



# The Sacred Money Mysteries

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*Remembering the teachings of  
the Goddess...*



# Sacred Money Mysteries

*~ Remembering the Teachings of the Goddess*

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- Meditation and Review – How Are You Doing?
- What are your values around Wealth?
- Myth Busting – You just have to ASK
- How do you treat yourself?
- How do you treat money?
- Adding Value

# Calling in Sacred Space

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# Dance to Activate and Open Your Body Vessel

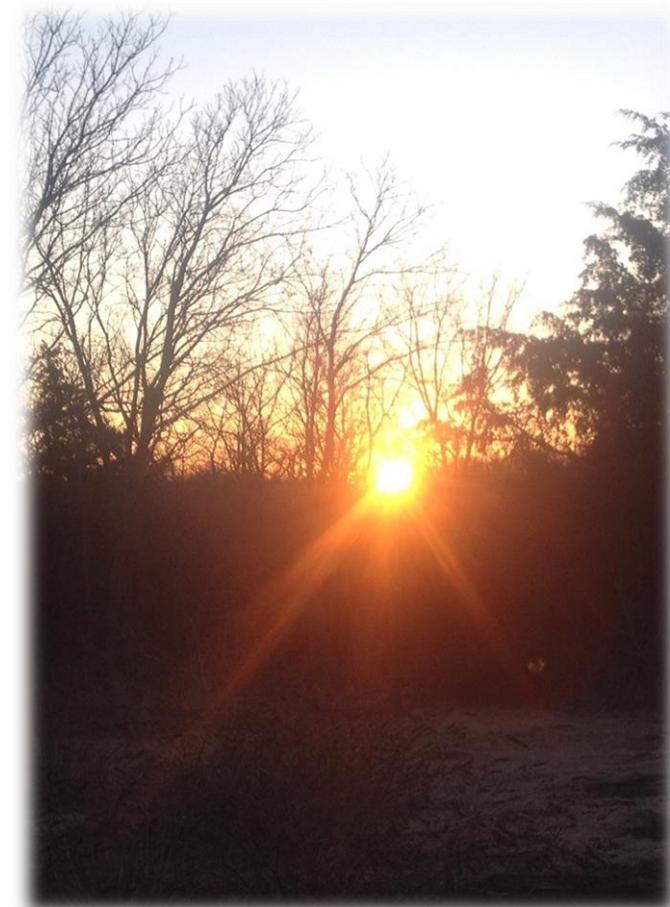
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## A short check in...

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- Visualize your money mastery vision or money miracle goal. See yourself feeling it, living it now...
- Focus on what inspires you, who you are able to be now and how you are showing up more fully...
- Breathe and allow the feeling to expand in your heart...
- Breathe and let the feeling expand to fill your chest...
- Breathe and let the feeling expand to fill your whole body...
- Breathe and let the feeling expand to fill the room you are in...
- As you feel it establish your intent for this module or this program...
- “I am here to awaken to my true wealth consciousness, to realize my Oneness with Source like never before, to be so connected with Source that I never have to depend on the world again and I can bring forth all that I need to fulfill my purpose, mission, and destiny...”
- Feel into that, anchor it, and feel a sense of gratitude that it is already done.





## How's it going?

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- Are you practicing the 7 gifts? Have you set up one or more of them to set up your 21 day fast?
- Have you done the money worksheets?
- Have you been connecting with your Archetypes?
- Have you listed 25 ways to manifest more?
- Do you have a plan or a goal?
- Are you practicing the daily lift and have you developed a plan?
- Do you have some of your plan on your calendar?

It's ok if you haven't done all of the above or if you haven't done them fully. But if you haven't done any of it, or you are having resistance, LOOK AT WHY! What else have you made a priority...other people's needs, visions, or desires. Dig deep...what is the real reason? Is this a pattern in your life? How does that feel? What are you valuing above this?

That is what this program is truly designed to do. Once you get that, plow into it. If you need help, schedule your healing or a coaching call.

# Did You Get Real?

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## MONEY MASTERY MAP – Monthly Money Goal and Money Miracle Goal

Monthly Money Goal – The amount that takes care of my current needs.  
Add all these numbers to get your Monthly Money Goal:

1. All necessary monthly expenses  
(rent, morgage, bills, food, clothing) \_\_\_\_\_
  2. Optional expenses (holidays, entertainment) + \_\_\_\_\_
  3. Total debt (except morgage) x 0.027\* + \_\_\_\_\_  
(\*Add at least 10% to your total debt)
- MONTHLY MONEY GOAL = \_\_\_\_\_

*Each month I joyfully and easily manifest this amount.*

**Money Miracle Goal** – The amount I will manifest in 30 days.

Multiply your MONTHLY MONEY GOAL to get two different amounts.

- A. MONTHLY MONEY GOAL x 1.3 = \_\_\_\_\_
- B. MONTHLY MONEY GOAL x 3 = \_\_\_\_\_

Add A + B to calculate your Money Miracle Goal

**Money Miracle Goal** \_\_\_\_\_

*By this date \_\_\_\_\_ I joyfully and easily manifest this amount.*

# Did You Track Your Money!

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## Money Breakthrough Tracking Sheet

Month: \_\_\_\_\_



1st	\$	17th	\$
2nd	\$	18th	\$
3rd	\$	19th	\$
4th	\$	20th	\$
5th	\$	21st	\$
6th	\$	22nd	\$
7th	\$	23rd	\$
8th	\$	24th	\$
9th	\$	25th	\$
10th	\$	26th	\$
11th	\$	27th	\$
12th	\$	28th	\$
13th	\$	29th	\$
14th	\$	30th	\$
15th	\$	31st	\$
16th	\$	Total:	\$





# Pay attention to what is coming up...

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- Notice if you haven't been able to complete the assignment.
- Notice if you found really good reasons for why not to.
- Really notice your patterns, and ask yourself, "Is this what I do? Is this what I always do?"
- This is not a cause for judgement, it is an opportunity for growth.
- When we see the pattern, we can begin to understand and help ourselves begin to do what we really and truly want to do.
- The more awareness you bring to something, the more that, that which isn't true about it begins to dissolve, and that which is true about it begins to emerge.
- Continue to look for opportunities to take back your power by finding the places where you have made something or someone else your source.

# What are your values and where does wealth fall?

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- Wealth is not just about money...its about security, having enough to live the way you desire...But if you care more about safety than wealth, you will choose safety over wealth.
- But its not just about that, either. Its about power and influence. Having enough power and influence in this world to create the world you envision...likewise, if you care more about power & influence, you will choose that over wealth.
- And it's not just about that either....it is a spiritual attribute. It is being so convinced of Source flowing through you that you never ever have to concern yourself with the mundane again. The concern for the mundane becomes a distraction from the bigger reasons you were put on this planet!



# An Exercise...

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- Write the word, “WEALTH.”
- List all the things it brings you
- As you do, visualize yourself having and being these things until you are full of passion, not just for wealth, but for who you are becoming.
- Feel the joy that having MORE LIFE brings you.
- Stop and do this on a daily basis.
- List your values on a daily basis and see how you can bring wealth up the value scale.



## Another Exercise...

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- Wherever you have made something or someone else more important than this work, ask, “What am I afraid will happen if I don’t make this person or thing more important? What am I afraid they will think of me? What will I think of myself? (This is a shadow – do the shadow work.)
- If it’s your family or your children, ask, “Is it really either/or? What if wealth could give you even more quality time with your children? Where would it fall on the value scale then?”
- If you hear things like, time, overwhelm, ***too busy, tired, scared, confused***, just notice where have you used that in the past to not show up for yourself and your dreams?



# You have to choose to take the action anyway!

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- These are probably the same reasons or excuses you have used for a long time. They are threshold responses, coping mechanisms, emotional patterns that have not ultimate power to stop you from taking right action, if you can just choose to take the action anyway!
- Even before you do all the inner work on your shadows and values, **YOU CAN JUST CHOOSE TO ACT IN A MANNER THAT IS CONGRUENT WITH YOUR VISION.**
- If you know this is the vision you want to create for yourself, you can choose to take actions to move you toward it, even when you don't feel like it.
- ***When you act in accordance with your vision, you begin to activate that visionary vibration!***
- You can also ask, "What am I afraid will happen if I no longer feel overwhelmed, tired, scared, or confused? What am I afraid I will have to do then? What am I afraid will happen if I actually do that thing? What will I make that mean about me or what am I afraid others will think about me? (a Shadow?)"



# Shadows have been running the show...

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- As you do this you, begin to heal the underlying compulsive behaviors that have been running your life, all your life! These shadows have been running the show, when you thought you were!
- These childlike parts of you have been running your relationships, your business and your bank account when you thought you were! That's why the checkbook isn't balanced, that's why you don't want to look at it...because a 3 or 5 or 7 year-old doesn't. That who has been running your life!
- As you embrace and heal them, it will be like taking your foot off the brakes.
- So if you haven't done the basics, do that first, at your next earliest time or before you listen to another recording. In fact, stop this one and do them.





- To continue to try to do this program without doing the homework, is actually undermining your success.
- It is building, and reinforcing old behavior patterns that haven't served you in the past and aren't going to serve you now.
- Stop now, and do the exercises. This one act will make this program work for you where others have failed.
- Because you and you alone are laying the pattern for success or failure.
- Own that, and do what you need to do to make it work this time.



# Wealth Myth: You have to believe it to receive it.

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- TRUTH PRINCIPAL: **You can fake it till you make it!**
- **You don't have to feel worthy to make more, you just have to ask!**
- Ask and you shall receive. The state of asking is a state of receptivity. It's a state of FAITH. A state of believing that YOU WILL BE PROVIDED FOR!
- Just in asking, there is a level of believing that you will receive. For example, a child freely asks expecting to receive and rarely taking no for an answer, until the world teaches that child otherwise.
- If the Goddess set this place up so we "brought it all with us, and we have everything inside us to do what we came here to do," why would she set it up so we couldn't ask for what we need?



# This is how we were designed...

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- Asking is a beautiful and natural thing to do! It is how we were designed.
- The Universe is set up to give us what we want and need!
- Because in truth, that desire is already a signal of what we have within us.
- When we ask, we open up ourselves to begin to create the conditions for it to come forth.
- However, that doesn't appear to be our experience. Many times we don't feel we are being paid what we deserve, but the real truth is...
- **People don't pay you what they think you are worth, they pay you what you think you are worth. Because you train people how to treat you around money and success based on how you treat yourself and how you treat your money and success.**
- So you have to begin to look at how you treat yourself and your wealth and begin to treat yourself better, AND
- You don't wait until you feel worthy to start asking!



# You don't wait to do it until you feel it, and You don't wait to feel it before you do it!

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## You have to do the inner work and the outer work!

- By asking, you are affirming that you already have it. Asking is an affirmation in motion.
- You build your inner sense of worth through the inner practices, and then you ASK as a worthy person would ask.
- When you put those 2 things together, you begin to manifest.
- If you aren't feeling it, but you ask anyway, you begin to activate that energy within you.



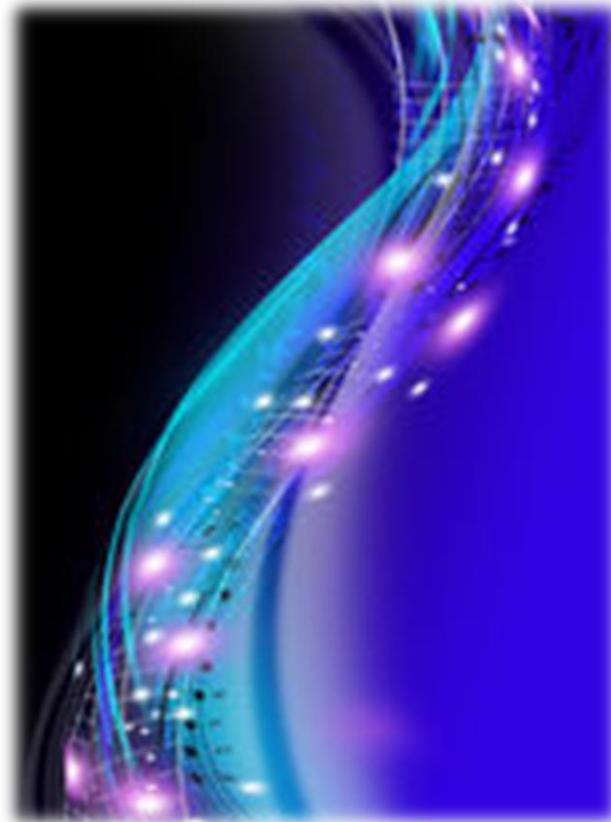
# How are you treating yourself around money and wealth? What to find out?

- Breathe. Then ask yourself: How do you treat yourself, in general? How do you treat your successes? When something good happens? Do you celebrate it? Do you share it? Do you give thanks for it? Or do you brush it aside? The universe doesn't know quantity, just quality.
- How about your money...how do you treat that? Do you have a feeling of expansiveness around it, generosity, joy, peace...or a feeling of stress, fear, lack, not enough, uneasiness, constriction? If it is, know that, that is the vibration people feel when they are interacting with you around it. It is a repellent.
- Now let's flip it. Take a breath. Remember or imagine something you love, something or someone you respect. Be with it hold it, feel it, how you respect, or cherish or treasure it.
- Breathe and let that feeling expand. Breathe again and let it expand again into your chest..then your whole body.
- Now in your minds eye see your bank account or checkbook or credit card or wallet or your business and radiate the good energy to that.
- Now see yourself in a transaction that in the past that would have caused you to feel uncomfortable, and radiate that good feeling, that same loving, powerful, respectful vibration to that transaction.
- Now check back in with that symbol of wealth. How does it feel? If it feels good, great! If not, come up with another symbol of love and build it and then radiate that feeling again. And keep doing it till it feels good!
- This is reconditioning your association and lifting your frequency!

# What about Money?

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- Look at money in your mind's eye.
- What is your feeling toward it?
- In your daily life, how do you handle money? If it's dollars, is it wadded up or wrinkled?
- Is your wallet a mess?
- Is your purse a mess?
- Are your bank records a mess?
- If someone were to see your wallet, purse, bank records...not the amounts, just the way you organize it and handle it, would they say, "That is a person who loves, honors, respects and appreciates their wealth and money and relationship to it?" Or would they say, "That's a person who doesn't respect it, who has guilt, shame, or judgement about it, who ignores it?"
- **NO JUDGEMENT, JUST AWARENESS—THAT AWARENESS, ITSELF, IS HEALING YOU!**
- If your money or wealth was a person you were in relationship with, based on what you know now, would they feel honored, seen, valued, loved? Or would they feel ignored, judged, shamed, alienated, used, disrespected, invisible? Would they want to hang out with you, or would they be looking for a way out and fast? Energetically, that is what is happening with your money.



# Do you cherish it?

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Energetically, the things we truly love and cherish want to hang out with us, just like people. The things we TRULY LOVE and CHERISH—they want to be around us!

So even if you feel like you LOVE money, if you don't have enough of it, then you don't. You may WANT it. But instead of loving and cherishing it the way you do that person or thing you used earlier in the exercise, how you really feel toward money is that

- You want it. You imagine all the ways it would make your life better.
- But you also fear it. You may hate it for the pain it has caused, or the lack of it has caused you.
- You hate having to deal with it—the fact that there never seems to be enough of it.
- You hate spending time with it – even though you may like what you can get out of it. -This is a usury relationship...like having a person around for what you can get out of them...that's not love or appreciation or respect.

But if you really loved, honored and appreciated money, you would honor and respect all aspects around it. You would also find people to help you, like bookkeepers, money managers, etc.

Set the intention: I am going to love, value, cherish, and respect the money that comes into my life.

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**You can really earn and receive as much as you are willing to ask for and receive.**

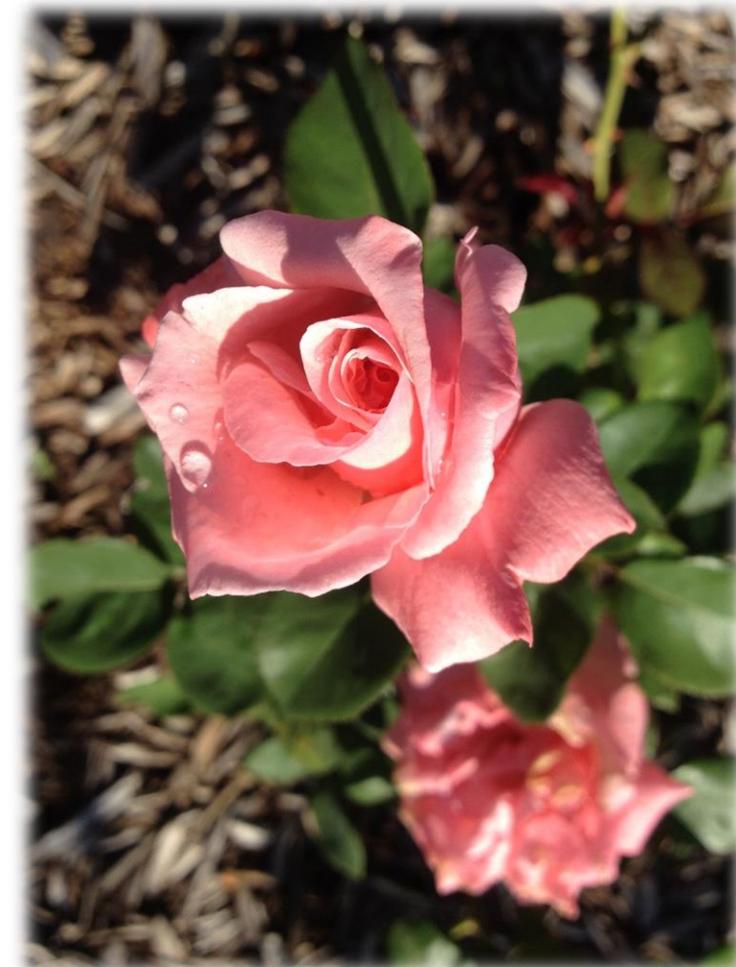
There is no shortage...there is no limit in the Universe.

It starts by asking, opening, by stepping into the next level. We have been building an INNER WEALTH CONSCIOUSNESS, but now we need to ask, **“HOW CAN I STEP OUT AND ACT IF IT IS TRUE?”**

- How can I act in a way that I love and cherish abundance?
- How can I act in a way that I am open to receive, which is a signal that I believe?

**HERE IS THE TRUTH...**We have been building your wealth consciousness and you AND THE UNIVERSE already know what you want. If you don't, then now would be the time to get clear on that. But once you are, **ALL YOU TRULY HAVE TO DO IS ASK FOR IT!**

**Release the false belief that you have to really believe in yourself, and be confident, and high self-esteem, and all those things BEFORE YOU ASK...(that's how we trip ourselves up!) Just ASK! And see what happens!!!**



# Asking for more in your life...

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Many times we know what we want, but we are waiting for it to feel comfortable or safe...

We are waiting for someone to offer it to us...

But **WE HAVE TO STEP INTO** the next level...We have to step up. Then we have to do the work to own it.

So where are you feeling the impulse to ask for more?

Where are you feeling the desire to ask?

Where are you wanting more but you are not asking, because you are waiting for it to feel safe? What is the story you are telling yourself here?

Not asking, waiting for it to feel safe, is like not walking the fire at a fire-walk. You will never get the reward, if you don't take the first step.



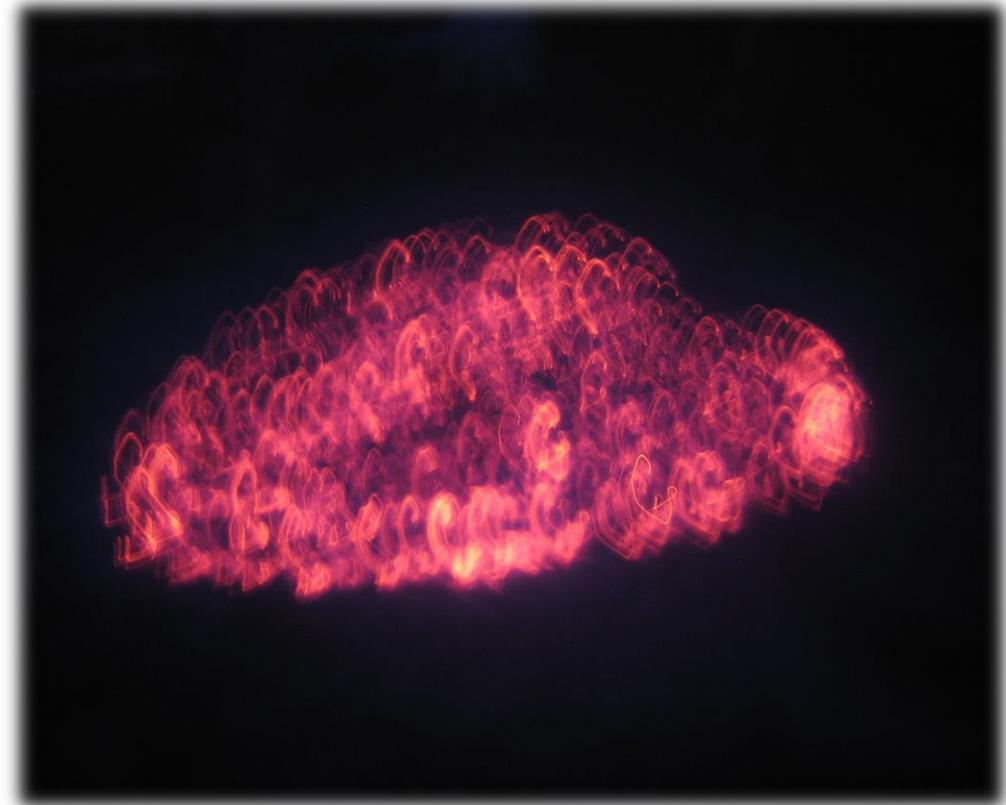
# Adding Value...

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One of the things that comes up is that we don't feel like we are worth it, or what we are offering is worth it. The trick is to add more value...Not looking for what you can get, but what you can give.

So ask yourself, "What could I add to my offering that would create so much value and feel so good to me, that I could stand confidently that I am providing more than enough value than I am asking for in return?"

**Life never holds anything back from us. We hold ourselves back from life.** If you are holding yourself back and not really showing up in a relationship, then that is one of the reasons why that other person is not really showing up for you. It's the same with wealth.



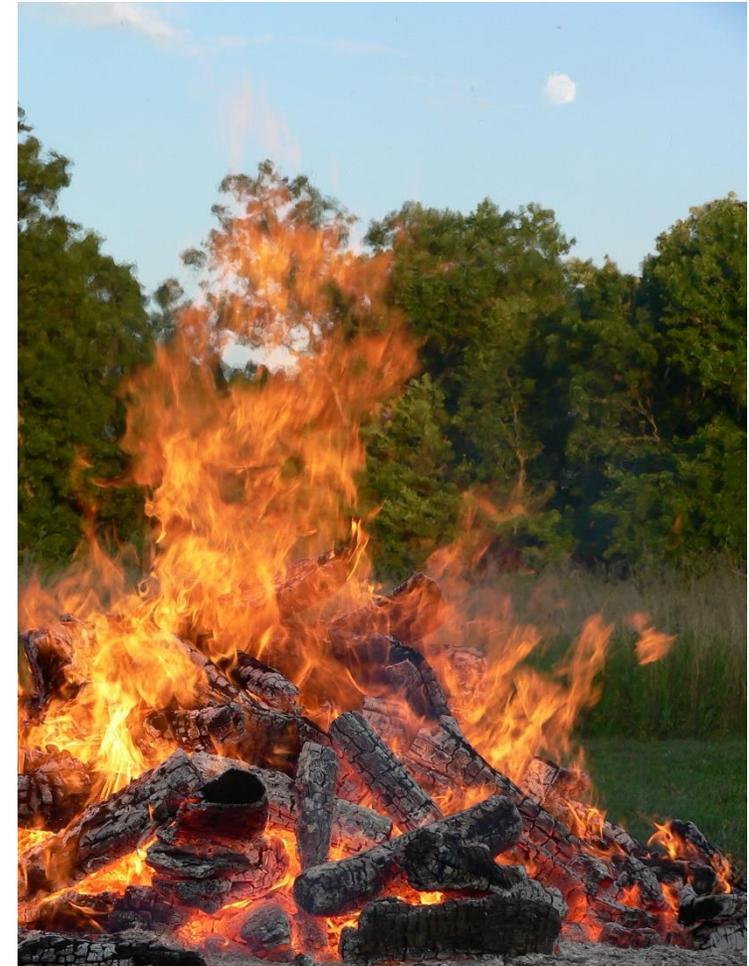
## A word of caution...

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Don't give away the store. There may be many of you that are in the habit of over-giving.

Here's the test: How does it make you feel? When you think about making your big ask, and you have added value so you can justify asking for more, does it feel good? Does it excite you?

Or does it make you feel angry or tired when you think about giving that much to that many for that price? If it makes you feel like this, you are probably undercharging for great value already. In this case, you need to just buck up and ask for more.



# Shame, guilt, and false beliefs...

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- Think of a situation where you wanted to ask for more, but when you think about doing it, or if you even tried, you felt bad or guilty about it.
- What did you make that mean about you? Or, if you haven't asked yet what are you afraid others would think of you, or what would it mean about you if you did ask for it?
- What does it make you feel about yourself, when you imagine doing it?
- Or what are you afraid will happen?...rejection, a derogatory comment, etc. (selfish, greedy, money hungry, evil, a bad person, you don't care about anyone but yourself, your insensitive, uncaring, it's all about you, you're self-indulgent, materialistic...what is the shadow? Find the one with the strongest charge...the greatest cringe factor.
- Close your eyes and drop down deep within to the center of your being, to your inner sanctuary.
- Invite the shadow in...notice where they come from, how they are walking, what they are wearing as they move toward you...have them take a seat in front of you.
- Ask them, "Where did you come from? How and why did I create you? What was that situation?"
- Then ask, "How have you been my ally all along, helping me grow?" So we often react to our shadow by making a mask – so a greedy person might create a do-gooder, generous mask, etc. So in this is the gift.
- Now ask, "What is the lesson this shadow has been trying to teach you all along and what is it trying to teach you now?"
- Now ask, "What do you need from me to take your rightful, constructive place in my life?"

# Rebuilding your shadow...

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You are not trying to fix your shadow. You are not trying to make your greedy self not greedy anymore. You are asking this part of you to show you how to be healthy in this area. EVERY SHADOW HAS A CONSTRUCTIVE USE! So a healthy way to be SELF-CENTERED is taking care of yourself...that might look like:

- Going to the gym
- Taking a yoga class
- Giving yourself one hour a night to write that book or work on your business

So it may not, and most likely will not have much to do with money, specifically, but it might. Just don't be surprised if it doesn't. Don't be surprised if you hear something like this. It is your shadow's way of growing you up.

Now ask, "What will my life look like when you are integrated in a rightful and constructive way? What will I look like? How will I show up in the world when I have allowed you to become fully integrated in me?"

Breathe and embrace that shadow, and as you do, feel that part of you integrating in you. Feel a sense of gratitude for what is occurring.

**REPEAT AS OFTEN AS YOU NEED TO, IN ORDER TO MOVE TOWARD WHOLENESS IN THIS AREA.**



## *Home Play*

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- Print part four of your workbook and handouts, and do the exercises.
- Finish 25 ways to manifest more.
- Continue to journal with your Sacred Money Archetypes Daily
- Continue the Money Tracking Sheet.
- Make an appointment to get a reading or a healing if you haven't done so
- Begin to reverse-engineer your life to feel more like your goal vibration
- Start or continue your giving rather than getting practice
- Share your experiences on the Face Book Page.

Gratitude  
&  
Closure  
Ground

