

Manifesting Money... and anything else you truly desire

"What you want wants you"- Rumi

These steps were adapted from *7 Steps to Manifest Anything You Want — Including Money* by Nathalie Guerin.

You can really use these to manifest anything, so if it isn't money, try it out with something else that you would love to see more abundantly in your life!



#1 What is it you specifically want regarding money?

You can take your answers from step #1 in Developing a Money Mindset handout and incorporate them here. Make a list of at least 10 things you specifically want!

Give yourself permission to adapt your list and allow it to change and remember that you do not need to know HOW it is going to happen, but you do need to know what you want and trust that it is possible.

Also, I suggest starting with a smaller amount of money to manifest, like \$100-\$1000.

EXAMPLE:

I always want a minimum of \$10,000 in my business savings account.

I want a BMW under \$15,000 with under 100,000 miles that is listed in great condition that gets at least 25 mpg.



#2

Ask the universe at least once a day for the things on your list! Start by focusing on one at a time and start with the smaller ones first!

A few ways to ask the universe for what you specifically want:



Spend time looking at your vision board. Complete pages 7-9 of your planner.



Listen to a money meditation. My husband and I love to listen together before bed as the last thing we do before we pray. (see the link at the end of this section)



Visualize what it is you are asking for. You can lay down, close your eyes and walk yourself through a picture of it (you can even tap while you are doing it). Take yourself through the entire experience of what you want to receive and use as many senses as you can while visualizing: What will you see? What will you hear? What will you feel? What will you be doing when this happen?



Show up to places where the type of money you want resides: restaurants, resorts (even if you are just there to grab a tea), stores, cities and even with people.

#3

Honor money every day- Honoring the money we currently have in our lives is such a great way to show the universe and even God that we respect money and we are truly grateful for what we currently have.

- In your gratitude journal, write about your gratitude towards money.
- Practice forgiveness tapping using your Forgiveness Tapping Script with the intent of healing your relationship with money.
- When you complete a transaction at a store, online, or at the bank, thank the money for what it does for you and how it blesses you and your family.
- Get \$100 from the bank and put it under your pillow and tell yourself every night before bed in prayer how grateful you are for the money that supports you.
- Pick up loose change when you see it. Thank it!
- Search your home for money “just lying around” and honor it by spending it or saving it.

- Sell items in your home that are no longer serving you and will have the opportunity to bless the lives of others. Express gratitude with each transaction.
- Share money with others. This can also come in the form of service. How can you give some of your time to support others? Maybe its donating a meal, volunteering or helping with an activity that is raising money! I love working with donations at my children's school or activities where I can handle money. Even though it is not mine, I can honor it and treat it with respect!

#4

Trust the process- To manifest is to trust...especially when it doesn't feel like it is working!



Practice your Money Manifesting Tapping Script daily.



Practice your Money Tapping Visualization.



Practice your Forgiveness Tapping Script nightly.



Practice your M.A.R.K. activities that show your brain it can trust you with the new path you are aligning yourself with.



Repeat this statement daily: *"I'm getting closer and closer to my goals every day. The universe has my back and it's awesome."*



Write down what you need to let go of, regarding your lack of trust in your planner in the daily section.

#5

Receive- It can be easy to miss some of the little ways you are manifesting! Make sure to be aware of what is happening around you and honoring all the different ways money is flowing into your life. We mentioned some in the ways we honor money, but the best way to do this, is to write it down.

- In your planner, use the daily grateful section for ways you received money.
- In your planner, on the monthly calendar, write down what you received that day: deposits, gift cards, a gift from someone, coupons, increases in your job, selling something...any ways you received.
- Start a manifesting journal to write down all you receive each day! This is powerful, just like your gratitude journal, so you can look back and see ALL the ways you were manifesting what you truly desired.

#6

Keep your Vibration High- This is really a combination of everything we have already talked about. But, if you are specifically doubting one day, or feeling down, use one of these things to raise your vibration.

- ◆ Practice activities from your M.A.R.K. check-in.
- ◆ Use any of your tapping scripts including the new Money Tapping Visualization.
- ◆ Create a new routine when you deposit money: dancing in the car, saying “Yes” to yourself, saying a quick prayer.
- ◆ Fueling your body with high vibrational foods: raw foods, dark leafy greens, organic fruits and vegetables, herbal teas, nuts and seeds, sprouts!
- ◆ Fueling your mind with high vibrational things: meditations and visualizations, prayer, uplifting music and podcasts, supportive books, good conversations with people you look up to and admire.
- ◆ Clean out your wallet and purse! Honor the places where you will hold your money.
- ◆ Organize your office or space where you pay bills!

#7

Clear Your Resistance- Resistance is something we will work through continually!

- This just comes down with committing to yourself that you will continue to work on YOU! It is a daily process with constant forgiveness, self-acceptance and a desire to keep working and growing.
- Ask for help when you feel stuck or burdened with extra negative emotions!