

Is Your Money Vibe Kinked?

- Are you struggling with money?
- Making less than you'd like?
- With more bills than you can pay?
- Worrying about how to make it to next payday?
- Are you missing out on things you'd like because you don't have the money?

If so, your money vibe is kinked!

How do I know this? We each have a money vibration, and until your money vibe is clean and clear, your experience with money will be less than satisfactory. Changing your money vibe is required before you can expect your experience with money to change.

What's your vibration? First of all, your vibration is nothing more than the energy you are flowing. Everything in the Universe is made of energy, including you and me and our thoughts. **As you think a thought, you create energy** – that is, you create a vibration. And whatever your vibration is, because like attracts like, that vibration attracts experiences and circumstances that match it.

Until you change your vibration, you continue to have the same experiences. It's why some people find themselves in the same type of relationship again and again. And why some people leave one job just to find the same experience in the next one. If you don't change your vibration, your experiences can't change either!

What's a money vibe?

Your money vibe is the energy you flow on the topic of money. It's your habit of thoughts about money. And it's what's attracting your money experiences into your life. It's very likely been in place a while, so changing it takes deliberate effort.

If you're ready for a new experience with money, then it's time to straighten out your money vibe.

In this **five step process**, you'll learn how to straighten out your money vibe and allow a more prosperous and abundant relationship with money. **You'll learn how to determine what your money vibe is, what it needs to be in order to allow you the experience with money that you want, and how to change it immediately and permanently.**

It's simple, easy, and effective.

Is it magic? No. It might seem like it, but it's not. You don't have to understand – or even believe - the Law of Attraction to put it to work for you. **This program will take the mystery out of creating real financial change in your life.**

The five steps that follow include a reliable technique for changing your habitual thoughts to allow even faster progress. The report also includes nine tips to stop sabotaging and start supporting your new money vibe.

The program doesn't ask you to change your thoughts about money, because I know that's **virtually impossible when you're steeped in financial fear**. It doesn't ask you to *pretend* to be rich or think rich thoughts, because I know it's hard to do when you're under the money gun. It won't ask you to focus on making more money, or simply follow your bliss knowing the money will follow ...

... but it WILL introduce to you a powerful method for changing your money vibration.

- You'll learn to deactivate the vibrations not serving you
- Activate the ones that will allow the financial abundance you choose
- You'll learn the secrets I gleaned over years of trial and error in practicing and teaching clients the easy way to permanently and immediately change their experience with money.

Work the steps; practice what you learn. This information will serve you for an entire lifetime if you just put it to work.

To your wealth and prosperity,

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Ready for a Change with Money? How to Change Your Money Vibe!

Okay, friend, I hear you. You're tired of coming up short on money. You're tired of feeling like there isn't enough. You've had enough of worrying how you'll get by. You want to be done with scrimping and saving and going without.

You're just not enjoying your experience with money. It's time for something dramatically different. **You're ready for a change.**

What you're about to learn is *how to create that change*. This is where you create a whole new money vibration.

You might not have known this until now, but you have a very specific money vibration. (Some experts refer to it as your money "set point.") If you're not financially satisfied, your current vibe isn't serving you. It might be a vibration of lack, constriction, restriction, attachment, despair, fear, or some combination thereof. Somehow, your vibe is kinked.

In order to change your experience with money, you need to change your vibration.

That's how you get the prosperity and wealth and abundance and riches that have eluded you.

That's all it takes to change your story. Simple, yes. Easy? Mm, that depends on you. Let's get started!

1. SET AN INTENTION

It certainly *can* be easy. In fact, choose now that it will be. **Set the intention now that what you are about to read will immediately and forever change the way you think (and thus feel) about money.** Intend that what you learn here sets you on a new course – a course to financial prosperity and abundance and comfort and leisure –everything you want your experience with money to be. It's the change you've been waiting for!

Intend that you'll soon live a life just as you choose, without worry or concern about money. A life where you are free to do what you want, when you want, how you want. Where you feel the comfort and happiness of complete financial freedom. Where you spend and give generously, enjoying all you want in this beautiful life of yours.

Sounds good, right? I thought so. With this intention, you've just planted the seed of success. Let's continue!

2. IDENTIFY YOUR CURRENT MONEY VIBE

Now that you've set yourself up for success (by intending it), I want you to identify your current money vibration. It's the pattern or energy you have right now on the topic of money. You'll understand why this is important in a minute. First, let's identify it.

This is easy to do. Start by writing down how you feel when you think about the topic of money. I want you to write it down because this is important to get a handle on. So right now please jot down a few notes on what you've been feeling about the topic of money lately.

For example, maybe the car repair shop gave you an enormous estimate to replace a part. Maybe you checked your bank account to see your credit line maxed, loan payment overdue, and funds overdrawn. What are your feelings about that? Maybe your biggest customer just phoned to say they won't be renewing their contract. Perhaps your brother stopped by to say he needs you to pay that loan from last year back. What does that bring up for you?

It might be despair, frustration, disgust, worry, anger, or a wide range of other feelings. Figure out what it is for you. This is important – please put a name to the feelings you have about money.

Maybe you just picked up the mail, and there's the rejection letter from the credit card company you applied with. What does it feel like? Shame? Embarrassment? Anger?

Whatever your experiences have been recently, **identify the feeling** that it brings up for you. And write it down. I don't want you to get slippery on me, so please put it in writing.

Really. Right now.

Got it? Okay, thanks.

You've just identified your money vibration. This is soon-to-be your old money vibe. And yes, vibrations are based on your feelings. Whatever you're feeling, is what you're vibing. So your money vibe could be a combination of feelings.

Good job in being willing to look at this! The reason this is important is because now you know the vibration you've got activated on the topic of money.

And now you *also* know what needs to be **deactivated**. Identifying this to eliminate it gives you a HUGE advantage in recreating your relationship with money.

So you're going to clear out the old and bring in the new. Let's move on to the next step!

But first, although I would very much LOVE for you to start thinking and feeling about money differently, experience tells me it's not likely you'll be successful at that before your money experience changes. For some strange reason, it's difficult for people to feel good about money while they're staring down a stack of bills that will take forever to pay off. And it's nearly impossible to feel rich when you can't afford tickets and treats for a family night at the movies.

If you can do that, though, more power to you! Please do! If you can't, don't worry. We're taking a different approach.

3. DEACTIVATE THE OLD

Here's what you CAN do. This doesn't require any "pretend not to worry about money" instructions. (Although again, if you can do that, please do, since it allows for a powerful shift.)

What I want you to do next is figure out where else in life you're feeling these same feelings you just identified.

For example, if you said you were feeling distraught about money, figure out what else you feel distraught about. I guarantee it's somewhere, because you've got this vibration activated and it's showing up in more than one area of your life.

As you think about it, you might find you're also distraught about your relations with the neighbors. Or the condition of your garage. Or the state of your health. Or the spider on the ceiling. Somewhere else in your life this activated vibration is showing up. Where is it?

Once you figure out where else it is you've got this going on, take steps to resolve that situation. Make peace with the neighbor; clean out the garage; address your personal health; escort the spider outside; etc. There are lots of ways you can reach resolution: you get a chance to be creative here. It can be as simple as choosing to feel otherwise, if you want to make it easy. (Believe it or not, we really are in charge of how we feel. No one "makes" us feel anything – it's all our choice.)

What you're doing here is taking away the strength of this ill-serving vibration in your life. And since money is typically a highly-charged topic, that's not always the easiest

place to start. But cleaning out the garage – hey, you can do that! Taking vitamins, getting more sleep, giving up coffee ... ok, maybe giving up caffeine isn't so easy ... but the point is to take immediate steps to deactivate this “distracted” vibe – or whatever yours is that needs deactivating.

Got it?

All these situations are contributing to keeping your ill-serving money vibration active. Which is why you need to start eliminating it.

Here's a beautiful tip: You don't always have to *solve* the “problem” that's the cause of this feeling. Lots of times if you just voice your opinion or recognize you've gotten worked up about something not so important, you immediately begin to feel better and the negative feeling gradually disappears!

I want you to give some attention to how you can deactivate this vibration in other areas of your life. It's time well spent, trust me.

However you handle it, this is the first half of building a new personal money prosperity. Figuring out what your current money vibe is; deactivating it by identifying where else it's present, and taking steps to let it go.

Okay, that's the first half of your work. Next is the fun part!

4. IDENTIFY YOUR NEW MONEY VIBE

Now you identify the vibration that is going to allow money to flow to you. It's not necessarily the same for everyone. So that's why you need to figure out what yours is. How do you do it, you ask? Fabulous question ...here we go!

Okay, answer this question: *How will you feel when you're having the money experience you want?* Imagine your target experience with money, and identify what feeling comes up as you see yourself living that lifestyle. Whatever you want to experience with money, imagine it and dwell in that feeling-place for a moment or two. Identify the feelings associated with this new found prosperity in your life.

Whether it's doubling your income, becoming debt free, having enough set aside to quit work, getting caught up on bills, improving your credit – whatever it entails – discover what that feels like for you.

For many it will boil down to something like freedom, joy, happiness, empowerment, power, pride, security, relief, contentment, etc. Figure out what it is for you. Because **this** is the vibration you want to activate. Be sure to get a good handle on it!

Write it down, please. Once you've determined what it feels like to experience money the way you want to, **now you know what vibration to activate.** This will soon be your NEW money vibration.

QUICK LOA REVIEW

This is a good spot for a quick review of the Law of Attraction (LOA) and what it means to you, if you're not already aware.

Everything in the Universe vibrates, including you and me, and including our thoughts. **As you think a thought, you're creating energy. And as you know, energy vibrates.** So your thoughts are energy that you created, and those thoughts/feelings vibrate. You're creating vibrations with your thoughts, get it?

The Law of Attraction says that like attracts like, so your vibrations attract similar-vibrating thoughts and experiences. It's why Tiger Woods visualizes his shot before he takes it. It's why your hunches are right. It's why you keep dating (or marrying) the same person, time after time. It's why you experience the same frustrations job after job. Because your vibration dictates what you experience. And your thoughts (and feelings) make up your vibration.

This is why you're deactivating the thoughts tied to vibrations you **don't want**, and in this second step you're creating vibrations matching what you **do want**. By doing this, you'll stop attracting what you don't want (lack of money) and start attracting what you *do* want (financial prosperity, millionaire status, getting out of debt, or whatever it is for you).

You'll find that it's not only more money you attract as you do this, but lots of other good stuff as well. Nice side effect, huh?

5. ACTIVATE THE NEW MONEY VIBE

Okay, back to business. This feeling that comes from having lots of money, this is the one you want to activate right now. And I mean **now**. TODAY. Think of something you can do today that will give you that same feeling.

For example, if it's freedom that you'll feel when you have all the money you want, figure out what can you do right now to feel free. It doesn't have to be complicated; in fact, the simpler the better.

Here's what others have done to activate the freedom vibe; maybe it'll inspire you to get creative with whatever vibe you're activating:

- Only answering the phone when you feel like it.
- Seeing a movie in the middle of the day.
- Wearing comfortable clothes to work.
- Sleeping nude.
- Finger painting with the kids.
- Playing with the dog.
- Saying what's on your mind.
- Getting Tivo so you can watch your shows at your convenience.
- Giving away the TV altogether.

Get the idea? We're talking about falling-off-a-log EASY actions. What works for one won't necessarily work for another, so it's crucial that you figure it out for yourself.

It may seem counterintuitive that playing with the dog will make you wealthy, or that securing the back door will help pay the bills, but that's because we've been trained to believe it takes hard work, perseverance, and a lot of effort to get what we want. Nothing could be further from the truth. **Our experiences are dictated by what we're vibrating.** And if hard work, perseverance and lots of effort puts you in vibrational alignment with getting what you want, then it will work. But there's no reason it *has* to be that way. You can activate the vibration that's aligned with what you want much easier, if you choose.

Make sense?

If not, that's okay. This works whether you understand it or not, and whether you believe it or not.

So I repeat, **figure out the feeling that having more money (or less debt or complete financial freedom - whatever it is you want) will give you, and activate that feeling today.** Choose three things you can do today to create that feeling, and continue them daily.

By doing so you've just opened a channel to the Universe that allows you to have a new experience with money.

6. NEW MANTRA

For good measure, I also want you to add another magic ingredient to this “Get Rich” recipe. I want you to begin **changing the neurology of your brain** about money. It’s easier than it sounds. Here’s how you do it:

Choose a word or phrase that represents how you **want** to feel about money, and repeat this phrase every time you catch yourself worrying about another bill or frustrated that lack of money is holding you back from what you want. When those occasions arise, use it as a trigger to repeat your memorized phrase (I call it a Powerphrase) out loud or silently. Each time you repeat this phrase, you’re creating and strengthening a new neural pathway. This will take effect over time, helping to allow a new experience with money.

The way you choose the phrase is simple. Just pick one that lights you up each time you think it or read it or say it. Those classic old affirmations may work for some of you, but feel free to adopt a juicy new one. Some of my client favorites:

- Man, it’s good to be rich!
- I make money like magic: effortless, easy, natural and fun.
- I am a money magnet!
- I am attracting massive amounts of money immediately.
- Money comes to me out of thin air!
- I love money and money loves me!
- The Universe conspires to make me wealthy!

Remember, the only requirement is that you feel good when you think it or say it, so use that as the barometer in choosing your phrase. It’s also helpful if it’s short and powerful. It may very well be that your word or words change over time, to make room for bigger and better expectations on the subject of money.

Some people start with “I have all that I need” and grow to “There is more than enough for me” and next “I am living large!” to “The Universe is making me rich!” Don’t worry about being humble or virtuous with this process. Pick a phrase that makes you feel good. That’s all it takes.

You can also use this new Powerphrase to replace your old mantra about money. You know those old thoughts and sayings we keep running through our head like: “I can’t afford it” or “I better make this paycheck last”? Let’s eliminate those negative neural pathways while we’re at it. Each time you catch yourself thinking your signature “poverty” phrase, steamroll over it with your new one. It might seem awkward at first,

but you'll get used to it. Trust me, it gets easier every day to embrace this new way of thinking. And that's what it's all about – developing new habits of thought.

WRAP IT UP

All right, let's recap this whole process. You figured out how lack of money makes you feel, and where else in your life you're feeling that same way so you can put an end to it (deactivating ill-serving vibes). You also determined what financial abundance would feel like to you, and have three things in mind to immediately activate that vibration. You also have your "rich" Powerphrase on standby for the times your chatterbox mind goes to worry or concern about money.

What else is there?

This is it, friend. From here on out all you need to do is **practice these new thoughts and vibrations and let the good stuff in**. You'll notice new things happening very soon. The Universe responds very promptly to your new vibrations and neural pathways. Follow your intuition and act on your hunches. Be willing to enjoy the riches. Know you're deserving and worthy of all the good stuff life has to offer. And be grateful for all the blessings you experience now and the new ones headed your way. Life is good!

7. TIPS & TRICKS

Here are some extra credit **tips and tricks** to practice throughout the process:

1. Make peace with where you are now.

Making peace with where you're at now releases any charge or resistance you have about "needing" to have more money. That "need" creates a grasping sort of attachment to money that actually keeps it from you. Letting go of that "need" allows money to flow to you. To let go of need, simply make peace with where you're at now. Know things are getting better every day, you're only in this situation temporarily and that everything really is okay right now.

2. Be confident you'll get what you want.

It's in the place of "knowing" you'll achieve your goal that your vibration matches what you want. Rather than hoping or wishing for something, see if you can embrace the knowledge that you will be successful. Confidence in knowing you'll get what you want is a vibrational match for having it. The match is what will allow the financial success you're seeking to come into your life.

3. Ignore nay-sayers.

When you listen to someone explain why you won't succeed, tell you you're asking the impossible, or say that what you're doing won't work, that time spent politely listening to their thoughts is time spent vibrating what you DON'T WANT. Do not invest in time like this. If there's someone in your life you're suspecting won't be receptive or supportive of what you're doing, don't share with them. Or at least ask them not to share their thoughts with you!

4. Do what feels good.

When you spend time in "enjoyment," your connection to source energy is strong. A strong connection is what allows you to experience the good things in life, whatever that means for you. As Abe-Hicks says, when you're "tuned in, tapped in, and turned on," things naturally go your way.

Feeling good will put you in the flow. And that's when things fall in to place – when you're allowing, rather than struggling or pushing.

5. Stop doing what doesn't feel good.

You probably wouldn't be surprised to realize many folks spend more time doing things they *don't* like versus what they *do*. Let's not be included in that majority. Doing things you don't enjoy pinches off your connection to source, and denies you access to creative energy. Implementing this tip alone will dramatically change your life! Start small and deliberately begin giving up the things that don't make you feel good, including relationships, activities, addictions, media, jobs, events, situations, etc.

6. Follow your heart even when it doesn't make sense.

Getting what you want usually includes taking action, but it's crucial you take INSPIRED action. That means following your heart, listening to your gut, and respecting your intuition. If you're not already practicing this, it's a fabulous life skill to adopt. Your logical mind may try to overrule, but it's amazing how often doing something that doesn't "make sense" that allows quantum leaps in achieving your desire.

7. Shush your gremlin.

Whether you call it your ego, internal chatterbox, monkey mind, lizard brain, etc., it's important to recognize this is the voice of your fears. If you listen to it, it will hold you back from your dreams. Keep your gremlin quiet, or at least don't let him call ALL the shots. You can show him a nice seat in the back where his comments aren't disruptive. (This means meditate: practice letting go of noisy thoughts and increase the gap between thoughts.)

8. Keep a gratitude list.

One of the most powerful practices you can incorporate is regular expression of gratitude, especially in writing. If you haven't already started this, you'll love the results! Gratitude is one of the highest vibrations, so regular journal entries about things, people and situations you're grateful for puts you in a very high vibrational state. Whether you have a written list or keep a mental one, this is a simple yet powerful practice.

9. Write down your intentions.

Get a clear order in with the Universe. Magic things happen when you write down what you want! It's a wonderful method for gaining clarity on your desires. Whether it's making connections for a new job in a new industry, reaching a sales goal each week, or growing savings every month – write down what you want. It gives you focus, which strengthens your vibration, which is what the Universe responds to.

Okay, friend, the ball is in your court! Keep these tips in mind as you're creating your new experience with money. And remember money is nothing but a form of energy. **When you give up your attachment to it as a glorified hard to get commodity, you regain the power that you've had all along to create money out of thin air.**



Jeannette Maw is an Attraction Coach and founder of Good Vibe Coaching in Salt Lake City, Utah who helps clients make dreams come true by leveraging the Law of Attraction. Power-packed tips to bring your wish list to life are yours free by signing up for her "*Get What You Want*" ezine at www.goodvibecoach.com.