

Shift your past relationship with Money into a new awareness of Abundance in one month.

Anything you do becomes a habit after 30 consecutive days of thoughts and actions – whether it's the way you think, the words you choose to speak, or the manner in which you behave.

I'll keep my personal success story very brief – I went from being physically ill, laid off, struggling as a self-employed web developer, and ultimately losing my loft and having to drive away from my former life with what I could carry in my car... to launching [*Shift Your Spirits*](#) and creating my own thriving business centered around work that I love to do.

Even in a year when news of economic depression has been relentlessly and continually reported, my financial situation has grown exponentially – my yearly income increasing to five times where it was the year before, and that year was five times more than the year before that.

What changed? I got tired of struggling, committed to a simple set of exercises, and I followed through on them religiously.

To this day, I still keep the original dollar bill I chose to use as a talisman on my altar, so that the sentence "I don't have any money" can *never* be true or accurate again.

These exercises are something you can do too – and I simply want to share with you the exact formula I used to shift my consciousness regarding abundance and let you get started right away.

A warning about shelf-help

Shelf-help is when you get excited about a self-help or personal development program or book of some kind... You purchase it, you skim through, you read about the steps involved and *then you stick it on a shelf without taking action* – without actually doing the program as outlined.

That's not going to work. If you want it to work for you, you've got to do the work.

Sometimes, just becoming consciously aware of a different perspective is enough to allow you to shift your thought patterns and your actions. You may implement the concepts you learned in your own unique way. That's cool – it's ideal even! But *thinking about* a change you wish to make, or studying/ researching the change is not the right form of action.

What's going to happen if you read a book about losing weight, but you don't actually eat anything according to the diet recommendations or you don't do any of the exercises?

The same thing is true with any effective change you wish to make – it certainly includes your beliefs regarding abundance.

If you follow through with this practice, just five minutes a day for one month, you will begin to shift your beliefs, your thought patterns, and your behavior in a way you never have before – and it will create the momentum you desire to keep moving forward, month after month, year after year.

Commit to making this work for you. *Commit* and *work* sound intimidating -- but this is really simple! There's no reason why you can't easily complete this course if you choose to do so.

Preparation & Instructions

Materials you will need:

- Plain notebook paper (printer paper or a cheap spiral notebook)
- A regular letter size envelope
- A pack of 100 index cards
- A Paper bill (or coin) with a human face
- A couple of paper clips, binder clips, or rubber bands

Before you begin the daily journaling, there are a few foundational exercises you should complete first:

- Write an Intention Manifestation Master List
- Create an Abundance Affirmations Card Deck
- Select a Money Talisman (and clear its energy)
- Write an Old Money | New Money Character Profile
- Listen to the Guided Meditation
- *Optional – Create a vision board or digital desktop screensaver
- Write out your vows

Plain notebook paper (printer paper or a cheap spiral notebook)

I advise using plain, loose-leaf paper or paper you can tear out of a cheap notebook. It doesn't matter whether it is lined or unlined. Don't choose an expensive, special, or otherwise "precious" journal to do these exercises – the paper/notebook itself is not as valuable or as powerful as your thoughts and ideas.

A pack of 100 index cards

Lined, unlined, colored, white – it doesn't really matter. You can make your own by cutting up pieces of paper to card size if you wish, but a heavier weight paper stock will make it easier to shuffle the cards and carry them around with you.

A paper bill (or coin) – any currency that has a human face on it

The denomination does not matter. You don't want to spend the piece of currency you use as a talisman during the course of this exercise, so a smaller denomination, such as a one dollar bill, may be best.

If you wish, you may ask your angels or spirit guides to send you a special money talisman to use – then keep your eyes open for the next coin (or bill) you find lying on the ground.

Because coins and bills are handled by many people, you may wish to clear all residual energies from the piece of currency by placing it in a dish of kosher salt overnight. After clearing the money's energy, I recommend you have it with you as you listen to the guided meditation, in order to program the object with the vibration of the energy you experience during the meditation.

Write an Intention Manifestation Master List

On several sheets of paper (as many as you need) create a list of everything you wish to manifest regarding money and/or abundance, at any point in the future. Ask yourself, what would a day in my life look like if I had everything I could want, need, or desire?

- Write each item on its own line, in any order, as they come to you.
- Write each item in the present tense. Examples: *I have a job that is fulfilling. I have more money than I need. I live in a beautiful home. I am surrounded by friends and family whom I share my good fortune.* Etc.
- Include those things you already have for which you are grateful.

Dream big! This list should represent as many details as you can envision regarding the best life you wish to lead. Get really specific and detailed. You can't have too many items on this list, no item is too small or insignificant, and this list can't be too long.

You may spend a whole day working on this list, coming back to it as you think of other things to add. If you wish, you may continue adding to this list for the course of the month that you are journaling. Just make sure that by the time your one-month completion date has passed you have taken this list, folded it up, and sealed it in an envelope.

- Write your name on the outside (so that it is clearly addressed to you)
- Write the date one year into the future.
- Seal the envelope and do not open up before that year has passed.
- Put it somewhere special, such as an altar, or place where you keep important treasures so that you can find it again.

The idea behind writing the intentions down and then putting them away is that when you place an invoice with the Universe, you do not need to keep repeating that request. Once you repeat that request, command, or order, the Law of Attraction is already at work and what you've manifested is on its way. Unnecessarily repeating the request keeps "restarting" the process, with potential delays.

Put your Master List out to the Universe and then put it away. Don't open or reread what you've written for at least a year. (If you wait even longer, that's fine. The first time I did this exercise, I forgot about it for nearly three years. When I ran across it and looked inside, I was stunned to discover how many things on that list had become true for me. The future indeed became the present.)

Create an Abundance Affirmations Card Deck

On one side of each blank index card, write down a single individual negative thought or belief you have regarding money. You want a stack of at least 30 cards to complete the month's exercise, but if you can create 100, even better.

I recommend that you use Evelyn Lim's [101 Negative Money Beliefs](#) as a jump-off point -- it's the perfect free resource for an exercise like this. Look through the comprehensive list she has posted at *Attraction Mind Map* and find at least 30 negative beliefs that resonate with you.

By resonate, I mean you identify with those beliefs – you have found yourself thinking or believing them at any point in your life – OR you have heard someone say them to you at least once in your life. Don't hesitate to change the wording to correspond more accurately with your own negative feeling or thought regarding money.

You should now have a stack of 30 – 100 cards.

*I'll tell you what to do with these cards in just a bit – how to transform them into positive affirmations – in the daily journaling instructions...

Write an Old Money | New Money Character Profile

I've posted several articles on *Shift Your Spirits* about how to profile the personification of the Old Money that you've related to in the past, and how to replace this Character with a New Money. (I learned the concepts behind these exercises from Morgana Rae of [Abundance and Prosperity](#) and Doreen Virtue of [Angel Therapy](#)) :

Talking to Money

<http://sladeroberson.com/manifesting/talking-to-money.html>

If Money Was a Person, Who Would Money Be?

<http://sladeroberson.com/index.php?p=89>

Your Meaningful Money Makeover

<http://sladeroberson.com/manifesting/money-makeover.html>

*If you have trouble with the Money Profiling exercise, you might try listening to the guided meditation first – the meditation visualizes your personifications of both Old and New Money.

Listen to the Guided Meditation

You may listen to the meditation / attunement as often as you feel the need. If you feel at any point during the month-long exercise (or afterward) that you are slipping back into your old thought- and behavior-patterns concerning Money – don't be discouraged.

The messages and beliefs you carry about Money did not infiltrate your mind and spirit overnight – they were habitually reinforced from a variety of sources over the course of your lifetime (perhaps, across multiple lifetimes). The negative, fear-based beliefs about Money held in the Collective Consciousness are continually and constantly re-introduced, especially during this New Age of Data and hyper-connectivity.

You may wish to greatly reduce your intake or exposure to News media during the 30 days you've committed to shifting your beliefs about money. While it may be unrealistic to completely block out the News, at least be aware that these messages are not coming from within you, from your true source of abundance – they are coming AT you, from outside you, and they are powered by intentions of fear.

Keep in mind that witnessing these messages and/or believing in them are degrees of exposure – distance yourself. Compartmentalize the information – which is coming from within you, intuitively, and which is coming from external sources. Even just a conscious awareness of the Source can help you create a powerful shift in perspective.

The guided meditation is meant to be a clearing / cleansing exercise – but just like dust and cobwebs and pests, eventually the dirty stuff creeps back in. The initial energy clearing will most likely be the most profound, but don't expect it last indefinitely.

The daily exercises – the actions taken to shift your habitual thought-patterns – in the month-long program will mentally reinforce the spiritual.

Just as with any kind of cleansing ritual, it will be easier to maintain that clear energy by regular, multiple, subsequent action. So, bottom line, listen to the meditation whenever you feel you need reinforcement.

***Optional – Create a vision board or digital desktop screensaver**

A vision board is a popular manifesting tool you may wish to employ. You can find tons of ideas and tips about creating vision boards with a little online research.

Rather than rehash vision boarding, I'll suggest that you employ a digital alternative. Especially if you spend a lot of time on the computer, a simple screen-saver version can be very powerful. Most (if not all) current computer operating systems will allow you to select a screensaver setting that cycles a folder of images. If cutting and pasting magazine clippings is not your thing, create a folder of digital abundance pictures. Flickr.com is a great source of images for personal use.

Journaling

Pick a specific date to begin your belief ledger – your money diary – and mark both the start date and the completion date on your calendar.

One of the most powerful ways to schedule the full cycle of the month-long program is to follow the phases of the moon.

Listen to the Money Meditation during Moon Dark – the dark phase of the moon – the days preceding a new moon, when the moon is at its least visible size in the sky. On Moon phase calendars this will be the Last Quarter, or roughly the week preceding the New Moon.

Choose a Start Date that corresponds with a New Moon

You can find a calendar of this year's current moon phases at:

<http://aa.usno.navy.mil/data/docs/MoonPhase.php>

What if you want to start now and the next New Moon is too far into the future?

You have three options, you can either :

- Good – simply choose a start date and a completion date that is 30 days later and work without the moon's cycle.
- Better – choose the next New Moon start date, and between now and then do only the preparatory part of the program, such as gathering and organizing your materials, taking your starting evaluation quiz, and listening to the clearing meditation.
- Best – choose the next New Moon start date, and between now and then, do all the preparatory parts of the program, and do as many days of the journaling as you have time for as a practice run – essentially extending the length of the program.

I'll leave it up to you to choose whether or not you wish to do your daily exercises with pen and paper or type them in a word processing program on your computer.

Whichever is most comfortable for you.

I do recommend that you write out the Master Manifestation List in your own handwriting.

Write out your vows

In the front of (or the beginning of) your money journal, write or type the following:

Today [insert the current date] I stop believing in the illusion of physical money as my True Source of Abundance. In the past, I believed in money's power over my own power of divine creation. In the past, I doubted the truth of infinite abundance, and allowed the lie that there are limits and lack to infiltrate my consciousness, thereby creating and perpetuating a reality where I am separated from my True Unlimited Source. In the past, I believed in the straightjacket of mortality, that my physical condition requires suffering or want. In the past, I believed in the illusions regarding abundance created and recreated by fear. In the past, I participated in the fear-based collective consciousness of my fellow human beings, accepting errors in perception as truth without question.

Today is the present, and the beginning of a new future in which I commit myself to questioning and examining my own Truths about Abundance. Today I prioritize the Authority of my True Source.

I am open to divine guidance.

I expect divine guidance.

I trust divine guidance.

I take action on the divine guidance I receive.

Today I am willing to change.

Daily Journaling Instructions

Each day, shuffle the cards and select one negative belief at random. Placing these messages on cards, shuffling them, and selecting one at random allows you to introduce the magic of divination into the exercises – where the message you most need to contemplate on a particular day is divinely timed.

Each day when you pull a card, draw a line or an X through the negative belief (so that you can still read its original wording).

On the other side of the card, reframe the negative belief into a positive affirmation by rewriting its exact opposite in your own words. For example: *Money is in short supply* may become *Money (Abundance) is unlimited*; *Money is evil* becomes *Money is blessed*; *Spiritual people are not supposed to be rich* becomes *Spiritual people can be wealthy*.

This new positive belief or affirmation is your Money mantra for the day.

Take at least 5 minutes to log the following in your daily entries:

- What/ who is the source for this negative belief about money?
- Where did I first hear this belief?
- How far back does this message go in my life?
- What events or circumstances have reinforced this belief?
- What events or circumstances have defied this belief or suggest that the exact opposite may also be true?

These beliefs are not yours – you did not invent them, you received them from someone else. If you can identify who/ what/ when/ where/ how you acquired these messages regarding money, you automatically become more conscious about what constitutes the source of “truth.”

Look at, hold, meditate on the face of money you have chosen as your talisman, and ask the following questions each day:

- Money, how do I feel about you today?
- Money, what can I do to have more of you in my life?
- Money, what else would you like to tell me at this time?

You can make the dialog very brief, as you will be asking Money the same questions each day. Some days, you may hear the same responses; other days, the answers you receive will be dramatically different.

Note the actions that Money advises you to take each day. Choose one of these actions and follow through in some small way.

Ask *What is the Next Obvious Step?* And no matter how small, follow through on it.

In your daily entry, record:

- Any actions you took the previous day to follow through on Money's suggestions.
- Any feelings that came up for you.
- Any source of income that came to you, no matter how small – especially unexpected sources of income.
- Any payments that you made – yes, even bills you paid. Be proud of your financial responsibilities, as they are material evidence of your relationship with abundance.

With a paper clip, binder clip, or rubber band, attach your positive affirmation face up to your bill, with the most current message on top, and carry it with you throughout the day.

Whenever you encounter a thought about Money – any thought about money at all, whether it is positive or negative – repeat the day's mantra to yourself.

If you have a “bad” day, where you are worried about money, or anxious thoughts about your finances begin creeping into your consciousness – simply bless anything and everything you see. As you drive down the street or walk down the sidewalk or glance around the room, bless anything you see, no matter how mundane it may seem.

Bless the asphalt, bless the sky, bless the car next to you, bless the squirrel darting in front of you, bless the grass...

Simply begin naming everything around you – I mean everything – acknowledging the significance of all things in the Universe.

You must do this for 30 consecutive days. If you miss more than ONE day, you must start over. It takes 30 consecutive days to pattern new thoughts and new behaviors.

Are you feeling Resistance?

Uh oh, I heard somebody groan.

“I don’t want to do all this.”

“I have to do this everyday?”

It’s okay if you experience this resistance -- just use it as an invitation to drill down, dig deeper, and explore where these thoughts are coming from.

What does that tell you about yourself?

Come on, this is one month! This is five minutes out of 24 hours. Can you not manage it? Why would you choose to fail at something so simple if the effects could be so positive and so profound?

Listen, I am not bullshitting you – this changed my life, forever... I completed one month of this journaling activity, and then beyond that, I continue to reinforce with updates/ entries every once in awhile.

I don’t always write down my thoughts, but I *practice* them constantly. This is a lifestyle change. It does not happen overnight, but it does happen.

You just need to make a simple commitment.

When you experience doubts, fears, or resistance, if nothing else, say out loud

“I am willing to change.”