

# The Energy of Money

A guide and workbook  
to redefine your relationship with  
your inner money blueprint

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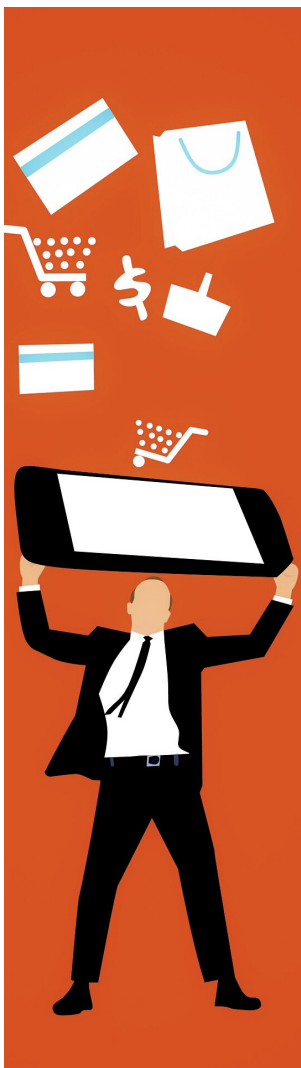
# Hello and Welcome!

You deserve to feel good about yourself and your experience of wealth. That good feeling and confident experience comes from your inner belief blueprint. Your beliefs determine your habitual thoughts and reactions to everything, including money. Your inner, unconscious beliefs also determine the quality and quantity of the life force energy that comes to you and that is available to you to create your life, including your financial life.

This workbook will help you uncover some of those beliefs and start you on your journey to recraft your inner blueprint. Everything you will do will be based on positive energy and unconditional love. I believe that when you change in ways that are loving and kind to yourself, you usher in a more fulfilling and authentic life.

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# WHAT IS The Energy of Money



## Your financial life is ruled by energy

There's a whole lot of buzz about what to do to make more money. You can learn about side hustles, online or offline ventures, investing, flipping, freelancing, coaching, tasking, designing, surveying, redeeming or reducing. What this says to me is that the world includes plenty of opportunities to change your financial life. But you need something besides hard work to make your financial life change. You need good energy.

Believe it or not, you are giving and receiving energy right now. Some of that energy relates to money. If you upgrade your energy around money, everything about money gets better. I know this is true, because I've lived it.

# What Energy?

If you're thinking, what energy? Cast your mind back to a time when you actually felt energy. Perhaps you walked into a room and your vitality, emotions or confidence dropped. Or maybe you felt the excitement of a cheering crowd or the peace of a meditative or prayerful space. The energy of a situation or a space can be changed by the quality of the energy that people put into it. The same is true for your life.

You are putting energy into your own life through your focus, your attention, your beliefs, your emotions and your choices. Change these things, and you will change your life.

Most people don't have very many tools or techniques to change their energy from the inside out. Or, maybe you tried a few things that didn't work, and you decided that it's a bunch of bunk. If you're skeptical, try out the statements below. Know that if you have limiting beliefs about money, you are blocking its flow into your life.

## Repeat these statements outloud

- ✓ "I deserve to make more money."
- ✓ "It is possible for me to be financially free."
- ✓ "All of life supports my financial security and enjoyment."
- ✓ "I can make more money and be true to my loved ones."

If saying those things makes you feel bad or throws you into thoughts of how that cannot be true, you have limiting beliefs about money.

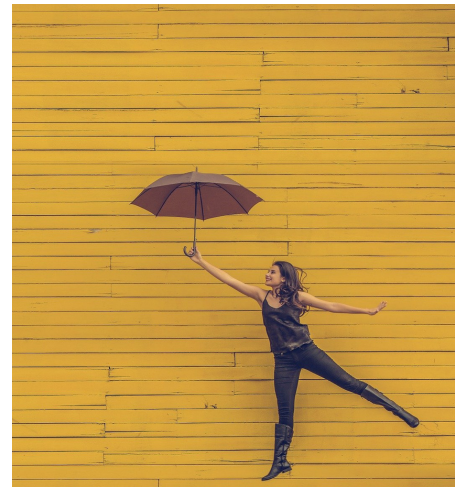
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# THE BEST TOOL FOR CHANGE

## The Power of Love

1. I believe that the best way to shift beliefs and energy is through love, especially self love. Self love is a skill that anyone can learn. You learn it using your powers to direct your intentions and attention.
2. When you create your life with love for self and others, the result is authenticity and fulfillment. The real reward of inner change is who you become through doing the things to reach your goals. When it is all fuelled by love, you love the results.
3. You were meant to live a life of meaning and goodness. If you struggle to understand how love has anything to do with money, read on to find how your abilities to love and be loved create goodness.

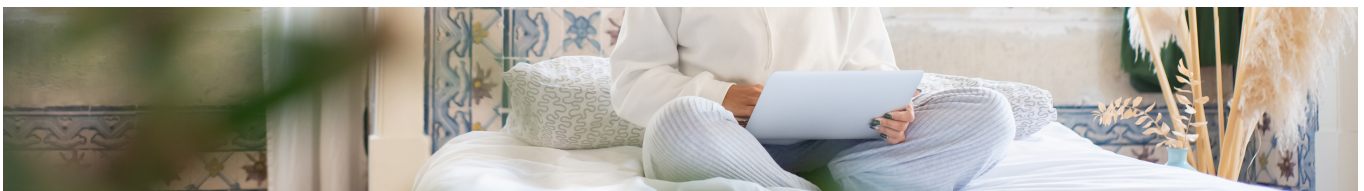


*"Ask for what you want. Believe you deserve it, and then allow Life to give it to you."*

*~LOUISE HAY*

## Tools and Techniques to bring love and prosperity into your life

- 1.** Reiki and Thetahealing®  
These energy healing modalities will give you positive energy and help you find and heal inner limitations.
- 2.** Guided Imagery  
Most of us have experienced guided imagery or guided meditation. We know what it does to relax and focus the mind. Now imagine how this tool, when combined with life force energy, can help you make lasting change. This type of guided meditation also helps you connect with your own inner wisdom to create change that is wise.
- 3.** Simulations  
Simulations are a different kind of guided imagery. They help you get the feeling of the experience you are aiming for. They are more than daydreams because they ground the energy of the experience in powerful ways.



# Reiki Healing Energy

Reiki is a Japanese form of life force energy healing that brings positive energy to the receiver and allows that person's own energy system to use the Reiki energy for self healing and balance in every part of life. This includes mental, emotional, physical and spiritual.

Reiki can be done in person or "sent" through time and space. Only a person attuned to Reiki can channel Reiki energy. The receiver should make specific intentions so that their system can receive the Reiki and use it in ways that reflect those intentions.

**What are your intentions for Reiki healing? You might want changes in beliefs or emotions, something physical or something else.**





## What is Thetahealing®?

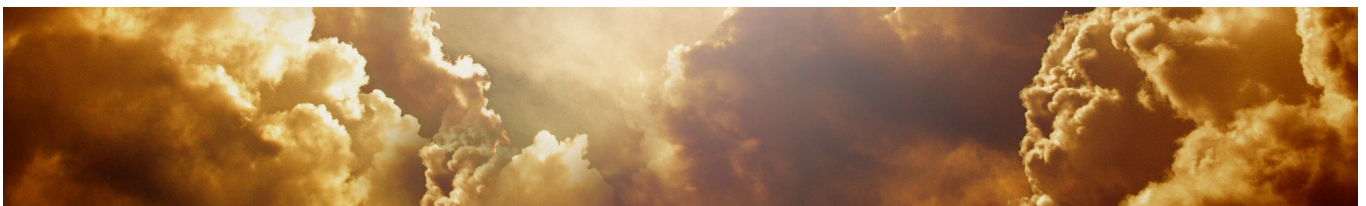
Thetahealing® is an energy healing modality that pinpoints unconscious beliefs and changes them with energy. It uses muscle testing to uncover subconscious beliefs.

### Muscle Testing

It is surprisingly simple to connect with your subconscious and find out what you believe at a gut level. All you do is stand up, relax and let yourself sway forward or backward. Forward indicates yes and backward indicates no. For some reason, you must be hydrated for this to work. Try it out. Take a drink of water. Stand up, relax, close your eyes and say, "Yes" outloud. Did you feel your weight shift forward. If yes, you are ready to experience Thetahealing®.

### Shifting Beliefs

In Thetahealing®, you allow the shifts in belief by giving permission for the change and allowing the Thetahealer® to do the rest.



EXERCISE #1

# Understand Life Force Energy

Get a feeling for the energy in your life by recalling when it has shown itself to you

WHEN DID YOU FEEL IT?

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WHAT DID YOU CONCLUDE?

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EXERCISE #2

# Changing Your Mindset

Changing your beliefs changes everything.

1. What beliefs do you want to change about money?

2. What beliefs do you want to change about happiness and health?

3. How will these changes make a difference in your life?







# Thank you!

I appreciate you and all of the good you are putting into the world and all of the good you will bring as you receive more prosperity into your life. Know that as you open more and more to love, self love and the energy of prosperity, the more goodness you bring into all of life.

Bless you in your journey and know that I am always here for you as a resource.



## Do You Need More Help?

Schedule or Call

*If you would like one-on-one healing or coaching, I am available at [www.icmassage.net](http://www.icmassage.net) or 319-341-7144. You can email me at [icmassage@msn.com](mailto:icmassage@msn.com). Check out my website for classes and events.*

