

DAYS 13-16



*It's rainin' money! Hallelujah! It's rainin' money! Yeah, yeah.
I'm gonna go out....I'm gonna let myself get...Absolutely soaking WET!*

Prosperity consciousness is an inside job. – Sage

*Money, it turned out, was exactly like sex. You thought of nothing else if you didn't
have it, and thought of other things if you did. – James Baldwin*

Insanity: doing the same thing and expecting different results. - Einstein

*There are only two things over which you have complete dominion,
authority, and control: your mind and your mouth. - Molefi Asante*

The search for the beloved is fulfilled when you fall in love with yourself. - Alan Cohen

The most wasted of all days is one without laughter - E.E Cummings

We are Divine enough to ask, and we are important enough to receive. - Wayne Dyer

THEMES:

Getting Clear & Healing My Relationship with Money
Personally Defining True Abundance
Reprogramming Limiting Beliefs (“Biggies”) 1, 2 and 3

SOUL QUESTIONS FOR DAYS 13-16:

What is true abundance (prosperity) for me?
What would that look like, sound like, feel like?
Is this choice in alignment with my life of abundance?
How can this be a moment of True Abundance?
How would LOTS more money set me free to be all of who I AM?

Day 13:

Prosperity = The experience of having plenty of what we truly need and want in life, material and otherwise. – Shakti Gawain

EVERYDAY:

GOLDEN HOUR IN THE MORNING, **SILVER HOUR** IN THE EVENING
15 to 60 minutes, whatever you can!

How is Spirit guiding you in this beautiful morn? Meditation, movement, music, breathing, affirming, honoring your dreams, journaling, setting your intentions for the day.....Do what feels wonderful to start your day out right. EnJOY.

MORNING JOURNALING:

Do more Intuitive Journaling, Gratitude Journaling or Visioning (this can include setting your intention for your day). Journal about today's Soul Questions, below.

You may also wish to write about your relationship with money. Deep down, what do you associate with money? Do a free write. "Money is..." or "Money reminds me of..." or just brainstorm as many things as you can about money in a list or idea web. An idea web is you put money in the middle of a circle, in the middle of a page, and just make as many lines to other circles with thoughts about money as you can.

If you have a decision to make, you can also apply the Soul Question in this way:

*Is this choice in alignment with my life of abundance?
(Does it either help me FEEL prosperous and BE abundant NOW
or get me closer to manifesting outer abundance?)*

You may also write about your dreams, mood, or inspired ideas you woke up with. And if one of the divine masters who helped us on our TelAttunements is a guide you want to connect with further, invite them in and turn your pen over to them and see what wisdom flows! And you can vision about being wildly wealthy. Are you still feeling high from our TelAttunement? ☺ If not, or if you missed it:

LISTEN TO TELATTUNEMENT (AGAIN)

SOUL QUESTIONS DU JOUR

**What is true abundance (prosperity) for me?
What part does money play in it?**

KEEP READING & TEXT RENDERING

CONTINUE CONSCIOUS EATING □

IT'S REPROGRAMMING TIME! WOOHOO!

Today we begin to deepen our reprogramming in new & powerful ways. From now thru Day 21, we will heal a Biggie a day. Making them ZEROies!

Biggies are deep-seated subconscious neurolinguistic beliefs.

By reprogramming the Biggies, you experience your SHIFT quickly!

You set yourself free to align with your Highest Truth
and live your best life from this point forward.

The subconscious belief we are healing today is the old thought:

Biggie #1: Money is bad (evil, dirty, germy, causes conflict, etc.)

Our culture has brainwashed us with that for decades. Time to let it go!

You might want to CROSS OUT that statement on this paper, or cut it off, throw it out.

REMEDY! MY Highest Truth is:

Money is life energy.

Money is good energy.

Money is good.

Money is my friend.

Money is a way my Universe/Spirit loves and supports me.

Note, because these affirmations tap into a "Biggie," you may feel resistance to them at this point. If you do, use one or more of these methods or get extra support and healing to blast free! Check with your Highest Self & guides.

TODAY'S AFFIRMATION & REPROGRAMMING ACTIVITY

"Repetitive Affirming with Response" □

Today we will use repetitive writing to blast past resistance! And reclaim our Total Truth of Abundance. Take a piece of paper and draw a vertical line down the middle. Choose an affirmation that you are not yet aligned with. "Try" to affirm these affs. and notice which seems the weakest, which you seem to argue with internally, your voice cracks, you forget the words, etc. These are all ways your inner resistance shows up. It could also bring up sadness, fear, anger, or painful memories.

Now on the left side write "Affirmation" or "The Real Truth" or "My Highest Truth" and on the right side, write "Response."

On the left side, you write that affirmation, and on the right, you record your immediate "knee-jerk" thought that pops up. You keep repeating this process of writing the affirmation and the response **UNTIL YOU HAVE AGREEMENT THREE**

TIMES IN A ROW, ON THE RIGHT SIDE. The resistance/negativity in the response column will weaken, neutralize and disappear.

Keep doing this process until the response becomes a POSITIVE AGREEMENT with your truth, such as “That’s true” or “Yes” or “Of course” 3 TIMES IN A ROW. This may take a while, and that’s ok. I have had clients need 2 or 3 pages full of affirmations to get to the 3X agreement, or it could happen more quickly for you.

Now restate the affirmation, 3 X aloud strongly. When you’ve done this correctly and completely, you will notice only an inner “yes” like a humming or purring or a light. Now you can effectively USE this affirmation and it will stick!

How does this work? As you keep writing the affirmation on the left, the resistance voice of the fearful, wounded self will just dissolve because fear is an illusion, confusion, delusion! (As Archangel Michael likes to call it!)

FEAR = Forgetting Everything is All Right

FEAR = False Expectations Appearing Real

FEAR = Forgetting Extraordinary Abundance Returns! – AAM & Sage

The statement on the right IS the highest truth. The voice of Love. Of God. Of your Highest Self.

This exercise helps you go beyond just hoping or intellectually “knowing” an affirmation without feeling or believing it (or worse, sabotaging it with doubt), to really blasting through the illusion delusion lower-emotional, reactionary, karmic, old belief and coming into alignment with your real truth.

Darkness always retreats and disappears when you shine the Light of Truth upon it.

This may seem like a very simple exercise but it works amazingly well!
Here is an example of what your inner dialogue may look like:

THE REAL TRUTH	RESPONSE
<p>Money is good. Money is good. Money is good. Money is good. Money is good. Money is good. Money is good. Money is good. Money is good.</p>	<p>Reminds me of greedy rich bankers. I’m not comfortable with that. That makes sense but... Hmmm...Not always, depends I’m willing to experience that. Well, maybe on some level. It is for me, that’s for sure! I do use money in good ways. YES! That’s true!</p>

**REPEAT THIS UNTIL YOU FEEL ZERO RESISTANCE, JUST AGREEMENT.
3 TIMES IN A ROW.**

OTHER RESISTANCE BUSTERS & ABUNDANCE ATTUNERS:

2) **DO A RELEASING RITUAL.** E.g. sage cleanse, ceremonial bath, medicine wheel, vision quest, sweat lodge, puja, dance or drum or chant as a healing ceremony. One of my favorite powerful ways to release anything is to tap into the power of all 4 natural elements. Here's how. You will need a candle (black or white), lighter or matches, paper, pen and a toilet nearby.

Call in your guides explaining that you are doing a releasing ritual and want help getting clear and free from whatever has been holding you back. Center yourself. When you feel ready, write at the top "I NOW RELEASE" and write a long list of everything you are ready to release. Include a general cover-your-butt clause ☺ such as "everything I need to release." You can release people, things, patterns, entities, negative energy or emotions, thoughts, anything.

Write any old beliefs on the paper. You can then stomp on it, tear it up, shout "I release you!", burn the paper scraps ... and flush the ashes down the toilet! This is super effective because you are using ALL FOUR ELEMENTS to release what no longer serves you, Earth (writing in on the paper and stomping), Air (shouting and tearing), Fire (burning) and Water (flushing). That old crap is SO GONE!

Then follow up the releasing ritual with doing the affirmations again (you can also do the Prosperity Declaration or any other abundance P3 activities) to FILL up with good energy, light and truth. Blessings of abundance fill you now! ☺

3) **QUANTUM K MEDITATION**

A fabulous meditation can be experienced at this website for free:
[HTTP://WWW.QUANTUMK.CO.UK/QUANTUMK_VIDEO.HTM](http://www.quantumk.co.uk/quantumk_video.htm)

THE QUANTUM K HEALING EXPERIENCE ADDRESSES LETTING GO OF OLD BELIEFS AND HELPS WITH PHYSICAL, MENTAL, EMOTIONAL AND SPIRITUAL HEALING OF ALL KINDS.

4) **SPIRITUAL CLEARING & SOUL HEALING SESSION**

If you sense that you need more than you can do on your own, as if very old, deep stuff is still repressed or is being unearthed and you need help clearing

it out completely, I do recommend a spiritual clearing and soul healing. I have several methods I use for this which are amazingly powerful. See if reading any of these descriptions lights up a “Oh, yes, I need that!” for you:

- Rosicrucian Exorcism – This is an incredibly powerful 400-year-old mystical Christ Light Daily Spiritual Clearing & Protection. It’s like Roto Rooter Industrial Strength for your aura! And works even in stubborn cases. It has been known to actually save people’s lives. I teach this in person or by video Skype 1:1 or in small groups only. You won’t find it anywhere else.
- Contract revocation – Heals all past-life and this-life karma and closes any holes in your aura that were allowing dark stuff in. Strengthens your connection to Good, God, Love as a Lightworker.
- Cord cutting and healing of the “scabs” (so they don’t regrow!). Most people don’t do cord cutting properly and I can, in addition to facilitating immediate healing for you, teach you how to do these for yourself. The Archangel Michael audios that I have channeled are also very helpful for this. There is a VERY special AAM Sword and Shield Healing for this that is miraculous!
- Omnidimensional Healing Modality (OHM) – Clears old patterns, beliefs at the Original Cause (past-life and/or ancestral) and facilitates healing across all time and space, integrating shamanic Soul Retrieval, angelic healing, hypnotherapy, channeling, Reiki and chakra clearing and more.

HAPPY MONEY AUDIO:

SILVER HOUR IN EVENING

Powerful day! Do something peaceful to integrate and give thanks...

EVENING JOURNALING & SELF-ASSESSMENT:

Reflections: Jot down any *feelings, thoughts or observations* that relate to this program, especially anything about MONEY, WEALTH, GETTING RICH, PROSPERITY AND ABUNDANCE today. Do the morning journaling if you didn’t do it yet, with Soul Questions or whatever you’re guided to do.

Self-assess: Were you *on track*? Put a *checkmark* next to everything you DID today. Give yourself credit! ☺ Successes? Challenges? Insights? Write on our Message Board or a progress note if you want. And – hey – how are you doing with your self-loving acts? Did you fulfill your plans for your self-love special activities? Are you fitting in “Me Time, Be Time” daily?

Optional: Write affirmations, dream intentions in PJ:

***** ESSENTIAL! ALIGNING WITH ABUNDANCE AUDIO:**

I dream abundant dreams and awaken with prosperity consciousness!

I absolutely kNOW that money is good!

And I awaken feeling full of abundance.



Day 14:

*“Prosperity is not just having things. Happiness is the consciousness that attracts the things. Prosperity is a way of living and thinking and not just having money or things.”
– Eric Butterworth*

“Though I am grateful for the blessings of wealth, it hasn't changed who I am. My feet are still on the ground. I'm just wearing better shoes.” – Oprah Winfrey

“Why get rich quick when you can be rich now?” – Alan Cohen

EVERYDAY:

GOLDEN HOUR IN THE MORNING, **SILVER HOUR** IN THE EVENING
Happy springfilling!

MORNING JOURNALING:

God(dess) morning! To start your day out right today, do spiritual journaling: ***Intuitive Journaling, Gratitude Journaling or Visioning.*** You can also journal about these Soul Questions: What aspects of true abundance are ALREADY in your life? Which are not? How can you CHOOSE an attitude of abundance, gratitude and joy, right here, right now? How can your day reflect and create this?

SOUL QUESTION DU JOUR

How can this be a moment of True Abundance for me?

KEEP READING & TEXT RENDERING

CONTINUE CONSCIOUS EATING

REPROGRAMMING TIME!

The subconscious belief we are healing today is the old thought:

Biggie #2: I don't deserve (a lot of/to keep) money.

Related to this is: I can't be trusted with money.

*You might want to **CROSS OUT** that statement on this paper, or cut it off, throw it out.*

**** Or do a releasing ceremony with it.*

IF you feel resistance to affirming, feeling and knowing these truths, do one or more of the Resistance-Busters & Abundance Attuners above for yesterday.

TODAY'S WORDS OF POWER AFFIRMATIONS:

3 EACH JUICY X 3 SETS!

See below for Self-Hypnosis, to reprogram your Highest Truth at a deep level.

MY Highest Truth is:
I deserve lots of money.
My money is growing ... and glowing with Divine Light.
I use money in ways that are full of love.

The 1-Minute Miracle! SELF-HYPNOSIS □

Choose one affirmation to work with to do this method. It works best with short affirmations. Find a quiet, peaceful place. You can listen to soothing music, nature or water sounds, or just enjoy quiet.

Count yourself down from 10 (alert) to 1 (totally relaxed). Just tell yourself that by the # 1, you are in a totally relaxed, receptive state, perfect for this reprogramming and healing.

Imagine with each breath you are becoming 10 times more peaceful and calm, going deeper with each breath. At the count of 1, you will be in your perfect, relaxed trance. (You may wish to do your **OK anchor** now as well.)

Now just allow the words in your affirmation to come into your consciousness, floating on your view screen and in your energy field. They can float in order, they can rearrange themselves, you can hear them, you can picture the end result, feel the energy they embody.

You can picture yourself writing the words in the sand with your finger or a stick, they can appear in the clouds or (one of my inner child's favorites!) as the alphabet letters in alphabet soup!

Anyway that the letters or words, the sounds, images and feelings appear for you is perfect. Just keep focusing on the words and the feeling. Do this for 1 to 2 minutes just observing and allowing. Breathe it in. You can do your OK anchor over and over, hold it steady, or like a "tap tap tap."

When you feel ready, count yourself back up, from 1 to 10, knowing that at 10, you will be totally alert, refreshed, feeling great, *having installed this Highest truth completely.*

TODAY'S FUN ACTIVITY:

I'M RICH!!!!

VISUALIZING VAST WEALTH: HOW I WILL SPEND & SHARE \$\$\$

A) Make a list of **100** (yes, 100, this will make you stretch your Imagination Manifestation Muscle) wonderful things you would do / will do when you are really rich! Prosperous, wealthy, abundant. You can do this like "If I had \$10 million right now, I would..." This helps you associate having money with helping the world and enjoying yourself, too.

B) Another fun way to get more comfortable with more money is to play The Prosperity Game (by Esther Hicks, who channels Abraham). You can read about the game in *Money and the Law of Attraction*. Essentially you gift yourself \$1,000 on Day 1, \$2,000 on Day 2 and so on... And you use a check register to show how you spent the money on whatever you want! DAILY

My husband and I have modified how we play the game so we actually allow ourselves to KEEP some of the \$ we receive, rather than "having" to spend it all. This is to help us get better at visualizing savings. Ask your Highest Self which way to play, spend it all or build some of it.

Perhaps a certain percentage you get to keep, give away, and spend. Let me know how you're doing with Visualizing Vast Wealth on our Facebook page or by email if you're VIP.

How having a lot of money to spend today made me feel: _____.

_____.

SILVER HOUR IN EVENING

Do something lovely and sacred to wind down and give thanks...

HAPPY MONEY AUDIO:

Did any affirmations in particular resonate for you today from the audio?

If so, write it/them here and add them into your affirmation set.

(You can skip one of the assigned ones on the list if you feel so guided and use this one instead, perhaps before bedtime. Trust your intuition on that.):

EVENING JOURNALING & SELF-ASSESSMENT:

Reflections: Jot down any *feelings, thoughts or observations* that relate to this program. What shifts are you noticing?

Also today, [write about deserving and keeping money, opening that funnel to allow more money energy IN.](#) (That's why they call it IN COME. LOL)

Inspired ideas are coming to you! In tonight's journaling, you can do any morning journaling you didn't get to, and/or affirmations, prosperity declaration, dream programming.

Self-assess: Were you *on track*? Put a *checkmark* next to everything you DID today. Give yourself credit! ☺ Successes? Challenges? Insights?

Encouragement/cheerleading. Write something positive & inspiring. Do you want to write on our Message Board or post a progress note?

***** ESSENTIAL! ALIGNING WITH ABUNDANCE AUDIO:**

Tonight, as I sleep, I am attracting and embracing more money.

**I dream abundant dreams and awaken with prosperity consciousness,
kNOWing I am already rich!**



Day 15:

Prosperity depends less on our financial situation than on the extent to which our needs are being met in life. – Shakti Gawain

EVERYDAY:

GOLDEN HOUR IN THE MORNING, SILVER HOUR IN THE EVENING
15 to 60 minutes, present, joyful, grateful YOU

How is Spirit guiding you in this beautiful morn? Meditation, movement, music, breathing, affirming, honoring your dreams, journaling, setting your intentions for the day.....

Do what feels wonderful to start your day out right. EnJOY! In JOY!

MORNING JOURNALING:

Do more Intuitive Journaling, Gratitude Journaling or Visioning (this can include setting your intention for your day). How can you build more pleasure, joy, presence and abundance into your day today? You may also wish to write about your dreams, your initial mood or thought, or inspired ideas you woke up with.

Reflect upon: To what degree would my desires be fulfilled if I had more money? How much more money would it really take to live my best life? What am I willing to do or trade in order to earn or receive that money? (E.g. time, freedom, etc.) These are not simple questions so dig deep. (See Activity B below.)

KEEP READING & TEXT RENDERING

KEEP VISUALIZING VAST WEALTH/ PLAYING THE PROSPERITY GAME

CONTINUE CONSCIOUS EATING

Eat with gratitude and awareness, and also charge and bless your food with your intention.

SOUL QUESTIONS

How would having LOTS more money set me free to be all of who I AM?

Could I still be ME and be really wealthy and rich?

Would that be ok with me on all levels?

If not, how can I get ok with that?

TODAY'S REPROGRAMMING EXERCISE:

Here is the belief we are healing and replacing today:

Biggie #3: I have to work hard for money.

Corollaries: Money doesn't grow on trees. It's hard to make a living in this economy. Times are tough.

Cross those out, tear them up, burn them.

TODAY'S WORDS OF POWER AFFIRMATIONS:

Read/write/anchor 3 or more of these affirmations 3 X EACH JUICY X 3 SETS:

I am a \$ magnet.

I always have plenty of money.

I now easily attract plenty of money.

My money magnetically attracts more money.

I am open(ing) to receive an abundance of money.

I AM one with the Infinite Source of Abundance.

I AM prosperous!

TODAY'S ACTIVITY: SHIFTING THE ENERGY BIGTIME!

Choose one, A, B or C.

A) REPROGRAMMING EXERCISE:

Turn the Obstacle Squad into Your Dream Team!

NLP Intuitive Journaling with the "resistant part."

This exercise is an original integration of NeuroLinguistic Programming (NLP) and self-discovery journaling.

Note: You may find this very liberating and easy to do. If you don't, that probably means you could benefit from a 1:1 NLP or Omni session to do this.

Use your dominant hand to ask any part of you that is not lined up with total wealth: What are you afraid of? How can I help you feel ok about money? How can I help you heal your relationship with money (abundance, wealth, prosperity)?

You may have a sense of a certain age or even a nickname related to that part, like your inner 5-year-old or the Rebel. Find out what you can about her, thank her for her positive intention.

Ask what that part has to say, what is its goal? What need is it trying to meet by avoiding success and prosperity? Turn your pen over to your NON-dominant hand and give that part of you a voice and an outlet.

Tell this part that she is important to you. Show her (scenes from your life) that this old way of being really has NOT effectively helped you and ask for her help. Thank her for being willing to become part of your Dream Team.

Now she is no longer a “resistant part.” What would she like to be called now? For example: The Fiery One. The Happy Hippie. Etc.

Now check in and see if you need to repeat this process with another part, or is everybody on board now? (Repeat as needed, today, or later.) Is there anything else you need to do, to help that part of you be happy and also work as a harmonious team member, doing her best to help you succeed? Make sure you write down whatever guidance you get and implement it.

PROSPERITY ALTAR, FENG SHUI & MONEY MAGIC.

If you do not already have a prosperity altar in your home, now is a great time to create one. If you already have one (or if abundance is a theme on a more general altar), now is the time to enhance it and add some energy to it. There are many good books and websites about Feng Shui, the Chinese Art of Placement based on energy, to facilitate health, wealth and happiness.

I do suggest you research it and meanwhile, here are a few tips:

- * The abundance area of your home is the Southeast or back left corner, if you start facing your front door.
- * Being sure your front door area and the first thing people see when they enter the home is clear, not too cluttered, and has positive energy such as with plants, especially a jade plant, a Buddha or angels, etc.
- * In general be sure all doors open all the way and that you can see the doorway from any place you sit or lie. No furniture should be placed so your back is to the door.
- * According to Feng Shui, good abundance-drawing items to include in the Prosperity Corner and throughout your home would include gold (the color and the metal), green, fish, water, pyrite, Tiger’s Eye, images of angels, saints and other spirit guides, money images.
- * I will add: Include abundance affirmations and your Vision Board and Vision Statement (if you have one, if not, or if you feel yours is old and in

need of redoing, don't worry, we will get to do that later in this course and/or in the Loot Camp Retreat!).

Above all, trust your own intuition & also consider practical needs as to where to create your altar for abundance and what to put on it.

Creating Your Altar: Start by blessing the space. You may want to do a sage cleansing or say a prayer from your heart or read the Prosperity Declaration. Place a lovely cloth that feels prosperous to you (I tend to use a shiny gold one but do what you like). Images that represent prosperity to you, Vision Board (if you have one, or you can start collecting images for one and put them on or under your abundance altar), candles, natural sacred objects such as herbs, stones, crystals, fresh flowers, incense. And a mirror because YOU are the source of your prosperity and you love yourself enough to create it!. Photo(s) of yourself really HAPPY and enjoying life to the fullest.

Herbs to bring money include: Basil, cinammon, nutmeg, saffron, rosemary, ginger, patchouli, sage, clove, honeysuckle, pine and vetivert. There is a cute little book called *Silver's Spells for Prosperity* by Silver RavenWolf you will enjoy if you like good-witchy sorts of things.

How to Use Your Altar: Once your altar is created, what do you DO with it? (Remember, a lot of it is all about BEing, too, so it doesn't always have to be an active, doing thing.) You can do your affirmations, prayers, meditation, you can hold and "tune in" to your sacred objects, light a candle or incense, look in the mirror at yourself with love, and charge it with energy from your hands and heart. The possibilities are endless but the main thing is it is a place where good energy with your intention for abundance BUILDS so pay attention to it and have fun with it. 😊

***It's ALL about energy and intention .
PUT YOUR ATTENTION ON YOUR INTENTION,
and you will manifest your desires into reality.***

C) DETERMINING THE ACTUAL COST OF YOUR DREAM LIFE

This is a mind-blowing exercise. It helps you really DEFINE true abundance for you and put an actual price tag on the aspects that cost money on a monthly basis. It is a radically different way to look at money and what is possible, from *The 4-Hour Workweek*, by Timothy Ferriss. This is a guy (“serial entrepreneur and ultravagabond”) who is living an amazing lifestyle at the age of 30. He went from 14-hour days @ \$40k/year to 4-hour weeks and \$40k a MONTH. (That is NOT a typo.) Seriously. Go to his website and you can do this exercise for free:

<http://www.fourhourworkweek.com/blog/lifestyle-costing/>

Or you can get Tim’s great book.

SILVER HOUR IN EVENING

Do something lovely and sacred to wind down and give thanks...

HAPPY MONEY AUDIO:

EVENING JOURNALING & SELF-ASSESSMENT:

Today, I shifted some prosperity energy Big Time by:

What I enjoyed about this or learned was: _____

Reflections: Address some of the suggestions in the morning journaling if you didn’t do them yet. Evening is an excellent time to also do SPIRITUAL JOURNALING...

JUST ASK: WHAT IS MY MESSAGE OF LOVE AND ABUNDANCE TONIGHT?

Self-assess: Were you *on track*? Put a *checkmark* next to everything you DID today. Give yourself credit! ☺ Successes? Challenges? Insights? Encouragement/cheerleading. Write something positive & inspiring.

Optional: You may want to reread your affirmations and/or declaration.

***** ESSENTIAL! ALIGNING WITH ABUNDANCE AUDIO:**

I dream abundant dreams and awaken with prosperity consciousness!



Day 16:
INTEGRATION DAY

PLEASE SHARE ON OUR COMMUNITY FB PAGE TODAY.

We are here to support you!

EVERYDAY:

GOLDEN HOUR IN THE MORNING, **SILVER HOUR** IN THE EVENING
Keep building your positive spiral...

MORNING JOURNALING:

Do more Intuitive Journaling, Gratitude Journaling or Visioning (this can include setting your intention for your day). How can you build more pleasure, joy, presence and abundance into your day today? You may also wish to write about your dreams, your initial mood or thought, or inspired ideas you woke up with.

REVIEW SOUL QUESTIONS FOR DAYS 13-16:

What is true abundance (prosperity) for me?
What would that look like, sound like, feel like for me?
Corollary: Is this choice in alignment with my life of abundance?
How can this be a moment of True Abundance for me?
How would LOTS more money set me free to be all of who I AM?

**KEEP VISUALIZING VAST WEALTH/
PLAYING THE PROSPERITY GAME**

CONTINUE CONSCIOUS EATING

Affirmations with each meal as a way to bless and charge your food.

PROSPERITY DECLARATION

Today, be sure to reread your **Prosperity Declaration**.
Notice how much more strongly you feel this, compared to when you started P3!
Also, today is a good day to reread any other initial commitment statement you wrote for why you made this commitment to this program. This will strengthen your motivation!

TODAY'S WORDS OF POWER AFFIRMATIONS:

Affirmation Methodology Review:

Review all 10 tips in Action Guide. Index cards: Car visor, Home, Office
Anchor in body with OK symbol (or other touch or gesture)
Aromatherapy anchoring. Mirrorwork. Self-Hypnosis.
Repetitive affirming with response.
Affirmations with each meal as a way to bless your food.
Work with your affirmations today any way you feel guided.

Now read/write /anchor all the affirmations from the past three days (listed below).
3 X EACH JUICY & POWERFUL X 3 SETS. For a longer affirmation session, you can
read, write & anchor ALL the "affs" so far. To do a shorter session, just pick 3. Really
see, hear, feel, know and embody these as your 100% truth. Breathe them into your
whole being and know this is your new truth, your now truth. This IS your reality:

Money is life energy.

Money is good energy.

Money is good.

Money is my friend.

Money is a way my Universe loves and supports me.

I deserve and receive lots of money.

My money is growing ... and glowing with Divine Light.

I use money in ways that are full of love.

I am a \$ magnet.

I always have plenty of money.

I now easily attract plenty of money.

My money magnetically attracts more money.

I am open(ing) to receive an abundance of money.

I love myself, and I love my life!

I AM one with the Infinite Source of Abundance.

I AM prosperous!

SUMMARIZING YOUR READING

Ketchup, mustard! LOL Review all your postits, margin notes, underlining and
highlighting from the course material so far.

Summarize what really stands out for you here, in your book or journal:

REVIEW

Look over the last few days of course material, the book, your journal and really soak it in. What shifts are you noticing?

CATCH-UP ACTIVITY OF MY CHOICE TODAY

Do something for the last three days that you didn't get to yet. I know there were a LOT of practices. See what calls to you.

Here's what I did today as my Abundance Activity:

Here's how it felt and what it helped me remember:

HAPPY MONEY AUDIO:

Are you fitting this in at least once a day?
So far I've been listening to Happy \$! while I

_____ , and I particularly enjoy doing so
while _____. I'd also like to listen _____.

Remember: The more you immerse yourself in your positive prosperity beliefs, you more quickly you will experience abundance in your life!

SILVER HOUR IN EVENING

Do something lovely and sacred to wind down and give thanks...

EVENING JOURNALING & SELF-ASSESSMENT:

Daily Review:

Feelings, thoughts, observations. Self-assess: Was I on track today? Put a checkmark next to everything you DID today. Awesome!

16-Day Review:

Review your first 16 days of this journey to prosperity. Give yourself LOTS of credit! 😊 **YOU ARE DOING IT!** You are showing up for yourself, for Love, for Spirit, for Prosperity, for Joy, more each day. You are already beginning to notice some wonderful changes, subtle or radical, inner and outer.

Looking through your Prosperity Journal and this guidebook, ask yourself:

* What is working and what isn't so far? In what ways am I feeling more peaceful, more blessed, more trusting and grateful, more creative, more wealthy and/or more supported than 16 days ago?

* Now is a good time **to do some Spiritual Journaling around the Soul Questions**. Ask and do some divine dictation...

*What is changing, within me and around me? What shifts am I already aware of in my own thoughts and feelings, my choices, environment, experiences?

* How happy, prosperous and full of love do I feel when I wake up ... throughout the day...and in the evening?

* What practices or words of power are really helping me create this shift?

* Is there anything feeling stuck, anything I have been resisting, and if so, how can I heal that? Is there anything else I need to do? Visual reminders? More support from a friend or coach/healer? (Review resistance-busters)

* What do I find helps me, what times of day are optimal for what exercises? Record any other *creative ideas* for how you can get on track, stay on track or ramp it up further. Ramp it up and AMP it up!

Here's what I am REALLY GETTING NOW about me, joy and abundance:

Optional: Affirmations, dream incubation, prayer.

***** ESSENTIAL! ALIGNING WITH ABUNDANCE AUDIO:**

I DREAM ABUNDANT DREAMS AND AWAKEN WITH PROSPERITY
CONSCIOUSNESS!

I AM REALLY EMBRACING MY ABUNDANT LIFE.

I AM REMEMBERING WHO I REALLY AM.

I KNOW THAT MONEY IS GOOD AND SO AM I.

I AM CREATING MY BEST LIFE NOW!