

Money Practice

Upping Your Vibrational Energy with Money



A Little Bit of Background:

Noticing and understanding our emotions with money, is the first step in living a life by design and creating the reality of your desires. This first step, is a step of awareness, about how you hold money emotionally and vibrationally in your body, as a feeling state.

Usually, a feeling state has a belief system and thoughts that bolster it up. Your money emotions are an indicator of how much you are resisting or allowing in your life, when it comes to flow...cash flow...or the exchange between giving and receiving energies.

A human mind creates about 60,000 thoughts every day, roughly 48 thoughts a minute and about 98% of those thoughts are the same! To work on catching your emotions, you have to catch underlying thoughts that create them and course correct.

While ups and downs are a natural flow of life, it is good to know where our range is and also what range we aspire to live. You can always reach one step at a time to a higher level emotion, often through practicing a new behavior that supports you moving through fear.

Remember that our “natural state,” is to be happy and in a state of love. Sometimes we need to “do something” to feel better and sometimes we need to “undo something” to feel better.

Self Inquiry:

Where am I emotionally in my relationship with money today?

Where would I like to be?

Guidelines:

1. Choose which energy vibration or emotion you are feeling with your money today. Please don't judge. Just notice and observe where you are. If where you are is where you want to be, then no need to read further right now.
2. If where you are is NOT where you want to be, notice how you would like to feel with your relationship with money...you will most likely notice a gap between where you are and where you would like to be.

The Money Emotion Scale

Joy, Love, Freedom, Gratitude	+10
Abundance, Generosity	+10
Empowerment, Fun	+9
Happiness, Enthusiasm	+8
Confidence	+7
Optimistic, Trust	+6
Strong	+5
Hope	+4
Dedicated, Motivated	+3
Content, Ok	+2
Peace, Calm	+1
Neutral, Relaxed	0
Relieved, Apathy	-1
Pessimistic, Impatient	-2
Frustrated, Irritated	-3
Overwhelmed, Anxiety	-4
Boredom, Doubt	-5
Worry, Blame	-6
Discouraged, Difficult	-7
Anger, Revenge, Greed, Lack	-8
Hate, Rage, Jealousy, Resent	-9
Guilt, Insecure, Depressed	-10
Stuck, Fear, Grief, Self-Loathing	-10
Powerlessness, Unworthiness, Shame	-10

Gap Closing Exercises

Reframing Your Thoughts

Believing in yourself and embracing the positivity of hope will elevate you up the scale. What if you changed your thinking from “what isn’t working in your money life right now,” to “what is working in your money life right now?” How would this reframe influence your emotions and how you feel in your body?

What if you asked yourself, “How can I move out of being a victim with money? How can I regain control in my life? How can I take my power back in this relationship, so that I am the one in charge and not feeling like money is in charge of me?” Your thoughts? Which of your thoughts give you a slight feeling of relief from the emotion you are feeling?

An improved feeling, means a releasing of resistance and a release of resistance means a greater state of allowing and attracting what you really want.

Dreaming Beyond What Is + Anchoring Yourself To Your Dream

Sometimes it is hard for us to think beyond, when the here and now is demanding our attention with money. However, it is important to have one foot in the here and now and another foot in your financial future and life of design

One exercise to help you to begin to dream is to imagine WHAT IF... and allow yourself to do stream of consciousness pouring out from your heart with this exercise...go to town on your WHAT IFs...

Wouldn't it be nice if....

Wouldn't it be nice if...

Wouldn't it be nice if...

Behaving Your Way To An Upper Energy

WHAT IF...you took action on your behalf with improving your relationship with money...little things at first and moving to bigger things later.

What if you cleaned your wallet? purse? and made a special place for your coins, plastic and dollars?

What if you created an organization system for your monthly bills?

What if you created an easy peasy filing system for your important papers, hard copy or on your computer?

What if you started to look at your bank accounts each day?

You have the power and ability to BEHAVE your way to a higher feeling state with money. The more power you step into, with your relationship with money, the better you might feel.

TRY IT AND REPORT BACK! I'D LOVE TO HEAR YOUR PROCESS AND PROGRESS!