



What does it mean to be financially free?

It means you can do whatever you want in life without having to worry about money. It means that you are able to flow your mind and energy into balance regarding your autonomy with money. It means once you do this, your life will rarely – if ever – experience financial shortcomings.

It means you will naturally be able to save your cash and spend resources at the perfect time regardless of what you are purchasing. Discounts and healthy investment opportunities will naturally be carried your way. You will learn the art of dancing with the energy of money so that it becomes a comfortable and exciting experience for you.

Lesson 1

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You are Worthy and Deserving

There is primarily only one reason why an individual is not able to manifest a desire in one's life. That core cause is a lack of self-worth. This is especially true when it comes to accumulating and maintaining wealth. The more you know your value, the more financial freedom naturally flows your way; financial freedom that can withstand pandemics, economic recessions and health crises.

To increase your feelings of love, joy and celebration of yourself, I have offered a self-hypnosis meditation that is best served if you listen to the recording every day for 30 days. If while listening to the recording you feel resistance, please plow through the experience. The resistance will fade. Outside thoughts are a part of meditation. Just easily bring your awareness back to the meditation. But take note of any uncomfortable feelings that come up. While listening to the meditation, allow yourself to celebrate the amazingness of you. Allow any discomfort to serve as an awareness about how you really feel about your worth and what you deserve.

The audio meditation will begin to work within your subconscious mind quite quickly. You may notice an increase in your ability to love yourself right away. Or it may take up to 21 days before you notice any significant shift. Don't worry about it. Thirty days of repetitive listening will create a permanent change among a large percentage of your negative beliefs about finances and your personal value.

Because you are an extremely significant being living here in a physical reality, it's important for you to explore a lifestyle that would be in alignment with your worth. This new and exciting existence can have all kinds of attributes. Perhaps you have always wanted to work from home. Or take huge amounts of time off from work to travel or read books on a fabulous international beach.

Perhaps you would love to work for yourself to create companies that are focused on integrity with beautiful work-life relationships.

Maybe you would love to stop working for an extended time to pursue other pleasures. Or maybe you have yet to allow yourself to dream. Whatever your desires are, spend time creating space in your life to daydream and fantasize about other possibilities.

Tonight, we will begin with a regression session so that you may become aware of the beliefs that have created a separation between you and wealth. These beliefs have nothing to do with you or who you are. They were taught to you, most likely while you were still in the nonverbal stage of your childhood.

You will be able to use the regression session more than once if you wish, or if you're hoping to receive more clarity.

Homework: Self-Hypnosis Meditation

You will receive a daily self-hypnosis meditation that I would like for you to begin tomorrow, and continue for 30-days. Allow the regression to excite your mind and energy system as you recognize that most of your beliefs did not begin with you, and have nothing to do with who you are.

Lesson 2

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The Energy of Wealth

Now that you have listened to your self-hypnosis recording for a week, I can only imagine how wonderful you might be feeling. These new feelings will become your new normal in no time, ushering a fresh reality into your beautiful and incredible life.

Let us spend time this week learning about the energy of wealth!

Wealth, like all things in our Universe, is created purely out of subatomic particles. You may not be able to see these particles but they exist and make up every solid and non-solid thing, including your thoughts and everything you can imagine.

How you relate to the un-seeable particles of wealth matters. It is your relatability that allows anything, including wealth, to appear in your life and in what quantity. From now on, it will be especially important to position your energy in an extremely positive current just before and every single time you interact with money. Every single time!

One way to illustrate this would be to recall a moment in your life when you shut down a negative feeling and recalibrated your energy system to be positive. Perhaps you had a crummy morning at home before you left for work. Yet by the time you arrived at the office, you had talked yourself into feeling happy. You easily found a genuine smile on your face and spoke in a positive manner to your work mates. The transformation wasn't forced or fake. You simply told yourself – told your mind – that work matters a great deal, and that you want to do a good job and provide a positive influence when you communicate with your co-workers.

Conversely, perhaps you had a not-so-fabulous day at work. Soon you would encounter your children. Maybe you were going to pick them up from school or welcome them home after their school day. And you knew you did not want to parade your unhappy energy

when you came together with them after having been apart for so long. So, whether you realized it or not, you changed your energy before you embraced them. For their benefit and yours, you asked your mind to rearrange your particle mass into something positive.

In this course, I will ask you to do the very same maneuver you have already naturally mastered. Each and every time you think of wealth or before you ever touch your wallet or purse, you will recalibrate to the highest positive energy state. You will learn to do this before you input your password into your banking site, before you open a mailbox, open a paper bill or pay a bill online. Before you pay for anything in any form, your energy must be decisively positive. And by doing so, your mind will be thrilled to help you accomplish anything. It is just waiting for you to ask.

Your wealth is as important to you as your relationship to your partner, or your children or with your employer or employees. It must be, or you would not be participating in this coaching program. I am so happy the energy of wealth is a priority for you. As you enhance your own finances, you will naturally assist others and teach them through your own frequency about how to maintain their own vibration of worth!

Training your thoughts and feelings is a lot easier than you may think. The most important element to remember is to stop your negative thoughts and feelings, no matter what they are, just before you engage with wealth. Stop them, and decide to think and feel something powerfully happy, fun and fulfilling. Then, and only then, should you re-engage with your wealth.



[How to Align with the Energy of Money & Abundance](#)

Lesson 3

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Wealth is Beautiful

Wealth is beautiful. And money is gorgeous. Yet this concept is rarely shared among us. Instead, most likely since you were a small child, you overheard your parents and other well-meaning adults complain about money – that there's not enough or things cost too much. Regardless of most adults' financial actuality, complaining about money is a constant. As children, when we learn how to run our energy and are soaking up whatever information is presented from all around us, we easily pick up the negative and ineffective habit of being bad-tempered about money.

For this reason alone, I will ask you to not use the word "money" for the next year or two. The time frame to refrain from saying "money" will depend on your financial circumstances right now and your resistance to acquiring abundance.

Our outer world reflects our inner beliefs. If your inner world is really challenged by the concept of being financially free, please withhold the use of the money word from your vocabulary for two years. Use a substitute word like "wealth" or "resources" or "abundance" as a replacement instead to avoid a conditioned fear being triggered.

Homework

Please gather coins and dollar bills, and spend quality time viewing these gorgeous tokens. Make note of the etching on the coins and the exquisite symbolism on the dollar bills. In essence, allow yourself to fall in love with these expressions and demonstrations of financial worth just as if you are memorizing the face of a newborn family member. You are staring into the sacred. For everything is created from the Divine. Alas, everything is energy, everything is God. Yes, including money.

Here is a lovely video to enjoy about real beauty:



[Seeing Beauty Everywhere](#)

Lesson 4

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What Does the Energy of Wealth Look Like?

It is important to learn how to feel the energy of money and/or to see its energy. This is especially true when you are touching, thinking about, gazing at or using wealth. Prosperity, like all things, has a vibration, a sound, color and a feeling. All these things are positive. Riches sound, smell and feel amazing!

Wealth's energy may have similar color and vibration for most people. Similarly, the primary chakras have been seen by many intuitives with comparable pigments. The only chakra that seems to stand alone with two distinct possible colors (white and magenta) is the seventh chakra. This reminds us that many humans experience energy alike. As I offer my version of money's sound, color and vibration, your experience can be different than mine, yet still be correct.

For me, the color of money is a cool blue-green. It's wavy in its movement, swirling like ocean waves in a smooth twirl. The feeling of money is joy. Energetically, our wealth is governed by the second chakra (along with work, romantic love, friendships, and creativity). Joy is the feeling of the second chakra, and joy is the feeling that is meant to be experienced for all that this chakra governs.

Everything in the Universe has a sound. And its music creates its vibration along with light and feelings. For me, the sound of money is the sound of bliss. Have you ever heard what a smile sounds like? Bliss for me sounds very much like a genuine spontaneous smile. Most human adults experience this feeling when they move close to a child or an animal. When deer walk close to my home, I immediately stop. It doesn't matter what I'm doing. I move quickly to the closest window and smile. Sometimes if they are really close to the house or they have stopped to eat grass or leaves, I will spontaneously call

out to them in a gentle voice to share my feelings about their beauty and wish them safe travels.

This happy, blissed-out moment has a sound, and money sounds just like it. You may wonder why money has a sound and why it would be so happy? I like to think the answer to that question is simple: creation is aware of what money is meant to do. It also knows that everyone can have as much as they deem they deserve. Wealth was constructed to assist in the relaxation of humanity. When we traded goods, the trade required physical action such as plowing someone's field for food or giving a pig that had been hand-fed and cared for in exchange, for example, for medical care. This takes many more steps, or energy, than trading coins and bills. Paper and silver are actually gifts from creation to help humans work less. However, like all things in life, one's mental and emotional bodies dictate how and when a person accepts these gifts.

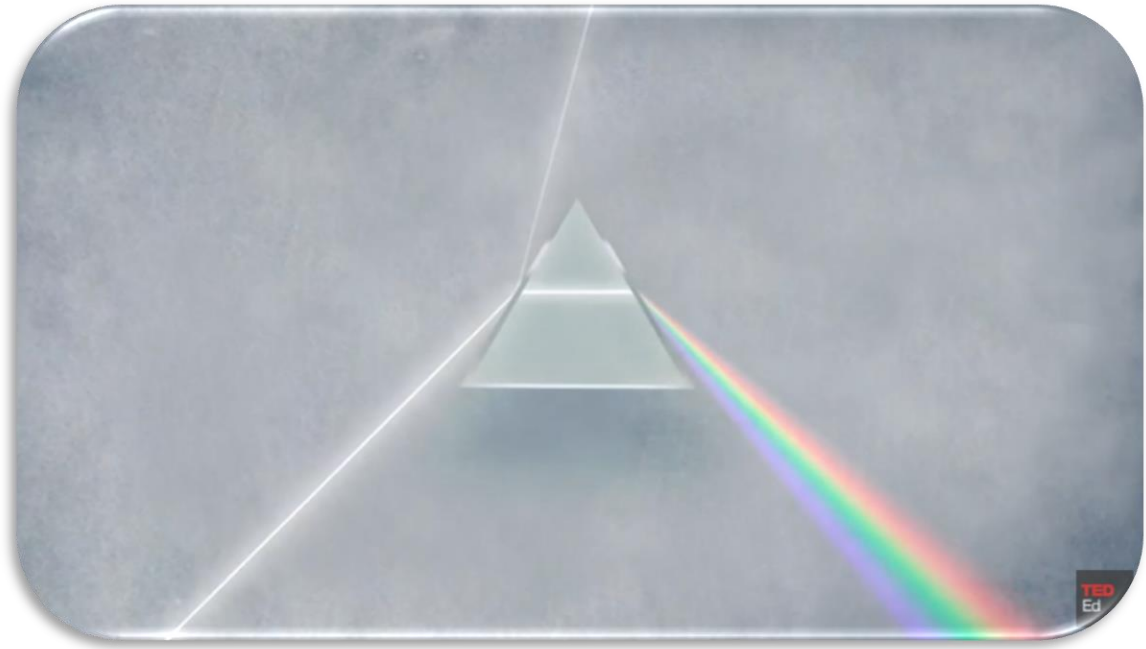
Homework:

Meditation to Positively Engage with Money

Central to your changing the way you think about money, seeing it as color, hearing it as a sound and feeling it is as energy are highly transformative. Take some time this week to sit somewhere quietly with coins and bills near you. With your eyes open at first, roll your eyeballs back as if you are trying to gaze into your eyebrows. Take several deep belly breaths. Then quickly close your lids while still keeping your eyeballs rolled back. Take two more breaths and relax your eyeballs. This simple act will alert a subconscious part of your mind, allowing you to have a different experience with money.

As you sit next to the bills and coins you collected, imagine their colors, sounds and vibrations. Allow the energy of wealth to communicate with you in a way you have never fancied.

Participating with wealth in this way allows you to take the most significant step in the process of becoming wealthy. You are now creating a positive relationship with money. Up until now, your relationship with wealth has been stressful, disappointing, and/or sad.



[What Light Can Teach Us About the Universe](#)

Lesson 5

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Stop Feeling the World's Financial Worries

Shame and guilt are two unhealthy internal expressions that can easily hold you back from allowing incredible wealth to flow into your accounts. Over the past four weeks, you have learned how to relate to finances in an empowered, fun, energetic approach, and now it will be necessary to release old outdated beliefs that have shamed you into not acquiring enough wealth.

Before we dive into your subconscious mind to release shame and guilt, let's talk a little bit about energy and why some parts of the world are forever plagued with poverty and why other parts of the globe thrive, even during difficult times.

The Earth herself was also formed from pure energy. Spiritual teachers often describe our planet as a school capable of providing the best evolutionary education a soul could hope for. However, it is a temporary reality. Nothing stays here forever, including glaciers and species, mountain ranges and rocks. Everything transforms.

Before we merge into a human shape and enjoy a lifetime here, we carefully consider what lessons we wish to learn – fun and playfulness is also calculated – and how these teachings can best be experienced. You choose which century to reincarnate into, which gender would be most advantageous, and which parental unit could provide the best opportunity for discovery. You were fully aware that death is an illusion, as is everything else for that matter, and you allowed nothing to hold you back from making an exceptional choice.

This is true for all beings, even those beings which have chosen (from a human perception) an incredibly challenging lifetime. Those lifetimes, too, are super perfect in every way. If it were not for the energy present in certain parts of the world, it would be complicated

to manifest problematic conditions. Therefore, the Earth has contrast and light so we may ultimately learn what we desire and reach for it.

Homework

Pick a troubled part of the world and imagine why a soul might choose to live there. For example, why would a soul choose to be a woman born in Saudi Arabia? Sit with the question for about 10 minutes before you attempt an answer.

Lesson 6

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What if I am the Richest Person in the World!?

I'm sure you have daydreamed about being incredibly rich. If you have not, you're missing out on a dynamic muse. This is one that can help you accept more wealth and contemplate how you could use vast resources when they arise.

A Writing Exercise

Let's stretch your imagination and dream big about wealth and what you could do with it. First, practice enjoying financial freedom. Perhaps you would take a year off from work or quit a job you are not enjoying. Sit with this thought and let it become a feeling. Maybe during your off time, you decide to live in Italy for 60 days, traveling throughout the country. Now invite a few friends and family members to join you as you tour museums and the countryside. Really dream big and play with relaxing and playful images.

Once you have really lived it up in your imagination, it will be essential to have intent with your wealth. The mind likes purpose and targeted goals. Yes, of course you can share your wealth with loved ones, perhaps providing lavish tropical vacations. Then it is time to devote some of your resources to a joyful, fulfilling purpose.

Evaluate what brings you personal joy. Then hatch a plan in your imagination to fulfill a need for others, whatever tickles your fancy. Write it all down in a favorite journal.

Here's an example: I love cars. I bet you didn't know that about me. It's true! I do. In my mind I have given away many cars. For me, surprisingly, it is not how excited the person will feel to receive the car. It is more about how cool the car is and what a great investment or transportation device it will be for someone. When you allow your imagination to fly, you discover a lot about yourself and what makes you unique. And though I have yet to give a car away

(except to my children), I have sold cars far below their actual value. So much so that the state licensing department has questioned my actions on a few occasions.

As you daydream, the Universe will work quickly to bring your dreams in to reality. Get ready to do things differently.



[Don't Stop Daydreaming!](#)

Lesson 7

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Yes, it is Normal for You to Be Wealthy

By now, week seven, your wealth has most likely increased. For some of you, it can be surprising even though this is exactly what you have desired for a while. The surprise is that your bank accounts are flowing and that the Universe is gifting you in more ways than you predicted with discounts, freebies, unsolicited gifts, information and insights that bring you more wealth. All of this is normal, thanks to your practice and shift in consciousness. Yet you might not be fully OK with the positive changes or the changes you sense are still to come.

This is the perfect time to enhance your love of self. Our being will receive only what we believe we deserve. Increasing your self love will be a constant if you wish to expand your wealth experience.

You might be thinking to yourself, I cannot love myself any more than I do now. Yes, you can! There is no limit to the amount of love you can give, receive or encounter. When I was pregnant with my second child, I worried that I would not be able to love another child as much as I loved my first, because I loved her so much. I could not imagine there was any more love to explore.

After the birth of Misha, my second daughter, my heart exploded with more tenderness and love beyond anything I thought I was capable of.

This is where you are right now, needing to ramp up your self love even if it feels as if there is no more space to expand into this powerful concept. Things are improving a little or a lot in your wealth experience. Just like trees needing constant water and biannual fertilizer, your self love train requires a constant infusion of worth and tenderness. Appreciating you is a variable discovery.

Try repeating this *What If* Question to yourself: "What if starting today I loved myself even more?"



[Why Self Love is Important](#)

Lesson 8

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Let's Bear Witness to Your Conscious Success

Wow!!

I can hardly believe that you have finished your eight-week course! You are amazing. You have learned so much about the energy of money and how to receive wealth while loving your own preciousness.

These past eight weeks will have enriched your bank account and many other areas of your life. For when resistance is shed from any area of one's perception/being, a deep opening occurs that positively affects the whole. The unbolting of resistance creates room for many beautiful new occurrences. Things that you did not even know you wanted have or will soon arrive. Their appearances reflect your gratitude and joy. Vibrating these extra delicious adventures will create even deeper appreciation.

Before our last meeting, make a list of all the new and delightful events that have come into your life since our first week together. It's important to acknowledge the changes that have occurred over these last eight weeks. Validating your new abilities and beliefs is central to maintaining a focal alignment to the energy of creation.

Tonight, we will celebrate together and share your magic and wonder with the entire group. And in doing so, more significance will be on its way!



[Consciousness and the Mystery of Existence](#)