

Identify Your Emotions of Money

Answer honestly,

When you think about your current financial situation are you embarrassed, worried, stressed, nervous, angry, frustrated, curious, happy but would like more, open to possibilities...

How do you feel? Close your eyes for a moment and check your body. Is it tight, constricted, hurt anywhere specifically or relaxed and at ease?

What words, thoughts and ideas come up when you have your eyes closed?

Write that thought or phrase down.

Make a Change

What do you want to feel instead? Identify what your body is telling you.

What new words would you use to describe what you want instead? An easy way to find the words is to ask yourself what is the opposite of worried for example. Maybe it would be peaceful. I don't know how I am peaceful about my money. I only know I am now and I am fulfilled.

Write that phrase down and turn it into a command.

Make a note about how you feel about both statements

You can calibrate each statement from 0-10 10 being either the most negative or most positive.

For example I feel very distressed about having enough money. I rate it at an 8 on how stressed I feel.

I don't know how I have enough money easily. I rate that as a possibility at a 4.

Now Go thorough the six steps and make your command.

You can get with a partner and lay papers on the floor and take turns going through your money commands or do it mentally for yourself.

Now Check How You Feel

When you think about your current financial situation how do you feel now after you made your commands?

Is it different? How do you rate your positive idea – belief now?

What happened to the negative fearful idea?

Did another thought or emotion arise?

Continue to command until you feel peaceful about your money and your finances.

Inspired Action

After you make a command simply observe what comes up. Often inspired action arrives or a new idea or a phone call with a solution.

If you like to journal – it would be beneficial to mark down what changes you notice. Remember, sometimes more negative things arrive – that means there are more unconscious beliefs to clear and oftentimes seeming miracles arrive right on target to the realization of your goal or desire.