

# One True Self

## LOVING YOURSELF AND OTHERS



## Creating Financial Prosperity

Creating a flow of financial prosperity differs from the other exercises. Our culture focuses a great deal on money by valuing others from a financial standpoint as opposed to character, seeing lack instead of abundance and wishing one's self to have more than others. It is necessary to create a counterpoint of having enough, valuing one's work and self and wishing financial abundance for everyone. We must focus on the energetic value of money and also develop different attitudes with our work.

Read the exercise carefully before practicing it. Imagine each step before practicing and notice your feelings. It is normal to experience resistance. Even if you don't have financial prosperity, practicing the exercise will help.

This is a beginning exercise. It is best to start in small ways when creating money. In this way, you will learn you can create it, how the process feels and how to use it properly.

1. Sit quietly and imagine a pink light filling your field. When done correctly, you will feel better and stronger.
2. See a movie screen approximately 3-6 feet in front of you. On the screen, see yourself. You have \$5,000 extra dollars. (Most people immediately see themselves paying bills or credit cards. Don't do this.) Imagine you are holding fifty \$100 bills. Feel the money and its energy.
3. Realize all money is energy. Let the pink light fill your field and fill the space in which you are holding \$5,000. Realize all energy, all money comes from the Universe.
4. Create a picture of something you desire that costs \$2,500. See yourself with it on the screen. Send pink light to the screen. Smile in the picture.
5. Now, see yourself spending \$1,500 in a way that you know you should. This is something you have needed to do, pay, or buy, but haven't. Do it now on the screen. Send pink light to the screen.
6. See yourself saving \$500 in one of your bank accounts. Now ask for an intuition about spending the remaining \$500 for your spiritual growth. You may want to help someone else, buy a book or take a class. Developing one's spirituality is also a contribution to the Universe. Send pink light to the screen. Be grateful.
7. Next, put everything together from the steps of the exercise: the way you spent \$2,500, \$1,500, \$500 in savings and \$500 on spirituality. Send pink light to the screen.
8. Last, draw the picture back into yourself. Let the screen dissolve.



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### A few tips about money:

See your job as benefiting others. Whether or not it does, make an effort to be fair, kind and generous. See others treating you in the same manner. Imagine your paycheck growing each pay period. When you receive the check, imagine it as larger.

Imagine everyone you see having more financial abundance and prosperity. Feel happy for them.

Whenever you pay bills, say to yourself, "I am grateful for the money I have and the opportunity to pay my bills." Send pink light to your checkbook.

Spend some of your money on creating happiness in your life and other people's lives.