



*Attention All Holistic Practitioners!
Are you earning what you are worth?*

*Clear ALL limiting beliefs NOW that
are stopping you from having the
financial success you deserve.*

By

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About the Author

I graduated from University of Salford in 1989 with a BA (Hons) in Modern Languages. Whilst at University I started in a telesales position to fund myself. Sales seemed a natural choice of career.

I worked in various positions as a self-employed sales person in industries as diverse as encyclopaedias, driveways, booklet advertising and ended up as one of the top sales reps in a national window and conservatory company, Bowater Staybrite, where I worked for 6 ½ years.

Much of my success came from learning to build rapport with people, and I began to study body language, communication, nlp (neuro-linguistic programming), different ways to influence and persuade someone.

I also began to practise simple relaxation techniques before my sales calls and found a marked increase in sales. I became fascinated by the ideas of using my mind to help create success. I also spent a lot of time teaching, training and inspiring others, both in the field and in classroom situations.

I was fascinated by what made people tick, and started to study subjects such as Astrology, Tarot and Analysing Names to gain a greater understanding of myself and others.

By being a successful woman in what is essentially a very male-dominated industry, I also attracted a large amount of jealousy and criticism. I began to suffer from horrendous headaches and seemed to be constantly tired.

At first I tried the usual pills and potions from the chemist, which mostly upset my stomach and made me feel worse than ever. I was introduced to Aromatherapy massage, by a lady who was also a very spiritual healer and the headaches stopped.

From there on I tried a lot of different things from Reiki to Crystal Healing to Past Life Regression, and began to use many of them at home for myself and my family.

Over time, I met many wonderful healers and therapists, all of whom have contributed to my growth and helped me move along my path.

In 2003 I set up Golden Yonder Ltd, as a company to help inspire others to develop their own talents, to overcome their limiting blocks to success and to step into their true greatness.

This took me into coaching, and then in 2004, into creating a range of inspirational CDs, DVDs and Home Study courses to help people achieve greater success in their lives, by using relaxation and less effort. This company became Dream Life Productions in 2005.

I am happily married to my soulmate, Greg, and we have two beautiful daughters.

Introduction

Why this programme was written

This programme was written to help Holistic therapists to bridge the gap between the work they love and allowing Abundance- particularly financial- into their lives.

It is designed to identify and clear the limiting beliefs that many of us face as individuals, and to specifically address the issues faced by many of the wonderfully caring, deeply spiritual people who are holistic therapists.

It is designed to help you to create all the Abundance you desire in every area of your life.

How to get the best out of this programme

Read through this workbook, do the exercises and work with any issues that might come up in your own time.

All the workbook content is also included on the “Workbook Audio CD”, which you can listen to your car or while you are at your computer. The more you listen to the CD, the more you will probably find that issues resolve themselves on their own and creative ideas are more likely to spring to mind.

The third part is the beautiful relaxation CD. This consists of three parts.

The first part is designed as “Pre Client Preparation” to help you to clear your energies, focus on your client and to protect your own energies. Approx 10 minutes

The second part is a deep healing relaxation, (approx 30 minutes) designed to clear limiting beliefs and replace them with more empowering ones. It is not subliminal or hypnosis and has been created so that you don't need to do anything, apart from enjoy. We have found that you can get just as good results when you fall asleep.

The third part is a “Post Client Tune Up”, (approx 10 minutes) and is designed to clear away any residual negative energies, which may still be present after the treatment, to refocus and rebalance your own energies and to clear your personal and professional space.

For best results, we would suggest you use all the parts of the programme frequently.

Money

If you feel that you really don't earn the money you and your service are worth, or you are struggling to make ends meet, or still working part/full time in a job you hate while trying to grow your holistic practice, then there may be an underlying conflict of interest which is sabotaging your efforts.

Special kind of person

Holistic Practitioners, by their very nature, tend to be loving, caring, giving people with a genuine desire to help and heal fellow human beings and the planet as a whole. They are often very spiritual people, deeply connected to themselves and others and often really feel and experience the pain and suffering of others and desperately desire to do their part in healing it.

Out of this desire to help, many practitioners tend to give away a lot of their services for free or charge very low prices. In doing so, they undermine themselves and their service, and end up running round like very drained headless chickens. Often the clients who have received the most for free, tend to be the complainers who want more and more and nothing is ever good enough for them.

Unhelpful beliefs about money

If you have ever caught yourself saying any of the following, you may have some underlying negative beliefs about money and success, which are blocking abundant flows of money from coming to you.

- People (who need/ want my service) can't afford.../won't pay
- People won't pay more than £x... for abc treatment
- Everyone else charges £x... and people won't pay more
- I will lose all my clients if I raise my prices
- I still have problems myself, how can I help other people to...
- I feel guilty about charging that much
- My clients are my friends- I can't charge them for my services they won't be my friends any more
- Money isn't spiritual
- (The love of) money is the root of all evil
- Success and trappings incongruent with "spiritual" values
- Money doesn't motivate me- I do this out of a desire to help others
- The more I give, the more the Universe will return to me
- The money I need will always come to me.
- There'll always be enough and I'll never be rich

It is certainly not about abandoning your values for the sole pursuit of financial gain. If money were your sole motivator, you would have probably gone to work in a large corporate company.

It is, however, about connecting to the Universal flow of Abundance and Prosperity, so that you can have as much (or as little money) in your life as you truly desire. Enough to make sure that the bills are always covered, that you can be, do and have the things you would really like without worry, stress or pressure of where money is coming from.

Does that serve me?

As you look down over that list ask yourself some questions:

1. Do I believe that? If I do, why do I believe that?
2. Is it mine or did someone else give me that belief? Listen for the intuitive answers. If it came from someone else, you can ask from whom? You may or may not get clear answers to that question. Simply ask then for that belief to be returned to "Sender or Source". This is probably a better way to do it than returning it to a specific person, because it may not necessarily have come from that person, and you do not want to set up a bad energy exchange. If it goes back to source, then it can be transformed into positive energy.
3. Does it serve me today? If it doesn't serve me, then
4. What would be a better choice of thoughts and beliefs to support me?

How much more could you give to your clients, or your favourite charity or research into non-drug healing if you could come from a place of unconditional love and giving, if you truly knew that all your financial needs were taken care of, and that you allowed the energy of money to constantly flow into your life?

Money is probably one of the most emotionally charged words in our language, and one of the issues that many of us have the most hang-ups about. Yes, money can be used to harm, for fighting wars, for killing people and a multitude of other destructive purposes.

Yet it can also be used to build healing centres or to travel the world in search of new and exciting methods of healing or simply as a mind expanding educational trip.

In my view, we owe it to ourselves as holistic practitioners to allow avalanches of financial abundance to flow into our lives because there are so many good, positive and truly wonderful things that can be accomplished for ourselves and for others with a bit of cash behind us.

Mother Theresa is often quoted as the perfect example of the selfless, self-sacrificing healer who never had a penny to her name, and never desired anything material.

Whilst that picture is largely true, she also had an amazing capacity to raise millions of rupees/dollars/pounds for hospitals, schools, drugs, medical staff, support staff and a host of other projects etc. Whilst little or none of it was personally hers, she knew how to attract funds from every possible source imaginable (and some unimaginable) from every far-flung corner of the earth for her projects, and all her needs were met.

General limiting beliefs

These may also be coupled with some general limiting beliefs, which a lot of people have about themselves:

- I don't deserve
- I am not worthy of success
- People won't love and accept me if I have money
- Money doesn't grow on trees
- "Filthy" Rich people are all mean, nasty selfish crooks who rob people and rip them off to get their success

Many of these beliefs go back many generations, and you will often see patterns running through families. This is often not just money. There may be a long history of abuse, of self sacrifice (women are particularly prone to this one), of criticism, of lack of self worth and fear and all kinds of other things that stop people from stepping forward to make better lives for themselves and for those around them.

Many generations back, this was a form of control mechanism. If the masses were uneducated and lived in fear of the consequences of disobeying the doctrines, then the power, wealth and control could remain in the hands of a select few.

That control mechanism was backed by the idea that financial reserves were finite, there was not enough to go around and if one person had wealth, it was because they had taken from someone else.

As we have evolved with the ideas of Abundance and Prosperity, we have come to understand that money is only an energy, shown in physical form as coins and notes (yes, they do still exist in some parts of the world!), and that it is infinite. We can all have as much of it as we desire and the pot never runs out.

For those who have dedicated themselves to healing and serving others, or to empowering and teaching others to heal themselves, it is even more important that they value themselves and their service and allow money to flow into their lives.

Who makes the money in this field?

Many holistic therapists often ask themselves this question. There seems to be an ever increasing demand for natural, holistic and complementary products and services, yet few practitioners really seem to make the money they know they are worth.

** (interesting aside point- the words “**compl E mentary**”, meaning to go with something else or to blend with something else to create a better overall effect and “**compl I mentary**” meaning free or gift. With such similarity in the spellings and sounds of the words, is it any wonder many holistic practitioners or “Complem E ntary Therapists” end up giving away their services for FREE.)**

It is often the “picks and shovels” type of the people, the people who provide the tools to do the job, whether it is training courses, certification, ongoing personal and professional training, books, registration with professional bodies, insurance, equipment- - treatment beds, pillows, cushions, oils, specialist machinery & equipment- often from abroad, etc. Your average nlp course costs £1500- 2000 for the master practitioner, then others on top, a basic hypnosis course will cost £1000-2000 for level 1, with ongoing updates.

Most of these people have been able to reconcile their values with financial gain. Many of them provide a good, value for money service and they expect the financial rewards to come to them, and gratefully bank them when they do.

The Difference

These people have taken their desire to help and heal others and done something very empowering with it. They have found a way teach others to “empower themselves, to heal and help themselves”, which is infinitely more powerful because they do not carry the weight of everyone else’s problems around with them.

They have also applied some sound business principles regarding giving freebies or extended credit and pricing. They have learnt to put a value on their products and services and had enough self worth to stick to that.

We will cover dealing with limiting beliefs in more detail further on.

Universal dumping ground

Do you ever feel like a honey pot that magnetically attracts people and all their problems, which they then come and dump on you? Often they go away feeling better and you are still worrying about them.

Many holistic practitioners find themselves treated as a “Mr or Ms Fix-It” who gets the blame when things go wrong in client’s lives and are then expected to pick up the pieces and put it all back together again for the client.

You can also end up being the target of an unjustified attack from a client because “your fix-me didn’t work” or “It didn’t last”. There seems to be an expectation from many clients that they come to you for you to fix them and their lives. They seem to think that you can do some “magic” to or for them that that cannot do to or for themselves.

In some respects holistic practitioners are often put up on a pedestal as the people with all the knowledge and the answers, and then are the first to be blamed when things do not go as planned.

Some of the issues that come up here are:

- A sense of responsibility for that person- they are my client, they need my help and they are paying me to “fix them”
- They won’t like me, or won’t come back if I give them back the responsibility for their problems
- A huge void in self worth and identity for many practitioners- if I teach them to “fix themselves”, they won’t need me and what is then my reason for living?

Give back the Responsibility

Ultimately each and every person is responsible for themselves, and makes their own choices as to what they put into bodies, what thoughts they hold and what actions they take. If you can teach, guide and empower your clients to be responsible for themselves, it removes a huge burden from your shoulders.

You may lose a few clients. However you will certainly attract new, and probably better paying ones, who leave you feeling energized rather than drained.

If you teach your clients how to do reflexology on their feet or how to relax or how to clear limiting beliefs, so that they can do it at home, then they will move

forward with each session that they come to you. Or they will come to you simply for the pure pleasure and experience of the treatment.

Out the comfort zone Tip

- You could perhaps start a treatment by asking what action steps they have taken since you last met to resolve their own issue
- Have a solutions only zone- your clients could come to you with at least one solution to discuss and expand upon.
- What have been the 5 best things that have happened to you/ you have done since we last met?

How's YOUR Health?

1. Are you always too busy helping others to take care of yourself?
2. Do you get totally exhausted and run down?
3. Are you prone to a simple cold turning into full blown flu where you end up in bed for 2 days?

For many holistic practitioners, the answer is likely to be YES to at least one of the questions. How often do you focus so much on other people that you forget about yourself?

Often clients will come and dump their “stuff” on you, which you take on board and worry about it for them. It then gets mixed in with your own “stuff” (unless you give yourself regular physical, mental, emotional and spiritual tune-ups) and you feel really lethargic, drained and just not quite right.

It is also vitally important not to pass your “stuff” onto your client, otherwise they go out feeling worse than they did when they came in and are unlikely to come back.

Importance of Cut Off

There are some simple techniques you can do to protect your own energies and to make sure that you do not continue to carry around your clients' problems:

Protection

There are some very simple techniques you can use to protect yourself and yourself from the negative, draining energies of others. Most involve visualization and some involve the use of crystals, colour and mirrors.

- Ask the universe and any guides, angels or any helpers you may have, to protect you against the negative energies of others on all levels- physical, mental, emotional and spiritual.

- **WHITE LIGHT**- imagine yourself wrapped in a big bubble of WHITE LIGHT. Imagine it is all round you, including around your feet and head and see it stretching about 3-4 feet (1- 1.5m) metres beyond yourself. A variation on this is to imagine a cross of white light. Draw it with your hands- from top to bottom and left to right and then circle your hands around yourself like a spiral or vortex. You can then green all round yourself for healing and then purple over the top for extra protection.
- Imagine yourself inside a dark blue cloak. It totally surrounds you and comes down to the floor. Imagine wrapping it around yourself and zipping up the hood, so you are completely inside Dark blues and purples are excellent protection colours and you can imagine yourself surrounded by dark blue or physically wear something violet or purple on your person.
- If the negative energies are very powerful and you suspect they may be being sent deliberately as a strong, emotionally charged negative thought towards you, you can surround yourself with mirrors and return the negative energies back to the sender. Imagine yourself inside a crystal ball, looking at the back of mirrors, so the shiny side is facing outwards. This will reflect the negative energies back to the sender.

This is a very powerful technique and should only be used in extreme cases or when you are certain that the negative is from someone who means you harm. Do NOT ever send it back multiplied to the sender. If someone is sending you nasties, return what they have sent you and let the Universe deal with them.

- Or you can imagine yourself with a shield around yourself. I imagine mine rising up or coming down to the music from Thunderbirds, so you are inside and you are protected from any negative. Yet you can still connect with people and are not closed off to them. You just do not take on any of their negative energies.
- Crystals- if you are working on your computer, set a piece of quartz on your computer. It will absorb a lot of the negative energies. One of the most powerful crystal protectors is a dark brown stone called "Tigers Eye". It has a long history of protection going right back to ancient times. You can either carry it with you or imagine it as another layer of protection around you.

If you are using crystals, it is important to wash them first, preferably in salt water, let them dry in natural light and then charge them up with your

intention, of what you would like them to do for you- whether it is healing or protection.

Amethyst is a powerful protector, especially for children, as are clear quartz wands.

These are just a few ways to protect your energies. If you have worked so hard to be positive and in the flow, protect your energies and don't let others pull you down.

Cut Off

You can also cut off after each client, by literally drawing a line with your hands under your feet. Send anything negative up into universe to be transmuted into positive energy. Your client doesn't have it, nor do you, the Universe dealing with it

Boundaries

Unless you have clear boundaries in place, many people seem to think they can ring you whenever they choose or turn up on your doorstep with something that needs fixing. If you are like many holistic practitioners you may find it very difficult to go out and enjoy yourself socially, because invariably someone will ask you what you do, and within 5 minutes you are engrossed in a conversation about their ailments and what do about them- all for free!

Many practitioners work from home and it can be very difficult to separate work from home. It is all too easy to get the therapy bed out for visitors and do a free treatment for them, which can be a real intrusion into your personal space.

For many holistic practitioners there can be some unhelpful beliefs about self worth and self esteem lurking under the surface. Have you ever done any of the following:

- Allowed a client's session to over run and still charged them the same amount of money?
- Waived your no-show fee for a regular offender?
- Regularly started a session late because the client was late and then run over into the next session?
- Booked a client in on your day off, or later than you would normally work because that is "the only time they can come"?
- Squeezed a client in, and then made yourself late for a personal appointment or cancelled a personal arrangement to see a client?

Other Challenges and fears

- Many practitioners often still work part or full time in jobs they hate, often poorly paid in unhelpful, unsupportive environments, often in jobs where values conflict with their own
- No big picture- many still small classes charging £2-£3 per person and end up working a whole evening for £30 less expense of hiring a room
- There can be a huge fear of taking the step into a full time practice, a fear of no income coming in, of ridicule, misunderstanding, being laughed at
- Unhelpful, unsupportive people around you, the energy drainers and dream stealers, partners who don't understand and people who tell you to get a "proper job"

Congruency

This can be quite a challenge for many practitioners and it is important to ask yourself some of the following questions on a regular basis in order to stay on track with your motivation and whether your career is really fulfilling and stimulating you.

Am I really practising my own stuff?
Do I really believe it?

Why am I doing this?

Desire to fix people?
Desire to change people?
Miracle worker?
Desire to empower people?

What do I do when I get ill- pop pills, practise my own stuff, see a doctor or see someone else?
Who fixes who? Am I trying to fix my client or am I hoping their energy will help me?

Client Expectations

What are your client expectations from session with you?- Heal me? Fix me? Empower me?

Remember, you set up the expectations in how you deal with your clients and what is acceptable behaviour.

Do you fulfil those expectations? How do you feel about that and how do you treat yourself as a result?

Think about the expectations that you would like your clients to have, that are also empowering and nurturing to you. Consider how you could set up those expectations so that you can fulfil them easily, and set yourself up to be successful more often than not.

Be kind to yourself and catch yourself doing something right. The easier you make the expectations, the more likely you will feel like you have achieved them, and the more likely you will be to give yourself a pat on the back for a job well done, rather than harsh self criticism for all the things you didn't do.

Attitude

Many holistic practitioners do not really consider themselves to be business people and as such can often struggle in the areas of sales, marketing, self promotion, getting clients, Tax matters, receipts and invoices- what can and cannot be offset as expenses, Bookkeeping, and Business plan.

Many still see themselves as a small one-person band business, that can only grow as far as there are hours in the day to see clients.

There are a lot of good sources of business advice including Business Link www.businesslink.gov.uk

For a huge number of People, it boils down to a Fear of our own GREATNESS and what we could achieve, if we allowed our true BEING to come out.

Many of us have been so programmed with the "lack mentality" by everyone around us as we were growing up, that SUCCESS also frightens us. The thought of being alienated, not loved, not accepted, not considered spiritual if we are successful and have money is very common

The TRUTH is it is not noble or spiritual to be poor. The Universe (or God or whoever is a Higher Power for You) does not want you to be poor. The Universe wants you to have everything your heart desires, so that then you can do far more good in the world and help far more people.

Some suggested solutions

Power of Intention.

Set an intention and **DECIDE** to clear all negative beliefs about yourself and money once and for all, **NOW**, and to choose new ones. This is hugely powerful and mountains literally start to move for you. It is vitally important that you are willing to totally **LET GO** of all of it. None of it is serving you. **BELIEVE & TRUST** that it **CAN** all be released. A belief is a thought, and we can choose the thoughts which make us feel negative and restrained or we can choose the thoughts which make us **HAPPY & EMPOWERED**. Once you have identified and cleared a negative belief, it can only come back if you choose to focus on it and allow it to come back. Why would you want it back? When you clear it, fill the space with the more empowering Vision of **WHO YOU TRULY ARE** and your **GREATNESS**

Awareness of your thoughts.

This alone can make a huge difference. A belief is only a thought, we have chosen to accept as true. You have total control of your thoughts and can choose what you think and how you react to things around you. **Tip:** Think of your life in **10 second increments**. In this 10 seconds I choose Ease, Joy and Fun, in the next...

Catch yourself giving yourself a hard time.

Listen to your thoughts for a few minutes, and notice the ratio of positive to negative thoughts. Listen for the next time you are unkind to yourself, or tell yourself you can't do something and listen for the reasons you give yourself. If you catch yourself being really unkind or unconstructive to or about yourself, ask yourself, "Would I tolerate those kinds of comments from a friend?" If not, treat yourself as you would treat your best friend.

Question them.

Ask yourself

- 1) If that belief is really true- could you categorically prove it in a court of law?
- 2) Can you think of one stress free reason to keep that thought or belief?
- 3) Who would you be if you did not have that belief?
- 4) What is the opposite of that belief?
- 5) Which do you choose as true for you?
- 6) Start to act as if you really was really true for you and it will become your new reality very quickly.

Power Question.

Ask yourself- what would I like in my life? Why don't I have it yet? Listen for the reasons that come up and then question them, and make a new choice.

Write and release

Take 2 pieces of paper. On the first piece, write everything which comes to mind, when you think of Success & Money- we'll start with this one because it is one of the most negatively charged word's in the English language, and many of the beliefs which hold you back in this area will be the same ones that hold you back in other areas as well. On your page, you might like to finish some of these sentences:

- * Money is...
- * Money is not....
- * Rich People are...
- * You can only make money if....
- * I am...
- * I can't make money because.....
- * As a child I always heard....

Write everything you can about your current money situation, what it looks, sounds, feels, tastes, smells like. For now, really get into the feeling of it, as you are writing it.

When you have finished it, put it to one side. Now on the 2nd piece, write out your money situation as you would like it to be. Put all the wonderful things you would do, buy, have, places you would visit, what your bank account looks like. describe it in full detail and include as many of your senses as you can.

What does it look, sound, feel, taste, smell like? Where are you? how are you dressed? Who is with you? Are you smiling and happy? What are you doing? Who would you be BEING, to have all these things? What beliefs would you need to have to BE that person and to have all those fantastic things?

Put as much feeling into it as you can. When you have finished, look over both sheets of paper, and make a decision as to which you prefer. If it is the positive one, then take the other and say "This is no longer my truth. I am done with this. I release this all now from every cell of my mind, body and spirit". Then get rid of the piece of paper.

Burning it is best! You might find that you have trouble burning it, because your inside "Reality Check Voice" will not want you to let go of all the old because it resists change. This is the little voice that comes up with all the reasons why you can't achieve your dreams, why you have never achieved them in the past, and not to be so foolish.

This little voice does have a well intentioned purpose, which is to stop you from hurting yourself. However, it is often misguided in that it perceives any risk to move forward as hurting you, so it tries to stop you. Once you are aware of it, you can give it a new job. You could reset the parameters, so that it only warns you of genuine physical danger or give it a heightened intuitive role, so it warns you when someone is lying to you or something really is not in your best interests.

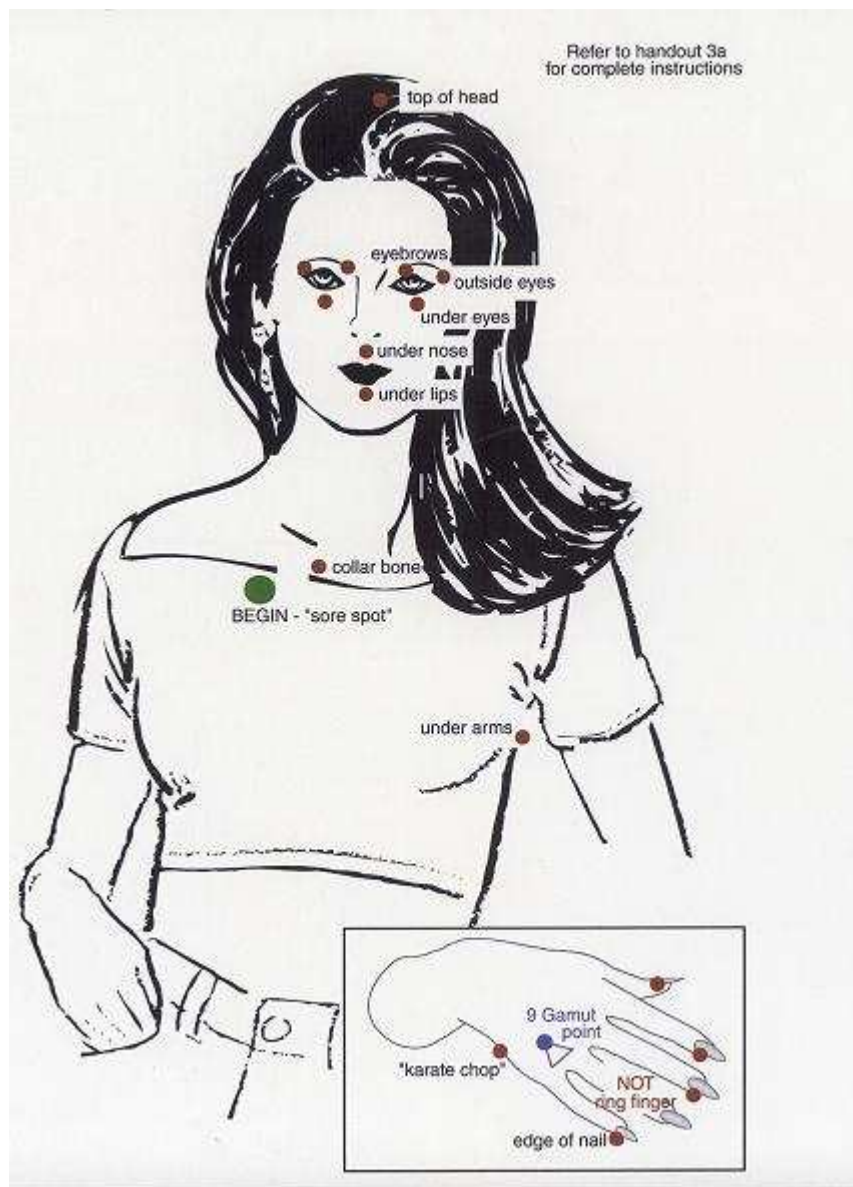
Take the 2nd piece of paper, make a conscious choice that this is now your TRUTH, put it in your purse or wallet and carry it everywhere with you. That is powerful enough to clear anything.

EFT- Emotional Freedom Technique.

Make a list of everything that has bugged you in past or still bugs you today, everything that is not right in your life, things people have said to you, anger, resentment, people laughing at you, old failures etc. The very fact you remember it means it will still have some charge for you

There is a very simple process called EFT (Emotional Freedom Technique) which is a hugely powerful way of clearing negative blocks, **WITHOUT** needing to go back into the trauma and the emotional upset of the situation.

It has been shown that by "TAPPING" on certain meridian points on the body, emotional energy is released. The diagram below shows where the points are. The process is very simple:



With thanks to www.Colorforlife.com for the diagram

1. Begin by setting an intention to clear ALL unhelpful beliefs that may be holding you back
2. Place your hand on your heart chakra (over your breast bone) and check in to see how intense the emotion is that is around the item. Go with the first number that comes to mind. We are going to take it down to zero, so that you have either no emotion or neutral emotion around it
3. Find your "sore spot". For most people this is about 2 or 3 inches down from their collar bone. You will know when you have found it, because it feels sore and tender to the touch
4. Begin rubbing it in a clockwise direction and use the following set up:

"Even though I have this.... (fear of success, fear of abundance, fear of rejection, don't know what is holding me back...) I deeply and completely love and accept myself. Say this 3 times

5. Begin tapping firmly on the points. You can go in any order. As you tap on each one, use the trigger phrase, "fear of success, fear of failure, fear of my greatness...." (whatever it is for you)
6. Continue tapping on the points for about a minute on each one and then go round again
7. When you pause, check in with your heart where the emotional intensity is now. It should have dropped
8. Repeat the process until it is down to zero
9. For extra effect you can use one hand to tap firmly on the top of your head, while tapping on the other points with the other hand. Imagine powerful white light streaming through your body and washing out all the negativity. See it leaving your body

For more information on EFT, visit <http://www.emofree.com>

Relaxation.

Most limiting beliefs were created at an unconscious level as a child and the easiest way to clear them is at the same level. Through relaxation you can do that quickly and easily, without needing to go back and re-experience the pain that may be associated with the original memory. We have a range of relaxation CDs that can help you do just that.

Fire of Transformation.

Imagine a circle of blue light and flames. This can be around you or you can be outside it looking in. You can then throw all your negative beliefs into the fire and watch them burn. For centuries, fire has been a powerful cleanser, healer and transformer.

Generational Clearing and Forgiveness.

Many of the issues you might have with money, or with any other non supportive beliefs and behaviour patterns often repeat themselves through the generations. There is a very powerful clearing you can do to release this for yourself, your ancestors and your heirs. Imagine a campfire with a blue flame in a circle. Firstly throw in all your unhelpful beliefs to be burnt. Then call forward all the generations. See them coming towards you, all carrying their heavy burdens, like weighty backpacks, and as they get to the fire ask them to put all their burdens in the fire. As the burdens are released and burnt, see the people lighten up, straighten up, smile and be happy and grateful that you have chosen to help them release it all. You can then create a shower of Abundance and good things raining down on them, to fill the void that has just been created.

I am Brilliant!

Write a list of all the positive, empowering beliefs that you would need to believe about yourself, to achieve all your dreams. This can be quite tricky, as the little voice will probably pop up and tell you not to be so vain or egotistical. List all the qualities that you admire in other successful people, and allow them to come out in you. If you see them in others, they are most likely a reflection of something that is hidden or suppressed in you. If you feel you need to be more confident, start acting that way. Write a list of all your strengths, and your successes and add at least one good thing to it every day. You may need a trusted friend to help you with this one because it can be very difficult to genuinely acknowledge and compliment yourself, as it is something most people have never been taught to do.

Circle of FUN, positive energy.

A great pick-me-up game, that kids love as well. Draw a circle on the floor or put something large and round, like a hoop, on the floor. Throw in the circle all the positive things you can think of about yourself. e.g. I am a successful businessperson, money flows to me, I easily attract new clients, I am a money magnet, I am full of vibrant health and energy, I am sexy, I am beautiful.... Then step into the circle and soak up all this energy, as if you were in a bath, or a shower. If you do this with your spouse/partner/significant other be prepared for some dramatic increases in sexual energy!

Value Yourself and your Time.

Do something outrageous- like doubling your prices and work half as much time with half as many clients. You may lose some clients, but you will certainly gain others. For many people, a higher price is actually perceived as a better service. Practice saying NO! People will respect you for it.

Block off “ME- Time”.

Schedule time in your diary for pampering and nurturing you- whether it soaking in a hot bath, curling up with a good book or just taking time to breathe. Block it off in your diary as an immovable slot. You are making the most important appointment of the week with the most important practitioner- YOU. Practise saying, “I am sorry, I am already booked at that time”. If you have children who have school plays or sports days they would like you to attend, make it a firm commitment in your diary, not a “I’ll try and see if I can get there”.

Be firm with your time.

In the last 5-10 minutes, make a point of telling your client the session is coming to an end, so you can start drawing to a close. Some clients have no concept of time, and would stay with you all day if you let them. Others just want to make sure they get every last minute of their allotted time. Give yourself some breathing space in between clients to cut off from their issues and energies, and recharge yourself ready for the next client. Stick to this because it is very valuable time, if you are going to give your best to the next client.

Multiple sources of income.

Rather than work flat out for 8,10,12 or more hours a day, could you create other products which people can use at home, such as CDs, DVDs, workbooks? Could you create a training course to teach people of basics of what you do, so they can empower themselves in their own homes? (maybe do a workshop day, have it recorded and sell the CDs/DVDs) How could you work smarter and earn twice as much, working half as many hours?

Greater Purpose-

If you have a challenge with the idea of wealth for yourself, perhaps you could have a bigger ideal to help more people, such as multi purpose healing and energy centre (or a chain of them) or a research centre dealing with holistic therapies, or something that is bigger than you that you can throw your energies into, and which will provide for everything you desire, almost as a by product.

I hope you have found these exercises useful, and have successfully cleared any limiting beliefs which may be blocking you from having the success you desire. You are a very powerful person. The combination of being able to heal yourself and others and have financial resources behind you is one of the quickest ways to make a huge difference in our world and to really bring about incredible change in the areas where it is most needed.

I would like to end this short workbook with a quote from Marianne Williamson in her powerful book, “A Return to Love”, which really sums up our power and purpose.

*Our deepest fear is not that we are inadequate.
Our deepest fear
Is that we are powerful beyond measure.
It is our light, not our darkness,
That most frightens us.
We ask ourselves, who am I
To be brilliant, gorgeous,
talented and fabulous?
Actually, who are you not to be?
You are a child of God.*

*Your playing small doesn't serve the world.
There is nothing enlightened about shrinking,
So that other people won't feel insecure around you.*

*We were born to make manifest
the glory of God that is within us.
It's not just in some of us; it's in everyone.
And as we let our own light shine,
We unconsciously give other people
permission to do the same.
As we are liberated from our own fear,
Our presence automatically liberates others.*

The ideas presented in this document are for educational and informational purposes only and represent the opinions of the author. They are not presented as a statement of fact, nor are they designed to replace any professional, medical, legal, business or financial advice, which may be appropriate to your personal circumstances.

Please feel free to use or adapt any of the ideas presented here, and lovingly release back to the Universe anything which does not resonate with you.

Wish you abundant blessings and much success
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