

Divine Money

a digital program to
Elevate Your Money Mindset

Divine Money Guidelines

To make this journey a success, do the following:

1. **Be willing to move passed your resistance** (extra credit: click this link for my article on resistance: <http://www.intuitivecoachingwithamy.com/blog/resistance-why-making-changes-is-so-challenging>). Through this program, you are becoming a money master. Please do not answer any of the questions with: "I don't know". Really seek to find the answers that are within you. (I promise all the answers are within you!)
2. **Please do not suppress or ignore any emotion or feeling.** Your positive and negative emotions are signs of where you are in your ability to attract money and abundance. Every emotion is a message that informs you of what is working and what is not working. When a negative emotion comes up, I want you to use this process: **Feel it. Name it (I feel worried). Question it (Why do I feel this way?). Release it (I release this feeling for my highest and greatest good.).**
3. The emotions for attracting more money and abundance: **joy, appreciation, love, passion, freedom, knowledge, empowerment.** These emotions take you out of a state of lack and into a place of abundance. Money flows from the state of abundance and the percentage of time you spend in a state of abundance directly effects how much money you will attract. Same goes for a state of lack. I want you to do your best to reach for emotions of abundance as often as possible. Even on your worst day, you can always find something to appreciate.
4. **The goal of this program is to clear out all the limiting beliefs and behaviors that keep you from experiences the emotions of abundance,** so be willing to at least try every exercise I give you in this program.

5. **You get to do this program as you please.** However, spend time with this work as often as possible. Do not feel any pressure to complete the lessons in any particular timeframe. This is for you, so do every lesson as you feel inspired. Do this program full out (every exercise) and with an open heart and mind. Use this program to transform *your* relationship with money. *Embrace this freedom.* Your ability to feel free directly impacts your relationship with money.

6. **If the thoughts: “I can’t afford it” or “I can’t do that” comes up,** immediately release it and replace it with: “I can’t wait until I can buy that or do that.” Make this declaration with joy and positivity.

7. **Start being aware of every aspect of your financial life.** Keep a journal. Write everything down. Even if you think you know, still commit to writing it down. Interest rates. Bill due dates. Total debt amount. Start writing income goals down. Open every piece of mail. Pay attention to your accounts. **BE THE EXPERT OF YOUR FINANCIAL LIFE.** Oh and experts tend to be well paid. Know that the more you know, the more you will receive.

I heard a talk about billionaires and the person said all of their billionaire friends are always writing things down. Pencil and paper. Writing down your financial life is a way of becoming your version of rich.

8. **Stop talking negatively about money (both in your mind and out loud).** Start talking about money from a place of wonder, love, appreciation and passion. Be willing to have conversations about money in different, more empowering ways. You will instantly create a shift in your ability to receive more.

How to do this: Ask open-ended questions. Remember we are natural researchers. If you ask the right question, you will immediately start to find a way to make it happen. *“I wonder what that costs?” “What would it take for me to create that?” “Wouldn’t it be fun if...?” “I wonder how I can make this easier?” “I wonder how I can get this paid today?”*

9. **Let your intuition guide you.** This is self-work. There are no rules as to how deep you need to go. Do what feels right to you. You will know when something has been healed or a block has been cleared. Keep going until you have experience what I call “the click”.