Bust Out Of Your Money Box

Session 2 – Think Negatively and Grow Rich

Disclaimer

Please note that you need to take full responsibility for your physical and emotional health during the sessions. The techniques that we are using are experimental and while they are usually very gentle and some people appear to have experienced excellent results, it is not possible to know in advance how an individual will respond. Tapping techniques may bring old memories and emotional responses to the surface and this can feel very powerful. Remember that you are not obliged to share details of an event or memory, although you may wish to and we will be able to work on anything that comes up, whether you share the detail or want to keep it to yourself. As with all practices, whether complementary or normal medical/psychological, results can never be guaranteed. You are not recommended to ignore any medical advice and your primary care giver is always your GP.

think
positive

Using Negative Thoughts To Uncover Beliefs

- There are at least 3 Layers of Beliefs About Money and Wealth (Or Anything Else!)

- 1. CONSCIOUS BELIEFS – It's hard to make money in the current environment, I have a lot of competition out there

- 2. SUBCONSCIOUS MONEY BELIEFS – Making money is hard, I'm not as good as other people

- 3. CORE BELIEFS/IDENTITY BELIEFS – Life is a struggle, I'm unloveable

Matrix Meditation

- Focus on a Negative Thought/Belief About Money
- With some emotional charge
- Finger point Tapping Throughout
- No Right Or Wrong Way

Following Up

- Write Down Anything You Learned – Especially Beliefs
- Notice If You Feel Differently
- If You Got a Strong Resolution – Re-imprint Daily To Build a Strong Morphic/Energy Field
- Continue Tapping On This
- Time For Some Tapping Now

Coming Up and Homeplay

- The Value In Your Values
- Complete The Values Exercise – Top 10 Values
- Continue To Tap on Thoughts, Feelings And Beliefs
- Share Wins, Challenges and Questions
- Next Week – What's It For Anyway? - Creating Meaningful Goals and Intentions For You

Q&A