

Financial Sovereignty 3

Connecting Money & Soul

Section 6



Invoking the
Sacred



Activate Your
Intention

Open to Receive



CHECK – IN:

- How has your week been?
- What have you noticed?
- *Have you been able to connect and stay connected to your soul and relax?*
- *Have you been tracking your money? What happened?*
- *Have you been staying out of contraction?*



Financial Sovereignty

Section 6

- Going Deeper with our Relationship with Money
- Understanding why it can feel difficult
- Planting more in the Quantum Field – The Sophia Frequency
REGULARLY!

Best Way to Use this Training

- Refer back to Your Intention
- Lean into Resistance
- Set aside time to work on it!
- Commit to the process

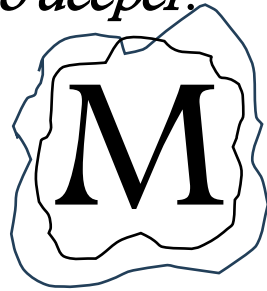


Pull out what you wrote last week...

Be honest. Have you worked with it? Have you thought about it? Have you even looked at it or given it a second thought since last week?

Why or why not?

This week, we are going to go deeper.



Intention

Emotion

Then write 4~5 outcomes you would like to see, and 4~5 emotions you would feel if these were true.

The M at the top is the symbol you are going to take into the quantum field as we do the following meditation.



Last week we looked at these questions. Chances are what you wrote down has been your experience for most of your life. Why do you think that is?

- What is the first emotional response?
- Do you find yourself avoiding thinking about money?
- Do you know how much money you have in your bank account right now?
- Do you find yourself avoiding looking at your bills?
- Do you keep any cash at home?
- Do you feel safe and secure when it comes to your finances? Why or why not?
- Do you find yourself avoiding taking care of your finances?
- If you think of Money as a friend or a lover, how would you rate your relationship on a scale of 0-10, 10 being “in love!”?



Because every time we have those feelings about Money we are imprinting the Etheric, the Quantum field, the Sophia Frequency with MORE OF IT.

AND WE HAVE DONE THIS FOR YEARS! WE HAVE LITERALLY HARDWIRED OUR BRAIN TO CONTINUE THESE PATTERNS.

Rather than continuing to do that, we must begin to imprint the Etheric with more of what we want and less of what we don't want.

That happens on several levels.

First, imprinting the etheric.
Then, making different choices.
The more we imprint the etheric, the easier it will be to make those different choices.



STRUGGLE WITH

THE REASON THIS HAS BEEN SO DIFFICULT IS THAT WE HAVE BEEN TAUGHT TO ALLOW OUR PAST TO INFORM OUR FUTURE ALL OUR LIVES! IT IS HARD-WIRED INTO OUR BRAINS AND OUR BODIES! WE CAN KEEP TRYING TO CLEAN IT UP BUT AT SOME POINT WE HAVE TO BYPASS THE PAST AND INFORM THE ETHERIC WITH OUR FUTURE!

So, we are going to do this again. You can begin with what you started with last week. But this time, really flesh it out. What do you really want? HOW DO YOU WANT TO FEEL?

- Take a moment and close your eyes.
- Drop into your heart of hearts.
- Relax.

- Ask yourself what do I really and truly want when it comes to my relationship with money.

- Pull out your journal and begin writing.

- Imagine what it would FEEL like if what you just wrote had already happened. How would you feel if it had already happened.



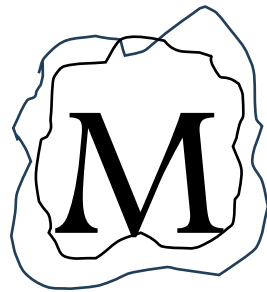
What are some of the behaviors you might engage in if you were going to be smart with your money?

- Pay attention to it...know exactly how much you have at all times.
- Count it.
- Track it.
- Look for ways to grow it.
- Budget.
- Invest.
- Be aware of your emotions when you do! If you notice yourself dipping, stop. Get back into a state of gratitude before you continue!
- RELAX



Now look at your “fleshed out” intention. Take a moment to really let it sink in. Feel the emotion and know the intent. Imagine you are planting that seed in your heart.

Now we are going to do another, longer meditation. Do your best to “stay with it” even if it feels uncomfortable at first. When he speaks of “the blackness” know that this is the Sophia Frequency. Let yourself just focus on it. As thoughts pop into your mind, catch them and go back to just focusing on the nothingness...HER MOTHER FREQUENCY.



Intention

4-5 outcomes you would like to see

Emotion

4-5 emotions you would feel







Module 6 Homework

- Continue to connect to your soul everyday
- Try doing today's meditation first thing in the morning & at night before bed.
- Track your income everyday
- Pick 1 new money habit to begin.
- Practice the 7 Gives.
- Stay out of contraction – relax.
- Keep your vibe high.

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Next Week: Section 7