living authentically the way you want to, a time when you were "in the pocket!" You have to convince your subconscious mind that the life you want is already here. If you want to go on a vacation, start packing and planning. If you want more money, create a dream budget, or play money games like the "checkbook game." (Using an old, unused, checkbook record, put \$5000 in the amount column, and "write checks" to "spend it." Your subconscious doesn't know the difference. It will begin to think you have the money...and soon you will!)

Vision boards: This is another practice that I like to do at the New Moon. You can use a poster board for a long-term vision, or an art notebook for monthly small vision boards. Cut pictures from magazines or get pictures online that represent what you are manifesting this month, and motivate you. There are also apps that you can put on your phone and/or computer to create virtual vision boards. You can also print these out. It is helpful to put them somewhere you will see them and look at them often.



Essential oils, & flower essences: When I said use everything, I meant it. All high-quality essential oils and flower essences raise your vibration immediately! There are also blends that are specific for different topics like abundance & prosperity, health, wealth, love, and overall well-being. They now come in sprays, roll-ons and bath salts. Find some you like.

Mind Movies: This is an awesome manifestation tool. You can get 6 free ones just for giving them your email address. You can sign up for a program that lets you make your own with your own pics. They are like little 2-3 minute commercials for your brain that remind you of what you are manifesting. You can load them on your phone and watch them first thing in the morning and last thing before you sleep. Go to www.mindmovies.com and sign up.

Meditation: This is always an excellent tool to tone the mind and body. I have included a quantum field mind meditation for you on the classroom page. You can also go to YouTube and find the guided mediation of your choice. Subliminal meditations with affirmations on your chosen topic are also available. You can go to YouTube and type in “Subliminal Money Meditation” or “Subliminal Love Mediation” and lists will pop up. Find one that sings to you and use it until you tire of it. Then find another one. You will know it is right for you because it will feel really good and you will want to do it. When you no longer desire to do it, it means you have reached that particular vibrational frequency and it is time to up-level. Go back and find another one.



Exercise: If you are not moving, MOVE. Do anything, walk, swim, hike, bike. Get your heart pumping. This works for every intention, I promise!

Healthy food and more water: Yes, this works too! Everything that will improve your vibe will increase the potential for your intention to manifest because you feel better! When you feel better, you attract more high vibrations to you!

Dirt Time and Energy Work: You have got to create a flow of energy to and through your body! If and when you feel stuck, go outside and make yourself magnetic. Take your shoes off and re-charge! If that is not enough, get some Reiki or Energy work to get the energy flowing through your body!

Gratitude

Focusing on all the abundance, love and health that is already flowing all around you is the best way to keep your vibration high. The best place I know to do this is outside. Every morning during my sit spot I take the time to look around and see the abundance all around me and really feel it. Send love to the Earth and feel her love come back. Put your bare feet and hands on the earth and really feel her. Talk to her. There is no way you cannot feel truly grateful when you do this.





Chanting/Sound Vibration: The esoteric practice of chanting (using sound vibration) to move energy WORKS! The beauty of it is that you don't need to "believe" in any tradition for it to work, you just have to engage the sound practice. There are also specific chants for specific needs. For instance, you can chant "Lakshmi" chants for abundance, or "Saraswati" chants for creativity in writing and music. There is a specific chant for just about everything you can think of, from physical ailments, depression, love, you name it, there's a chant for it. Two books that can get you started are Shakti Mantras and Healing Mantras by Thomas Ashley-Farrand. And sound vibration doesn't end there! Listening to certain vibrational tones raises your vibration immediately. Check out **Power-thoughts Meditation Club: 432HZ Miracle Tone!** It is what is used in the meditation included on the classroom page!

If you dip for whatever reason, **call a friend** that will get you back on track. Reach out to someone in the Facebook group. You are in the process of shifting years of false programming. Use all the tools at your disposal and be on the lookout for more that will cross your path as you continue your journey of miracles.

You have to KNOW that Spirit has your back. Everything is in divine and perfect order. Everything is working out for your good. This or something better.

Feed Your Mind: Read High Vibrational Books on the Topic you are working on. If you like to listen, utilize Audible! If you don't have it let me know and I will send you a book of your choice from my library and you can listen for free for 30 days! I have tons of favorites! Below are just a few...

A Course in Miracles by Dr. Helen Schucman

A Return to Love or Anything by Marianne Williamson

The Bhagavad Gita

Lamb by Christopher Moore

Sacred Success by Barbara Stanny

Get Rich Lucky Bitch by Denise Thomas

The Sacred Science by Nick Polizzi

Becoming Supernatural or anything by Joe Dispenza

Big Magic: Creative Living beyond Fear by Elizabeth Gilbert

Leaders Eat Last: Why Some Teams Pull together and Others Don't by Simon

Sinek

You are a Badass at Making Money by Jen Sincero

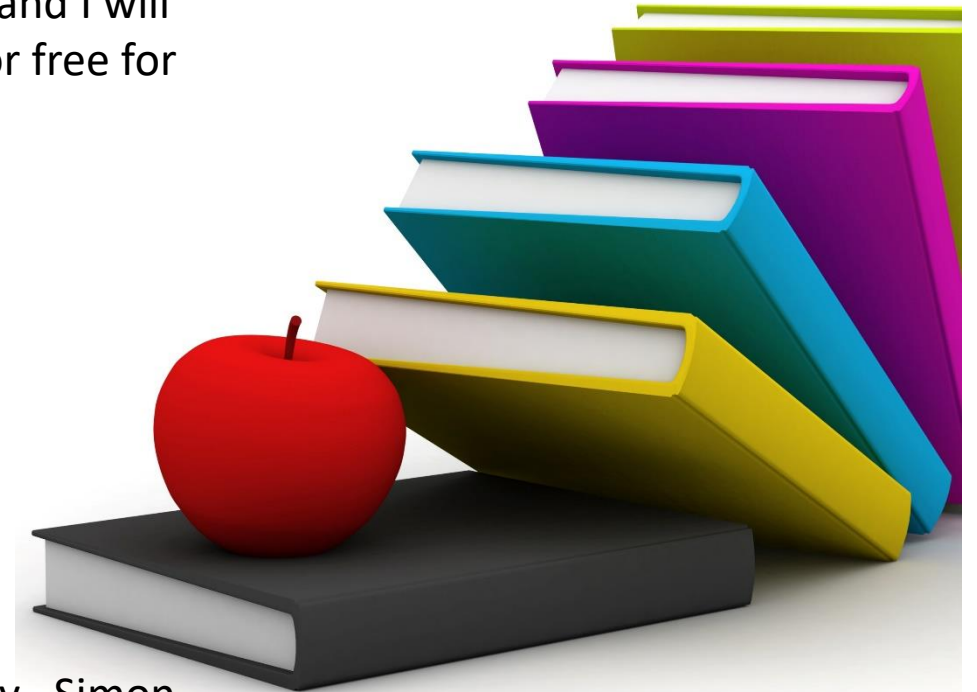
Mindset: The New Psychology of Success by Carol Dweck

Rich Dad, Poor Dad or anything by Robert Kiyosaki

Worthy: Boost Your Self-Worth to Grow your Net Worth by Nancy Levin

Secrets of a Millionaire Mind by T. Harv Eker

Rich as F*CK: More money than you know what to do with by Amanda Frances



Very
Important



- Make clear decisions.
- Don't keep digging holes and starting over without allowing your stream/s to develop! (Can modify if needed)
- Work your creation magic internally and externally!

So Here's The New Drill:





**Ancient Money Abundance
Goddesses...Lakshmi, Fortuna, Abundantia,
Moneta, Isis, Venus, and Gaia**

Definition of Your Inner Money Goddess

Your inner money Goddess is the part of you that helps you stand in your financial power making economic and life choices from your authentic feminine core. She connects you to your inner guidance and gracefully expands your ability to receive so that you can “flourish as your best self in the world”.

Through her connection to the natural world and clear flowing spiritual source, she helps you create from your inner truth in ways that uplifts those around you and contributes meaningfully to the world.

Meditation



“I am standing in my feminine financial power.” This is your mindset. You are standing in your feminine financial power making economic and life choices from your authentic feminine core. You connect to your inner guidance and you gracefully expand your ability to receive so that you may flourish as your best self in the world. Through your connection to the natural world and your clear flowing spiritual source, you create from your inner truth in ways that uplift those around you and contribute meaningfully to the world.”

Integrate Your “Financial Freedom Mindset”





Your Spirit &
Creation Field
Intersects with
the Physical
Realm
Financially.
*The most
important:
YOU*



Module 5 Homework

- Do steps 1-7 everyday
- Stay out of contraction...pay attention.
- Journal with Your Inner Feminine Money Goddess
- Say your New Money Statement/Affirmations
- Keep your vibe high.
- Keep tracking your income!

Financial Sovereignty

Own Your Money Power

Next Week: Section 6