

Chapter 1: Heal YOUR Personal Relationship with Money

The amount of money you have in your life is determined by your relationship with money. People who have healed and transformed their relationship with money attract more money and abundance into their lives than people who have not done this.

How do YOU Heal YOUR Relationship with Money?

- People who have healed and transformed their relationship with money are aware of the power of their beliefs and they have cleared many of the negative beliefs around money that come to us through our family and society. **They have established a good relationship with money within themselves** which creates an abundant external lifestyle for them and their loved ones.
- People who have healed and transformed their relationship with money **know where they stand financially** at all times. They know what their net worth and cash flow is and where their money goes.
- People who have healed and transformed their relationship with money know what their skills and talents and interests are and they use them - **often for companies that they own**. People who have healed and transformed their relationship with money are savvy consumers who recognize the value of money.
- People who have healed and transformed their relationship with money often are debt free and have expenses well below their income. They use their excess cash flow to invest in themselves and their dreams. **They make their money work for them so that they don't have to work for money.**
- People who have healed and transformed their relationship with money have a vision for what they want to accomplish financially, they set goals, make action plans and go for it. **They tap into, harness and apply the power of their mind to make their dreams come true.**

What Happens when YOU Heal YOUR Relationship with Money?

People who have not healed their relationship with money:

Believe that life is hard and that there is not enough money to go around for all.

Believe that they have no control over the amount of money in their lives.

Worry about money and focus a lot of their awareness and mental energy on their financial problems.

Sabotage themselves and repel money right and left from them.

VS.

People who have healed their relationship with money:

Believe that life can be easy and that there is plenty of abundance available for all.

Believe that they create every aspect of their lives - including the amount of money they have.

Create goals and focus most of their mental energy on going for it and making their dreams come true.

Attract money and beneficial circumstances into their life.

What Type of Relationship Did YOUR Parents Have with Money?

You inherited from your parents most of the beliefs that you now have about money, success and abundance. Whatever your parents believed about money affects not only what they achieved financially over time, but also what YOU have achieved financially to date. To a large extent your current relationship with money is largely determined by what your parents believed and felt was true for them about money.

Describe what type of relationship your parents had with money:

How YOUR Money Beliefs Influence YOUR Current Financial Situation:

- If you believe that there are not enough good things to go around, then you are less likely to receive good things yourself.
- If you think that life is hard or that it takes a lot of hard work to succeed, then it will be very difficult for you to get ahead financially.
- If you feel that money is evil, you will not be inspired to have lots of money in your life.
- If you believe that you need a good job or a good education or both to succeed, then you will not fare well if you lack these traits.
- If you think that your finances will vary with the national economy, then you will only prosper when the economy is doing well.
- If you think that wealth is a matter of luck or is out of your control, I hope that you feel lucky most of the time.

**YOU CAN ALWAYS CHANGE YOUR INTERNAL
BELIEFS ABOUT MONEY;
AND
WHEN YOU DO SO - YOUR EXTERNAL FINANCIAL
SITUATION WILL ALSO CHANGE.**

The next three play-sheets help you to record your parents' beliefs about money, your beliefs about money, and what you would like to believe about money in the future.

My Parents' Money Beliefs

Describe your parents' financial history and background and the stories you grew up with around money:

Record three of your parents' beliefs about money:

1. My parents believed that _____

_____.

As a result of this belief, my parents experienced _____

_____.

2. My parents believed that _____

_____.

As a result of this belief, my parents experienced _____

_____.

3. My parents believed that _____

_____.

As a result of this belief, my parents experienced _____

_____.

The purpose of this play-sheet is to help you to become more aware of the financial beliefs, patterns and programming that you inherited from your family and how it impacted them financially. The next play-sheet explores some of your beliefs.

My Money Beliefs

Record your financial history and background:

Record three of your beliefs about money:

1. I believe that _____
_____.

As a result of this belief, I have experienced _____

_____.

2. I believe that _____
_____.

As a result of this belief, I have experienced _____

_____.

3. I believe that _____
_____.

As a result of this belief, I have experienced _____

_____.

What I Would Like to Believe About Money

Take a moment and think about what your current beliefs about money are, and then ask yourself: What would I like to believe about money?

1. I would like to believe that:

If I believed this, I would experience:

2. I would like to believe that :

If I believed this, I would experience:

3. I would like to believe that:

If I believed this, I would experience:

Take a few minutes and describe what your current relationship with money is. When you think about money and its role in your life how do you feel?

**PUT THIS SHEET IN YOUR PURSE OR WALLET AND
READ IT SEVERAL TIMES THROUGHOUT THE DAY.**

Transform Your Relationship with Money

Hopefully as you worked with those play-sheets, you began to realize the relationship between what you believe in and what you experience in life. I encourage you to play a game over the next week. Listen closely to what your co-workers, friends and family say about money. What are their stories and beliefs and assumptions about money? This will begin to train your consciousness to become an observer of dysfunctional belief systems rather than buying into them unconsciously. It usually is much easier to observe other people's beliefs than it is our own.

Your words and beliefs have power and you want to utilize this power to propel you to success rather than to drag you down into the muck of mass consciousness. To transform your relationship with power you need to be very conscious of what requests you are sending to the Universe via your thoughts, words and deeds.

Harness the Power of Your Mind to Transform YOUR Relationship with Money

As you completed the last three play-sheets, something very interesting was going on in your mind. Our subconscious mind functions very much like a personal computer – in that it has a very complex sorting mechanism that operates ALL of the time. As you were thinking about your personal and your family's financial beliefs, your mind was gathering up all of the beliefs, feelings, experiences, memories you hold in your consciousness around money. **Fabulously successful people tap into, harness, focus and direct the power of their minds to achieve their goals.**

Now that you have energetically gathered all of this old, negative programming up, you have given yourself the opportunity to clear them. The next two exercises are very simple visualization exercises that you can do any time you want to clear negative beliefs or old programming from your consciousness.

These simple and easy visualization techniques work because your mind really is that powerful. I specialize in helping people clear negative beliefs and I know from personal experience that these techniques do work. **The great thing is that you do not even need to believe in these exercises to benefit from them.**