

Lesson 13

Divine Money

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

Speak Your Abundance into Existence

In this lesson, you will focus on how you speak and think about money in your everyday life.

Moment by moment, you will be choosing to use only the most positive, highest vibrating words when you talk about your finances.

The goal is to **speak your abundance into existence**.

Start and end your day with the mantra:

“Something wonderful is getting ready to happen!”

Say this mantra over and over again for as long as you possibly can. Aim for at least 2-3 minutes twice a day.

For the rest of your day, you will choose to speak words that claim your abundant life or your new money story.

By changing your conversation, you will start to attract the money and abundance you desire so can live the lifestyle you seek.

You know what lack is and you know about limiting beliefs, but what is coming out of your mouth?

This lesson is all about the intersection between what you know and what you do.

Pay close attention to what you say. Are you speaking from a place of abundance or lack?

The words that you speak represent what you expect will happen in your life. When it comes to manifestation, you will attract what you EXPECT. If you expect abundance, you will receive abundance. If you speak lack, you will receive lack.

Sometimes the fastest way to abundance is to stop speaking negatively about all aspects of money. To fully let go of lack, you will have to change the way you think and speak. In doing so, you can literally talk your way into abundance.

When you are thinking and speaking abundantly, you will attract amazing opportunities, people, solutions and situations. The key is to be *genuine*. If you are saying positive words about money, but your heart doesn't believe it, then you will derail your efforts. Say only what you believe to be true.

Because everything is energy, your words and thoughts create your reality. Use your language to hold a positive expectation for what you will attract into your life. Speak your belief in your abundance.

Do your best to maintain a positive state of mind. Now, I know every moment won't be peachy, but you can always find the good or the positive benefit of any situation you are in. Be sure to pay close attention to your thoughts and speech when you are feeling negatively.

Remember, when your words are backed by strong emotions (both positive and negative), you have the ability to rapidly draw that energy to you. Be sure to "*Clear. Cancel. Delete.*" The energy of negative thinking and speaking. Then redirect your attention to something more positive. You may even find it beneficial to repeat out loud or in your mind: "*Positive. Positive. Positive. Good. Good. Good. Love. Love. Love.*"

Here are some new ways to speak about money:

I can't wait to buy that.

It's all good.

I know it's working out for the best.

I have more than enough.

I am open to receiving more.

I believe it is possible.

Amy Tammen

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It is always a good time to make money.

I'm in the ebb and flow and I am enjoying the process.

I'm so blessed.

I'm so thankful.

I love that.

I am so excited...

I am financially secure.

I know there is always money available in my life.

The economy will be just fine.

There is so much money in the world.

I know something great is getting ready to happen in my financial life.

I know I have options.

Life is good.

Money is wonderful.

I've been focusing on enjoying my life more and more every day.

There are lots of jobs available.

I am building wealth.

When others are speaking negatively about money:

1. You can say nothing. And if you are easily swayed by other people's energy, say in your mind: "That may be true for them, but it is not true for me. I feel great about money."
2. When it is your turn to speak, say only positive words that mimic your truth. You do not need to say a lot or even judge what the other person might say. Just simply express your abundance.
3. Don't try to change them. You can share what you're learning in this program, but do not feel compelled to "save" someone from their lack-minded thinking.
4. Leave the conversation. You can always find a graceful and tactful way to change or move away from the conversation.

Exercise: What are you saying about money? Do your best to record common words and phrases you say about money. If you notice a particularly negative word, phrase or sentence, be sure to release it (refer to previous lessons on how to release). Do not use this exercise to feel bad about yourself. The goal is awareness. The more you are aware, the more abundant you will feel.

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