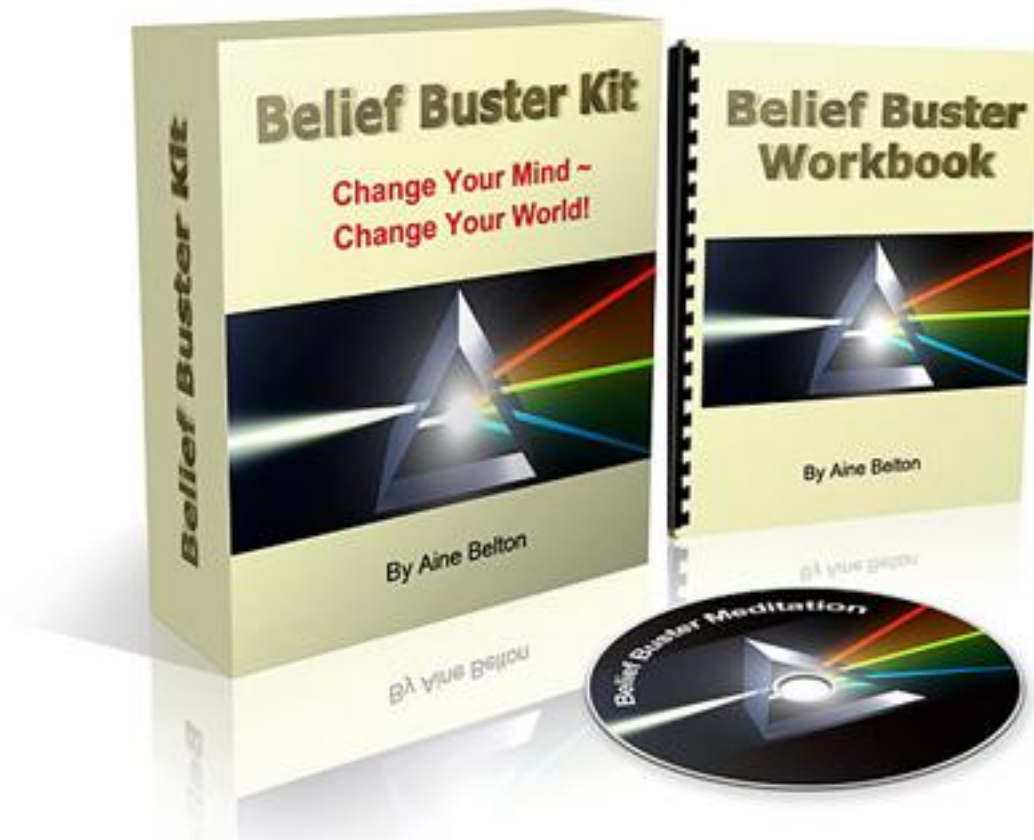


# Money & Belief\$: Unlocking Your Abundance

By Aine Belton

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**Belief Buster Kit**

**CLICK HERE** for the **Belief Buster Kit**  
(And click on the 'boxed' blue text or **CLICK HERE** links  
in this ebook to access websites)



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This ebook explores the potential mental and emotional pitfalls, blockages and agendas that can stand in the way of monetary abundance.

Your reality is a reflection and extension of the entirety of your consciousness. Any perceived challenges or limitations 'out there', can be healed and resolved by addressing and transforming the internal discordance that lies at their root.

Your beliefs are the building blocks of your reality. They are the literal constructs and boundary conditions of your world.

The **Belief Buster Kit** explores over 20 techniques for identifying and clearing limiting beliefs and creating new, empowering ones aligned to your visions and goals. It includes the **Belief Buster Meditation** with which to implement these changes at a subconscious level.

**[CLICK HERE](#)** for the **Belief Buster Kit**

When your beliefs serve you and your dreams, you can re-invent yourself and your world in a way that reflects who you truly are and your heart's deepest wishes and desires.

Trying to change your external reality without changing on the inside is like trying to change a movie by manipulating the screen, rather than the film inside the projector.

Nothing changes until you do!

You can write new scripts for every area of your life, and that includes finances and abundance.

Your beliefs are one of the most potent ingredients in your manifesting tool-box. The good news is, you can choose what you believe. These largely unconscious agreements that function as blueprints of your reality, can be identified and changed.

Freedom from impeding beliefs enables you to unlock the abundance that is there for you in every moment. The Universe is infinite in its source of energy with which you manifest your reality.

To manifest is to bring into form. It is the physical realization of your beliefs, attitudes, thoughts, feelings, choices and decisions. You are manifesting all of the time whether you are conscious of it or not.

The question is not *whether* you can manifest, but how you already are, i.e., what internal beliefs and thought/feeling processes are currently shaping and dictating your life, and how can you change these so that they are aligned to the life you desire.

Before we go any further, let's take a brief look at your relationship with money. You might like to grab a pen and paper for this.

When you say the word money, how do you feel?

Just stop for a minute and notice any thoughts or feelings that arise when you think about money and write these down.

If you're not sure how to define your feelings at first, start by simply asking yourself if you feel good or bad.

Then ask yourself why you think that is.

Explore and be more specific about how you feel about money, and why, and see if you can uncover some of the thoughts and beliefs behind them.

This simple exercise of inquiry and investigation can begin to lift the veils on your relationship with money.

It will serve to shed light on your 'money consciousness' and enhance your awareness so you can be more primed and sensitive to insights, triggers and 'hot spots' that may occur whilst reading this report.

## **Money Myths**

Most of what you believe about money isn't true!

There are a multitude of money myths apparent in the hundreds of statements, aphorisms and sayings about money that exist today, many of which you may hold as beliefs in your unconscious mind.

These have been 'downloaded' from your parents, society, friends, the media, and so on. Many of your

beliefs about money may have been passed down from generations before you.

Your un-serving money beliefs are hindering your wealth potential and financial success.

Read the list of statements below and pay attention to any that jump out at you, strike a chord or resonate within.

Watch out for any that you particularly recognize and have heard members of your family, friends or yourself say, either growing up or in adult life. Make a note of which these are.

1. Money doesn't grow on trees.
2. Do you think I'm made of money?
3. If you have money, you make money.
4. The rich get richer, the poor get poorer.
5. A fool and his money are soon parted.
6. Money is the root of all evil.
7. Rich people are greedy.
8. Money burns a hole in your pocket.
9. Money is hard to come by.

10. Money is no object.
11. Money is power.
12. Money isn't everything.
13. Money makes money.
14. Money talks.
15. Put your money where your mouth is.
16. Follow the money.
17. Time is money.
18. Poverty is no sin.
19. Let the buyer beware.
20. Money doesn't buy you happiness.
21. Beggars can't be choosers.
22. If wishes were dollars, we all would be rich.
23. The further you go the bigger you fall.
24. The grass is always greener on the other side.
25. More money equals more problems.
26. Never mix business with pleasure.

27. Spend less, make more.
28. Why don't you get a REAL job?
29. Another day, another dollar.
30. It's all in a day's work.
31. Save for a rainy day.
32. Give credit where credit is due.
33. Give the devil his due.
34. A penny saved is a penny earned.
35. You can't take it with you.
36. Don't look a gift horse in the mouth.
37. They earned their money the hard way.
38. Make an honorable living
39. Don't bite the hand that feeds you.
40. Don't spend it all in one go.
41. Don't spend more than you make.
42. What will I do with all of this money?

43. Finders keepers, losers weepers.
44. Don't be penny-wise and dollar foolish.
45. You have to spend money to make money.
46. No pain - no gain.
47. Nothing ventured, nothing gained.
48. One man's loss is another man's gain.
49. You can't get blood from a stone.
50. You can't get something for nothing.
51. You get what you pay for.
52. Whoever loves money never has money.
53. I was never good at numbers.
54. Pay as you go.
55. Pay the piper his due
56. Business before pleasure.
57. It is easier for a camel to go through the eye of a needle, than it is for a rich man to enter the kingdom of heaven.

58. It's not worth the paper it is written on.

You may have noticed that amid these phrases there are some more generic beliefs such as 'The grass is always greener on the other side', or career related beliefs such as 'Never mix business with pleasure'.

That's because it's not just beliefs about money specifically that affect your relationship with it.

Beliefs about yourself, success, power, work, rich people, right livelihood, freedom, authority, spending, and so on, can all affect your experience of monetary abundance.

You may also have beliefs in the nobility of struggle or scarcity, or beliefs about how much you deserve money, for example.

The **Belief Buster Kit** enables you to pin-point the exact limiting beliefs that are holding you back in any given area, with over 10 techniques for identifying limiting beliefs and many more for creating and installing new empowering beliefs in their place.

## **Money Magic**

What kind of magic do you think money would work in your life? What exciting wonderful changes do you think would come about if you had more money? Indulge in a juicy, expectant ponder!

And why do you want those changes? What would they mean to you? What qualities you are truly seeking or longing for? What's the 'why' behind the 'what'; the underlying intentions for having more money in your life?

Is it to be happier, healthier or freer? To have more fun and excitement, be more valued and respected by yourself or others, be able to express yourself more fully or give more ably?

Do you believe you'd have better relationships? Do you feel you'd be able to do the work you born to do or start new projects or birth the career of your dreams?

I would like to point out that it is not money that brings you any of these things, it is you.

You are the magic!

All the qualities you seek, the qualities beyond and including the physical manifestations of more money in your life, already lie within you. They are here right now and you can access them by experiencing their emotional resonance.

Immerse yourself in these qualities, the beautiful essences of what you truly desire, and in return, the physical representations will present themselves in your world.

Life works from the inside out, and you have been given all the resources you need to make your dreams a

reality. It all starts with energy, and that energy, that essence, manifests into form.

## **It all lies in you**

You are the source of all the money in your life. This may seem like an odd statement. Most people think that money is something 'out there' to be acquired, something they must somehow 'get'.

The greatest shift in consciousness you can make to heal your abundance issues and allow yourself to start generating and receiving more money in your life now, is to realize that it is sourced from you.

As James Allen says, "Circumstance does not make a man, it reveals him to himself".

When you understand the nature of reality from a spiritual and quantum perspective, you awaken to the awareness that your world is not separate from you, that it is malleable, and that you are its creator.

It is your beliefs, attitudes, thoughts, feelings, choices and decisions that shape your experience. When you change, so does your world - it can't not.

However much you think something is 'set in stone' (which basically means it is embedded as a belief in your subconscious mind), it is in truth no more real than you believe it is. In fact, it only 'is' because you believe it so. When you change that belief, 'it' will also change.

Everything is energy. When you break matter down to the sub-atomic level it is not the solid stuff you believe it to be. As quantum physics now proves, your physical world is comprised of waves of energy, of potential, that respond directly to our thoughts.

You are the one that determines what becomes matter (particle) out of possibility (energy).

When it comes to money, understand first and foremost that YOU are its source, not your job, your investments, your employer, your education, your partner, your luck or your parents. It all lies in you, and you, connected to the infinite source of the universe, are a limitless creator. Understanding this is the first gateway to freedom on your path to more money in your life.

When you take responsibility for your life you are more able to change it. Responsibility brings freedom and empowerment.

## **Heart Vision**

Now, I've no doubt you're already aware of the importance of what I'm about to share, as all insights into manifesting and the law of attraction reveal your emotions as integral and powerful tools.

Your feelings are the language of your unconscious mind, and as well as being allies for identifying beliefs you currently hold, they can be harnessed to strengthen and bolster new positive beliefs and serve as a binding agent for their subconscious setting.

If you want more money in your life, practice what it would feel like to be abundant; to have all your financial needs, wants and desires met fully, free from any doubt, worry, frustration or limitation. Experience the joyous, bountiful feelings that would be there if you had more than enough money in your life.

Flexing your feelings in this way helps to reinforce and anchor your new beliefs and the positive emotional resonance they generate.

One of the best ways to experience what it feels like to be abundant is to have a vision of yourself living that experience - a vision of a financially abundant you. This is explored in detail in the **Vision Sheets** section of the **Miracle Mind Manifesting Program** where you can create a **Vision Template** for the future you desire to create.

If you had the money you desired what kind of life would you be leading? How would you be feeling on a day to day basis? What might you be doing, who might you be with and where might you be? What would be different? What new visions and dreams would you be reaching for and achieving?

Allow yourself to step into this future you and experience your emotional state. Would you be feeling more confident, happy, peaceful, adventurous, joyous, generous, enthusiastic, visionary, resourceful...?

The secret is, you don't have to wait until you have more money to experience these emotions. They exist within you now and can be accessed right away.

In fact, it is accessing them now that will help to attract the money you desire into your life, for the means to getting there are the qualities of being there.

You can create a Vision Template, which is a scene, scenario or series of events that encapsulates this future abundant you in a succinct way, and visualize this on a regular basis.

What vision would instantly signify to you that you have acquired the monetary success you desire, and what would be the accompanying emotions?

Creating a Vision Template of an abundant you, and infusing it with the emotional energy of that future you, is a great technique to practice regularly.

It enables you to easily and elegantly engage the law of attraction and activate what I call 'Future Causation'.

The **Manifesting Blueprint Meditation** of the **Miracle Mind Manifesting Program** is a powerful means to achieve this, and allows you to fully immerse yourself in these emotions to create a resonant attraction force field that will magnetize your goals to you powerfully and effortlessly.

Of course, it is important that you also clear any limiting beliefs you have around money, for if

not, they will continue to work against you and create counter results in your reality.

Your beliefs are more powerful and fundamental as reality creation tools than the transient thoughts and feelings you conjure via your focus, will and imagination. They also act as well springs to your thoughts and feelings.

Focus, imagination and visualization are powerful allies, for they open you to new possibilities, states, and belief potentials that can quicken and enable the manifestation process and materialization of your goals.

Working with visualization and the law of attraction alone, however, won't manifest more money in your life if your beliefs are incongruent.

It is your beliefs that supersede the conscious workings of the mind, so it's important to identify any counter ones and choose those that fully support your visions and dreams.

## **Firm Foundations**

When you change your limiting beliefs you no longer need to 'try' to feel abundance or 'try not' to feel scarcity.

When your beliefs are congruent with monetary wealth, positive feelings flow naturally, and activating them consciously becomes effortless.

If the foundations (your beliefs) are faulty, however, visualizing and accessing positive emotions can not only be an effort, but will be like painting over cracks in a wall. It might look clean and bright for a while but it's only a matter of time before the cracks appear again in your reality.

You might manifest a short term money goal, for example, only to find shortly afterwards a big bill comes in, you lose or squander the money, sabotage your efforts and end up back at square one.

Or perhaps you manifest a new exiting job, only to discover the same issues, patterns and agendas that existed in your previous job present themselves once again.

That's why it's essential to address your beliefs so your unconscious mind can be aligned to your conscious mind and produce harmonious results.

### **Money doesn't make you happy**

As said, you are the source of all you desire in your life and that includes happiness. Until you free money from the attachment to happiness, self-worth, personal power, joy, freedom or anything else for that matter, you will be setting yourself up for failure and disappointment.

Not only will you have an added pressure to create money (with an emotional agenda inappropriately riding on it), you will fail to achieve the true qualities you seek

as they have nothing to do with money and everything to do with you.

It is not money that will bring you happiness, but happiness that will bring you money! Your love and joy hold the key to more of everything you desire.

More than 255 studies have shown that money doesn't buy happiness. These studies reveal it is the other way around: happiness buys money.

Happy people have been found to earn significantly more money over their life time than others.

Make happiness a priority. Begin to be more of who you are and do more of what you love, living from and expressing your authentic self, your gifts, talents and passions, and you will enable monetary abundance and the pleasures and rewards of right-livelihood (see 'do what you love, love what you do' below).

The greatest gift you have to give the world is YOU. The more you give of who you are, the more you will receive in return.

You serve simply by being you. That's why it's so important to be yourself and be true to yourself. When you do so it not only serves you, but everybody else as well.

## **Do what you love, love what you do**

Love is a magical magnet that attracts the best of everything.

Doing what you love is one of the greatest secrets to more money in your life. In doing what you love, in following your heart, you become and share more of who you are, bring your gifts and talents into the world, align to your purpose, and open to receive the fruits of these and more of all that brings you joy.

Love lights the way to the pot of gold at the end of the rainbow (which lies within you!).

Be aware of what you truly love and enjoy, and invite more of it into your life, whether it's career related or not, for it will still raise your energy in a way that will attract more success and abundance into your life.

You live in a limitless, infinitely abundant universe. Your heart holds the key to the abundance that is always there for you. Listen to your heart and let its love, joy and delights guide you on the path to the oasis of your dreams come true.

Do you believe it is possible to make money following your passion, living from your heart and expressing your true self - your gifts, strengths and talents? Or do you have blocks or limiting beliefs about the possibility of right-livelihood and succeeding in your dream career?

Perhaps you've grown up with parents that worked purely to earn money for a living, where the idea of doing something they loved to earn money was never even a consideration. Or perhaps schooling didn't encourage you to follow your true path or tap into your heart's desires.

## **Get prepared**

When you change your beliefs and your personal relationship with money, you will begin to attract more money into your life. It's inevitable!

For this reason, it's important to get prepared. What can you do on a practical level to be ready for more money in your life? Perhaps that is to learn more about money-management, explore investing, organize a debt-clearing system, create wealth building strategies, or learn new business or financial skills?

Ensure you are open (with discernment) to money-making opportunities and possibilities as they will come your way. What will manifest in your life first will likely not be the money itself, but the means to create that money.

This could be a venture, project, person, opportunity or information that comes your way to help take you to your goal. It could also be a book, course or seminar.

Be open to the opportunities that the universe presents and walk through the new doors that are opening.

There are many ways of making money and a lot more than you may have been open to as your limiting beliefs about money may have blinded you to possibilities or made you cynical of opportunities. There are also many ways to build and grow existing businesses.

New expansive beliefs will offer a broader spectrum of vision and you will encounter new and multiple ways of creating and attracting more money into your life.

Having multiple streams of income can increase your wealth potential so always be open to new ideas, only going with what feels right and true to you. Use a healthy combination of reason and intuition as a gage.

Getting prepared creates the space for more money in your life and marks your commitment, belief and expectation, confirming to your subconscious mind the direction you are heading in and consolidating and strengthening your positive monetary beliefs and the vision of a financially abundant you.

## **Releasing attachment**

It's important to know the difference between neediness, desperation and attachment, and a passionate, thriving and healthy desire.

Desire is a powerful manifesting tool. Attachment and neediness, however, act as repellents.

The answer to which side of the coin you're on (desire versus attachment) lies in your feelings. If they feel good, it's all good!

Attachment is sourced in scarcity and beliefs in scarcity, since you only feel 'needy' of something if you feel you do not securely have it or it is lacking.

Hoarding with attachment creates an energy block and inhibits your receiving. Money is energy and wants to flow. Giving and spending can enable that flow and open you to receive more.

If you have money but are highly attached to it you will not feel abundant and will still be living with scarcity consciousness and the discomfort and constriction of deprivation thinking.

A true measure of abundance is how abundant you feel. If you have money but feel stressed, anxious, greedy, frightened, guilty or stingy, you'll not be experiencing the pleasures of abundance and there will be no joy in your monetary success.

Being needy and desperate about money (or anything for that matter) will repel it, so desire it passionately, but release any feelings of fear, need or desperation around attaining it.

This can be challenging when you don't have money, since the less you have, the more needy and desperate you can feel, yet these feelings attract more of the same.

It's important to step into the resonance of abundance by using your feelings and imagination to envision and experience an abundant you NOW, even if you are not physically there yet.

Realize that what you seek is sourced inside you. This will increase your personal power and sense of confidence. Your external reality is a reflection of what's going on inside. When you integrate this understanding you can begin to focus where it matters – on your heart and mind – and work to heal and align in ways that enable you to attract your desires, such as clearing limiting beliefs.

Let go of attachments to people, outcomes, money and things. Ironically, it is what you let go of that can be truly yours and that you can receive fully. You cannot receive that which you are holding on to. If something is for your best and you let it go, it will come back to you.

Trust is another alchemical remedy for attachment and neediness. Trust you will attain the finances you desire. Trust in the power of your heart and mind and the universe that is infinitely abundant and wishes to bestow upon you all that you desire and more. It is only you and your self-imposed limits that stand in the way. The universe always says yes.

## **Open to Receive**

When you remove the road blocks to monetary success by clearing limiting beliefs and installing new positive

beliefs about money, all that is required is a willingness and openness to receive.

Practice receiving in all areas of your life, whether it's compliments, gifts, the experience of another, the beauty of nature. When you appreciate something and are grateful for it, you allow it in, you receive it.

Receiving creates a gateway through which the universe can bring gifts into your life. It enables the magic of co-creation and the serendipitous possibilities beyond the limits of your imaginings. The more you allow yourself to receive, the more elegant, swift and bountiful your attraction can become.

Consciously open to receive money. Make it your intention. Affirm it as a choice. Imagine money flowing to you. Allow it in.

Feel what it would be like to receive money in your life without needing to know where it will come from. Imagine it like a stream or river flowing towards you endlessly. Feel how abundant that feels. The more you spend, the more there will be in its place.

There are no limits to money as there are no limits to energy, and money is energy.

Giving and receiving are inextricably linked. Each gives birth to the other. So as well as receiving, allow yourself to give.

Giving opens you to greater receiving and is one of the most joyous experiences in life. Let your abundance shine by giving to others, not just in the tangible physical sense, but by giving of who you are and expressing your love, appreciation and gratitude to those around you.

## **Gratitude**

Gratitude engages both giving and receiving beautifully. When you are grateful you give in the energy of your appreciation, and in such, open to receive more of the same.

It activates your heart and mind with its focus on that which is positive and what you love in your life.

Acknowledge and be grateful for the money you already have or have had in your past, however much or little. We all have had money in our lives. Even if it's just the money that has bought you bare essentials, such as the food you eat, the clothes you wear, the computer that enabled you to access this report, and so on.

Be grateful for the money you have and have had, and in your gratitude you will open to invite more of the same into your life.

But it's not just gratitude for money itself that will open you to abundance. Gratitude for ANYTHING will invite the energy of abundance in your life, opening you to 'more-ness', whether that's more love, happiness, joy, friendship, success, money, and so on.

The positive emotional resonance gratitude invokes is highly conducive to monetary success, as ultimately money is just one representation of abundance in your life.

## **Tithing**

Whilst we're on the subject of giving, it is worth exploring the concept of tithing.

Tithing is the practice of giving away 10% of your income (*tithe* translates as 'tenth'), usually to a charitable cause.

The practice of tithing is backed by many experts in the wealth creation field. It can certainly add to abundance consciousness and be one way to flex your giving muscle. It can also provide an added motivation to earn money, as the more you earn, the more your charity receives proportionally, and the increased benefits others gain.

Giving away 10% of your income encourages a generous aptitude and financially abundant state of mind, communicating this perspective to your subconscious mind

But, as with all practices, it's important to look at the bigger picture and underlying intentions and to approach it with an appropriate attitude.

For tithing to be effective it has to come from a place of true giving and not 'giving to get'. The former will fill you with a joyful sense of extending yourself and your offerings into the world. The latter comes from a place

of scarcity and is not in the resonance of giving so will not produce the same effects.

To know the difference, pay attention to the thoughts and feelings that occur in the tithing process if you choose to explore it. Tithe with positive intention, energy and emotions.

Another way tithing will not serve you is if feel guilty when you don't, or guilty about not tithing enough, or if you feel obliged to tithe when you don't wholeheartedly want to, experiencing it as a 'should' rather than an empowered choice.

Don't tithe from a place of martyr, guilt or trying to get, tithe from place of giving alone. Ensure you are clear in your choice to tithe before doing so and address and resolve any conflicting feelings you have about doing so first (and clear any limiting beliefs these may be pointing to).

It's perfectly fine not to tithe. If you don't wish to tithe don't feel bad about it or beat yourself up. It's not about right or wrong and you're not a bad person if you don't tithe. There are many ways to give. Tangible financial giving is one way and it can be rewarding and productive, but there are others. Giving of your heart and of who you are is the most valuable of all.

Other types of giving include:

- Giving of your talents
- Giving appreciation and acknowledgement
- Giving encouragement and support

- Giving ideas, inspiration and wisdom
- Giving love and care
- Giving of your time
- Giving information
- Giving touch
- Giving your opinion
- Giving joy
- Giving positive thoughts, blessings or prayers
- Giving acceptance
- Giving understanding
- Giving a listening ear

Give in a way that brings you joy. Don't deny yourself or others the wonders and rewards of giving.

Ultimately it is the intention behind your giving that is more important than the actual means of giving. It is you desire to help, your love, care and your expression of that in whatever way feels right and true for you.

### **Abundance Flip Switch**

Any time that you are experiencing feelings of lack or 'not enough' in your life you sabotage your success vibration, deplete your energy and release stress chemicals associated with the pain and discomfort of deprivation.

To eradicate scarcity consciousness you want to first clear the limiting beliefs that fuel it. You can then bolster neural pathways of abundance by using an Abundance Flip Switch. There are two types described below.

Any time you are feeling lack or deprivation, switch your focus onto either:

1. A future abundant you 'Vision Template' explored in the 'Heart Vision' section above. This activates 'Future Causation' and will shift your resonance in the present, changing you now.

Work with a Vision Template regularly, fuelling it with your positive emotions. It will bolster your new beliefs and keep you from slipping into poverty thinking.

2. Anything that you appreciate and are grateful for in your life. I call gratitude the sweet song of appreciation and it is a fantastic anti-dote to scarcity consciousness. Gratitude and appreciation re-align your focus to what you do like, to the

positive things, feelings and experiences that bring you happiness and joy.

### **Don't let money be a 'how to'**

A problem many people have is that they believe money will be the 'how to' for their dreams to come true, and as they don't know 'how' they will acquire the money they believe is necessary to make their dreams a reality, they allow this blind spot to interfere with their manifesting

juices, i.e. their level of vision, passion, expectation, joy and enthusiasm for the beautiful, bountiful futures their heart desires.

You may even decide not to bother dreaming such lofty dreams if you don't know 'how' you'll get there, which often means you don't know how you will acquire the money that you believe would enable you to get there (likely because you have limiting beliefs about money and prosperity).

Yet as said, money isn't the magic, you are.

It's not money that makes your dreams come true. It's you. You and your beliefs, choices, thoughts and feelings, which include those about money itself.

Don't let the 'hows' get in the way or limit your imaginings or the vistas or your horizons. Where there is vision, belief, trust and expectancy, there is a way, and the path will open before you.

When you align your beliefs to your goals, ignite your passion and desire (which is a way of asking the universe for what you want), the universe will magically arrange the 'hows' for you.

From its vantage point of limitless possibility this is a fun and easy task. Your job is to decide and believe in what you want, envision the outcome with joy and expectancy, know you deserve, and open to receive, whilst surrendering the 'hows' to their rightful domain – the universe.

## **Money and Fear**

Whilst you may be able to remember or associate with a fear of losing money at some point in your life, few address or are aware of the less conscious fear that can exist around actually attaining money or large levels of wealth.

It is possible that you fear that if you have a lot of money people will love you less, that they will judge you or be jealous of you (which is a sign you yourself hold judgments or envy about rich people), or that you will be separate from the people that are now in your life.

Perhaps you fear having money because you feel it will be too big a responsibility or a burden, or because you simply don't know how to manage it or are frightened it will engulf your time.

You may fear the changes that you believe will come with monetary abundance, though you may not be consciously addressing these fears or aware they exist.

You are the creator of ALL of your reality, and you create the consequences of your wealth as well as the wealth itself. You can have the outcomes be as you choose.

Self-reflect and be honest with yourself and look to see if you have any fears or resistances around acquiring money. These can also point to hidden beliefs about money or people with money.

If you have 'either-or' beliefs such as, 'I can't have love and money', or 'I can't be creative and rich', or 'I can't be

happy and wealthy', you'll have a strong subconscious resistance to allowing money into your life.

Conditions like the 'starving artist' syndrome, for example, perpetuate the idea that you can't do what you love and earn money at the same time.

## **Deserving**

How deserving of money do you feel?

Feelings of undeserving can stem from childhood beliefs about your value and worth, shame or guilt, and a lack of self-forgiveness.

Deserving issues around money can also be affected by your beliefs about money and whether you believe it is a 'good' or 'bad' thing to have.

You are not your darkness, failings or mistakes. You are inherently worthy and loved unconditionally by God/Goddess/Creator/Source/the universe, or whatever name you hold for the source of creation.

Childhood experiences, limiting self-concepts and beliefs may lead you to thinking otherwise. Recognize that negative self-beliefs are simply not the truth.

Who you REALLY are is wholly innocent. You are a divine being born of love. Awakening to your inherent worth and the magnificent spiritual being within that you are, can help to heal issues of deserving.

Money is neutral. It is energy, energy with which you can give and receive and convert into all kinds of wonderful expressions and experiences.

As it is energy, just as everything is energy and sourced from All That Is, you needn't feel separate from money. And you certainly needn't feel undeserving of it. You deserve all that your heart desires ever and always.

The more you value yourself and the greater your level of self-worth and sense of deserving, the more easily you will allow money into your life and be open and willing to receive it.

If, however, you attach your value and worth to money itself, you are in for an emotionally bankrupt time, however much money you outwardly acquire.

It is the ego that drives you to seek 'out there' for what lies within and will attempt to lead you away from the treasure that lies inside you; the love, peace and abundance of your innate self that is the well-spring to all you desire in your life.

On a scale of 1 – 10, how deserving of money do you feel?

Now, it's important to note here that issues of deserving per se do not necessarily stand in the way of attracting monetary abundance. There are plenty of rich people that don't feel great about themselves.

In truth, since money is simply energy, willingness and intention is ultimately all that's needed. You have free will and can create your reality though your thoughts, feelings, beliefs attitudes.

You create your situation out of the same resources another will create an entirely different situation with, i.e. a multi-millionaire will have used no different resources than those you have, namely your thoughts, feelings, beliefs, attitudes, desire, imagination, expectation, choice, and other energies such as trust, expectation, gratitude, etc.

For some people, however, deserving can be a real block to monetary abundance.

Forgiving and loving yourself will facilitate a greater sense of deserving and opening to receive.

## **Like parent like child**

It is likely many of your monetary beliefs were passed down from your parents.

How did they think and feel about money? What was their relationship with money? Were they abundant and wealthy, or did they live in scarcity? Were they generous or tight with money? Were they careful or reckless? Were they skilled at money management or not? Did they have beliefs about rich people? Were they envious and judgmental or inspired by wealthy people?

Did they have deserving issues or fear money or earn from their passion?

Have a think about the beliefs your parents may have had about money, forgive them and yourself for holding any that do not serve you. You chose your parents for

your personal growth and evolution. Thank them for the lessons they have taught you.

What are the monetary patterns in your family?

Someone I know was explaining how he would always be able to generate large amounts of money and success, but then always lose it. His relationship with money was like a roller-coaster, very dramatic and up and down.

I asked if there were any parallels' with his father, and it turned out he was mirroring/experiencing the exact same pattern his father had with dramatic peaks and troughs when it came to earning money.

Other people might be more flat-liners, so-to-speak, or experience a drought most of the time coming to an oasis only every now and then.

Observe and investigate to see if you have any patterns around generating money, and if any of your current money patterns and experiences mirror those of your family.

You can then go into meditation and affirm to be free of this ancestral pattern and cycle. You can make a conscious choice, and you can pass healing and positive intent up your ancestral line to heal this monetary pattern and stop it continuing with you.

## **Heal your relationship with money**

What is the story you have around money and your money history? What are the experiences that exist for you around money? What is your relationship with money?

Is your relationship stable and abundant? Or is it unpredictable and fraught with struggle? Is it effortless and smooth? Or rocky and deprived? Is it exciting and changeable? Is it expansive and innovative? Is it un-flowing and scarce? Is it on-again off-again?

Does your relationship with money mirror some of the kinds of relationships you have with people in your life? Are there familiar patterns and themes? Do you feel, for example, that you never get enough (love, money, sex...), you feel betrayed (by your partner, employer, money, life), unwanted (by your parents, money, friends), etc.

Look at your beliefs around relationships in general as these can be projected onto your relationship with money, and become conscious of any themes or stories that may be playing out in your world and affecting your experience of money.

## **Hidden Agendas**

Your money patterns can be sourced in deeper emotional issues and the way you view the world in general. You can project onto money other life patterns from undeserving and abandonment issues, relationship issues and beliefs about yourself, others and the world.

Issues with money can reflect unhealed aspects, grievances and areas where you have not yet forgiven yourself or others.

You may punish yourself with scarcity as revenge on your parents if you still harbor resentment for the way they brought you up. Creating failure and scarcity can be a subconscious way of enacting revenge where 'I have failed because of you', 'if you had loved me more, been there for me, then I would have succeeded', 'look how my life has turned out because of you', 'look at what you've done to me' etc. This is not necessarily a conscious dynamic but can be there nonetheless. If you don't let your parents or other significant people off the hook, your personal failure can be a way of subconsciously punishing them.

You may also stay in scarcity out of subconscious loyalty to a parent. Perhaps they never had money or succeeded and hence you feel guilty doing so yourself. Remaining in poverty can be a way of unconsciously expressing loyalty, dysfunctional though that is.

## **Engaging Co-Creation**

You have free will and can sculpt your world in accordance with your desires. You both consciously and unconsciously create the world around you, yet you are not alone in the process. You are a co-creator with the source of life, whatever name you hold for such, that ever conspires in your favour and will perform any amount of miracles and magic for the attainment of your desires.

You are one with the source of creation. The universe wants to give you all that you desire in every moment, though it requires your openness, willingness and the

alignment of your heart and mind. You are the only one that can stand in your way, the universe always says yes. Start by knowing what you want and consciously asking for it, clear any limiting beliefs that stand in the way, and open to receive.

The more serving your beliefs and the higher your consciousness (explored in the Paradigm Shift section of the Belief Buster Kit), the more you will be open to receive the abundant blessings and loving energy of source that will gift you in a multitude of magical ways, including monetary abundance.

The Universe will open the necessary doors and deliver the opportunity and means to create and achieve the money you desire, if you start believing, trusting and engaging your heart and your mind.

Your reality, as well as a hologram of your consciousness, is also a platform and gateway with which the universe can communicate with you via signs, signals and 'whispers' in your day to day life that serve as pointers and nudges to guide and assist you on your path.

The more you recognize that you are eternally connected to an all-loving infinitely abundant source, the more you will allow in the gifts and synchronicities that require only a willingness and openness to receive.

When you change your beliefs you no longer need to stand in the way of the abundance that is available to you always in every moment, and the beauty, love and

joy of your true self that holds the keys to all that you desire. When you are free from limiting beliefs you can shine your light in the world and give of who you are, which will be returned to you abundantly in all manner of reflections, including financial wealth.

"True abundance has nothing to do with anything that I am having, and everything to do with what I am being.

And that when I share my abundance of beingness abundantly with all those whose lives I touch, everything I sought to have came to me automatically, without my even trying to have them."

- Neale Donald Walsh

When you awaken to the truth of who you are, you cannot fail to be magnificent!

Don't let your limiting beliefs stand in the way of all that you are, all you can be, and all your heart desires.

# Belief Buster

[CLICK HERE](#) for the **Belief Buster Kit**

