

Release Your Money Blocks:
5 day challenge

Day 5



Life **EMPOWERMENT** ·
P R O J E C T .

Day 5: **Law Of Attraction**

Today's lesson is about how to finally stop blocking the infinite abundance the Universe holds for you.

Before I'd done a lot of work around my money mindset and my relationship with money, the concept of 'infinite abundance' and 'manifesting' seemed like complete woo-woo BS to me, frankly! And it does to many people, simply as a result of our conditioning. We're ingrained with these limited perspectives on money that utterly controls how much we are able to attract, maintain and enjoy!

The Law Of Attraction is a Universal Law, entirely unbreakable and always in operation. You create more of whatever it is that you put your focus on. If you focus on abundance, you'll attract more. If you focus on scarcity, you'll have more. The Universe is always saying YES to you, so if you're not living a life beyond your wildest dreams, it's because you haven't yet put your focus there!

Describe, in detail and in the present tense, what your life is like when you exceed all the financial goals you've become clear on this week: *(the greater the detail, the more accurate what you create will be to your dreams and the quicker it will manifest!)*

Revisit this as often as possible, at least once per day, for maximum effect.

The reason so many people don't make quantum leaps forward despite the presence of these amazing laws that literally guarantee you can have anything you want, is that they're too ingrained in the old behaviours, thoughts and feelings. They don't commit themselves fully to the reality that hasn't manifested yet but instead fall back into the old patterns, put their focus there and keep re-creating the same stuff they've already created!

Repetition is the key – you build new neural networks from new thoughts that quickly build into new habits that quickly facilitate you creating an entirely different reality!

So get that previous paragraph up in your home or workspace, somewhere visible where you'll see it every day. When you read it every day, connect to it emotionally – to the pride and gratitude and everything you've always wanted coming true! That emotional connection will fast track those things manifesting in your life – that's the secret most people miss!

Below is an awesome manifestation exercise I learned from Esther & Jerry Hicks in their book 'The Basics Of The Teachings Of Abraham'

Take 2 pages from your notebook. Be clear on what you want to manifest. They suggest doing 3 things at once, going through the two page exercise I'm about to describe individually for each of the 3. If you're completely new to manifesting, focus on 1 at a time for best results.

On the top of the first page, write WHY I want X (fill in the blank of what it is you're manifesting). Below that, fill the page with all the reasons you want this thing.

After that, on the second page, write WHY I BELIEVE I WILL HAVE X (again, fill in the blanks of what you're manifesting). Below that, fill the page with all the reasons why you believe you'll have it. This could be from actions previously taken, from actions you will take, mindset...the sky is the limit!

After you've completed the exercise, utilise your journaling prompt for the day (at the bottom of today's lesson page) and the mantra listed below it (the more you use your mantra, the better!!).

See you over in the Facebook group – ask in there and we'll answer any questions you have!!

To your infinite abundance,

Vicky xx