



mindvalley academy
masterclass

WORKBOOK

Energy Clearing For Abundance

with Christie Marie Sheldon

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YOUR OFFICIAL MASTERCLASS GUIDEBOOK

4 Simple Tips To Get The Most Out of This Class:

1. Print out this workbook before the class starts so you can write down your notes as you listen.
2. Review the topic outline so you know what to listen out for. Make sure you've set aside private time for this session so you'll be able to focus and fully receive the benefits of the session.
3. During the event, write down ALL the interesting and new ideas and inspirations you get while listening — that way you won't lose the information most relevant to you.



4. Watch for this icon. It denotes the key elements from Christie to identifying and clearing your “Abundance Blocks”. Think of how you can quickly implement the secrets revealed in this session.

Preparation Tips:

- Make sure you are in a quiet place where nothing can distract you, and that you are not driving a car or any other vehicle. Be in a comfortable position so you can fully take part in any guided meditation and visualization exercises that may be a part of the class.
- Stretch your muscles before starting the class. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of “going inward” and brings added focus to the body.
- Take a deep breath. Breathing deeply slows the heart rate and relaxes the muscles to help you have a comfortable experience during any guided meditations or visualisations that may happen during the class.
- You can use candles and other spiritual tools in the room to further help you feel at ease.

Thank you for joining our online class. We hope you enjoy it!

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SUMMARY

Part 1: The “Energy Clearing for Abundance” Experience

SECTION I: THE TRUTH ABOUT MONEY

SECTION II: WHAT ARE YOUR ABUNDANCE BLOCKS?

SECTION III: HOW “ENERGY BLOCK” CLEARING WORKS

SECTION IV: SECRET “I AM” MANIFESTING FORMULA

SECTION V: ABUNDANCE BLOCKS ENERGY CLEARING SESSION

SECTION VI: HOW MUCH ARE YOUR ABUNDANCE BLOCKS COSTING YOU?

Part 2: Clearing Tools That You Can Use Immediately

SECTION I: ABUNDANCE BLOCKS CLEARING INSPIRATIONAL SNIPPETS

SECTION II: 5 STEPS TO CLEAR YOUR ABUNDANCE BLOCKS

SECTION III: YOUR “ENERGY CLEARING FOR ABUNDANCE” CHALLENGE

Part 3: Tales of Unlimited Abundance

Part 4: Self-Reflection

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“Even having one abundance block is enough to completely derail your life.”

– Christie Marie Sheldon

Part 1: The “Energy Clearing for Abundance” Experience

During the Masterclass, please take the quiz below, following Vishen’s instructions.

On a scale from 0 to 10, please rate where you are now in the left-hand column.

Where you are now 0-10	Abundance Blocks Questions 0 being DO NOT agree – 10 being COMPLETELY agree	After the Masterclass 0-10
	I am happy in my current job.	
	I get paid for doing what I love.	
	I deserve abundance in all areas of my life.	
	I have the skills and talents to provide great value to others.	
	I feel supported on my path to success.	
	I have a step-by-step action plan to my perfect abundant life	
	I can be successful and abundant and still have balance in my life.	
	I am making more and more money yearly as I grow in my career or business.	
	Finances don’t cause stress in my family life.	
	Finances don’t cause stress in my social life.	
	I am satisfied with my current level of abundance.	

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“At the end of the day it just takes a powerful intention, a powerful choice to make your life go in a different way.” – Christie Marie Sheldon

This next part is for you to take notes while you listen to the Masterclass. Fill in the blanks as you progress. These will be the important takeaway points for this session.

SECTION I: THE TRUTH ABOUT MONEY

Circle **YES** or **NO** for the following 4 questions. (Just circle the first thing that comes to mind without hesitation.)

1. What is abundance and money like for you? Is it easy to get?

Circle one: **YES** **NO**

2. Is money hard to hold onto?

Circle one: **YES** **NO**

3. Is money and abundance only found in credit cards for you?

Circle one: **YES** **NO**

4. Is money a non-issue because you have plenty?

Circle one: **YES** **NO**



MONEY IS JUST AN EFFECT. THE TRUE CAUSE OF YOUR MONEY SITUATION IS YOUR **ENERGY FIELD** AND YOUR **ABUNDANCE PROGRAMMING**.

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SECTION II: WHAT ARE YOUR ABUNDANCE BLOCKS?



ABUNDANCE BLOCKS ARE **SUBCONSCIOUS BARRIERS** THAT SOCIETY HAS IMPLANTED IN YOU, THAT **SILENTLY SABOTAGE YOUR EFFORTS TO GAIN WEALTH.**

Fill in the blank:

1. Even having just one _____ is enough to completely derail _____.

Common Abundance Blocks:

How many of these common abundance blocks do you relate to? (Circle one):

1. Hard Work = Success

YES, THAT'S ME!

SOMEWHAT/ SOMETIMES

NO, THAT'S NOT ME

2. Money is the root of all evil.

YES, THAT'S ME!

SOMEWHAT/ SOMETIMES

NO, THAT'S NOT ME

3. Your job is the only source of income.

YES, THAT'S ME!

SOMEWHAT/ SOMETIMES

NO, THAT'S NOT ME

*Write down any thoughts that come to mind about when the above blocks were imprinted into you. **Remember, even seemingly trivial events from your childhood could hold the key to identifying and unlocking your abundance blocks.***

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1. When is the best time to start choosing your happiness? _____
2. Most of the abundance blocks imprinted in you happen from the ages of _____ to _____ years old.

SECTION III: HOW "ENERGY BLOCK" CLEARING WORKS



1. The key to liberating yourself from your blocks is to go to this _____
_____, the source energy; and I call it "Your Abundance
_____".

The Maharishi Effect



THE MAHARISHI EFFECT IS A SCIENTIFICALLY DOCUMENTED PHENOMENON IN WHICH LARGE GROUPS OF PEOPLE CAN QUICKLY AND EFFECTIVELY SPARK POSITIVE CHANGE BY FOCUSING ON A COMMON GOAL.

3. The key to the Maharishi effect is collective _____.

SECTION IV: SECRET "I AM" MANIFESTING FORMULA

Cut out the "I AM" manifesting formula below. Pin or tape it somewhere you can see it often (like your bathroom mirror).



I (INTENTION) + **A** (ACTION)
=
M (MANIFESTATION)



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1. When defining “**Action**” we include **2 types** of action. _____ action and _____ action.

2. Why do manifestations sometimes not work even though we follow the formula?

Look for the other intentions that are _____ the intention you set.

SECTION V: ABUNDANCE BLOCKS ENERGY CLEARING SESSION

Close your eyes. Christie will now guide you through her meditation exercise.

Set your intentionality:

**I AM OPEN TO RECEIVING AN ABUNDANCE FREQUENCY
THAT’S WAY BETTER THAN MY CURRENT ONE.**

SECTION VI: HOW MUCH ARE YOUR ABUNDANCE BLOCKS COSTING YOU?

Find out just how much abundance you may be missing out on. Here are 4 reasons why you don’t want to miss *Unlimited Abundance Live*.

REASON 1: EXPERIENCE AN IMMERSIVE FORM OF ENERGY BALANCING

Instead of trying to find and figure out all the blocks in your subconscious by yourself, Christie will personally dive into your collective conscious field sense the blocks and clear them.

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REASON 2: CREATE A CONSISTENT PRACTICE

In order to permanently remove your abundance blocks, you need to work consistently. Christie will work with you consistently for 12 months in order to clear your Abundance blocks for good. All of your Abundance blocks will be detected and cleared.

You will also be a part of a private, supportive online community (Facebook group) where you will be interacting with Christie and other students.

Plus, get access to Mindvalley's bestselling *Unlimited Abundance* home study program — you can practice on your own time helping you clear 24 of the most common abundance blocks.

REASON 3: COLLECTIVE INTENT

Thousands of people will be attending live with you creating a powerful “collective intent” energy that creates a magnetized much more effective result.

REASON 4: TRANSFORMATIONAL RESULTS

Christie has worked with thousands of clients who have had powerful and successful transformations to achieving Unlimited Abundance. Students have experienced massive improvement in wealth, careers, self-empowerment and sense of purpose.

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NOTES

Use this space for any additional notes you have:

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Part 2: Clearing Tools That You Can Use Immediately

SECTION I: ABUNDANCE BLOCKS CLEARING INSPIRATIONAL SNIPPETS

Cut out the “Abundance Blocks” clearing inspirational snippets below. Pin or tape them somewhere you can see them often (like your bathroom mirror).

Christie’s Clearing Statement:



“I clear, delete, destroy and transmute this energy across all time, dimensions, space and realities.”

“Be extraordinary in every thought, word and deed.”

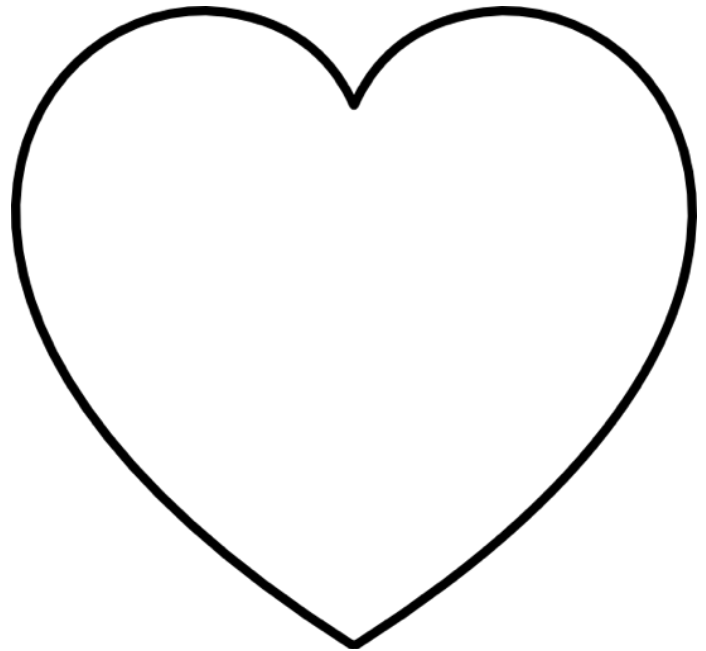
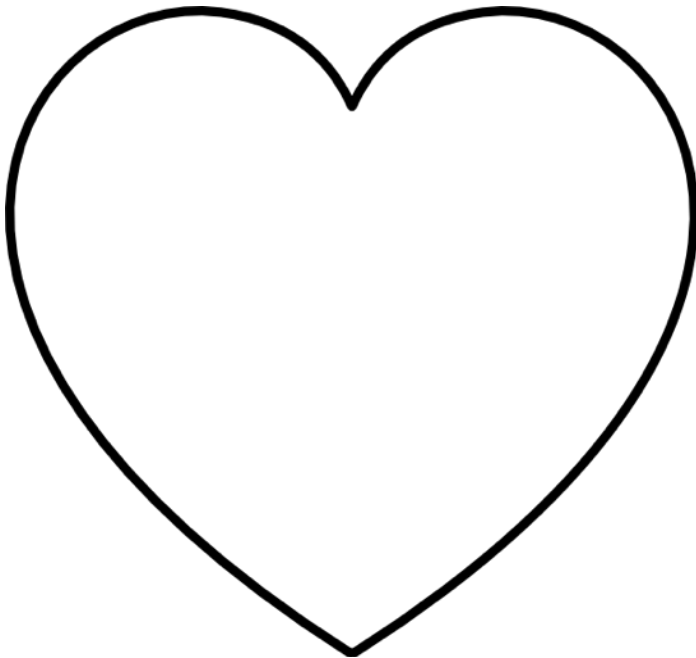
“The Universe supports me with Unlimited Abundance.”

“I deserve abundance in all areas of my life.”

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Create your own inspirational / empowering statements below:



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SECTION II: 5 STEPS TO CLEAR YOUR ABUNDANCE BLOCKS

Here are 5 simple steps to clear your abundance blocks — for good.

Step 1. Always connect to the light

The first step to healing involves tuning into the "light." This could be any higher power, God, or force that we believe in.

Christie has an easy mantra to remember this: "ABC: Always Be Connected."

How to do it: Visualize light entering into your being from all directions, expanding, and then releasing. Your body will now be giving and receiving energy simultaneously.

Step 2. Identify the problem you wish to solve

In order to solve a problem, we must identify and name it. The more specific, the better!

How to do it: Zero in on the exact problem you wish to solve. This could be in any area of your life: career, relationships, finances, health, or overall wellbeing.

Step 3. Locate the source of the block

Once the abundance block has been identified, it's time to dive deeper and locate the source of the issue.

How to do it: Ask yourself the following four questions:

"What is the first age I ever felt... (angry/sad/isolated)?"

"Who did I duplicate it from?"

"What is the emotion attached to it?"

"Where is this located in, on, or around my body?"

These questions allow you to locate where your abundance block is expressed within your body.

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Step 4. Shed light on the pain

Now it's time to target the blocked area of your body with a visualization of light energy — in order to remove the stagnant energy permanently.

How to do it: Imagine light shining on the part of the body that is holding onto the pain.

To clear the stale energy, repeat Christie's mantra: "I clear and transmute it across all time, dimensions, space, and reality."

Step 5. Replace with positive thoughts

Once you've cleared the negative energy from your mind and body, it's time to fill in the space with positive thoughts.

How to do it: Ask yourself, "What would it take to... (feel supported/loved/abundant)?"

Simply posing this question to yourself forces your energy to expand out in the universe, to allow unlimited possibilities to show up.

SECTION III: YOUR "ENERGY CLEARING FOR ABUNDANCE" CHALLENGE

Within the next 48 hours, whenever you feel like you want to invest in or purchase something, for example the house you have been dreaming about, and you have a little voice in your mind saying, "You can't afford that," repeat the following clearing statement:

"I clear, delete, destroy and transmute this energy across all time, dimensions, space and realities."

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Part 3: Tales of Unlimited Abundance

“\$30,000 of unexpected money has come into my life.”



I just wanted to let you know that I purchased Unlimited Abundance recently and I listened to one session per day for 24 consecutive days. The results have been way beyond anything I could've imagined in my wildest dreams.

I was working full-time for a software company and we were going through a restructuring. I had a feeling my job was going to be eliminated so I wanted to test Christie's Unlimited Abundance exercises. I started manifesting that \$20,000 or more would come to me in some fashion during February. Today is only February 13th and \$30,000 of unexpected money has come into my life. I was notified today that my job is ending next week and I'm receiving 3 months severance which I wasn't expecting.

I've also received numerous consulting opportunities that I'm sure came to me once I removed my blockages. I will easily receive more than \$40,000 this month because of my clearing the blockages. I was especially blocking my ability to receive from the universe. I love to give but always felt uncomfortable receiving but Christie removed those blocks for me.

Thank you and Christie for changing my life. She's amazing!!

– Ted Prodromou

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“I never would have imagined being where I am today with my business!”

"Six months ago, I never would have imagined being where I am today with my business! I have over 125 new teammates, I have been able to pay my bills, I have learned a lot about leadership and put that into action! I am so very grateful that this opportunity has come into my life. And of course, I am extremely

blessed to have found you, Christie Marie Sheldon, as your words of wisdom, your encouragement and your inspiration has turned my life in a new and exciting direction! For these things, I am so very very thankful for! <3 or Above! Onward, and upward to more amazing things."

– Lisa Morris



“I’ve gained approximately \$60,000 worth of consulting contracts”

It has taken a few weeks, but manifestation has been at work — so I’ll be in a position to pay my outstanding Unlimited Abundance course fees on Thursday.

Just to fill you in, I made a promise that, if within the 10-day \$1 trial period I was able to gain an additional \$4,000 in resources — I’d happily pay for the course. The flow of events has been such that I’ve gained approximately \$60,000 worth of consulting contracts stemming from actions and decisions taken during that trial week. As the flows have begun to arrive I’m delighted to pay my fee, and also to share my success story with you. Wishing you a wonderful day.

– AJ

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“By day 7, I had manifested more than double.”



By day 7, I had manifested more than [\$4,000]! So I was hooked, I knew that this was accelerating my own program and would also help me to help others.

I am currently listening to Round 2 of the audios and my new business (opened in March 2012) is taking off very quickly. Shamanic healing is not well known in Raleigh, NC, but I am getting new clients every week without doing any marketing or advertising.

I use the clearing statement all the time now — I am really quick to notice when lower vibrational energies surface. It is amazing! Thank you so much for this program!

– Trish Baker

“Two weeks into the program, my business sold with ease & I had 26k left over.”



My goal starting out was to sell my business. Two weeks into the program, my business sold with ease and after paying off debt, I had 26k left over.

Little things: I got an extra cashback bonus check from American Express for \$225. I got an \$845 tax return when I thought I was going to have to pay. All business calls with closing my business went extremely smooth and everyone I talked with was so friendly and made sure I would incur no fees.

Yes!!!!!! I love Christie, and I am so grateful for the universe for putting this program in my path. To this day, I still have no idea how I found it, which makes it even better!

I love Unlimited Abundance it truly is the truth!

– Elizabeth Roberts

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Part 4: Self-Reflection

The right questions can spur your subconscious to feed you the right answers. So ask yourself. . .

What are your top reasons for creating a more abundant life?

You are free to start living a life of Unlimited Abundance whenever you decide.

“I decide to commit to my own abundance.” Write down any fears or blocks that make you afraid to commit to your new life of abundance.

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Imagine the contributions you will make to your family, yourself and your community if you enhance your abundance to the point where you can not only provide for your own needs – but also have more than enough to share?



To sign up for *Unlimited Abundance Live*, Christie’s new course on Mindvalley Academy, please visit <http://bit.ly/2ovyoFV> for more information.

Tip: Near the end of the Masterclass, *Unlimited Abundance Live* will be offered at a special price, as a thank-you gift for class attendees.