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Helping you release negative energy patterns  
that keep you from living the life you love.



## Healing Meditation Affirmations for Honoring Money

### Quoting John Maxwell

"A budget is simply telling your money where to go instead of you wondering where it went".

I found this quote to be fitting, as it seems to be a theme through this Healing Meditation.

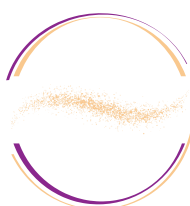
The truth is, if you don't feel worthy to have money, then keeping a budget will always be a struggle. Have you ever felt confined by a budget, do you refuse to know where your money goes, because you really don't want to say no to others in need?

Do you hide behind not knowing the details of your money, because of a subconscious belief, that if you know where it goes, if you are giving your money attention, then you would be worshiping your money...just a thought?

Success can be felt as unfulfilling, due to the stress of earning it and then the guilt of having it, guilt for wanting more and the uncomfortableness of keeping it. We can over give to compensate for this guilt, it can also show up as stinginess, either way it blocks the cycle of positive money flow.

In this Healing Meditation, we plant in our garden, seeds of money and beautiful jewels. Many old patterns of dishonoring money are released, feelings of being unsupported, lack of belief and the fear of being controlled.

Please pay attention to the little positive shifts that take place this week, make note and let's share...





## AFFIRMATIONS

I enjoy enriching others lives by living my purpose with passion and allow money to flow easily doing what I love.

I feel peaceful and calm from the inside out with money, I trust money will always be there.

I am honoring my money through gratitude and paying attention to what I spend.

I am responsible at managing my money, a budget brings unexpected freedom to allow more money in.

I lead with vision and power as I inspire and empower those around me to take ownership of their life.

I honor my time and my money by making sure all my most important priorities are met, money is a resource for me to honor.

I now release my emotional need to be popular with my family and friends.

Money is a resource to meet my needs and to be engaged in the energy of life with others.

I have fun making money, I enjoy making money doing what I love, I now am forever in alignment with honoring my money.

Money is positive energy, it is a resource for my family, for my life and I embrace receiving more money into my life.

I am no longer addicted to dishonoring money because of someone bullying me, I am empowered to honor my gifts, I am confident to experience success in my life.

I trust the energy of money to be a positive force in my life.