

Divine Money

a digital program to
Elevate Your Money Mindset
www.intuitivecoachingwithamy.com

Having More Fun with Money

As you move through this program, you will be developing a new relationship with money. Here is an exercise to help you have more *fun* with money. I want you to start to see that money is a companion and a friend. It responds to you by the way you treat it, like a human friend would. Treat it well. Think kind of it. Respect it. It will show up for you. If you treat it poorly or project your insecurities on to it, then it will typically not show up for you in the way you need and want it to.

Choose something money related that you would like to manifest over the course of this week. This can be an amount of money. It can be a bill being paid. It can be a financial problem being resolved. It can be something you want to do, be, or have that relates to, or requires money. You can choose whatever you would like, however you have to *truly* believe that it can be manifested even if you don't know how and when it will be manifested. *Think of this exercise as a fun energy experiment.*

Release the emotional charge. If you choose to manifest something that has a lot of negative emotional charge, you will have to fully release those negative emotions before you can welcome in what you desire. To release the charge: Write on a piece of paper all the negative emotions (such as fear or doubt) you have around this desire. This includes every negative feeling. Then burn it. Breathe deeply. **Say this prayer:** *I now release these negative emotions for my highest and greatest good.* Repeat this exercise until you feel lighter and freer. If you are really struggling, then choose something else for the sake of this exercise.

Write your desire on a piece of paper or find a picture of it (I recommend saving an image to your phone from a Google image search that matches your desire).

Everyday read your desire or look at the image and welcome this energy into your life. You do not have to be concerned about how it will happen, just open your heart and allow it in. As you do this step, feel your body relax. Breathe deeply and fully. Spend as much time as would like, but 2-3 minutes will work just fine.

As you move throughout your week, appreciate and love everything money relates to in your life. EVERYTHING. Every time you swipe your card, every bill you receive, every amount of money you receive or earn. Find something money-related to appreciate or feel really, really good about every day. Hold this feeling for as long as you can. You can always find something to appreciate or something that benefits you.

Take time this week to do a visualization of your desired outcome. Imagine that it is really happening. Engage all of your senses: sight, smell, taste, touch, sound. Take 3 minutes. Make it as real as possible. Your subconscious mind does not know the difference between real and imaginary so this is a powerful exercise to help you draw your desire to you.

Take some action (no matter how small). Ask your intuition to guide you to the easiest thing to do. Then do it. You will know when you've taken enough action. Act as if you know it is really going to happen.

Affirm as many times as you can: *I am in the process of manifesting a money miracle. I choose to believe in abundance. I am willing to receive.*

This exercise works. But it requires that you are incredibly open to your desire being manifested in whatever way the Universe wants to deliver it to you. Stay open. Stay joyful. Keep it fun. Do your best to not worry about when it will happen. Just believe and know that it will.