

SELF TEST:

MONEY BELIEFS EXERCISE

Excerpted from Margaret's book Cash and Consciousness: 21

Days to Abundance. Crowheart Media 2003

Do this exercise before beginning the program. It will give you a simple awareness of what you believe, and what beliefs you may want to change.

Prosperity is the natural order of the universe, your God-given right, essential to do God's work of expressing your true self fully, giving your creative gifts to the world and creating the experiences you need on your path. It is God's divine plan for your life. If you have derailed from this plan it is because you have accepted some false beliefs, and let yourself be controlled by them. Your ego has hooked you into living in darkness instead of light.

The first statements are about your money beliefs right now. Use your intuition to reveal the microscopic truth to your conscious mind. Notice there is no scale or rating system. This is not a mental exercise, but an intuitive one. Notice how each statement *feels* to you. Does it seem true about you? Use your "gut instincts". Most of us have absorbed these beliefs from our culture, and even a small belief in any of them means they are in your subconscious mind where they are probably causing trouble. Getting free of them will create your prosperity.

MONEY BELIEFS

1.) Notice how you react to these statements. Which ones seem true for you?

- Money is the root of all evil
- To be holy I have to be poor
- The pie is limited, if I have more than somebody else, they will have less
- To have money I must work very hard and sacrifice much
- It is evil to want money, I should be humble and want no rewards for my efforts
- Truly intelligent, talented and spiritual people are “above” money
- People who have a lot of money usually got it deceitfully, maybe illegally, but for sure at the expense of the little people
- If I have a lot of money I shouldn't act like it, I shouldn't spend it flamboyantly or too freely

- It is important to save for a rainy day, sock it away because “you never know...”
- “A penny saved is a penny earned”
- “A fool and his money are soon parted”
- It’s OK to spend money on my dependents, family, or friends, but selfish to spend it on myself
- If I had a lot of money I would never have time to enjoy it, it would be a big responsibility and a hassle to manage
- And... add more that occur to you here...

2.) Reflect on the Money Beliefs Exercise, observe your energy and your emotions, reflect on how you felt.

Which ones are the most powerful for you? Past and present, notice where your energy goes.

For those you no longer believe, why not? How has life changed since you changed this belief?

For those you still believe, what would be their opposite? What could you believe instead? What spiritual principles relate to the new or old belief? How could your life be different if you believed the opposite? Are you willing? Why, or why not?

Important Note:

It's important to accept your existing beliefs as well as those you are trying to create. Remember, not to accept is to *condemn*, which is to *give power and energy to what you don't want*, and which causes it to grow and thrive.

Remember about not nourishing beliefs you want to extinguish. If you are holding the belief in your mind "I am terrible with money" and you get angry with yourself for that belief, or struggle against it – *you make it stronger!* You have informed the Universe "I am terrible with money" even more strongly, and the Universe – which always creates your reality from your beliefs – serves up an even more strong experience of "being terrible with money".

When you can hold all in unconditional acceptance, not judging or struggling, you are free to prosper. In order to hold all, you must accept and embrace with your heart, not your mind. Only the heart can love unconditionally. The mind is too tied to the ego. Allow your heart to overcome your mind. Allow your heart to expand and open wider and wider, wide enough to include *all aspects of yourself*. When you can do this, you are *free*. Now you can choose.