**MY ABUNDANCE WORK SHEET**

1. **Clarity: Find Your Numbers**

* How much money do you want right now?............................................................
* And what items and/or situations (e.g. travel), you want to experience that money will buy for you?.............................................................
* Now, pick the one item you want to manifest.

……………………………………………………….

* It is better at first to pick the item that money can buy……………………………………………

1. **Align: The Source of Your Wealth**

* Collapse Time & Space – Sun & Moon Meditation

*Visualize a sun in your heart chakra. Next to it see a full moon. See them both. Feel them both. Now, let the moon inch towards the sun in your heart, slooooowwwly.*

*Let them both merge and both disappear.*

*Sit quietly.*

* Stay in this place for about 20min
* Visualize your goal for about 3-5 min

**-feel your visualization**

**-use all your senses**

**-don’t see yourself as a person in your movie, but look through your**

**internal eyes like you would see the situation in real time.**

1. **Alchemy: Making Money Energy**

* Transforming negative voices: make a list of all thoughts that arise within the following 24hrs after #2
* Working with the Law of Opposites: write the opposites next to each neg. thought on your list
* Offer your list up (see instructions below)
* Repeat over and over again until no more voices show up.

1. **Taking Action: Converting Your Power**

* Taking Steps: write/draw/photo your goal/s
* Take any other small or big step towards your goal/s
* Put your images/words on your fridge

1. **Raising Your Frequency**

* Daily Gratitude Practice
* Dance, Breath, Jump, Laugh
* Re-decide your item & visualize it

1. **Celebrating Others**

* Well Wishing: Think of others who have more than you and be happy for them. Open your heart.

1. **Moving Outside Limitations**

* Generosity & Sharing, e.g.:……………………………………

**Repeat every step several times.**

Polarity List:

Fill in the left side and then the right column below and at best use a writing pad.

Negative Thought Positive Thought

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After all thoughts are listed and the opposite thought is found, sit straight, relaxed, feet on the floor and state: “I don’t need either one of these thoughts. I offer them ALL up. Thank you, Thank you, Thank you. Sit, wait for the shift. It takes a few seconds to minutes. Repeat with each upcoming row of negative thoughts until you feel freer and more neutral.

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