

Money Mastery Immersion



TRANSFORMING YOUR MONEY STORY

You have deepened into the discovery of the money story that has been directing and creating your prosperity and wealth experience up until this point.

This playbook is about providing you with tools and steps to transform your relationship and story with money.

Just recognizing your thoughts and narratives around money is a game-changer.

Bringing your light of awareness on those unconscious ways you have been holding, relating, perceiving and speaking about money will have already started to bring about shifts in your experience.

Now we are going to dive in further and flip that coin, flip the switch and start to create a new relationship with money. This will give you the power to create money as a supportive resource, tool and simply an expression of appreciation, whether received or given.

It's time to fill yourself up to where you are overflowing with money, abundance, wealth and prosperity. Giving your gifts, greatness and appreciations from that space only.

It's time to draw a line in the sand, take that leap and never look back

Let's do this thing!
Blessings and love,

Alexandra

INTENTION

Intentions are essential to creating the results you desire in your business and life. So what is your main desired outcome for this week's work? Write an open, raw, honest and loving letter to yourself. No editing allowed ;-)

TAKING STOCK

Looking back on this past weeks work, write down the most limiting money stories, as well as beliefs, thoughts and fear about money that you desire to focus on transforming today.

Remember, I told you that this work isn't about shifting and transforming every single story, belief and fear you have in relationship with money. This is about collapsing those limiting money patterns that you have created in your field and your human experience.

Therefore, you are going to choose the ones that have the most charge, meaning power, and we are going to collapse them, and reclaim your power from them today.

It's the same as collapsing a building.

It takes a lengthy period of time to build a building, but it take seconds or a few minutes to collapse one, when you have the C4 placed at the right points.

The other stories, beliefs, thoughts and fears around money will follow suit, as a natural state of your reclaiming and unfolding. Please don't concern yourself with them; they will also collapse with no work from you. Your job is to focus on the ones that are the most evocative and charged with the most power.

I encourage you to approach this from a place of fun, play and creative ecstasy. You are in the process of pulling back in the curtain, and to finally remember what the truth is...

That you are infinite being having a human experience, and that you and your higher-self (insert what ever label you want there) are creating all of what you experience, including money.

Money comes and is created by your consciousness, nothing else.

We are going to refer to these stories, beliefs, thoughts and fears throughout this playbook.

OLD MONEY STORIES, BELIEFS, THOUGHTS AND FEARS

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REMEMBERING THE FUTURE

As we spoke about one of the most powerful and effective tools I have discovered and uncovered is the journey of 'Remembering the future'.

This is a simple and powerful practice.

Take the money stories, beliefs, thoughts and fears that you identified above that hold the most power and have the most charge and we are going to use them as a catalyzing force for you to write your desired outcome into reality, from a place that they have already been created and you have and are in the process of experiencing them.

It's essential that you start from the place of your feeling state, and the shifts in your money stories, beliefs, thoughts and fears.

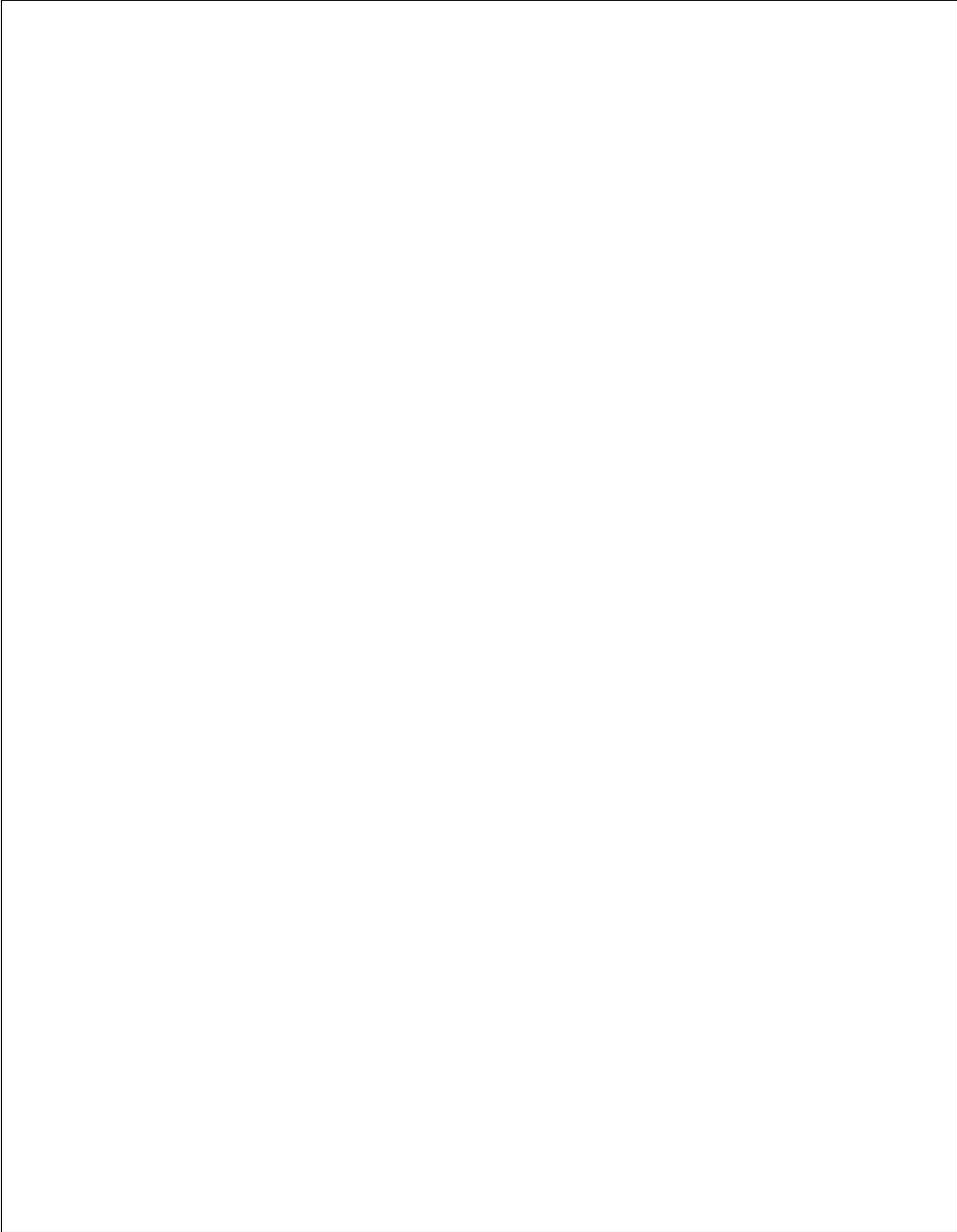
This is like writing a journal entry 12 months ahead of where you currently experience yourself to be now.

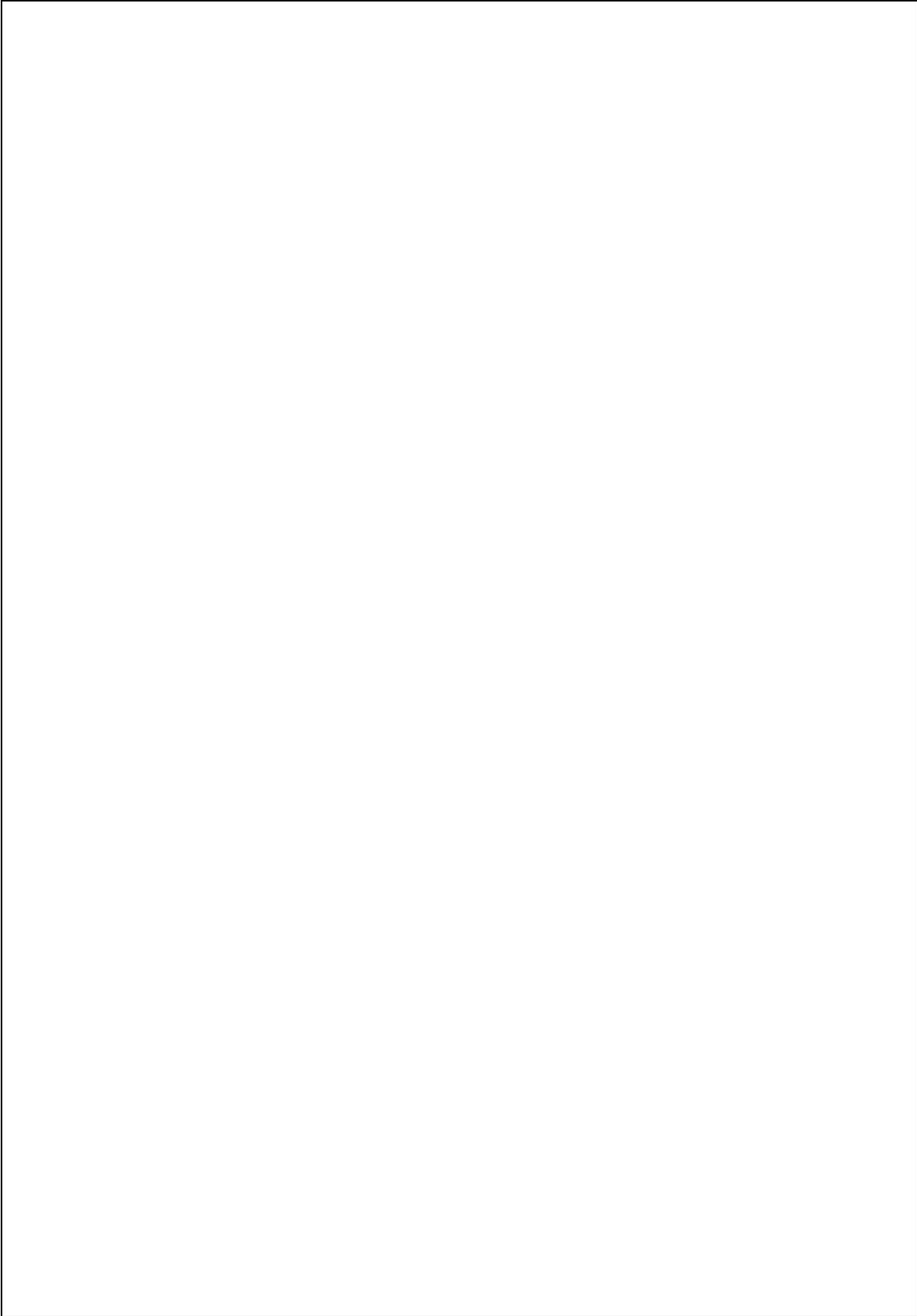
THE PROCESS

1. Take the current date when you start the practice of "Remembering the future", and move it forward one year.
 - a. So you are now writing from May (insert date), 2020.
 - b. You then start off by writing I remember this date (insert date) a year ago.
2. Give context to what you were doing and where you were. Write down what was happening in your life at that time.
3. Then start to go into the experience of the shifts you started to experience.
 - a. Write about how your feeling state shifted, what that felt like and what it looked like.
 - b. Write about how your beliefs shifted, how your thoughts transformed and how your fear turned into faith, and a deeper sense of knowing.
 - c. Put as much emotion and feeling into this as you can allow yourself at this time.
 - d. Write from that place of certainty that this has already occurred.

4. Then start to go into some details about how that all was expressed in your our world.
 - a. How did money change in your life?
 - b. How did money start to show up in your life?
 - c. What new ways of money being channeled through your business and yourself happened?
 - d. How did you feel? What did you do with it, and how did you use it as an expression of appreciation?
5. Express feelings of appreciation to yourself and the creative process, and to your creations. Allow appreciation to flow through, and overflow from you.
6. **DON'T FORGET UNDER ANY CIRCUMSTANCE TO APPRECIATE YOU!!!!!!**
 - a. The more you shift your thoughts and feelings towards and about yourself the faster you collapse any limitations you have created and have been operating under.
 - b. Focus on the CREATOR (YOU), then the creative process, then on your creations – in that order.
7. You will know when you have come to the end of this 'Remembering the future' practice, because it will stop flowing in a easeful way. DON'T push through that. Just allow it to be.
 - a. You will go through this practice many times, each time refining it, and your ability to uncover what is truly and deeply inspiring to you.
 - b. You will start to look feel thrilled by this part of the creative process. Knowing that as you focus on the Creator (YOU) and the creative process, the creation of all of this will simply happen.
8. Don't worry to much about the actually details of how money will be expressing itself in your life, there is no right or wrong here. The details aren't really what matter. What matters are you feelings, beliefs, and thoughts. FOCUS on creating those as in alignment with your desires as possible. The rest will follow and unfold exactly how it is meant to support you PERFECTLY!

REMEMBERING THE FUTURE
GO!





HOW DID IT FEEL?

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WORRIES

We as a culture do love to speak in hypotheticals. We therefore allow our hypothetical worries run our lives. These hypothetical worries are simply a string of thoughts, and aren't based in reality, and definitely not based in what is 'TRUTH'.

Think about how much energy and time you would free up within yourself, business and life if you redirect it towards thoughts that actually serve you not stifle you and keep you stuck.

LIST YOUR PAST ENERGY-SUCKING WORRY THOUGHTS ABOUT MONEY. What if any of them came into reality?

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Flip the switch and make your current worrying thoughts about money into positive ones.

Then repeat these new thoughts over and over again this week, and see how they feel in your body.

Come back at the end of the week and record your experience with them, here.

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FEAR

Most fears are 'False Evidence Appearing Real'

In Florence Schovel Shinn's book 'The game of life and how to play it', you speaks about fears as the lion on our pathway. That this lion holds a large amount of your power, power that you have given freely to this fear. All the lion on your path is doing is being of service to you.

Yep, you read that right!

Your fears are simply trying to direct your attention to pieces of your power that you have given up. It's time to embrace that service and turn and face the lion on your pathway. As soon as you do that, the fear and what has been created to support the belief in that fear start to disappear.

It has done what it was meant to do, so there is no need for it be in your experience anymore.

Now depending on how much power you have given up to this fear will then determine the time at which it takes to disappear from your experience. However, remember that when you turn and face it and speak the TRUTH to it, and flip the switch on it, you never have to reclaim that piece of power again. It is yours, and you will never lose it.

If the fear comes back, it is just indicating that there is more of your power to reclaim.

The more you practice and embody this the more you will feel excited about turning and facing the lion on your pathway, because you know the TRUTH, and you know the power of this process.

Our Higher-Self buries

jewels deep within us, and then stands back to see if we can find them.

This is your treasure hunt of your life, and you will discover how miraculous and delicious it is.

THE CATEGORIES OF FEAR

1. Fear of the outcome: This is the fear of change – the fear that a new direction or journey will be worse than what we have. It feels easier to just settle where we are, than risk the unknown.
2. Fear of the process: This is the fear that it's just going to be too hard and you won't be able to do it. The belief that the process will be painful.
3. Fear of loss: This is the fear that so much will change that you will lose something you have now. Maybe you will see less of certain people or maybe it's the fear of losing that safety net that's around you right now protecting you.

Fear and anxiety are simply excitement without breath!

Again, these thoughts that are creating these feelings within you, are directing you towards something. They are simply feedback, and normally fear is pointing you towards your edge, the edge of the limiting container you have placed around yourself.

Start to make the feeling of fear your friend, use in ways that serve you. Knowing that it is either pointing you towards ways to shift your mindset, heartset or soulset. Pointing you towards your edge that you need to lean into. Pointing you towards something that actually thrills and excites you.

So breathe into it. Don't make yourself wrong for feeling fear. Realize that it is pointing you towards something thrilling, exciting and expansive.

SHIFTING YOUR THOUGHTS

Whatever you resist persists and comes back to you with the same force. Meaning the same amount of power you use to resist something, then gets created with that amount of power into your reality

Therefore, if you resist those negative thoughts and fears you have around money, you are judging them, making them and you wrong, and continuing to add more and more power to them.

You want to bust free of that pattern.

Instead you are going to start thanking and appreciating those thoughts and fears, because you have now put them in service to your expansion and elevation. They are now in service to your new money consciousness.

You allow them to direct you to what you have given up your power to, and use them to flip the switch and start deepening the new story.

What are the most powerfully limiting thoughts and fears you have about money?

Write them down and then flip the switch on them.

CONSCIOUS LANGUAGE

There is a book called 'Conscious Language' by Robert Tennyson Stevens that teaches you about how essential your word choice is.

The words that follow your 'I am' are the powerful words in shaping and creating your reality that you possess. Therefore, you need to start paying attention to how you use them. What do you put after the words 'I am'?

There is no such thing to the mind as trying. Just like a computer operating system, our subconscious minds don't try, it only does.

Our minds respond to definite statements, not wishy washy ones, like 'I'll try' or 'maybe'. Our subconscious mind also won't install new ways of directing without a feeling to word statements. That is why mantras so often don't work, because people just say the words, and don't actually feel the words.

How often are you sending weak statements or messages around creating and making more money?

Change them by using phrases like these...

I can
I will
I am
I choose
I have
I love
I create
I enjoy
I desire

Here's an example of a few of my own phrases that I am still deepening into everyday and have been for years. Remember it is all an unfolding process.

I am in infinite abundance right here, right now.

I always have money for all of my desires.

I have an infinite supply of money to express appreciation with right now.

I am creating money from my consciousness now.

I have more than I need.

I am overflowing with money now.

Now create your own powerful phrases. Start with the ones that you can actually create a feeling state around.

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REPLACING WORDS

I have spoken with you about replacing the word debt, with the word investment. Starting to shift your perspective that every time you use money you are expressing appreciation and investing in yourself.

Start replacing the words you have always used for bills, debt, spending money and receiving money with ones that are more aligned with empowering you, and expanding your consciousness of creation.

So what words hold a heavy energy around them in regards to money?
Which ones do you desire to replace today?

The point is your words are your magic, they are energy, and you are on the journey of becoming the conscious creator of your reality. So, it's time to take to task your word consciousness.

Debt – Investment

Bills – Request for appreciation

Spending money – Expressing appreciation

Receiving money – Receiving appreciation

Expensive – High vibe

I don't need it – I desire it

What words do you desire to replace?

WHAT NEEDS TO TRANSFORM?

Review everything you have uncovered and written in this playbook up until this point. Ask yourself what are the things you desire to retrain your mind around? What phrases are you going to focus on daily? What are you going to repeat over and over again with feeling?
What feeling state do you desire for these phrases to support?

LIST WHAT COMES TO YOUR MIND.

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CELEBRATIONS

Here at Sistermind we know that women are inspired by celebrations, not constructive criticism. We all know that constructive criticism has its place, and us women need to lead with celebrations.

I have a fridge magnet in my partner's home that says celebrate every tiny victory. What you celebrate expands.

It is now time to write down all that you can allow yourself to celebrate so far on this journey you have invested in.

You have done more to transform your money consciousness than most people do in their lifetime.

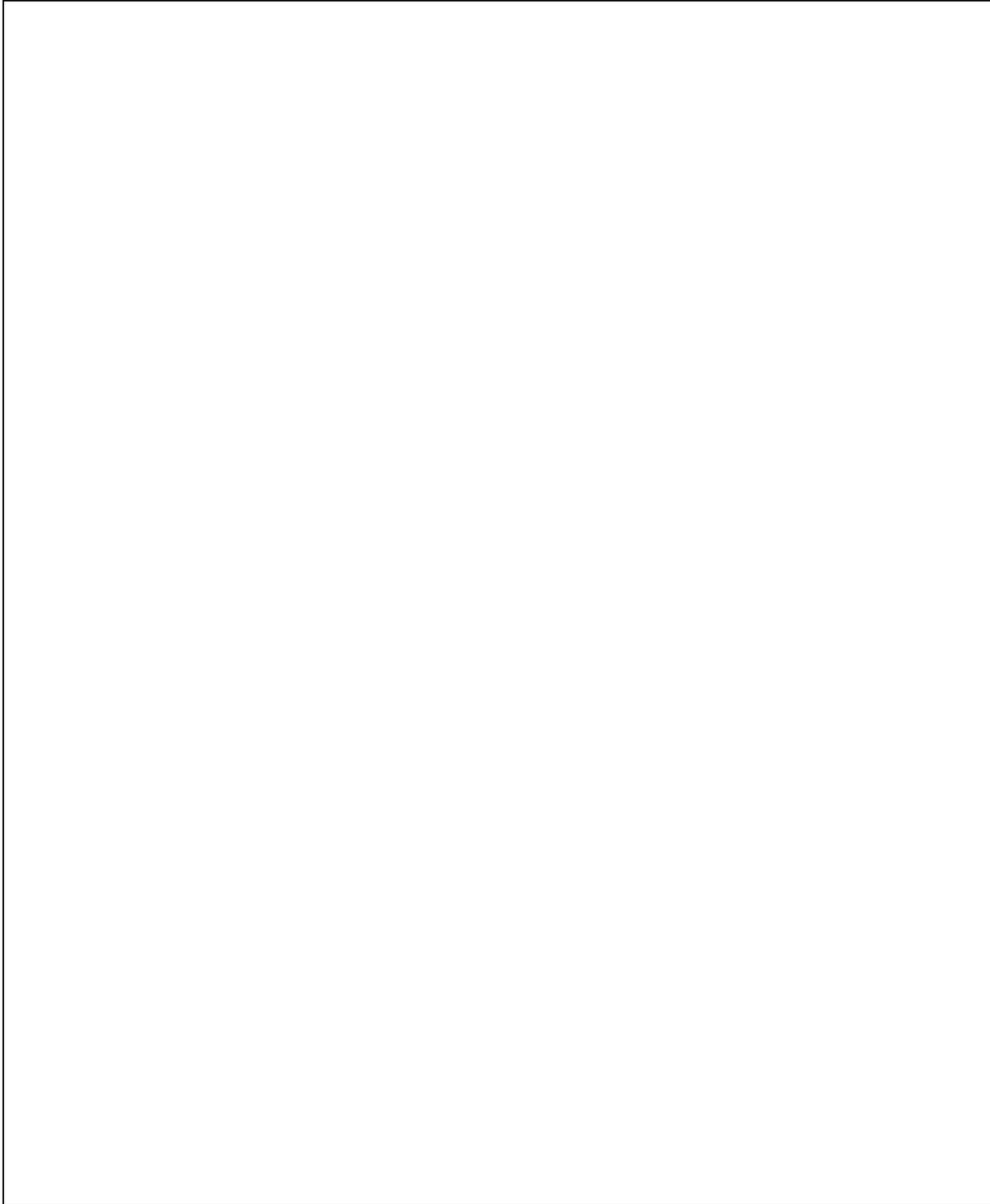
So celebrate the hell out of yourself NOW!

Remember the more you can appreciate about yourself, the creative process, the more you will create to appreciate and celebrate.

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TAKING STOCK

Where are you right now after completing this playbook? How do you feel?
What are your biggest takeaways?

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