

Lesson 12

Divine Money

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

Goodbye, Debt.

This lesson will be focused on manifesting cash to pay off or pay down a specific debt.

Debt can become a burden. *Easily.*

I know that it weighs heavily on many people, so I want to give sincere attention to debt.

I KNOW THIS PRACTICE WORKS. So if debt is something that you want to resolve, then do this exercise with faith that it will work for you.

This is a game called: **Goodbye, Debt! (Say it in the: Bye, Felicia voice.)**

Sometime over the next 90 days you will pay down or pay off a very specific debt.

You can choose to pay off an entire balance or to pay off a percentage of a debt.

Here is the process you will use:

Step #1: Know how you don't want to feel about a particular debt. When you know how you don't want to feel, you are deciding what is no longer acceptable in your life. You may not want to feel disempowered by a debt or powerless over a large balance or feel the dread of creditors calling you. Really take the time to identify the debt that makes you feel the worst or choose a debt that is most annoying. Getting clear about how you don't want to feel will help you create a vibrant intention to fuel your manifestation. This will also help you better understand how you've been in the energetic vibration of lack.

Step #2: Decide what debt you want to pay down (choose a specific percentage) or pay off amount. Be crystal clear about how you want to feel as a result of paying it off. This is important step. You need to claim how you want to feel. Choose the most positive emotion you could feel. And be detailed and very specific.

Something like, "I want to pay off my car loan balance of \$2000 so I can feel greater sense of freedom." Or, "I want to attract an extra \$400 in the next 5 weeks to pay off my department store credit card balance so I can feel more enthusiasm around my monthly expenses." Or, even something like, "I want to pay off 15% of my credit card or student loan balance so I can feel more empowered about this debt." Be as detailed as possible.

Step #3: Clear the interference or block between you and your debt pay off or pay down goal. In this step, you have to get clear of your limiting beliefs. If you have a little voice in your head telling you that you cannot attract a certain amount of money or that you're undeserving of feeling good about yourself and life because of your finances, you definitely have limiting beliefs that you need to clear. This is the biggest hindrance in you being able to reach your debt pay off or pay down goal.

Step #4: Daily visualize what it would be like to have, do, or be what you want. It's also very important that you get emotionally aligned with your debt pay off or pay down goal, so as you visualize feel the emotion from step #2. In your visualization, be sure to act as if the goal has been reached.

Step #5: Let go of how it will happen, act on your intuitive impulses and allow the results to manifest. You just have to trust that the Universe will help you attract whatever you want. State your goal to the Universe and then let the Divine help you – without doubts or preconceived notions. Let the money show up as it shows up. (This is key!) You must take action, of course, but not just any action. Take inspired action. Daily ask the Universe to guide you as to what steps you can take to attract your desired goal.

My tips for the Goodbye, Debt Game

1. Write down the amount you want to manifest. Send it to yourself in email.
2. Only share what you're doing with someone you really trust will not poo poo your plan. It may be best to keep it to yourself.

3. Debt can be a sign of unforgiveness, so it is important that you forgive any old pain or hurt even if it is not directly related to your original debt. I have given you lots of tips for ways to forgive over the first two lessons of the program. Note: The first person you may need to forgive is yourself.
4. Bless your debt with love. Thank it. Love it. Honor it. While still being able to release it. The better you feel about your debt the sooner you will manifest your desired pay off or pay down amount.
5. Write your amount down in a place where you can look at it daily. Feel a sense of excitement about clearing this amount of debt from your life.
6. When it comes to taking action... allow your natural intuition to guide your steps. You may not understand why you're being led to take a specific action, but trust that everything is working out for your highest and greatest good.
7. Do not get caught in the trap of trying to figure out "how" or "when" you will pay the debt amount off. Just know that you are going to get it done within the next 90 days.
8. Daily relax and visualize the debt being paid off to fuel your manifestation journey. (You may want to imagine a \$0.00 balance on your statement.)
9. BELIEVE it is possible. If you don't believe it will happen, then it won't. Choose an amount that feels possible, but not overwhelming.
10. Release all negative emotions around the debt.
11. Be open to allowing more money to flow into your life. There are a lot of ways to welcome in more cash. Be creative and really open to all possibilities.
12. Do not borrow from a savings or retirement account to pay down the debt. "Borrowing" even from yourself is still creating more debt.
13. Be in appreciation constantly. Feel good. Know it is going to happen and be grateful in advance.

14. You absolutely must clear the interference or block between you and your goal. Most of the time, you have unconscious limiting beliefs about money. Once you conquer these unconscious limiting beliefs, and get clear about what you want, then money can flow into your life RAPIDLY.

I've already shared with you some of the common limiting beliefs, but everyone is different. You have to be willing to challenge any thought about money that makes you feel less than awesome. You may have gotten so used to feeling not-so good that you think that's the way it is. Go within. Ask Spirit to show you the beliefs about money that are holding you back. I am here to support you, so use me, but ultimately it is your DIVINE mission to uncover your blocks around money.