

Lesson 18

Divine Money

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

Finding Your Center

This my personal practice for finding my center:

I breathe deeply and fully.

I ask my body to relax. If I need to move or shift, I do so until I feel any tension ease.

I commit to being fully and completely present in the moment.

I then reach for the feelings of appreciation and joy.

I bless my moment with love and I feel blessed for the moment.

I continue to breathe deeply, allowing the expansiveness of love and Spirit fill my body and mind.

Then I focus on my center. Breathing fully and completely.

I ask my chakras to align.

I imagine a column of light running from the top of my head, down my spine and through my feet.

I feel myself get stronger and more powerful.

I continue to breathe deeply and fully.

I energetically cut ties with anything that has caused stress or strain.

I call my energy back. In my mind's eye, I see rays of light returning my positive, life force energy back to me.

I continue to breathe deeply. Feeling stronger, confident and powerful.

Then in my mind's eye, I visualize my desire. Something that I want that is for my highest and greatest good and the highest and greatest good for humanity.

I continue to breathe as I draw my desire to me. I feel it get closer and closer.

Then I detach from the desire. I focus my attention on something else that would equally fulfill my desire. Maybe even something better. Something I haven't considered. I open myself up to Divine and the possibilities that exist.

I feel the power and majesty of Spirit.

All is well. All is well. All is well.

I breathe deeply. Fully. Completely.

I return to center.

Here are some other practices I use to find financial peacefulness and activate my money magnetism:

15 Second Breathing

Breathe in for a count of 5; Hold for a count of 5; Exhale for a count of 5

I use this breathing method anywhere and at any time. I also use it in my meditation and prayer time.

Prayer

Ho'oponopono (ho-o-pono-pono): An ancient Hawaiian practice of reconciliation and forgiveness:

I'm sorry. Please forgive me. Thank you. I love you. (Put your hand over your heart as you recite the prayer.)

Affirmative Prayer: A New Thought practice of praying as if it has already been done.

Here is an example, but always be willing to pray in a way that is alignment with your truth.

Thank you God for this beautiful day. Thank you for the money that is in my life. Thank you for the wonderful experiences I am having today. Thank you for all my bills and expenses being paid. Thank you for the new and returning clients who happily pay for my services. Thank you for all the kindness I receive. Thank you for all the love I encounter. Thank you for my good health. Thank you for my sharp mind. Thank you for

my supportive partner, family, friends and colleagues. Thank you for all the good that exists in my life. And so it is.

Affirmations

I listen to money affirmations regularly.

I recommend these money affirmation recordings:

Creating Money Affirmations by Sanaya Roman

\$13.95 (also includes a meditation)

<https://www.orindaben.com/catalog/prodno/M001/>

Abundance and Confidence Affirmations by Sarah Arkell

\$0.99 on Amazon

https://www.amazon.com/dp/B0082MDJVK/ref=dm_ws_tlw_trk2

You can also lots of free money affirmation recordings on YouTube.

(I am not affiliated with any of these companies. These are products I use in my own practice.)

EFT

I keep it simple when it comes to the Emotional Freedom Technique. I pick one tapping point and one simple statement in which I name what I am feeling, why I am feeling that way and end with “I deeply love and accept myself”.

Do a youtube search on EFT. Try it and see if it works for you.

I personally love it. I do it anywhere and anytime I am feeling a sense of unpeacefulness around money or finances.

Visualization

There are so many different methods of visualization in the world. I choose to find images that represent my desires. I save them in a folder on my phone. Then I review the images as I breathe deeply.

Visualization really, really works. So if inspired, use it.

Exercise

When I am having trouble feeling centered, I know I need to move my body. I walk. Sometimes I listen to music. Sometimes I engage my imagination. Mostly, I allow my body to relax and fully embrace being in motion. Good quality shoes are a must.

Guided Meditations

I use the following guided meditations consistently:

Creating Money: Abundance by Sanaya Roman

\$7.00

https://www.orindaben.com/catalog/singles_downloads/#SI072

For Self-Employed People: Magnetizing Business by Sanaya Roman

\$7.00

https://www.orindaben.com/catalog/singles_downloads/#SI072

Sound of the Sun by Colette Baron Reid

\$1.99

<http://colettebaronreid.com/shop/sound-of-the-sun/>

I also do a **meditation near a body of water** in which I breathe in time with the flow of the current. This meditation reminds me of the ebb and flow of money. Instead of fighting the current, I respect it. Knowing that everything is working in Divine perfect harmony.

Read. Read. Read.

I read any book or text I am drawn to about money.

Suggested reading:

The Wall Street Journal (Even I don't understand everything I am reading.)

Creating Money by Sanaya Roman

Ask and It is Given by Esther Hicks

You Are a Bad Ass by Jen Sincero (the chapter on money)

The Energy of Money by Maria Nemeth

The Science of Getting Rich Wallace D. Wattles

Listen. Listen. Listen.

I listen to any audio I am drawn to about money.

My favorite is **Receiving Prosperity by Louise Hay**

<https://www.amazon.com/Receiving-Prosperity-Louise-Hay/dp/1401904130>

There are also thousands of podcasts available about money. Search “money podcasts”.

These are just some of the many practices I do to find my center when it comes to money. The key is to use them to find alignment or harmony with money- not to *get* money. These tools are most effective when used from a mindset of abundance instead of lack. *Have faith even when you are at your wits end.*

Always be learning, growing and expanding. Every financial situation is an opportunity to learn, grow and expand. There is always a benefit even in the worst circumstances.