

LIVING THE SPIRITUAL PRINCIPLES OF ABUNDANCE AND PROSPERITY WEBCAST CLASS

February 8, 2005

Partner Exercise

Briefly go through the first six points of the exercise (below) that we covered last week.

- 1 Choose an issue or problem, or something you wish to improve, in the area of money or finances. Be as specific and as detailed as you can.
- 2 What do you know to do that you are not doing in this area? Be as detailed and specific as you can.
- 3 What are you doing that you know not to do in this area?
- 4 Tell your story of failure in regard to what you have described in 2 and 3 above, i.e. what philosophy you have developed to support you in behaving contrary to what you know. Be as detailed as you can bringing in your childhood, parents, upbringing, religion, beliefs, life experience, etc., where appropriate.
- 5 As you review the story you just told, what consistent theme emerges? Pay particular attention to, and describe, where you felt you were a victim. Also pay attention to, and describe, the judgments you made, and perhaps are still presently making, on yourself, others, the world, God, etc. Describe how the limiting beliefs you held in the past are still influencing you at the present time.
- 6 Take some time, now, to forgive yourself for the judgments you have made on yourself, others, the world, God, etc. Do this out loud.
- 7 Now, allow yourself to let go of the past and realize that Spirit is present with you.
As you do this, you are aware that where you are in this present moment is perfectly placed for your future.
As you attune to Spirit, keep in mind that you are a spiritual being having a human experience and that money and finances are part of that experience.

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Partner Exercise – continued

As a spiritual being there are no judgments and there are always choices. You are choosing right now to create a new story about your relationship with money and finances.

Describe out loud this new story; describe in detail your approach and attitude towards money and finances, and the successful outcome in this area.

- 8 Be in the energy of loving and in the energy of your story of success and expansion. Be aware of the images, feelings, and thoughts that go with this story. Describe what you have learned.
- 9 When complete, take a few moments in silence to place something for yourself into the Light, for the highest good. Or if you have a prayer, you can say it now silently. You can also use this time to sit in loving silence.